General Electric Is Shipping Up to Boston

How the departure will impact the local community

GE has been located in Fairfield since 1974, and it has been an influential economical partner to the town and all of New England ever since. Since the news of the departure surfaced, some have speculated that GE may donate their 68-acre campus to Sacred Heart University. "We have no reason to believe that talk of a gift by GE to the college is anything more than a rumor," said Deb Noack, a Sacred Heart improv troupe.

The departure of GE may also be worrying to students and faculty in the Jack Welch College of Business, because GE was a substantial source of internships and business leadership. "GE has always been a wonderful neighbor to us, and our business college is named in honor of former CEO Jack Welch. Our partnership with GE has provided our students with guest speakers, internships, and jobs once they complete their degrees and much more," said an official press release from Sacred Heart. GE's attention to philanthropy has provided Sacred Heart with $150,000 in donation money from the GE Foundation Grant, according to the Connecticut Post. "We will always have a good relationship with GE. That's not going to just end when they move," said Sean Heffron, the Director of Student Experience for the Jack Welch College of Business. "We can continue to provide them with good interns and graduates. GE is already all over the country, the HQ in Fairfield happens to be one location, but we've got students at other GE locations and we'll continue to do so if it's a good fit."

Those within the school of business are confident in Sacred Heart's ability to provide other sources of business internships, and believe that students will still be able to get work experience at other corporations. "I don't think that the departure of GE will negatively affect SHU's business school or internship opportunities because although the company is very profitable, there are many opportunities in the area for internships and the school will still be the same," said sophomore accounting major Faith Leahy. "Because of the large impact they had on our taxes, it's possible Fairfield may need to rethink where their new money will flow in from." According to the Fairfield Citizen, GE accounts for about $1.8 million in tax revenue for the town. "I think that Fairfield's economy may differentiate a little, but I don't think it will be something substantial," said Fleming. "There are many big companies/corporations in the area, so I don't think it would drastically change anything." According to a press release from GE, the corporation plans to sell their Fairfield and New York City properties in preparation for their move to Boston. GE expects to complete their move to Boston by late 2018, taking about 800 employees with them. "Again, as long as someone else moves in, there won't be much of an effect. It may even help the economy if it's a rising star," said Heffron. "Don't forget that some of the GE employees will be working here in Fairfield County in Norwalk, not far away."
Online Psychology Program Gains National Recognition

BY ANTHONY MATTARELLO
Assistant News Editor

Sacred Heart University has been quickly expanding in the past few years and is making plans to continue its academic advancement. "Since I've started here, Sacred Heart has grown exponentially," said Dr. David Mayer, director of the Master of Science in Applied Psychology. "In addition, they are able to continue their education without comprising the quality of instruction."

This program is still relatively new, so some people are worried that an online program does not supply the same education in-class programs do. "I feel that online classes aren’t worth the convenience, I’d rather be in a physical person I can have interactions with. Also, I feel that there’s a stigma because some companies might think that an online degree really doesn’t get you ready for an actual job," said junior Matthew Monaco.

A new vision is the improving the education system in our country. "Online education has been steadily growing throughout higher education. Online programs should not be judged any differently than in-person programs. If a course or a program is well designed with excellent instruction then it will be successful whether online or in-person," said Dr. Mayer. As for the certain stereotypes that come with an online course, some professors want to break them.

"Online courses do prepare people for the demands of a real life job. There is often a misconception that online means out of sight, but the online programs are not further from the truth. There are a plethora of technological resources to connect faculty with students as well as students with other students," said Dr. Mayer.

It seems that whether or not the course works depends on the professors. "Our MSAP program is offered both online and in-person. The main success comes from the expertise of the faculty and that they make sure that the content being taught is the same in either format," said Dr. Mayer. The online programs have been around for several years now. The school and the faculty are excited about the recognition and looking forward to more years of online success.

"Our program is in its sixth year and the majority of our instructors had online teaching experience before teaching in the MSAP program. We strive to continue to examine ways to effectively reach our students and have the learning experiences optimized for the online learner."

For more information on Sacred Heart’s online programs, visit onlineprograms.sacredheart.edu.
Tackling the Issues: Global Warming

You want to know something? You want to know what really bothers me? One of my biggest pet peeves, what really grinds my gears... Is when people say they "Don't believe" in something that tangibly, legitimately exists.

Take people who say, "Oh no, I don't believe in gluten" when you offer them a scone. Excuse me, but how do you not believe in gluten? It's right there, existing in front of you. It bogglies my mind that a grown adult can stand tall and say they don't believe in something that very obviously exists.

The answer is simple: It exists. They just refuse to believe in it. The difference is subtle, but important.

So, you can understand my frustration when people look me in the eye and say they don't believe in global warming.

Global warming is not a "believe it or not" concept. It's not the boogie man or a monster in the sea that no one has ever seen. It is the culmination of humanity's lack of respect for our mother Earth and the subsequent raise in atmospheric temperature.

If you didn't pass fifth grade science, or just don't like to read big words, let me break it down for you a little simpler.

