FEATURED NEWS

Annual Academic Festival Showcases Student Research

The 10th Annual Academic Festival, held April 9 and organized by the Committee for Undergraduate Research, is the final of all the activities regarding undergraduate research at the university. This year’s Festival will be held on April 24 from 1 p.m. to 3 p.m. in the University Commons. There are over 180 students participating in this year’s Festival, making it the biggest turnover in the history of the event. Steven Michels, Assistant Provost for Teaching and Learning, and chair of the Committee for Undergraduate Research, has been working along with the committee to put the event together. “We have new categories. The old judging was all about methodology, so we had natural sciences and social sciences, and then everybody else. Which I didn’t think was a very interesting way, because it was so difficult to compare research across disciplines,” said Michels. “I thought it would be more interesting to divide categories of social justice, and we have a committee which will judge these categories.”

There will be awards and prizes given in seven categories. These categories include best writing, best multidisciplinary research or collaboration, most meaningful, best visuals, most creative, most scholarly impact or potential, and campus choice. Additionally, there will be a Dean’s Prize for the best poster or paper from each College and the Provost’s Prize, selected from the top College presentations. The poster session will begin at 1 p.m. with over 90 submissions. This session will be followed by Paper panels for students presenting digital slides or written work. The presentation of awards will be held at 3 p.m.

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FAKE NEWS Or Not? Walmart Yodeling Boy is the New 2018 Spring Concert

After French Montana canceled his show hours before the doors to the William H. Pitt Center were opened, it became obvious that Sacred Heart University needed to give the student body and especially the seniors, a make-up performance. After his 45 second Twitter clip of him singing Hank Williams’ “Lovesick Blues” in his local Walmart skyrocketed him to fame, Mason Ramsey booked his next performance at Sacred Heart directly after CR Cellabia. Tickets can be purchased at www.yodelingboyatshu.com.

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News

Sacred Heart Introduces New Superintendent Program

BY ERIC CASSIDY
Staff Reporter

Sacred Heart University will introduce their new (093) state certification program for educators seeking to become future superintendents of public schools across America. The program will begin in the fall of 2018, making Sacred Heart the only institution in the state providing superintendents of schools (093) certification program. According to the Sacred Heart University website, this new addition will be placed under the Isabelle Farrington College of Education. Completing this course will earn the students a sixth-year diploma at the end of their term. Candidates will be assigned to several school districts where they will work throughout the duration of the program as well as supervise the order of operations within the department. The rest of the staff will be composed of highly reputable school superintendents that will help guide and educate their future students through their coursework. "This will provide full-time working professionals with outstanding preparation for the superintendent role. We aim to build on the number of highly skilled leaders able to fill the increasing number of vacancies for school superintendents," said David G. Title to the University.

"The University has always done an excellent job with developing new programs that involve well-rounded and experienced professors. I'm happy to see that they are yet again starting up a new program that will better the future of our educational system," said senior Chris Peterman.

The certification program will include 15-18 students who will take part in five courses, each counting for three credits, as well as completing a final capstone. Of the five courses the students will be taking, one of them will be a yearlong internship. The internship will focus on placing the students in real-world scenarios to gain more exposure and practical experience. Candidates will be assigned to several school districts where they will work with current superintendents. "My sister has had a positive experience with the graduate program for elementary education. Knowing her success, I can strongly say that the future candidates for this certification program will experience wild success," said senior Ryan Borehardt.

The inaugural program will begin this coming August and run until May of 2019. Students who are accepted into the program will attend only Saturday classes to prevent time conflicts with their potentially full-time employment. "The program's goal is to ensure that every candidate acquires the knowledge and skills necessary to be a successful superintendent of schools upon completion," said David G. Title to the University.

"As great as it is that Sacred Heart keeps wanting to expand their programs, I feel that they should focus more on strengthening the broad subjects and majors that already exist as opposed to spreading themselves too thin," said junior Greg Argenio. "I think that this is a great opportunity for students who are aspiring to be future educators here at Sacred Heart. This program will be able to give students exposure to something that is significant to the education system," said freshman Tim Betz.

The program will be directed by Doctor of Education David G. Title, an assistant professor in the Education Leadership and Literacy Department. He will cover two courses throughout the duration of the program as well as supervise the order of operations within the department. The rest of the staff will be composed of highly reputable school superintendents that will help guide and educate their future students through their coursework. "This will provide full-time working professionals with outstanding preparation for the superintendent role. We aim to build on the number of highly skilled leaders able to fill the increasing number of vacancies for school superintendents," said David G. Title to the University.

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Game Design Program Ranked as One of the Best in the U.S.

BY SEAN KELLY
Staff Reporter

Sacred Heart University was ranked 43rd by the Princeton Review as one of the best universities in the country for their undergraduate game design program and 20th for their graduate program. "One strength of our undergraduate program is that game designers get a computer science degree, so that means that when our students go to work for studios the studio knows that they know how to code very well," said Robert McCoid, Ed.D, Associate Professor of Computer Science at Sacred Heart University. "A lot of programs don't require computer science education, so our program in essence is a more rigorous program than many others," said McCoid. "Another thing that sets Sacred Heart apart from many other universities is the motion capture lab, which allows students to create and animate their own 3D objects."

