**Want To Be Wined and Dined?**

**New course “EX 102: An Introduction to Wine” coming to campus next fall**

BY EMILY ARCHACKI
Managing Editor & News Editor

Beginning in the fall of 2015, Sacred Heart University will be offering a new academic course. The class is EX 102: An Introduction to Wine.

Dr. Beau Greer, Associate Professor and Director of Graduate Exercise Science and Nutrition, will teach the course.

The class is only available to students age 21 and over, and a student must be 21 by the first day of class. Admission to the course is by application only.

"I didn't want the course to fill up during the first wave of registration, which is determined solely by last name with a credit range; that didn't seem fair, so I'm trying to restrict it to those who make the best case for inclusion, as opposed to luck of the draw registration windows," said Greer.

The course, although it deals with handling alcohol, will not be held in Red's, Sacred Heart's on-campus pub. "The Connecticut liquor board allows for the dispensing of wine (specifically) as part of an academic course, provided that the institution is regionally accredited and that the dispensing takes place on campus. Consequently, this course will take place on Cambridge campus," said Greer.

The course will be worth one credit and will be held every other Friday from 1 – 3 p.m. There is also a $60 lab fee, which includes a total of 32 wine tastings.

"I think that students will get a lot out of this course, but should be prepared that there is a large amount of material embedded with this single credit course," said Greer.

The description for the course offering is as follows:

"This course provides an overview of major grape varietals cultivated for wine production, and is intended for students entering hospitality-related fields, employment requiring entertainment functions, or careers in nutrition/food service. Although primary focus will be on Old World regions, the U.S. west coast, Chile/Argentina, South Africa, and Australia/New Zealand will be included in the discussion. Wine list literacy, food pairing strategies, and the winemaking process will be covered as well. Blind tasting skills will be developed and assessed."

As for which students this course would be best geared for, in addition to those mentioned above, "the best suited student is perhaps one that already has a passion for food, as the primary purpose of wine is to elevate the dining experience," said Greer.

As well as being a professor at Sacred Heart, Dr. Greer is also member of the Guild of Sommeliers. According to Greer, "a sommelier is essentially a wine steward. In the restaurant industry, a sommelier's primary focus is to develop a wine list. In a sense, sommeliers facilitate better bets for customers, as every wine bottle is a gamble in terms of whether you'll enjoy it or not."

Greer’s interest in being a sommelier began in the fall of 2006 through spending time in New York City.

"I actually long stated that I never wanted to get 'into' wine or develop much of a wine palate, as I can’t afford it. However, great food and great wine really can go hand-in-hand, so I suppose it was an inevitable path for me," said Greer.

"Luckily, there is an almost endless supply of excellent wines below the $20 per bottle mark, so it doesn't have to be an aristocratic endeavor. Additionally, it's always fun to start learning about subjects in which you are mostly ignorant. In my academic field of study, Greer specializes in sport supplement efficacy and protein metabolism. So how exactly did he become involved with becoming a sommelier? "I chose to have some formal training from the Guild of Master Sommeliers, which is arguably the most esteemed professional body of sommeliers. The Master Sommelier examination actually has long had the lowest passing rate of any professional examination in the world, across all fields of study," said Greer.

"The formal education greatly helped develop my blind tasting skills, but as usual, the best thing the formal education did was provide inspiration for further learning as well as a mental framework for field-specific analysis."

As for whether or not the class will be offered beyond the fall 2015 semester, "I plan on offering it every semester if the enrollment is adequate and the response to the course is good," said Greer.

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**Important Message to the Student Body**

**BY NICOLE GITTLEMAN**
Student Body President

To my fellow Sacred Heart University students,

It isn’t often that a Student Body President has to write a letter of this sort, but today I find it necessary to reach out to all of you for support on behalf of our University.

A few weeks ago, Governor Malloy released his proposed budget for the upcoming fiscal year. Given the state of Connecticut’s financial difficulties, the proposal includes many cuts and shifts in funding. Of the greatest significance to us as University students is the proposed shift in the Governor’s Scholarship Program. Governor Malloy is recommending that the state cut private college students out of the state financial aid program. What does this mean? For choosing Sacred Heart University, or any other private college in Connecticut, students from Connecticut will lose the availability of scholarship from the state. The SHU scholarship fund would need to be redistributed to include aid for those previously on the Governor’s Scholarship, potentially lessening the amount each student from any state could earn.

My plea to you, fellow Pioneers, is to rally together against the passing of the changes in the Governor’s Scholarship Program. The hearing will be this Thursday, March 12th in Hartford and we will be providing buses to leave Sacred Heart at 11:15am for those who wish to attend. The hearing begins at 1pm, and buses will be returning to Sacred Heart afterwards. Please RSVP HERE if you plan on attending.

I am asking for every student on this campus to recognize the impact that the change in this program could have on many individuals in our Sacred Heart family and our university as a whole. This is a time to show our strength. Please consider joining myself and others at the capital this Thursday to represent Sacred Heart University and our fellow Pioneers that receive aid through the Governor’s Scholarship Program.
In the past few weeks, two television news personalities, Brian Williams of NBC Nightly News and Bill O'Reilly of FOX News, were accused of misrepresenting their experiences while reporting in wartime settings.

According to the Associated Press, NBC News suspended Williams for six months without pay after it came to the network's attention that he had incorrectly stated he rode in a helicopter hit by an enemy grenade while reporting in Iraq in 2003. Suspicions of the validity of the story began during the past decade, when Williams told several different accounts of the event. According to Politico Magazine, Williams corrected himself calling the recollections a "mistake" and acknowledging that it was a helicopter flying well ahead of his helicopter that got hit.

