



THE SPECTRUM

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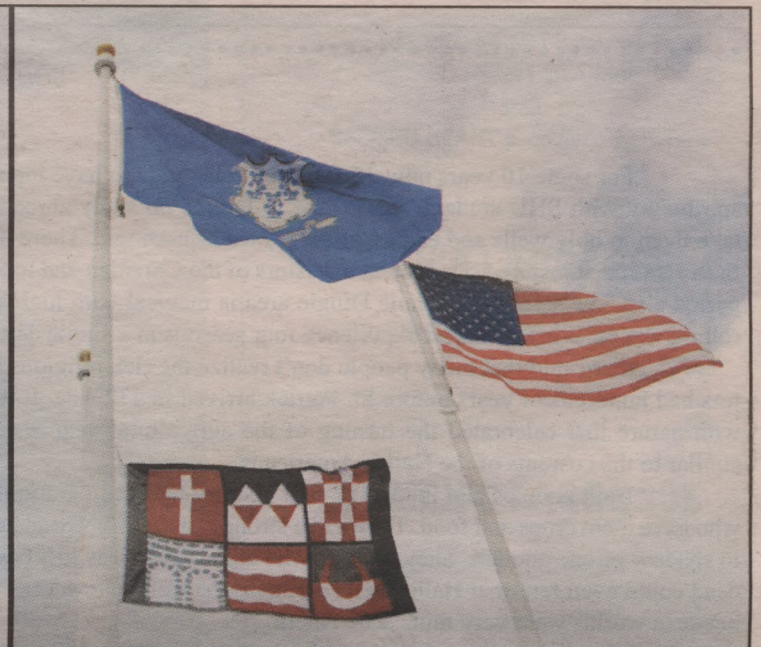
"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 32, ISSUE 8

IN THIS Issue

- 2** **GAME DESIGN**
Program ranked 17th in Princeton Review.
- 3** **FINDING YOURSELF**
Mark and Amy voice their opinions about what they have discovered during their years at SHU.
- 4** **THRIFT SHOPPING**
Do Sacred Heart students participate in thrifting?
- 6** **MUSCLE MAKER GRILL**
Restaurant on Black Rock Turnpike catches the attention of students on campus.
- 7** **FOUNDER'S DAY CELEBRATION**
Wakin and Staples recognized for more than 40 years at SHU.
- 8** **CELEBRITY NEWS**
Read about the latest celebrity gossip.
- 9** **DIVERGENT MOVIE REVIEW**
Mare gives her opinion on whether you should see the movie or skip it and read the book.
- 10** **MEN AND WOMEN TENNIS**
Coaches and teammates comment on weekend games.
- 11** **BASEBALL**
The Pioneers sweep Cornell this past weekend.

New SHU Customized Flags on Campus



CUSTOMIZED FLAGS FOUND ON CAMPUS CELEBRATE SACRED HEART'S 50TH ANNIVERSARY

THE SPECTRUM/ALYSSA ANDERSON

BY ALYSSA ANDERSON
Staff Reporter

On Feb. 25, Sacred Heart University put up hand-sewn, personalized flags that are displayed in the front of the main academic building and at the William H. Pitt Center.

President John Petillo created the idea of personalized flags and asked the 50th Anniversary Committee to come up with the design for it. The flags, designed by Jennifer MacLeman, Director of Graphic Design at Sacred Heart, have a combination of Sacred Heart's colors. They also incorporate elements of the university's shield displayed horizontally instead of vertically.

"When I was chancellor of Seton Hall, I had a flag created for the university. I noticed that Sacred Heart didn't have one, and thought, as part of the 50th anniversary celebration, we ought to do it here too," said Petillo.

"Sacred Heart's 50th anniversary brought an opportunity for the university to present a personalized flag that helps to share the history of the school and celebrate the future," said Vice Chairmen of the University Anniversary Committee, Michael Iannazzi.

"We wanted something to show the essence of the university. The shield was decided on very easily. Since the elements represent a core of who we are, it made sense to readapt it to a horizontal flag," said Iannazzi.

According to the Sacred Heart website, the dexter on the shield provides parts of the arms of the Diocese of Bridgeport. The bridge that is placed above the waves of water embodies an expres-

sion of the name of the diocese that includes Fairfield County, which is where Sacred Heart is located.

The bridge, itself, represents the strong bonds of understanding and unity, and the water symbolizes new knowledge and ideas that come from the people that apply themselves to the academics. The Cross of Our Faith above the bridge identifies the university as a community that celebrates Catholic traditions.

The two diamonds on the shield represent the University's two treasures, love and truth. The sinister uses the elements from the coat of arms from the founder of Sacred Heart and the central checkered bar shows the collaborative ability of the school community and how each member contributes to the integrity of the school as a whole.

The 50th anniversary committee has done a number of things to celebrate the history of the school and celebrate the future of it, said Iannazzi. An academic mace was revealed at the convocation in Sept. 2013, as well as the new version of the Alma Mater that was played at the convocation and at Founder's Day that took place on March 19.

There was also a timeline put up in the hallway across from Outtakes that shows the university's progress since it was first founded and throughout campus there are banners that have the new 50th anniversary logo on them.

"We didn't realize people would actually notice the flags, but they have. People are excited that we have an official flag. One person even wanted to buy it at the bookstore to fly it at football games and other school activities," said Iannazzi.

Brother Sean from Dingle Campus to Visit SHU

BY PHIL FALCONE
Staff Reporter

Sacred Heart University offers an immersive Irish Studies program in the heart of the Irish-speaking, Dingle Gaeltacht region. Brother Sean Ahern, an Irish Christian Brother since 1961, was born near Dingle. Ahern has been affiliated with the program since it began 10 years ago, and will visit Sacred Heart in early April.

"Brother Sean has been a great friend and mentor to countless SHU students over the past 10 years. He often leads SHU students on field trips related to native Irish spirituality and the history and pre-history of the Dingle Peninsula," said Dr. Gerald Reid, Director of the SHU in Dingle program.

According to Reid, "Brother Sean Ahern is a member of the 'Christian Brothers' (technically, the Congregation of Christian Brothers), a religious order that has ministries focused on the poor and the education of young people. The Christian Brothers are a worldwide order, but strongly associated with Ireland, where in recent history have played a significant role in the educational system

of the Republic of Ireland. Brother Sean is now retired and living near Dublin, but he was born and raised in West Kerry, Ireland, near Dingle."

Ahern has also made a strong impact on many students who participated in the Dingle program.

"Brother Sean is one of those people you meet who has such a great outlook on life. He is both inspirational and kindhearted. I have spoken with a few people who have done the program in the past and they told me how they remembered how amazing he is," said senior Allison Shanley.

Ahern said that he was a teacher in his early career and later worked with young unemployed people and drug addicts.

"In the 1990s, I was part of a team that facilitated school retreats and personal development courses for high school students. We usually took the students to some venue away from school to a beautiful place in nature by the sea or on the hills where nature itself affects the whole person," said Ahern.

.....
BROTHER SEAN
continued on page 2

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The Spectrum website has been fixed and is fully functioning. The social media accounts are still in the process of being fixed. Spectrum will keep readers updated regarding when the social media accounts will be fully functioning again. We apologize for any inconvenience.

