Fashion Classes at Sacred Heart

BY EMILY ARCHACKI
Assistant News Editor

Two Sacred Heart University departments offer courses on learning about the fashion industry. The Department of Graphic Design & Visual Arts offers Fashion Design as a minor. The John F. Welch College of Business Department of Marketing offers Fashion Marketing & Merchandising as a minor (for non-Marketing majors) and as a concentration (for Marketing majors).

"We have developed a minor in Fashion Design to support, complement and promote the growing minor in Fashion Marketing in the Welch College of Business," said Professor Ellen Gang.

Fashion Design classes are held in the Fashion Studio on the Osuskv Campus.

I absolutely love the fashion classes offered at Sacred Heart," said sophomore Leah Arenausni.

Courses offered for next fall include Studio Methods 1: Draping and Construction AR 145.

"In the Studio Methods course, I made a skirt from scratch, and also learned how to drape a vent," said Arenausni.

Other courses in the Fashion Design minor include Computers in Fashion Design, Studio Methods 2: Patternmaking and Construction, and Introduction to Fashion Design: Design and Execution of Your Own Collection.

"In Computers in Fashion Design we learned how to navigate Adobe Photoshop and Illustrator to create a series of projects," said sophomore Mary Nealon.

Fashion Marketing & Merchandising classes are held in the academic building on main campus.

"Students do not need any previous marketing or design experience. They just need a passion for the industry and a desire to explore this global and innovative business," said Professor David Bloom.

Courses offered for next fall include Fashion Marketing MK 240 and Fashion Brand Marketing MK 250. MK 240 is offered every term, while MK 250 is only offered in the fall. There is also Marketing Integration, Textiles & Fashion MK 260, which will be offered next spring.

On Feb. 26, the Studio Methods 1 students held an event in the Art & Design Gallery entitled "Leather and Lace." Here the

Counseling Center Offers QPR Classes

BY ALYSSA ANDERSON
Staff Reporter

The Park Avenue House, located across from main campus on Park Avenue, is now offering suicide awareness training to faculty and staff through the counseling center. The program is called "Question, Persuade, Refer or QPR."

According to Nancy DeKraker, staff counselor, QPR is an easy three-step process that is similar to CPR or the Heimlich maneuver. It is an hour-long training that is offered throughout the semester.

"We have had many faculty and staff show interest and have conducted four trainings to date," said Dekraker.

According to President John Petillo's blog, 52 faculty and staff members have shown interest in the training and 19 have completed it so far.

The evaluation of a school's programs is based on survey responses that are compared to the JeF Foundation's recommended methods of practice in terms of mental health programming.

According to Mary Jo Mason, Assistant Dean of Students for Wellness and Director of the Counseling Center, the QPR program was designed in order to increase the knowledge about suicide and recognize the red flags, as well as increasing the confidence, competence, and knowledge about what to do in a situation where students need help.

"This will help [faculty and staff] recognize the signs of a student in distress: verbal signs, behavioral clues, and situational clues," said Mason.

Dawn Metz, Assistant Professor of Psychology, thought the training was a very positive experience.

"In my past experiences with troubled students, friends or family, I have always persuaded them to get help and referred them to appropriate resources, but I was nervous and uncomfortable about asking them directly about suicidal intentions. The counselors gave me the confidence to ask the tough questions since now I know I could save a life," said Metz.

The counseling center staff focused a lot of their efforts on suicide prevention because of a grant that they received two years ago that gave them additional resources to become more involved with suicide awareness and the prevention efforts, said DeKraker.

Recently, due to Sacred Heart University's exceeding efforts for mental health promotions and suicide prevention programs, they have been awarded the JedCampus Seal. According to the Sacred Heart website, "Sacred Heart was among 42 schools recognized for commitment to providing comprehensive mental health programming to its student body."

The Wellness Center not only provides suicide awareness classes, but many other opportunities as well. There are depression screenings, online screenings, and increased partnerships with many student groups such as the SWEEt peer mentors and Resident Success Assistants that have been trained by the wellness center staff.

As DeKraker explained, these events and programs are set to try and reach the goal of reducing stigma of mental illness and even broaden the safety net for students that may be at risk.

"Faculty and many staff members are in an excellent position to recognize students having difficulty because of their regular contact with them. This training's objective is to have faculty and staff overcome any reluctance to become involved with a student of concern and to be better educated about the clues and warning signs to suicide," said DeKraker.

If any faculty or staff is interested in taking these classes, signups are available through the wellness center or by contacting staff counselor Nancy DeKraker at dekraker@sacredheart.edu.
S.T.A.T Hosts Alumni Panel

BY PHIL FALCONE
Staff Reporter

One of Sacred Heart University’s Recreational and Social Clubs, Students Today, Alumni Tomorrow (S.T.A.T.), hosted their first Young Alumni Networking Panel on March 25 in the University Commons. The panel included nine young alumni who shared what their lives have been like since graduation.

"S.T.A.T. is an alumni relations club on campus where we work directly with alumni relations to bring alumni back to campus and to also foster connections between alumni and students," said sophomore Taylor Richard, president of S.T.A.T.

After brief introductions, the panelists shared their favorite memories while at SHU. Some of the favorite memories included playing football, participating on the dance team, Senior Week, concerts, epic snowball fights, releasing "Big Red" for the first time and studying abroad in Ireland.

With about 60 people in attendance, the program followed a casual question and answer format.

When asked to describe a typical work day some of the panelists said that their days consisted of meetings, responding to problems, and emails.

"It’s fun to go to Hearst every day. We meet the writers and they take me on for three months in advance. The year involves constant quotas and deadlines," said Laura Scaglione ’06.

George Barker ’12 explained how his job is like working in an emergency room at the Connecticut Department of Social Services. He has to help people with all types of family service problems. He described his job as "high intensity and non-stop."

"In my current role, there really isn’t a typical day at my job," said Brandon Clark ‘06 who works for a non-profit organization that deals with children who have behavioral issues in the community.

The panelists also gave students some advice to help them when looking for jobs.

"Find whatever you are passionate about, and do whatever it is you really care about," said Clark.

Stephanie Kanner ‘11 said, "Don’t be so negative. Keep an open mind. Put forth an effort and put yourself out there."

All of the panelists stressed how important it is to be appropriate and professional with all social media websites.

Zach Lane ’11 advised, "Be on top of your online presence. Be professional and cordial when you are communicating with recruiters and interviewers. Remember to have fun in school and take advantage of the resources you can/"

Current Sacred Heart students expressed how they appreciated the information given by the panelists.

Sophomore Alex Mellin said, "It was very enlightening to hear that leaving college will be like and moving into the work force.

Many students were able to connect with the panelists not only if they shared the same majors as them, but also because they simply graduated from Sacred Heart too.

"It was great to hear from panelists who had careers outside of what I’m interested in because they gave a useful advice," said sophomore Bri Carolan.

S.T.A.T. has roughly 35 members and meets on a bi-weekly basis. The club holds events such as: Homecoming, Adopt a Family, The Club Carnival and Safe Halloween (an event in November when multiple club members dress up and decorate the second floor of the Science Center). S.T.A.T. was also a co-ordinator with the Forever Pioneers to hold Student Philanthropy Week.

