FEATURED NEWS

BOMB CYCLONE? NO PROBLEM.

Sacred Heart Band travels to Prague and Vienna.

SACRED HEART ATHLETICS

GIVE ME AN S-H-U!

Overwhelming competes in Orlando, Fl.

TWEETS OF THE WEEK

@0hitstaylor
"Anyone ever think hat maybe Voldemort doesn't know how to properly use his hands like think about how he would hold his wand."

@James_Forbes3
"I'm gonna save my clothes for my kids and when my son is going to a party I'm gonna hook him up with my Patagonia and Patagonia.

@LydIAWight
"I like to think that confident until a professor says we can't pick our own group partners in a class I don't have any friends in and then I realize oh, I actually have crippling social anxiety."

UPCOMING EVENTS

2-7 Freedom From Opioids Through Prevention, Education, and Hope
2 p.m.

2-10 Siblings Weekend
Campus-wide

2-15 "Be More Chill" Opens Edgerton Theater
7 p.m.

FAKE NEWS OR NOT?

Super Bowl Confetti Made Entirely from Shredded Concussion Studies

Fans, players and coaches all celebrated the Eagles' Super Bowl win under a shower of confetti, which consisted of the shredded pages of hundreds of pages of concussion studies done over the past few years. The studies were printed, cut into small pieces, and dyed in order to properly spread them throughout all of campus.

"The research is an essential component of what we do to protect players," said Dr. Brian Hainline, the chief medical officer for the NFL. "These studies are part of our ongoing efforts to improve player safety and reduce the risk of injury.

What's New at SHU: Building Update

By Sean Kelly
Staff Reporter

A new semester brings new facilities for Sacred Heart University faculty, staff and students.

Sacred Heart has also merged WSHU into the new public safety building with the goal of implementing faster emergency communication between students and public safety officers.

"The new combined WSHU and Public Safety facility will serve to support public safety and security mission to the Sacred Heart community for many years to come," said Healy. "Safety and security enhancements are always being reviewed as technology and advanced communication equipment become available."

The new building will enable Public Safety to improve services to the University community. The facility brings improved training capabilities for our personnel and space for our municipal police emergency services partners," said Healy.

"The new facility will allow Police to operate from a dedicated space designed to improve operational capabilities with a new dispatch area," said Paul Healy, Executive Director of Emergency Management at Sacred Heart.

"These improvements in communications infrastructure including an BOC [Emergency Operations Center] will enhance our emergency management functions."

Sacred Heart has also merged WHUS into the new public safety building with the goal of implementing faster emergency communication between students and public safety officers.

"The new combined WHUS and Public Safety facility will serve to support public safety and security mission to the Sacred Heart community for many years to come," said Healy. "Safety and security enhancements are always being reviewed as technology and advanced communication equipment become available."

WHSU's frequency map illustrates that their broadcasts can be heard from New Preston, Conn. to parts of Long Island.

"The growth of the University academic enterprise requires that support departments continue to improve professional services," said Healy. "The new facility achieves this enhancement for Public Safety personnel in our mission to ensure safety and security programs across the entire campus."

With this new building, Public Safety will have more opportunities to spread its mission not just through campus, but with other affiliated Public Safety agencies.

"The new facility will enable Public Safety to improve services to the University community. The facility brings improved training capabilities for our personnel and space for our municipal police emergency services partners," said Healy.

"WSHU and Public Safety's new building is still under construction, but is expected to open sometime in the Spring of 2019.

"Sacred Heart has also been working on and developing the land that was previously owned by The Jewish Home, which was purchased for $16.5 million in 2016.

"Already opened, Sacred Heart's newest residence hall, Pierre Toussaint Hall, is the first building to open on the Upper Quad of main campus. The building currently houses a mixture of residents ranging from sophomores to seniors and transfer students.

"Toussaint Hall features modern décor, a two-story study lounge, a fish tank, an arcade-style game room, and spacious pod-style living quarters.

"Senior Kristen Barcellos, a resident living in Toussaint, said that "If you're looking for a space that is impromptu, but the atmosphere."

"At Toussaint Hall, you are welcomed with beautiful upscale décor and architecture to provide that feeling of cultural work all around you," said Barcellos. "It's also nice to be able to surround some amenities such as a fireplace and really nice common areas to provide student relaxation and the feeling that home is not so far away."

"Toussaint Hall is also in a central location, which makes it an ideal residence hall for students that are involved in activities that span throughout all of campus.

"Only a short walk to the Fitness Center, the hall does provide a convenient walk since it is located in the middle of everything said sophomore Nathan Gervais.

The remainder of the Upper Quad is not being renovated as of now right, but there are plans for it to include a residential village and dining hall over the course of the next few years.

Philadelphia Eagles Win Super Bowl LII

By Ryan Touhey
Asst. Sports Editor

The Vince Lombardi Trophy is headed to the "City of Brotherly Love" for the first time ever.

The Philadelphia Eagles de­ throned the defending champion New England Patriots 41-33 in Super Bowl LII at U.S. Bank Stadium in Minneapolis.

The game was a close battle from start to finish. The Eagles scored first in the first quarter. Rookie placekicker Jake Elliott kicked a 25-yard field goal to put the Eagles up 3-0, and the Patriots later responded in the same quarter with a field goal of their own from their placekicker, Stephen Gostkowski. He made it from 26 yards, which tied the game at 3.

The Eagles would regain the lead at the 2:34 mark of the first quarter when quarterback Nick Foles threw a 34-yard touchdown pass to wide receiver Alshon Jeffery. That put the Eagles ahead 9-3. Elliott followed that up with an unsuccessful extra point attempt, as the ball went wide right.

The Patriots then scored on a 22-yard touchdown pass from Foles to running back Cory Clement at the 7:18 mark. Elliott followed it up with an extra point and that made it 9-19.

The Patriots then scored on a 26-yard touchdown pass from Brady to wide receiver Chris Hogan at the 3:23 mark. Gost­ kowski hit the extra point, and the Patriots trailed 29-19.

The fourth quarter began with Philadelphia adding to their lead. Eli­ lio made a 45-yard field goal, which made the score 32-26.

The Patriots then took their first and only lead of the night when Brady threw a four-yard touchdown pass to Gronkowski, and Gostkowski hit the extra point. The Patriots led 33-22, with 9:22 remaining in the game.