Before the shock of the Williams fabrication wore off for Americans, O'Reilly was also accused of misrepresenting his reporting position in a time of war. The Associated Press reported that O'Reilly claimed he had reported in a combat zone for CBS News during the 1982 Falklands War when he was more than a thousand miles from the front.

This is troubling news for many American families who watch these personalities nightly. However, the real question is how will these networks regain the trust of their viewers?

"I think that today's format for news is so biased that it's often hard to get to the truth," said Joanna Rochman, Professor in the Media Studies department.

Media Studies Professor Joseph Alicastro thinks that because NBC News has taken positive steps to regain the trust of the audience, including conducting an internal investigation and putting a trusted and seasoned NBC News journalist, Lester Holt, in the anchor chair, "that the network will be able to smooth over the incident with continued positive public relations."

Rochman believes this distrust cuts deeper than the few incidents that have recently been brought to light.

"The only way trust can be restored to the networks in question is to recognize that truth is essential, and that honest anchors need to be hired. As for strategy, networks need to differentiate more definitively between factual news reporting and editorializing."

While it's impossible for reporters to be completely unbiased, some attempt at fairness is needed. And the applications are reviewed by a committee and a winner is chosen.

As well as Pioneer Awards, The Doug Bohn Unsung Hero Award and The John Crofry Outstanding Leader Award will each be given to one student. These two awards are offered to juniors or seniors with a GPA of 2.75 or above.

The Doug Bohn Unsung Hero Award was named after Doug Bohn, who worked at Sacred Heart's registrar for 34 years. This award is given to a student who has made contributions to campus life and is not regularly given public recognition.

John Crofry, of The John Crofry Outstanding Leader Award, served as the Dean of Students from 1963 to 1986. This award will be given to a student who has shown outstanding leadership through involvement in Sacred Heart's community.

These awards bring forward a group of people who have made an impact on Sacred Heart and truly love the community.

"It was an honor to get such an award and I am very thankful. I feel like we know our news actors personally, they feel so betrayed when something like this happens, so the narrative could eventually shift, from a 'fall from grace' to a classic 'comeback' story."

The O'Reilly fabrication is still currently under investigation and public relations crises from both networks continue in the wake of the incidents.

"You can use any browser that supports Silverlight - or a web browser, you are logging into a networked server that is passing the viewable images to your device, or storing them on the server under your account via its DVR capability," said Usami.

Philo's live streaming television and recorded content can be accessed on a variety of devices. Via a phone or a tablet the service can be accessed through the app. "Philos has an app for both iTunes and Android," said Usami.

If using a web browser, there are two options available. The first is by logging onto the MyShu portal on the Sacred Heart website. Once logged in, select Philo located under the Campus Life drop down option on the left-hand side of the screen.

The second option is to go to sacredheart.philo.com and log in with your Sacred Heart username and password.

"You can use any browser that supports Silverlight - Safari, Chrome, Firefox, Internet Explorer," said Usami.

Sacreheart is currently only one of 20 colleges and universities in the country partnered with Philo for access to IPTV content.

"The two things that made it very easy to contract with Philo were that they were clever in negotiating rebroadcast rights with the content owners; and they were ready to partner with our existing CATV provider (Campus TeleVideo) to provide installation and service," said Usami.

Not all television channels are currently available at the moment with the Philo service. A current channel lineup is always available on the Sacred Heart website.

In addition, students currently living in the Trumbull Marriott or Oakwood Garden Apartments cannot access Philo's services due to different cable lineups in those residential areas.

"The Philo team has also been working very hard to act as a partner to us, and I feel that they have done an exemplary job of that. Philo has actually provided stellar technical support and marketing support, and they follow up with me more closely than any other vendor I have worked with," said Usami. "I'm very happy with Philo as a vendor."
Catching up with Ryan Matura

BY CASSANDRA KATRIS
Staff Reporter

The Ryan Matura Library at Sacred Heart University is the place on campus where students study and get schoolwork done.

The library has three levels. The main level holds the study area and presentation rooms, computer stations, a reference and circulation desk, and various print publications. Reference help is available through knowledgeable librarians and library work-study students.

"And here are two of the best-kept library secrets: first, the research librarians are your best friends if you've got research to do - just stop by the reference desk in the library, or call at 203-371-7726. We are happy to help you start your research, or get restarted if you are stuck. And second, if you need a book or journal article that the library doesn't have, we can get it for you - just go to "interlibrary loan" on the library website, at http://library.sacredheart.edu/interlibrary-loan, and submit your request," said Bonnie Figgatt, Director of Resource Management.

The Ryan Matura Library is the place on campus where students pay extra if they want to rent out a private study space. My friend is jealous of their "study on the go" phones, and gives directions to various places on campus. For circulation services, it is my job to greet fellow patrons, answer phones, and give directions to various places on campus. For circulation services, I check books in and out, troubleshoot printer issues, use the cash register when needed, assign group study rooms, and shelve books and materials," said Justine Galang, a library work-study student.

The main library level has just undergone a two-year renovation, which has transformed it into a place of learning and focus for students. It also houses a Starbucks' café.

"I think it's great how the library caters to everyone, with all the different sections you can study in. When I get distracted by people eating or talking loudly, I just relegate myself to the quiet level to continue my work," said junior Angela Harrison.

Professors also put materials on reserve through the library. These reserved items such as books, videos, and CDs are kept behind the circulation desk for students. Students also have availability to all the online and print resources with their SHU ID.

