Elements Concert: A Performing Arts Showcase

BY HALEY TANELLA
Staff Writer

On Feb. 22, Sacred Heart University celebrated the various branches of the performing arts with the annual Elements Concert, held in the Edgerton Center.

Student members of university theatre, band, choir, and dance ensembles joined forces to create a unique performance that featured all types of different performance-based talents.

For many years, the performing arts program at Sacred Heart has been putting on this collaboration of acts to correlate with the undergraduate admissions day for prospective students interested in performing arts.

The performing arts program has grown to be one of the biggest organizations on campus, with students committing many hours of hard work and dedication to their respective groups each week.

"The concert is a great opportunity for prospective students to get a good idea of what we offer in terms of performing arts at SHU," said senior Declan Lynch, who currently serves as President of the Theatre Arts Program. "The concert is so much better than reading about each of the programs in a pamphlet."

"I think it’s great for prospective students to see how diverse the performing arts are here on campus," said senior Mikey Nunez, who is a member of the choir and theatre program. "It allows students to see what it’s like to be a performing arts student, while we’re able to showcase our work."

The program began with a performance by the Dance Program, who rhythmically moved to Taylor Swift’s, “Shake It Off.” Students from the Dance Ensemble also performed a classic Ballet to the “Black Swan” and an interpretive dance to Jennifer Lawrence’s “Hanging Tree.”

Students from the Theatre Arts Program chose to perform songs from two of their shows, one from fall semester, “Dogfight,” and one from an upcoming performance, “The Fantastick.

I was so happy to be able to perform with the cast of ‘Dogfight’ again," said junior Anthony Tartaglia. "I just loved performing the show and was thrilled when we were asked to do it again.”

Performing a game entitled “Lazy Susan,” members of the Awkward Handshakes Improv Troupe delighted the crowd with on-the-spot scenes that rotated between 4 “improvers,” each pair creating their own scene.

The choir program delighted the ears of the audience with their performances by three of their most popular groups on campus: Pioneer Choir, SHU Ladies Only Vocal Ensemble (L.O.V.E.) and the SHUpermen each sang songs to reflect their styles and sound.

“I’ve been involved in many different concerts, but the Elements Concert is by far my favorite,” said junior Aidan Shinie. "I love seeing the choir’s progress over the three years I have been here, and I'm glad we get to show that progression to the school and prospective students."

The band featured a few of their groups, including a synchronized light and rhythm piece performed by the Percussion Ensemble, a rendition of “Amazing Grace,” and two numbers played by the string ensemble.

Members of the brass ensemble, and sax quartet were also featured and performed under the direction of Keith Johnson, Director of Bands.

Current and prospective students, as well as parents, enjoyed the performance and were delighted by all of the talent of the performers.

"I really enjoyed the concert," said freshman Gwen Milleti. "It showcased all of the talent we have at Sacred Heart; plus, I always love to watch and cheer on my friends while they are doing really well on stage.”

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Student Philanthropy Week

BY MELANIE VOLLONDO
Co-Asst. News Editor

Starting Tuesday, Feb. 24, and continuing through Wednesday, Feb. 25, the Forever Pioneers, S.T.A.T. (Students Today Alumni Tomorrow) and the Offices of Animal Giving and Alumni Relations are sponsoring the third annual Student Philanthropy Week at Sacred Heart University.

"Being a pioneer does not end at graduation. It’s your commitment to support SHU beyond your four years at SHU and leaving a legacy behind, hence being a Forever Pioneer," said Arrielle Purcell, Assistant Director of Annual Giving.

"The main purpose of Student Philanthropy Week is to bring awareness to the importance of Sacred Heart’s donors," donor.

"We wouldn’t have computers, desks, or anything without the people that donate," said junior Taylor Richard, President of S.T.A.T.

Throughout the week, students will be able to participate in both the “Thank-a-Thon” and the Levin Challenge. At the “Thank-a-Thon,” tables will be set up in the LC lounge and the third floor of the Linda E. McMahon Commons where students will be able to thank a donor. Postcards will be provided to write thank-you notes to parents, alumni, or faculty and staff members that have donated to the university. Students will also receive a free Student Philanthropy Wilde-shirt.

"Alumni support is what makes our diploma more valuable, and it is so important for us to show our support and give thanks to everyone that SHU has gotten of them," said senior Grace Gillette, President of the Phonathon.

The Levin Challenge is another way the Student Philanthropy Week is helping students become more connected with Sacred Heart’s donors and alumni. Gary and Mary Anne Levin are both alumni of the university that met at Sacred Heart. They issued a challenge to the student body to raise money, and they will match every dollar up to $10,000.

"Essentially, students will be able to do good on a big scale," said Purcell.

Since the start of the Student Philanthropy Week three years ago, the event has significantly grown. Last year alone, over 350 students participated to send out 1,000 post cards of thanks. Though the initiative, students are able to connect more intimately with the alumni ‘cold called’.

"Getting to talk to alumni and hearing about the amazing experiences they’ve had at SHU is my favorite part of the Thank-a-Thon," said senior Emily Wilbur.

This year, Purcell is hoping for the event to grow in significance, and bring more awareness to the Sacred Heart community.

Christian Colon, Co-Asst. News Editor contributed to this article.

Pioneer Leadership Program

BY JENNA BILLINGS
Staff Writer

Student Activities at Sacred Heart University has designed a free, six week long leadership program open to full-time student applicants looking to advance their leadership skills.

Amy Ricci, Director of Student Activities at Sacred Heart, has big plans for the program.

"We hope so many students involved in organizations at SHU and others who are looking to get involved, it’s important to challenge our students and give them tools to help them in the leadership endeavors," said Ricci. "We currently have ‘Navigating Leadership’, a Pre-Fall Emerging Leader Program for first year students.... but that’s where the leadership programs ended. I felt it was important to offer additional leadership development for students of all ages, so that they could further enhance their skills and implement them in all that they do while at SHU."