Undergraduates in Sacred Heart's game design program follow a computer science curriculum, learning how to digitally create and render 3D objects, generate all the art work involved in game design and how to develop a story. "I have always been aware of the game design program at Sacred Heart and it's always blown me away. When I was a freshman I had the privilege of sitting in on Andrew Jackman's senior project, which consisted of the game that he had recently designed in class," said senior Patrick Mahoney.

"As a long-time gamer, I found it was so interesting that a classmate of mine is making games just like the ones I've grown up playing. It's really cool to go to an amazingly diverse school like Sacred Heart because you're surrounded by students accelerating in so many fields," said Mahoney. "Sacred Heart University as a whole has encompassed diversity to the fullest. Nothing makes me more excited than to see success in a program like game design that was so new when I first started here at SHU!" said 2016 graduate Thomas Villarraso.

The rankings have also attracted other students who are considering getting their masters in game design. "I think this should not only be celebrated as a success, but rather a unique opportunity," said senior Phill Zeller. "All my life I have been passionate about the game industry and how video games in particular are becoming more than just an entertainment phenomenon. I for one am excited about what this industry holds in the future with more blockbuster titles coming out."

Working in the game design program is a unique opportunity that allows creative minds to collaborate with one another. "Professor McCoid has been instrumental to the success of the game design program," said Shanshan Wang, Assistant Professor of Communications and Media Arts at Sacred Heart. "We share the same vision in providing students with the most advanced technologies," said Wang. "Our interdisciplinary collaboration combines game design and cinematic narrative using the leading platform for virtual reality, providing students with new forms for creative expression as well as learning and practical opportunities."
Perspectives

Is a Hot Dog a Sandwich?

EVE...

"Is a hot dog a sandwich?" This question has recently been put under the spotlight by millennials and Twitter-users alike who dare to break the conventions upon which their lives have been built.

So basically, it’s an important question. And in my opinion, it’s an issue that Spectrum at this point cannot ignore.

Before I give you my opinion on the answer to this question, let me begin with something that should settle the debate. In fact, there should not even be a debate because of what I am about to point out...

The Merriam-Webster dictionary defines “hot dog” as: “a frankfurter with a typically mild flavor that is heated and usually served in a long split roll.”

And the Merriam-Webster dictionary defines “sandwich” as: “two or more slices of bread or a split roll having a filling in between.”

Bang, problem solved. A hot dog and a sandwich can both be a split roll with contents inside.

Although I feel that this is the end of the argument, I have an entire column left to fill up. So, I’ll further explain myself.

I fully believe that a hot dog is a sandwich. I understand that it’s not an idea we’re comfortable with – and that hot dogs and sandwiches are not similar concepts at first thought for most.

But it comes down to the definition. And based on the definition, a hot dog does indeed qualify as a sandwich.

Now this doesn’t change anything for anyone who disagrees. Just because a hot dog is a sandwich (yes, I settled the debate), it doesn’t mean you have to refer to it as so from now on. You can continue to call a hot dog a “hot dog.” This doesn’t mean the sandwich definition isn’t there; it just means you don’t have to bring it up every time you eat a hot dog.

I, however, will from here on out refer to hot dogs as sandwiches. This idea does – as I mentioned earlier – break the conventions with which we’ve become so comfortable. But it’s the challenging topics like this that our world so desperately needs.

The question of “is a hot dog a sandwich?” is not limited to split rolls and frankfurters. This question is a deeply philosophical one that can speak to much larger topics and debates in our modern society.

By contesting the traditional idea of hot dogs as not being sandwiches, we are taking a progressive step towards challenging everything we thought we knew. Today, it’s hot dogs. Tomorrow, it’s gender roles and global warming.

Asking ourselves “is a hot dog a sandwich?” is not merely a time-wasting Internet meme. It is an eye-opening conversation starter that our modern global society is begging to begin. This question is a critical step in the right direction for becoming woke.

If we don’t challenge our societal norms and debate about whether or not we’re living our lives in the right way, then what’s the point to it all? What’s the point to living and being human and attempting to spark change in our world?

Change will not be enacted unless we ask ourselves the uncomfortable, taboo questions that make us think.

And it all starts with one question: “Is a hot dog a sandwich?”

HE SAID

"Is a hot dog a sandwich?" A classic question, a classic debate, and I’m glad we’ve brought it up. When you go to a baseball game – be it little league, high school, the major leagues or any level really — you’ll probably find a hot dog stand.

An American classic (inspired by similar variations from Germany or Austria (it’s still debatable where the sausage originated) called the “frankfurter,”) the hot dog is a symbol of pastimes, good energy, friends sharing quality moments together and more.