When we mistreat the Earth, (by using fossil fuels, littering, and on and on...) the gases we create trap heat in the atmosphere. And if the heat cannot get out, hello summer... all year round. The process is actually a lot more complicated than that and involves terms like the "greenhouse effect" and "ozone layer." If you have 40 minutes to spare out of your day, look up the Bill Nye episode about it. Very helpful.

Anyway... Many people choose to think of global warming as a mere concept, and at best, something they won't have to worry about, because by the time the earth implodes from heat waves, they'll already be long gone. (The Earth will most likely not "implode" from global warming. I'm not a scientist. If you want to know just how the Earth will destruct via global warming, refer back to the Bill Nye video).

However, realistically we should probably start taking a little more to heart, a little more of the beauty it possesses, too.

I hate winter as much as the next person. In fact, I probably hate it more. I despise the snow and everything that has to do with the cold. If I could live in shorts and a tank top year round, I'd be in my glory.

Even so, there's a reason we have seasons. Mother Nature has needs just as all of us do, and she needs winter to recuperate and prepare for the vegetation of spring.

So do me a favor, whether you believe in it or not...

"Be good to the Land and the Land will be good to you." - Phillip James Jones.

The Oscars Controversy

The Oscars, otherwise known as the Academy Awards, is a celebration of the best films of the year. The 88th Academy Awards are scheduled to be held on Feb. 28 at 8:30 p.m. After the nomination list was revealed on Jan. 14, there was backlash from many celebrities and public figures regarding the lack of diversity among the candidates. For the second year in a row, all 20 of the nominees in the main acting categories are Caucasian. Will Smith has made it publicly known that he will not be attending the ceremony. Here are some student opinions on the issue:

"The fact that there are no black actors being nominated is just a clear sign of racism still embedded into our society's media. The movie, "Creed," with Michael B. Jordan, a great actor, is being looked over. Instead, [an award] is being offered to Sylvester Stallone who is not the lead actor. Not only that but an ongoing matter that most overlook are movies that are being made and the cast that is wanted. Even with a black man as President, a white man will still be more appealing to the media as a lead actor rather than a black man. African-American actors can't thrive if there are no movies that allow for that opportunity." - Sophomore, Maria Gabriela Mossa.

"The Oscars is a ceremony that recognizes individuals for their talent in the field of entertainment and the fact that no individuals of color were nominated is disgraceful to the field. Entertainment is used to break us from the monotony of our lives and should have no gender, race, orientation, or anything that separates one group from another. This is about talent and talent has no gender, race, etc. It's not like there weren't good actors of color; there is just a systematic oppression of those with talent who don't fit in with the normality of one group of people." - Junior, Matthew St. Claire.

"I think it's full of [expletive], honestly. Everyone is so caught up on race. Society only watches entertaining or relatable movies. So therefore, it's the people contributing. The more we watch and send up the ratings, that results in who becomes nominated. Stop blaming color." - Sophomore, Malaysia Johnson.

"This is a side effect of a racial divide that is entrenched in the U.S. Instead of looking at this single issue, where the public seems very keen to ferret out potential racism, perhaps there is a larger issue at hand that is preventing non-white artists from adequate representation." - Senior, Peter Garbraith Kelly III.
Snowhere to Go?
Ways to Combat Winter Boredom

By Giovanna Gatto
Asst. Perspectives Editor

winter was a season they didn’t have to experience. Sophomore Arianna Taite said, “The cold weather always makes me want to plan a summer vacation to somewhere warm. Usually I will just take a nap and dream up all the places I will go to when this horrible season is over.”

With all of the cold weather keeping students bundled up inside, some are left relieved, giving them time to catch up on the homework that they are already drowning in.

While it may seem like the cold weather gives students the gift of extra study time, some feel very little affect on their busy schedules. “I don’t have time to combat boredom,” said junior Cody Richard. During this frigid winter season there are many ways to keep yourself busy. Junior Yaritza Grant said, “I usually sleep, go to the gym, color, or watch Netflix.” With a little bit of creativity or a quick check up on your homework load, the indoor blues can easily be avoided during this winter.

Second Semester Slump

By Giovanna Gatto
Asst. Perspectives Editor

Second semester has creeping up on us again, and fond memories of our recent month long break seem to always make it harder to tackle the year.

“It’s so annoying to get back into the swing of things, but I know once the semester picks up it’s gonna go by so fast,” said junior Samantha Haug.

Spring semester is the time when everyone tries to buckle down and pull up their plummeted GPA from the result of the fall semester. Yet time and time again students have difficulty coping with the coming back to school.

“The second semester slump is difficult to deal with because coming back from break is [a] hard adjustment. I find the busier I keep myself the easier it is to get out of the slump,” said sophomore Patrick Robinson. “I’m always trying to do something whether it be class-related or if it is an extracurricular. It’s much easier to cope when you have a lot to do.”

Some students enjoy jumping right into the semester to readjust themselves to the feeling of having multiple things to do at one time. However, other students wish they were still back home bundled up in bed binge watching their favorite television show. “I should really do this project that’s due soon, but I also really want to catch up on The Walking Dead,” said Junior Shaun Sullivan.

Junior Andrew Fiscella feels that the second semester slump brings out the best and worst when it comes to his grades. “I always going into the semester with the attitude that I’m going to get all A’s,” said Fiscella. “But by the end of the semester I’m left reminding myself that Cs get degrees.”

