Memorial Scholarship Established in Honor of Kaitlyn Doohry

By Gabriella Nutile
Staff Reporter

Just before the 2014 school year began, Sacred Heart University lost a member of its community.

On Aug. 22, rising junior Kaitlyn Doohry was struck by a motor vehicle while walking to campus. The news shook family, friends and community members. "To be honest, I was completely shocked," said Junior Christine O'Brien, one of Doohry's roommates. "I think it's absolutely amazing, and it will help so many students in the future."

The scholarship that Sacred Heart has now created, the Kaitlyn Doohry Memorial Scholarship, will be awarded annually to a junior with financial need from Long Island, N.Y. "I think it is amazing to have a scholarship in her name that will be given each year to a student from Long Island with financial need," said junior Jessica Podmokly, another roommate of Doohry's.

Kait did love Long Island and where she was from, so I think this was great and she would be so happy," Halsey W. Wilson established the H.W. Wilson Foundation in 1952 to help support the needs of company employees and retirees. Once 1957 came, the Foundation directed its funding efforts to support libraries, library associations, historical societies, cultural programs and scholarships for library and information science programs accredited by the American Library Association. The foundations biggest donors include Mr. and Mrs. H. W. Wilson, and the H. W. Wilson Company. The H.W. Wilson Foundation chooses whom to donate to by receiving proposals and evaluating them with the Board of Directors at its monthly meeting. "The university is very grateful for the scholarship funds donated by the H.W. Wilson Foundation," said Judite Vamvakides, Director of Annual Giving at Sacred Heart. "It is a touching and generous way to memorialize a young woman who meant so much to our community and it will, of course, provide the university with additional financial aid resources for Sacred Heart students."

It is expected that the first scholarship award will be given to a junior for the upcoming 2015-2016 academic year. The scholarship is just one way that the Sacred Heart community has found a way to honor Doohry.

A magnolia tree in honor of Doohry was planted in front of the Chapel of the Holy Spirit on Sacred Heart's main campus during Family Weekend. Roughly 70 of Doohry's visiting friends and family members were in attendance. "Every time I pass the tree, it is a reminder of how beautiful and blossoming Kait was," said Junior Christine O'Brien, one of Doohry's roommates. "The Magnolia tree is a symbol of something long lasting and dear held within our hearts as Kait is to all of us."

Along with the tree, there was a plaque placed nearby as well. "The plaque which reads 'A Life That Touches Others Goes On Forever'" Podmokly. "Kait was more than our friend, she was our guardian angel above who we love and miss very much."

Staff Reporter
Connecting with Students: Career Center Updates Social Media

BY FRANK McCONNELL
Staff Reporter

With Twitter, Facebook, and Instagram on nearly every student's phone, the Career Development and Placement Center at Sacred Heart University is using social media as a tool to promote the services they offer.

The career center is revamping its social media sites as a way to better inform students of the services they can offer.

"The point of updating the social media sites is so the Career Center can connect better with the students," said Sami Sands, who specializes in the social media department of the career center. "We are trying to modernize and adapt with the technology of the time."

One key aspect of the reformed social media will be smartphones, and how they interact with social media sites like Facebook and Twitter.

The Career Development and Placement Center currently runs a Facebook, Twitter (@SHUCareerDev), and a LinkedIn profile, which has a following of 1,302 Sacred Heart students.

A study by the University of New Hampshire shows that 96 percent of students actively use social media, while a separate study conducted by Pearson Education shows that over 80 percent of students are owners of smartphones or tablets.

"One aspect of the new social media updates will be push notifications on sites like Facebook, Twitter, and Pinterest," said Sands.

Aside from things like push notifications, the career center will also be doing promotions across campus.

"We plan on having tables outside of Outtak's with handouts of the social media plug-ins. We also plan on having giveaways and raffles to help promote local businesses," said Sands.

Aside from promotions and giveaways, one of the goals is to give the sites more modern information.

"I think that this will help the students better connect with the career center," said Sands. "Even if it is just going to the career center to talk to a counselor, or to go and begin to build a resume, just getting students to go will make a difference."

While students always have the option of going and seeking help, those who have gone to the career center for help have always been satisfied.

"I scheduled an appointment with the career center for help with my resume," said junior Brandon Johnson.

"They took the resume I made prior to the meeting and made the necessary adjustments to increase its attractiveness to recruiters of firms I had interest in."

Students are strongly encouraged to be involved in the decision-making process with their services and even with matters other than applying to jobs.

"Aside from using the career center and career development to help build my resume, I also spent time there using their services to help discuss graduate school and programs," said senior Liam Doyle. "They helped outline different schools and application deadlines. They laid the groundwork for me to go about graduate school without any problems."

The Career Development and Placement Center is open Monday through Thursday from 9 a.m. to 6 p.m., and on Fridays until 5 p.m.

"The important thing for students to learn is that they have to be proactive," said Sands. "Just getting in to see your counselor can make all of the difference."

By Emily Archacki
News Editor

BY EMILY ARCHACKI
News Editor

Pete Davidson, the newest featured player on "Saturday Night Live" (SNL) was at Sacred Heart University on Nov. 3 for a stand-up comedy performance held in the University Commons.

Davidson, who is from Staten Island, N.Y. has previously been featured on MTV's "Wild 'n Out" and "Guy Code." He was named one of Variety magazine's, "10 Comics to Watch."

Davidson was born Nov. 16, 1993 is only 20 years old and is the first "SNL" cast member to be born in the 1990's.