The other members of the S.T.A.T. executive board are: Stephanie Roth ’16, Vice President and Anna Krause ’16, Event Coordinator. The club’s advisor is Katie Gallagher ’13 who is the Alumni Relations Program Coordinator at Sacred Heart.

"This has been our most successful year thus far and we continue to seek opportunities to collaborate, expand our club and create connections between both the alumni and student population," said Richard.

The executive board of S.T.A.T. wants to stress to current students the importance of connecting with alumni because it is always important to network no matter what. The events they hold always bring in alumni and introduces them to current students.

"I think that it’s great that Students Today, Alumni Tomorrow puts on events like this for students. As a senior who will be graduating in just a few short months, I’m trying to take in as much advice as possible before I leave the classroom and go out into the real world," said senior Lauren Kalil. "It was great to be able to talk with past alumni to ask questions and even build a contact for networking."

The students who attended the panel, really enjoyed the opportunity to meet with alumni.

"Alumni gave really good advice and I hope they have this panel again soon," said sophomore Caroline Valenza.

Green SHUs “Green Week”

BY AILEEN CASMANO
Staff Reporter

The Green SHUs is an environmental club on campus. This week, they are hosting a second annual Green Week from Monday, March 31 to Sat, April 5.

"We try to make a difference on campus and in the community by doing community clean ups, hold meetings, and host a colloquium on how to be environmentally friendly," said junior Matt Cole, one of the co-presidents of Green SHUs.

The events throughout this week started with an Awareness Fundraiser where eco-friendly t-shirts and water bottles were for sale to raise awareness and fund the club for future events on campus. The shirts were sold for eight dollars and the bottles for five dollars.

As of press time, the events on Tuesday were a colloquium presentation with a series of short clips and a discussion on the effects of water pollution in our society. On Wednesday, there is an open student discussion aimed for students to talk about current commercial recycling programs. There will be a crafts and a water testing fair with an environmental arts and crafts fundraiser and water testing to raise awareness about the water filter industry.

"Aside from Green Week, we have had tie-dye events, gave out BPA free water bottles, and make environmentally crafts," said Cole.

Green Week will conclude with a veteran’s park clean up this Saturday where volunteers will do a trash clean up at Veterans Memorial Park in Bridgeport. Gloves and trash bags will be provided and volunteers are urged to wear long pants.

“We don’t donate to any specific cause. There is no profit made off of the week. The events we host are mostly to educate people about how they can make a difference," said junior Edward Garry, co-president of Green SHUs.

Last year was the club’s first green week. The founders and co-presidents, Edward Garry and Matt Cole, were roommate’s freshman year when they decided to start an environmental club.

“We noticed all of the Styrofoam and excess take-out containers used in cafeterias on campus that couldn’t be recycled and decided to create the club to raise awareness on how to live environmentally friendly," said Garry.

The club has grown since last year. It has five board members and about ten general members. There is a weekly meeting held every Wednesday at 9:30 p.m. in the University Commons. The club will be displaying Green Week posters by sending Sacred Heart e-mails and hanging them up around campus, which lists each event, time, and place it will be held.

April 2, 2014

It was a very enlightening to hear what leaving college will be like and moving into the work force.

Sophomore Alex Mellin

WHO WAS ON THE PANEL?

STEPHANIE KANNER, (‘11, MEDIA STUDIES) who is working as a freelance producer.

LAURA SCAGLONE, (‘08, MEDIA STUDIES) is a Direct Response Account Manager for Elle Décor and House Beautiful Magazines

MATTHEW TELVI, (‘09, POLITICAL SCIENCE) is a Senior Client Recruitment Specialist for Allegis Groups Services

COREY OSOBA, (‘09, ART) is a Graphic Designer for Reed Exhibitions

ZACHARY LANE, (‘11, BUSINESS ADMINISTRATION) is a University Photographer for Hofstra University

BRANDON CLARK, (‘06, PSYCHOLOGY) is Director of Recruitment for New Leaders Organization

ALYSSA DIMARIA, (‘08, BUSINESS) is a Deputy Program Manager at Sikorsky Aircraft

JACQUELINE STEPHENS, (‘08, ‘11, EXERCISE SCIENCE/OCCUPATIONAL THERAPY) is an Occupational Therapist

GEORGE BARKER, (‘12, PSYCHOLOGY) works for the Connecticut Department of Social Services
The once coveted mac and cheese joint, Mac Daddy's, located on Black Rock, Tunkhannock has now been replaced with the Black Rock Café.

This new café attracts their customers with a wait menu and a newly renovated dining area. The café still carries a variety of mac and cheese options, along with fresh pasta, Panini's, salads and specialty grilled-cheeses.

Mary Sacred Heart students were effected by this change: "I didn't want Mac Daddy's to close, their Mac Meatball was so good. But I haven't gone to the new café yet," said sophomore Brittany O'Donnell.

Students like O'Donnell and senior Erika Hart were disappointed to see their local mac and cheese restaurant close, but Hart believes the new café will be successful.

"I think that people should try the new café because the food is good and the service is fast. I discovered that the owner is supporting local artists by displaying their artwork in the café," said Hart. "I think that's a great way to support the community and I look forward to seeing different pieces of art next time I go back."

The owners are trying to bring in a wide range of customers by offering gluten-free options and catering.

"The food is delicious and it's not just one type of food like Mac Daddy's. I really like their beef and goat cheese salad and even though the place is more expensive, the food is better quality and it's really nice inside," said senior Cassie Smith.

The Black Rock Café is open seven days a week starting at 11 a.m. and closing at 9 p.m. on weekdays and 10 p.m. on weekends. Their amount of choices on the menu seem to be what's attracting customers the most. Sophomore Madison Tavaronzi was also surprised at all of the options.

"I really liked the buffalo chicken grilled cheese, I'd go there again because everything else on the menu looked really good too," said Tavaronzi.

The menu prices range and there are different portion sizes available for each meal. The classic grilled cheese is only $5, a Panini will cost you somewhere around $12 and the salads range from five dollars to $16.

"I went to the café yesterday (3/27) and had the buffalo Chicken mac and cheese. I thought it was good, I got the lunch-sized portion and it cost $9, which I thought was a little too much for the portion size," said senior Kevin Schumann. "The Black Rock Café had a nice atmosphere and the employees were very accommodating.

The mac and cheese and pasta dishes also come in a variety of sizes and cost anywhere from a $7 junior size mac and cheese to their most expensive item on the menu, a pasta dish for $18.

You get a bread basket with any pasta dishes and you can even make your own salad.

"My favorite dish is the Ruben with truffle fries on the side. The truffle fries are spectacular, but they also have regular fries as well," said senior Jack Bushell, employee at Black Rock Café.

"The fresh pasta, and I do mean fresh, we make it at the restaurant, is also extremely good too. I still have six mac and cheese dishes that are better than mac daddy's versions." Students hope that they will be able to pay using their SHI card soon.

"I'm not sure if they're accepting SHI card's yet, but I think that would make it even more student friendly," said Schumann.

Remember when we were growing up, and our parents would rip the television remote out of our hands and tell us to get our ass outside? Remember wrestling for the remote and throwing bows and feeling zero remorse? Wait was that just me?

