

# THE SPECTRUM

WEDNESDAY, APRIL 30, 2014

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 32, ISSUE 11

## IN THIS ISSUE

**2 SENIOR WEEK**  
Seniors prepare for Crusin' Through Senior Week leading up to graduation.

**3 "SENIOR"**  
Mark and Amy voice their opinions on the anticipation of being a senior/going through senior year.

**4 BUZZFEED**  
Website gaining popularity amongst college students.

**6 FOOD REVIEW**  
Ray discusses his dining experience at the popular mall eatery "Ten Asian Bistro."

**7 RELAY FOR LIFE**  
Sacred Heart celebrates the life of cancer survivors by raising thousands of dollars.

**8 SPRINGFEST**  
Students anticipate the biggest outdoor event of the semester.

**9 STEPHAN COLBERT REPLACES DAVID LETTERMAN**  
Students reflect on Colbert taking over "Late Night Show."

**10 ATHLETE PROFILES**  
Cody Marquis and Alyssa Brandolino.

**12 ATHLETES OF 2014**  
The Spectrum congratulates the class of 2014.

**\* SPOT THE GRADUATING EDITORS THROUGHOUT THE ISSUE!**

SACREDHEARTSPECTRUM.COM  
@SHUSpectrum

SPECTRUM@SACREDHEART.EDU

Facebook.com/Spectrum-Newspaper

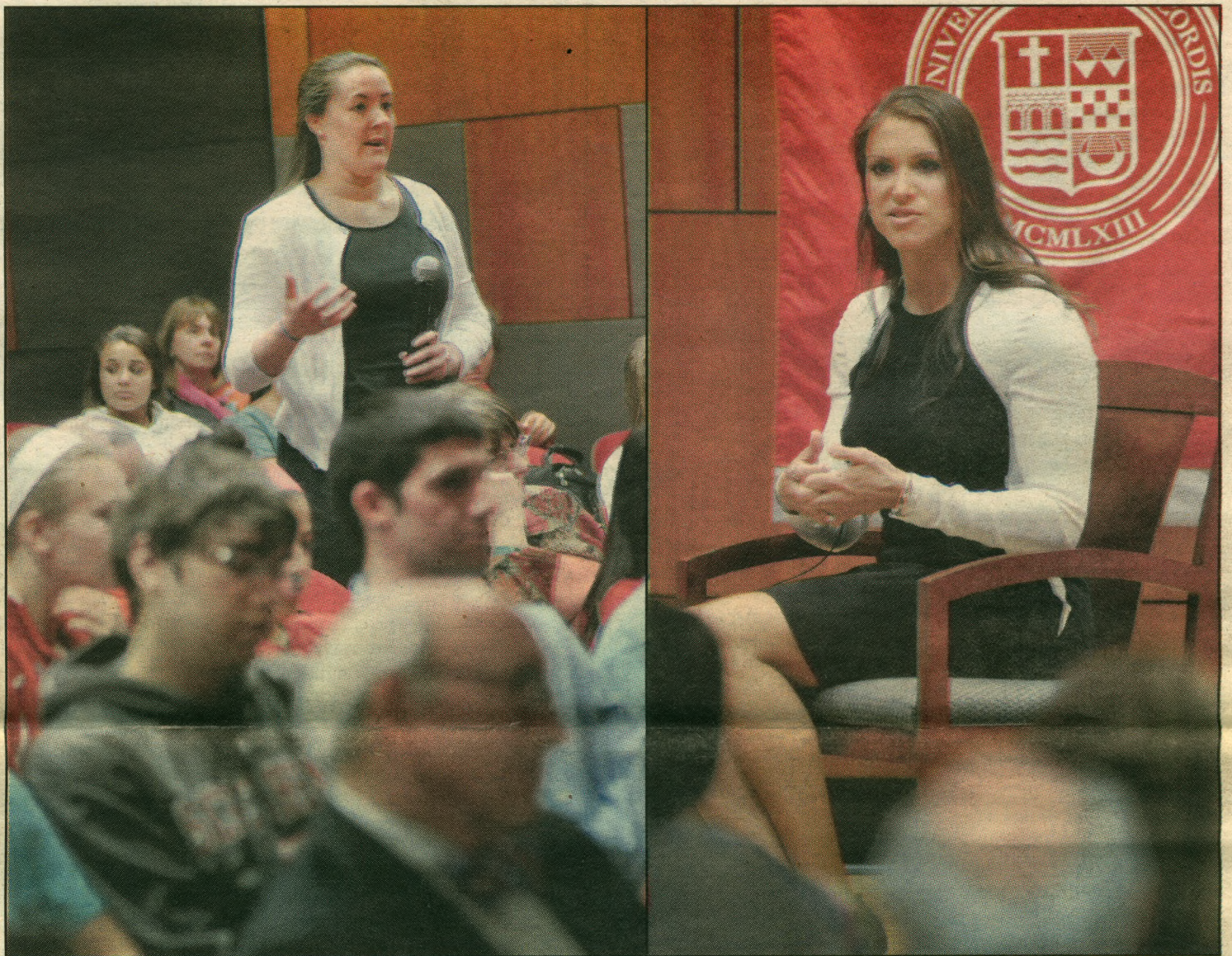
OFFICE 203.371.7963

ADVERTISING 203.371.7828

FAX 203.371.7828

## "Women Can Have It All"

Linda and Stephanie McMahon speak to John F. Welch College of Business



TRACY DEER-MIREK/DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS

STEPHANIE MCMAHON RESPONDED TO MULTIPLE SHU STUDENTS' QUESTIONS.

BY ALYSSA ANDERSON  
Staff Reporter

On Wednesday April 23, co-founder and former CEO of World Wrestling Entertainment (WWE) and university trustee, Linda McMahon hosted her "Women Can Have It All" series on women in leadership with her daughter and Chief Brand Officer of WWE, Stephanie McMahon.

As Linda and Stephanie walked into the Schine auditorium at Sacred Heart, cameras took their pictures and the two were greeting the people around them. They sat down and started their talk on women in the working world and how women should be able to have a successful career and the family that they desire.

Linda started the talk by asking Stephanie, "Can women have it all?"

"It varies for each person. You have to know what it is you want to do and break down the doors in front of you. Sacrifices need to be made. It's up to the individual," said Stephanie.

In her talk, Stephanie said that women have to fight harder. You have to make your way to the opportunity, she said. You're going to make mistakes and take risks that may fail. But take each lesson as an opportunity to learn and to grow. Women are coming on stronger and taking the risks they need to, to get further in their careers.

"When women are in business, they give a different perspective. They

are more collaborative and seek resolution quicker. Women have to believe in themselves, understand their goals, and be confident. They need to stand up for themselves," said Linda.

According to the press release issued by Sacred Heart, only 23 women currently serve as CEO among the Fortune 500 companies, while the share of women on corporate boards falls below 20-percent.

Stephanie's message was this: overachieve. That is how you get recognized. Be aggressive. Come up with what you want to sell and nail it. Believe in it and the person you are talking to will listen and you will get noticed.

Linda then asked Stephanie, "Is it worth having it all?"

"Personal time is definitely sacrificed the most. Family comes first and work comes second. It's never going to be evenly balanced. When I'm with my family I put my phone aside and I'm 100-percent with my family. That is what I'm willing to sacrifice," said Stephanie.

In front of a large crowd of students from the John F. Welch College of Business, Stephanie McMahon also explained how she balances her career and her family in an interview with the media.

"When I was younger I loved being around my family, but I wish I had more quality time with them. WWE, our family business, gave me the opportunity to not only follow my dreams and passion for the business, but spend time with my family as

well," said Stephanie.

"Technology also helps to bridge the gap with my children when I'm away. One time I couldn't attend my daughters school play, but FaceTime on my iPhone gave me the opportunity to not only see the play, but to show my daughter that I was there watching her," said Stephanie.

According to the press release, Stephanie was named Chief Brand Officer of WWE in Dec. 2013 and she is responsible for enhancing the brands reputation. She also works with WWE's business units to support growth initiatives, is the primary spokesperson for WWE's key community initiatives, such as WWE's anti-bullying program, and plays a character on "Monday Night Raw," one of their weekly professional wrestling programs.

Linda stepped down as CEO of WWE in 2009 to run for the U.S. Senate. Linda helped grow WWE from a 13-person operation to a publicly traded global enterprise with more than 800 employees in offices in Stamford, New York, Los Angeles, Miami, London, Singapore, Shanghai, Tokyo, Seoul, Mumbai, and Istanbul, said the press release.