The group study rooms can be signed out by the hour and used for projects and study groups. They are equipped with flat screen televisions, so it is easy for group projects to be worked on and presentations practiced.

"I make great use of the study rooms. I know at my friend's college they make students pay extra if they want to rent out a private study space. My friend is jealous I have them available to me free of cost," said junior Joseph Lombardi.

The upstairs portion of the library is the quiet section. Some students prefer to study on this level.

"There is a place for everyone. If you need to study with friends or work on a project, then you can do that without disturbing anyone in the private study rooms. If you prefer studying in complete silence then you can go upstairs which is the quiet level," said junior Kathryn Mirto.

The library, especially during the time of final exams, can get extremely loud and crowded.

"I hate how crammed the library gets during midterms and finals week. I wish it was more spacious, fitting more students," said Lombardi.

"Because everybody is studying for exams around the same time, the library gets pretty busy around midterms and finals. It is great that so many people utilize the library, but the issue is that there is not enough space to accommodate for the amount of students. One of the biggest issues that always come up is that there are so many groups that want to use the study rooms at the same time, and there are not enough rooms available to accommodate them. It's like the 'Hunger Games.' People are literally fighting for spots in the rooms," said Galang.

What's the hardest part of college?

SAM says...

The hardest part about college for me is time management. Arriving at Sacred Heart as a freshman I was always told that time management would be a crucial part of a student's success in college. Over the last four years I have struggled a lot with a time management.

For me, it really is a personal issue. I hate saying "no" to people. I would put off a long paper if it would mean that I could instead grab food or hang out with someone.

It has been difficult over the last few years figuring out what my friend's schedules were like. So to top that, I came up with an awesome idea of mapping out my schedules. Recently this has been very effective when creating a schedule as well as for studying for a test. Two items are needed: printer paper and a Sharpie. Putting everything out in front of me on a piece of paper in gigantic writing helps me organized and is just visually pleasing to me.

This tactic has been very helpful for me this semester. Having class only on Mondays, Tuesdays and Wednesdays leaves me with a lot of free time, which is bad in a lot of cases. That evil spirit "Procrastination" starts to creep back and haunt me. As long as I can sit down on a Sunday afternoon and plan out my week accordingly to my classes and meetings I would be stress free and would lower my chances of thinking spontaneously and forgetting about weekly obligations.

Also, working with others really seems to help me a lot. Although people really hate group work, I personally love it. I am a visual learner and it helps when I work hand-in-hand with another student on an assignment. Human interaction helps me grasp the topic at hand a lot easier than trying to study straight out of a book on the computer screen.

Whether it's procrastination or just "senioritis" creeping in, I really need to keep my mind on the only goal I really am interested in Sacred Heart. For just recently I was accepted into the MACOMM graduate program here at Sacred Heart University, so I need to end my final semester of senior year on a high note. I can't wait for that feeling of accomplishment I'll have as I grab onto my diploma when it's handed to me by Dr. Petillo on Graduation Day.

NICOLE says...

One of the hardest parts of college is definitely finding a balance, amidst everything. You have to make the decisions for yourself, and those decisions end up shaping your life more than some might think. Extra stress and pressure come with being a college student not only because of the school work and changes in the learning environment, but also because it usually the first time you're on your own.

In my opinion, the most difficult thing is balancing your time. Mom and Dad aren't there to give you a curfew, make sure you go to your practices, eat "real" food on a schedule, check your grades, or even just remind you of the important things in life. So you're forced to grow up and find yourself, really. Suddenly your priorities begin to show you what your values are, and I truly believe you end up shaping your adult self.

Obviously your priority should be school at this point, but it's hard to find the time for everything. Most of us have jobs, school work and family and friends to worry about too. Personally, I wake up in the mornings, try to go to the gym, then get into school mode if I have homework and classes, then I have work and by the time I get home the day's pretty much over.

I've realized through the past three years that exercising makes my days better, so I make sure that I have time for that. Others might need to make time for their daily nap or volunteering somewhere. I make sure I do my school work but I don't overwork myself because I know that will only make me more stressed, and working keeps me grounded because I know that I have a routine I need to stay with and an income I need to make for myself. I've also realized how I value friends, significant others and my family. That's a balancing act in itself, but I like the fact that I prioritize relationships with the people who matter to me more than other aspects of my life.

Everyone has a different way of finding their balance, some might not find it right away, some might adapt freshman year. Life, not only in college, is all about balance to me. If you're too much of something it loses its value, and we definitely don't have enough time in the day, so make the days count.
St. Patrick’s Day Festivities

BY ALEXA BRISSON  
Staff Reporter

Leprechauns, shamrock shakes, and an endless amount of Irish entrees; it’s that time of year again. St. Patrick’s Day is just around the corner.

For many students at Sacred Heart University, St. Patrick’s Day will be celebrated at the annual parade in New York City. According to wilstar.com, the New York City parade is known as the oldest civilian parade, which includes 150,000 participants. These members include veterans, firefighters, policemen, and cultural clubs.

“My entire family marches in the New York City parade. My mom has led the Fighting 69th, which is an all-Irish sanction. My brother is a drummer in the pipe band and my grandparents own a bar in the city that everyone goes to following the parade. In my family, St. Patrick’s Day is better than Christmas,” said junior Kelly Simpson.

Simpson said that her favorite part of the parade is the awesome music. It’s like the epitome of St. Patrick’s Day.

“I’ve grown up listening to this music all my life so it’s really cool to see everyone enjoying it at the parade,” she said. “The Wolf Tones are my favorite Irish band. They play a song called ‘Streets of NY’ which is about an Irish man coming to New York City and making it his home.”