Okay, well I remember absolutely loving television while I was growing up and was always heartbroken when my mom kicked me out of the house. I made do, awkwardly kicking a soccer ball trying to convey to myself there was some sort of coordination hidden deep within myself.

Television was an outlet for me, more than just entertaining, it also helped me develop my own creativity (and still does). I couldn't imagine growing up without Saturday cartoons. What would I do without learning that Pokemon and having such exotic theories about whether I like Digimon better than Pokemon and playing the night before that I didn't wake up too early that I had to watch the worst futuristic robot Sherlock Holmes show or have to guess one more time where Carmen Sandiego was (she was just so exhausting to keep up with).

Now my taste in television has grown, but it doesn't exclude the classics I used to love growing up. I still have six mac and cheese dishes that are better than mac daddy's versions.

Students hope that they will be able to pay using their SHI card soon.

"I'm not sure if they're accepting SHI card's yet, but I think that would make it even more student friendly," said Schumann.

I understand that as a society we should totally be trying to harness some sort of activity that will take us off the couch and out of the "fattest nation in the world" category. Another part of me is saying that as an athlete and 22-year-old American, I have every right to grab an assortment of gluten free, organic, kick back and have myself a solid veg. Don't get me wrong: I am a cultured chick. I read, write, paint, contemplate existence, and everything else you might stereotype me as--a "cultured female."

With that said, I also like to spend hours mindlessly in front of a square box. Sue me, but Netflix is very important to me.

My entire childhood was not centered on television, but I did look forward to the half an hour before I had to catch the bus for afternoon kindergarten when I would watch The Big Comfy Couch. L brunette the Clueless to my sister and I about telling time and how you should always clean up after yourself.

As I entered Middle School, Car-toon Network and The Disney Channel became my focus. I related to characters as they embarked on the trivial experiences of a pre-teen. At age 13, there was a huge void in my heart that only Fat Friends and Gordo could fill.

As I moved into my high school years and now college, I began to experience some actual quality television. One part of me says that the American sitcom has taught me that all Americans are perpetually young, good-looking and able to afford expensive apartments without holding secure jobs. Most social activities occur at ironically-named coffee shops and cafes like "The Brew" and "Central Perk" without ever spending money.

Family issues can be resolved in a 30-minute span and almost always end with a quote that resonates and is belabored on some teenager's Instagram and Tumblr.

Even so, television is still a valuable part of my existence. When Jim and Pam got married on The Office, I actually felt real human happiness for them. Their relationship was an awesome display of love and companionship. The Office finale was one of the most nostalgic 60 minutes of my life.

Yes, there is a handful of crappy television shows I subject myself to such as Pretty Little Liars. I cannot defend liking this insane show and do realize that. Maybe it's recalling my "Nancy Drew" days, who knows.

Characters developed in good television stay with you. Parks and Recreation has some of my favorite characters on the tube currently. Ron Swanson, Andy Dwyer, Leslie Knope and April Ludgate are ingenious characters who I would love to befriend. Friends and New Girl taught me to value my acquaintances as a woman and Modern Family says, in a hilariously awesome way, that living within walking distance of whom you care about most is quite valuable.
Students comment on the importance of sleep

BY KRISTINA BURGWIN
Staff Reporter

"I'll sleep when I'm dead" is a motto that most college students seem to embrace.

I sleep about six hours per night and I never nap. I think my sleep habits make me physically lazier, emotionally drained and I cannot concentrate well," said senior Tara Ryan. "I am not a nice person when I am tired. I consume a lot of caffeine during the day."

Varying class times and demanding class schedules are among the many culprits to sleep issues. Lack of sleep can impact the quality of your daily life.

"I need an alarm to wake me up or I would sleep for a very long time. I think if I was able to sleep more I would be more motivated to get more work done," said freshman Ellie Bean. "I absolutely believe the amount of sleep I get definitely affects how well I do in my classes."

Sleep deprivation may have a number of negative effects.

According to the Sacred Heart Wellness Center blog, "Lack of sleep can contribute to irritability, depression and poor concentration. We all know about the crazy schedules of college students, the demands on your time, and the pressure to occasionally pull an academic all-nighter. But the bottom line is: sleep is not optional."

Sacred Heart S.W.E.E.T. Peer Educators recommend the app "Sleep Cycle." It is a bio-alarm app that tracks your sleep cycle to wake you up when you are in your lightest sleep. This app alarm will feel like you are waking up naturally instead of jumping at the sound of the alarm. It also tracks how much and how well you sleep.

"Sleep helps us think more clearly and consolidate memory a slightly important fact when you are a college student. Sleep helps the immune system stay strong and healthy. It leads to a more stable and positive mood. It helps us feel refreshed and alert, which leads to an improved ability to cope with everyday stress," said the Sacred Heart Wellness Center.

Is sleep vital to academic success and emotional stability?

"If I don't get enough sleep, my mood is negatively affected. If exhaustion sets in after hours of classes and work, I can't concentrate well and it effects my performance in everyday activities," said junior Nathan Perez.

"Napping can help those feeling sleep deprived by improving ability to make decisions, increase creativity and sensory perception."

According to the Sacred Heart S.W.E.E.T. Peer Educators Staff Street Journal, "Plan your nap to end at least five hours before you plan to sleep for the night. The best time to nap is after lunch, your body naturally gets tired in the afternoon. You do not need to fall asleep, just resting your body or eyes will help you refreshed."

Especially with the semester drawing to a close and preparation for final exams and papers around the corner, many feel the pressure to sleep less or pull all-nighters.

"I've pulled all-nighters studying before and they are torture," said Zienar. There are ways that students can help improve the quality and increase the quantity of sleep. Some turn to such outlets as exercise, drinking less caffeine and finding a more tranquil environment.

"Perhaps getting more quality sleep would help increase academic success and emotional wellness," said S.W.E.E.T.

What Is Your Favorite April Fools joke?

CARLY HANSEN, SENIOR:
"When I was in high school we plastic wrapped the security guard's golf cart."

MARIE NAKOS, JUNIOR:
"Changing people's birthdays on facebook."

EMILY NUNES, SENIOR:
"Sophomore year we poured baking flour all over my friend's car. He was pretty mad, but we had a good laugh!"

MALVINA RENHOLD, JUNIOR:
"Soap on the toothbrush. Classic."

JULIA PEDERSON, FRESHMAN:
"Filling out a suspension letter from high school actually signed by the administration and mailing it to my mom."

TIM DEMERS, SOPHOMORE:
"Fake writing on someone's face, but really it was tattoo."

LIZZY BENNETT, SENIOR:
"I told everyone that my boyfriend and I got engaged and everyone believed us and my mother cried after she got a congratulatory call from our relatives in the Philippines."

NICK PATINO, FRESHMAN:
"When we were little my mom made a meatloaf and covered it in mashed potatoes so it looked like a cake. I thought we were having cake for dinner, but it was meatloaf."

SARA KLAUM, SOPHOMORE:
"I put ketchup in my sister's sneakers once."

HALEY TANELLA, SOPHOMORE:
"I saved an old carton of empty milk and filled it with rice pudding so when my brother poured it on his cereal it looked like the milk went bad."