"WWE has always been what I wanted to do. I wanted to spend more time with my parents and be in the family business. I always saw myself here. I always loved writing, producing, directing, and learning the business side of the company. For this to be my job, man am I lucky," said Stephanie.



# News

“The purpose of the week is to celebrate a culmination of four years of hard work one last time before we all go our separate ways”  
-Senior Peter Brostowin

## New Business Minor Offered at SHU

BY PHIL FALCONE  
Staff Reporter

*Clinical Associate Professor of Finance and Accounting Stephen Scarpati contributed to this article.*

The Sacred Heart University Welch College of Business is introducing a new minor in business developed specifically for students who are non-business majors.

The new business minor provides a fundamental education in business. The five-course program covers the core disciplines of accounting, economics, finance, marketing and management.

“A business minor will look great on a resume to prospective employers in any field or industry,” said Stephen Scarpati, Clinical Associate of Finance and Clinical Associate Professor of Accounting.

“The fundamental business knowledge will enhance the careers of most non-business graduates,” he said.

The required courses for this program are MGT 101, Organization Management; MK221, Financial Accounting and Reporting; MK 201, Principles of Marketing; EC 202, Principles of Microeconomics; and FN 215, Financial Management. It is suggested that students take MGT 101 first, but there is no prescribed sequence after that.

“An exciting feature of the new minor in Business is that there are no prerequisites,” said Scarpati.

“This is an exciting new program and I’m sure many students who are not business majors will take advantage of it. It is great to be able to take these courses over the summer as well,” said Ali Marini, a junior majoring in Communications & Media Studies.

Freshman Kaitlyn VosWinkel was excited to promote the new business minor.

“Having a business minor will allow you to better understand any profession you join. Everything is a business and knowing the background is beneficial to your career,” said VosWinkel.

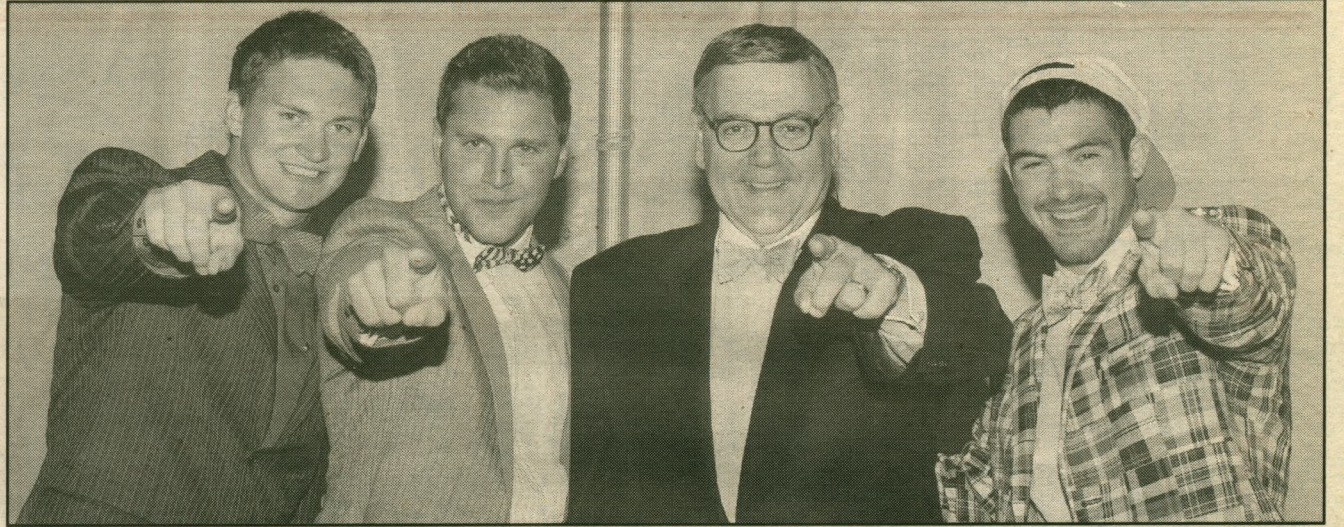
Some graduating seniors are disappointed this minor wasn’t created earlier.

“Even though I’m a senior psychology major, I would have been interested in a business minor for non-business majors because my goal is to open my own private practice,” said senior Allison Shanley. Taking courses in business would have helped when it came time to opening my business.”

“The program is available now and all of these courses are available over the summer (Summer Session I),” said Scarpati.

Students who are interested in the program and have questions should contact Professor Stephen Scarpati at [scarpatis@sacredheart.edu](mailto:scarpatis@sacredheart.edu).

## Crusin’ Through Senior Week



STUDENTS POSE WITH DR. PETILLO DURING LAST YEARS' COMMENCEMENT BALL.

PHOTO CREDIT

BY AILEEN CASMANO  
Staff Reporter

It’s that time of year again, the Easter break tease is over and the last two weeks of the semester are filled with assignments and exams. Seniors have a light at the end of the tunnel because Senior Week begins right after finals. Senior Week is a four-day lieu of celebratory events leading up to graduation. The Student Government board for the class of 2014 and Office of Student Activities have been planning and organizing it since September.

“The purpose of the week is to celebrate a culmination of four years of hard work one last time before we all go our separate ways,” said senior Peter Brostowin, President for the class of 2014. “Everyone is excessively busy during the school year because of all the opportunities at SHU, so the week provides us one final time to kick back and enjoy it as a class.”

This year’s theme is “Cruisin’ Through Senior Week.” Each day has a different title related to the theme. Seniors that are participating in the graduation ceremonies for May 2014 are eligible to participate in all of the senior events hosted by Student Government, which includes Senior Week. A brochure was sent out in the beginning of April with the breakdown of each night, housing, and available packages to buy. Seniors have the option to buy the entire senior week package, which includes a wristband for every event, transportation, and on-campus housing. They also have the option to only buy certain activities. Transportation is included every night.

The events start on Wednesday, May 14 with the “Bon Voyage,” open bar at the Stonebridge in Milford. The entire restaurant is rented out for the class. Thursday begins with a presidential brunch in the Linda McMahon Commons with Dr. Petillo, an optional senior service opportunity during

the day, and ends with “Cruisin’ Under the Sun,” at Mohegan Sun Casino. Friday night is the “Captain’s Ball,” which is the senior commencement ball. The event is formal attire, so girls tend to wear fancy dresses and guys wear a suit and tie. It is held on campus in a large catering tent outside. The night will include dinner, dancing, an open bar, a DJ, and fun as seniors gather one last time to share their memories and accomplishments as a class.

“Commencement Ball is very special. Seniors find it hard to believe that it is still on campus because the tent is decorated very elegant on the inside,” said Brostowin.

Saturday evening is the, “S.S 2014: Last Night On Board,” which is a family dinner dance. The event is cocktail attire. The night is a celebration between seniors and their family. It will have a fine buffet, cash bar, and complimentary wine on each table. This night is a chance for friends to meet family members and dance. There will also be live music from a band, The Cartells.

Amy Ricci, the Director of Student Activities, has been planning senior week with student government for six years.

“The family dinner dance is definitely the most special night for students. They have family and friends together so that they can share their last night together,” said Ricci.

The final day of senior week is the undergraduate Commencement ceremony on Sunday morning. It will be held at the Webster Bank Arena in Bridgeport for the first time.

“Senior week is planned to celebrate successes students have had in and out of the classroom throughout their four years here. Students get to be with each other and relax before walking across the stage and receiving their degree,” said Ricci.

The fun doesn’t end just yet. Seniors have Alumni Weekend to look forward to in the fall, where they can come back and reminisce with their friends.

## SHU Provost Elected to Inaugural Board of Directors of the Association of Chief Academic Officers

BY PHIL FALCONE  
Staff Reporter

Sacred Heart University provost Laura Neisen de Abruna has been elected to the Inaugural Board of Directors of the Association of Chief Academic Officers.

According to the press release, the ACAO is the first national organization representing chief academic officers, such as provosts and vice presidents for academic affairs, from all higher education institutions. The organization provides an opportunity to discuss important academic affairs and issues as well as the environment.

“I feel really great about being elected. Obviously, someone must have nominated me and that must have happened because I am active in national organizations in higher education such as the ACE and AAC&U, which is the American Association of Colleges and Universities,”

said de Abruna.

Abruna was elected for the founding board of Chief Academic Officers of the American Council of Education. It is the chief lobbying body for higher education in Washington, DC where its officers are located.

“They provide information to government officials about policies that are being debated in Congress and in the states. They have an extensive staff who conduct research on issues that are related to higher education,” said de Abruna.

Abruna said that in the position, she will provide education and training for other Chief Academic Officers on such issues as global awareness, digital learning, service learning, and leadership.