The Eagles then regained the lead at the 2:21 mark when Foles threw an 11-yard touch­down pass to tight end Zach Ertz. Elliott added the extra point, which gave Philly a 38-33 lead.

The Eagles tried to respond with 2:16 remaining in the game. However, Eagles defensive end Brandon Graham strip sacked Brady, which led to Brady fumbling the football and ending New England's hopes of their third Super Bowl title in four years.

Elliott made another field goal for good measure, and the Eagles went on to win the Super Bowl 41-33.
Opioid Addiction Prevention Grant Awarded

BY EMILY HELLDORFER
Staff Reporter

Two members of the Sacred Heart University faculty recently received a grant from the Connecticut Healthy Campus Initiative to implement opioid prevention and awareness activities on campus. Dr. Jessica Samoulis and Dr. Victoria Osborne received the $11,000 grant to put toward a campus-wide project in conjunction with Janice Kessler from the Wellness Center.

"Some of the money will be used to fund the administration of a campus-wide survey on behaviors and attitudes related to substance use," said Dr. Samoulis. "Funds will also be put toward having several speakers, as well as conducting a workshop for health professionals."

According to the World Health Organization, an estimated 69,000 people die from opioid overdose each year.

In addition, there are an estimated 15 million people who suffer from opioid dependence. An increasing amount of these opioid dependencies and overdoses are from the use of prescription opioids. Many young people are prescribed opioids as a pain treatment after surgeries or athletic injuries. "Young adults are not immune to addiction," said Dr. Samoulis, who is a prevention scientist. "Athletes are often prescribed a pain relief medication due to an injury, and if not managed properly that can lead to addiction."

The grant will fund 'Opioid Use Prevention and Awareness Day' on Feb. 7. This all-day event is for students, faculty and staff. It will start with coffee and bagels in the University Commons lobby and there will be tables in the main academic building all day with volunteers handing out educational materials.

At 2 p.m. in the University Commons, Sarah C. Howroyd will be a guest speaker as part of the Human Journey Colloquia Series. Howroyd is the co-founder of the H.O.P.E Initiative (Heroin and Opioid Prevention and Education). Later in the evening, former NFL player Jeff Hatch will give a lecture sharing his journey of addiction and recovery in the Schine Auditorium at 8:30 p.m. Another use for the grant includes purchasing public awareness materials, such as brochures and giveaways. These will be given out around campus and at the event on Feb. 7 to raise awareness about the dangers of opioid use. "I think that having a program like this is very important for college campuses," said Alaina Silveri, a senior health science major. "With a problem as big as opioid use, being preventative is the best approach. Receiving this grant is a great step forward to bring awareness."
Hello and welcome to this week's pressing He Said, She Said discussion.

First off, if you are reading this on the Internet I would like to thank you for going ONLINE to our website.

Secondly, if you have picked up the paper while IN LINE at JP's diner, then you have made a great decision in supporting your campus wide source for anything and everything that is poppin'.

If you have not picked up my subtle clues already, this week Anthony and I are taking a stab at a personal pet peeve of mine. On line vs. In line.

Now I know some of you are thinking, "Hm, Giovanna is this really all that important?" My response to that is, why yes, yes it is.

This argument is one that I am not only embarrassingly passionate about but it is also something that I feel has a right and wrong answer.

With most of the He Said, She Said topics, I strive be open minded about my counterpart's take on the situation. Yet, today is the day that I put an end to a true grammar epidemic.

Picture this, you are IN LINE at Linda's waiting for some chicken tenders and fries. It is 11 o'clock at night and all you want to do is peacefully enjoy your 5th meal of the day.

Now, in this moment you are third IN line and someone walks up to the person in front of you and whispers, "Yo, let me cut in front of you IN line and get your food. Second, someone has just walked up to the person in line and that is very inconsiderate. Last and most importantly, this buffer has now has claimed a placed "on" line.

Keep in mind that this is physically impossible unless they are referring to accessing the Internet ONLINE because while standing you are filed IN a line and not on it. With hopes to clear up any confusion about their place IN line.

My first instinct would be to tap them on the shoulder and inform them that if they wish to stand IN line then they must proceed to the back.

Instead I bite my tongue and watch as they take the last chicken tenders of the night. As they fade away to the sauce station, I am left IN line even more passionate about this growing issue in our society. This concern can be solved if people are aware of the correct way to address line standing. Now, this argument can be convoluted to fit several opinions and situations. However, it is pertinent to keep in mind some important grammatical rules when discussing the topic.

When going ONLINE to dictionary.com the grammatical answer is clear. If you are to search for the definition of the word line and scroll to the 73rd use subsection e, it states: 73. i.e. waiting one behind the other in a queue. There were eight people in line at the restaurant's window. I believe that my case here is closed. While some stubborn fools may still stand behind their belief, I kindly invite any opposing opinions AKA Anthony to consider my evidence as a reason to change their ways.

I fully understand that this will be a change to your regular language but this little adjustment will cause your life and my life to improve drastically.

Also, go Eagles!

So...when a line is formed, and you're a part of it, is it proper to say you're "in line" or "on line"?

This is a debate that apparently gets people going. It came up in the office during our Sunday meeting, and I had no idea that it would spark such passionate opinions for both sides of the arguments. But it did, and here we are to address the issue.

To get my personal opinion on it out of the way, I'll say this: I feel that either expression is fine to use, but I say "on line" much more than I do "in line."

The argument people often seem to use against "on line" is that it should be reserved for when you're on the Internet (i.e., "I'm online shopping for James' birthday gifts"). However, I feel that you can use the expression "on line" for both being on the Internet and when being part of a queue of people. It just sounds fine.

Since I'm here to rationalize my argument, I'll add that I also think of it this way: I think the expression "in line" is too restricting. I'm serious.

When one says, "I'm in line," I feel as if they're part of something they're boxed into, like they can't get out.

When you're in something, it implies you have to somehow exit, or that you're confined to it. When you're on something, it sounds more like you're in control of your present situation. Crazy as that sounds, you've got to admit—it's not that nuts.

To further this debate's tediousness, I'm going to pull another card. What came first: lines, or the Internet? I'd say lines.