For the senior class, this semester is more than just a four month gap before summer vacation. This is their final countdown to graduation. Senior Courtney Davis said, “I definitely have senioritis but I’m avoiding the graduation countdown because that just means I have to get my life together.”

Senior Andrew Jackman has a different type of count down. “I’m counting down until April when I turn in my senior Project,” said Jackman. “Once that happens then I don’t care.”

Perspectives The Sacred Heart Spectrum February 3, 2016

Office 203.371.7963
Advertising 203.371.7963
Visit Us At: www.shuspectrum.com

Comments or Concerns? Email us at spectrum@shu.sacredheart.edu

SHUSpectrum Newspaper

Please don’t ever forget no one can love you like me, you.
Spectrum Welcomes to the Board ...

Liam Clare, freshman
Asst. Advertising Manager
Lisa Carbone, sophomore
Asst. Copy Editor

Anthony Mattariello, junior
Asst. News Editor
Alexa Binkowitz, sophomore
News Editor

Bryan Kelleher, freshman
Co-Web Manager

Follow us on Twitter and Instagram @SHUSpectrum and Like on Facebook

Spring Concert
Friday, April 8th
William H. Pitt Center

TICKET SALES
February 10th 10am - 10pm
Hawley Lounge
Twin Tides Clothing Company

BY EMILY ARCHACKI
Editor-in-Chief

Facebook, WordPress, Dell, and Google. What do all of these companies have in common? They were all created and founded by students while they were in college.

Twin Tides Clothing is hoping to become the next great success story.

"I've always had a passion for business and entrepreneurship," said current Twin Tides owner, junior Alan Ksiazek.

Sacred Heart University student John Callahan originally founded Twin Tides in 2013. Ksiazek met Callahan through shared involvement with a Greek life organization on campus.

"I wanted to start working with him [Callahan] because I thought it was a cool idea, and people liked it. That's how the conversation began," said Ksiazek.

After a lengthy process of transferring trademark ownership from Callahan to Ksiazek, the re-branding of Twin Tides occurred in September 2015.

Many college students hope to turn their dreams into a reality, but for Twin Tides that is where the company name originated.

According to Ksiazek, while Callahan was spending time at a family lake house one summer in New Hampshire, he had a dream where he saw the image of the company name and logo of an otter floating in the water. The rest is history.

"Most of our stuff is geared more towards a summer type of atmosphere," said Ksiazek.

"We are working on expanding our product line. All of our effort right now has been on product development," said Ksiazek.

According to the company's website Twin Tides has three main ideals: "our community keeps us grounded, our charity keep us evolving, and, above all else, our comfort will keep you coming back for more."

This past October, Twin Tides introduced shirts designed around breast cancer awareness. Portions of the proceeds of the sales of that design were donated toward breast cancer research.

"We're aiming to brand our company in a way that's socially responsible and that gives back to the community," said Ksiazek. "We want to build our brand through that core idea."

In addition to the ideal behind the company, their slogan is "get with the tides."

One way Twin Tides is encouraging individuals to "get with the tides" is through their brand ambassador program.

The program, developed by senior Evan Miller, looks for applicants that will represent the ideals of the company. These ambassadors become active participants in the company, not only in product sales and marketing, but also as charitable individuals who give back in their local communities.

"It's crazy with a start-up because you have all of these plans in the first place and then learn different things that have to happen as you go along," said Miller. "The ambassador program is still changing and adapting to what we are today. On average we receive three to five applications per week."

Social media is another way Twin Tides markets, advertises and generates consumer content.

With accounts on Facebook, Twitter, and Instagram under the account name of TwinTidesUSA, updates on the latest product offerings, discounts, and much more help expand knowledge of the brand outside of the Sacred Heart community.

Each Tuesday a contest is held where a photo posted with "#TwinTidesTuesday" may be chosen as the weekly winner and showcased on the official social media accounts.

"People come up with great stuff, if you give people a chance I think you'd be really surprised," said Ksiazek. "We've had some really great pictures."

Through a partnership with the Jack Welch College of Business, Twin Tides is in the process of building a staff of interns. Currently there are three interns on staff, Miller alongside senior Jake Nolan and junior Haley Blanchard.

As a student run business, Twin Tides is hoping to continue their growth with the support of the Sacred Heart community, as well as expand and make waves in the business industry.
Features

Become Your Own Character With Bitmoji

BY MARINNA DESANTIS
Assistant Features Editor

Bitmoji is a new way to portray your group texts with more than just words.

In the ever-changing age of technology, there’s a constant flow of new apps and devices that are accessible at the touch of your fingertips. Some apps are designed into every iPhone and Android, and are a fun way to add small objects during your everyday texting conversations. The emoji keyboard for iPhone was even revamped a few months back, adding a ton of new objects to use.

Bitmoji is an app that was created in 2014, but just began gaining in popularity in recent months. With this app you can create your cartoon lookalike, you have the option of different face shapes, hair styles and colors, eye color, lipstick, and the final step is the outfit. There’s a ton of different options so you can customize it to truly look like yourself.