THERESA BERTOLINO, SOPHOMORE:
"I taped the nozzle on the sink so when people used it, it sprayed them."

LINDSAY SEPPALA, JUNIOR:
"My cousin was born of April Fool's Day and when they told us she was born we didn't believe them."
Mimesis & Individuality

MARK PODESTA
COPY EDITOR

Recently, while working on a research project geared around Don DeLillo’s 1985 novel White Noise, I came across a very profound critical and philosophical ideology called “mimesis.” While reading Matthew J. Packer’s article, “At the Dead Center of Things’ in Don DeLillo’s White Noise: Mimesis, Violence, and Religious Awakening,” Packer makes the argument that DeLillo’s novel has very obvious allusions to notion of mimesis. This article opened my mind to the idea of mimesis, which is an exploration of imitation, and mimicry within the contexts of society and culture, in high regards to art. Packer delves deeper within the concept of mimesis in his article, saying that the theory “reveals the priority of social imitating in media culture. It also resolves problems of the simulacrum, what Nicoletta Piredda calls ‘the epistemological crisis that affects contemporary reality.’”

Now, I understand if this is confusing at first, because I was confused as well. From what I grasped from the article, and my own research on the topic, is that critics and scholars who study mimesis are also looking at the subsequent effects of it, as well as what it means on a grander scale, like its relationship with identity and individualism.

Many people are passionate about creating a life that is unique to themselves; a life full of feelings, experiences, attitudes, achievements and ideas to call their own. Most people pride themselves on being individuals, and with a contemporary society so obsessed with image and creating a distinct identity, mimesis could be shocking to most people. Is there actually a capacity for people to be true individuals, completely independent of outside influence or imitation?

From the second we are born, we are already intimidating others; our parents. As children we learn from observation of others experiences, as well as our own trials and errors. Therefore, if we are born and immediately begin imitating, then it is possible that every decision we make is based on something that was once inherently original, but has now been “appropriated” by us?

If that were in fact true, then the idea of the individual would cease to exist. Those “normcore” styles were done before, therefore your style is appropriate. Those glasses you love because they are vintage, appropriate. "Our "elves" as a whole, are just a culmination of little bits and pieces of information that we have gathered over the years.

Even more interesting, if taken one step further, every single thing we do in life could be based off a reaction produced from our avarice or penchant toward anything and everything we come in contact with. Therefore, saying that each part of our being is based off of something else, and that is probably disconcerting to most people.

I am not sure where I stand in terms of defending or attacking the notion of mimesis, but it is something that I do not believe most people think about, but something very imperative. If there is no individual separate from another individual, then is it possible for an “individual” to ever truly exist?

I will never not be a tourist in NYC... but I’m okay with that.

KAT LINDSAY
ASST. A&E EDITOR

I have had the fortune to be able to go into New York City for the past four years while attending Sacred Heart, and I can say— it never gets old.

There is something really special about New York City that cannot be attached or branded to any other city in the country. I recently went to Seattle, WA and though I loved the city, I found myself paralleling it to New York in many ways, and Seattle falling short. I wondered why this was, and what made Seattle so different from New York.

Thinking this through, I realized nothing is comparable. The city has immense culture, and eclectic spaces run throughout Manhattan and Brooklyn. I remember recently talking to a friend who I work with at my internship now in Brooklyn. She has lived in Manhattan and Brooklyn respectively her entire life, and she still finds herself stumbling upon new adventures in the city, and new people. The different boroughs and neighborhoods continue to grow with this city that seems to have its own heartbeat.

My own experiences with the city are always growing, and I continue to fall into different happenings around the streets of Brooklyn and Manhattan everyday. For me—I go into New York very often... Every Tuesday and Wednesday I go to Williamsburg for my internship, and the commute alone from Grand Central to Bedford Avenue is constantly transforming. New York City is more than perfect for wandering eyes, looking around at incredible architecture, crazy artwork and graffiti, and my favorite—people watching. My morning commute is never dull. The 456 and L subway alone could entertain me for hours. Along with the city itself, the people are really what make it the one-of-a-kind habitat. Besides the subway system, and the characters wandering the city streets, the restaurants, shops, etc. all have their own personality and voice. Whenever I have to go on runs in Manhattan, I am always finding myself incessantly looking around at everything around me. There is an incredible sense of culture and heart that this city has kept up for years.

New York has nuzzled itself close to my heart, and its uniqueness will always stay with me. I will always be amazed by this city, and everything it has to offer. 

1-3 NY.

Correction: In the March 26th issue, the article titled, “Alumni Authors Visit Sacred Heart” incorrectly stated the pluralization of “alumni’s” in the first paragraph. The correct plural spelling is alumni. In the seventh paragraph, Jimmy Dager’s father was incorrectly stated as being deceased, when he is deceased. In the tenth paragraph, it was incorrectly stated that Adrian Strand’s father was a major impact in his life, when in fact he is still a major impact in his life.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Animal Embassy Provides Unique Internship

BY ZACHARY RAMIREZ
Staff Reporter

Senior Jade Bowins recently was chosen for an internship with Animal Embassy in Stamford, Conn. Animal Embassy provides internships for college students to assist the staff with the public exhibits at the Stamford Museum & Nature Center.

Bowins is biology major with a strong passion for ecology and conservation science. The internship will give her imperative exposure within the field she wishes to pursue in the future.

According to their website, Animal Embassy’s mission is to foster “an individual’s appreciation and respect for the natural world and the incredible diversity of life on earth.”

One interesting thing about Animal Embassy is that they take in exotic animals that people have tried to domesticate, but found difficultly doing so.

“Animal Embassy is like an orphanage for all the unwanted pets that people somehow acquire, most of the times illegally,” said Bowins.

The Keeper in Training program teaches youth, in grades six through nine, how to designate which animals are pets and which animals should be left to live in their natural habitat.

On any given day, Bowin’s internship includes cleaning and refreshing the water and food bowls for all the animals and maintaining their enclosures. The college interns are also called on sometimes to be a part of outreach programs where they visit local elementary schools and present some important Keeper in Training information.

“When it comes to the outreach programs, the Animal Embassy strives to teach children that all creatures are beautiful and that each animal looks a certain way because it needs to be that way to survive,” said Bowins.

With many animals ranging from amphibians to reptiles and insects, Bowins gets to work with a variety of different groups of animals.

“The animals I work with include ferrets, guinea pigs, a degu, bunnies, chinchillas, leopard geckos, poison dart frogs, tortoises, iguanas and bearded dragons,” said Bowins.

However, a certification is required to work with some specific animals, like aracndas, tarantulas, milk snaks, and many more dangerous animals.

Bowins explains her love for animals in a unique way.

“I love working with animals because, unlike people, they don’t argue or talk back,” said Bowins. “They absolutely have personalities, and if you treat the animals with love they will love you back.”

Bowins plays Division I softball, and now has to balance school, sports and an internship. With the softball season in full swing, Bowins says the employees at Animal Embassy are very understanding of her busy schedule.

Bowins is finishing her last semester at Sacred Heart and she hopes that her future will include graduate school and an open outlook on her career.

“My future plans include committing to a graduate school to get my master’s degree,” said Bowins.