A simple combination of wiener on bun, perhaps with a condiment or five, the hot dog is a staple of American finger food at worst, and an elite member of its ranks at best.

To get down to the business end of this topic, let’s explore the debate of it all. “Is a hot dog a sandwich?” To that, I say no.

For me, the cool thing about the hot dog is that it lives in a league of its own. Hamburgers are definitely in the same class, but the two have different styles; they don’t hang out at lunch.

Although a similar concept with being on a set of buns and having condiment potential, burgers are closer to a traditional sandwich in my eyes. I think the hot dog shouldn’t be considered a sandwich because it looks so much different than every other sandwich out there. A single bun—one so thick—with a tubular meat inside that isn’t sliced thin? The appearance alone is good enough grounds to not have to call a hot dog a sandwich.

Another reason I give the hot dog the distinction of not being a sandwich and rather having its very own category is that I like individuality. I appreciate a good hot dog too; especially from places like Super Duper Weenie in Fairfield. The hot dogs at that place are immaculate. (I recommend some Cincinnati chili action for the best experience.)

Lastly, since I’ve already established the hot dog as a non-sandwich, I’ll share my favorite kinds of hot dogs—as far as combinations of condiments go. My go-to is a hot dog with a thin strip of ketchup and mustard. Chili dogs are my second favorite, and the ones with those saucy red onions are a super close third.

In conclusion, hot dogs are not sandwiches. They are hot dogs, they are great and I hope you don’t call them sandwiches.

ANTHONY...

bun. Sausages get thrown on buns all the time (street foods, food vendors in ballparks, etc.) but not like a traditional hotdog. Hot dogs enter a bun with swagger. They rest there like an elderly man who’s in good health and has many accomplishments under his belt.

And hot dogs just taste different than any other sausage. Your average sausage has that zesty, mixed-up impression on the palette, whereas the typical hotdog comes with a slightly different texture and a porkier taste. (Guy Fieri should be texting me any minute to fill that copywriter position.)

To be honest, when I go to a sporting event, I’m definitely more of a cheeseburger guy. They might cost me about $12 dollars at a Mets game, but those Pat LaFrieda burgers are just so good.

Even so, I appreciate a good hot dog too; especially from places like Super Duper Weenie in Fairfield. The hot dogs at that place are immaculate. (I recommend some Cincinnati chili action for the best experience.)

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The American Meme: Is Going Viral the New American Dream?

BY GINA D'AMICO
Staff Reporter

Imagine saying or doing something funny, then, the next thing you know, you're all over social media having "memes" created about you! Merriam-Webster.com defines a "meme" as "an idea, behavior, style, or usage that spreads from person to person within a culture or an amusing or interesting item (such as a captioned picture or video) or a genre of items that is spread widely online especially through social media."

Junior Samantha Trott explains how she likes finding memes to share with her friends. "I think memes are hilarious and I am constantly sending them or tagging people in them," said Trott. "I love when people do that back to me," said Trott. "But typically, before I go to bed, I'll scroll through the discover page of my Instagram and I see them there."

After yodeling in Walmart, 11-year-old Mason Ramsey became famous within days. Social media caused Ramsey's yodeling video to go viral. People began sharing the video, commenting on it, and making memes out of it.

Many of the famous and funny memes people see, hear or send around, such as "Catch Me Outside Girl" or Kermit the Frog sipping the tea, have skyrocketed nearly the end of their college last few years and assess how to a major transition. It is a culmina-

Sophomore Erica Condon is not only a big fan of memes, but she believes that they may be one of the new "American Dreams." "My friends and I are constantly sending each other memes and referring them in our everyday conversations, we even remake our own versions of them," said Condon. "Although considering a meme to be an American Dream may sound silly, I think it could be true in our generation. With the rise of social media and the fast-moving technological world, a viral meme could be the start of a huge career."

"I personally love memes because they are very entertaining," said Garbuio. "I think memes are super fun and I love them. They make me laugh so much and I love when my friends tag me in them. I think they make social media better."

The second someone makes a meme that people think is funny, it spreads like wildfire and hundreds and thousands of other people start making their own individual critiques to the meme, and it just makes it exponentially funnier. With the potential for stardom and monetization that comes with being an internet sensation/meme, some people think that this can be considered the new "American Dream."

Sophomore Sean Burke explains how technology and social media play a large role in adding to the popularity of memes. "I'm a big fan of memes because of how they impact social media," said Burke. "I think it's awesome how far technology has come and some of the benefits that came along with it."

"I love Twitter because of how quickly and often a meme can go viral and how much they explode in terms of popularity," said Burke. "The second someone makes a meme that people think is funny, it spreads like wildfire and hundreds and thousands of other people start making their own individual critiques to the meme, and it just makes it exponentially funnier."

"With the potential for stardom and monetization that comes with being an internet sensation/meme, some people think that this can be considered the new "American Dream."