The program consists of six sessions that will take place on Thursdays from 5:30-6:30 p.m in UC 108. The sessions will take place on March 12, 19, 26, and April 9, 16, 23.

According to the information provided on the Sacred Heart website, participants will enhance their personal leadership style, practice and learn new and essential skills, and become well-rounded student leaders on campus and within the community.

The topics being discussed this year are essential to the development of leadership in student are: Self Assessment/Awareness of Self, Finding Balance, Financial Responsibility, Failure, Delegating, and Resume Building Blocks/Branding Yourself.

"By engaging themselves in a program like this, they will use their knowledge and skills through practice and navigating their way through future situations, knowing they have the tools to reach their goal," said Ricci.

All sessions will be headed by the Directors and Assistant Directors of Student Activities, as well as another university staff member who specializes in the topic of discussion.

"Students will gain a sense of confidence and an understanding of how the topics we cover are already part of their daily routine. They will be able to implement their knowledge in the classroom, student community projects, on the athletic field, leading a club or organization in the role of an Orientation Leader or Resident Success Assistant, in their internship or work-study position, and eventually in their interviews and career," said Ricci.

Students are already buzzing with excitement over this opportunity.

"By offering individualized programs for students, it’s important to learn what it takes to be a genuine leader," Sacred Heart is distinguishing itself as a university that actively wants to advance student development," said Nicole Gittleman, Senior Student Body President.

Other students see the potential for change at the university through this program.

"Learning these skills can help students be the change we wish to see," said senior Jenna Lynch. "At a time when Sacred Heart is making so many advancements, the program could inspire students to involve themselves more and speak up."

Students must apply by Feb. 27. Applications are available online, and students who are accepted must be able to attend all sessions.

Late Night Comedians

BY JESSICA CHAULOK
Staff Writer

Beginning this semester, the Office of Student Activities has been hosting a new program called “Late Night at Linda’s.” Every Friday at 10 p.m. a different comedian is featured in the top level of Linda McMahon Commons.

"We hoped that giving students something to do on Friday nights would help cure the ‘winter blues’ that tend to occur during the months of January and February," said Amanda Rowe, Assistant Director of Student Activities. "So we have booked comedians every Friday since students returned back from break."

The most recent comedian was Abbi Crutchfield on Friday Feb. 20th.

"It was a nice event to go to at the end of a stressful week," said sophomore Tiffany Rodelnberg. "This was my first time at Late Night at Linda’s and I would probably go again if I didn’t have anything going on." Rodelnberg also commented on how she chose the free poped a good offer to spectators.

"We have also worked with Churthawh & to host various food specials each week for students who attend the shows," said Rowe.

Comedians, such as Crutchfield, are chosen through the Office of Student Activities. Past acts have included Andrew Sleightner, Ben Hague, and Bryan Morris, all professional comedians.

"We are excited to continue to bring these shows to campus and offer students a free way to relax during the week and get some laughs," said Amy Ricci, Director of Student Activities.

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LinkedIn In or Out

BY CASSANDRA KATRIS
Staff Reporter

LinkedIn is an internet service used for professional networking. "It is a fabulous resource for college kids because it allows for students to become better involved within the business world, as well as gain opportunities such as internships and connections for future jobs," said junior Shelby Sofianek.

LinkedIn, which was launched in 2003, allows its members to create profiles personalized with a photo of themselves and a description of their professional experience and skills. "I think LinkedIn is a really interesting concept. Social media is becoming more popular, and I think that it allows people the ability to network from their phones at an easy convenience. It’s almost like professional Facebook, which is an efficient way to branch out to gain internship experience or jobs in the future,” said junior Joe Lombardi.

A special LinkedIn site, www.university.linkedin.com, is geared toward college students. There, a student can obtain guidance on how to create a profile, find a job, network, communicate effectively and prepare for interviews. "LinkedIn is a good resource for college kids because you get to connect with your friends and colleagues on a business level, and get to reach out to companies for internships or jobs. It’s been a little challenging updating the profile, but I’ve had an overall good experience with companies pertaining to my major,” said junior Chantelle Nisbett.

Employers post jobs on LinkedIn, including internships for college students. "I started my sophomore year of college building my resume and making connections to companies. LinkedIn is very beneficial for making connections and gaining awareness about internships. It’s targeted towards post-grad students and college students. Business are looking for young people," said junior Blake Galullo.

Through LinkedIn, college students can research companies that are hiring, get email alerts of recommended jobs, and post recommendations from others. They also can apply for jobs and internships using their profiles as resumes. Companies may also reach out to LinkedIn members to fill job positions.

"I started using LinkedIn in high school because I wanted to become connected with people in the business world. Two employers in the fashion industry have reached out to me for internships for the upcoming summer. As a business administration major with a minor in fashion merchandising, I have found many job opportunities through LinkedIn, giving me the ability to connect with many other people in the business world," said junior Jillian Siegmund.

Sacred Heart University has a presence on LinkedIn. A simple search produces the profiles of hundreds of Sacred Heart students and alumni ready to connect.

With over 300 million members from 20 countries representing more than 170 industries according to its website, there is no shortage of connections to be made.

What are we doing during: Spring Break?

SAM says...

So Sam, its your last semester of senior year of college. How are you going to spend it? Are you going to the Caribbean with a bunch of friends for a week of drunken debauchery? Nah. Or how about taking a personal vacation? Nope. People assume that since you are in college you are just going to rage all the time. Well if I ever wanted to spend a week down in Mexico or the Caribbean, I could do that at any point in my life. These four years of college are years that I will never get back. So why not step out of your comfort zone and do something you normally would never do? That’s why I’m proud to say that my final spring break of college will be spent impacting the community across the map in Maryville, TN.