News

“ I’m really looking forward to visiting the campus. I’m very moved and inspired by the generosity of Dr. Petillo who is making this trip possible. ”
-Brother Sean Ahern

Brother Sean from Dingle Campus to Visit SHU

BY PHIL FALCONE
Staff Reporter

CONTINUED FROM PAGE 1

“For some 10 years now, I have been privileged to have input on Celtic Christian spirituality with SHU students who come to Dingle on study abroad programs. I always take them to holy wells and early Christian sites near Dingle. There they can tune into the faith vision that inspired our ancient ancestors of the Christian and indeed the pre Christian period also,” he said. “The whole Dingle area is magical with high hills, steep cliffs and rolling waves. Where one can experience four seasons in a single day.”

Ahern said that many people don’t realize the rich religious life the Celtic ancestors had hundreds of years before St. Patrick arrived in 432 A.D. It was a life in harmony with nature that celebrated the turning of the agricultural year and had many elements similar to the customs of the Native Americans.

“Both peoples and indeed all-first peoples had deep gratitude to the Great Spirit who gave them crops and food. They had a strong sense of family and community and lived in shadow of one another. They believed the other world was just beyond the veil and the dead could even return at Halloween (samhain) the Celtic New Year when the boundaries between worlds were very thin,” said Ahern.

According to Reid, SHU’s study abroad program in Ireland offers short-term and semester-long programs of study that include courses in Irish history and culture, anthropology, sociology, religious studies, literature, media studies, business, nursing, exercise science and education.

“My experience with the SHU in Dingle Program was memorable and rewarding. This year was the first time SHU students were there to celebrate New Years, which is a very big deal in Dingle. It is one of the top 10 places to bring in the New Year, so being able to partake in that was a once in a lifetime experience,” said Shanley.

Christa Cappelli, a senior majoring in psychology said, “My experience was phenomenal. I met some amazing people that I know will be my friends forever. I loved how the program allowed us to immerse ourselves fully in the Irish culture. As a future educator it was wonderful to be able to meet some of my Irish counterparts and observe a day in an Irish classroom.”

“Brother Sean went above and beyond for us. He gave us so much insight on the Irish Culture and the history of Dingle,” she said. “He was like a human encyclopedia. He knew everything there was to know about the history of Ireland. I look forward to his visit to SHU. If anyone deserves to be treated like a king it is him.”

Brother Sean is set to visit the Sacred Heart campus the first week of April.

“I’m really looking forward to visiting the campus. I’m very moved and inspired by the generosity of Dr. Petillo who is making this trip possible,” said Ahern.



PHOTO CREDIT
BRANDON MAZZINI, TOM BREEN, BROTHER SEAN, JEFF STODDARD, AND TIM GOODWIN IN IRELAND DURING A STUDY ABROAD TRIP THIS PAST JANUARY

SHU Grad Program in Game Design Ranked 17th in the Princeton Review

BY AILEEN CASMANO
Staff Reporter

The Princeton Review has ranked Sacred Heart’s Graduate Program in Game Design 17th on their list of top graduate schools for game design. The Princeton Review is a company that offers college admission services and resources.

“One of the reasons why our program is so successful is because most students receive bachelor’s degree in computer science, which provides them with a skill set that can be applied to our master’s program in Game Design,” said Dr. Robert McCloud, Associate Professor in the Computer Science and Information Technology department and who helped develop the master’s program.

The success of the program was discovered after the admissions department at Sacred Heart invited faculty from the computer science department to have a meeting and learned more about the coursework and skills it provides to students. That information was then submitted to the Princeton Review, which is how Sacred Heart’s program was discovered.

Every year the Princeton Review releases a list of the top 25 ranked graduate schools for specific programs. This year, the list was compiled based off of a survey that was conducted from 150 institutions that have a video game design graduate program. The survey consisted of 50 questions, ranging from coursework to employment rate.

“We are coming very far with technology at Sacred Heart. The new build-

ing will have a marker-less motion capture lab that can record motion and capture it in code, then apply it to characters in an animated game,” said McCloud. “Our program provides a pure basis of game design on how to make a good game with challenge and theory.”

The Master of Game Design program was established at Sacred Heart in the fall of 2011 by faculty in the computer science department. Any student with a bachelor’s degree is eligible to apply. Many students complete an undergraduate degree at Sacred Heart in computer science and further their education in the graduate program for gaming design and development.

This year is particularly exciting for computer science faculty and students because of a recent grant they received from Microsoft. Joshua Drew, who is the Technical Evangelist at Microsoft, came to campus in the fall to teach a short course about computer game development for the Microsoft Store. The grant covered the cost of the course for students. They were also granted the opportunity to become certified game developers for the Microsoft Store. With the membership, students are now able to publish their own games and apps, which will be available for download next month.

Sacred Heart was the only school in Connecticut to make the list on the Princeton Review. This recognition is another positive attribute that will further the reputation of program.

“Our ranking makes me happy because it means we are doing something right,” said McCloud.

Perspectives

New Art Hits

SHU

BY KRISTINA BURGWIN
Staff Reporter

The Sacred Heart University Art & Design Gallery is located in the Edgerton Center for the Performing Arts. As a part of the 2013 renovation of the Edgerton, the gallery has proved to be a popular and positive addition.

The gallery will hold a variety of exhibitions throughout the year displaying both student and faculty art.

"The gallery will usually rotate pieces every couple of months or so. My Graphic Design Professor, Mary Treschitta, showcased her 35-year career in Graphic Design. It was exciting and inspiring," said junior Emily Goulet.

The most recent exhibit showcases student work in the gallery and it is an extremely selective process. There were over 220 entries for the annual show and only 72 were selected.

"The process for getting a piece accepted into the gallery takes approximately two weeks. Each student that chooses to participate is limited to submitting six pieces of work. These can be from Graphic Design, Illustration, Foundation or Fine Arts courses," said Goulet.

Creating pieces for the art gallery takes a lot of hard work, time and determination.

"The pieces I worked on took a few weeks to complete, but it varies by piece how long it takes," said sophomore Kaitlyn Kreitzman.

The Art Department encourages students to branch out and try art classes as either part of the Humanities requirement or just for fun. All majors who have taken any of the Art classes can enter the annual exhibition.

"Being a biology major doesn't give me much time for myself and I decided I needed a way

to show my creativity and a break from my schedule's rigid structure. In my sophomore year, I decided to take an art class and then wanted more and now I am a studio art minor," says junior Abby Wooster.

The exhibit showcased many of our students work and many felt that it was a positive way to express themselves.

"For my artwork that was accepted, entitled "Illusion," was inspired by the eye chart one might see in a doctor's office. I chose the quote by Pablo Picasso, 'Everything you imagine is real.' I chose this quote to represent everything an artist stands for; we are innovators of abstract and creative concepts that we can use as tools for others and ourselves in the things we create. Without your imagination as an artist, there is no solid foundation on which to stand," said Goulet.

Some Sacred Heart students entered the exhibition not only to share their art, but in hopes of gaining recognition.

"This year I entered two pieces into the gallery, and both were accepted into the show. I also received honorable mentions for both pieces," said sophomore Helene Mayne.

Art appears to be an important part of many Sacred Heart students' lives. Even students majoring in other areas enjoy taking art classes as an outlet and to display their creativity.

"Getting recognized was extremely humbling and really helped boost my confidence in my work," said Wooster.

Many students agree that bringing back the art gallery to Sacred Heart was extremely important.

"It was exciting to see everyone's work in the new gallery. This exhibit was put together really nicely by the Art Club and faculty," said Kreitzman.

Finding Yourself

MARKsays...