It's pretty much a fact that people have been forming lines (or "queues", if you want to sound British) for thousands of years. Jesus probably waited on tons of lines in His lifetime. He was probably polite and waited His turn like the next man. And not only did Jesus probably wait on lines, but perhaps everyone who's ever lived has waited on at least one line. Even royalty. Do you think the Queen of England is going to let Prince Harry skip her on the ice cream line?

Quick update: I'm being super careful not to causally drop the phrase "in line" in one of my sentences. I'm giving the matter hawk-like attentiveness.

So yes, lines have been a thing way longer than the Internet. That is established, and I hope you "in-liners" can see that "on line" is a term that's likely been used well before the World Wide Web was even a thought.

Speaking of you-in-liners, why does it matter that much anyway?

I mean, I like to say "on line," but I don't denounce the use of "in line." It just seems like you have something against a phrase that makes perfect sense. Oh well.

Keep thinking of your lines as a box in which you must stay. I'll be moving on or off of mine whenever I please.

By the way, congratulations to Giovanna's Philadelphia Eagles for winning the Super Bowl this past Sunday. I bet fans are waiting on long lines to get their championship gear.
“Amazon Go” Shake Up Grocery Industry

BY MICHAEL NICHOLAS
Staff Reporter

On Jan. 22, 2018 in Seattle, WA, the first Amazon Go store opened, marking a major milestone along the road to automation. It reached amidst a swirl of positive and negative arguments that have been expressed since the idea was first announced in Dec. 2016. The store is a typical grocery store in part automated, with the checkout counters being entirely so.

“Three quarters of Americans say it is at least somewhat realistic that robots and computers will eventually perform most of the jobs currently done by people,” said Chris Rugaber for AFP News. After initial set up, consumers simply walk past the counter with their products every time and they are automatically billed for everything.

Negative opinions on the store surround the notion that it disrupts society’s workforce structure, which sees robotic labor as a threat to jobs.

Contrary to that philosophy, many recent expert analyses are finding less dramatic impacts from automation than studies from several years ago that suggested up to half of jobs could be automated. Nevertheless, the Pew Research Center found that a great deal of Americans concurred that within the next 20 years fast food workers and retailers could be fully automated. Several students at Sacred Heart University were asked about Amazon Go, and they reflect a microcosm of the opinions previously mentioned for the American public at large.

“I think Amazon Go will be the most successful invention that’s happened in a while,” said Junior Alex Krusel. “It’s absolutely brilliant and I cannot wait to try it. Shopping for groceries will be the quickest thing to do.”

However, some students think that Amazon Go will only further replace jobs for real people with one.

“The idea is cool, from a consumer perspective, but you can argue that the change in technology is replacing people’s jobs, such as cashiers and management,” said senior Brandon Capuano, who is also the Asst. News Editor for The Spectrum.

Most students surveyed respond-ed with an overwhelmingly positive assessment of Amazon Go.

“Depending on how well the store does in Seattle and the cash flows it receives hopefully an increase in line in their eyes, you’ll start seeing it slowly develop around the country in brick and mortar,” said Capuano.

Senior Derik Beckett also conveyed his excitement and hope for its success.

“Personally, I am a huge fan of Amazon Go,” said Beckett. “The simplicity and convenience of this technology presents a refreshing way to shop. I think it is a great move strategica-ly.”

One is still left thinking about the opposite end of the idea, the business owner’s perspective and what a plan of action could be for those employed by retail companies.

Gibson Marks, writer for Forbes Magazine about technology developments for small business owners, captured this with a quote about Amazon Go.

“You do own a grocery store? You better pay attention. You do, for you, merchants...you’re going to need to respond. But don’t fire your employees yet – people still enjoy engaging with humans, so maybe you can figure out a balance between technology and human interaction,” said Marks in his article. As it stands, people are split on whether this idea will work or not. In the meantime, Amazon Go will let the robots do the talking.

Are You Keeping New Year’s Resolutions?

BY GINA D’AMICO
Staff Reporter

What does New Year’s mean to you? Have you set a New Year’s Resolution?

At the beginning of each new year it is often common that people make resolutions or ambitions for themselves to achieve within the year.

“This year, I wanted to set a resolution for myself and finally stick with it,” said sophomore Rachel Ward. “In the previous years, I never followed through with my New Year’s Resolution. I really want to try and push myself in getting straight A’s, go to the gym six times a week, and stick to a much healthier diet.”

Although resolutions can be a positive guide for students’ lives, many people admit to having difficulty with sticking to them. 41% of Americans usually make New Year’s Resolutions and only 9.2% of people felt they were successful in achieving their resolution in 2017, according to a study done by Statis-ticBrain.

Although some individuals think New Year’s Resolutions are valuable, Sophomore Erica Condon thinks that New Year’s Resolutions are overrated.

“To me, New Year’s Resolutions are sort of cliché,” said Condon. “Many people set resolutions for themselves that they end up forget-ting about in a couple of weeks. I think that instead we should constantly be setting small goals for ourselves throughout our lives, instead of just once a year. Setting small, achievable goals for yourself is more realistic and more rewarding.”

Three of the top New Year Resolu-tions for 2017 were losing weight, eating healthier, life/self-improve-ments, and better financial decisions reported by BusinessStatic.com. Although, these resolutions are some of the most common, there are other resolutions that people set for themselves that are much more diverse.

“One is never set as a generic goal for myself, I want to challenge my-self to be the best version of me,” said Junior Kendall Maylor. “This year I noticed that social media has consumed a lot of my time. My New Year’s resolution this year is to separate my attention of social media and strengthen my friendships and connections face to face, instead of over the phone. This is a resolution I have never made for myself and I am excited to purse it to the best of my abilities and see where this year takes me.”

Senior Andrew Coleman argues that New Year’s Resolutions are not useful, nor realistic.

“I do not have New Year’s Resolu-tions,” said Coleman. “I set goals for myself every New Year. I think that overtime people often have tenден-cies to forget about the resolution they made in the beginning of the year.”

Furthermore, some believe that accomplishing a resolution or goal depends on the amount of self-motiva-tion you have within yourself to succeed.

Freshman Bianca Valenti acknowl-edged the struggle she has sticking to a new lifestyle change.

“I do believe that self-motivation plays a large role in sticking with your New Year resolution goals,” said Valenti. “I personally set a goal to go to the gym more often. However, I feel myself lose motivation usu-ally after a week or so just because things get in the way, such as school, work, or being tired from staying up late.”