Q: You were first discovered by Nick Cannon when you were 17. What was it like working with him?

A: It was rad. He was working with Nick. He's a businessman, so learning from him, because he does everything; he's the host of "America's Got Talent," he's a comedian, he directs his own films, he acts, and he has his own headphones. You know he's all over the place. It's really cool to learn from somebody who's done it all.

Q: Who are your comedic influences?

A: Bill Burr is my favorite. I love Louis C.K., [Jerry] Seinfeld is great, and [Dave] Chappelle. Those are like my favorite four.

Q: How would you describe your style of comedy?

A: It's very conversational I guess, and very random.

Q: What is it like to be the first cast member on "SNL" to be born in the 90's?

A: It's crazy. That's a cool little thing. Being on "SNL" is like a dream come true. It's a crazy place; I can't believe I'm part of it. It's awesome.

Q: During your time so far on "SNL," whom have you learned the most from?

A: Everybody is really great. Bobby Moynihan is amazing, Kate McKinnon, Cecily [Strong], Keenan [Thompson] they're all very helpful. They know what it was like to be new there, everyone's been very helpful, and everybody's pretty nice.

Q: Favorite host so far this season?

A: Favorite host so far would be Bill Hader.

Q: Favorite musical guest so far this season?

A: Adam Levine, he did great.

Q: Biggest difference from working on MTV's "Wild 'n Out" and "Guy Code" compared to "SNL"?

A: The difference with MTV is when you're on a show like "Guy Code" or like "Wild 'n Out" it's taped. Then they edit it and put it and it's like if you screw up they could fix that. "SNL" is live if you screw up, guess who just saw it and tweeted it at you immediately. You know no that's the biggest difference. And you're there seven days a week. It's everyday. Except for Sunday, you're off. "Guy Code" or "Wild 'n Out" you film like two days a week and you go in for an hour or two and you just do the taping. But with "SNL" you're there literally six days straight. So it's pretty crazy.

Q: Any advice for anyone thinking of doing standup or pursuing comedy?

A: Do it. If it's what you want to do, you could totally do it. Don't know what I'm doing. Just doing. I don't know what I'm doing. Just doing. No one knew what they were doing.

Q: What is the favorite part of your job?

A: I guess just being able to do it as a profession, that's like my favorite part. It's my favorite thing to do. It is work, but it's fun to go to work.

Spectrum Exclusive:
Interview with SNL Cast Member Pete Davidson

By Gabrielle Washington
Staff Reporter

BY GABRIELLE WASHINGTON
Staff Reporter

Once again, the John F. Welch College of Business has been ranked nationally in the Princeton Review.

The college of business has been acknowledged as one of the best 296 business schools in the country.

"We are particularly pleased when our Business College receives accolades from outside agencies," said John Chalykoff, Dean of John F. Welch College of Business.

"This one is particularly gratifying, because it is primarily based on feedback from students."

"The feedback that we received from the Princeton Review mentioned that the students appreciated the breadth and depth of knowledge of the faculty as well as the small size of the school that allows students to get to know each other and the faculty," said Chalykoff.

With 114 students enrolled and 35 faculty members, students are able to get personal attention in a 4:1 student faculty ratio.

According to a press release by Sacred Heart University, the fixed integrated core curriculum "is very applicable to the real world," and has focused work in finance, accounting, marketing, management.

"We base our academic and program decisions on what will be best for our students," said Chalykoff. "We continually add innovative new programs, internships and experiences to our curriculum. We find that when we put the students first, the accolades seem to follow."

When choosing a school, being one of the top business schools in the country is a huge deciding factor.

"That's the reason that I am here," said junior Lera Etienne, a double major in Sports Management and Marketing.

"As an AACSB-accredited school, we know we are in the top 5 percent of business schools internationally.

When students refer to the Princeton Review for guidance, it will be good to be among the schools recognized for excellence," said Chalykoff. "It is great to be named one of the top schools in the country."
Unbelievable... here we are, 3-4 short months ago, I was strolling alongside my friends on the shores of Groton Long Point in Conn., basking in the summer sun and enjoying a scoop of Moose Tracks ice cream. What seemed like a never ending summer, has quickly transformed into a jean and coat wearing, hot chocolate sipping weather... very quickly.

Although I do love the warm weather, I do have a secret passion for winter weather. With winter comes snow, Christmas and very recently, getting that extra hour of sleep thanks to Daylight Savings Time.

Since the Christmas season is right around the corner (or has already began for a lot of people), I have noticed over the years that the holiday season seems to give people an extra pep in his or her step during this season. Whether it is the 24/7 Christmas music on the radio or the holiday rushes, everyone seems to be generally happier.

Being a consistently happy person myself, a characteristic such as peace, love and cheer excites me as we draw near this joyful season.

Of course, the winter season does come with a couple of negative aspects, even as a person who enjoys it. I am sure that all the upperclassman and faculty remember the dreaded winter storms Nemo that left Sacred Heart University without school for more than a week. This winter, since I moved off campus, shoveling snow has become a priority. My roommates and I are going to have to create a plan of attack for shoveling our driveway if any storms drop three feet of snow on our tiny home.

Another aspect of winter that could be quite drastic, especially in Connecticut, is the bitter temperature plunges. I can deal with 50, 40 or even 30 degree weather, however in the past, when the temperature has dropped to single digit temperatures with a wind chill which makes it seem like it is so much colder, that puts quite a drag on certain outdoor activities, such as ice skating or chopping down your Christmas tree.