Another student, recent alum- nus Tyler Beauchesne-Headley, expressed a desire to stay close to Sacred Heart University. "I've always been sure of illus- trating and designing - I've been doing it since I was very young, and it's what I studied here," said Beauchesne-Headley. "So obviously, [those are] the kind of jobs I'm looking for."

"While there's plenty of opportuni- ties in Boston near where I'm from and in New York City, I would prefer something that allows me to stay near the university for the time being," said Beauchesne-Head- ley. "I also gave grad school some thought but I'm not going right away."

There were also seniors who have quite a different outlook on their

ward to the freedom and increase in free time after graduation. "What I'm really looking forward to is all that can be done remotely," said Mahoney. "So really, I'm going to be traveling while preparing for medical school for the next year, and so I'm pretty excited." Another student, recent alum- nus Tyler Beauchesne-Headley, expressed a desire to stay close to Sacred Heart University. "I've always been sure of illus- trating and designing - I've been doing it since I was very young, and it's what I studied here," said Beauchesne-Headley. "So obviously, [those are] the kind of jobs I'm looking for."

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Senior Post-Graduation Plans

BY MICHAEL NICHOLAS
Staff Reporter

This time of the year holds spe- cial importance for undergraduate seniors or final trimester graduate students. For these students, it's nearly the end of their college careers. These students are gearing up for a major transition. It is a culmina- tion in which each student needs to take everything learned over the last few years and assess how to use it to reach his or her next and greatest ambition. This time in a student's life is a crossroads in this sense. "Even though graduation is a bit scary, and getting everything in order beforehand is hectic, that's true of any change of scenery," said senior Patrick Mahoney. "All in all, I'm pretty excited for the next step in my life. I'm going to graduate with a biology degree on the pre-o- sseopathic path, so in the next year I'm going to be studying for the MCAT and applying to osteopathic schools."

Some students are looking for-
Thank you, Sacred Heart

MISSY O’ROURKE
PHOTO EDITOR

The decision I made back in 2014 could not have been a better one. Choosing to be a Pioneer has changed me in ways I never dreamed was possible. It has given me opportunities I never saw coming. This experience allowed me to meet people who would become some of my closest friends. So for my last editorial ever, I want to say thank you to Sacred Heart.

The past four years have been full of experiences that have helped shape me into the young adult I am now. I feel (some­what) ready to face the real world. I remember seeing Sacred Heart for the first time and thinking to myself that I belon­ged here. It has been amazing to watch the school grow and change over time. Now as I leave, I know the school will flourish in future years.

Believe it or not, when I started off here I was not as outgoing as I currently am. Shocking, I know. I was a scared little freshman who didn’t really know many other people coming to the school.

Luckily I was added to a group chat of incoming students, and when we finally got to school we all decided to hang out. From then on I began to come out of my shell and be more confident.

As of this moment, graduation is less than a month away. Wasn’t I just a freshman? I thought I had my life was headed, and I was a shy 18-year-old who came into college un­decided about my future and unclear of where I wanted my life to go.

Literally, when I drive home from class and go past Roncalli, I am hit with mem­ories from freshman year. Sometimes it feels like freshman year was a decade ago and other times it feels like it was last week.

I never would have thought that this random group chat would actually intro­duce me to my best friends who will be my bridesmaids at my wedding one day. I’ve even gotten to choreograph two dances, an opportunity I never thought I would have, or that I would even take. Thanks to the dance squad, they made me feel confident enough to be creative in a way I never thought I would. “Bite” and “Line of Sight” are two pieces I will always be proud of.

The saying that “all good things must come to an end” has never meant so much to me as it has over the past few days. It seems like it was just yesterday when I sat down with my parents to send in my deposit to be a part of the Class of 2018. As of this moment, graduation is less than a month away.

I’m not even sure how this happened. Won’t I just be a freshman? I thought I had all this time four years ago, but little did I realize how quickly it would go.

Four years ago I was unsure of where my life was headed, and I was a shy 18-year-old who came into college un­decided about my future and unclear of where I wanted my life to go. I even got to choreograph two dances, an opportunity I never thought I would have, or that I would even take. Thanks to the dance ensemble, I got to choreograph two dances, a chance I never thought I would have, or that I would even take. Thanks to the dance ensemble, I got to choreograph two dances, an opportunity I never thought I would have, or that I would even take. Thanks to the dance ensemble.

I even got to cupboard two dances, an opportunity I never thought I would have, or that I would even take. Thanks to the dance ensemble.

But that first year ended up changing who I was as an individual. I became more independent and outgoing. It also ended up being the year I was also introduced to some of the most important people I would meet in my college career.

And I’m more confident and I know what I want for myself—well, kind of.

As the Red’s countdown winds down and my time as an undergrad comes to an end, I will appreciate these last few weeks and make the most of them. See you on May 13th with this editorial proudly on my cap.