Students have argued that New Year’s Resolutions can be cliché, or unrealistic. However, one student who admires and looks forward to setting a New Year’s Resolution is Sophomore Nicole Mucciarone.

“I personally love setting new res olu-tions every year for myself,” said Mucciarone. “Setting resolutions for myself helps me become successful in the goals I want to achieve.”

Whether you love New Year’s Resolutions or not, when the calen-dar switches changes to Jan. 1st, one thing everyone can say is “Happy New Year.”
Stepping Out of my Comfort Zone

EVE PAPA
COPY EDITOR

Travel is something I've been passionate about nearly my whole life, and it all began when I was eight on my first cruise at the age of ten. Now, before you make your assumptions about sunbathers on the pool deck wearing tight speedos, overcrowded buffet lines, and the family vacation T-shirt bulk orders, let me explain.

My first cruise experience—a three-night Disney cruise to the Bahamas—inspired in me an interest to travel and to see as much of the world as I possibly can. On this glorified weekend getaway, I saw new places, met new people, and learned about new cultures. These are three things I had never put much thought into before the trip. I know it may sound bit silly that a commercialized ocean liner could inspire in me an interest in becoming cultured, but this cruise experience exposed me to the idea of stepping outside of the comfort zone I've known my whole life. I have since carried this goal with me and strived to live up to the challenge of stepping outside of my comfort zone in all that I do.

After this trip, I clearly wasn't the only person who left a changed individual. My parents enjoyed the trip so much that they decided to take us on multiple more. Some of the other places I've cruised to include Bermuda, Mexico, Canada, and Hawaii.

Hawaii was specifically the most influential cruise I've ever been on. Exploring the islands of Hawaii with my family are some of the best memories of my life. We rode horseback on the Kauai coast, hiked the Diamond Head, watched the sun rise above a volcano in Maui, and swam at some of the best pristine beaches on earth. And to additionally enhance our experience: the people we met over the course of our adventures came from all over the globe and each had interesting, unique experiences to share.

Aside from cruising, I've had the opportunity to travel without my family. The main trip I went on alone was my first time in Europe and was a true testament to the fact that I am not yet a fully self-sufficient human being. Along with a group of about 45 other students, I spent two weeks of January 2017 in what some might refer to as the hidden gem of Ireland: Sacred Heart University's campus on the Dingle Peninsula.

During my time in Ireland, I studied Irish traditional music, perfected the art of Irish Dance, and learned to play a mean rendition of Celine Dion's "My Heart Will Go On" in the tin whistle. I also hiked and biked amongst the green, rolling hills of Ireland and met locals who filled me in on everything I needed to know about their home country.

I also became very close to some of the other students who were there with me, and we still talk to this day. In fact, one of my best friends, Alexa Binkowitz—now my Spectrum Editor-in-Chief—and I just got married at that I haven't finished this editorial yet. See how it all comes full-circle?

In the last trip I went on, but I still think about its impact in my life regularly. Spending two weeks on my own in a foreign country forced me to be mature, responsible for myself, and well, a (partial­ly) self-sufficient human being.

Looking forward, I'm going to be ready for this year's trip with Sacred Heart to Tres Equis, Costa Rica to work with the local community and with a group of college students who live there. I am beyond excited to help out wherever I can, experience the culture, put my subpar high school Spanish to the test, and learn about what life is like in Costa Rica. I have never before been to an impoverished location like the one I'm getting ready to see, and I know that expanding it will expand my horizons and allow me to come back home with an expanded worldview.

I'm in constant awe of the promise made with my ten-year-old self, the Costa Rica trip and any other travel I do in the future will be my way of further stepping outside of my comfort zone.

From the Beyond

ALEXA KOBER
COPY EDITOR

In an effort to continue the investigation the psychic spoke with students on the first floor when an previous paranormal activity had been reported this year.

This resident is also of German ancestry and has suite mates who have visited Auschwitz. As such as she entered the residence, the psychic was able to sense the presence of a spiritual entity.

In one of the first floor resident's Zen-like room she was able to contact the spirit who presented itself in the form of a small genderless child who was looking for comfort and protection.

It is suspected that this child is looking for its mother who is residing on the second and third floors of the residence hall. The unknown gender of the child suggests that it had not been born at the time of its death as if their mother had been killed at Auschwitz while pregnant.

The psychic believes that something is preventing the mother and child from reuniting with each other, possibly the military presence on the second floor.

To those who do not believe in spirits, this story is but a work of fiction—but to those who do believe, this will only serve to affirm and reassure that there is something that remains unseen, that hides in the shadows.
Fortnite Video Game Craze

By Bryan Brown

Over the years, there has been more than a fair share of video games to dominate the gaming world. From the original "Call of Duty," to "Grand Theft Auto 5," teens and adults alike have spent countless hours on their consoles playing these games.

One game in particular has seemed to set the gaming world ablaze.

The game was first released on July 25, 2017. The game quickly spread across the Internet, adding to its fandom. "Because it's a fun game, it keeps everyone on the edge of their seats," said freshman Nick D'Angeolo. This gave gamers the opportunity to choose to take on the challenge alone, or to team up with their friends.

"Duos," is the best option to play compared to that of 'squad,' because two people is the perfect amount for a game, the perception of 'squad,' because two players closer and closer. The premise of the game is simple. To a certain extent, the game resembles the popular book and movie franchise, "The Hunger Games." Each player will start off on a bus called "The Party Bus," along with 99 other players. These players are then flown over a map, which consists of different locations, such as "Wailing Woods" and "Pleasant Park." Both of these locations have their own unique style and design.

As the player continues to explore the map, they collect guns, ammunition, traps, and other items to use at their disposal. As they explore the map, a "Storm" develops on the screen. This storm's purpose is to get the map smaller and smaller by drawing the players closer and closer. If you get caught in the storm, then you die. If you get shot by another player, then you die. Similarly, if you fall into a trap, your fate is death. The last man standing out of the original 100 is declared the victor.

"Thrilling, anxiety-filled, heart-attack-inducing, are all ways to describe the emotions one feels when playing," said senior Harrison Picard. Many people describe the game as a roller-coaster of vast and contrasting emotions. Burke similarly describes the game as exhilarating and adventurous. Since the game seems to cause so many mixed emotions, it is a mystery as to why people become so addicted to it in the first place.