The weather application on my iPhone says mid 50's this week. I can't wait to throw on a flannel and my favorite pair of LL Bean moccasins to venture out into the chilly weather before classes.

I definitely think, I'm one to change with the seasons, from summer to winter; I have a completely different mindset. I think most people like the summer due to the warm weather, decrease in responsibilities, constant sunshine and room for opportunity, but some people (surprisingly to me) do actually like the winter months better. When those summer months quickly end we're left with fall and winter until the weather warms up again. I for one could do without this gap in sun shiny days, but I do think that the seasons give us balance.

I definitely become more of a homebody when the weather gets colder, I can't seem to get the motivation to put on a skirt and go out with my friends when I know that as soon as I walk out the door I'll be covered in goose bumps and not want to move. Whether you become antisocial and want to lay in bed all day with some Ramen Noodles and Netflix, or you try to keep the party going and stay warm with alcohol and layers on your ventures out into the cold each weekend, I'd say the change in weather changes people.

Much of the Spectrum staff correlates cold weather with cuddling season, and I'd have to agree. When it's cold out, if you can't muster up the courage to get outside and do something with your day, then what's so wrong about cuddling in bed with a friend or boyfriend/girlfriend for a day... or three?

If you don't have someone to share nights in with, then that could push you onto the bandwagon of "cuffing season" which is something I've just been made aware of. The definition, by the very reliable UrbanDictionary.com, states: "During the fall and winter months people who would normally rather be single or promiscuous find themselves along with the rest of the world desiring to be "cuffed" or tied down by a relationship or not, cold weather could bring you a boyfriend/girlfriend for a day... or three?"

Although I do love the warm weather, I don't want to be a part of "cuffing season" and you're not motivated enough to get out of bed, then stay in bed. Enjoy hibernating this winter, just get ready to put a spring in your step as soon as March comes around.

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As sophomore Adyel Duran reflects back on the time he spent in Guatemala during a volunteer program this past spring, he can’t pick just one aspect that was better than the rest.

“When looking back, I can’t really say one experience was more memorable than the other,” said Duran. “From playing soccer with the kids of the community we stayed in, to painting the school, everything we did was a memorable experience.”

Sacred Heart offers numerous service trips, both domestic and international, through the Volunteer Programs office as well as the student-run club, Habitat for Humanity.

There are two different types of international trips that Volunteer Programs and Service Learning offers. This year, through the Volunteer office, over winter break and spring break around 90 students will be visiting either the Dominican Republic, Bangladesh, El Salvador, Costa Rica, or Guatemala to provide various service’s for the communities in need.

“Each trip is extremely different,” said Matthew Kaye, Director of Volunteer Programs. “If you go on one program your not going to have the same experience on the other.”

In El Salvador, students provide support and listen to stories of people who went through the civil war. Students who go to Costa Rica are paired with a college student from the Institute of Technology in Costa Rica where they work together and do biology research, reforestation, and work with children in elementary schools.

Trips to the Dominican Republic focus on community and youth development. In Guatemala students live in a rural community where they put efforts towards health, education, youth development, and remodel a school. In Bangladesh, they work with the programs Distressed Children and Infants International. Through these programs volunteers will live in an orphanage and have the chance to interact with a Habitat family, they have just completed a hard task or interacted with a Habitat family, they just have this huge smile on their face because they realize that what they are doing is really impactful.”

Even if most would say the impact the service trips have on families and communities is the reason they participate in these trips, there are also many other perks of participating.

“This is an exciting time to be a student at Sacred Heart. The international opportunities are expanding and providing students a leg up in moving into graduate school or their career,” said Kaye.

Either way the lessons and experiences that are taken away from service trips are instilled in students for a lifetime.

“My advice would be that if there is an opportunity for international experience you should take advantage of it right away,” said Duran. “In any field, international experience is valuable in so many ways. Even if it isn’t international, there’s something about doing service with a group of people that is truly amazing.”

As the international service trips continue, so do the service trips within the United States. There are also a number of domestic trips that are offered through Habitat for Humanity.

With at least 120 active members Sacred Heart’s Habitat for Humanity chapter is one of the leading chapters in the country in higher education.

“The Sacred Heart Habitat for Humanity Chapter sends out 5 delegations each spring break through Habitat affiliates in Tennessee, Illinois, Florida, Arkansas, and Delaware.”

Just like the international trips, the domestic trips each have their own character.

“First, the construction varies drastically. Sometimes trips will be starting a new house from the ground up while others could be doing the finishing touches of interior work,” said Laflam. “The group dynamic is completely different on each trip as well. That’s something that makes the spring break service trips so special.”

“You go away for a week with people you don’t even know very well and come back as a family,” said Laflam.
Coming into college I was a small, pretty weak 18 year old kid. I wasn’t overly fast, had a good first step and could run for miles. The summer of 2011 was bittersweet, I was leaving home for the first time and traveling across the country to start my new life and my career here at Sacred Heart. Coming to summer school was optional, but I knew that it was best for me to get a head start on workouts and classes so I was prepared when fall semester started. I’ll never forget that first workout with you. I was one of three freshmen, and that was the hardest workout of my entire life. I remember running the bleachers and hearing the pounding of the sneakers and of course you screaming at us to go faster and move our arms. And how could I forget the “train hard or die” cut off shirt that you wore. We ran sprints and did some lifting tests after bleachers and I remember going back to my dorm and crying to my parents telling them to book the next flight home if this was only the first day and I was completely exhausted. Well I’m so grateful I didn’t follow through with that.