"What in the hell was I thinking?" That is a question I have asked myself more often than not since I started going to college. College has facilitated constant and consistent reevaluations of my life. I have learned, I have grown, I have matured, and I have been stripped of every ounce of my dignity, many a time in the process. I have considered myself to be self-involved, I have sweat profusely through and on final exams, that I was no where near prepared for, and I have lied through my teeth to professors and parents about having myself together. I am not together, I have nothing prepared, but I am almost positive that this very lack of preparedness is essential and necessary to experience and happen in college.

I have had my fair share of experiences. I have woken up confused and in a stupor with my friends on a sidewalk curb. I have been put into positions where I am forced to take care of my friends. I have belted out Rihanna's "We Found Love" in front of an entire bar. I have been there, we all have. These experiences, as arbitrary as they may seem, shape us. I have done things I don't even have the "chutzpah" or audacity to even attempt now, but I have very few regrets (although ending a night with "Totino's Pizza Rolls" have always been a regret of mine and my stomach—little pillows of acid is what those things are). I have woken up and felt remorse, felt regret, felt happiness, felt angry, felt exuberance, and I have felt all of these things because I opened myself up to experience.

There is a duality to the college experience. College is about simultaneously and continuously losing yourself, but at the same time finding yourself. I have never once woken up and inherently understood where I am going, or what I am doing. I have learned to live in the present. I have learned from my experiences that we must act, we must live, we must exist to understand ourselves and to give ourselves the capacity to grow as individuals.

College, for me, has been a culmination of loss and failure to launch, overexertion and stress, inebriation and exhaustion, missed opportunity and incredible discovery, but I would not change a single second of it and I have had a wicked fun time living it. I have become who I am from all of these experiences and all this feeling. I actually wholeheartedly believe that I will probably spend at least (stress on the words: "at least") the next few subsequent years after college catching up from all this experiencing and all this feeling. I also understand and accept that who I am today is a version of myself that I was born to become and all these experiences, and all these feelings have been imperative, even essential and have left me proud of who I am, and who I want to be.

AMYSays...



Your twenties is a time to learn about yourself and grow into the adult you will become. One of my favorite professors last semester told me that you are not an adult until you are thirty. I am fiercely holding onto these last eight years. I know I still have so much spiritual growth and learning ahead of me.

I mentally redefined myself in college. I went into freshman year thinking I wanted to be a nurse. My mother and two sisters are in the medical field and it just seemed like a no-brainer to me. It's a lucrative field where you are helping others. Thankfully, a week into my shadowing at Women and Infants Hospital I realized that a redirection of my life path was essential. Lets just say that dealing with severely hormonal pregnant women and their fluids just really isn't my thing. I switched my major to English where I found my passion for writing and literature.

College is not where you find a career. College is where you find what makes you most happy. That includes studying what you are passionate about, surrounding yourself with friends that inspire you and still leaving time to focus on developing yourself as a human being. I learned that when I am enveloped in creative projects I am most happy. I started writing blogs and keeping journals, joined the newspaper staff and did a bunch of free-lance work. Finding myself mentally through creative means created the perfect avenue for fostering my spiritual life.

I became educated in things I never surrounded myself with in high school. My political views shifted away from my parents specific views and I started to have my own substantial opinions on important issues. I became passionate about the world and making it a more enjoyable place. With that, my spirituality grew. I finally felt like I wasn't blinding following the views that were placed in front of me. I became my own person.

My uniqueness and individuality is everything to me. I am a free-spirit so I had a hard time finding where I fit in best at Sacred Heart my freshman year. This is a school with a beautiful student body, but I used to think that everyone was built from the same mold. I decided not to fixate on the sameness of people, but instead how people are unique. This helped me not only find some inspiring friendships, but also a friendship with myself. My college life has helped me with my mind, body and spirit. I sound like a Kashi commercial, but I truly feel that way and I am immensely grateful.



THE SPECTRUM/LIZ MASTROCOLA

ART AND DESIGN STUDENTS STAND WITH THEIR AWARDS AT THE STUDENT ART SHOW IN THE NEW EDGERTON ART GALLERY.

Perspectives

“Only Got 20 Dollars In My Pocket...”



THRIFT SHOPPING

THE SPECTRUM/NICOLE CANNIZZARO

BY NICOLE CANNIZZARO
Staff Reporter

If you're a college student on a budget and you still want to keep up your style around campus, thrift shopping might be the right choice for you.

Thrift stores carry second-hand merchandise of all sorts at reduced prices and there are some right in the neighborhood of Sacred Heart University. Goodwill, Savers and Gumdrop Swap are all less than twenty minutes from campus.

“I like going to thrift shops because you can buy clothes you might not normally wear, but since they're so cheap you can make them into your own,” said sophomore Madison Tavarozzi.

Tavarozzi often buys old jeans and cuts them into high-waisted shorts, and makes them unique to her style. Besides making your own style, you can even find a new one according to senior Terrance Doyle, who was sick of seeing everyone in the same outfits, including himself.

“The only real negative about thrift shopping is having to sift through clothes that serve no purpose to you, but it's all worth it once you find that special article of clothing,” said Doyle.

You can find much more than just clothes at thrift shops. Most carry various types of furniture, household items, books and even toys for children.

“It definitely saves me money, being a college student, it's fun to find bargains of name brands and random stuff. Thrift shopping is so fun because you never know what you're going to leave the store with,” said freshman Samantha Haug.

Frequent thrift shoppers like junior Alyssa Farnsworth recognize that a lot of people don't thrift shop because they're concerned about wearing things previously owned or dirty, but Farnsworth believes that if you find something in good shape, it probably wasn't even worn much and all you really have to do is wash it.

“I once found a Banana Republic tan blazer that was never worn and still had the tags on for \$25, which is expensive for a thrift shop, but it was regularly \$150.

When you find what you're looking for it really saves you money,” said Farnsworth.

Thrift shopping has become more popular by about 7% since the economy dropped, but there still are some people who haven't been exposed to the up and coming trend, like sophomore Rebecca Salzillo.

“I've never been thrift shopping before because I've just never really seen one near where I live. I'd probably try thrift shopping if there was one near me, to try and find something unique,” said Salzillo.

In America today, there are more than 25,000 consignment shops. Not only can you shop at these secondhand stores, but you can donate to them as well.

Before the iconic “Thrift Shop” song by Macklemore, some people like freshman Daniel Wrona had never thought to thrift shop before.

“I've never been thrift shopping, but I definitely would try it out because I want to get a sick coat like Macklemore, clearly there are exclusive things you can find in thrift stores you just have to take the time to look,” said Wrona.

What Is Your Favorite Spring Activity?

MARYKATE COAKLEY, JUNIOR:

“Going to the Fairfield Beach and eating outside.”

ALEX MCCOURT, JUNIOR:

“Picking flowers.”

TONY SAIA, JUNIOR:

“Going to the beach and listening to music.”

ALEX MICCOLI, JUNIOR:

“Going outside and not being cold.”

NIKKI RYDZEWSKI, JUNIOR:

“Going on MINI hikes.”

KATERINA PARLAMAS, JUNIOR:

“The same as my favorite fall activity...eating ice cream.”

BILLY MCNEIL, JUNIOR:

“Hanging out in the courtyard between Merton and Seton.”

WINNIE MALONEY, JUNIOR:

“Reading outside on the quad when it gets warm enough.”

OLIVIA BOLEN, JUNIOR:

“Taking naps outside.”