"It is a game-style that has mainly been on computer gaming for a long time, but they have simplified the style with Fortnite and brought it to consoles and it kind of just blew up," said Scala.

Social media allows for people to openly boast about their records.

"The use of social media has blown it out the water," said Cangialosi.

With people using Twitter and other social media platforms to talk, it allows everyone in the world to be in competition over who is the best at the game.

"People love the rush that such a childhood idea such as a video-game could bring such stress and that anytime you die you just start all over again and try your hand," said Picard.

Tell Us Your Story: Nathaniel Barone

By Leah Zinsky

Freshman student, Nathaniel Barone, is using his first year to do something unique at Sacred Heart University: 3D food printing. Barone didn't originally come to Sacred Heart to pursue engineering.

Barone was recruited by Sacred Heart to play on the Men's Volleyball team. Unfortunately, he was injured and deferred for a year.

"During this time, I was able to reflect on what I wanted to do as a student," said Barone. "When I heard about the engineering program that was being offered this year, I decided to take a leap of faith and be a part of its first graduates."

At Barone's high school, they did not offer many engineering classes. Their extracurricular classes were geared toward woodwork- ing and metal shop.

"Personally, I think this is a problem. Many high schools don't even bring up the topic of engineering, much less teach classes around it," said Barone. "This creates a lack of students to go into the field when given the opportunity in college. This is because of the lack of awareness and education."

Every engineering student has a different focus of specialty and interest.

As for Barone, he is in the five-year program, working towards a B.A. in Computer Engineering and a B.S. in Chemical Engineering.

Each engineering student is required to take one three-hour-long lab called "Engineering Exploration," which teaches its students about all the different types of engineering.

"Contrary to what many may believe, the research that Barone and Dr. Kaya do is based around sending smells and tastes through the internet. The 3D-printed food is already a reality. There have been many uses of 3D printing, such as the printing of pancakes, waf­fles, and hamburgers. We are trying to figure out if it is possible to send smells and tastes through the internet. We are interested in this research because we imagine a world in which our research becomes a possibility," said Barone. "You could buy perfume, candles, or anything scented, through the internet. Or, you could taste a famous dish just by opening "Google." The possibilities are endless."

"The reason behind us stating that it would be taste over food, is because the avenue of scent is much more difficult. The concept may take years to complete."

"The sensors on the 're­cieving side,' would then just recreate what data was sent."

By the time Barone completes his college career at Sacred Heart, he hopes to complete this "patch of sensors" task.

"In the end, the hope is that this development would create the same taste of vanilla ice cream. If we are able to develop this even further into sending nutrients, or 'real food,' it would also be just as edible as 'normal food,'" said Barone.
Heart to Heart Initiative for Student Athletes

BY KAYLIN HUEY
Staff Reporter

The Sacred Heart Spectrum

HEART TO HEART INITIATIVE
HEART TO HEART'S BRIGHT GREEN BRACELETS SYMBOLIZE STUDENTS' PLEDGE TO HELP SUPPORT OTHER STUDENTS WITH MENTAL ILLNESSES.

You may have seen student-athletes around campus sporting bright green bracelets. If you have, they represent the Heart to Heart Initiative at Sacred Heart University.

Heart to Heart Initiative is a campaign on Sacred Heart's campus that aims to help students with mental illness get the support and help they need.

This initiative was started this year and came about at a perfect time, as there has been an increasing gap in the mental health care system.

"It's okay to not be okay," said senior Devan Kane, who is a member of the Council of Graduate Students, a group that helps support and help students with mental health and thought it would be an incredible opportunity to help her fellow students.

She wanted to create an organization of support because of her own battle with depression during her early years at Sacred Heart. Kane also discussed the benefits of the Wellness Center, and the number of other resources Sacred Heart offers.

"The Athletic Department is a place for your physical health, and the Wellness Center is for your other needs, but there is such a stigma about it," said Kane.

Through a survey Kane created, she found that 61.34% said yes to the question: "Have you ever personally, or any teammates, had mental health issues (depression, anxiety, eating, sleeping) that you are aware of?" She found that of those people that answered yes, 39.08% displayed that, "those teammates used the Wellness Center."

"As for me, I mean I know they all don't suffer, but they're such a good group of people, and we are all there for each other, and this just gave more reason to us to show how we are as a group," said Kane.

Heart to Heart Initiative meets once per month. At these meetings, members discuss different possible ideas and events that will help to spread awareness about mental illness.

Members of the initiative first started as just Kane's Division I Hockey Team. Now, they are collaborating with other teams, including the softball team and men's tennis team.

One of their recent events included the men's hockey game, which was held on Jan. 26-27. This event helped raise a total of $470 for Bridge Health Care in Milford, Conn.

Another one of their events was the dodgeball game called "Knock out Depression," which was held last semester.

Even though Kane is a senior, she still wants to make sure her campaign sticks on campus. Her campaign will continue to help college athletes and help spread better awareness on the issues that surround mental health.

"Heart to Heart has helped me personally," said Kane.

"Because, [for me] just being able to talk about my issues, which I thought would be really hard, ended up not only helping me in healing, but also I know it also helped other people, and that makes me feel good too."

Check out Heart to Heart on their Instagram, @shheartho­tobe. Their Instagram keeps their followers up-to-date on the campaign's events, and ways on how you can contribute to help spread the word about mental illness with athletes at Sacred Heart.

"We stand behind the cause because we care about one another, but also know it hurts a lot of others," said Kane.

HEART TO HEART'S WOMEN'S ICE HOCKEY TEAM SUPPORTS THE HEART TO HEART INITIATIVE WITH GREEN RIBBONS ON THEIR JERSEYS.

Three New Chaplains at Sacred Heart

BY BRYANA CIELO
Staff Reporter

On Jan. 31, Sacred Heart University held a colloquium presentation entitled "One Heart, Many Faiths" in the University Commons Auditorium.

During the colloquium, three new chaplains were welcomed to the campus community: Mark Block, Imam Gazmend Haga, and Rabbi Marcelo Kormis.

Mark Block, a Sacred Heart alumnus, grew up in Trum­bull, Conn. He received his master's degree in Marketing to pursue a corporate job.

During his time at Sacred Heart, Block was a founding member of the Council of Graduate Students, a group that enabled graduate students to have a stronger voice on campus.

He currently works for the Congregation Rodeph Shalom, on Park Avenue, as the Executive Director of the Synagogue Administration.