These options are not set in stone, either. If you change your hair color or want to change your outfit you can. The possibilities are endless with Bitmoji.

“I couldn’t believe how much my Bitmoji looks like me. I feel like I’m looking at a professionally designed animated character,” said senior Lindsey Balukonis.

Once you’ve completed designing your character, just enable the app on your keyboard settings. When you want to send something, just tap on the image and it’s automatically copied to your clipboard. Then, you just paste it into your text message.

Your personalized Bitmoji will be featured in over 100 animations. These range from portraying your favorite “Star Wars” character, to wishing your friend a happy birthday while hanging onto balloons in the sky, to telling someone you miss them with huge crocodile tears.

The library has a huge amount of different options for every emotion from happiness, humor, sadness, and affection.

“Bitmoji says everything you want to but in a more personalized and funny way. There’s almost an avatar for every point throughout my day,” said senior Ally D’Amico.

Who doesn’t want an adorable cartoon version of themselves to harass their friends and family with all day?

“I’ve never heard of this app until now, but I’m definitely going to download it to see what it’s all about,” said senior Anthony Russo.

To really understand how this app works, you can download it and see for yourself in the Apple and Android app stores.

Food Review: The Sitting Duck Tavern

BY NICOLE CANNIZZARO
Features Editor

As a Sacred Heart University student, I usually travel to Fairfield or Westport if I want a more classy dining experience, but luckily the Sitting Duck Tavern just opened minutes away in Trumbull.

Upon arrival I was already impressed with how close it was to campus, and the elegant decor. The lighting was dim, there was unique high-backed seating, and even a fireplace and sitting area arranged right outside, past glass doors.

When I walked in a hostess greeted me right away. It was very busy so I decided to sit at the bar. The bartenders were busy too, but within minutes I was greeted and I quickly made my drink selection, which tasted delicious. For those 21 and older, I’d highly recommend Paradise on Main.

This drink is made with St-Germain Elderflower Liqueur, club soda, and La Marca Prosecco. It was very light and tasty, even garnished with frozen grapes waiting at the end of your drink.

Almost all cocktail drinks were $8, and they have a very extensive selection of beers and wines as well, all for around the same price.

The food menu was harder to choose from, simply because everything sounded so good. I decided to get a few apps to share with my friends, so we could really get a sense of the food style and taste.

All of the appetizers ranged from $6 to $12, so we were glad we wouldn’t be emptying our wallets when the check came. Our final choices were crispy artichokes, rustic bean bruschetta, and bang bang shrimp.

The crispy artichokes were simple, fried with roasted aioli, but so tasty. They were my friend’s chosen favorite.

My favorite would definitely be the rustic bean bruschetta. The mixture of beans, sweet fennel sausage, garlic, lemon, and spinach were enjoyable alone. Adding them on top of ricotta crostini was the cherry on top.

The bang bang shrimp was also mouthwatering. It was sweet and spicy, and came out seemingly fresh. One of my biggest pet peeves when dining out is when the food is cold, or doesn’t seem fresh. This was not an issue at the Sitting Duck.

We were not disappointed with any of our choices, but I might not suggest the mixture of these flavors at once. The crispy artichokes were simple, fried with roasted aioli, but so tasty. They were my friend’s chosen favorite.

My favorite would definitely be the rustic bean bruschetta. The mixture of beans, sweet fennel sausage, garlic, lemon, and spinach were enjoyable alone. Adding them on top of ricotta crostini was the cherry on top.

The bang bang shrimp was also mouthwatering. It was sweet and spicy, and came out seemingly fresh. One of my biggest pet peeves when dining out is when the food is cold, or doesn’t seem fresh. This was not an issue at the Sitting Duck.

All of these appetizers were the perfect portions for us to sample and share, but we did take a look at the entrees just to see what we could have if we came for a bigger dinner another day.

There are many entrée choices all ranging from $12 to $20, and also burger and sandwich choices ranging from $10 to $20. We didn’t get to sample these this time, but when we saw food being brought to other tables, we were impressed again.

The one regret I have about my visit to the Sitting Duck is that I didn’t try the $6 lava cake that looked worth $60. If you want to try out the new spot that I think most Sacred Heart students will take a liking to, it’s located at 4244 Madison Ave. in Trumbull.
Arts & Entertainment

SHU Improv Troupe

Get ready to laugh with the Pioneer Players

BY JESSICA CHALOUX
Copy Editor

While the Sacred Heart Theatre Arts Program puts on a variety of performances throughout the year, one of their most innovative and energetic outlets for their actors is an improv troupe known as the Pioneer Players.

"For the past three years I have been going to improv shows at Sacred Heart. I would recommend it for anyone looking for a good laugh. No doubt you will leave with a smile," said junior Brian LoDebole.

The Pioneer Players, formally known as The Awkward Handshakes, practice weekly to be able to produce well-rounded shows to perform to the Sacred Heart community. In these rehearsals they practice short-form improv as well as long-form, two styles which differ in length of time.

"Improv is a club branched off of the theater program. Our club is a group of students that play 'Whose Line is it Anyway' type games in front of an audience. We work on two fundraisers a semester, one in the beginning and one at the end, with our next performance Feb. 10," said junior Rachel Proffitt, producer of The Pioneer Players.