VINCENZO RECINE, SOPHOMORE:

“Playing KanJam”

JEN KIGGINS, FRESHMAN:

“Playing lacrosse and people-watching outside.”

CHRISTINA SIALIANO, FRESHMAN:

“Blasting music with the sunroof open.”

ALEX KOSTIS, FRESHMAN:

“Doing archery.”

SARAH KLAUM, SOPHOMORE:

“Sitting outside and doing homework.”

Editorials

meet THE STAFF

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The Big Chop

AMANDA SIALIANO
EDITOR-IN-CHIEF

Whether people admit it or not, hair has a lot to do with a person's image. It sometimes is the first thing that we notice when talking to or meeting someone. It is just our human nature to notice if a person has blonde, short or curly hair. My mom, like most other moms, gave me an embarrassingly short bob with bangs at a young age. At the time, I didn't think anything of it and didn't really mind what my hair looked like. In elementary school during story time, girls used to crowd around me to play with my hair and would be infatuated with how soft it was. And honestly, I was in elementary school and didn't do a damn thing to it.

Hair is just hair, if you think about it - dead soft stuff that hangs on our heads and frames us to who we are. Don't get me wrong, for most of my life I have been conscious about what my hair looks like at all times, but it wasn't until I decided to donate my hair that I realized that hair does grow and life does move on if you decide to cut it. And that's exactly what I did.

On January 4, 2014, I decided to cut off 9 1/2 inches of my hair. I had done this with a purpose in mind. I wanted to donate my hair to an organization that makes wigs for cancer patients. I had heard of a few and decided on Pantene Beautiful Lengths because I admired their mission and wanted to be a part of it. Days before the "big chop," as I like to call it, I was feeling pretty good about my decision and wasn't reaching for the phone to cancel my appointment.

That day - it hit me. I would no longer have long hair that reached my stomach. There would be some negatives and

positives that would come with this. On the way to the salon, my stomach was in knots and I was regretting my decision. But then I took a deep breath and reminded myself that my hair, along with five other ponytails, would be transformed into a wig for a woman who is faced with hair loss from cancer treatment.

I thought back and remembered my young self not caring about the wacky hairstyle my mom gave me and realized that this hair style would be way better. Plus, it's always good to start the new year off with a change. Looking back, I couldn't be more proud of myself for making this decision and I love my new short hair. Just last weekend, I actually got it cut again because I felt that it had grown so much already. The responses that I received afterwards were positive too.

One that really stuck with me was what my boyfriend's mother said. She is a breast cancer survivor who lost both of her breasts in the fight. I will never forget, she looked at me straight in the eyes after my "big chop" and said, "I am so proud of you for doing this. That was so great of you." To know that a cancer survivor personally feels this way makes me feel that whichever woman receives my hair will be happy and proud. Proud that she can be herself with the confidence from my hair and other's.

I highly suggest to anyone who is interested in cutting their hair to donate it to Pantene Beautiful Lengths. Their mission and movement is just one of a kind. Be a part of the first campaign to create real, free wigs for women battling cancer like I did. Visit BeautifulLengths.com for more information.

Photo of the Week



SARAH COHEN SINGS AT THE "FRIENDS" CHOIR CONCERT THAT WAS HELD IN THE EDGERTON CENTER THIS PAST WEEKEND. PHOTO COURTESY OF TRACY DEER-MIREK

Correction: In the March 19th issue, the article titled, "Sacred Heart Students Put on 'Charlie Brown' Performance," incorrectly stated information regarding the plot of the show and incorrectly stated Sacred Heart student's names. Christine Antolini is the correct spelling of the cast member who plays Lucy in the production. The musical numbers, "The Baseball Game" and "Happiness" were incorrectly referred to as skits. The "Bows" is not a skit or musical number, it is when the actors and actresses recognized the crowd by bowing at the end of the production.

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.

Features

Alumni Authors Visit Sacred Heart



THE SPECTRUM/MACKENZIE MALLOY

ALUMNI AUTHORS DISCUSSED THEIR BOOKS WITH STUDENTS.

BY ZACHARY RAMIREZ
Staff Reporter

On Wednesday, March 19th at 6:30 p.m. in the Schine Auditorium the 1st annual Sacred Heart University "Alumni Authors Showcase" was held. The three SHU alumni's, Christopher Conway, Adrian Stroud, and Dawn Foss; discussed their books and college experiences.

The authors sat in the front of the auditorium with their books discussing what they were about, what inspires them as authors, their college experiences, and anything that came to mind.

Christopher Conway, graduate in 1992 is the author of "Road to God Knows Where."

"You have two ears, two eyes, but one mouth. When it comes to writing books, let your mind go a little bit," said Conway.

Conway, born in New York City, grew up in the Bridgeport area and went to Notre Dame High School, across the street from Sacred Heart. He knew he wanted to go to school for something having to do with film or media, and when he came to Sacred Heart he declared a media studies major.

Conway got much of his inspiration from studying abroad in Ireland. With additional visits, he became inspired to write a book.

Conway's book, "Road to God Knows Where," is about a man named Jimmy Dwyer who ventures to Ireland to spread his recently deceased father's ashes fulfilling his wish. He also hopes to find his brother and bring him back to America to help take care of his ill mother. While on his journey, Jimmy flashes back to the past remembering things such as his fathers and his discussion on where to get the best pint of Guinness.

"This book found me, I came up with an idea and it just came to me," said Conway.

The next author to share their book with the audience was, Adrian Stroud, author of "Prisoner of War Number 2378." Graduate in 1982, shared his book about his father's true story when he was taken hostage as a Japanese prisoner of war.

Stroud shared his college experience back in the day when he could smoke his Marlboro's in class and his life after college as a police officer for 30 years. His father was a major impact in his life and he decided to write a book in honor of his dad's harsh early life.

He looked up to the fact that his father was able to

get over being a P.O.W. (Prisoner of War) and didn't show any bitterness towards the Japanese. "I think after having a lousy three years of life he just wanted to forget it and get through life," said Stroud.

When asked what he wanted to leave the audience with Stroud said, "Grades are no indicator of intellect."

The final author that shared her book was Dawn Foss, graduate of 2006 and 2008 and author of "I Will Stand."

Going to Sacred Heart for her Bachelors and Master's degree she found it convenient to go to Sacred Heart as a working mother. As a nurse she loves caring for people and she figured, why not make a book that empowered young people?

Her book is full of positive writing which puts one in touch with their faith and helps to build character for young adults.

"Society was morally sliding down, and a book could help with things such as respect, and responsibility," said Foss.

Bill DiGiuseppe, student at Sacred Heart and part of the audience said, "They had a lot to say about their lives, experiences at SHU, and their books. The books seemed interesting and I enjoyed listening to what gave them inspiration to actually write the book."

Muscle Maker Grill Aims to Provide Healthy Options



COURTESY OF MUSCLEMAKERGRILL.COM

MUSCLE MAKER GRILL IS LOCATED ON BLACKROCK TURNPIKE.

With homemade recipes, Muscle Maker Grill has an authentic taste.

They have a gluten-free menu as well as a vegetarian menu. Their "power pasta" is made with 100% whole-wheat pasta. Their wraps are made with steak, chicken, shrimp, or tilapia and fat free dressing.

Muscle Maker Grill also has protein packed salads and new light portion options that are all under 400 calories and only \$5.99.