Simpson also said that on St. Patrick’s Day her mom makes 80 pounds of corn beef, 60 pounds of cabbage, and 60 pounds of shepherd’s pie so the entire neighborhood can come to dinner and enjoy the celebration.

For other students, this year will be their first experience in New York City for St. Patrick’s Day.

“I've always wanted to go to the city for St. Patrick’s Day so this year I finally decided to make it happen,” said junior Christina Hafkemeyer. “I’m really looking forward to actually experiencing the parade because I’ve always seen it on TV. It’ll be really cool to enjoy the atmosphere.”

Sophomore Gina Giordana is also looking forward to her first experience in New York City for St. Patrick’s Day.

“I’ve heard that it’s a lot of fun, filled with a bunch of people that spend the day enjoying the experience,” said Giordana. “It sounds like a great day that brings so many people together from all around the world.”

However, some individuals aren’t looking forward to St. Patrick’s Day as much as they did when they were younger.

“My dad used to take my siblings and I to the parade in Boston. I remember freaking out whenever the people threw candy in the crowd. Now that I’m a busy college student, I don’t really have time to celebrate like I used to,” said sophomore Elizabeth McLean.

Sophomore Amanda Ambrosio said she can’t wait to taste the iconic shamrock shake from McDonalds.

“It’s so delicious and it’s a once a year type of thing. I always find the time to get at least one during the St. Patrick’s Day season,” she said.

One college student is looking to make new traditions this St. Patrick’s Day.

“Starting this year, my girlfriend and I are going to make an Irish dish such as corn beef or shepherd’s pie,” said sophomore Ian Lemay. “She’s very Irish so she knows all the best recipes.”

What did you do for spring break?

“I went to New Hampshire with a few close friends on the granite state growler tour to experience new and unique beers.”

Senior Adam Salwocki

“On spring break I got to take my mind off everything and have the time of my life.”

Junior Madison Tavarozzi

“I slept and caught up with my family and friends.”

Sophomore Daniel Wrona

“This spring break I went to Maryville, Tennessee with Habitat for Humanity. We helped out at the local food pantry, the Habitat restore, an animal shelter and helped build three different houses. Being one of the only freshman on the trip was definitely nerve-wracking, but an experience I’ll never forget.”

Freshman Cara Desrosiers

“I went to the Bahamas and had an awesome time with everyone from Sacred Heart University.”

Senior Paul Pironi

“I got to get out of this weather and enjoy being on the beach everyday.”

Sophomore Becca Salzillo

“I went to my internship and worked at Bar Taco”

Senior Dan Orcutt
A. Rod is Back

SHAWN SAILOR
ASST. SPORTS EDITOR

Alex Rodriguez of the New York Yankees is now returning to his team after being suspended by Major League Baseball (MLB) for the entire 162-game 2014 season for use of performance-enhancing drugs, also known as PEDs. It was considered a second offense for Rodriguez because he admitted in 2009 to taking PEDs earlier in his career when he was a member of the Texas Rangers. Rodriguez’s suspension was originally 211 games but arbitrator Fredric Horowitz reduced the original number of games handed out by the MLB. It was the longest non-lifetime suspension in baseball history.

Rodriguez was named one of 13 players suspended by Major League Baseball for their role in The Biogenesis clinic run by Anthony Bosch. Bosch, the owner of the Florida clinic, acted as a doctor and illegally supplied steroid injections and other performance-enhancing drugs to professional baseball players and even high school athletes, and was recently sentenced to four years in prison.

I am a huge Yankees fan, and I have been a big supporter of Rodriguez throughout his career. He has made mistakes but so have many other players in the MLB, as well as, in other sports.

Rodriguez wrote an apology letter to the fans and the team. It was important for him to say something but personally I feel as though a press conference where the media could have asked him questions would have looked better, given the situation. A written statement looks as though he is trying to shy away from being grilled with questions by the media.

Nobody is quite sure how Rodriguez will perform this season. Even before missing all of last season, he has had surgery on both of his hips and he will turn 40 years old at the end of July. Rodriguez will primarily be the designated hitter and come off the bench for the Yankees; it is possible he could see some time at third and first base, backing up Chase Headley and Mark Teixeira, respectively.

If Rodriguez isn’t productive though, he could find himself on the bench. That is not what he or the team wants. If he is playing or sitting on the bench, the team still has to pay him. Therefore, the Yankees should hope that Rodriguez is productive for them and stays healthy so they aren’t paying him for nothing.

If Rodriguez wants to win the fans and his teammates back, it is simple, he has to produce. Although Rodriguez isn’t the star on the team or in the league anymore, if he does well, that will be a big factor for how the team does. Spring training should be a good idea of what the team will get out of Rodriguez and then they can see what they want to do with him. We will see.

Don’t Settle

NICOLE CANNIZZARO
ASST. PERSPECTIVES EDITOR

Don’t settle. I’ve realized that those two words are something to live by. You can apply that to every aspect of your life: school, relationships, work, etc. You have to realize your worth in order for everyone else to, and truly we’re all worth more than we think.

Being college students, we have a lot on our plate, and sometimes we settle in areas of our lives to make up for things. Like settling for that miserable job, so we don’t have to settle in the lifestyle we then create for ourselves with the income that we get from it. Or, settling for a B instead of an A because we really just want to take a break from studying and enjoy ourselves. But, as college students too, we should realize now that these are our selfish years and we should take advantage of them the best we can.