“Sacred Heart is one of the first universities to have joined this organization, and I am looking forward to not only representing the university, but also having the chance to influence important academic issues that will impact all accredited higher education institutions,” said de

Abruna.

ACAO accepted its first members in 2013 and has since enrolled 75 institutions as charter members as well as association and individual members.

“There are about 20 other members of the board and they come from a variety of institutions, comprehensive, liberal arts and research one,” said de Abruna.

According to the Sacred Heart website, de Abruna is the Vice President for Academic Affairs and an English professor at Sacred Heart University. She has had 14 years of higher education management experience and chose to come to Sacred Heart because it is very grounded in the liberal arts and core curriculum as well as how it is integrated with Catholic traditions.

According to the ACAO website, a group of academic vice presidents came up with the idea to have an organization for Chief Academic Officers. The assembled Chief Academic Officers were all

in agreement on the fact that they needed a place where academic affairs leaders could share their ideas and mentor one another and learn about academic leadership issues. The new organization focuses on the issues shared through higher education.

Abruna said that the board as a whole intends to provide training and support for the important work accomplished by Chief Academic Officers that performed at more than 4,000 universities and colleges in the country.

In the term ending June 30, 2015, de Abruna will be taking her place on the board alongside Rex Fuller from Eastern Washington University, Roderick Nairn from University of Colorado, Denver, and Martha Potvin from Montana State University.

The organization is still actively looking for association and individual members. The membership information is available at [www.acao.org](http://www.acao.org).





# Perspectives

## Hats Off to SHU

BY KRISTINA BURGWIN  
Staff Reporter

Graduation Day is a momentous occasion that calls for reflection and celebration. As it quickly approaches, Sacred Heart University seniors are counting down the days, looking back at their time here, and looking forward to the future.

The anticipation of the future has many feeling mixed emotions.

"I am feeling very nervous about my future after Sacred Heart. Though I am excited to be graduating, the real world is looking very intimidating these days," said Dana Kinlen.

Others are filled with anticipation of what lies ahead.

"I am thrilled about my future after Sacred Heart. I feel as if my life is coming together and am very motivated to get where I want to be. I will be going to graduate school and so excited to start this next chapter of my life," said Tara Skiff.

And, some, are just looking to seize the moment.

"I will be taking advantage of the opportune moment of free rent by moving home and getting a job in the area," said Terrance Doyle.

Sacred Heart offers many opportunities to help students prepare for their future.

"The capstone internship class was great because it allowed us to get hands on experience for what we needed to prepare for after graduation. Sacred Heart offers many different job services. Career Development was really helpful with preparing my resume, cover letters, how to handle interviews and job searches," said Sam Bomba.

Many also feel very well prepared for their paths to the future.

"My classes prepared me for the business world in many aspects. By holding a leadership position for dance, I believe that I am much more prepared for a management position and have an advantage compared to most graduating seniors," said Kinlen.

Sacred Heart seniors reflect of their memorable experiences and what they will miss most.

"What I will miss most is all the friendships built over the last four years. Those people you see every day, who you won't see any more. I'll miss the feeling I had just walking around the campus," said Tara Skiff.

Although some seniors are leaving their undergraduate experience behind, others are not leaving Sacred Heart quite yet.

"Knowing that I will be at Sacred Heart for graduate school for two more years makes graduating a little easier, but it won't be the same without those friends leaving," said Kate Gallagher. "I will keep those who are close to me with me forever and hope those who want me in their lives will try just as hard."

Some seniors have advice for incoming freshman that they wish they were given themselves.

"Cherish every moment you have and do not anything for granted. You may think it is hard now, but in the future you are going to wish you could do it all over again. Never let an opportunity pass you by, and do not lose touch with those who meant a lot to you," said Gianna Colgero.

Sacred Heart University has been a positive place for a majority of seniors and they feel ready to take the plunge into the real world.

"Being at college was four of the most amazing years of my life. I would not take back any choice I ever made. Sacred Heart let me grow into the person I wanted to be and I will always be grateful to everyone who I have come to know during my time here," said Gallagher.



TRACY DEER-MIREK/DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS

## "SENIOR"

MARKsays...



It's like finally walking all the way up about a thousand stairs to the top of a water park tube slide struggling with tube in hand and finally reaching, looking at the water park employee smiling so much your face hurts in anticipation of the best thirty seconds of your young life. I know it's a tad bit over the edge metaphorical, but that is the definition of what it feels like to be finishing junior year anticipating the start of senior year. Excited is an understatement, I have the highest hopes for my senior year and I know it is going to deliver.

I remember never believing that senior year was going to come, and now it's only a few short weeks and a summer away. My freshman year felt like an eternity, and even though I was fairly close to transferring from Sacred Heart, I had a great year and some hilarious times with my friends. I was still prepared to leave, though, but I stuck it out and continued on as a sophomore and got heavily involved on campus and it made a world of a difference.

I met so many people, older and younger, and made a network of friends that along with a few special professors helped me decide on staying at Sacred Heart. Trust me, it was the right decision. My junior year has been my best year at Sacred Heart so far, and that is what makes me so sure of myself when I say that senior year is going to be memorable.

However, with every passing year, and new friendships, we lose the seniors that start to begin the rest of their lives. Some of my closest friends have been older, and they have made my classes and extracurricular activities invaluable. Saying goodbye to the senior English majors, and the seniors on staff at the Spectrum will be hard because they have continually made my experience at Sacred Heart wildly better and more exciting. I just don't know if I can go on without them (commence tears).

I have to try, and try extremely hard, to not commiserate like a mother with empty-nest syndrome when all of my favorite seniors graduate, and I have to remember how incredible my own senior year is going to be. I am ready for the next phase of my life, but I am also ready for a couple trips out to Stamford and just a tad more trips down to Red's before I chase my dreams, and I know that along with my class we are going to blow Sacred Heart out of the water next year. Let's hope we can at least make it to Senior Week.

AMYsays...



Post-grad woes are as inevitable as post-grad debt. We are plunging ourselves into a suffering job market and feeling incompetent because we have this piece of translucent paper in one hand that represents everything we've done for the past four years, and in the other a huge white question mark that is mockingly staring at us.

Many feel cheated by the crippling expense of school paired with the already-crippled job market. Our generation is deemed "lazy" for moving back home when sometimes that is the only viable option.

Even so, these worries should already have been realized. So why do we have such a hard time saying the g-word? Why does the real world seem so unwelcoming and debilitating to post-grads? Sure we are about to step foot into a world that is not a perfect bubble of symmetry and safeness. Sure drinking more than three margaritas on a Wednesday night will be more of a special treat as opposed to a regular thing.

I've realized this post-grad nostalgia goes beyond the student loans; it goes beyond the suffering job market. It's more about this general fear of life. People are having a very difficult time growing up these days. We lie about our age, refuse to move forward, and get face-lifts to indefinitely appear 25. We dread getting older but always want to be seen as wiser.

Just the other day I went to the store to buy "eye-brightening makeup" for my eyes because one of my friends lovingly pointed out my dark circles. I'm 22 years old; I do not need "age defying cream." Right there in the cosmetics aisle of CVS I realized what I needed to do. Aging is a beautiful, inevitability of life and I needed to embrace it. Welcome the fact that I am graduating.

As I sit here writing this column in my favorite spot in the library on the second floor, I look to my left and see a combination of my closest friends, acquaintances and familiar faces dispersed throughout the room. As we are all silently enduring the last straight away of this semester's grind, I realize what I will miss most. This snapshot is a moment I have experienced thousands of times before. The comfort of us all sitting in one room, being students together is a comfort I won't experience again. I will no longer be able to creep my head around my cubicle and give my friend a disconcerting look or take a loud bite into an apple and get yelled at by one of my more lovingly neurotic neighbors. We were all going insane, but we were going insane, together.

The English papers have been turned in, the presentations have been stomached and the all-nighters have been endured. Procrastination will no longer be seen as an English major side-effect but as "laziness." Graduation will lead us all to different rooms in the library.

Friends will be moving, staying, working, studying, falling in love, breaking up, disappearing. We will all be living our lives in such different veins. It's scary. But, it's life and it's also invigorating. What's comforting is we will always have the camaraderie from these past four years here. That room in library on the second floor will always be there, even if we are no longer are. It will be so different, I know, but I'm excited. This is the transitory, adventurous moment we have been waiting for!



# Perspectives

## “Buzzfeed or Bust?”



AP PHOTO

**BY NICOLE CANNIZZARO**  
Staff Reporter

A currently popular news/social media crossover site has many Sacred Heart students buzzing. BuzzFeed is a social news and entertainment website that has been running since 2006, but recently gained popularity among the college students. The website includes news, entertainment, and life articles while also supplying its users with quizzes and comical links to keep them amused.