In the past, spring break for me was all about heading home to relax, play some video games and to meet up with some old school friends. Next week however, I’m heading south with 20 other students and advisors to Maryville, TN.

Ever since I was fortunate enough to attend a Habitat for Humanity spring break trip last spring to Johns Island, South Carolina, I have been addicted to Habitat. I knew by the end of that trip that I had to lead a spring break trip the following year. Luckily my dream of leading a spring break trip would come true after my acceptance on our campus Habitat chapter Executive Board as one half of the fundraising chair.

Embedded within the Great Smoky Mountain National Park, Maryville is home to the Blount County Habitat for Humanity affiliate, our main destination. On my past mission trip to Mississippi, one obstacle that I overcame was learning how to properly use a handsaw. At first this task may seem a bit overwhelming to a newcomer, but in reality it’s not too difficult and actually quite exciting. I also wouldn’t mind working on some roofing or maybe a little demolition as well.

A recurring theme I have noticed on any trip I have participated in is the personal bonds you create with the other participants. I find it so remarkable that a group of students that spend a whole week together leave their week of service practically brothers and sisters. Overcoming challenges on the worksite, inside jokes and just an overall happy environment lead to this outcome.

I am so excited to lead my last Habitat for Humanity spring break trip of my undergraduate career along side one of my great friends Jessica LaFlam. Jess and I have put a lot of time and effort into planning this trip to make it the best that it can be. To the participants reading this, I hope you guys are really excited because we have a very busy week packed with exciting adventures.

NICOLE says...

Although there's still at least a foot of snow outside here in Connecticut, spring break awaits us here at SHU. I wish I could tell you about my awesome plans but unfortunately all that I have scheduled for that week is working a few nights and most likely a lot of wine and drowning in FOMO (fear of missing out). Just about every single one of my friends from SHU is going to the beautiful Bahamas for the week, but I just didn’t have the money to go this year. Last year my trip to Miami was beyond needed, at this point I think we all just need a break from the snow, school, and our routines. I guess I’ll have to reminisce on last years Miami trip and plan for next year so that I get through the week without my roomsmates.

I’m trying to think of some awesome affordable plan so that I don’t launch myself into a food coma for the week out of boredom, but I haven’t come up with anything yet. I think it’d be awesome to go on a road trip and just stay at the most decent hotel that I can afford for a few days. I haven’t planned anything yet but spontaneity is key, right? I’m going to leave it up to the last minute so it’ll be that much more exciting… hopefully. My boyfriend couldn’t take the trip to the Bahamas either so I’m expecting some fun memories anyway, but you can’t blame me for being jealous of the sun shining, blue water, spring break extravaganzas that is awaiting all of my best friends in the Bahamas.

Next year I’ll be a senior so I’m going to make sure I save up and plan with my friends way in advance so I can make up for whatever I miss this year. Spring break is basically everyone’s excuse to escape their realities and responsibilities and live the good life for a week. Although I won’t be on a beach, you can definitely still expect a drink in my hand and school on the back burner.

February 25, 2015
The Sacred Heart Spectrum
Perspectives | 3
The typical college life is what many dream of experiencing. Partying every night, no parents telling you what to do, and eating whatever you want at the cafe makes college seem all too appealing. Nothing could ruin it except the one thing that makes it all happen: money.

According to Nationwide statistics, college students are typically spending 40% of their earnings on discretionary items (technology, entertainment, food and clothes), 26% on room and board, 19% on tuition and fees, and 12% on other various expenses. At Sacred Heart University, many students are using their money for basic everyday needs.

“I definitely spend most of my money on foods such as eggs, bread, milk, water, and most importantly chocolate,” said sophomore Tarah Sliney. “I also love going out to dinner with my friends. It’s a great way for us to bond and be social.” Sliney and her friends enjoy going to restaurants such as the Cheesecake Factory and the pretzel place in the mall. It’s a change of scenery and a reason to get off campus. In addition to buying food necessities and experiencing different restaurants, students at Sacred Heart also like to spend their money in spontaneous ways.

“I do tend to splurge once in awhile and treat myself. For example, last week my friends and I got our ears pierced together after a hard week of classes,” said sophomore Nicole Licata.

Other students revel in saving up for musical performances by their favorite artists. “I love going to concerts so I try to save up a little extra money for that. They give me something to look forward to and an incentive to keep working hard,” said sophomore Shay Rooney.

In contrast, several individuals are doing everything they can in order to save their money for future investments.

“I am going to Italy for the summer 2015 study abroad program. I’m really trying to save everything I can because I don’t want to have to worry about money while I’m there,” said junior Lisa Matrale. “I also want to be able to bring back some awesome souvenirs, that way I can always have a piece of my amazing experience.” Matrale said that she never splurges and only buys what she needs at the moment. She always thinks twice about what she is buying to avoid unnecessary spending.

Similar to Matrale, sophomore Cara Fusillo is also saving in order to ensure an unforgettable experience. “I’m saving most of my money for spring break because I’m traveling to Florida with my friends. I want to relax and be stress free,” said Fusillo.

One college individual had advice on how to monitor spending and save money. “I have a separate bank account that can only be added to. I keep my checking account for spending money,” said freshman Steph Cooney. “Putting at least half of my earnings directly in the bank is also beneficial in saving money.”

What did you give up for lent?

Jillian Grey, Junior
“I gave up ice cream”

Megan Atkinson, Senior
“I gave up bread”

Lily DiPaola, Junior
“I gave up coffee (Slowly)”

Jennifer Kiggins, Sophomore
“I gave up carbs”

Katie Guarino, Sophomore
“I gave up Netflix... :(

Kara Fanelli, Sophomore
“I gave up swearing”

Sawyer Damiano, Sophomore
“I gave up soda”

Marissa Torsiello, Sophomore
“I gave up plantain chips”

Sari Oliver, Sophomore
“I gave up cheese”

POPE FRANCIS PUTS ASHES ON A CARDINAL’S HEAD AS HE LEADS THE ASH WEDNESDAY MASS AT THE SANTA SABINA BASILICA IN ROME, WEDNESDAY, FEB. 18, 2015.