While we’re young, getting our priorities in check and taking advantage of our youth is something that some of us don’t do well enough. Even I don’t sometimes, but I’m learning from it. I have a job now, but, I definitely don’t work too much to the point where I can’t still enjoy myself and spend time with friends and family, because I know that one day soon I’ll be in the real world working full-time without any extra time to spare. And although I might have made mistakes, I know that’s normal and I don’t decrease the importance of what I really want to make up for it anymore.

Figuring out what you want in life and what your personal values are is very important. I think I’m at the point in my life where I really do know what I want and I’m going to be stubborn about it, because everyone deserves to have the life they desire. Obviously if you’re desiring a life with a Lamborghini and a house in every country, you’ll have a lot of work to do, but for me it’s more about what kind of life I want to live in terms of my own happiness, which isn’t based on material things.

I want to create a life where I feel like I’m not settling in any aspect, and I’m genuinely happy with my days. My family is my life, and they’ve taught me so many things about life and about myself. I’ve realized, with their help, that being happy should be the main goal in everything you do. If you’re settling in some area of your life, you probably aren’t truly happy with it. Some decisions might be hard, and you might have a hard time finding what it is you’re settling with and finally making a change, but as long as you make that change, you’ll be on the road to a happier and more fulfilling life.

So, my advice is stop settling. Stop settling for the shitty friends that know how to have a good time, and make it about quality instead of quantity. Stop settling for relationships with people that don’t value you. Stop settling for work that you don’t enjoy. Stop settling for B’s when you can get A’s. And stop settling for that unknown ice cream brand that’s a dollar cheaper, when you very well deserve Ben and Jerry’s.

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

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Sacred Heart Wins Healthy Workplace Award

BY KYLE DRAGO
Staff Reporter

The Sacred Heart Spectrum
March 11, 2015

Sacred Heart University’s Wellness Center was just announced as a gold award recipient in the Business Council of Fairfield County’s annual Healthy Workplace Employer Recognition Program. The ceremony was held in Stamford, Conn. on Feb. 13. This was the sixth consecutive year the university has been given this honor.

The program awards companies who are being proactive about bringing healthy ideas and lifestyle changes to employees.

Sacred Heart has been awarded for providing countless services for their faculty and staff. Including mobile mammograms, health screenings, Weight Watchers at Work, and much more.

Another program they sponsor is called Lunch & Learn. It is a free program for all faculty and staff held once a month. They bring their lunch, view a PowerPoint, receive handouts, and learn more about health and the topic of the month.

“We’ve partnered with Exercise Science and what they do is, they have their graduate students do project work, and then come over and present for us,” said Sally Schettino, Human Resources Project Manager at Sacred Heart. “They present on topics like a healthy heart, safe exercising, and nutritional guidelines.”

Schettino has been a big factor in the growth of the university’s Wellness Center and the faculty and staff services.

“We started in 2007 and we rolled it out with a wellness event. And since then we’ve grown into a community, and have a health fair each year for faculty, staff, and students. We work with health services to put on the fair and we provide services like free flu shots,” said Schettino.

The Wellness Center also sends out emails notifying faculty and staff on upcoming events and little tips and tricks for staying healthy. Schettino said that many employees really enjoy the emails because they feel it is creating a healthier atmosphere.

The Wellness Center is not only organizing healthy lifestyles but also inspiring other offices on campus to do the same.

“I know the business office in particular does a monthly lunch where they will bring in a salad bar or their own healthy foods and all eat together,” said Schettino. “And they work out together, because in that building we have the motion analysis lab, where they do TRX and Boot Camp, and participate in other exercise classes as well.”

Schettino said many professors have been attending classes and different events for years and love the accessibility they have to these services.

“My favorite part is just seeing changes in people, and seeing that people really do improve their lives, and they become more positive and happier and that’s what the goal is. A happier employer makes a happier place to work,” said Schettino.

New Club Aims to Spread Smiles

Operation Smile Chapter Begins on Campus

BY MELANIE HOLEC
Asst. Features Editor & Copy Editor

A new club on campus is hoping to spread smiles around the world with the help of the Sacred Heart community.

The Operation Smile club at Sacred Heart is connected to the international Operation Smile organization, which is dedicated to providing safe cleft lip and cleft palate surgeries to children in low- and middle-income countries.

The club has set a goal of raising enough money for ten “smiles,” or ten surgeries. This is equivalent to raising $2,400 with each surgery costing $240.

Hannah Ciccarelli, who brought the club to campus, says she hopes that the group can accomplish more than just raising funds.

“The goal of the club is not only to raise money, but to raise awareness as well,” said Ciccarelli. “Although the fundraising is important to the organization, what is equally important is that more people know about cleft lips and cleft palates and why it is so terrible.”

According to Operation Smile’s website, a child with a cleft lip is born every three minutes, and has twice the odds of not living to their first birthday. Cleft lips and cleft palates can also cause difficulty with eating, hearing, and breathing in older children and adults.

Ciccarelli hopes that the Operation Smile club will become prominent on campus in the near future. She believes that Sacred Heart is a great fit for the organization.

“The community really has a knack for helping people, and having fun with it,” she said. “This organization has opened so many doors for me as a student and has shaped me into being a better-rounded person who is aware of issues outside of my little bubble. Sacred Heart is already so involved in this through Habitat, so I think that the community will have no problem coming together to support people who cannot support themselves.”

“The Sacred Heart sophomore thinks that the organization allows students to have a measurable impact on the lives of low-income children and families, which is one of the reasons she wanted to bring the club to campus.