With so many avenues of conservation science, Bowins is not sure which road she will take.

“I haven’t decided whether I want to focus more on plants, animals or nonrenewable resources, but I’m hoping that this internship will help me determine if I want to work with animals or if I want to work with plants and the ecosystem,” said Bowins.

Winter Guard Wins Championship

BY FILIPE LOBATO
Asst. Photo Editor

On Saturday, Sacred Heart’s Winter Guard team performed at the MAC Independent A Championship held at Western Connecticut State University. The team won the entire competition, coming in first place and beating schools such as University of New Haven, Central Connecticut State University and Brookfield Independent.

Beating Brookfield Independent was a big accomplishment, as they were Sacred Heart’s biggest competition.

“When they announced 2nd place was Brookfield Independent, we all knew we had won championships,” said senior captain Sasha Cadelwell. “I was completely speechless.”

The team has been preparing since mid-November and clearly the work they put in has paid off.

“We have been working since the beginning of the academic year to learn techniques, tricks and to work together as a team with our instructors,” said Cadelwell. Junior Abby Faillace knew it was too good to be true.

“It made us all proud, knowing that all the hard work paid off in the long-run.”

As stated by Cadelwell, the team based its performance off the Lady Gaga song “Applause.” They even changed the

SACRED HEART UNIVERSITY’S WINTER GUARD WINS
THE MAC INDEPENDENT CHAMPIONSHIP

COURTESY OF NICK ROYAL

prints of their flags and gestures during the show to have something to do with “Applause.”

As many people experience before a big performance or event, a lot of things run through your mind.

“I was praying, not only for me but for my team. I knew how hard we worked and how much we wanted it not just for us but anyone else there,” said sophomore Malory Martilla. “I was nervous, but I was proud of whatever the score was, I was proud of my team for leaving everything out there.”

As teammates, the girls couldn’t be closer.

“My teammates are like my babies, I love them to death,” said senior captain Ashleigh Stone.

Stone is not alone.

“My teammates mean everything to me. Whether in guard or out, I know I have 13 girls to talk to,” said freshman Gina Silvestri.

The team bonded very well, practically spending every moment together.

“Eat. Breath. Sleep. Color Guard,” said Cadelwell. “You can always find us in common together—whether it be doing homework, getting food or watching and singing “Frozen,” we are always with each other.

The MAC Championship was the last competition of the season for the Winter Guard.
Breaking News: Science Wing Evacuated

BY AMANDA SIALIANO
Editor-in-Chief

Last Wednesday, Sacred Heart University had to evacuate the science wing of the main academic building due to a sulfuric and nitric acid spill. The spill occurred just before 3 p.m. The wing was re-opened around 8:30 p.m. Paul Healy, Emergency Management Executive Director of Public Safety, informed the university of the wing being closed and when it was re-opened through Sacred Heart email. According to the Fairfield Citizen, firefighters reported that the toxic chemicals were only found in one classroom and there had been a minor chemical reaction due to the spill. No one was harmed due to the spill.

Fire officials on the scene dispatched the Fairfield hazmat team to the site along with bringing in the Department of Energy and Environmental Protection and an ambulance from AMR, as stated in the Fairfield Citizen.

Some students looked at this situation in a positive light. "I was actually grateful for the chemical spill because my class got cancelled and I got to catch up on some sleep," said freshman Andrea Sidor.

Many student’s classes in the science wing were affected by the spill. "I was in class and the fire alarm went off and my professor told me it was just probably a normal fire drill so we should leave our stuff and we’ll come back," said junior Joey Falcone. "We all migrated to the library and everyone was there and my class had a final lecture in the library entrance. I had to wait five hours to be able to get my stuff."

All classes were cancelled for the rest of the day as of 5 p.m. Classes resumed the following day.

PG Sports Has Huge Success With Kick Starter

BY RAY MORRISSEY
Staff Reporter

What started as a simple Twitter account (@PGSports) dealing with sport updates and news, has turned into something so much more.

Paul Guarino decided it was time to expand off his Twitter account and promote PG Sports by making t-shirts that would display the logo, which he created himself.

When an interest had grown in the T-shirts, he realized the next step was to team up with a graphic designer in order to redesign his logo and start producing apparel, as well. After collaborating with Corey Jeppesen, a graphic designer, PG Sports became a full apparel brand.

Since the start of PG Sports in 2011, with the help of a recent kick starter campaign, the brand has grown immensely. A telling sign of how much the brand has grown is the amount of orders coming in.

"I used to only order like 10 shirts, then 25 shirts, then 50 shirts, and now I just placed my biggest order of 300 shirts and 5 different designs because I raised $5,000 on Kickstarter," said Guarino.

Now, there are people in over 30 states wearing PG Sports apparel.

"To date, I sold about 600 items. Will be about 1000 once I get the new gear in late April," said Guarino.

The money that was raised through www.kickstarter.com gives Guarino the ability to further his business.

"I needed investors because I wanted to mass produce the PG Sports gear," said Guarino.

Kick starter is a way for independent creative projects to gain funding through people who back the project by pledging an amount of money.

"Creators can set up a page to display all the details of their project and prototypes, using text, video and photos to tell viewers about it," said Guarino.

Since Guarino already promotes his brand through social media, a lot of people were aware of the kick starter.

There are incentives, like special experiences, that are offered to the people who pledge money.

The kick starter was successful for Guarino. In addition to huge support from Guarino’s family and friends, athletes, Sacred Heart professors and alumni helped him reach his $5,000 goal.

"Art Kelly [family friend!] found out about it on Facebook, Professor Maresco has been a fan for a couple years now, and Mike Limosani has been a friend of mine for my whole life," said Guarino.

Guarino’s brand has gained attention and loyal customers in the Sacred Heart community.

Students can be seen wearing the PG Sports snap back hats as well as the t-shirts.

"The progress has been incredible. I started with pretty much nothing and now a lot of people know about the PG Sports brand," said Guarino.

Sacred Heart students are not the only fans of the brand.

"I have been fortunate enough to have over 35 professional athletes, in all four major sports, wear my gear," said Guarino.

Athletes giving recognition to PG Sports by simply wearing his apparel has been something Guarino is extremely thankful for; but it has grown to an even greater reality. He has also been given opportunities to meet certain athletes in person who rep the PG Sports logo.

Because PG Sports gets a lot of attention from professional athletes, Guarino has gotten the opportunity to meet lots of famous athletes.

"I got to meet Brandon Phillips of the Cincinnati Reds at the New York Mets game. Also, this past summer, I met Rob Jackson, who plays for the Washington Redskids, and ran into Clemson’s wide receiver and Army Vetaran, Daniel Rodriguez. I hope to meet more of the athletes wearing my gear this summer, said Guarino.

Meeting professional athletes is not the only inspiration for Guarino, there’s more to it then just all the attention.

"Besides interacting with professional athletes, one of my favorite parts of PG Sports is trying to think of new ideas and concepts for shirts and hats. I like the challenge to see what my followers will take the most interest in," said Guarino.

Guarino also thinks about ways to help support the military.

"I have been thinking about doing something [for] the military in the summer and I thought of an idea of support our troops and I had my graphic designer make a T-shirt design for the slogan," said Guarino.