The restaurant is small with a walk up counter for ordering and paying. Even though the space is casual, the waiters bring out the meal on restaurant style plates and bowls. The staff is friendly and the service is impeccable. I would recommend Muscle Maker Grill to

anyone who wants to eat a healthy, delicious meal at a low price. There are protein shakes available in flavors like strawberry banana, chocolate, and tropical paradise. There are also all natural fruit smoothies in flavors like mango, peach pear apricot, and pineapple paradise.

If you're still hungry after the meal, they have guilt free, no sugar added desserts, such as cheesecake.

Muscle Maker Grill caters large parties with assorted wraps, pasta dishes, and salad dishes.

Each entree is listed on their website with all of the nutritional facts. You can see their complete menu on www.musclemakergrill.com. The restaurant is open Monday through Saturday 10:30 a.m. to 9:30 p.m. and Sunday 11 a.m. to 4 p.m.

BY TAYLOR LANE
Features Editor

Muscle Maker Grill is the perfect lunch or dinner spot for anyone who eats healthy. Their motto is "Great Food with Your Health in Mind," according to their website.

Located right on Black Rock Turnpike in Fairfield, the restaurant is a short 10 minute drive from campus. The restaurant is conveniently located next to the popular smoothie bar, Robeks.

Muscle Maker Grill serves meals that offer lots of protein with a low amount of fat, calories, and sugar. The portions are controlled and the prices are even smaller.

Features

Cost of College is Too High



A PROTESTER HOLDS A BALL AND CHAIN REPRESENTING HIS COLLEGE LOAN DEBT, DURING A 2011 DEMONSTRATION IN WASHINGTON. THE FEDERAL RESERVE HAS FOR THE FIRST TIME IDENTIFIED HIGH STUDENT DEBT BURDENS AS A RISK TO ECONOMIC GROWTH.

BY KELLY ROMANO
Staff Reporter

Graduation is right around the corner and many students will graduate from Sacred Heart with student loan debt.

According to CNN, the average student loan debt is \$29,400 and every year the debt raises about 6%. Around 70% of students graduate college with debt in student loans.

"I certainly feel as if the cost of college education is way too much. Kids are graduating with so much debt from loans that it will take them years and years to pay off completely," said senior Brendan Finnigan, who is scheduled to graduate in May.

In a survey of 10 seniors, 8 of those students are graduating from Sacred Heart with student loans. These loans range from what some see as smaller amounts to the

maximum amount.

"Our students, on average, are doing pretty good, our loans are average, and are right in line with what all the students across the country are. On the federal student loan side, it is about \$24,00, on average," said Julie Savino, Executive Director of Financial Assistance.

That number is too high for some students to swallow. "I think the cost of college is unnecessary," said senior Jade Bowins.

Luckily, some students are getting help from their parents. "My parents were good about paying off my loans little by little so I don't have much to worry about," said Bowins.

While seniors at Sacred Heart are stressing about student loans, seniors in high school are thinking about financial aid and affording school.

For the Class of 2017, 95% of the class has received some sort of financial aid or scholarship for their four years here. To keep most of these scholarships the stu-

dents are required keep their GPA above a certain average depending on the scholarship, which is supposed to motivate them.

"We're pretty much almost at the point where if somebody applies for aid, and has need, we're giving them money," said Savino.

Not counting athletic scholarships, this year the average amount given out for scholarships and financial aid assistance by Sacred Heart was \$8,842. Within athletics, the average amount of scholarships given was \$19,933.

Although Sacred Heart cannot fulfill everyone's needs of grants and scholarships, they do help some students and parents afford the school.

"I was fortunate enough to receive financial aid from the school which without a doubt helped with the cost of tuition but it still was pretty expensive to go to Sacred Heart," said Finnigan.

Roberta Staples and Albert Wakin Honored at Founder's Day Celebration

BY NATASHA KLINOFF
Asst. Features Editor

Dr. Roberta Staples and Albert Wakin were recently honored at the Founder's Day celebration for their 40 years at Sacred Heart. Founder's Day is a way for Sacred Heart to celebrate the growth of the university and the long-term commitment of the faculty.

Staples and Wakin were two special honorees that were celebrating 40 years of hard work. Both professors have made contributions to the university over the years and continue to be invaluable members of the Sacred Heart community.

Many people came to the celebration this year to celebrate Wakin and Staples.

At the reception, friends, faculty, students, and alumni came to honor Wakin and Staples as well as the other honorees. The reception took place in the University Commons at 3p.m. The guests and recipients enjoyed a 50th Anniversary cake and champion fountain.

It was a time to celebrate how much Sacred Heart has grown. It also recognized the individuals that have helped shaped the university into what it is today.



ALBERT WAKIN, CYNTHIA CONTE AND ROBERTA STAPLES WERE HONORED AT THE FOUNDERS DAY CELEBRATION.

PHOTO COURTESY OF TRACY DEER-MIREK

Arts & Entertainment

The Buzz In Celebrity News

BY ADREANNA WALSH
Staff Reporter

From singers, to athletes, to reality television stars, celebrity gossip is a hot topic for many college students.

Starting off the gossip roundup with an athlete and his wife, Eric Decker is an NFL player who recently was traded from the Denver Bronco's to the New York Jets. He is married to Jessie James Decker, an American country pop singer.

The latest news with this stunning couple is the birth of their baby girl, Vivianne Rose, who was born on March 18.

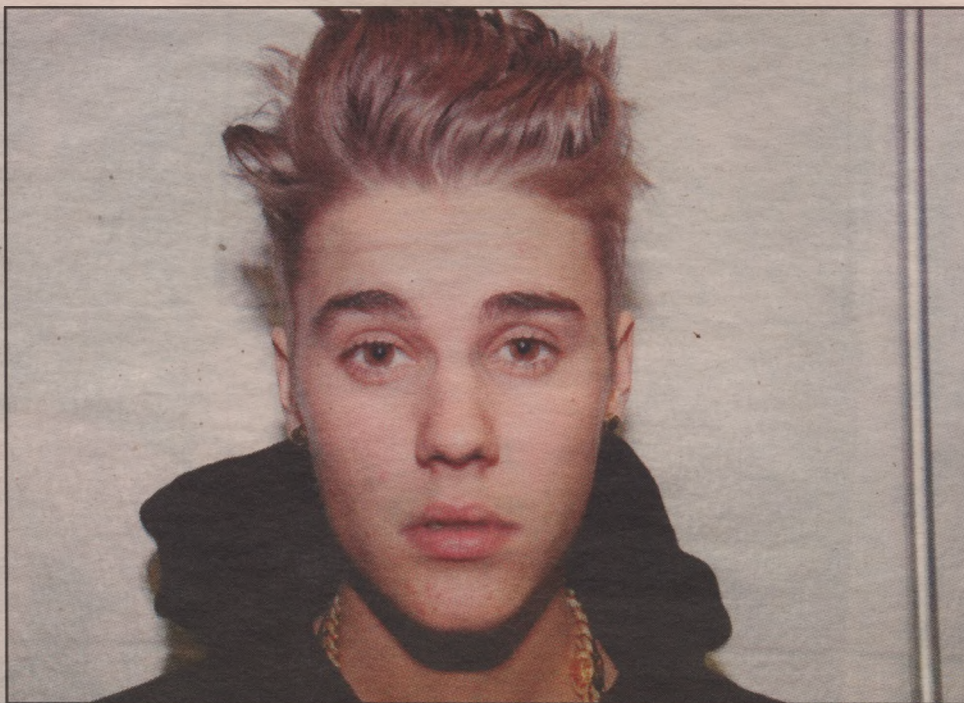
"I always loved Jessie James' music. She has such a cute personality and is going to make the cutest mom," said sophomore Julia Iannucci.