PHOTO COURTESY OF AP
I was first introduced to Joni Mitchell by accidentally stumbling on the brilliant "Both Sides Now," a careful look at those bilowing, booming edifices that float above and throughout our lives. Mitchell looks at clouds, considering life. She speaks of the rendition that she recorded for her seventeenth studio album of the same name, Both Sides Now. The folk quirk lifted, stripped and rather than revel in spritely acoustics, Mitchell lends us her voice and spares none of the lyrics, giving us the space to think of the clouds of our lives. "Well something's lost but something's gained" by living everyday.

Much has been said about clouds. People find so much in them. When I was young I would see monsters and faces, people and animals. My mother's friend saw a boat, and knew her son had finally found a way to say he was okay. Meteorology begs to listen to them and understand, to get to know clouds. Cotton candy wishes it were so free.

Clouds are about perception. We give them meaning, projecting ourselves into them. We see our fears, and we see our dreams. It takes courage to look up to them. They create something tangible in an infinite space. Humanity is selfish, but clouds are noble. They give so much of themselves. They wait to be considered. They know how sublime they are. They grin widely into our eyes. They are in on their own joke.

In 2013, Women's Health Magazine compared tanning beds to coffins. Meghan Rabbit interviewed skin cancer patients and doctors about the effects of tanning beds and lamps. All agreed that indoor tanning is responsible for the large spike in melanomas in adults under 30.

With spring break approaching, the tanning beds are overused. I feel the Ramirez of malice when I am introduced to the tanning salon. Sitting next to some electric bench regulars in class I could easily pass as a corpse. Skin cancer from tanning can be prevented. It is the responsibility of the media to alert the public to cofis. Meghan Rabbit interviewed skin cancer patients and doctors about the effects of tanning beds and lamps. All agreed that indoor tanning is responsible for the large spike in melanomas in adults under 30.

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I am pale. In the wintertime, when my paleness is at its peak, I become the misfit. Many people maintain their tan by taking frequent visits to the tanning salon. Sitting next to some electric bench regulars in class I could easily pass as a corpse. Being half Irish and half Russian I grew up basking in sunshine and screen and still watching freckles form on top of my shoulders and nose. I have accepted my ivory skin and would not risk cancer to bring back my summer glow in the dead of winter.

In the summer of 2014 the Agency for Research on Cancer (IARC) added tanning beds and lamps to the list of the most dangerous forms of cancer-causing radiation. Plutonium and different types of radium are also on this list. The IARC also stated "those who use sunbeds before age 30 increase their lifetime risk of melanoma, the deadliest form of skin cancer, by 75 percent."

According to SkinCancer.org, melanoma will kill an estimated 8,650 people in the U.S. this year. Tanning beds can also result in the development of basal cell carcinoma, which kills about 2,500 people in the U.S. each year. Why is maintaining a tan (damaged skin) more important than the potential risks in the future? Why do we think damaging our skin is beautiful? Dr. Wang, Director of Dermatology and Dermatologic Surgery, Memorial Sloan-Kettering Cancer Center, says that our society has linked tan skin to health, affluence, and beauty. Perhaps that is why people run to the tanning bed when they start to look pale. Do they not feel beautiful in their own skin? Dr. Wang goes on to say that unless we change our culture's misconception of tanned skin the skin cancer rates in the U.S. will continue to rise.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacred-heart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
A Capella group from Cuba visits Sacred Heart

BY KYLE DRAGO
Staff Reporter

Sacred Heart University hosted Camerata Vocal Sine Nomine, an award-winning a cappella men’s chamber choir from Havana, Cuba, this past Tuesday, Feb. 17. The group put on a great performance for students, professors, and people from the greater Fairfield community.

Many students who attended the concert were pleased with the music and enjoyed the performance.

“I like a cappella as it is, and it was really nice to hear another culture’s a cappella music,” said sophomore Lauren Oddi. “I really liked it when they broke out the Afro Cuban percussion.”

The group sang about ten songs. They performed works by composers from Cuba, the United States, and Spain, among other countries, all spanning from the 16th century to the 21st.

“I really liked the Spanish-inspired movements they incorporated into their songs,” said sophomore Heather Leone.

The all-men group had two sopranos, two altos, two tenors and one bass.

“The group was really in sync and it was hard to pick out one voice from another,” said sophomore Megan Charleston.


Sine Nomine is currently on its United States tour, which was organized by a company called Classical Movements. They have worked in Cuba since 1995, and have sent many music groups to Cuba and have brought many to the US.

Classical Movements got in touch with Dr. John Michniewicz, Doctor of Musical Arts and Director of Choral Programs at Sacred Heart, and asked if the school would like Sine Nomine to perform here for the students.

“I thought it would be a great experience for them to come here and inspire our choir program,” said Michniewicz.

4 Heart Harmony, a choir on campus, got the chance to sing with Sine Nomine, and the a cappella group also made an appearance for a course called “The Power of Sacred Music,” taught by professor Allegra DeVita.

Sine Nomine stayed in Fairfield for two days. Instead of staying in a hotel, they were hosted by four professors and their families. Michniewicz was one of the hosts and said it was a great experience and he got to learn a lot about the culture and way of life in Cuba while hosting Sine. Suárez Dulzaides, a member of Camerata Vocal Sine Nomine.

“Leonor only gets about $20 a month for what she does, lives in her grandfather’s house with four or five other families, and has to live paycheck to paycheck, because everything there is so expensive,” said Michniewicz. “If something in their house breaks, they can’t replace it because they don’t have the money to do so.”