“I have been deeply involved in Operation Smile since my freshman year of high school,” said Ciccarelli. “When I saw that Sacred Heart did not have a club, I knew that I had to change that, so I decided to start one. After a few weeks of reviewing my application the club was approved.”

The international Operation Smile organization has been helping provide medical care to the disadvantaged since 1982. In addition to giving over 200,000 surgeries since its founding, it has also committed to training local medical professionals in developing countries.

Operation Smile’s website states that it “is the largest surgical charity of its kind, leading research into the causes of cleft lip and cleft palate, and its prevention, treatment, and eradication.”

The Sacred Heart Operation Smile club recently had its first meeting, which Ciccarelli hopes will only be the beginning of the organization’s attempts to reach its objectives.

“Anytime a student comes to the meetings, they are contributing to one of the goals,” she said. “The more people that know about Operation Smile, the more educated people become, and that’s really all I can ask for.”

Ciccarelli hopes that in the future, Sacred Heart can make a significant impact on the Operation Smile international organization, but says that what is really important is students hearing the message of the club.

“All I can hope for is that the club will grow to be well-known on this campus,” she said. “I want people to become as dedicated to the club as I am now.”

If you are interested in joining the Operation Smile club at Sacred Heart, you can contact Hannah Ciccarelli at ciccarelliha@sacredheart.edu.
Students Widening Horizons Through Online Publication

By Morgan Debelle Duplan

Horizons is an interdisciplinary, multi-cultural journal with the purpose of celebrating the creativity and diversity of Sacred Heart University's students. The new issue of Sacred Heart University's online journal, Horizons, will be available online on May 8, 2015.

Once available in print, Horizons lost funding due to high printing costs and became digital in 2006. Being published online has its benefits for the journal -- there is no page limit for Horizons online and the journal can reach a larger audience. A great deal of work goes into the making of Horizons each year. With help from Dr. Young, editors and student contributors, the journal remains a success.

"I have terrific editors -- Mary Awad, Sarah Backus, Katilyn Bush, Mikaela Marbot, and Billy Sanchez, who are dedicated to their crafts -- writing, editing, photography, lay-out and design. They are smart, enthusiastic, and talented young women and men," said Dr. Sandra Young, faculty editor of Horizons.

Dr. Young has worked with Horizons since 2000. Horizons is not a magazine, rather it is a journal focused on embracing the creativity of the university. Students submit fiction, poetry, essays and photography. Students then work one on one with an editor on revisions for their entries.

"I was the editor of my high school's literary magazine so when Dr. Young filled me in on Horizons, I was excited and felt back in my element. Horizons is one of my favorite things that I do on campus," said junior Mary Awad, student editor of Horizons.

Horizons editors receive academic credit for their work and dedication to the journal.

SHU Baseball Alumni Start the Total Sports Academy of Connecticut

By Gina Battaglia

Sacred Heart University alumni Richard Licursi and John Murphy recently came together as business partners to create the Total Sports Academy of Connecticut in Seymour. During their time at the university, both men were members of the Division I baseball team.

Rich Licursi, the sole owner of Total Sports Academy, is a Sacred Heart All-American, and 1990 Spectrum Athlete of the Year. He was a minor pitcher for Los Angeles Dodgers and Boston Red Sox.

John Murphy graduated in 2013 and is also a Sacred Heart All-American. Murphy, a Seymour resident, was a sixth round draft pick for the New York Yankees in 2013. Still in training for the Yankees, Murphy joined Licursi at Total Sports.

"It has taken me 23 years to find a hard working professional and honest worker," said Licursi. "We share this unique trait and when I met him it felt right from day one."

Murphy said that he loves working with Rich. He enjoys spending his downtime from baseball in the facility.

"I love being able to give back everything I've learned and watch younger athletes succeed," said Murphy.

Their motivation for Total Sports Academy was to provide a facility for the youth of the community.

"As a writer, getting feedback from other people about your work is so important. I got involved in Horizons because I want to help strengthen other student's writing and give them a chance to get their work published," said senior Kaitlyn Bush, student editor of Horizons.

The journal provides an outlet for students to share their work through pictures, stories and poetry.

"Horizons was an amazing experience for me, I had never shared my photos before. This gave me a lot of confidence in my work, and I can't wait to enter new pieces," said Junior Sarah Klaas.

Horizons is open to all students from any major.

"Being a media studies major, it's a great way to practice what I learn in class while I travel. It's become one of my favorite things," said Klaas.

Each year Dr. Young sends out global emails to the University calling for fiction, poetry, essays, photography, etc. Following, selected students are then contacted by their prospective editors to begin editing and revisions.

This year's theme is, Limbo: A Collection of Liminal Spaces. The issue will focus on transitional periods one comes across in their lifetime. Although this is the theme for the journal, it is not the theme of the individual writings.

"We encourage everyone, no matter what major, to submit to Horizons. We love receiving things from people of all intellectual backgrounds so we can truly show SHU's diversity," said Awad.
Get ready to see something "Fantastick"

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SACRED HEART UNIVERSITY THEATRE ARTS PROGRAM'S NEWEST ATTRACTION

The Chainsmokers Come to Sacred Heart
The newest performers to the "Electric SHU" concert series

BY JULIANNA DIDONATO
Staff Reporter

On April 17, Sacred Heart University will be hosting its annual spring concert, featuring The Chainsmokers, as part of the theme of "Electric SHU."

According to many fans, The Chainsmokers have become the hottest young American Electric Dance Music (EDM) and DJ duo.