Although the group is related to the theater arts program, their performances showcase a different type of theatrical talent and is open to all Sacred Heart students. Opposed to traditional acting performances, the troupe plays short five to eight minute 'games' featuring different members of the group.

These games are dependent on audience participation, which create hysterical and random scenes. Don't be surprised to hear the crowd shouting to the Players when asked to give suggestions of locations, objects, a well-known figure, or funny situations for them to act out.

"Unlike the six other shows we have on our stage each year, improv performances provide the audience with a sort of thrill. Because everything we do on stage is completely made up on the spot, the audience, as well as the actors on our team, never know where a scene is going," said senior Sarah Klaum, director of the Pioneer Players.

Klaum was first introduced to the troupe by her orientation leader and since then has been very involved with the club, taking on the role as director for the first time this year.

"Improvisation acting was never something I considered because I never had an opportunity to try it in high school and I didn't necessarily find myself to be a comedic actress. Now four years later I'm the creative director of the newly named Pioneer Players and I can honestly say it has been the best thing I've done here at Sacred Heart," said Klaum.

Improvisation is based off of the suggestions audience members provide, changing each scenario and forcing members of improv to work together to make scenes work. Within the Pioneer Players there are two strains of performances. Showcase performances are composed of incoming members of the group who practice in front of live crowds, while fundraising performances raise money to go towards the program by charging $2 presale or $5 at the door.

"I love performing in full productions with the Theatre Arts Program, but with improv I never get the feeling that what we're doing is work. It is also a little more difficult. You can't rely on your lines or your music to make a good show," said sophomore Sean Whelan. "Everything depends on what you make up. It's a little more pressure than normal shows, but a lot of fun."

Whelan has been involved with the Pioneer Players since his freshman year, first starting with the showcase team and now is performing in fundraisers.

"Things change at the drop of a hat in our shows, and that can either work to our favor or against it. That uncertainty gives the actors such an adrenaline rush and provides the audience with an experience that will never be duplicated," said Klaum. "It's so rare to come across a hobby or activity where you are free to try things out, push the envelope and create."

Presale tickets will be available from Feb. 8 to 10 from 12 p.m. to 4 p.m. at the Edgerton Center booth.

ARTIST'S CORNER

MEMBERS OF THE TAP PROGRAM PERFORM USING THEIR QUICK WITS AND GREAT SENSES OF HUMOR

because I never had an opportunity to try it in high school and I didn't necessarily find myself to be a comedic actress. Now four years later I'm the creative director of the newly named Pioneer Players and I can honestly say it has been the best thing I've done here at Sacred Heart," said senior Sarah Klaum, director of the Pioneer Players.

Improvisation is based off of the suggestions audience members provide, changing each scenario and forcing members of improv to work together to make scenes work. Within the Pioneer Players there are two strains of performances. Showcase performances are composed of incoming members of the group who practice in front of live crowds, while fundraising performances raise money to go towards the program by charging $2 presale or $5 at the door.

"I love performing in full productions with the Theatre Arts Program, but with improv I never get the feeling that what we're doing is work. It is also a little more difficult. You can't rely on your lines or your music to make a good show," said sophomore Sean Whelan. "Everything depends on what you make up. It's a little more pressure than normal shows, but a lot of fun."

Whelan has been involved with the Pioneer Players since his freshman year, first starting with the showcase team and now is performing in fundraisers.

"Things change at the drop of a hat in our shows, and that can either work to our favor or against it. That uncertainty gives the actors such an adrenaline rush and provides the audience with an experience that will never be duplicated," said Klaum. "It's so rare to come across a hobby or activity where you are free to try things out, push the envelope and create."

Presale tickets will be available from Feb. 8 to 10 from 12 p.m. to 4 p.m. at the Edgerton Center booth.

ARTIST'S CORNER

ORIGINAL DRAWINGS BY ABDULLAH ALGHAMDI, PENCIL AND PAPER.

OFFICE 203.371.7963
ADVERTISING 203.371.7963
Comments or Concerns? EMAIL us at SPRECTRUM@SACREDHEART.EDU
Visit Us At: www.shuspectrum.com
Arts & Entertainment

Murder Mysteries Sweep Popular Platforms

A Look into "Making A Murderer," "The Jinx," and Season One of "Serial"

BY NATALIE CIOFFARI
Asst. Arts & Entertainment Editor

The series follows the bizarre and curious legal case of Steven Avery, a Wisconsin man— who in 1985 was wrongfully convicted of assault and rape, and as a result, spent 18 years in prison for a crime he did not commit. However, in 2005, in the midst of a $36 million lawsuit, Avery was put on trial for the second time for the murder of a 25-year-old-reporter and photographer, Theresa Halbach. Despite only being available for public view for a little over a month, audiences have become intrigued with Avery’s story and the ups and downs of his second trial.

"I think documentaries like [Making a Murderer] have a huge following because they bring light to situations that most of the country is unaware of," said sophomore Katie Tsukamoto.