The profits from those sales will be donated to Veteran Angler Charters.

"It is a non-profit that offers free charter fishing trips to active duty, retired, wounded and recovering veterans and their families," said Guarino.

This is not the end for Guarino. His vision is to expand beyond apparel.

"I want to convert PG Sports into a sports agency and have my clients wear my gear. It’s going to be a lot of work but I think in a few years I’ll have it flowing," he said.

You can visit PG Sports on the web at: http://www.pg-sports.com and pre-order the new apparel. You can also follow the brand on Twitter and Instagram, @PGSports.
Arts & Entertainment

Art students at New Haven

BY ADREANNA WALSH
Staff Reporter

The New Haven Paint & Clay Club’s 113th Annual Juried Art Exhibition was lucky to have talented artists from Sacred Heart submit their artwork.

The Art & Graphic Design Department at Sacred Heart seems to keep developing with extremely talented artists and professors. The most recent artwork submitted by students from Sacred Heart is located at The John Slade Ely House, a center for contemporary art. This is a non-profit art center located in the district of New Haven. It was founded in 1961 and was New Haven’s first dedicated arts center.

The Ely House supports different varieties in today’s art such as social, political, and experimental art. This specific Paint & Clay Club exhibition is taking place from March 23 through April 11.

The Art & Design Department of Sacred Heart is located at the Oakview Campus where Professor Nathan Lewis, Professor DeGraffenried, and other professors teach many courses in all areas of art.

One of Sacred Heart’s own students, senior Mike Abate, won a very special prize known as the Carle Blemmer $100 Prize. He won for his watercolor and colored pencil piece called, “A Look Through My Eyes.” This piece is located in this specific exhibition that is taking place at The Ely House.

“We have many talented students in the Art & Design Department and I thought they would have a good chance of getting in the show and winning one of the awards,” said Lewis.

The juried art exhibition at the John Slade Ely House Center for Contemporary Art was open to artists in the North East. There are many student programs and specific exhibitions for students that are offered.

“I also submitted, and got accepted two more watercolor and colored pencil pieces titled, “Leap of Faith” and “The Struggle,” said Abate.

The watercolor pieces Abate entered into the exhibition were from DeGraffenried’s illustration courses located at the Oakview campus. There was not a specific theme to the NHPPC exhibition, and artists were able to enter the work that they felt was their strongest.

“It was said at the show that only one in every four entries were accepted, so to have three out of three entered and get accepted was a huge honor,” said Abate.

Another artist from Sacred Heart, junior Edward Garvey, created an oil painting piece that was created in one of Lewis’s painting courses. Garvey’s work was also in the Juried Art Exhibition.

“I didn’t nominate the students whose work was accepted, but encouraged them to enter,” said Lewis.

Encouragement by professors went a long way for some of the artists at Sacred Heart, who are now being recognized for their pieces and their hard work.

Both Abate and Garvey are graphic design majors and also have work in the annual student show that is currently up in the gallery at Sacred Heart connected to the Edgerton Theater.

If interested in visiting these pieces of artwork, The John Ely House is open Wednesday through Friday, 11 a.m. until 4 p.m. It is also open on Saturday and Sunday from 2 p.m. until 5 p.m.

"I encourage everybody to come see the talented work our students are creating. We are very proud of Mike and Edward’s inclusion into the NHPPC exhibition as well as Mike winning one of the awards,” said Lewis.

Music Festivals: Popular Amongst Students

BY ABDIR HADHIR
Contributing Writer

As we draft from the cold weather, and into the summer, students will be finding themselves gearing up for vacations, summer internships, and numerous other activities. And, these activities include summer concerts.

Students will be starting to cudge together budgeting plans to pay for some upcoming concerts in the tri-state area.

Bridgeport is home to Gathering of the Vibes, which is an annual four-day music, art and camping festival that showcases a diverse array of music.

"Camp Bisco or Gathering of the Vibes this past summer were definitely my favorite," said junior John Coletta. "There’s something alluring about live music, to share the love of either the music or the atmosphere that concerts or music festivals have to offer is awesome."

The experience and atmosphere could also play a hefty role in concert going.

"The best concert I’ve been to hands down was The Black Eyed Peas, The E.N.D World Tour in August of 2010," said junior Cody Knox. "They sounded amazing and the concert also had many special effects that I’ve never seen before. The atmosphere had left a lasting impression on me."

For others, it’s more about the artist themselves, and less about the atmospheric attraction of the locale. To some, the artist is more important than the venue because of their strong connection with that artist.

"One specific artist I’ve seen more than once has been Diana Ross. My aunt used to be her personal assistant, and she used to bring me to all of her concerts. She is a great performer and the true definition of a diva," said Knox.

Other popular music festivals around our area this summer are: Governor’s Ball, Newport Folk Festival and the Firefly Music Festival.

Sacred Heart students will be present at a majority of music festivals this summer.
Film Review: Noah

BY RICKY YANDOLI
Staff Reporter

"Noah" has been one of the most anticipated films to come out so far in 2014. On Friday, March 28, the blockbuster PG-13 movie was released across the United States in IMAX theaters.

Movie stars such as Academy Award winning actor Russel Crow (Noah), Jennifer Connelly (Naameh), Ray Winstone (Tubal-cain), Anthony Hopkins (Methuselah), and Emma Watson (Ila) premiered in the film.

Directed by Darren Aronofsky, "Noah" was loosely based on the bible story of Noah building an arch. From my perspective, the film seemed to be Aronofsky's interpretation of the actual story of Noah with his spin on it.

Even though the movie and the story of Noah in the bible were somewhat different from each other, Aronofsky made his version stand out and it was creative.

Crow did an exceptional job playing the role of Noah. He made me actually believe at times he was Noah because of his on-screen presence.

When Crow interacted with actors such as Winstone (Tubal-cain) and Hopkins (Methuselah) you felt his passion with every word he spoke. His accent made his character even more believable for the time period the film is based on.

Watson (Ila) did a brilliant job in her role. Many people still typecast her as being Hermione Granger from the Harry Potter films, however she is a remarkable actress. You can feel her emotions in the movie when she cries and when she is happy.

From an outsiders perspective, the movie seemed to be a family oriented film. There was not a lot of foul language being used. The action in the film catered you a younger teenage audience and the storyline to the adults.

The visuals in this film were spectacular in a sense that you felt you were in the movie at each scene progressed. The more the story unfolded, I was at the edge of my seat waiting to see what would happen next. I could not get enough of the motion picture.

If you were looking to see a movie with a fascinating story line, tremendous acting, spectacular graphics, and jaw dropping moments then this is the film for you.

FINAL RATING: Four Out of Five Stars

FESTIVAL LINEUP for 2014

June 6 - 8th
GOVERNORS BALL, RANDALL'S ISLAND, N.Y.
Featuring: Outkast, Jack White, The Strokes, Skrillex, Vampire Weekend, J. Cole, and more!

June 19th - 22nd
FIREFLY MUSIC FESTIVAL, DOVER, D.E.
Featuring: Foo Fighters, Outkast, Jack Johnson, Imagine Dragons, Pretty Lights, The Lumineers, and more!