The website posts important news articles including world news and politics, but also has sports updates and celebrity gossip. There are over 1,000 quizzes on their website, which is one of the major assets that seem to attract users. Sophomore Shannon Dennelly is a frequent user of BuzzFeed in her free time.

“I like using BuzzFeed because it allows me to get news about the world in a comical way. I also like taking the quizzes that are provided because sometimes the quizzes are based off TV shows that I watch,” said Dennelly.

Junior Nicholas Jannetti also appreciates the quizzes on BuzzFeed and the humor provided on the site.

“BuzzFeed is an unbelievable website that has a wide variety of topics that you can look at,” said Jannetti.

According to BuzzFeed’s website, at first they were more of an entertainment site, but with the hiring of Ben Smith as their editor-in-chief, the website gained a serious side by expanding their journalism knowledge and assistance.

However, some users, like senior Chelsea Ilg, still aren’t trusting the information they read on BuzzFeed.

“BuzzFeed is not as reliable as

the New York Times,” said Ilg.

There have been complaints, and few lawsuits against the site for things like copyright infringement and photo sharing according to Forbes. These issues lead some, like senior Gab Scozzari, to believe the argument that BuzzFeed is too laid back, to become a source like The New York Times is true.

“It’s not reliable because it’s too much about pop culture, and not news,” said Scozzari. However not all students are as distrustful of the website, for example sophomore Joe Fusco has no complaints.

“I think BuzzFeed offers news and the latest trends, all in an informational way that teens can easily relate to,” said Fusco.

The teams at BuzzFeed have an “about” section on their sight where they stress that they try and understand the technology of today, and their users in order to

have a good content driven website. Their content is shareable which has helped them get a wider variety of users through social networks, which has lead them to have over 130 million users.

On their website it is listed that there is a US and UK staff working constantly to post new things daily. BuzzFeed has an average of 378 posts per day and is run by a founder and CEO, Jonah Peretti who also was a founder of Huffington Post.

You can access BuzzFeed from your computer or smartphone and even download an app for it at BuzzFeed.com.

“I don’t know what BuzzFeed really is, but I see the relatable articles and surveys shared on Facebook all the time and they seem to reach a lot of people,” said sophomore Madison Tavarozzi.

## What Are Your Summer Plans?



**JULIA PEDERSEN, FRESHMAN:** *“Life guarding, coaching, going down the shore & getting the bronze of a Norwegian princess.”*

**KATRINA DY, FRESHMAN:** *“Taking a summer class and then going on a cruise.”*

**MICHAEL KENNY, JUNIOR:** *“Make money and go to a few music festivals.”*

**AMANDA CAULEY, FRESHMAN:** *“Working and going to Cape Cod.”*

**JOHN COLETTA, JUNIOR:** *“Going to the beach, traveling and flipping burgers.”*

**BETHANY BAUMANN, SOPHOMORE:** *“Interning at a digital marketing company.”*

**KEATON MANGI, JUNIOR:** *“Intering at Strategic Building Solutions, and relaxing.”*



# Editorials



## Introducing...

### THE SPECTRUM EDITORIAL BOARD 2014-2015



EDITOR IN CHIEF  
AMANDA SIALIANO



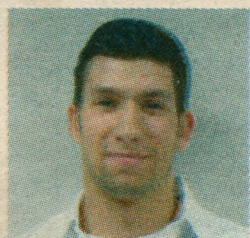
SPORTS EDITOR  
NICK MCANENEY



WEB MANAGER  
COLLEEN CROWLEY



MANAGING EDITOR  
ALANA MILLER



ASSISTANT SPORTS EDITOR  
MATT MATERASSO



ADVERTISING MANAGER  
ERICA POWELL



COPY EDITOR  
MARK PODESTA



A & E EDITOR  
MARISA PAPA



CIRCULATION MANAGER  
CHRISTIAN COLON



COPY EDITOR  
KATIE SHEPARD



ASSISTANT A&E EDITOR  
NATALIE CIOFFARI



GRAPHIC DESIGN EDITOR  
ABBY FALLAICE



PHOTO EDITOR  
MEGAN LACKMAN



PERSPECTIVES EDITOR  
SAM BUTLER



GRAPHIC DESIGN EDITOR  
JESSICA BORATKO



PHOTO EDITOR  
FILIPE LOBATO



FEATURES EDITOR  
NATASHA KLINOFF



ASSISTANT PHOTO EDITOR  
ALYSSA ANDERSON



PUBLIC RELATIONS MANAGER  
KRISTINA BURGWIN



NEWS EDITOR  
EMILY ARCHACKI



ASSISTANT NEWS EDITOR  
MELANIE VOLLONO

NOT PHOTOGRAPHED:

ASSISTANT PERSPECTIVES EDITOR  
NICOLE CANNIZZARO

ASSISTANT FEATURES EDITOR  
MELANIE HOLEC







# Features

## Food Review: Ten Asian Bistro

ASIAN CUISINE IN THE TRUMBULL MALL

BY RAY MORRISSEY  
Staff Reporter

The Ten Asian Bistro is conveniently located across from Ruby Tuesday in the Trumbull Mall. The bistro is just a SHuttle ride away and should be considered for all those who enjoy Asian cuisine.

There are a wide variety of options on the menu including their vast selection of sushi and sashimi. If you are not a fan of raw fish, there are also many specialty entrees to choose from. For the "early bird" customer they offer lunch specials Monday through Friday up until 3 p.m.

As my friend and I entered the establishment, the hostess instantly greeted us with a smile and led us to our table. My immediate impression while making my way through the dining room was that it had felt like a family oriented environment. This did not come to a surprise considering it is located in the mall.

Although the Ten Asian Bistro has a family friendly environment, for those who are of age, they do have a bar separated from the dining room that serves an assortment of alcoholic beverages. Multiple booths and barstools that line the bar leave plenty of room for a spot to have a drink.

The only slight misfortune was they did not offer an unlimited sushi special, which is what I hoped for,

after viewing the menu prior. Luckily, it was still during the lunch special hours so I was able to order three sushi rolls for only \$12 dollars.

On top of the lowered price, it was also an entertaining experience because the sushi chefs prepared the rolls right in front of us. They did an outstanding job of making sure the rolls were wrapped tight and packed with a generous amount of fish.

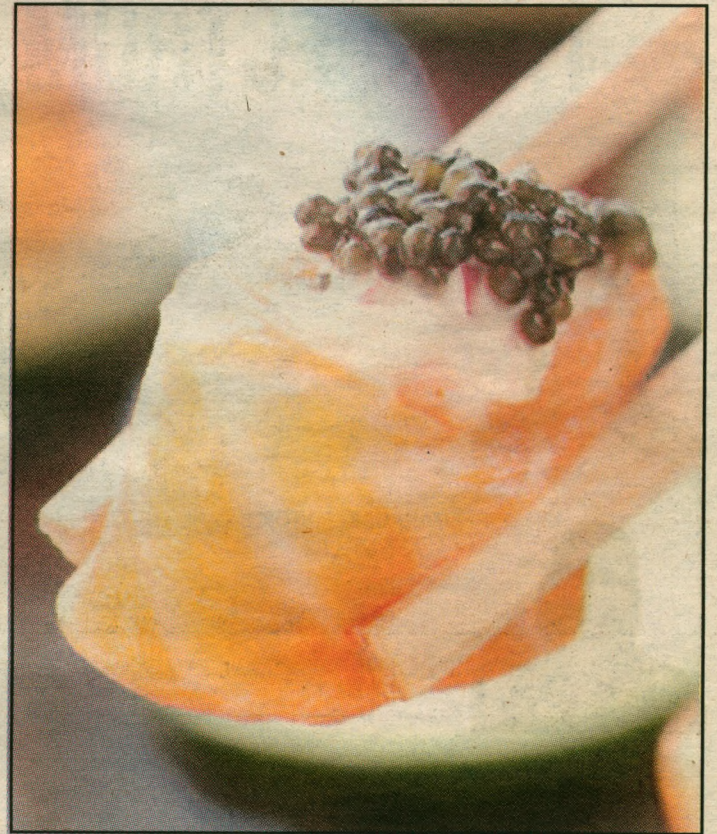
My friend ordered the sesame chicken that came with a choice of soup and rice. He chose the wonton soup and fried rice, which he allowed me to taste. The rice had a different taste that I was not used to, but I would definitely recommend it.

I was able to have some chicken as well, which was so tender it almost cut like butter. His meal came to a total of \$10.