Similarly, the HBO documentary series "The Jinx" follows the unusual life of Robert Durst. After being convicted for the murder of his neighbor in Galveston, Texas, film director Andrew Jarecki created the series to understand the life of Durst. The topics surrounding the disappearance of his wife Kathleen, the murder of his close friend Susan Berman, and the suicide of his mother were large discussion points in the series. Brought to life by "This American Life", the first season of the "Serial" podcast also follows the unusual murder case of an 18 year old girl from Baltimore.

The 12-episode series followed the court case of Adnan Syed, who was convicted of murdering his ex-girlfriend Hae Min Lee. After her disappearance in January 1999, the Baltimore County sheriff’s department convicted Syed based on the testimony of his friend, Jay. Jay explained that he was a key witness in Syed’s act of murder. However, Syed said none of the testimony ever took place and that he never murdered Lee.

The podcast was streamed on iTunes more than 5 million times, and has one of the highest listener numbers of all time.

Some Sacred Heart students say that the interesting format and bizarre story is what attracted them to listen the voice of narrator and investigator Sarah Koenig. "I really liked how [the podcast] introduced the public story of the case before diving deeper into each detail of the story," said Feeley, "it highlighted the questionable parts of the conviction process."

All ten episodes of "Making a Murder" can be streamed on Netflix. All 6 episodes of "The Jinx" can be accessed and keep up to date with the latest season of "Serial" and listen to all of season one on Pandora or the Apple podcast app.

SHU Band Goes International

The Sacred Heart Band Travels to Ireland during Winter Break

BY NATALIE CIOFFARI
Arts & Entertainment Editor

While other students may have spent winter break relaxing or catching up on sleep, the Sacred Heart University band ventured off to Ireland to participate in their third international concert tour. "This was the band's third international concert tour in the past six years, and our second tour in Ireland. Making music with our students is a joy, and being able to bring our music to different countries is an awesome experience," said Keith Johnson, Director of Bands.

For one band member, it was his first time leaving the country. "As someone who has never left the country before, this trip was unbelievable. It's not every day when you get to travel to Ireland, but to go and play music and share a Guinness with all of your friends? Amazing," said sophomore Eddie Feeley.

In December 2015, the popular streaming site, Netflix, added a number of new shows, movies, and specials to its queue including a murder mystery documentary entitled "Making a Murderer.

The band started their rehearsals back in October, where small sectional work of learning the music took place before combining it as a whole. And before departing for Ireland, the band came back to Sacred Heart for three days of intensive rehearsals.

Their first stop was Dingle. There, the band played two concerts, one for charity, and one was a recital at the Chapel of the Sacred Heart at the Dineart Institute for Irish Cultural Studies.

"The first was a charity concert to benefit two Dingle-based charities. One is a Coun Counseling Service that provides services to area youth, the other is Hope Guatemala that provides educational services in Guatemala. That concert also featured local choirs, folk singers, and the 5 time Irish National Step-Dancing Champion, who is from Dingle," said Johnson.

The other concert in Dingle featured something special, and brand new to the Irish community. "The recital featured performance by Sacred Heart University's band prepares for a performance faculty and students, including the world premier of Edward Thompson's "Poem of the One World" for trombone and organ. I commissioned that piece specifically for this tour, and was thrilled to give its premier in Dingle," said Johnson.

The final concert was unlike any other, where they were the opners to a concert that featured the Irish Symphonic Wind Orchestra, a professional ensemble made up of the finest players from across the country. "It was an honor to share the stage with them, and their performance was outstanding," said Johnson. Be sure to check out edgertoncenter.org for more information about the band's upcoming performances.
Russell Wilson Throws 3 TDs in 49-27 Pro Bowl Victory

HONOLULU (AP) — With no Super Bowl trip this season for the Seattle Seahawks, their stars came to play — and dominate — at the Pro Bowl.

Wilson, who was the lone quarterback originally selected to the game, had the game’s first touchdown pass. He connected with Los Angeles Rams wide receiver Cooper Kupp on a 24-yard pass to take a 10-0 lead.

Wilson added a 2-yard touchdown pass from Bridgewater to Sproles to hold a 28-14 lead after two quarters.

The halftime festivities included a parade of local high school football players. Tennessee Titans rookie quarterback Marcus Mariota, a Honolulu native, led the alma mater, Saint Louis School, onto the field during the procession and was greeted by loud cheers from the sellout crowd of 50,000.

It was the 35th time the NFL’s all-star game was played at Aloha Stadium dating to 1980, and the third consecutive season that it has used an "unconferenced" format. The game was played at in Glendale, Arizona, last year. The site of next year’s Pro Bowl has not yet been determined by the NFL, although it does have an option to return to Hawaii.

Martin helped Team Rice cut the deficit to 28-21 in the third quarter with a 3-yard run early in the quarter. Team Irvin put the game away with three straight TDs: a 50-yard catch by Robinson from Bridgewater, a 50-yard reception by Walker from Winston and a 7-yarder by Hopkins, also thrown by Winston.

Landry caught a 31-yard TD pass from Buffalo’s Tyrod Taylor with 6:05 remaining in the game. Taylor was intercepted by Winston.