Solemnly yours,
Missy O’Rourke

All Good Things Must Come to an End
CHRISTA DIMAURA
FEATURES EDITOR

Solemnly yours,
Christina Dimauro

Solemnly yours,
Christina Dimauro
Tell Us Your Story: Christina Magliocco

BY LEAH ZINSKY
Staff Reporter

Sophomore Christina Magliocco will be participating in the Girls Who Invest Online Program.

Do you ever wonder what it's like to take classes at a different school other than Sacred Heart? Sophomore Christina Magliocco from Bethany Conn. will be getting that experience this summer, as she was accepted and will be participating in the Girls Who Invest Online Program.

"I'm really excited to start the program because it will set me apart from the other applicants seeking a career within the competitive field that is financial services," said Magliocco.

The program runs for a year from June 1, 2018 - June 1, 2019. The program provides modeling skills which are required for any skill or career in asset management.

The Girls Who Invest website states that they offer college students the opportunity to participate in a self-study certificate program in partnership with the CFA Institute, the global association of investment professionals that sets the standard for professional excellence.

The 2018 Online Learners program has partnerships through 'Coursera,' one of the largest online platforms for higher education, and CFA institute investment program. One of the many benefits to this program is gaining free access to finance courses through University of Pennsylvania Wharton’s Business and Financial program. The courses feature some of the world’s best in finance, management, and leadership.

A review from a woman who already completed the course says the online environment is engaging, and always an ongoing community.

There are 17 courses offered overall online, but Magliocco will take six within the first year.

She found out about the application process though an email during fall semester and was the only one out of the entire Sacred Heart community to take the initiative to apply.

"I was shocked that I was only up against myself from the Sacred Heart community, because we got multiple emails to get us to apply," said Magliocco.

The application was offered to any female finance major that is a freshman or sophomore at Sacred Heart.

Sheila Lills, associate director of career development and placement within the Jack Welch College of Business, encouraged Magliocco to apply for the position. With a little convincing, Magliocco realized how beneficial the position could be to her.

The Summer Intensive Program includes training in ethics from the CFA Institute, Bloomberg Terminal, presentation skills, and interview preparation. The curriculum also includes site visits with select management firms.

During Magliocco’s senior year of high school, she realized that she wanted to go into the business field. Her cousins worked in the finance field and shared their love of finance with her, which inspired Magliocco to want to be just like them, and that is how her interest in finance began.

Being a member of Sacred Heart’s finance business economy club, as well as the student managed investment fund, impacted Magliocco. Magliocco’s major is finance, along with a double minor in math and business analytics.

The application process included many questionnaires about courses of study and exposure to finance, as well as two letters of recommendation, two essays, and a video introduction.

Upon completion of the courses, Magliocco will receive a ‘resume-worthy’ certificate from the Wharton School of Business, and access to the Girls Who Invest business’s job boards with their partner firms.

"I hope that taking the courses will not only give me exposure to finance classes, but also give me a head start in what to expect when I take my finance classes at Sacred Heart next fall," said Magliocco.

The program also offers an in-person program where they are housed at a select college and obtain a paid internship while learning.

Magliocco will be busy this summer as she completes this program. She will also be interning at Barnum Financial Group as their Sophomore intern, working with the financial advising branch.

For more about the program visit http://www.girlswho-invest.org/students.
Dunkin' Donuts Announces New Snacks

BY KAYLIN HUEY
Staff Reporter

Do you wait in Dunkin' Donuts long drive thru line every morning for your morning fix? Does your regular order consist of a bagel and coffee? If so, you might be in need of change. Dunkin' Donuts has just come out with their new snack menu.

Dunkin' Donuts is testing out their new snack item at select locations. The snacks include donut fries, Miniwaffle, waffle-iced chicken tenders, pretzel bites, ham-and-cheese roll-ups, cookies, and gluten-free brownies, all at a price of $2.

Dunkin' Donuts is awaiting the response of their newly released snacks to see if they will make a run with it. If the snack menu is a success, then these new snacks may be at a Dunkin' near you soon. This addition of snack foods to their mostly breakfast food menu, makes Dunkin' a perfect stop for a mid-day pick me up.

"The brownies and cookies sound really good. I'm not sure if I would actually try their fried and chicken options, but I definitely would try them all just to say I tried them," said junior Samantha Ronan.

Time will tell the success of these new snack items at Dunkin' Donuts. To find a location near you that sells these products, visit Dunkin' Donuts website.

Staff Reporter

DUNNING DONUTS IS INTRODUCING A NUMBER OF NEW MENU ITEMS INCLUDING DONUT FRIES, donut flies, Munchkin dippers, waffle-breaded chicken tenders, pretzel bites, ham-and-cheese roll-ups, cookies, and gluten-free brownies, all at a price of $2.

These new snacks fulfill customers needs of receiving instant gratification. According to Dunkin's website, they serve over 3 million customers a day. These customers all have different tastes but they share the same need for fast service and low price items. These new snacks fulfill customers needs of receiving instant gratification.

"The snacks sound delicious, however I think that there are other healthier routes that Dunkin' Donuts could be taking," said junior Natalie Calianese.