Anyone who knows me well knows that I have this blank stare, and it gives off this really rude, and know it all attitude. To be honest I don’t even realize that I do it, and I can’t even count the times you have yelled at me for it and I still am apologizing for it now. It can vividly recall those talks where you pulled me aside to tell me to fix my face and keep working hard. But it was also you that was able to break that habit of mine and make me laugh at any moment of any day. Like I said I was a weak kid and my classmates, Haimah and Gabby were remarkably strong and dominated the weight room, most times beating upperclassmen marks. And then there was Shep working hard and all but not near as strong as the rest of the class. Conditioning I was doing fine but the lifting was a real struggle. Don’t get me wrong I worked very hard, but no doubt lifting was not my favorite thing to do and I didn’t think it mattered. You changed my mind on that too.

Four years later I decided to spend my entire summer at school training with you to be in the best shape of my life and ready to have a great final season. Best decision I have ever made. I felt great physically and in turn I was the most confident that I have ever been in my playing career because of what you instilled in me. One of the greatest moments of my time here at Sacred Heart came just a few weeks ago when I maxed out on bench press and reached 115 lbs, a number that seemed unreachable 4 years ago. I know that for me it was excited about reaching it, but even happier because I knew how proud you were of me. But the best things you taught me go far beyond maxing out on bench press and running a sub 6 minute mile. You have made me a better human being and no words could ever explain how grateful I am to have you in my life. Life is amazing how much has changed in 4 years, but I can tell you that never once was there a day where I couldn’t come and talk to you and get advice and a laugh. I’m beyond blessed to have the relationship that I have with you I know so many people aren’t nearly as lucky as I am.

You’ve taught me how to always take the high road and be the bigger person even at times when you know with 100% certainty that you are right. Life isn’t fair but you made sure that no matter what you have to face it head on, never back down and never quit. You always say if you want to see the change then be the change, and I’ll never forget that. You have challenged me to be a better athlete, a better leader and a better person unlike anyone else in my life and I have loved every second of it. You weren’t only my coach, you are such a great friend, one that I know I’ll have for years to come. So this isn’t a goodbye, no chance. It’s a see you later. I’ll miss the bus rides, the stretches before practice, talking smack about our favorite teams, the forced ice baths on road trips, the list goes on and on. But most importantly I’ll miss my friend to share this last ride with, but know you’ll always be watching out for me no matter the distance. Thank you for everything, I don’t think I could ever repay you. I love you KB.

You've taught me how to always take the high road and be the bigger person even at times when you know with 100% certainty that you are right.
For Sacred Heart University student Jillian Labriola, her two blogs are her way of connecting with people like her. "A few years back, I was introduced to blogging through a few other people. I saw how much one can reach out to others and it really inspired me to start my own page," said Labriola.

"As the only blogger in her group of friends, it was difficult for Labriola when she first started, but spreading the word is becoming easier. "I try my best to reach out to those of my age and try my hardest to get them involved. After having them read through different stories and posts, I think my word is definitely starting to travel," said Labriola. "Blogging has become a hobby of mine and I find it truly rewarding."

"That is one of the best parts," said Labriola. "My target audience is woman of any age, but most specifically I would think college students, both male and female." Blogging can make a difference in many people's lives and open multiple doors of opportunity. The main goal of a blogger is to maintain a loyal group of readers by posting interesting content. "I aim at inspiring others. I know so many females and males who look down on themselves and I try my best to tell them that there is so much more to life and everything they put their mind to will be worthwhile," said Labriola.

Labriola feels that the relationship between her and her readers is truly a give and take. "Trying to keep individuals on top of their game and staying on a straight path can be extremely difficult, but I have received much positive feedback from my followers that it makes me feel like I am really making a difference," said Labriola.

Not only do bloggers get to try and inspire and motivate others, but they also broaden their own creative skills as well. "Creating new blogs can be the most entertaining part. You can add different fonts, background colors, and even add pictures," said Labriola.

Blogging truly brings out one's personality and for Labriola that was exactly what she loved. "I love being able to talk about whatever I want and not feel judged. Blogging has helped me reach out to others in so many different ways and it has really shown me the impact I can have on other people," said Labriola. "I never thought of how far my thoughts and feelings can go, but after blogging, my perspective on what others think about me has significantly changed."


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BY ALEXANDRIA MARINI
Staff Reporter

This past October, several Sacred Heart University students in the College of Health Professions were presented with a chance to spend a week in Guatemala. This opportunity was available for nursing students as well as those in the physical therapy, occupational therapy, and speech language pathology programs. During their time there, the students provided free healthcare to three impoverished towns.

"Nursing is all about compassion and healing the sick and I think that this trip fully embraces those aspects," said Abbott. "The people there are so thankful for the help we offer, as little as it may seem. They are so appreciative and friendly, and it's an experience I hope everyone else gets to have too."
The Sacred Heart Spectrum

Features

Student Volunteers as Foster for Rescued Dogs

BY NATASHA KLINOFF
Features Editor

Last November, Sacred Heart University
Tony Saia started volunteering as a foster for
dogs who are in need of a home. He works through Labs4Rescue, a non-profit organization that is dedicated to rescuing, healing, and placing dogs into new homes.

"Not long ago a family friend reached out to me
about a program called Labs4Rescue. Because I am an avid dog lover, she explained how she got her dog from their rescue. Labs4Rescue helps to rescue dogs from the south and help transport them up to the New England area
so they are able to find adequate care and a loving home forever," said Saia. "After fully researching the program, I decided to reach out to Labs4Rescue and volunteer as
a foster dad for Labs that need a temporary home."