The memories I made while part of the baseball team were some of the coolest things that had happened to me in my entire life took place during the 2015 baseball season. While playing Texas Christian University, the number seven ranked college baseball team in the nation, they were announcing the lineups for both teams. The second name called was mine. I was in pure shock. The memory of the guys yelling at me and pushing me up the dugout steps to get to the field was too much. I forever burned into my memory. I could tell you what the air smelled like, any tiny detail I could recall. Weird, I know. I was standing on a baseball field in front of probably 5,000 people and my name was just called over the loud speaker. I was living a little kid’s dream. And at that moment I felt like a little kid. Thank you to the guys for letting me get a part of something so unreal.

Even though I’ve had incredibly unbelievable experiences with the football and baseball teams, there is one thing that is drowning on me as I enter the last season of my college career. Articulate for my long and storied career of sandwich making, ordering and laundry washing: this will be the last time I get to be a part of a team, at least I think.

Being in the dugout for a baseball game is, simply put, fun. There is emotion, there are jokes, there is swearing, there is playing around with each other, the usual baseball fun. There is emotion, there are jokes, there is swearing, there is playing around with each other, the usual baseball fun. There seems to be a summer internship or a part-time job for almost every guy. Even the players for the first two years of playing college baseball are working on internships. The guys who are working on their baseball careers are working on internships. The guys who are making the tackle.

"To see us Seahawks out there is a real special thing," Wilson said. "To see a player like myself, who was a part of the field for two Northwest Conference (NFC) Championships, which was an awesome experience. I have made some friends who I know I will be close with for a long time for some unconventional reasons. Maybe washing jock straps and toiling in the weight room is important for some.

"The Seahawks quarterback, who was the first player picked in the all-star game’s draft, went 8 of 12 for 164 yards. He led scoring drives on three of Team Irvin’s first four possessions.

Wilson threw touchdown passes of 14 and 2 yards to Atlanta Falcons teammates Julio Jones and Devonta Freeman, respectively, in the opening quarter. The combined 2-6 catcher was making the tackle.

Two other Seahawks players mixed it up midway through the third quarter when Team Irvin’s Richard Sherman — a corner — was dropped for a 22-yard loss on a reverse by Team Rice linebacker Bobby Wagner. "He said that he was going to do something," Sherman said. "He knew I was getting the ball and he knew he was making the tackle.

Minnesota’s Teddy Bridgewater and Tampa Bay’s Jameis Winston each added two TD passes for Team Irvin.

Jameis Winston each added two TD passes for Team Irvin.

The Seahawks quarterback, who was the first player picked in the all-star game’s draft, went 8 of 12 for 164 yards. He led scoring drives on three of Team Irvin’s first four possessions.

Wilson threw touchdown passes of 14 and 2 yards to Atlanta Falcons teammates Julio Jones and Devonta Freeman, respectively, in the opening quarter. The combined 2-6 catcher was making the tackle.

Two other Seahawks players mixed it up midway through the third quarter when Team Irvin’s Richard Sherman — a corner — was dropped for a 22-yard loss on a reverse by Team Rice linebacker Bobby Wagner. "He said that he was going to do something," Sherman said. "He knew I was getting the ball and he knew he was making the tackle.

Minnesota’s Teddy Bridgewater and Tampa Bay’s Jameis Winston each added two TD passes for Team Irvin.

Jameis Winston each added two TD passes for Team Irvin.

My absolute favorite part of working with the baseball team was being in the dugout. It may seem to be a miniscule part of the job, and in reality, that is where I have to be during the game, but it is much bigger than physically being in the dugout for me.

For nine innings, I forget that I am going to have to scrub the dirt out of half the team’s uniforms and be doing laundry by myself in the basement for two hours.

If we’re on the road I forget that I am going to be up by 4 in the morning because hotel laundry sucks. I am a part of the team more when I am in the dugout for those nine innings than at any other time, and that is what I am going to miss the most this season is over.

Cheers to the best four years of college any "manager" could ever ask for.
Super Bowl 50 will feature the AFC Champion Denver Broncos and the NFC Champion Carolina Panthers. The game will be played on Feb. 7 at 6:30 p.m. at Levi's Stadium in Santa Clara, Calif.

The Broncos got to the Super Bowl by finishing 12-4 and winning the AFC (American Football Conference) West and becoming the number one seed in the AFC. They defeated the Pittsburgh Steelers in the AFC Divisional Round and the New England Patriots in the AFC Championship game.

The Panthers finished the regular season with an impressive 15-1 regular season record. The only blemish was a week 16 loss to division rival Atlanta Falcons. Carolina defeated the defending NFC Champion Seattle Seahawks in the divisional round. They followed that up by clobbering the Arizona Cardinals 49-15 in the NFC Championship game.

Sanders was a season-long member of my fantasy team, but I'd love to see Cam get his first ring by clobbering the Arizona Cardinals 49-15 in the NFC Championship game. It was a controversial move when Broncos coach Gary Kubiak decided to start Manning over Osweiler in the playoffs. Many fans thought the hot hand should play, however, Kubiak felt more comfortable with the veteran.

The Panthers ranked number one in total defense during the 2015 regular season. The Panthers came in sixth in the NFC defensively. Denver has only allowed an average of 18.5 points per game, while Carolina is allowing just 19.3 points per game.