Dunkin' Donuts could be offering more snack foods and gluten-free options, they are bringing more to a wider range of customers.

"Having a gluten-free option on the menu would only benefit individuals who are gluten-free. Considering a vast majority of people are gluten-free, if they offer stuff for them, they are only benefitting themselves by gaining new customers," said Ronan.

According to Dunkin's website, they serve over 3 million customers a day. These customers all have different tastes but they share the same need for fast service and low price items. These new snacks fulfill customers needs of receiving instant gratification.

"I think it has potential. I feel like the cookies and brownies would be a hit," said junior Samantha Ronan.

There are around 8,500 Dunkin' Donuts across the country, with a total of 11,300 in the United States. These new snacks are only available in select locations, so customers must travel to try these new tasty snacks. The Trumbull and Bridgeport Dunkin' Donuts do not have these new snacks on their menu.

I think these snacks are great! It makes people want to find these locations and want to try these new snacks. The Trumbull and Bridgeport Dunkin' Donuts do not have these new snacks on their menu.

But does that bagel or donut fries really keep you at your best?

"I think that Dunkin' Donut's would make way more money if they had healthier options along side of their coffees," said junior Natalie Calianese.

Restaurants like Granola Bar are flooded with customers who are looking for fresh and healthy breakfast options. A popular item off their menu is avocado toast. The avocado toast is a huge seller and is gluten-free for customers at Dunkin'.

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"The snacks sound delicious, however I think that there are other healthier routes that Dunkin' Donuts could be taking," said Calianese.
"Mean Girls" on Broadway? That's So Fetch!

BY JULIA LEONARD

Staff Reporter

The musical adaptation of the film "Mean Girls" is here and is taking center stage.

With comedian Tina Fey creating the screenplay and starring in the film, "Mean Girls" debuted in 2004. Fey also came back to write the script for the play as well.

Cady Heron finds herself in a new jungle when she moves from Africa to Illinois and begins a life as an average girl in high school. She gets involved with the Plastics, or the "cool" girls in school.

Regina George is the queen of the Plastics with her sidekicks Gretchen Wieners and Karen Smith. Cady loses her true self during her time with the Plastics but finds herself again.

Now that the movie has been made into a musical there is a switch from on screen to real life. Many of the jokes and lines are incorporated into the play.

Students have expressed their interest in seeing the movie come to life.

"I would totally go see the play. I think they should have kept it as a movie but it'll be funny to watch," freshman Carmela Badolato said.

The musical's first performance was in 2017, but made its Broadway debut on April 8. It stars Erika Henningsen as Cady, Taylor Louderman as Regina, Ashley Park as Gretchen, and Kate Rockwell as Karen.

"I would like to see it, but I think it's really cool that it's being made into a play and I think a lot of young women who grew up watching the movie, like me, will absolutely love it," said senior Tori Gilbert.

"I actually want to see 'Mean Girls' on Broadway because it is one of my favorite movies," said senior Jen Gilmartin.

Some students want to see the Broadway musical but their expectations for it are mixed. The play is different from the movie because it is a musical. Adding songs and dance performances will tell the story in a different way.

"I do not have the highest expectations for it, but I think it will be pretty good. Though, I don't think it will be like the movie if they are adding in music," Badolato said.

When it premiered in 2004, the film grossed $129 million dollars. It has become a part of social culture today, especially with millennials.

"I think it'll do really well. My expectations are set really high for the musical," said Gilbert.

"I think it'll be like the movie but there'll probably be slight differences since it's a musical but I'm sure it'll be amazing." Some hope that their favorite scenes from the movie will appear on stage as well.

"My favorite scene is when they hand out the candy canes and Gretchen Wieners gets none," said Gilbert.

"Mean Girls" on Broadway has been getting quite the talk from fans of the movie. The musical is up to date with things such as social media, something the movie did not have at the time of its release.

"My all-time favorite scene has to be the talent show when they all sing Jingle Bell Rock. It's iconic and I hope it is in the musical," said Gilmartin.

The show plays at August Wilson Theatre in New York City and ticket prices start at $79.50.
The Sacred Heart Spectrum

**Arts & Entertainment**

**"In The Heights:"
A Review of the Theatre Arts Program’s Spring Musical**

**BY STEPHANIE DOHENY**

Staff Reporter

The house lights dim, the spotlights come on, and in front of you is a beautiful set. You can almost feel the warm sunlight bouncing off of the storefronts. The band starts to play "In the Heights" and you are transported to the ever-vibrant Washington Heights.

From April 12 to April 15, Sacred Heart University's Theatre Arts Program put on Lin-Manuel Miranda's, "In the Heights." Making its Broadway debut in 2008, the show has since won three Tony Awards, including Best Musical, and has gone on a National tour.

"In the Heights" tells the story of the Hispanic-American neighborhood of Washington Heights in New York City. It takes place over the span of three days, mainly following the lives of Usnavi, Abuela Claudia, Vanessa, Nira Rosario and Benny. These characters and their families are all intertwined, making for a musical story that really hits home.