At the presentation, he spoke about how there used to be a group for the Jewish population at Sacred Heart to come together, but it no longer exists today. One of Block's goals for his time here is to re-establish this group so that Jewish students have a place to come together one afternoon per week, on Tuesdays specifically.

He said that he plans to do so by expanding the resources and opportunities offered to Jewish students.

"It's amazing to have watched the University grow," said Block. "The diversity of the student body is incredible compared to years ago."

Likewise, Rabbi Marcelo Kormis was also welcomed to the university.

Kormis was born in Chile and moved to the United States six years ago. He is currently a Rabbi at Congregational Beth El, in Fairfield, Conn.

He was first introduced to Sacred Heart through his friend, Rabbi Abraham Skorka, who was presented with an honorary degree from the University.

Kormis was later invited to be a part of the Jorge Bergoli­glós Hall opening ceremonies.

His goal for his time here is to be there for Jewish students and to create an environment in which they can get together to discuss current topics on Thursdays.

Another goal of his is to celebrate major Jewish holidays throughout the entire campus.

"I'm not here only for Jewish students, I'm here for anyone with a spiritual journey," said Kormis.

Imam Gazmend Haga was the final chaplain to be intro­duced to the University this year.

He is originally from Albania and goes by the nickname "Gazi." Gazi is very active in the Albanian American Muslim Community, which is one of the oldest Muslim communities in New England. He is also currently part of a mosque in Waterbury, Conn.

He spoke about the stigma surrounding his decision to study theology upon entering college.

"It's a time where all religions are struggling," said Haga. "[And] helping a human being, is like helping God [and] loving a human being, is like loving God."

His plans to integrate the Sacred Heart community with the Muslim faith will include get-togethers on Wednesdays at Campus Ministry.

In an effort to learn from them, Haga will plan events where students can strengthen their faith.

His hope is to begin with simple social activities like sports in order to unite students. Then, because of his love of travel, his hope is to plan trips to places like Jerusalem so that people have the opportunity to enrich their faith by helping others in need.

Another exciting contribution of the new chaplains will be a brand new podcast that will feature Father Tony Cioc­ra, Gazi, and Kormis.

It will be titled, "A Rabbi, A Priest, and an Imam Walk into a Bar," and will be recorded in Red's, the pub on Sacred Heart's campus. This new podcast is part of the university's One Heart, Many Hearts initiative.

They will discuss many things, including their own backgrounds, why they came to Sacred Heart, how to be a good person in the 21st century, and what their plans are for the future of religion at the university.

More information about this podcast will be shared through social media in the coming weeks, but ideas or requests for topics on this podcast can be sent to IPRpod­cast@sacredheart.edu.
Arts & Entertainment

Preview of “Be More Chill”

BY CLAIRE CONLAN
Staff Reporter

Starting on Feb. 5, the Theatre Arts Program will be performing their first show of the semester “Be More Chill.”

The play is based on the novel by Ned Vizzini.

“Be More Chill” is based on a high school boy, Jeremy, who has a massive crush on Christine.

All that he wants is to become popular so he can impress her, but he doesn’t know how to be the “cool guy.”

He comes across an invention known as the “SQUIP” which is a supercomputer in the form of a pill which gives him the power to “be more chill.”

“It’s a show that shows real life more so than a typical Broadway show. The show itself, the dialogue, and the music resembles high school as a whole and it feels real,” said junior Bradly Taylor who plays Jeremy.

The show is likely to relate to many different ages and types of people because it takes place in a familiar setting.

“I think it’s a show for everyone. Everyone was in high school that knew the popular girls, the jocks, the nerds, being popular, and trying to talk to a girl. Everybody has experienced that and everybody is still doing it,” said sophomore Justin Weigel who plays the SQUIP. “It’s life and the theatre reflects life and this show absolutely does that so I think everybody can relate to this show.”

The show features numerous experienced actors and actresses, as well as special effects to tie the show together.

“I love the special effects of the show. There are twelve TV’s hanging from the ceiling and I just love the music and listening to everyone sing. They are all so ridiculously talented so it has been really cool watching them,” said Weigel.

However, many hours of hard work have gone into making this show as cohesive and entertaining as possible.

“Usually in shows we can look up videos on how the character is played, but you can’t with this show. You have to make it completely your own. It is so much fun,” said sophomore Rachel Dufresne who plays Brooke. “This is definitely the most challenging, but the most fun show I’ve ever done.”

There have also been numerous people who have said that they are traveling from various locations to see the show when it debuts.

“A family from Canada has reached out to us and a couple of people from Ohio are coming as well,” said Weigel.

“Be More Chill” opens on Feb. 15 at 8 p.m. in the Edgerton Theater. Tickets are necessary for entry.

“The expectations are so high it’s a lot of pressure, but it’s good pressure,” said freshman Johannah Johnson, who plays Christine.
The Sacred Heart Spectrum

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Arts & Entertainment

Band Goes to Prague and Vienna After Travel Issues

BY STEPHANIE DOHENY
Staff Reporter

On Jan. 4, the Sacred Heart University Band Program began their trip to Vienna and Prague. Although they got off to a rocky start, being delayed by the huge snow storm, which was referred to as the “Bomb Cyclone,” spirits mostly remained high. Mostly, it was, the beginning to what students called an amazing journey.

“I think we first learned that our flight was canceled, we were super worried,” said senior James Solari.

“Our directors made the comment at one point that they took an entire year to plan this trip, which, in a matter of minutes, went down the drain and then did an awesome job of re-planning everything within the afternoon,” said senior Jennifer McMahon.

Having to spend the night on the cold floor of the John F. Kennedy International Airport was an experience everyone agreed they never wanted to have again.

The directors were finally able to come to a decision, with the help of the travel agency that half of the band would drive back to Sacred Heart and fly out of JFK Monday morning.

The other half was bused down to Washington, D.C. and flew to Vienna Sunday morning.

With everything settled, everyone was re-united in Vienna by Tuesday night.

However, this means that the band had to miss three out of four of their planned performances.

“We missed the first concert because of the snow storm that delayed our trip. We then missed the second and third concerts because not all of us were in Vienna, so only half the band would have been able to perform,” said McMahon.

Even though they missed the performances, the band still had the opportunity to explore the city before travelling to Prague, Czech Republic.