The couple is known for their good looks and funny personalities both individually and together. They have a reality television show called "Eric and Jessie" that airs on E! News.

"Eric Decker is good looking and having him married to Jessie James is just a perfect match. To add to the family is a perfect little baby girl," said Iannucci.

Next on the newest celebrity buzz are Justin Bieber and Selena Gomez. These two lovebirds have been through a rocky relationship since 2010. Bieber is a famous singer and songwriter, and Gomez is a famous singer, songwriter and actress.

With many ups and downs, they seem to recently appear together again in



CELEBRITY JUSTIN BIEBER IN RECENT PHOTO AFTER ARREST IN MIAMI.

AP PHOTO

public, where the paparazzi snap multiple pictures.

"I love Justin Bieber for his talent and looks, and I love looking at his social media accounts," said senior Brianna Lauria.

The latest news with these two famous celebs is that last week, Bieber posted two videos on Instagram of the couple dancing together in a dance studio located in Texas.

Rumors are spreading that the two might

possibly be touring together, but many false rumors seem to come about with these most talked about celebrities.

Throughout the past two weeks, Gomez and Bieber have been spotted in Texas together. Gomez sang and performed in the state while Bieber watched her show. The two seem to be happily hanging out and spending time with each other.

Both Bieber and Gomez are individually a hot topic between their social media accounts and their singing careers,

but together they're an even bigger hit. Fans buzz about these two stars constantly on Instagram, Twitter and Facebook.

Bieber has a big fan base amongst teens, with some older fans as well. Gomez has the same age group of fans.

"Bieber and Gomez seem to make a toxic couple. He seems to keep getting into some trouble and that's not good for her or her reputation," said Lauria.

Moving on from athletes and music, reality television has become a popular television topic. "The Bachelor," a reality television series hosted on the ABC network, has been around and successful for 18 seasons.

"I don't believe in these reality shows. They're either scripted or things just don't work out and the reality star becomes a known celebrity," said sophomore Ryan Byrne.

This season, Juan Pablo was the bachelor. The season just recently ended with an unexpected twist. This is the first season since 2007 that the bachelor didn't propose at the end of the season finale.

The winner of the bachelor goes to a woman named Nikki Ferrell. There are rumors and articles about how Nikki and Juan Pablo are already going to counseling.

Whether they're musicians, actors, athletes, or reality television stars, celebrities seem to create quite a buzz with their stories.

"Celebrity gossip changes every day, who knows what will happen next week," said Byrne.

The Binge Watching Epidemic

BY RICKY YANDOLI
Staff Reporter

Binge watching television shows have become a cultural phenomenon in the modern era of technology and instant gratification. Watching TV shows whenever someone wants has put the control firmly in the audience's hands.

Such shows as "Breaking Bad," "House of Cards," "Game of Thrones," and "Arrested Development" have become extremely popular on Netflix and on demand.

"To me 'Game of Thrones' is one of those shows I cannot get enough of. Personally, I binge watch too much because I want to know what happens next right away. I guess Netflix can make individuals show crazy," said senior Nichole Barnes.

According to the Marketing Charts website, 78% of Americans have watched TV on their own schedule, and 62% of those have watched multiple episodes of a TV show at a time.

Marketing Charts also states that Binge viewing most often happens on a TV amongst binge viewers. The comparison is 73% of people watch on demand and TV, while 22% of people watch their shows on their laptops.

"People binge watch because they feel like they're apart of the show and they have the opportunity to see the show they like," said senior Teddy Lapomera.

Once a television series develops a devote group of audience members, the show's viewership can grow extensively.

Hence ratings skyrocketing online



GEORGE R.R. MARTIN, AUTHOR OF GAME OF THRONES.

AP PHOTO

and endless hours spent watching a television series on demand.

"When watching 'House of Cards' you feel like a character in the show. It's like you are living out your life through the characters," said freshman Trish Flaherty.

Along with popular television shows out now, many students binge watch old television shows too.

"Lincoln Heights was my favorite series to watch on Netflix. Everyday I watched three episodes or more just to see what would happen next. I ended up watching all five seasons within two months. That series was amazing," said junior Martin Amand.

Marketing Charts' website breaks

down how binge viewers are most likely to be influenced by the type of show (56%) and a desire to catch up to the "live" broadcast (44%), while 13% are motivated by the social aspect, such as marathon viewings with friends.

"Watching shows on Netflix can be fun, but some people can easily get hooked since most shows end in cliff hangers and Netflix allows someone to view whole seasons of a show. This can cause a person to continue watching longer than they previously desired," said sophomore Daniel Tozzi.

Though many students have taken on this epidemic of sorts, there are still people

who like to watch television shows the old fashioned way.

"From my personal view point, I would rather watch a TV show on a weekly basis rather than binge watch a series all at once. It is more authentic and that's how I grew up watching TV. The idea of Netflix and on demand is great I just prefer not to watch a whole series in one sit down," said professor, Executive Producer of the Dan Patrick Show, Paul Pabst.

The younger generation is in a state of instant gratification, and patience is a rare quality to have because technology makes everything so accessible.

Binge-watching television shows is nothing short of this mind set.

"I personally watch a show on demand because it excites me and I need to watch it. 'Game of Thrones' is one of my favorite shows to watch," said junior Christina Cruz.



PETER DINKLAGE OF GAME OF THRONES.

AP PHOTO

Arts & Entertainment

Mare Reads... And Watches Movies Too!

BY MARE MCGOORTY
Contributing Writer

A dystopian future seems to be the cool new thing lately in young adult books and movies like "The Hunger Games," "Maze Runner," and this month's hit release "Divergent."

I read the book in less than a week and saw the movie immediately after I finished it. I had to see the midnight showing because I fell in love with the characters.

When you read this article or when you go see the movie try to forget about "The Hunger Games." Yes, they both have a strong female lead and the worlds are broken up into different groups, but



AP PHOTO
CHRISTINA (LEFT) AND TRIS (RIGHT) IN DIVERGENT

that's really the only similarities within each.

Divergent is about a young girl named Beatrice who lives in a futuristic United States that was destroyed by war. In order to keep peace the people were separated into factions, Abnegation (selfless), Candor (honest), Amity (friendly), Erudite (wise), and Dauntless (brave). The book starts off on the day that Beatrice takes a test to see what faction she belongs in. Only to find out that she is Divergent, which means she doesn't fit into just one faction, but three. Divergents are seen as dangerous to the government because they can't be controlled.

The movie did a really good job at explaining this somewhat complicated premise. The director used voice over and imagery to explain everything. This was great for the viewers that never read the book or had an idea of what the film was about. Shailene Woodley played our heroine Beatrice, she did a great job of playing the lead character. Another notable thing about the movie is the relationship between Four and Beatrice, later known as Tris when she changes factions from Abnegation to Dauntless. The two have more in common than they think and Four guides Tris into being able to survive her new life as a Dauntless member.

The thing that I felt like that fell short with the film is the strength of the characters. That is something that I like about book over movies is the imagery a book can give you by using certain words.



AP PHOTO
SHAILENE WOODLEY AS TRIS (LEFT) AND THEO JAMES AS FOUR (RIGHT) IN DIVERGENT.