The show opened with a huge number that introduces everyone in the show. The lighting design combined with the set design was absolutely amazing. It really felt like you were on the street corner with the rest of the cast.

"[The cast] is extremely talented, the crew that we have is phenomenal," said Assistant Director of the production, sophomore Hannah Jones. "Everyone just works like a family and like a community to get this done."

And as she said, their hard work really did pay off. You could tell the audience was mesmerized by what was going on. The actors and actresses had their lines and music down. The dancers were phenomenal. You could almost feel their movements in your soul. Everyone's performances were very moving.

"I thought it was fun and vibrant. It was a different kind of show," said senior Hayley Lopreto. "I liked how it explored different cultures. I thought that all of the roles, the people who played them, were cast perfectly. They made the show even better."

Another aspect of the show that made it a stand-out was the music. It was a combination of West African musical styles and American funk and jazz influences, soca music, which originated in Trinidad. The actors and actresses had to work very hard to learn and perfect the different accents and singing styles.

"It's interesting because it's going to hit me all during the last performance when I'm watching and seeing all the colors and the story they're telling." Members of the creative team decided that "In the Heights" would be a great opportunity to raise money for Puerto Rico hurricane relief, in response to the devastation caused by Hurricane Maria, and join Miranda in his support of Puerto Rico through United Nations Industrial Development Organization's (UNIDO) Disaster Relief and Recovery Program.

The Theatre Arts Program named the Puerto Rico Relief Fundraiser "Taking Love to New Heights," and set their goal to $10,000.

"We were having a production meeting and the creative team, as a whole, thought it would be a missed opportunity if we didn't do something to help Puerto Rico because there are still over one million people without power," said Co-Producer of the production, sophomore Justin Weigel. "Lin-Manuel Miranda, who wrote the show, has a big Puerto Rico fundraiser, a big relief effort, and we figured why not help? It'll tie in perfectly with the show. We're so close to meeting our goal and just so happy we get to help."

After the closing performance, it was announced at the program's postshow dinner celebration that after combining a portion of the ticket sales with the donations that were raised via social media and fundraisers on campus, the Theatre Arts Program significantly exceeded their goal of $10,000.

At the end of the day, this show has a simple message: always remember your family. You come from and who your family is. In this show, family doesn't just mean a person's mom, dad, brothers and sisters, it's a person's community, and the people who supported them and helped to raise them. That message definitely came through during the finale. It was so moving and embodied what the show is all about.

With a standing ovation, the show came to an end and it will surely be an experience both the Theatre Arts Program, as well as the rest of the Sacred Heart community, will never forget.

Often times, I've heard it said amongst students that Sacred Heart is their home—that it is part of their family. For those of you who saw the show, I hope you can still hear that final note ringing in your ears, because I know it hasn't left mine... "We're Home."
The Sacred Heart University dance team competed in the 2018 National Cheer Association (NCA) & National Dance Association (NDA) Collegiate Cheer and Dance Championship in Daytona, Fla. The event took place from April 5-7, and the team finished eighth.

The eighth-place finish in the finals came after a performance in the sudden elimination Challenge Cup. This was the third time in four years that the Pioneers won the Challenge Cup to get into the finals.

Coach Deirdre Eller-Heimessey, who is in her 19th year at Sacred Heart, began the tradition of participating in Daytona based competition. Eller-Heimessey had full confidence in her group to get the job done.

"My three captains were just unbelievable, from the start of preseason to football then to basketball and all the way through the competition," said Eller-Hennessey. "They were supportive, encouraging and just had the focus of a team mentality."

The leadership by the three captains and rest of the veteran leaders played a pivotal role. The team traveled with 26 dancers to Daytona, 13 of whom had never participated in the event. The stress and anxiety of the Challenge Cup and overall tournament itself can be a bit daunting for the newcomers.

"It was difficult not going straight through to finals but we had strong confidence going into the Challenge Cup," said senior captain Monique Cote. "As captains, it is our job to lead the team in the right direction, no matter what the situation is."

The Pioneers edged out Northeast Conference rival Bryant University 8,562-8,560, in the Challenge Cup. The routine was filled with passion and lifted the crowd. It also did not go unnoticed by the judges.

"Overall the routine is fun and energetic, and as the judges mentioned in saying, 'you can tell that you love this dance,' we were happy to see that our message and love for this dance was portrayed to the audience," said senior captain Marisa Muscarella.

The song that led them to a trophy was "Three" by Kim Viera, a tune from the movie "Pitch Perfect Three".

The Pioneers had to shoot for perfection on the main stage called the Bandshell, which is an outdoor venue that holds a capacity of 7,000.

"Due to some setbacks and difficult circumstances, the Pioneers were challenged right up until National Championship week in Daytona. Our biggest obstacle as a team this year was the amount of injuries we had to deal with throughout the season. We had very few full-team practices, making practices much more difficult," said senior captain Marissa Gavilan. "We have had multiple concussions, shoulder injuries, hip injuries, and the list goes on."