After finishing my meal I was satisfied, but craving more because of how much I enjoyed it. I definitely would recommend Ten Asian Bistro to those who would like a bit more upscale sushi or Asian cuisine experience.

Ten Asian Bistro also delivers, which is very unique for sushi restaurants. Although delivery time is estimated to be around 40 minutes, it is still something worth taking advantage of.

The location, price, and quality of the restaurant is excellent, making it a smart dining choice for Sacred Heart students.



AP PHOTO

TEN ASIAN BISTRO OFFERS SUSHI AND ASIAN CUISINE AT A REASONABLE PRICE.

## Students Sing Out Against Bullying



CHOIR STUDENTS SING AT THE 2ND ANNUAL CONCERT AGAINST BULLYING.

THE SPECTRUM/LIZ MASTROCOLA

BY KELLY ROMANO  
Staff Reporter

On April 9, the Chapel of the Holy Spirit lit up with voices from the Sacred Heart choir at the 2nd annual Concert Against Bullying. With a performance to the public against bullying, it was more than just a concert.

The concert included solos and duets from Elise Bean, Nick Patino, Sara Zoldy, April Jauregui, Sara Klaum, Tiffanie Rodenburg, Tara Ryan, and Timothy Weiss.

The solos were intertwined with stories from students. Elise Bean and Jenna Demeo were the two students that were brave enough to tell their stories to everyone.

"When we had a couple of the singers speak about their experiences with bullying, it showed that even if people look

okay on the outside, they can be hurting on the inside," said freshman choir member, Victoria Milhomens.

These students told true stories of being bullied in front of about 75 people.

"While rehearsing, some of the students even got a little emotional thinking on their experiences," said Milhomens.

The choir covered popular songs including "I'll Be There," "It's Time," "I'll Be There For You," and performed their own versions of, "I Will Survive/Survivor," "If We Hold On," "One Voice," "For Good," and "I Feel Pretty/Unpretty."

The songs were just one part of the concert that was emotionally touching.

"The concert was amazing not only because of everyone's amazing voices, but the people who were brave enough to step up in front of everyone and tell their personal stories was even more amazing," said

freshman Julia Pedersen.

Milhomens liked how the concert addressed the controversy of bullying in society.

"I thought that the concert was very powerful in showing how serious of a problem bullying is in our world today," said Milhomens.

According to DoSomething.org, 3.2 million students are victims of bullying every year and one in 10 students drop out of school because of bullying. The incident rate for experiencing some form of bullying is extremely high at 71%.

"Bullying is something that has always been a problem. Kids bully other kids for attention and to try to be 'cool,' which isn't right," said Pedersen.

These students stepping out of their comfort zones spoke about spreading awareness of this worldwide issue.

"I hope that from the concert both those who participated and those who came to watch were impacted in a positive way to help spread awareness for students that are bullied," said Milhomens. "No one deserves to be bullied, no matter what the circumstances and we all need to think before we speak and act."

About 160,000 students skip school everyday because they are being bullied at school and this 2nd annual Concert Against Bullying was to show that statistics like these could go away if everyone stood together.

"Hearing stories of young kids that commit suicide because they are being picked on at school is absurd. Things like that should not be happening," said Pedersen.



# Features

## The Relay For Life



CANCER SURVIVORS, LEFT, AND RELAY FOR LIFE PRESIDENTS, LILY DIPAOLO AND JESSIA LAFLAM AT RELAY FOR LIFE.

THE SPECTRUM/FILIFE LOBATO

BY RAY MORRISSEY  
Staff Reporter

On Friday April 25, Sacred Heart University held its sixth annual Relay For Life fundraiser in the William H. Pitt Center.

Relay For Life is an American Cancer Society based fundraiser that is striving for a world without cancer. The world's largest group of survivors and caregivers grew even larger as Sacred Heart became involved with this overnight fundraising walk.

This year's theme as stated in the letter from President Petillo, was a giant birthday party, denoting the many birthdays that will be celebrated by cancer survivors as a result of the fundraiser.

Around 40 clubs and organizations were involved in the effort to raise money for this cause and many of them took part in the indoor, overnight walk. The Sacred Heart's Student Events Team, the band, club athletics, the Thomas Moore Honors Program and Greek Life are just some of the student based groups that helped with the fundraising.

This year's relay surpassed last year's total donations of around \$28,000 with just under \$38,000 of funds raised. This is a great feat considering there was practically the same amount of teams as last year's event.

Junior Nicole Gittleman, a participant of this year's relay said, "I think a lot of times it's hard raising money on a college campus, especially during the busy spring

semester. However, it was overwhelming the amount of support Relay for Life received this year to make it a record breaking event at Sacred Heart."

Relay for Life is always an emotional atmosphere considering all of the lives affected by cancer. Personal stories were shared and support was spread throughout the room. That night, a sense of appreciation for life far outweighed the negative topic of cancer.

"Spirits were high the entire night and students were really affected by the incredible personal stories and experiences the speakers and cancer survivors shared with everyone," said Gittleman.

Junior football player Keshaudus Spence was fortunate enough to witness the tears of participants turn into smiles.

"The emotions flowing through the Pitt Center definitely started off on more of a sensitive matter as survivors explained each of their stories. They began with their diagnoses of this fatal disease and what was involved in overcoming it," said Spence.

An ease of tension swept through all the groups as they continued to walk the laps in efforts for the cause.

"Music then began to play as we got back to walking our laps. My teammates and I encountered a couple women who were survivors and fans of our football team. We took a couple pictures with them which definitely led to some smiles," said Spence. "I would definitely say it started off on a more emotional note, but then quickly became a more uplifting atmosphere."



MIXED MARTIAL ARTS DEMONSTRATION AT RELAY FOR LIFE.

THE SPECTRUM/FILIFE LOBATO

## The Teachings of "Matt"

*Professor Mysogland shares an inspirational story*

BY KEN MYSOGLAND  
Contributing Writer

Ken Mysogland MSW is an adjunct faculty member in the Social Work Department for the past 18 years.

We are all blessed to be a part of Sacred Heart University. Perhaps the following story can put this into a little clearer light:

Holy Saturday found my 10 year old step-son and I at our local Starbucks. Evan working on 5th grade homework as I was preparing for the upcoming week of teaching.

As we were beginning to leave, a young man approached me.

"Excuse me, are you a tutor?"

"No", I said, "we are just simply doing some work. What do you need?"

"I was wondering if you could help me. I am studying for my GED test and I need some help. I don't understand the math. The test is soon. I just don't understand it".

My first thought was anything but math...

"Sure", I said. "I will be back in a little while".

By the time I returned, "Matt" had already been at the same table for over 7 hours. In front of him, a worn study guide and dull pencils. We started talking. About life. Hard times. His escape. The future.

"Matt" left his abusive household when he was 15 years old. Living on the streets, school was not an option. Now an adult at 18, he is seeking the equivalent of a High School diploma.

Life is a daily battle. The effects of his early trauma manifest themselves as racing thoughts and anxiety. He becomes depressed. In its worse phase, he can barely get out of bed. Thoughts of self-harm resulted in three hospitalizations.

We talked and studied. Together, figured out the exponents of numbers, fractions, and the formulas containing x plus y. After each correct answer, a high five.

"Can we do another page", he would ask. "I think I am getting this".

In front of me was a young man with a childhood sto-

len. Determined. So vulnerable. A survivor with a goal; to give back.

"I want to be a counselor so I can help others. I know what it is like to struggle. Kids can learn a lot from me. But, I gotta pass this test so I can apply to a college".

God brings people into our lives for a reason. We will all encounter the next "Matt" in the world. He or she is sitting right next to us. Watch and listen.

Life is God's gift to us. The person we become, is our gift to Him. Give back to others.

You have been given a unique opportunity to attend college. Not everyone gets here. Make the most of those gifts that you have. Yes, you may have struggles. Don't be afraid to ask for help.

Let "Matt" be your teacher on the subject of life.

As "Matt" and I ended our time, I gave him my number, asked that he call with the test results.

"Thanks" he said.

"No Matt", I responded. "Thank You. My pleasure".





# Arts & Entertainment

## Spring Fashion Trends

BY **MARISA PAPA**

Asst. Perspectives Editor

Many people find dressing for this bizarre weather extremely confusing—I'm right there with you.

Walking through the halls I realize that a lot of students are all so baffled as whether to wear gloves, a sundress, or a rain poncho.

I'd advise packing a few layers of clothes to ensure the best results for an unexpected day out.

Girls, I'd suggest bringing a sweater or a jean jacket to school with you. On a cool summer day, a jean jacket can be a savior. If you are like me and want to wear spring dresses ASAP, it's doable. Pair a nice sundress with a blazer, and combat boots with scrunched socks. The boots and jacket will keep you warm, while the dress will give off a hint of spring.