Michniewicz also described how he took the group to 63’s for lunch and the fact that their meal was paid for and that they could go up and get as much food as they wanted made the trip that much better. They are used to living a very sparse lifestyle and have to save up to buy almost anything they need, he said.

Michniewicz said Sine Nomine was so thankful for everything they get to experience while at Sacred Heart and are having a great time on their US tour, but the members are most excited to headline at the American Choral Directors Association (ACDA) in Salt Lake City, where only the best in the world get to perform.

All You Gotta Do Is Shine

BY NATASHA KLINOFF
Features Editor

Each year I am faced with the same old Ryan-Matthews Library on campus. The beautiful library does have its strong points, but during the busy hours it can be hard to find a nice place to sit and do work. I can just feel the stress and anxiety radiating off of my fellow students. This year, I made the decision that the library was not for me. I needed someplace new and fresh. That is when I found the Las Vetas Lounge.

The Fairfield coffee shop provided me with a fresh and unique atmosphere. The menu has different coffees, expressos, smoothies, teas, and juices. Along with the large beverage selection they also have baked goods and a few different lunch options. Some of the different lunch options include grilled cheese sandwiches, salads, soups, and quesadillas.

Unlike many college students I am not a coffee drinker. I run on an assortment of teas. For me the large variety of different teas was wonderful to see. I decided to treat myself to a chai tea latte.

I was pleasantly surprised that they give consumers that plan to stay, a real cup. Unlike the paper cups from chain restaurants, Las Vetas provides large glass mugs that give a home-like feeling to the place. My tea was delightful and kept me motivated to continue working. The foam at the top was my favorite part. It was thick, rich, and I even added a little cinnamon on top for extra flavor.

Although the tea was great, it is the atmosphere that will bring me back to Las Vetas. The furniture is mismatched and has a hipster feel to it. In the far corner is a giant piano that is covered in random objects and flyers. The walls are decorated with different posters, pictures, and comedic slogans. The longer you look at the decor the more you find hidden away. Las Vetas also has a little library for people who come unprepared to stay. A small collection of books and magazines sits in a black bookshelf, open for the public to enjoy.

The lounge has plentiful seating and outlets for people that would like to work. It was a Wednesday night when I sat down in Las Vetas for the first time. I looked up from my book to see a few people setting up a microphone. The lounge offers open mic night to anyone that would like to perform. It started off with a couple singing a duet. Later in the night various people played guitar, and one woman even recited some poetry. I was absolutely dazzled by the environment and the friendly bartenders that made my tea.

The Las Vetas Lounge is located at 27 Unquowa Road, Fairfield, Conn., right near Colony Grill and the train station.
Digging Through the Directory: Dr. Claire Marrone

BY MORGAN DEBELLE DUPLAN
Staff Reporter

Dr. Marrone is a Professor and Coordinator of French and Italian at Sacred Heart.

Q: Where did you grow up?
A: Near Philadelphia.

Q: Where did you attend college? What did you study?
A: B.A., University of Delaware; M.A., University of Pennsylvania; Ph.D., University of Pennsylvania. I’ve studied French, Italian, and English; and my Ph.D. is in French and Italian.

Q: Did you always want to be a professor?
A: I’ve always been interested in education. Once I began teaching in graduate school, I knew that I wanted to pursue academics.

Q: What would you say are your biggest successes?
A: Many of our students are interested in study abroad or international careers (in politics, business, etc.). Others wish to pursue teaching at different levels. Still others feel that language study complements their majors (in History, Global Studies, Political Science and English) or other passions (such as music).

Q: Why did you choose to teach French and Italian?
A: When I interviewed at Sacred Heart, the community and the language professors, in particular, were very welcoming. I liked the location and the fact that Sacred Heart was growing.

Q: Why do you think students choose to study your discipline?
A: A lot of our students are interested in study abroad or international careers (in politics, business, etc.). Others wish to pursue teaching at different levels. Still others feel that language study complements their majors (in History, Global Studies, Political Science and English) or other passions (such as music).

Q: What challenges have you faced in getting to this point in your career?
A: It is difficult to say. There are professional and personal successes. Professionally, I’m pleased to have been able to offer a variety of courses in language, literature, and culture at various institutions. Personally, I hope that my husband and I have raised our son well. However, he is only 13, so we’re still in the midst of it.

Q: What challenges have you faced in getting to this point in your career?
A: I’ve had many opportunities to study and teach at excellent schools, take students abroad, pursue research interests, etc. However, it has been challenging that foreign language study does not play a more prominent role at SHU. For example, Sacred Heart does not have a foreign language requirement whereas many peer institutions, such as Fairfield University, Iona College, and Manhattan College do.

Q: What do you enjoy most about your career?
A: I enjoy the contact with students. I also love bringing my research on women writers and on the revolutionary periods in France and Italy - into my classes. Academics allow for great variety and creativity, and I have found the profession very rewarding.

Q: Why did you choose to teach French and Italian?
A: I’ve spent many years abroad living in France, Italy, and Canada. My first year as a student in Paris was a transformational experience. I knew I wanted to continue to spend time abroad and learn about other cultures and literatures. I think I fell in love with Europe at that time and have always felt at home there. This led me to deepen my work in French and Italian.

Q: Why do you choose to teach at Sacred Heart University?
A: When I interviewed at Sacred Heart, the community and the language professors, in particular, were very welcoming. I liked the location and the fact that Sacred Heart was growing.

Q: Why do you think students choose to study your discipline?
A: Many of our students are interested in study abroad or international careers (in politics, business, etc.). Others wish to pursue teaching at different levels. Still others feel that language study complements their majors (in History, Global Studies, Political Science and English) or other passions (such as music).