This Super Bowl matchup will feature two dominant defenses. There's the Carolina Panthers, who are number one in the NFL in forced turnovers, and the Denver Broncos, who are number one in yards allowed per game.

These defenses are also great at getting to the quarterback, which is a huge key when you have two of the best quarterbacks facing off. Denver led the NFL this season in sacks, while Carolina was sixth. This is huge because both teams need their quarterbacks to perform well to win.

This is part of the reason why Carolina is the favorite. However, if Denver can survive the first half against Carolina, they can pull off the upset. Carolina isn't as strong in the second half as they have blown big leads to Seattle, New York, and Indy this season.

The Sacred Heart Spectrum
February 3, 2016

Basketball Teams Looking To Finish Strong

ON THE WOMEN'S SIDE THE PIONEERS PLAY IN THE CONFERENCE AFTER HAVING A 2-10 START. THEY HAVE SINCE TURNED THINGS AROUND, INCLUDING A SEVEN GAME WIN STREAK DURING WHICH THEIR COACH ATTRIBUTES TO THEIR TEAMS' CONSISTENCY.

"The team decided they need to come together and create team chemistry on and off the court," said head coach Anthony Latina.

Maimetti is in her third year as head coach and has coached her team to the playoffs in each of her first two seasons. She also credit's her team's success to the team's multiple scoring threats.

"A great thing about our team is we have three or four people in double digits," said Maimetti.

One of those scorers is senior forward, Alissa Tarsi. Tarsi is averaging 11.7 points and is sixth in the NEC in rebounding, with 7.3 rebounds per game. She believes that consistency will keep carrying them where they want to go.

"I think the team realized that we're better together and that we should play together. And that's what's been going on," said Latina.

Another scorer Maimetti mentioned was Kelcey Castro. Castro is a senior guard and is averaging 9.8 points per game, and recently had a 24-point scoring outburst against Wagner College. She believes good practice habits have helped the team to continue their success in conference play.

"We've been working hard and pushing each other during practice," said Castro. "We have to stay disciplined and keep doing what we know best."

The men's basketball team also feels that practice and consistency have been to their turn around as well.

"Consistency," said graduate student Jordan Allen. "It all starts with practices and translates to the games."

The men's side the Pioneers play in the conference after having a rough 2-10 start. They have since turned things around, including a seven game win streak during which their coach attributes to their team's chemistry.

"I think the team decided they need to come together and create team chemistry on and off the court," said head coach Anthony Latina.

Maimetti is in her third year as head coach and has coached her team to the playoffs in each of her first two seasons. She also credits her team's success to the team's multiple scoring threats.

"A great thing about our team is we have three or four people in double digits," said Maimetti.

One of those scorers is senior forward, Alissa Tarsi. Tarsi is averaging 11.7 points and is sixth in the NEC in rebounding, with 7.3 rebounds per game. She believes that consistency will keep carrying them where they want to go.

"I think the team realized that we're better together and that we should play together. And that's what's been going on," said Latina.

Another scorer Maimetti mentioned was Kelcey Castro. Castro is a senior guard and is averaging 9.8 points per game, and recently had a 24-point scoring outburst against Wagner College. She believes good practice habits have helped the team to continue their success in conference play.

"We've been working hard and pushing each other during practice," said Castro. "We have to stay disciplined and keep doing what we know best."

The men's basketball team also feels that practice and consistency have been key to their turn around as well.

"Consistency," said graduate student Jordan Allen. "It all starts with practices and translates to the games."

PHOTO CREDIT: SACRED HEART UNIVERSITY WEBSITE

EVEN THOUGH THE SNOW HAS FINALLY HIT AND THE TEMPERATURE IS DROPPING, THENortheast Conference (NEC) men's and women's basketball playoff race is heating up and Sacred Heart University is right in the thick of it. Allen, who transferred to Sacred Heart from Hofstra University prior to last season, led the NEC in field goal percentage with 62.3 percent a year ago. This season Allen is averaging 18.9 points per game, which is a 52 percent from the field. Allen also believes that the team being more familiar with their strategies is helping.

"We are more familiar with our schemes defensively and we know what we want to do offensively," said Allen. Being more familiar with the defense and offensive schemes helps them to make plays, which their coach feels is a huge key.

"We are performing better and making more plays," said Anthony Latina.

Latina is in his third year as head coach and was an assistant coach for Sacred Heart eight years prior. He has helped the Pioneers to six NEC tournament appearances, including two trips to the championship. Latina also credits their turn around to the players working together better.

"We are starting to come together as a team," said Latina. "Players are understanding their roles better."

The men's team also got off to a rough 2-10 start before conference play and will have to continue to come together as they have turned things around and have a 5-5 conference record, which puts them in the thick of the NEC playoff race at sixth place. Latina believes they need to continue making plays and growing in order to get into the playoffs.

"It's always about performance and making plays," said Latina. "We have to keep developing as a team."

Both teams look to make the conference playoffs in the same season for the first time since 2012. The women continue their quest Saturday, Feb. 6 in Brooklyn against LIU Brooklyn, and the men play St. Francis Brooklyn at home on Thursday, Feb. 4.
Russell Wilson from the Seattle Seahawks earns MVP for the 2016 Pro Bowl.