If you want to start the day off a little riskier with sandals, I support you. Wear a pair of beaded sandals with colored pants, to keep your legs warm. Pair this with a denim shirt, unbuttoned, and a tank top underneath.

Instead of wearing darker colors (mourning winter), wear brighter colors like light pinks, pastels or whites. Even if the sun doesn't know what season it is, you'll still be ready when it decides.

For men, a simple pair of jeans or colored pants with a neutral colored t-shirt should keep you warm. If you want to get a little fancier, make it a v-neck shirt. Men also look nice in a polo with shorts, or khakis with a t-shirt and a zip-up over it, so it's easy to take on and off with the temperamental weather.

If you're looking for a nicer look, try a warm colored



THE SPECTRUM/MARISA PAPA

ALLIE IMHOFF

button down shirt with a white t-shirt, tucked into khaki shorts with loafers or boat shoes.

Junior Abshir Aden is dressed in dark colored shorts, with high white socks and black Keds. He wears a black v-neck cotton tee with a denim jacket from H&M over it, for warmth.

"I love this outfit because it is so comfortable and light for unpredictable weather," said Aden.

Sophomore Allie Imhoff wears a stylish floral spring sundress, paired with a few winter accessories. She wears an army green colored jacket over her dress to keep her

warm. On her feet, Imhoff wears high socks and light brown calf-high riding boots.

Army styled jackets are particularly popular in this fall/spring fashion. The jacket is so versatile because it can be used throughout many different seasons and for various occasions depending on what it is paired with.

"Kneesocks are my favorite addition because they add something more to your outfit for any season," said Imhoff.



THE SPECTRUM/MARISA PAPA

ABSHIR ADEN

## SPRING FEST 2014



THE SPECTRUM/LIZ MASTROCOLA

BILL HAUG AND CHRIS MASTROCOLA PERFORM AT THIS YEAR'S FALL FEST, LEFT, AND LINDSAY SEPPALA, RIGHT ENJOYS THE ACTIVITIES OFFERED AT THE FESTIVAL.

BY **RAYMOND MORRISSEY**

Staff Reporter

With the warm weather finally approaching and the school year coming to an end, outdoor events appear to be ideal. Spring Fest can be the perfect way to enjoy the weather before the upcoming finals week.

The festivities will take place this Sunday, May 3rd, between 1 p.m. and 5 p.m., on the 63's patio. There will be a number of activities for all participants to enjoy including musical performances and free food.

Some of the activities include inflatables, caricature artists, and even different giveaways every hour of the event. For those who are hungry they will be offering Mexican themed food, seems to be fitting with Cinco De Mayo just around the corner. There will also be a frozen yogurt truck if you are looking to enjoy something sweeter.

The musical performances will be DJ Ali Kaba as well as collaborating with the student found event, Sound Trak. DJ Ali Kaba already has built a reputation on campus after recently performing at Reds, on April 3.

"There is a lot that goes into planning Spring Fest for the Student Events Team, but it proves to be more than worth the while once the event is underway. This year should be

even more exciting with the addition of another student planned event Sound Trak. I really look forward to seeing how it all works out," said senior Arianna Narayan, member of the Student Events Team.

Sound Trak is the university's first very own two day music festival. Two seniors, Cory Lutkus and Kate Racanelli, are responsible for putting this even together as their senior project for the Communications & Media Studies program.

"We wanted to do something for the students that has never been done before, also something we hope they will never forget," said Lutkus.

There will be performers the day prior to Spring Fest as well as the day in which the event takes place. Lutkus himself will be putting on a performance as well as a number of musical performers who attend the university. The acts taking place during Spring Fest will consist of rappers and DJ's.

"Spring Fest as well as Sound Trak will be a great experience that no one should miss out on. Everyone should come and support some of Sacred Heart's most talented artists as they display their talent," said senior Giorgio Scalone, who is one of the students performing.

The event is an exciting way to interact with fellow students and even check out your peers hidden musical talents. The warm weather and atmosphere of the event should be a great way to transition into the summer. If there happens to be inclement weather, the rain date is scheduled for the same time the next day, May 4th.



# Arts & Entertainment

## Colbert to Fill Late Night Slot



AP PHOTO

TV PERSONALITY STEPHEN COLBERT AT THE 64TH PRIMETIME EMMY AWARDS GOVERNORS BALL IN LOS ANGELES. COLBERT WILL BE PAYING A VISIT TO CBS' "LATE SHOW," HIS FUTURE HOME.

BY RICKY YANDOLI  
Staff Reporter

On Thursday April 10, 2014 David Letterman, longtime host of the famous "Late Night Show," announced that Stephen Colbert would be his successor when he retires in 2015.

It did not take long for Colbert to be a special guest on the "Late Night Show" that will soon be his. This past Tuesday April 22, Colbert visited Letterman on CBS.

"You look right at home," said Letterman.

It was clear the 67-year-old Letterman welcomed his 49-year-old beneficiary with open arms. The transition to retirement and Colbert taking his spot does not seem to have a negative effect on Letterman at all.

"Stephen Colbert will do well with his new job replacing Letterman, I'm just going to miss Colbert on Comedy Central with his multiple personalities," said ju-

nior Michael Kenny.

Despite Colbert being a funny personality, people are used to his Comedy Central humor. It is still to be determined what kind of humor he will bring to the "Late Night Show" in the future.

Colbert has had a very strong run on Comedy Central. He has been televised with his own show called "The Colbert Report" since 2005.

"Colbert is funny. He'd be a good replacement, yet I believe David Letterman should be replaced with someone classier and in the business longer. Although David Letterman grabbed more of an older population in views, where Colbert will grab almost all ages so it is great marketing for the show," said sophomore Daniel Tazzi.

Colbert has built a resume for himself over the years in a short amount of time. However compared to Letterman,

he will need to be on the air a lot longer before a fair comparison can be made.

Letterman has been in the late night show business for over 30 years. He is highly known and publicized for starting off on NBC in the early 1980's to now being apart of CBS programming.

"Stephen Colbert is entertaining, but I am not sure if he will be able to fill the legacy that David Letterman left behind," said senior Janna DeFanti. "Letterman is such an icon. I wish all the best for Colbert."

Nevertheless, Colbert is known to have a variety of amusing comments as it pertains to politics. If the extreme side of Colbert's personality comes out every once in a while it could make for some interesting television.

"It is an excellent change, Colbert is a fresh mind, a comedic politician that is less jaded in his opinions towards society," sophomore Kiandra Dixon.

The age gap between Colbert and Letterman is an 18-year difference. That statistic alone gives Colbert a chance to remain on the "Late Night Show" until he is in his 60's.

Older viewers who have been fans of Letterman for a long time will have to get used to the younger Colbert and his point of view.

"David Letterman is so brilliant. Therefore filling his shoes would be very difficult, so I hope Stephen Colbert won't disappoint," said junior Jen Castello.

Colbert has an opportunity to add on to his already star studded comedic genius as he takes on the challenge of filling Letterman's shoes.

"It was unexpected at first but to replace Letterman with Colbert is a great move in my opinion," said freshman Devon Louis. "Colbert can carve his own name in late night history."



AP PHOTO

IN THIS PHOTO PROVIDED BY CBS, COMEDY CENTRAL'S STEPHEN COLBERT, LEFT, TAKES A "SELFIE" WITH HOST DAVID LETTERMAN ON THE SET OF THE "LATE SHOW WITH DAVID LETTERMAN."

## SHU L.O.V.E. POPS CONCERT



THE SPECTRUM/LIZ MASTROCOLA

SHU L.O.V.E., THE LADIES ONLY VOCAL ENSEMBLE, HAD THEIR ANNUAL POPS CONCERT THIS PAST WEEKEND, WHICH FEATURED VARIOUS SONG SELECTIONS FROM FAMOUS POP MUSIC ARTISTS.



# Sports

## MEN'S LACROSSE: CODY MARQUIS

BY JAKE USTJANAUSKAS  
Staff Reporter

Sacred Heart University's senior attacker Cody Marquis appeared in all 13 games as a freshman for the men's lacrosse team, while making three starts up top.

Marquis finished third on the team in scoring with 17 total points. With a respectable freshman season in the books, the future looked bright for Marquis and the Pioneers.

Flash-forward three years later and Marquis started all 14 games, rather than just appearing in each game, and finished third on the team with 24 goals and second with 41 points in the regular season.

Marquis couldn't help but reflect on a memorable career after the Pioneers Senior Day victory against Mount St. Mary's on Saturday.