“Vienna and Prague were two cities that I have wanted to go to for a very long time. The reason I wanted to go there is because of the culture, the music connection. Vienna is home to Mozart and is the home to the Vienna Philharmonic, one of the most amazing orchestras on the planet,” said Band Director Keith Johnston.

When they finally arrived in Prague, the band performed along with a local children’s choir in a smaller church.

The band members said they like to have this experience, so that they can interact with the people in the towns and experience new cultures.

“Rather than finding a big concert hall somewhere and we show up, the concert goes up, there’s a big audience, we play a couple pieces, the audience applauds, the concert goes down, everybody leaves. What we like to do is we like to pair up with local community groups and so we give a concert after the local group performs,” said Johnston.

The band performed a few pieces, including “A Festival Prelude,” “As- cension,” “Paradiso,” and “Pie in the Face Polka.”

When asked what “Pie in the Face Polka” was, McMahon said, “It’s a really good piece that features the clarinet section of the band. They are the main focus of it and they did such a good job with it. It’s not an easy piece for them, being that they play the entire song and the rest of the band just backs them up.”

After performing in the church, the band was able to go to Památník Terezín on Friday.

“It’s one of those things that you read about these experiences in a history book, you see it on TV. Then you go there and you’re walking around these grounds and all of a sudden the experience becomes very real,” said Johnston.

“It was an experience I will never forget. It was so surreal being there and it was a very somber trip. Everyone in the band was quiet as we received a tour of the camp, both inside the concentration camp and in the surrounding towns.

Despite the travel issues, many of the students on the trip were thankful that they were still able to go on the trip to experience these historical landmarks.

“Not only were we able to see the camp, which was left in pretty much the same condition as it was in the 1940s, but we were also able to watch some propaganda film which was taken in that town. That whole experience really opened our eyes to the horror that was the Holocaust and I know none of us will ever forget it,” said Wood.

New Year, New Music

BY JULIA LEONARD
Staff Reporter

Many musical artists like Drake, Migos, Camila Cabello and Justin Timberlake are starting the new year with new singles, albums, performances, and tours.

On Friday, Jan. 19, Drake unexpectedly released an EP, or an “extended play” record for promotional use, called “Scary Hours.”

The EP has two new songs called “God’s Plan” and “Diplomatic Immunity.”

On Billboard Hot 100, “God’s Plan” is number 1 on the chart, and Diplomatic Immunity falls at number 7 on the hot 100 chart as well.

Overall, Drake’s fans were surprised that he dropped new music, and hoped that this EP would lead to a larger album release.

“Drake is the man,” said senior Kayla Mad.

While Drake has been very popular in the past, there were some people who didn’t love the song on his new EP.

“I like the song ‘Gods Plan.’ I don’t like the other song ‘Diplomatic Immunity’ though,” said senior Christina Mavroidis.

Some thought otherwise. “Personally, I am not a fan of Drake. Despite me being into his music when he was a novelty to the music industry, I was slowly pushed away. Partially, this was due to the multiple controversies he was involved in. Other reasons include the revelation that he uses a team of ghost writers and that he’s simply better as an actor,” said senior Derek Beckett.

On Jan. 26, the highly-anticipated album, “Culture II” by Migos was released.

This album is the extension of their 2017 album, “Culture.”

The album features big name singers and rappers like Big Sean, Post Malone, Travis Scott, Drake, and 21 Savage.

“MotorSport” is a single on the album that features female rappers, Nicki Minaj and Cardi B.

This single is currently number 11 on Billboard’s Hot 100 chart. Migos member, Offset, is engaged to the rapper Cardi B. Migos will be performing this year at Coachella in California. They will be performing the first and second weekend. The dates for the performances are April 13 and April 22.

“As for the new album, I liked that it is catchy. I think people put a lot of pressure on them they were just a small rap group doing their thing and then ‘Bad and Boujee’ came out and then people were acting like they’re the Beatles,” said senior Anthony Pellerin.

“I would have to say my favorite song is ‘No, I’m like the album because of the beats and the big-name rappers that are featured in the album ‘Culture II’,” said freshman Julia Carroll.

Cailfna Cabello also debuted her solo album “Camila,” on Jan. 12.

The former member of Fifth Harmony is now a solo artist since she started writing her own singles in late 2017.

Cabello’s first single is called “Havana,” a track on her debut album. The album is currently number four on the Billboard 200 chart.

Since then, numerous singles from her debut album have been reaching the top spots on the charts and the Billboard 100 and 200.

This was also a big weekend for Timberlake with the release of his fifth studio album, “Man of the Woods” and his performance during the Super Bowl LII Half-Time show.

The Sacred Heart Spectrum poses in front of the Hofburg Palace in Vienna.

®SHU_BAND
Cheerleading Traveled to Walt Disney World for Competition

BY JOHN KAYWOOD
Staff Reporter

The Sacred Heart University cheerleading squad finished sixth at the Universal Cheerleading Association (UCA) & Universal Dance Association (UDA) College Cheerleading and Dance Team National Championship.

The category they had competed in was the All Women Division I category. The Walt Disney World Resort in Orlando, has been good to the Pioneers, as this was not the first time they had placed sixth at the same venue and competition. The first time, back in 2014-15.

Placing seventh in the semifinals was good enough to get the Pioneers into the finals, where they appeared cool, calm, and collected throughout, as they had already exceeded their hopes going into the event.

“We truly had no expectation making into the finals, so once we made it, we just wanted to go out there and try to do our best routine possible,” said sophomore captain, Kayleigh Rachiele.

The Pioneers suffered an abundance of injuries in the duration of the season. Several members of the team endured concussions. Rachiele also fractured her left foot earlier on in the season.

Due to all the injuries we had to overcome, sometimes the team would be discouraged and think that our chances would lessen due to the setbacks,” said junior captain, Jamie Parkan.

“As captains, we kept the positivity up and realized we were still capable of achieving our goal.”

The squad’s coach, C.J. Sereno, a Sacred Heart alumna and Fairfield native, felt the intensity of the jitters her squad felt not only as a coach, but also as a former member of the Sacred Heart cheerleading squad.

“I was definitely more nervous as a coach,” said Sereno. “But I gave them one little pep talk, not about my experience, but to achieve the goal of hitting the perfect routine, as we had nothing to lose.”

The team posted the perfect routine and finished with a final round score of 74.20. The perfect routine they had performed had not been fully rehearsed until just three weeks prior to the competition.