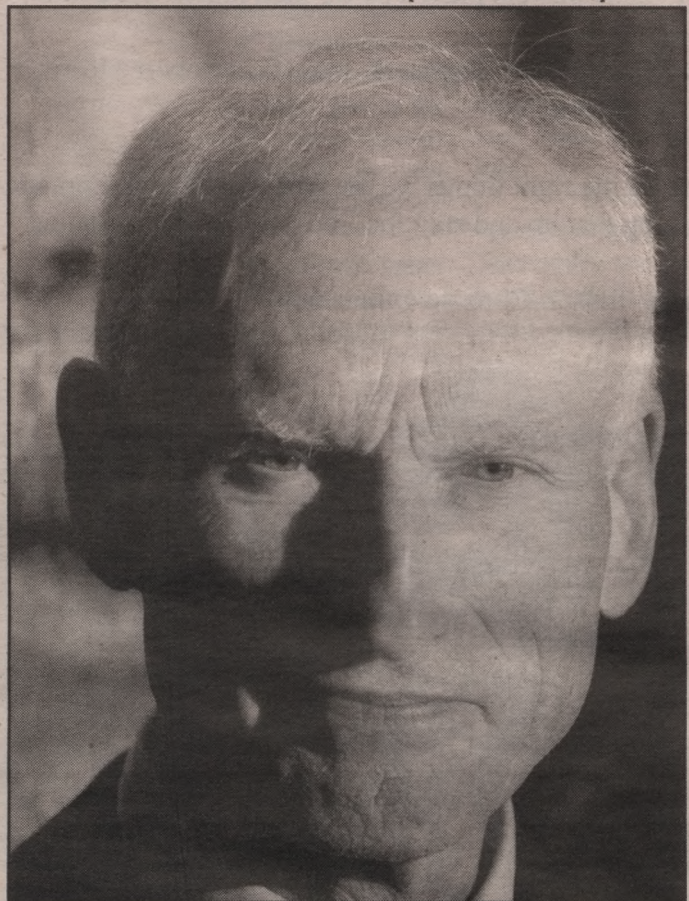
I felt Tris was a much stronger character in the book because you are hearing everything from her point of view. You see how she views the world and how she makes the decisions she makes. There are also scenes in the book that are way more intense just because of the way the author of the book Veronica Roth described the events differently than the movie portrayed them. For example, the part that describes one of the tests Tris takes really goes into detail of what she sees and how she is thinking when she is making a decision this goes along with the premise of the movie and how she is divergent.

Overall, I think that either choice will be great. If you are a book person than you should read the book before the movie. If you don't really have time to sit back and read than head straight to the movie theatre.

The movie contains a good-looking cast and an awesome soundtrack.

MYFINALRATING:
Read the Book & Watch the Movie

In Memoriam... James Rebhorn (1948-2014)



AP PHOTO

James Rebhorn will be remembered for his various roles in television series and films including: "Homeland", "White Collar", "Scent of a Woman," "Independence Day," & many more. He is survived by his wife, Rebecca Fulton Linn and two daughters, Emma & Hannah. He was a great man who left the stage too early.

top 10 Albums of the Week

1. **FROZEN**, ORIGINAL MOTION PICTURE SOUNDTRACK
2. **RECESS**, SKRILLEX
3. **DIVERGENT**, ORIGINAL MOTION PICTURE SOUNDTRACK
4. **SHE LOOKS SO PERFECT**, EP, 5 SECONDS OF SUMMER
5. **SPRING BREAK 6...LIKE WE AIN'T EVER**, EP, LUKE BRYAN
6. **HELP**, ERICA CAMPBELL
7. **SUPERMODEL**, FOSTER THE PEOPLE
8. **LIFT YOUR SPIRIT**, ALOE BLACC
9. **GIRL**, PHARELL WILLIAMS
10. **MY CRAZY LIFE**, Y.G.

Sports

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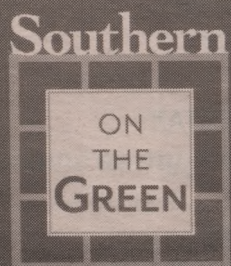
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This Past Weekend in Sports: MEN'S AND WOMEN'S TENNIS



PHOTO COURTESY OF TIM DEMERS

"We showed very good mental toughness in the match vs. Robert Morris. The conditions were not ideal outside with the wind and the cold, but we persevered against a much improved Robert Morris team."

- **Women's Tennis Head Coach Mike Guastelle**, win (6-1) Robert Morris, loss (6-1) Fairleigh Dickinson

"Moving forward, we can practice what we did well during the match and fix what we might have lacked."

- **Sophomore Katie DeRienzo** and partner Gabriela Kaldan defeated Ksenija Tihomirova and Gisela Castany (8-5)

"We played decently, some players played better than others, we couldn't get consistency from everybody."

- **Men's Tennis Head Coach Paul Gagliardi**, loss (5-2) Robert Morris, loss (5-2) Fairleigh Dickinson

"I think we are doing all the right things we are working hard and practicing a lot. If we can keep that up and stay focused we will start winning these matches."

- **Sophomore Matt Dean**, falls to Gonzalo Quintana (6-4, 6-1)



PHOTO COURTESY OF TIM DEMERS

Sports

“We played decently, some players played better than others, we couldn't get consistency from everybody.”
 -Head Coach Paul Gagliardi, Men's Tennis

Pioneers Sweep Cornell



PHOTO COURTESY OF SEAN ELLIOTT

THE PIONEERS LOOK TO EXTEND THEIR 4-GAME WIN STREAK THIS WEEK AGAINST THE STONY BROOK SEAWOLVES

BY MACKENZIE MALLOY
 Staff Reporter

The Sacred Heart University baseball team had a four game series against Cornell over the weekend. The Pioneers dominated the series, sweeping all four games to improve their overall record to 9-9.

The Pioneers home field, Harbor Yard isn't ready for play due to the poor weather that the field has endured this winter.

“At first we had no idea where we were going to play. Harbor yard isn't ready for play yet so we played two games at Baseball Heaven and two at the Brooklyn Cyclone stadium,” said junior Keaton Flint.

However, the Pioneers didn't let the confusion stop them as they went on to have four great games against the Big Red.

“After all that, we dominated the weekend. Pitching, defense, offense, base running--everything,” said Flint.

Senior Kody Kerski ignited the four game sweep with a complete game shutout in game one Saturday afternoon. The Pioneers beat Cornell 3-0 in game one.

In the first game of the double header, Kerski struck out nine and gave up just four hits against Cornell who scored 47 runs in a three-game series against James Madison last weekend. Kerski was hot from the beginning striking out five in the first two innings.

“Kerski threw really well in the opener, and Stoddard followed in the second game on Saturday,” said senior captain Nick Leiningen.

In game two, the Pioneers had a 2-0 lead in the bottom

of the first inning thanks to freshman Keith Klebart, who knocked a base hit to center field with bases loaded.

Cornell put up a fight with six hits in the second inning and took their first lead of the afternoon grabbing a 3-2 lead. But the Pioneers answered with freshman Zach Short delivering an RBI single. Sacred Heart took game two of the double header 5-3.

“We played very well this weekend. Things seem to be coming together really well for us,” said Leiningen.

Leiningen did well himself on Sunday, giving up two runs in seven innings, and struck out six in route to another Pioneer victory.

“I pitched well. I felt really good out there. Friar (our starting freshman catcher) has really embraced the role since Derrick (senior catcher) got hurt,” said Leiningen.

Flint cracked the Pioneers first big hit to score two runs. Freshman Ted Shaw helped keep the rally going with a RBI to right field. Pioneers capped the rally with a 6-2 lead.