"I'm very excited about this year's spring concert. I enjoy The Chainsmokers style of music and am very excited to attend," said freshman Mike Lotito.

The freshman class seems to be the most excited for this performance because they were not here last spring to see Steve Aoki perform a similar style of electronic music.

"I was excited for Aoki but now I'm tired of EDM," said sophomore Allison Romeo.

"I will be attending the spring concert, even though I'm not a huge fan of EDM. It's just an excuse to go out with my friends, dance, and have a lot of fun," said sophomore Katie Guarino.

However, some upperclassmen are not too thrilled that Sacred Heart is continuing its EDM theme.

"I am not excited nor am I planning to attend the spring concert. I only know one song and I'm not a huge fan of it. I was excited for Aoki but now I'm tuned out of EDM," said junior Christy Coyne.

"The Chainsmokers' best-known songs are "SELFIE" and "Kanye."

Sophomore Allison Romeo is not interested in attending the spring concert.

"I'm not a big fan of EDM so I am really debating whether or not to go to the concert. It is annoying because we just had Aoki last spring. No one really knows who the The Chainsmokers are. The one song that everyone knows, "SELFIE," is now overplayed," said Romeo.

Amy Ricci, the Director of Student Activities, says there is a process to follow when deciding who will be coming to perform at Sacred Heart.

"The process takes some time, coordination, and consideration. We have to find an artist or group who will perform on a college campus, who is touring during the spring, who is available on the dates that we have reserved the Pitt Center, and who is in our price range," said Ricci.

"The Chainsmokers were the best fit across every determining factor for us this year. Tickets will go on sale for The Chainsmokers on Wednesday, March 11 at 11 a.m."
The Sacred Heart Spectrum

March 11, 2015

Arts & Entertainment

Westport Country Playhouse

Broadway quality theater just a 15 minute drive away

BY GABRIELLE HAMILTON
Staff Reporter

The Westport Country Playhouse is a 15-minute drive from Sacred Heart University and is surrounded by restaurants and shops like Vineyard Vines and Brandy Melville.

Westport Country Playhouse is a nonprofit professional theater that offers many different events that are family and student friendly such as plays, student matinees, education workshops and more. Their first play for the 2015 season is "Dog Loves Book" on March 1 at 1:00 p.m.

"I have actually heard about the Westport Country Playhouse and it definitely sounds like a place I would like to go to see a play on a Saturday afternoon," said freshman Jeannette Anobile.

Many students have already visited the venue. Junior Connor Donelly took the class, Prophets of Rage in American Rhetoric, as his freshman seminar and went on a trip to see a show and see what Westport Country Playhouse is all about.

"I thought that the playhouse was nice and it was a great place to watch a show. I liked how it was quaint and there was not a bad seat in the house. If there was a show I was interested in seeing I would definitely go back," said Donnelly.

Senior Colleen Crowley had the opportunity to become an apprentice at the theater in the summer of 2009 with seven other high school students. They took acting classes during the day and worked at the shows at night.

"Being from the area, I love the playhouse. It allows me to see professional Broadway-quality theater in my own hometown. I would definitely recommend it to students. The prices are reasonable and the shows are high quality," she said.

Just as interesting is the history behind the theater. According to Westport Country Playhouse's website, on June 29, 1931 the theater opened with the actress Dorothy Gish starring in "The Streets of New York."

The stage inside the theater was built to resemble the Broadway's Times Square Theater. It was common for many actors and actresses to start off at the theater and move on to Broadway in New York City.

"I actually have been to the theater with my parents and it is beautiful. It is small but still has that Broadway feel and look. I loved how the actors and actresses would interact with you both during and after the show. I would highly recommend that people go there and see a show," said junior Lauren Grass.

Evidently, many famous actors and actresses have performed at the Westport Country Theater like Paul Newman, Joanne Woodward, Jack Aaron, Jane Alexander, and Karen Allen.

According to imdb.com, Newman was married to Woodward and resided in Westport, Conn. He opened a restaurant called Dressing Room that helps Westport Country Playhouse, which he was very dedicated to.

"I did not know that Paul Newman was so involved and dedicated to the theater. I have never heard of it but it definitely sounds like a place I would like to visit," said junior Makenna Lenzman.

Westport Country Playhouse is a treasured resource for the state of Conn., according to the theaters website. They also say that the theater serves as a cultural setting for artists and students to gather.

"I have never been to the Westport Country Playhouse but I have heard of it. It seems like a place I would want to visit since the tickets are so inexpensive and it is so close to campus," said sophomore Delanie Carmen.

BY MICHAEL KENNY
Contributing Writer

Over the past few years, listicles have begun to dominate the environment of social media. Anyone who has a profile on Facebook has seen how often BuzzFeed articles are shared among friends, with titles such as, "10 Marriage Expectations That Aren't Always True," or the totally nothing to gain.

"Cracked.com" the newest rival in listicle style websites

Have You Heard The Newest "Buzz?"

"Cracked.com" the newest rival in listicle style websites
Despite losing three senior captains, Sacred Heart will look to feed off the success they won for it. Bryant but him jump-shot was off the mark and the game would go to double free throw with 15 seconds left. With the game knotted at 77, Starks had a chance to who hit an off-balance three pointer as time expired to send the game into overtime.

Kelley tied the game when he drove to the basket and connected on the shot and made three-pointers as the teams stayed close.

A trip to the NEC Tournament makes the end of a successful turnaround.
Men's Hockey wins first postseason series since 2010

BY NICK MCANENEY
Sports Editor

For the first time since 2010, the Sacred Heart men's hockey team advanced in postseason play, sweeping Army by scores of 2-0 and 5-2.