So far, Saia has found homes for four dogs. Usually, the dogs come from abusive or unstable homes. They are often sick, afraid, and malnourished. Most of the dogs that
Saia fosters are Labrador Retrievers, sometimes mixed with
another breed.

"It is my job, to nurse them back to health and make them realize that the world is not too bad. They are usually very sad upon arrival, and don’t even know what a dog bed or toy is," said Saia.

Through this volunteer program, fosters are responsible for preparing rescue dogs for a stable home. Although providing a home for the dogs is one of the main objectives of the service, other aspects are equally rewarding.

"You can tell in their eyes how much they appreciate you helping them out. The most fulfilling part is
finding them a home that will continue to show them unconditional love," said Saia.

Every case is different, but Saia’s most recent rescue, Sam, was his most memorable. Prior to Saia getting Sam, the dog was locked in a room for seven years of his life, before the neighbor realized the abusive condition Sam was living in.

"When I got him, he was extremely skinny to the
point where his bones were protruding from his small body," said Saia.

With good food and care, Sam’s condition improved. The connection between him and Saia grew with their time together.

"Getting Sam was one of the most difficult things I have ever had to do," said Saia. "I was there for Sam when no one else was and I became attached to the friendship we developed."

Sheltering rescue dogs is hard work. One must have patience and a willingness to work with an animal that has been neglected for so long.

"Some are angry, some are terrified and some are just simply confused. It takes patience, hard work and sometimes you have to risk a night or two out with your friends," said Saia. "However, the unconditional love from the dogs and the support from the group at Labs4Rescue is what keeps me going back for more every time."

If you are interested in fostering dogs through Labs4Rescue, visit their website www.labs4rescue.com.

Digging Through the Directory: Dr. Penny Snetsinger

BY MELANIE HOLCE
Asst. Features Editor

Dr. Snetsinger is an Associate Professor of
Chemistry.

Q: Where did you grow up?
A: I grew up in St. Louis, Minn., so I’m a midwestern girl.

Q: Did you always want to be a profes­sor?
A: You know it’s funny because I was just talking to my sisters about this. They were like, ‘You always played teacher!’ You know, from elementary school on, I always played the teacher and they were always the students, so I always did the sort of teaching thing. I actually had a number of job offers when I finished my Ph.D., only one of which was academic, and I turned down real money because I wanted to teach and I wanted to be in education, so I turned down far more lucrative careers to teach.

Q: What’s your academic focus?
A: Physical Chemistry is my specialty, so I do a lot of computer modeling, mathematical modeling of things, and actually some of my job offers were for doing financial modeling, but I ended up teaching. I always tell my students, even after 25 years of being here I’m not even making what some of the starting salaries I was offered were, but I’m happy doing what I’m doing.

Q: What is the biggest challenge you face as a professor?
A: There’s never enough time to do everything I want to do. It’s very hard to balance doing research. We have a master’s program in chemistry [at Sacred Heart Uni­versity], so I have master’s students writing theses and just trying to get research time, teaching time, and everything else in my life, I’d say time is the hardest thing.

Q: What would you say are your biggest successes?
A: I think one of the things I’m really good at is explaining things, so I get all these students who come in to general chemistry or even physical chemistry and they’ve heard horror stories about what this course is like, and how horrible it is, and ‘my high school background’s terrible, and I’m never going to make it!’ And I think what I really do is I really help them get through it and get them out of this ‘I don’t know anything, I can’t do this.’ It’s like, ‘Yes you can! You really can.’ To me it’s really gratifying to have students that didn’t think they could ever do this. And I had a student who years ago came to me, she was a practicing attorney
and in her thirties, and she decided she was going to take science for the first time in her life. And I knew I could help her, and we got her through that first course, and she did so well she ended up getting a master’s degree in chemistry, and she now works in the US Patent Office. So it’s like, here was a person who really knew nothing about chemistry, coming in as an adult, and she could do it. So that’s really cool, that’s gratifying.

Q: What are your hobbies outside of teaching?
A: Well, I have a 12-year-old daughter, who basically is my other full-time job. But I also do a lot of ballroom and swing dancing, and I love to travel.

Q: Do you have a most memorable teaching experience?
A: Not really, just, what’s so cool to me is what all these students end up doing with their lives. So I have students who are doctors and lawyers and just still having contact with these people; I have a student who was just here last week, she’s an advisor at her high school and she brought a bunch of her students here. She teaches chemistry at the high school level, but she originally came to Sacred Heart as a chemistry major because her high school chemistry teacher had been one of my students, so it’s like my second generation. That sort of legacy is really awesome. I have a student now who’s a postdoc at Yale after he finished his Ph.D., and again he’s still in contact, he’s coming to give a talk to the students, and seeing these people really develop into amazing humans, and I’ve had them since general chemistry, they’re like my babies!

Q: Do you have a publication you are particularly proud of?
A: As I was finishing up my Ph.D., I did this incredibly long, complex calculation. So I published it and it was a whole extra appendix on the publication, and I literally had people coming up to me at conferences asking about it, and it was like my two minutes of fame. That was really cool.