In game two Sunday afternoon, freshman Jason Foley pitched a solid 6.2 innings, giving up just one run on five hits.

“Foley threw really well in the second game today, our bullpen came in when we needed them and shut the door all weekend,” said Leiningen.

Sacred Heart did work in the bottom of the first inning as senior Connor McEvoy, drove in two runs off a lining pitch from Cornell.

“The togetherness on our team this year is unreal. Everyone's always picking each other up and every day someone new steps up. Hopefully we have another successful week next week,” said Flint.

The Pioneers will return to action on Thursday afternoon as they take on Stony Brook at 3:30 p.m at Harbor Yard.



PHOTOS COURTESY OF SEAN ELLIOTT

PLAYbyPLAY

SOFTBALL

3/22
 SACRED HEART 2, UMBC 1
 SACRED HEART 10, UMBC 14
 3/23
 SACRED HEART 5, SAINT PETER'S 4

MEN'S LACROSSE

3/22
 SACRED HEART 9, VERMONT 13

WOMEN'S LACROSSE

3/22
 SACRED HEART 8, MONMOUTH 15

COMINGup

MEN'S VOLLEYBALL

SACRED HEART (8-13) VS.
 RUTGERS-NEWARK (6-11)
 Thursday, 7 p.m.

BASEBALL

SACRED HEART (9-8) VS.
 STONY BROOK (9-9)
 Today, 3:30 p.m.

SOFTBALL

SACRED HEART (8-8) VS.
 FAIRFIELD (2-12)
 Thursday, 3:30 p.m.



PHOTO COURTESY OF SEAN ELLIOTT

Sports

“Things seem to be coming together really well for us.”
-Senior Nick Leiningen, Baseball

How Sweet it is: MARCH MADNESS



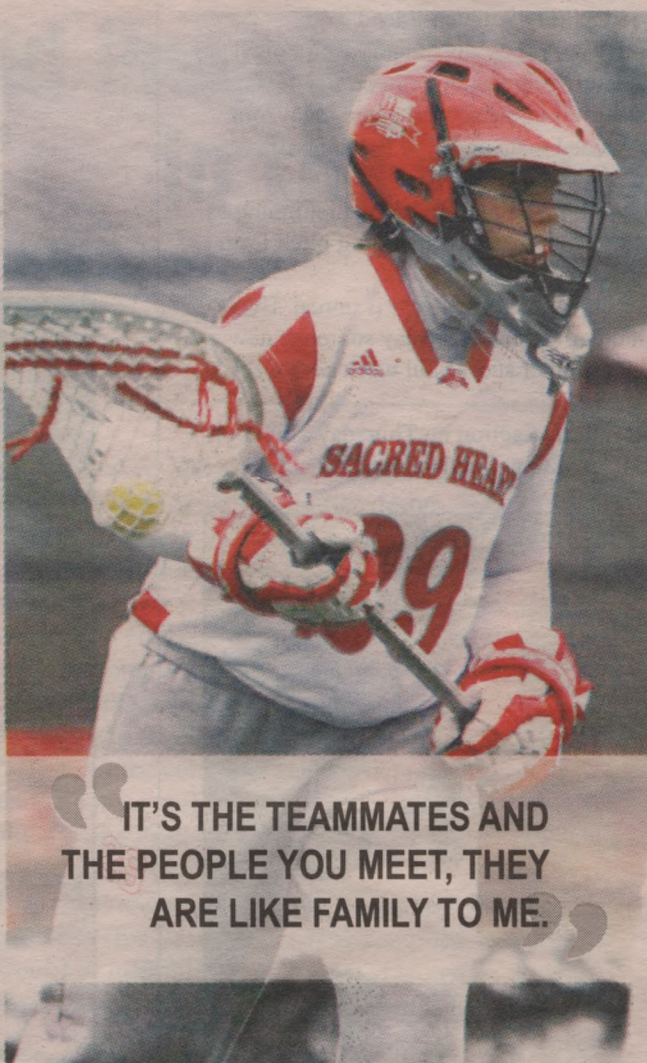
SYRACUSE (3) FALLS TO DAYTON (11) DURING THE FIRST WEEKEND OF THE NCAA MEN'S BASKETBALL TOURNAMENT

AP PHOTO

PLAYERS of the WEEK

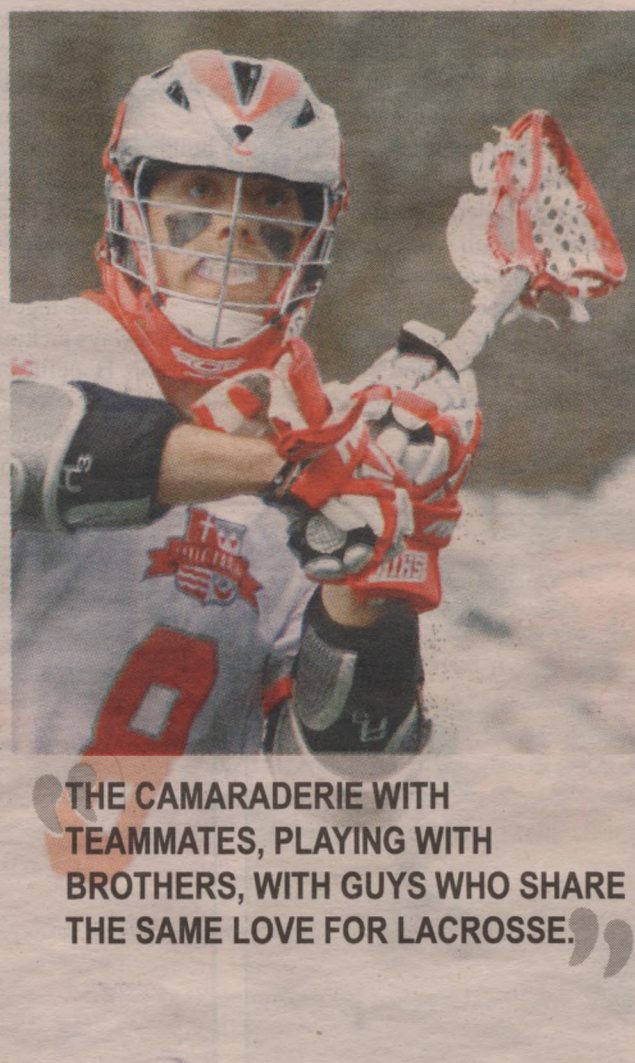
KELLY MIKE KEENAN MAWDSLEY

HOMETOWN
Wantagh, New York
YEAR Junior
MAJOR
Marketing
SPORT
Women's Lacrosse,
Goalkeeper
STATS/AWARDS
343 career saves,
season high save
percentage 55.6 on
March 15



“IT'S THE TEAMMATES AND THE PEOPLE YOU MEET, THEY ARE LIKE FAMILY TO ME.”

PHOTO COURTESY OF SACRED HEART ATHLETICS



“THE CAMARADERIE WITH TEAMMATES, PLAYING WITH BROTHERS, WITH GUYS WHO SHARE THE SAME LOVE FOR LACROSSE.”

PHOTO COURTESY OF SACRED HEART ATHLETICS

HOMETOWN
Innisfil, Ontario
YEAR Senior
MAJOR Business
Administration
SPORT Men's
Lacrosse, Attack
STATS/AWARDS
111 career total
points, tied for team
lead in goals this
season with 12