“This by far has been the most talented, dedicated, and hardworking group of cheerleaders I’ve ever coached,” said Sereno. “Being able to nail our first perfect score on the season in the final round while already achieving our goal was incredible.”

Walt Disney was the perfect place for the Pioneers to be at after their big sixth place finish. The park was shut down during a block party that was held on one of the final nights for all the teams to celebrate their accomplishments.

Both Rachiele and Parkan think that this is the type of achievement that will springboard the future of the program.

“The past couple years we’ve definitely had good progression, but this year, we all had a singular goal which kept us on track and ultimately made us succeed,” said Parkan.

She is the longest tenured member on the team. Their accomplishment has not gone unnoticed, and the impact of the sixth place national finish has already bared its fruit.

“Our name got out there, and people are showing active interest in coming to Sacred Heart for the cheerleading program. So I think it definitely will aid the program going forward,” said Sereno.

The Pioneers already have their eyes on next years UCA & UDA College Cheerleading and Dance Team National Championship. They have more fire and drive than ever before, and are ready to make this a habit.

The goal for next year is top five,” said Sereno. Then Rachiele and Parkan rebutted by saying “No, definitely Top Three is the goal now.”

Cheerleading Traveled to Walt Disney World for Competition The Sacred Heart University cheerleading squad finished sixth at the Universal Cheerleading Association (UCA) & Universal Dance Association (UDA) College Cheerleading and Dance Team National Championship held at the Walt Disney World Resort in Orlando, Florida.

Club Gaming Competes Against Teams from Across the Country

BY DOMINIC CAPORALE
Staff Reporter

Xbox, PlayStation, Wii, and PC, are the devices that the Sacred Heart University gaming club team utilizes. Only one device, the PC, was used for the gaming team this past weekend at their League of Legends Tournament.

“Although we are in a competitive environment, it’s very competitive, which forces you to play to your full potential,” said sophomore, Raymond Chenevey.

League of Legends is a MOBA (multiplayer online battle arena), where there is a roster of over 130 unique characters all serving a different role in destroying the enemy team, “Nexu.”

This past weekend, the gaming team played California State in a head-on battle in a League of Legends Tournament.

“The great thing about this, is that it’s not limited, you can play anywhere anywhere, because it’s all online teams,” said Chenevey.

League of Legends can be played either solo or with friends, and that’s exactly what the gaming team is doing.

“I feel we work better as a team and we all understand each other’s strengths and weaknesses,” said freshman, Rob Kirschbaum.

On Saturday, Jan. 27, all three of Sacred Heart’s gaming teams held their practices there. Gaming team coach, Mike Delvecchio, helps prepare the team.

League of Legends isn’t the only game the Pioneers are competing in. They also compete in the game, “Super Smash Brothers.”

Super Smash Brothers is another MOBA online game. Its objective is to knock opponents off of the stage. The game is played by many kids and young adults nowadays, along with League of Legends.

Both games (League of Legends and Super Smash Brothers), are the gaming team’s favorite games to compete in. Both games bring forth, “happiness and fun.”

“The team is just a great time all together,” said Kirschbaum.

The next match set for Sacred Heart, is Saturday, Feb. 10, at 3 p.m.

“If you want to follow up with the Sacred Heart gaming team, you can check out the Sacred Heart gaming team web page, on the Pioneers Club Sports website.
Kate Svensen Named NEC Scholar Athlete of the Year

BY CHRIS WALSH
Staff Reporter

Sacred Heart women’s cross country runner, Kate Svensen, has been recognized not only for her performances on the field, but in the classroom as well. Svensen has been named the “Northeast Conference (NEC) Scholar Athlete of the Year.”

Her running achievements were matched by her classroom achievements. She has a 3.77 grade point average (GPA) as a nursing student.

Svensen earned the award after dominating in the NEC Championship, which helped the Pioneers go on to win their first conference championship in five seasons. Along with these accolades, Svensen still manages to maintain a high GPA.

“I think it’s all about time-management,” said Svensen. “I look at what my class schedule, training schedule, and competition schedule is for the current week, or upcoming weeks ahead. From there, I can determine when I study, and when I train.”

A typical day for Svensen usually begins by her grabbing something to eat on-the-go, followed by a morning run before class. Svensen is now in the preceptorship part of the nursing program, which requires her to shadow a registered nurse at a hospital during their work shift.

“This is usually a 7 a.m. to 7 p.m. shift, two days a week,” said Svensen.

On these types of days, Svensen still finds time to train at night. She finds time running in the William H. Pitt Center gym or on the track field.

Even though Svensen started running in middle school, she did not take up running competitively until her freshman year of high school. As she began to train with her older sister who was also on the track team at the time, she immediately fell in love with the sport.

“Being on a team where you are a distance runner, it is very important to have good teammates and training partners,” said Svensen.

She logs about 60 miles per week based on her training schedule to stay prepared for her meets.

Svensen stresses that time management—whether it be in school or for track—can make or break someone. Svensen looks at her class schedule and athletic schedule up to two weeks in advance so she can plan everything out. This helps her stay on track, and focus more on her studies and athletics.

“I try to use my run as a break from studying,” Svensen said.

Although balancing both school and athletics has not been easy, Svensen saw that all of her hard work and dedication paid off after being named the “NEC Scholar-Athlete of the Year.”

“I have dedicated my time into balancing both school and running. So being named ‘NEC Scholar-Athlete of the Year,’ is something that I am very proud of,” Svensen said.

With graduation being right around the corner, she took time to reflect on how the past four years have flown by. For Svensen, it is bittersweet to think that in a few months she will be receiving her diploma.

“My post-graduation plan is to take the NCLEX and become a registered nurse,” Svensen said. “My plan is to either do a nurse residency program, or I am going to go back to my hometown in Massachusetts and apply for jobs in the Boston area.”

Svensen plans to continue to run, since it has always been such a big part of her life and she can’t imagine her life without it. She would love to do marathons and half-marathons to continue her passion.

Svensen is looking forward to the next chapter in her life as a nurse.

Do you have a Valentine?

There’s no better way to celebrate than sending flowers, and as our Valentine’s Day surprise for the SHU community, we are offering FREE DELIVERY TO CAMPUS on February 12th or 13th! That’s a savings of $14.95, just for you!

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