Q: Why do you think people choose to study chemistry?
A: I think a lot of people pick it because it’s part of their career plan. Any student that’s going to medical school or dental school, or something, the athletic training students too, they take it thinking that they’ll check it off of the list of things they need to take to get to the career they want. And what I hope they get out of the course is more than that, I hope that they see that it really is relevant, it wasn’t just a check mark. There was a reason that they had to take it, it does have something to do with the things that they care about. It’s not guaranteed that I can always get them to see that, but I always try.

Q: Do you have a role model or a profes­sor who has been influential in your life?
A: I want to be a person that the students admire and that helps the students. I like faculty that are really involved with students. Certainly my first couple of years here, there were some faculty that really cared passionately about students and I’ve used them sort of as mentors to figure out how to connect with students. That’s really hard when you first start teaching, how do you explain things in a way that makes sense to students? You know, coming from a Ph.D. it’s really easy for you to understand, and for students it’s much harder, obviously, to get a grasp on it.

Quick Hits:
Favorite sports team? I don’t follow sports much, but I have a family member who’s a goalie on the Georgetown soccer team, so I’ve become more involved in the college soccer world.
Favorite ballroom dance? Jitterbug and swing.
Favorite Food? I love all food. I lived in China for a year, I was on sabbatical, and so I like really good Chinese food, but it’s hard to find.

TONY SAIA WITH SOME OF HIS FOSTER DOGS SAMUEL, MAX AND COOPER

PHOTO COURTESY OF TONY SAIA

November 12, 2014

You can tell in their eyes how much they appreciate you helping them out. The most fulfilling part is finding them a family that will continue to show them unconditional love.

Tony Saia
Arts & Entertainment

Selling Out Fast: “Dogfight” the Musical

BY NATALIE CIOFFARI
Asst. Arts & Entertainment Editor

The Theater Art Program’s musical, “Dogfight,” opened on the night of Thursday, Nov. 6. The musical was held in the Little Theater, and the audience filled all 75 seats.

On such a small stage with little room for scene changes, stage manager and freshman Ruth Ann Phillips took the challenge, with help from Jerry Goehring, Director of the Performing Arts.

“Knowing that the movement of the show was left up to me was not only a little scary, but it gave me that sense of pride that someone knew I had the ability to do this,” said Phillips.

The musical takes place during the early 1960s in San Francisco, where Eddie Birdlace, Boland, and Bernstein, or the “3 Bees,” are getting closer to their deployment to Vietnam.

The three marine best friends and their other fellow marines, are looking forward to their “dogfight.” This “dogfight” is a bet like no other, and every man must present his date, the ugliest girl they can find, in hopes of winning a lump sum of cash.

The main character, Eddie Birdlace, sets out to a diner, and meets the other main character, Rose. Rose is a hard working, yet shy, waitress who is approached by Birdlace because he likes her guitar playing.

“I love playing Eddie,” said freshman Zachary Lane. “We are very different, and it’s a fun challenge. He is a very interesting character because he has so much depth.”

Rose and Birdlace do not exactly hit it off right away, but Birdlace proceeds in convincing Rose to come to a party with him.

“I can definitely relate to Rose,” said senior Erin Dugan. “She’s just such a sweet girl who was pleasantly surprised to be asked out on a date and then things take a turn for the worst. But, Rose bounds right back and tries to help set Eddie back on track, she doesn’t let her broken heart ruin her or stop her from growing as a person.”

Marcy, played by junior Haley Tanella, is the girl that Boland brought as his date to the dogfight. She tells the reality of the dogfight to Rose. Rose is shocked, and confronts Birdlace with a forceful hand, embarrassing him in front of all his other marines.

After the dogfight, Birdlace cannot stop thinking about what happened. This tough, stubborn marine is starting to feel differently, and his buddies Boland and Bernstein do not like that. Boland reminds him that he is a marine, and marines are “goddamn heroes.”

“Eddie is constantly being pulled in different directions throughout the show. He has a lot of difficult choices to make, and Rose and Boland are constantly influencing him,” said Lane.

Late that night, Birdlace skips hanging out with his friends and shows up to Rose’s home with a rose. Birdlace really wants to take Rose out again, yet Rose is hesitant. She goes with Birdlace, and slowly but surely the two start to fall for one another.

When it comes time for deployment, Boland finds out that Birdlace was with Rose on his last night.

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“A Little Bit of Fall at Sacred Heart

FALL FOLIAGE TAKING OVER SACRED HEART UNIVERSITY CAMPUS

THE SPECTRUM/NATALIE CIOFFARI

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THE SPECTRUM/NATALIE CIOFFARI

PHOTO-COURTESY OF LUZ MARTINEZ/FOOD}

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It’s surprising to see huge talent and a boiling career at just twenty years old, but that’s exactly what we saw when Pete Davidson from MTV’s “Guy Code” performed in the University Commons on Nov. 3.

Davidson had a massive crowd pushing to get in the normally vacant room. Chairs were filled up within minutes, and people were scrambling to find seats. Over half of the audience settled for the ground, lining the walls and aisles with excited students.

“A lot of the SHU events I come to have a lot of empty seats. I almost thought they weren’t going to fit us all. I was happy it was such a huge turn out for this comedian,” said sophomore Becky Batterbee.

Davidson’s best friend Ricky Velez performed as an opening act. He doesn’t have as much on screen experience as Davidson, but he recently announced he’s performing at Comedy Central and the New York Comedy Festival’s 5th Annual “Comics to Watch” showcase on Nov. 5.

Velez was fresh off of a comedy tour throughout the summer. While many of his other jokes were a bit raunchy, he kept me laughing the whole time he was on stage.