"It's definitely been a long four years, but to have a great season my senior year makes everything worth it," Marquis said. "Coach Basti and the coaching staff have done a great job making us buy into the system and work together."

His hat trick against Providence on March 8 is an example of his energy and ability to come through in the clutch. Marquis has always shown that ability throughout his Pioneer career.

"I'd say just have fun with it. We know we can play with any team in the league and, when we play our best, it's really fun to watch," said Marquis.

With Marquis being a senior, the notion of his collegiate playing days being numbered is one that he is certainly not taking for granted.

"Just being in the locker room and knowing you are going to see your best friends everyday and working towards a championship with your best friends is really something to appreciate," said Marquis. "I'm definitely going to miss that next year."

With that being said, the savvy veteran leader is not about to change what he frequently contributes to the team on a daily basis.

"I'd say energy and experience, helping the younger guys is something we tried to focus on so they can feel comfortable next year when playing and bringing energy to practice everyday is huge, and kids feed off that. So, as a senior, it's really important to have a great day everyday," said Marquis.

Freshman teammate Ryan O'Donoghue spoke volumes of how the seniors have embraced him and other newcomers on the team.

"They're always there for us, they treat us all the same and they are the reason why the team is so close...because the seniors encourage everyone to be themselves and thrive as one," said O'Donoghue.

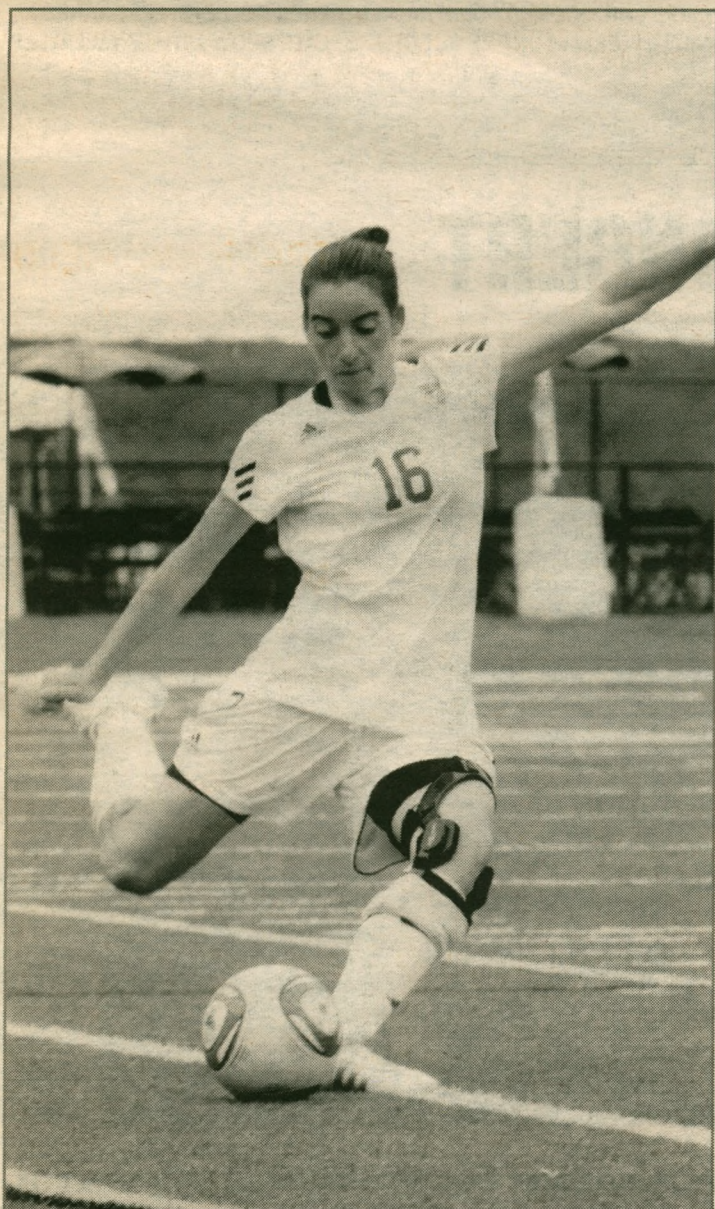
O'Donoghue is also cognizant of how much it would mean to the dedicated seniors like Marquis to display all the improvements they have made en route to making the program better.

"They've had a rough couple of years, and we've realized the great things they've been able to accomplish and we want to send them out the right way for putting us in the position that we're in," said O'Donoghue.



SACRED HEART ATHLETICS

## WOMEN'S SOCCER: ALYSSA BRANDOFINO



SACRED HEART ATHLETICS

BY MACKENZIE MALLOY  
Staff Reporter

Alyssa Brandofino, a senior from East Northport, N.Y., is graduating from Sacred Heart University in May and leaving behind her beloved soccer team.

Brandofino chose Sacred Heart because it offers a competitive athletic program as well as a strong academic program.

"I've always wanted to study athletic training and Sacred Heart is one of very few schools that allows athletes to be athletic training majors due to the time commitment required for both," said Brandofino.

Brandofino had a successful soccer career at Sacred Heart. In 2011 alone, she ended the season as the assist leader for the second straight year, started 17 games and, in a 2-0 victory against Bryant University, Brandofino recorded two assists.

"Sacred Heart was very special for me because it gave me the opportunity to explore my passions," said Brandofino.

Brandofino played four years of Division I soccer, is graduating with a degree in athletic training and "created strong bonds with other members of the Sacred Heart community that are irreplaceable," said Brandofino.

Sacred Heart is close to Brandofino's home and she is lucky enough to share every big moment with her family.

"My parents did not miss a single game in my four years of college, which is something not many people can say," said Brandofino.

And, Sacred Heart became her extended family.

"My experience would be completely different if it weren't for my coaches and teammates," said Brandofino. "I tore my ACL three times and many

coaches viewed that as a weakness, they weren't willing to take a chance on me but my coach did."

Brandofino's coach gave her the opportunity to play on a Division I team despite her injuries.

"I created strong bonds with my coaches and teammates through all of our ups and downs," said Brandofino.

From the early morning practices to the long bus rides, her coaches and teammates on-and-off the field supported Brandofino.

"The support from my coaches and teammates helped me be successful in college. I could not have asked for a better team or coach," said Brandofino.

Brandofino says that being a college athlete is a very special experience because "you get a chance to take a game that you're passionate about and play with other people who share your passion."

Playing a college sport allows you to represent something bigger than yourself and play with others who have the same goals as you.

"Of course you grow as an athlete, but more importantly, as a person. You develop skills such as leadership, time management, teamwork and the ability to win or lose, which can be transferred into schoolwork and eventually into the workplace," said Brandofino.

When Brandofino graduates, she hopes that her younger teammates will remember the passion she played with everyday and that her legacy will motivate people to continue doing what they love despite obstacles.

"Most importantly, younger athletes should remember that it is privilege to play a college sport and you only get four years to play," said Brandofino.

"I chose Sacred Heart because I believed it would be an excellent place for me to grow academically and athletically. My experiences here lived up to those expectations," said Brandofino.



# Sports

“I believed it would be an excellent place for me to grow academically and athletically. My experiences here lived up to those expectations”

Alyssa Brandofino, Women's Soccer

## TRACK AND CROSS COUNTRY: BRIANNA CASTROGIVANNI



SACRED HEART ATHLETICS

BY KATIE SHEPARD  
Sports Editor

After the countless hours of training and the late nights of studying for midterms, Brianna Castrogivanni will hang up her sneakers as a Sacred Heart Pioneer. Castrogivanni, a senior from Commack, N.Y., will finish her college running career by leaving behind a tremendous legacy as she graduates with a degree in exercise science.

Castrogivanni came to Sacred Heart four years ago after taking her official visit and deciding it was the right choice for her.

“Once I came on my visit and met the team, I knew it was the place I wanted to be,” said Castrogivanni.

Castrogivanni has run distance in her time as a Pioneer, excelling in both the cross country season and indoor and outdoor track and field. Castrogivanni ended her cross country career on top by winning the team NEC championship for 2013 as well as being named All-NEC for the second straight year. In addition, she was named to the All-Northeast region team at the NCAA regionals as well as winning the ECAC Championship.

“Being an athlete has helped me find who I am and what kind of person I want to be. It’s made me a better friend, a better student, and just all around a hard working person,” Castrogivanni said.

Over the course of her four years, Castrogivanni has improved from 42nd place all the way to 2nd place in the 5K races. She has also found tremendous success in indoor and outdoor track.

In the 2013-14 NEC Indoor Championships, Sacred Heart once again took the women’s team title and Castrogivanni was named the meet’s MVP after winning the mile, the 3000m and the 5000m.