Features

Broken Badge: The Tradition of NYPD Cop Films

BY GINA BATTAGLIA
Staff Reporter

On Wednesday, Feb. 18, a presentation was given about the short film Broken Badge in Sacred Heart’s University Commons. There were some technical difficulties so Justin Liberman ended the event earlier than expected.

Broken Badge is a short film that examines the New York Police Department. Justin Liberman, a program director and a visiting assistant professor here at Sacred Heart, directed the film.

Liberman has contributed to and created different narrative films that have been screened at multiple international film festivals. He is part of the directing team for Tank + Bunker, which is represented by Greengame Pictures.

Broken Badge is based on true events and chronicles days in the lives of young NYPD officers. A New York Times article titled “A Rookie’s Online Journal Citing Gun Restraint Gave No Clue” and written by Michael Wilson was an influence for Broken Badge.

The film shows a series of events that lead up to the heartbreaking suicide of an NYPD officer. Bobby Aanonsen, Staten Island, New York and Abby Hecht, Wallkill, New York; both class of 2009. Engaged on campus in the quad near the library on Feb. 7. We met each other through a mutual friend during our Senior year at Sacred Heart. We started dating soon after we graduated. We now live in Brooklyn, NY. Bobby currently works for the New York Islanders. Abby currently works for the Archdiocese of NY as an Instructional Specialist.

Information courtesy of The Marketing & Communications Department/ Deb Noack

Quick Hits:
Favorite Place? Paris and Florence.
Favorite Book?... too many to choose one.
Hobbies outside of teaching? Reading, traveling, spending time with my family.
The movie based on the novel "Fifty Shades of Grey" written by E.L. James appropriately opened in theaters the day before Valentine's Day, Feb. 13. According to IMDb, the movie earned $94.4 million opening weekend.

In the adaptation, Dakota Johnson played the role of Anastasia Steele, a college senior studying literature. Steele interviews Christian Grey, played by actor Jamie Dornan, a handsome yet tormented businessman who introduces Steele to the world of BDSM.

Sophomore Gianna Notariaimi read the book series before seeing the first book transformed into a movie. "I went to see this movie because I liked the story line. The movie was advertised for a while and the suspense for it to come out made people want to see it even more," said Notariaimi.

The hype surrounding this film convinced many people to go see it, but some were disappointed. "I saw this movie based on all the hype that surrounds the series and I was truly disappointed. There was no plot and it ended too abruptly for a movie," said sophomore Marissa Colombo.

Sophomore Kerri Saputo also refuses to see the movie because of the type of relationship it glorifies. "They are trying to pawn this off as a romance, but it is an abusive relationship. It's degrading to those who practice bondage, discipline, sadomasochism and masochism, also known as BDSM, because it portrays their lifestyle in a negative light," said Saputo.

On James' website it describes the original book and the two that follow it as, "Erotic, amusing and deeply moving, the trilogy is a tale that will obsession you, possess you, and stay with you forever.

The first book was published in 2011 and since then fans have been waiting anxiously for the first movie to come out. The week the first book in the series went on sale, it hit number one on The New York Times' Best Seller list. The film played in 3,646 theaters in North America, which was the largest release in history for an R-rated movie.

Not only were some people giving the movie negative reviews, there were widespread boycotts and some countries banned the movie from even being played. According to The New York Times, "The movie was banned in some countries, including Indonesia, Kenya, and Malaysia."

Yet people still continue to see the movie, even if they disagree with it. "I read the series prior to seeing the movie and I was interested in seeing the movie because I wanted to see how they were going to be able to portray the storyline," said senior Katie Tuohy. "The ending of the movie left me wanting to come back for more."

"Fifty Shades of Grey" is still playing in theaters.

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**Arts & Entertainment**

**Fifty Shades of Controversy**

**BY JULIANNA DIDONATO**
Staff Reporter

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**Passing through Paris: Natalie Abroad**

**BY NATALIE CIOFFARI**
Contributing Writer

During my first week of February, I decided to put my big girl pants on and plan my first real trip— to Paris, France. I ended up going with two of my really good friends, who just happened to know people studying abroad in Paris who speak the language. Talk about a win-win situation.

In the three days that I was there, my friends and I practically covered almost all of the tourist sites you could possibly think of: Palace of Versailles, the Eiffel Tower, the Louvre, and Notre Dame. The Moulin Rouge, which opened in 1889, is one of the most infamous cabaret shows in Paris. Cabaret shows feature music, dance, comedy, and/or drama.

The Moulin Rouge easily had to be my favorite experience on this trip. The Moulin Rouge is one of the most infamous cabaret shows in Paris. Cabaret shows feature music, dance, comedy, and/or drama.

The Moulin Rouge, which opened in 1889, is most noticed for the large, red windmill on its roof. Every detail about the show was completely captivating. The dancers' costumes gleamed across stage. From can-can dancers, to comedic acts involving the audience, to women swimming with snakes, the 100 euros I spent to see the 2-hour show was well worth it.

Another site I absolutely loved was the Notre Dame cathedral. The architectural detail on the inside and outside of this cathedral was breathtaking. When you first walk up to the Notre Dame, I was taken aback by the sheer size of it. It is among the biggest churches in the world. As you walk closer, you can see the detail I was referencing. You easily see faces carved out perfectly, all lined up next to one another inside the three arches.

The inside of the cathedral is just as beautiful as the outside. Even the columns that hold up the cathedral are timeless. When you get further inside, you can see the two striking stained glass windows.

Paris is a wonderful place with amazing architecture and lively entertainment. I left a tiny piece of my heart in such a huge city, and I hope someday that I will be able to come back. Until then, au revoir.

---

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February 25, 2015

Academy Awards Highlights

BY ALLY D'AMICO
Asst. Arts & Entertainment Editor

According to Deadline.com, on Sunday, Feb. 23, 36.6 million people tuned in to watch the 87th annual Academy Awards.