Pete felt so relatable since he’s about the same age as us. He’s going through the same stuff we are and just telling jokes about it. He kept me laughing the whole time,” said junior Tyler Labarbra.

Davidson turned to comedy after his dad, FDNY firefighter Scott Davidson, passed away during the Sept. 11 terrorist attack. He explained comedy helped him cope. He didn’t fully understand what 9/11 meant, and being so young there were so many distractions.

“It was nice to see him shedding light on such a terrible situation. I could really tell that comedy helped him cope with his father’s death,” said junior Lindsey Balukonis.

Many audience members knew Davidson because of his recurring role on MTV’s “Guy Code.” The part that some didn’t know is that his career is just getting started. He’s a brand new cast member on “Saturday Night Live” this season. He’s also the youngest cast member ever on SNL, along with being the only cast member born in the 1990’s.

According to silive.com, Davidson was first discovered at age 17 by Nick Cannon. Cannon gave him the first big break featuring him on MTV’s “Wild ‘N Out.” He was also featured on ASX TV’s “VH1 Comedy Live,” “Jimmy Kimmel Live,” and Comedy Central’s “Adam Devine’s House Party.”

Along with “Guy Code,” MTV also have a spinoff called “Girl Code.” Davidson happens to be dating Carly Aquilino, who is a co-host on the spinoff.

Critics have been going wild over Davidson’s recent controversial episode of SNL. Many people try for years to get SNL’s attention, yet Davidson is only a few years out of high school with a recurring role on the show.

“Pete Davidson was a pretty big comedian for Sacred Heart to get. SET did a great job picking him. My friends and I laughed the whole time,” said junior Mike Mazzilli.

It looks like Christmas has come a bit early at Sacred Heart University, as our very own dance company put on a Holiday Extravaganza on Nov. 8 at 6:30 p.m.

With a collection of holiday inspired dance numbers, the audience was completely swept away by the Christmas spirit.

“Cultural performances are so interesting,” said sophomore Cameron Swift.

“I absolutely enjoyed it, as a non-dance enthusiast. I definitely enjoyed coming here and watching it,” said sophomore Cameron Swift.

“Balukonis. It was so much fun performing. It was fun to be able to do something that I had done my whole life, as a part of the new SHU Irish Dance Ensemble,” said Nealon.

Many audience members knew Davidson because of his reoccurring role on MTV’s “Guy Code.” The part that some didn’t know is that his career is just getting started. He’s a brand new cast member on “Saturday Night Live” this season. He’s also the youngest cast member ever on SNL, along with being the only cast member born in the 1990’s. step, and hip-hop while incorporating and establishing an air of Christmas joy.

“I think the girls did a wonderful job of getting everyone into the Christmas spirit. I also really enjoyed the ballet piece,” said sophomore Cristina Martell. “I think, overall, it was a great production and I always look forward to the dance shows here at Sacred Heart.”

While there were minor hiccups in the technical side, the audience didn’t seem to mind. Overall, the performance still managed to ring in the Christmas chime with such a mesmerizing and joyous rendition of Christmas music through contemporary dance.

“I absolutely enjoyed it, as a non-dance enthusiast. I definitely enjoyed coming here and watching it,” said sophomore Cameron Swift.

Call for more information
203-371-7830
Sports

Two Down, One to Go
Sacred Heart Victory Sets Up Season Finale Showdown Against Bryant

BY NICK MCAINEY
Sports Editor

The Pioneers have almost completed their goal. Having to win their final three games to repeat as conference champions, the Sacred Heart football team is one game away from accomplishing that goal after defeating the Central Connecticut State Blue Devils 35-27 to set up a showdown with the Bryant Bulldogs this Saturday, Nov. 15 at Campus Field to see who will take home the Northeast Conference Championship.

Junior quarterback R.J. Noel threw for a career high 327 and five touchdowns, two of which went to senior wide receiver Tyler Dube. Dube also tied a school record with 13 catches on the day, and also tied the single season record with 12 catches on the day. Junior Moses Webb also added a career high 159 yards on a career high six catches with a touchdown.

Central Connecticut State Blue Devils 35-27

Junior Sean Bell led the way on the ground with 65 yards on 19 carries after starting senior running back Keshandas Spence did not return for the second half. The Blue Devils got on the board first when Josh Alaeze recovered a blocked punt in the end zone for a touchdown 1:35 into the game. Sacred Heart was able to tie the game up at 7 with 9:55 in the second quarter on a 2-yard touchdown pass from Noel to senior tight end Tim Goodwin. It was only Goodwin’s second catch of the year.

The Pioneers scored about a minute later after they recovered a Brendon Lytton fumble. Noel hit receiver Jackson King for a 29-yard touchdown to give the Pioneers a 14-7 lead.

Central answered no less than two minutes later, with Lytton breaking free for a 32-yard touchdown scamper. Lytton rushed for 193 yards on the day, the most amount of rushing yards Sacred Heart has given up to a single player all year.

The Pioneers took the lead into the locker room, as Noel threw his third touchdown of the first half, hitting tight end Tim Goodwin. It was only Goodwin’s second catch of the year.

Sacred Heart opened the fourth quarter up with a bang, as Noel hit Moses Webb for the biggest play of the game, taking a quick slant for a 63-yard touchdown and a 14-7 lead.

The Blue Devils kept the game very interesting going into the locker room, with neither offenses scoring again in the quarter. Sacred Heart opened the fourth quarter up with a bang, as Noel hit Moses Webb for the biggest play of the game, taking a quick slant for a 63-yard touchdown and giving the Pioneers a lead they did not surrender.