The team did not travel with a trainer to Daytona for the competition, so most of the recovery and pre-routine preparation was done in-house.

Along with the injuries and lack of a training staff, finding the time to rest and re-energize in Daytona was tough to come by as well.

"We start each day with hair and makeup around 5:30, and its nonstop from there between practice time and our performances," said Cote. "We don't have much time, but that hour or so that we have for some days is the only time we really have to rest physically and mentally."

The Pioneers had other achievements during the week in addition to their overall placing in the finals.

"Coming home with two trophies along with fourth place in the hip-hop category, we knew all the hard work paid off," said Muscarella.

Many of the Pioneers' supporters travelled to Daytona and helped fill the stands during competitions and provide support throughout the week.

"We have almost 80 people travelling down with us, be it parents, aunts, uncles, cousins, siblings, grandparents," said Eller-Hennessey. "It's become a second family for a lot of people."

"Coming home with the trophies we had to work for it, but it's the experience that counts," said senior captain Marissa Muscarella.

The award winning dance team will perform live in the gymnasium during the spring semester.

The X-Men Rugby Team and the X-Men Rugby Team did Community Service During Spring Slate

The Sacred Heart X-Men rugby team has spent some of their time doing community service by volunteering with the Horizons Program. They've been assisting elementary school children who have been taught the team that there is more to life than they may realize.

"Community service to me is important because to get involved in that stuff opens your eyes to different communities and different things that are going on that you might not be aware of at that time," said sophomore Jack Connelly.

Along with volunteering, the team also hosted their Ruggerfest fundraiser in the University Commons (UC) auditorium on March 24.

There, they had different types of beer for everyone in attendance to sample and many different raffle prizes.

All of the proceeds helped the team raise money for dues and planning a trip to Ireland in the spring.

"The Ruggerfest was a success, we raised a little over $10,000, and it goes to both the players for dues and for the needs of the team, travel expenses and uniforms," said Peterson.

On Saturday, April 14, the team played in their first and only tournament of the spring season. They competed at the Beast of the East Tournament in Portsmouth, R.I.

"Many of the top rugby teams from the east coast gather at the Beast of the East. It's important for all teams across the east coast. Every team comes here to play in this tournament. The team goal is to win it every single year, it's what we want to do every single year," said Flanigan.

"I think the Beast of the East is the most important tournament for rugby players," said Flanigan.

As the team continues to develop, they hope to continue to prove and show that they are one of the best rugby teams not only on the coast, but in the entire country, as they continue to add more players.

"Right now as a team, we are trying to prepare them (new players) and ourselves as much as possible so that when the fall comes, we are ready to compete in our new conference," said Flanigan.

The team will play at Yale University on Wednesday, April 18. After that, they'll take on the University of Connecticut (UCONN) and the United States Coast Guard Academy (USCGA), on Sunday, April 22.
Men's Volleyball Wraps Up Season

BY DOMINIC CAPORALE
Staff Reporter

The Sacred Heart men's volleyball team finished up their last regular season games in the EIVA (Eastern Intercollegiate Volleyball Association).

The team finished their home portion of their season on April 7, against Princeton. For five players, it was a special night, as it was "Senior Night.

"It was really well run and it highlighted everything we worked for. Also, it was really emotional. Not tears of sadness, just happy tears," said senior Josh Ayzenberg.

The night fell a little short for the Pioneers as they lost their second game.

"It was a fun night no matter what happened," said fifth year senior Rob Costigan. "It's great that I spent my career here."

In addition to the game, the team also played for a cause.

"It was a great time, and I'm going to miss it. It was a sacrifice at times, but I'm happy with what happened while I was here," said Costigan.

"It's a great responsibility being a student athlete. There's a certain standard you must perform at. You have to learn balance. It made me ready for the real world," said Costigan.

"We need those extra matches that were lost. If we had those, it would make a difference," said Walker.

"Life is about balance and I think that's what we do," said Walker. "We need those extra matches that were lost. If we had those, it would make a difference," said Walker.

With the season over, the Pioneers are saying a definite goodbye to three seniors and are welcoming six new members to the team for the class of 2022. With two seniors continuing their academic careers at Sacred Heart, they look to take their fifth year and keep playing.

In the NCAA (National Collegiate Athletic Association), you are allowed four years of eligibility. With two of the seniors possibly returning, that means that they "redshirted" a year. Redshirted means you just take a year off from competition to improve your skills or recover from an injury.

"It was a fun night no matter what happened," said fifth year senior Rob Costigan. "It's great that I spent my career here."

The men wore green shoelaces during their game to show support for mental health awareness.

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The Sacred Heart Spectrum

Sports

April 18, 2018

The Sacred Heart University Women's Rugby Team displayed a dominant performance over Molloy, 32-0, on April 8.