Actor Neil Patrick Harris took the stage as this year’s host, but after having to follow Ellen DeGeneres’ act from last year, he was quick to disappoint. According to Deadline.com, adults between 18-49 years old rated Harris a 19.8 out of 27, which is a 14 percent drop from last year.

Besides the hosting, some of the night’s notable high points included wins for the films “Birdman” and “The Grand Budapest Hotel,” in four categories each, as well as “Whiplash,” which claimed three.

Eddie Redmayne took the Oscar for Best Actor for his role in “The Theory of Everything,” and Julianne Moore claimed Best Actress for her character in “Still Alice.”

Despite the stand out performances, Deadline.com reported that these Oscar ratings hit a seven year low, resulting in the worst viewership since 2009.

According to an article on Variety.com, 26.5 million general public; it was quite different Sunday night.

The audience consisted of former hosts, cast members, musical guests and anyone with a connection to “SNL.”

Among the highlights of the evening was a montage of “SNL” audition tapes featuring alums such as Poehler, Dana Carvey and Seth Meyers. There were also audition tapes from celebrities who never became members of the cast like Stephen Colbert, Jim Carrey, Kevin Hart and Zach Galifianakis.

Even though the night was about remembering the old, there was also the new.

“I loved ‘The Californians,’ especially the Bradley Cooper and Betty White kiss,” said Mola.

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According to an article on Variety.com, 26.5 million people tuned in to watch the special.

The evening began with a cold open from Jimmy Fallon, former SNL cast member, and Justin Timberlake, former musical guest and five-time host. The duo performed a rap full of catchphrases from the past 40 years and even featured a guest spot by Rachel Dratch’s character “Debbie Downer.”

Studio 8H at Rockefeller Center is regularly filled with audience members who are selected as ticket winners from the general public; it was quite different Sunday night.

The evening consisted of homages to old cast members, musical guests and anyone with a connection to “SNL” over the course of its history. Examples of those on the guest list were Tina Fey, Amy Poehler, Adam Sandler, Will Ferrell, Chevy Chase, Steve Martin and Betty White.

Montage segments of past sketches, commercial spoofs, musical performances, host monologues and digital shorts were shown throughout the episode.

Sir Paul McCartney, Miley Cyrus, and Kanye West collaborating with Sin and Vic Mensa were the musical performances of the evening.

Former sketches such as “Celebrity Jeopardy,” “The Californians,” and “Wayne’s World” were recreated again with the original cast members.

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Sports

Women's Lacrosse Looking For Strong Season

BY TAMARIC WILSON
Staff Reporter

Even with all the snow on the ground, spring sports teams are preparing to kick off their season. This includes the Sacred Heart University's women's lacrosse team. After a tough 2014 season, the Pioneers are looking to turn things around this year. They began working toward improving themselves this fall, during their off-season workouts. The coaches feel the workouts were beneficial to the team.

"It was a very productive fall," said head coach Laura Cook. "The players worked really hard in the weight room to improve on their strength and explosiveness." This is Cook's 15th season coaching at Sacred Heart, where she is looking to win her fourth NEC title. The players feel the off-season was harder than in recent years, but will help them through the season.

"Off-season this year was a lot tougher than it's been in the past because the coaches pushed us harder and trained us harder," said junior Jenna Liljeberg. "It's made us a better team and it's only made us stronger mentally and physically." Liljeberg plays midfield and is one of the team's four captains. Last season she was fourth on the team with 21 points, and second on the team in assists with seven. Their improvement this off-season will be key in trying to prove the coaches' poll wrong for picking them to finish sixth.

"Obviously it's disappointing to hear that we got picked sixth in the NEC, and I don't think it's a good representation of our team," said Liljeberg. "It hasn't brought us down though. It has just given us more motivation to prove everyone wrong and be the underdogs that take over." The players aren't the only ones that feel their preseason seeding will fuel them.

"We have never been picked to finish sixth before so I think that it has lit a fire within some of the players to prove the coaches in the NEC wrong," said Cook. With all of the off-season and pre-season activities out of the way, the team is looking forward to coming together and competing alongside one another.

"This season I'm looking forward to seeing how well we can come together and play as a team," said senior Brianna Schussler. "We've seen our potential of how well we can play together and can't wait to see us only get better." Schussler plays midfield and was also chosen to be a captain. Last season she tallied 15 caused turnovers, which was second on the team.

"Some of the players are just ready to go up against their conference foes," said Cook. "I am really looking forward to conference games this spring, that's the most fun and exciting part of the season because it's what you have been working towards all year," said Liljeberg. "I think if we come together we can achieve a lot in the NEC so I'm excited to see what we can accomplish." The coaches are just excited as the players to get out there and compete. "I am excited to finally play other opponents," said Cook. "It will show us as a team where we are at with our strengths and weaknesses." The team has had an up and down start to their season as they dropped the first two games, and won the third. They also received news that their sophomore midfielder, Caitlin Delaney, was named NEC Defensive Player of the Week for the first week of play.

Logano Wins Daytona 500

Middletown Native wins NASCAR's Super Bowl

BY ASSOCIATED PRESS

DAYTONA BEACH, Fla. (AP) — Joey Logano had a shot to win the NASCAR championship last year. A flawed late pit stop cost him the chance, and he went into the off-season determined to get back into contention again.

A win in the season-opening Daytona 500 on Sunday gave Logano the head start he wanted. His victory earned him an automatic berth into the Chase for the Sprint Cup championship, and put him at the front of the field after a week dominated by the biggest names in NASCAR.

He was motivated by a sign in the Team Penske gymnasium that reads, "Effort equals results." That one phrase inspired Logano to put in countless hours watching video of past superspeedway races with his crew chief and his spotter.

"We did everything we possibly could to prepare ourselves for this race," Logano said. "It's so cool to see that phrase come to life: Effort equals results."