July 25-27th
NEWPORT FOLK FESTIVAL, NEWPORT, R.I.
Featuring: Band of Horses, The Oh Hellos, Lucius, Dawes, Trampled by Turtles, Mavis Staples, and more!

July 31st - Aug. 1st
GATHERING OF THE VIBES, SEASIDE PARK BRIDGEPORT, C.T.
Featuring: Slightly Stoopid, Edward Sharpe & The Magnetic Zeros, Ziggy Marley, Moe., and more!
The Sacred Heart men’s volleyball team had four games over the weekend. The Pioneers faced Rutgers-Newark, Harvard, Springfield and Vassar. The Pioneers went 1-3, to give them a 9-16 record overall.

Junior Eno Mackenzie, had a season-best of 22 kills and hit .515 in the Pioneer victory over Rutgers-Newark Thursday night.

The Pioneers swept Rutgers-Newark and dominated in all facets of the game. Senior Brad Borsay and sophomore Travis Verholt got the Pioneer attack started with a six-point streak in the first set. Mackenzie clinched the victory with a kill of his own, part of 5-1 run to close the set.

In the second set of the game the Pioneers used the Scarlet Raiders’ errors to their advantage and took an 8-3 lead. The teams battled back and forth for most of the set, leading to a tie, 20-20. An error in service by the Scarlet Raiders started a three-point run that put the Pioneers at set point. Again, a kill from Mackenzie ended the match 25-21.

The third, and final set was full of action as the teams tied nine times throughout the set. A kill from sophomore Sean Nelson gave the Pioneers a 22-17 lead. Junior Ray Satagaji sealed the win with a kill for a 25-20 set win for the Pioneers.

On Friday night, the Pioneers faced Harvard, but were swept in straight sets. Mackenzie led the match again with 14 kills, but errors plagued Sacred Heart.

“I feel like I played well, but certainly could have played better. I made some costly errors in crucial points,” said senior William LeClerc.

In the first set, the Pioneers played point-for-point with the Crimson from the beginning. But having nine hitting errors, the Pioneers could not recover and lost 25-17. Mackenzie led all players with five kills.

In the second set, the Pioneers battled tough, tying the score 17 times and only having four lead changes in the set. Senior Jason Kinney had four kills but the Pioneers struggled with serving, with six errors and no aces. A kill by Mackenzie gave the Pioneers a 16-14 lead, but it didn’t last long as Harvard capitalized on two unforced errors from the Pioneers and took the second set.

“I believe that our fatigue was really beginning to show,” LeClerc said. “We would put together runs in which we looked like the team we know we can be, but we weren’t nearly as consistent with it as we should be.”

The Pioneers had a strong third set, and their best serving of the match. Borsay had a five-point service run to give Sacred Heart the biggest lead of the match at 8-4. But the Pioneers struggled to keep the lead as Harvard came back and took the match. Sacred Heart had the lead for nearly the whole set before two errors were committed, again to lose the match.

On Saturday, Sacred Heart lost two matches to Springfield (3-0) and Vassar (3-2). Mackenzie once again led the Pioneers with 24 kills and LeClerc hit .421 over eight sets.

Against Springfield, the Pioneers started off strong and took a 10-8 lead in the first set. The Springfield Pride began to fight back and the Pioneers could not recover, losing the set 25-22.

“Springfield came out with a lot of energy and they immediately started running a quicker offense,” said junior Connor Bohl.

Early in the second, set the Pioneers took the lead again and kept it for almost the whole set. Springfield answered with a four-point run to take the lead back. Kinney led the match with 14 kills, but the Pioneers couldn’t slow the Pride attack and dropped the set 25-19.

“I think each player played well individually, but as a whole we weren’t clicking as a cohesive unit. In the Springfield game we led Springfield’s energy and scrappy defense threw us off balance,” said Bohl.

In the third set, the Pioneers took the opening points but Springfield was quick to retrieve the lead again and completed the sweep with a 25-22 win.

Against Vassar later in the day, the Pioneers were shut down by the Brewers offense, which didn’t allow the Pioneers to get two consecutive points. Vassar took the first set 25-18.

“Ray [Satagaji] definitely played a pivotal role in helping us move on from the negative feelings after the first game and focus on having energy for Vassar,” said Bohl.

The Pioneers rebounded in the second and third sets with their best hitting percentages of the night. Mackenzie, who led the Pioneers with 17 kills in the match, used his strong serving to put the Pioneers back on top 16-15. Sacred Heart took the set with a kill by Mackenzie finishing the set 25-20.

In the third set, Sacred Heart took the set, 25-21, with blow-for-blow action throughout the whole set. Satagaji hit .398 for the day, and sparked a 6-1 Pioneer run.

Sacred Heart could not manage to win, as they fell in the final fourth set 25-23.

“I feel that this weekend showed an aspect of our team that we take great pride in, which is how close we all are as teammates. We had some adversity to overcome and we did so with the support of each other,” said LeClerc.

The Pioneers will be back at the Pitt Center this weekend for the final home matches of the year. Sacred Heart hosts Saint Francis University Friday night before taking on Penn State on Senior Night on Saturday.

Women’s Lacrosse Falls to Fairfield U.

The Sacred Heart University women’s lacrosse team fell to cross-town rival Fairfield University Wednesday afternoon, 14-10. The loss drops the Pioneers to 2-6 on the season before beginning Northeast Conference play this weekend.

Sophomore Jenzlyn Joseph paced the Pioneers scoring four goals on the afternoon, giving her a total of 13 for the year. Joseph got Sacred Heart on the board early and the Pioneers played off the momentum throughout the first half.

“I think that, so far, we’ve had lots of people step up,” junior Kelly Keenan said. “We had some tough 17 times to start, but we have been improving everyday, which is exciting.”

Senior Shelby Vaccaro added three goals of her own, all in the first half, to keep the Pioneers in the game at halftime, down 9-7. Sacred Heart scored four of the final six goals of the half and hoped to continue the momentum into the second half.

However, Fairfield stifled the Pioneer attack, holding Sacred Heart scoreless for the first 15 minutes of play in the second half. Meanwhile, the Stags were able to put four goals on the board to give them a 13-7 advantage late in the second half.

Keenan made 16 saves on the afternoon, but it was not enough as Fairfield used the four goal cushion to win by the final margin of 14-10. Vaccaro added two assists giving her the team-high five points.

The Pioneers now have wrapped up non-conference play and will begin the Northeast Conference schedule this weekend as they make the trek to western Pennsylvania to play Robert Morris and Saint Francis University.

"Non-conference [games] teach us what works and what we need to improve upon going forward," Keenan said. "We hopefully can take these experiences and build upon them to make a run in conference play."

Sacred Heart will return home April 11 when they welcome Mount St. Mary’s to Campus Field.
Softball Splits Last Week’s Games

BY NICK GAULIN
Staff Reporter

The Sacred Heart University softball team faced off against both Fairfield University and Central Connecticut State. The Pioneers defeated the Stags of Fairfield 3-2 Thursday with a walk-off play in the seventh inning, but lost both games of a doubleheader to the Blue Devils, 5-0 then 4-3, on Saturday.