Participating in both cross country and track, Castrogivanni has truly learned how important free time is and how it does not come very often.

“Being a student athlete has made me realize that free time is precious and not to waste it,” Castrogivanni said. “But it has also taught me that if you work hard, you can achieve anything you want to.”

Outdoor track is still ongoing and championship competition will run through the middle of May, but so far Castrogivanni has not skipped a beat. She has qualified for the ECAC and New

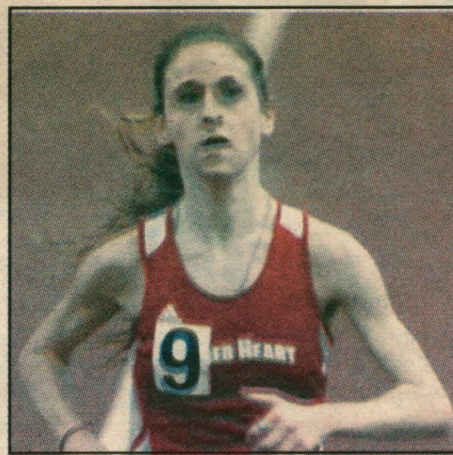
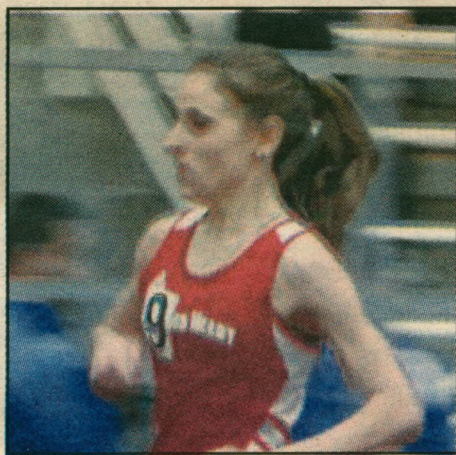
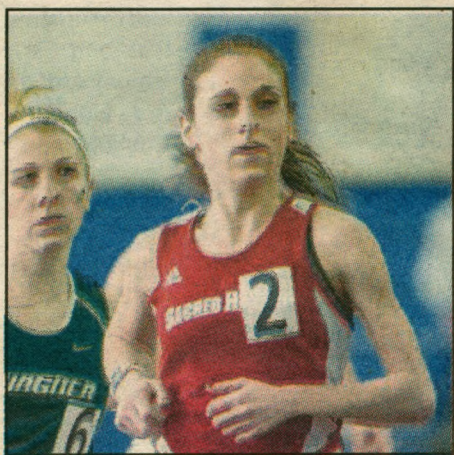
England championships with impressive times in the 3,000-meter steeplechase. Also, she was named the NEC Track Athlete of the Week on April 22.

But Castrogivanni is not only excelling in competition, as she will be graduating with an exercise science degree in May. After college, she wants to continue to run, but eventually pursue a career as a clinical exercise physiologist.

“I have met a lot of great friends and athletes through my major that have made my time at Sacred Heart so special,” Castrogivanni said. “It’s really fun to be with a small group of students for four years because you get to know everyone so well and you become a family.”

After leaving behind plenty of trophies, honors and awards, not to mention etching her name all over the record books, none of that is what Castrogivanni wants to be remembered for.

“I hope to leave behind an image of what hard work and sacrifice can do,” Castrogivanni said. “I want the future girls on the team to never lose their love for running and competing. I want them to enjoy the journey even when it has its ups and downs.”



SACRED HEART ATHLETICS

## PLAYbyPLAY

### BASEBALL

4/26

SACRED HEART 3, LIU BROOKLYN 4  
SACRED HEART 3, LIU BROOKLYN 7

4/27

SACRED HEART 10, LIU BROOKLYN 4

### MEN'S LACROSSE

4/26

SACRED HEART 14, MOUNT ST MARYS 10

### SOFTBALL

4/26

SACRED HEART 6, SAINT FRANCIS U 9  
SACRED HEART 0, SAINT FRANCIS U 2

### WOMEN'S GOLF

4TH PLACE FINISH @  
NEC CHAMPIONSHIPS

## COMINGup

### TRACK AND FIELD

NEC OUTDOOR CHAMPIONSHIPS  
@ ROBERT MORRIS  
Saturday & Sunday

### MEN'S LACROSSE

NEC Tournament  
SACRED HEART (6-8) VS.  
BRYANT (12-4)  
Thursday, 7:30 p.m.  
NEC Tournament

### MEN'S GOLF

NEC Tournament  
Daytona Beach, Florida  
Friday, Saturday, Sunday



# Sports



"But it has also taught me that if you work hard, you can achieve anything you want to."  
Brianna Castrogivanni, Track & CC

# CONGRATS CLASS OF 2014

### Athletic Training

- Anna Acciarino
- Gianna Allen
- Bradley Borsay
- Alyssa Brandofino
- Jessica Cerrato
- Emily Cocola
- Michael Dias
- Kaitlyn Doyle
- Taylor Kravitz
- Kayla MacInnis
- Tara Murphy
- Megan Pathoomvanh
- LarenMae Petrillo
- Nina Scarpetti
- Nicholas Schulman

### Men's Basketball

- Mostafa Abdel Latif
- Louis Montes

### Women's Basketball

- Enjoli Bland
- Blair Koniszewski
- Elise Lorenz
- Ericka Norman

### Baseball

- Derick Horn
- Kody Kerski
- Nicholas Leiningen
- Robert Maguire
- Conor McEvoy
- Dan Perez

### Bowling

- Chevi Panzanella
- Nicole Trudell

### Women's Soccer

- Alyssa Brandofino
- Rebecca Senetcen

### Rowing

- Kaitlyn Blanda

### Cheerleading

- Mae Murtagh
- Melissa Poli

### Women's Golf

- Jennifer Clinton

### Men's Golf

- Peter Ballo
- Ross Kronberg

### Women's Lacrosse

- Shelby Vaccaro
- Jackie Zlevor

### Equestrian

- Jocelyn Alfieri
- Allison Buccos
- Margaret Vogel

### Field Hockey

- Melinda Feyko
- Stephanie Frye
- Jennifer O'Malley

### Women's Volleyball

- Dianis Mercado

### Men's Tennis

- Luka Bagi
- Kevin Budrawich

### Men's Fencing

- Kevin Almerini
- Brendan Stokes

### Football

- Alex Aitkens
- Andrew Brigley
- Matthew Colucci
- Robert Dim
- Ray Hodgson
- Paul Link
- Jaime Martinez
- Greg Moore
- Rickey Moore Jr.
- Valentino Perrina
- Chris Rogers
- JD Roussel
- Joseph Tulino
- Robert Volk

### Wrestling

- Joseph Harris
- Zachary Moran
- Samuel Morison
- Andrew Polidore

### Women's Fencing

- Bianca Boudreau
- Gabriella Garofano
- Natalie Rossetti

### Men's Volleyball

- Brad Borsay
- Jose Juelle
- Jason Kinney
- Will LeClerc

### Men's Ice Hockey

- Neil Fachini
- Chad Filteau
- Chris Paliapito

### Men's Lacrosse

- Joseph Burek
- Jared Carrier
- Alec Dvoretzky
- Matthew Gannon
- Thomas Horak
- Cody Marquis
- Michael Mawdsley
- Alexander Miller
- Andrew Newbold
- Seth Richard

### Women's Tennis

- Gabriela Kaldan
- Lauren Rodrigues
- Margaret Tooley

### Softball

- Jade Bowins
- Noelle Cahill
- Annie Dreher
- Taylor Lane

### Swimming

- Elizabeth Bennett
- Hayley McGill
- Amy Nunes
- Emily Nunes



TRACY DEER-MIREK/DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS, SACRED HEART ATHLETICS

### Men's Cross Country/Track & Field

- Brandon Hutchinson
- Drake Jackson
- Kevin Kosis
- Daniel Pepitone
- Kevin Schumann
- Chanse Wilkie

### Men's Soccer

- Andrew Borts
- Aaron Burrell
- Konstantine Dekaneas
- Evan Kennedy
- Joseph Lyons
- Marcelo Simoes
- Ronaldo Vieira

### Women's Ice Hockey

- Cassandra Briffet
- Cara Curran
- Sara Hanna
- Whitney Henderson
- Catherine Ladner
- Erin Marley
- Amanda Montgomery
- Jennie Robinson
- Alexius Schutt

### Women's Cross Country/Track & Field

- Lindsay Aponte
- Hayle Boyle
- Brianna Castrogivanni
- Kaitlyn Doyle
- Teresa Gagliostro
- Katherine Knight
- Katelyn Racanelli