The Sacred Heart women's basketball team fell to St. Francis Brooklyn 77-59 in the Northeast Conference Quarterfinals on Sunday. The loss ends the Pioneers season. The Pioneer women finished with a 16-13 record, while St. Francis got out of the gate strong, going up 4-0 and 6-3 with baskets by Jaymee Veney and Sarah Benedetti before two three-pointers from Hannah Kimmel tied the game.

The Pioneers the got hot, and Sacred Heart seemingly started to take control of the game early in the first half, when they went on a 18-6 run to give themselves a 24-12 lead with 10:12 left in the first half. The run was led by Gabby Washington, Katie Shepard, Alissa Tyler, and Kimmel.

Over the next five minutes, St. Francis fought back to tie the game at 29 with 5:23 left in the half on an Eilidh Simpson free throw. Alex Delaney and Jaymee Veney were the catalysts for St. Francis during the run, scoring 12 points between them. The rest of the half was back and forth, with no team gaining more than a three-point advantage.

Trailing 37-35 with three seconds left in the half, Cassidy Derda of St. Francis was fouled on a three-point attempt by Katherine Haines. Derda made all three free throws to give St. Francis a 38-37 lead at the break.

St. Francis came out hot to start the second half, and opened up the half on an 11-5 run to give the Terriers a 49-42 lead. Coach Jessica Mannetti called timeout after to try and slow down the St. Francis momentum.

Sacred Heart got as close as 52-50 with 10:43 left in the game, with baskets coming from Washington, Shepard, Adaysha Williams, and Johanna Lopez. The Pioneers fought to keep the game close, keeping the deficit at only three points 58-55 with 8:39 left in the game.

In the second half, Sacred Heart was able to break the tie in the second period when junior forward Zach Luczkny hit Butcher across the crease and he was able to lift the puck over Gahagen's pads to give the Pioneers a 1-0 lead with 13:44 left in the second period. The Black Knights came close to tying the game four minutes later, but Vazzano was up the challenge as he was able to stop back-to-back shots from Army.

The Pioneers shut the door down on Army in the third period, as they held the Black Knights to only three shots on goal for the entire period. Jasper sealed the victory for Sacred Heart with his second goal of the series to increase the Pioneers lead again. Army got the deficit down to two again, but with only 4:53 left in the game. That was the closest they would get. Minello added an empty net goal with 1:43 left in the game, giving the Pioneers a 5-2 victory.

The Terriers went on another run to go up 68-57 with two minutes left. The Terriers would close the game on a 9-2 run to come away with the double-digit victory 77-59. Jaymee Veney had a game-high 25 points to lead the Terriers to the victory, while Benedetti also added in 19 to help St. Francis along. Seniors Gabby Washington and Katie Shepard led the team with 18 point and 15 points respectively for the Pioneers in the loss. The Pioneers only shot 35 percent from the field, while the Terriers shot 48 percent, and also the Pioneers committed 12 turnovers compared to the Terriers nine. The Terriers would go on and score 14 points off the Pioneers turnovers, while also outrebounding Sacred Heart 35-31. St. Francis also dominated in the paint, outscoring the Pioneers 30-20 down low.

Shepard and Washington, the two seniors on the team, leave behind a great legacy for the Pioneers, winning a conference tournament title and making an NCAA Tournament appearance.

Ending the Drought

Men's Hockey wins first postseason series since 2010

BY NICK MCANENEY
Sports Editor

The Sacred Heart men's hockey team advanced in postseason play, sweeping Army by scores of 2-0 and 5-2.

The Pioneers shut the door down on Army in the third period, as they held the Black Knights to only three shots on goal for the entire period. Jasper sealed the victory for the Pioneers when he put a rebound back in off a Sabatini shot with 3:55 left in the third. The Pioneers outshot Army 28-20, and held the Black Knights to 0 for 3 on the power play.

The next night, the Pioneers clinched a trip to the conference tournament quarterfinals with a 5-2 victory. The Pioneers had a balanced scoring attack, with all five goals coming from five different players.

Army almost got on the board first, but Vazzano was able to dive and cover up the puck before it was able to cross the line. With 7:46 left in the first, sophomore Justin Minello almost gave the Pioneers lead, but the puck hit the crossbar. Sophomore forward Justin Danforth also almost gave the Pioneers the lead, but his supposed goal was overturned by a video review. After thoroughly outplaying Army for the first period, the Pioneers went into the locker room tied 0-0.

Senior Ben Lake got the scoring started 4:27 into the second period, when he blew a shot from the point past Gahagen for the first score of the game. A little more than a minute later, senior Brian Sheehan put another one in the net to increase the lead to 2-0. Four minutes later, Butcher put his second goal of the series to increase the Pioneers lead to 3-0 halfway through the second period.

The Black Knights had to call timeout to try and stop the bleeding. Army got to within two when they got on the board with a goal, scoring on a power play goal to make the score 3-1. It was the first power play goal the Pioneers had let up in the last twenty attempts.

Twenty-nine seconds later, Danforth answered by converting a two-on-one to give the Pioneers a three-goal lead again. Army got the deficit down to two again, but with only 4:53 left in the game. That was the closest they would get. Minello added an empty net goal with 1:43 left in the game, giving the Pioneers a 5-2 victory.

The team now travels to take on Canisius to try and advance to the AHC semifinals.
SACRED HEART PIONEERS MEN'S HOCKEY TEAM CELEBRATING WINNING WAYS

THE SPECTRUM/LIZ MASTRACOLA