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Most people think I am crazy not only defeat the opponent, but to support each other. Everything seemed to fall together. The weather was awful, rough. And most importantly, heart, because in order to be successful in rugby, I had to have complete and utter trust in my teammates and my own abilities.

A rugby match can be likened to organized chaos: girls on the ground, girls trying to tackle you, a ball that unpredictably bounces, the list goes on. Yet, when a team is playing fluidly together, like the Queens of Heart were in the championship game, the chaos suddenly becomes a unit, seamlessly manufactured to accomplish a task.

Playing against Fordham, it was apparent that my team was perfectly in sync. Not only were we physically battling on the field, but we also were encouraging and supportive of one another. While making plays we may score tries, a team that is dedicated to each other will win championships.

After the win, there was pure jubilation. The Queens of Heart had become the only team in Sacred Heart's rugby program history to win back-to-back championships. However, my teammates and I were abuzz after the game not because of the history-making feat, but because of our unparalleled commitment to each other on the field.

"We didn't play for the win or for the try, we played for each other. As a senior, I wouldn't want to end my last fall semester any other way," said senior Kaila Munkwitz.

It is true; rugby can look like a violent sport. However, the cuts and bruises from the game do not define the feeling of playing with teammates who are unquestionably supportive of each other on the field.

Mid-game, right after we had scored another try, I was overtaken by emotion. Luckily, due to the weather, my tears could have been mistaken for raindrops on my cheeks. The game was not over, we had not won, but there I was, on the rugby field, crying. I was not sad that it was one of the last games I would play with the seniors, I was not in pain from being tackled, I was simply, happy.

At that instant, I found myself unburdened by upcoming tests and due dates and was able to truly appreciate the present. I was blessed enough to stand on the field with a group of girls who probably would not have found each other if it were not for the Queens of Heart and that crazy sport we love called rugby.

Those girls I was standing with were more than my teammates on that triumphant day; they were my support, my strength, and most importantly, my sisters.

This past weekend, the Queens of Heart won the Northeast Regional Championship at Keene State College in Keene, N.H. They defeated Franklin Pierce University on Saturday Nov. 8 with a score of 64-24. On Sunday, Nov. 9 the team defeated St. Bonaventure University with a score of 33-5 to claim the title.

Sacred Heart Women's Rugby will play in the National Championship on Nov. 22 and Nov. 23 in Cherry Hill, N.J.
Sports

Women's Basketball Preview

Mannetti and Co. Prepare for the New Season

BY SHAWN SAILER
Staff Reporter

The Sacred Heart women's basketball team is looking for a successful season as they tip off the 2014-2015 campaign. The Pioneers are looking to improve off last season in which they went 12-18, and advance further in the conference tournament. They made it to the Northeast Conference quarterfinals before being bounced by the Saint Francis Red Flash in a double overtime thriller.

Head coach Jessica Mannetti felt like it was a disappointing season last year. "We underachieved quite a bit," said Mannetti. "We have a lot of talent and it took a year to figure out what everyone's roles were and really embrace what we are capable of."

"I am certainly not satisfied with last year's record and I want to work on improving on it and being the team we are capable of being this year," said Mannetti.

The Pioneers were led by then-juniors guards Gabrielle Washington and Katie Shepard. Washington led the team in points per game last year, averaging 18.6. Shepard was a great distributor of the basketball, dishing out an average of 3.7 assists per game.

Washington felt like after a tough start, last season turned out to be a very good one for both her and the team. "Last season we had a new coach. It was difficult learning a new system but we eventually picked it up and got used to it," said Washington. "We came in sixth in conference and we broke a few records, which was good publicity for the program. We still had a new system and had to come into our own."

Mannetti's team has been working hard to make sure that they do better than they did last year. "We have had a pretty strong preseason, we did a lot of individual workouts and the team has been working hard to find a balance between bringing it defensively, consistently and offensively consistently."

Sacred Heart opens the season on Nov. 16 on the road at Iona. The Pioneers home opener is two days later, when they play University of Bridgeport at the William H. Pitt Center.

A schedule highlight for the Pioneers includes the Brown Classic at Brown University in Providence, RI on Dec 6 and 7. They will play Brown the first day followed by either Drexel or St. Bonaventure the next. The Pioneers are picked to finish second in the NEC Preseason Coaches' Poll.

Washington was selected to the All-NEC Preseason Team for the second straight season. "Competition is strong. It is certainly not the non-conference schedule we had last year but I think our non-conference is going to prepare us adequately for our conference," said Mannetti. "When we get into conference it is always a dogfight."

The Pioneers will rely on seniors Washington and Shepard once again, along with junior Lerae Etienne. The three of them are what some teams call captains but Mannetti calls them a "leadership cabinet."

Sacred Heart's roster is very balanced in terms of experience this year. The Pioneers have two seniors, four juniors, one redshirt sophomore, two sophomores and three freshmen.

"I think we have a really solid team this year and it's my last chance to win a championship so I want to have the best year we can."

Mannetti feels as though her team is very strong and knows what it will take out of them to be a championship team this year. "We return two All-Rookie members. We have Gabby Washington, All-NEC first team selection returning. I think from a talent standpoint we return a great core of talent from last year," said Mannetti. "We have also brought in four new players that are really going to help us. I think we can be very good, we just have to practice hard every day like a championship team in order to do that."

The Sacred Heart Spectrum