More than two years after nearly washing out of one of NASCAR's top rides, Logano won the biggest race of his career by outlasting the field over a white-knuckle final 50 miles of three-wide racing.

The victory, which came under caution as a late wreck froze the field and allowed Logano to coast across the finish line, was another nod to the job Roger Penske has done with the driver he hired for the start of his career and got his second Daytona 500 victory via Logano. One of the most respected team owners in motorsports, "The Captain" also has a record 15 Indianapolis 500 wins.

Logano reflected after the win on the end of his run with Gibbs and the uncertainty he had about his future at just 22 years old. "Some of the emotions you go through, you start to think, 'Man, am I going to have a job next year? That's kind of hard as a race car driver,'" Logano said. "I poured all my eggs in one basket. You don't know what's going to happen."

"Who would ever guess three years down the road we'd be sitting here saying we're Daytona 500 champions? That's crazy. Life is a roller-coaster." Logano became the second-youngest Daytona 500 winner behind Trevor Bayne, who was 20 when he pulled off an upset in 2011.

The win ended a week that began with all the attention on Jeff Gordon in his final Daytona 500, the suspension of Kurt Busch and the injury to Kyle Busch in Saturday's Xfinity Series race.
BY NICK MCANENEY
Sports Editor

For the first time since 2012, the Sacred Heart men's Basketball team will be competing in the NEC Tournament for a shot at an automatic bid to the NCAA Tournament. In a battle against second place team Robert Morris, the Pioneers prevailed 80-76, securing their first postseason berth in three years.

A close game, with the largest lead of the game being only six points, the Pioneers were led by senior Evan Kelley with 18 points and freshman Cane Broome with 16. Junior Tevin Falzon had 13 points and a career high 18 rebounds.

Rodney Pryor, who scored 31 points on 12-16 shooting from the field, led Robert Morris. Marcquise Reed also added in 16 points for the Colonials.

The loss dropped the Colonials to 13-14 and 9-6 in conference play.

The first half was a close battle, with both teams going back and forth regaining the lead, but with Robert Morris keeping a slight edge for most of the half. Sacred Heart was able to take a 24-23 lead with five minutes left in the first half on a Broome foul shot. The Pioneers were able to take a 29-27 lead into the locker room at halftime despite shooting 35 percent from the field and seven percent from three.

“"In a battle against second place team Robert Morris, the Pioneers prevailed 80-76, securing their first postseason berth in three years.”

Robert Morris came out hot in the second half, especially Pryor. He scored the first eight points of the half for the Colonials, who opened up the half on a 14-4 run to take a 45-40 lead.

What kept the Pioneers in the game was forcing turnovers. The Colonials turned the ball over 20 times, which lead to 28 points for Sacred Heart. Both Reed and Kavon Stewart had five turnovers for Robert Morris.

Our new strength coach, Sam Reffsin, has done a tremendous job at pushing us to be in the best shape necessary to have a championship season."

In addition to Byram, the Pioneers also return First-Team All-NEC relief pitcher James Cooksey, and All-NEC Second Team members Zack Short, Jayson Sullivan, and Keith Klebart.

Cooksey, a redshirt junior, led the conference last year with a 1.16 ERA, as well as holding opponents to a .199 batting average. Among returning pitchers in the entire country, his ERA ranks second from last season.

Short, a sophomore, led the team in average, hits and doubles and 19 R.B.I.s.

The Pioneers have two regular season games left to determine their seeding in the tournament, and then the NEC Conference Tournament begins on Wednesday, March 4.

BY NICK MCANENEY
Sports Editor

Coming off their second consecutive loss in the NEC championship game to the Bryant Bulldogs, the Sacred Heart baseball team has been picked to finish second in the NEC preseason coach's poll behind two-time defending NEC Tournament, but went on to win their next two before our fall practices/intersquads and leading into our winter and conditioning in the winter.

Strength and conditioning, everybody on the team worked back and forth regaining the lead, but with Robert Morris keeping a slight edge for most of the half. Sacred Heart was able to take a 24-23 lead with five minutes left in the first half on a Broome foul shot. The Pioneers were able to take a 29-27 lead into the locker room at halftime despite

Swinging For The Fences
Baseball team looks to recapture conference title after two year absence

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The Sacred Heart Spectrum February 25, 2015

The Pioneers were able to tie the game up on back-to-back possessions, as Steve Glowiak made a three and Kelley made a lay up to tie the game at 45 with 13 minutes to go.

From that point on, it was a seesaw battle. The game featured 15 lead changes, and for the final nine minutes neither team was able to pull away and put the other one out of the game.

With the game tied at 70 with 2:21 left, the Pioneers finally took control of the game.

Kelley made a layup to give the Pioneers a 72-70 lead, and after a missed layup and foul by Stewart, Broome was able to make two more free throws to increase the lead.

Reed was fouled on the ensuing possession, but was only able to make one of his two free throws, and Falzon was able to put the game out of reach with a layup with 30 seconds left. Kelley and Gaetano each made a pair of free throws to seal the 80-76 victory for the Pioneers, guaranteeing them their first postseason birth in the NEC Tournament since 2012.

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The home opener will be on Wednesday, March 11, against in-state rival UConn at the Ballpark at Harbor Yard. NEC play begins with a four game set against Fairleigh Dickinson on April 2, and the Pioneers look to get some sort of revenge when Bryant comes to town for a four-game series starting May 1.

With four straight NEC championship game appearances, the Pioneers expect nothing short of holding up the NEC championship trophy at the end of the season.

“always have high expectations for our team here. Every year that I've been here we've made it to the NEC championship,” said Byram. “I don't have any doubts in my mind that we will come out on top this year and advance farther than we ever have in the NCAA tournament.”
KELLY KEENAN IN GOAL FOR THE PIONEERS AGAINST HOLY CROSS

PHOTO COURTESY OF ATHLETIC COMMUNICATIONS