The winning hit of the March 27 victory against the Stags came off the bat of freshman Victoria D’Addario, allowing freshman teammate Andrea Sidor to cross the plate and give the Pioneers the victory. Pioneers’ coach Pamela London was happy with the team’s victory against the neighboring Stags.

“I think our walk-off victory vs. Fairfield was a big win for us. We always have very close battles with them and to win in walk-off fashion was very motivating,” London said.

London was also impressed with the overall offensive performance of the freshmen throughout the game.

“It was also important for us from the standpoint that all the RBI’s came from our freshman class. That will serve as a much-needed confidence booster for the freshmen,” said London. “We have quite a few freshmen on the field at any given time, and it is important for them to believe in themselves and exude confidence.”

The walk-off victory gave the Pioneers their ninth win of the season, and provided them with some momentum heading into their Saturday doubleheader against conference rival Central Connecticut.

The momentum wasn’t enough, however, as the Pioneers were swept in their first two conference games of the season by the Blue Devils.

After being held scoreless 5-0 in the first game, the Pioneers managed to produce three runs in the second game, even though they lost 4-3, resulting in a total combined loss of 9-3 after the doubleheader.

London recognized the challenge from the Blue Devils and noticed her team’s struggles in the first game.

“Central Connecticut was a great challenge for us and we were happy to have it. I felt in the first game we were very tight and not as defensively sound as usual,” said London.

Sophomore pitcher Adrianna Mallory was on the losing end in the second game and London noted the team’s issue with providing her with run support.

“We just did not play behind her at all,” said London.

The Pioneers turned their offensive dilemma around in the second game, scoring three runs, including a solo home run from senior catcher Annie Drehler. London praised the senior for her big hit in game two, and has been impressed with Drehler’s play this season.

“Annie has really been clutch for us so far this season,” said London.

The home run was Drehler’s fifth of the season, which helped her increase her batting average to a team-leading .302. Despite the big hit, junior pitcher Kacie Wentworth was not able to keep the Blue Devils scoreless, allowing four runs in the bottom of the fourth inning.

The Pioneers managed to add two more runs in the top of the fifth, as senior Jade Bowins and junior Kate Nadler each drove in a run to put the team within one of tying, but neither team would score for the remainder of the game.

Despite the second loss, London managed to see an upside with the team’s overall performance.

“We lost the game 4-3 but we battled the entire way and proved to ourselves that we can compete with anyone in our league,” London said.

As for the remainder of the season, London hopes the team can make a run for some playoff action.

“Our expectations for the remainder of the season are to make the NEC playoffs and win that, so we can have the privilege of going to the NCAA tournament,” said London.

She also recognizes the overall potential of the roster, and believes that they can reach their playoff hopes.

“We have lots of talented players here who will need to step up and play together for this goal,” said London.

The Pioneers will play another doubleheader on the road today at Iona College. Sacred Heart will return home April 8 against Quinnipiac.
MARCH MADNESS

UCONN Upsets Michigan State, Final Four Bound

NEW YORK (AP) — A veteran guard carried UConn to the Final Four. Shabazz Napier watched Kemba Walker do it three years ago. It was his turn Sunday at Madison Square Garden.

Napier scored 17 of his 25 points in the second half of a 69-54 upset of fourth-seeded Michigan State. The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985. They rode the home-court advantage of the thousands of UConn fans who made the short trip.

"It's kind of unfair," Napier said with a grin.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But Napier wanted to pay back the school for the joy of that national title his freshman year, for his struggles as a sophomore.

Did he ever.

Second-year coach Kevin Ollie is now 4-0 in the NCAA tournament at his alma mater after replacing mentor Jim Calhoun. Afterward, Ollie told Calhoun: "Thank you for believing in me."

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We wanted to throw the first punch, and I think we did that," Ollie said.

UConn dared Michigan State to shoot 3-pointers, and the Spartans nearly made enough, going 11 for 28 from behind the arc. Gary Harris was 4 for 9 on 3s for 22 points, but his teammates were a combined 10 for 32 from the floor.

Michigan State's seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

Trailing 51-49 with more than two minutes left, the Spartans had a chance to tie or take the lead. Senior Adreian Payne threw the ball away, and Napier drilled a jumper on the other end.

After Payne's free throws cut the deficit back to two, Keith Appling was whistled for a foul — the fifth on Michigan State's other senior starter — for contact with Napier on a 3-point attempt. Napier extended the lead to 56-51, and after Travis Trice missed a 3, Phillip Nolan slipped free for a dunk that clinched the victory.

"He's a winner, and he willed his team to victory," Harris said of Napier.

Ryan Boatright made four steals as Michigan State committed 16 turnovers. Some were caused by UConn's quickness, others by poor decisions by the Spartans. Izzo thought his team, a popular pick to win it all after finally getting healthy in March, looked tired.

"We had 16 of the most out-of-body turnovers known to mankind, to be honest," Izzo said.

DeAndre Daniels shot down Branden Dawson, who scored 24 points in Michigan State's Sweet 16 win over top-seeded Virginia. Dawson attempted just three field goals, making one, to finish with five points.

The 6-foot-10, 245-pound Payne, repeatedly forced out of the paint by the Huskies' defenders, hit two long jumpers to put Michigan State up 32-23 less than four minutes into the second half. But Napier started driving, getting the bigger Appling in foul trouble and UConn back in the game.

"When Coach looks at me a certain way, I just know I've got to be more aggressive," said Napier, who passed Ray Allen for fourth on the Huskies' career scoring list with 1,925 points.

After hitting four straight free throws to tie the score at 32 with 12.38 left, Napier was struck in the face by Harris — the UConn guard was called for a foul on the play — and left the court with his nose gushing blood. He was back less than a minute later when Daniels completed a three-point play to give the Huskies the lead for good.

Boatright's contested 3-pointer with the shot clock winding down put UConn up 49-39 with less than seven minutes left.

The Huskies won their third national title in 2011, but they were ineligible for last year's tournament because of previous low scores on the NCAA's academic progress measure.

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2 in Napier's buzzer-beating jumper.

After the Huskies were routed 81-48 by Louisville in the regular-season finale, Ollie showed his players video of that victory to remind them of what happens when they play frenetic defense.

"That tape is crazy," Boatright said. "We were everywhere. We were helping each other. We were existing out right, and we were rebounding the basketball.

Just like they played Sunday.

PLAYERS of the WEEK

KATELYN NICK

RACANELLI LEININGEN

HOMETOWN
Stamford, Connecticut

YEAR Senior

MAJOR Media Studies

SPORT Track and Field, Sprinter

STATS/AWARDS
Captain NEC Indoor Champion, 200m best of 25.8 seconds. Won 400m race @ CCSU

THE GREAT THING ABOUT OUR SPORT IS THAT YOU CAN SHINE INDIVIDUALLY, BUT ALSO AS A TEAM

HOMETOWN
Millwood, New York

YEAR Senior

MAJOR Marketing and Economics

SPORT Baseball, Pitcher

STATS/AWARDS
Captain, Louisville Slugger Freshman All American, NEC Rookie of the Year, NEC All Tournament, Complete Game Shutout 3/15

WE'VE BROUGHT THE PROGRAM TO A NEW LEVEL, WHERE WE FEEL WE SHOULD WIN EVERY GAME WE PLAY.