Victory for Ted Cruz: The Iowa Caucus
First Primary of the 2016 Presidential Election

BY PHILIP ZELLER
Staff Reporter

Between the razor thin margin separating Hillary Clinton from the runner-up for the Democratic nomination, Bernie Sanders, and a surprising victory by Ted Cruz for the Republicans, the Iowa Caucus proved to be an interesting kick-off to stage one of the presidential contest.

On Saturday, Feb. 1, Democrats and Republicans congregated in schools, fire stations, gymnasiums, and all over the state of Iowa to vote for their candidate of choice. Since 1972, Iowa has been the first state to hold the primary elections of the presidential race, making it an important place to do well for presidential hopefuls.

In the Democratic Party, members meet in one of the public buildings before the start of the caucus at 7 p.m., while individuals gather in separate groups determined by their candidate, according to iowacaucus.biz. However, only 15% of the candidates that receive support from the voters will be eligible for candidacy. When the results are sent to party headquarters, using the 15% rule, the State of Iowa Democratic Convention then selects the candidates for the National Convention.

In the Republican Party, individuals meet in one of the precincts and build up before the start of the caucus. Thereafter, the votes are then sent to the party headquarters, and are counted by the County Convention, where the convention then selects just three delegates to select each district.

In the end, the State of Iowa Republican Convention selects the delegates that will represent the candidates in the national convention. The results tonight are the closest in Iowa Democratic caucus history,” said Iowa party chairman Andy McGuire according to CNN.

In the Democratic Party, Hillary Clinton narrowly passed Bernie Sanders with a 49.9% vote against Sanders who maintained a 49.6% vote. Martin O’Malley, however, did not make the cut for the national convention, after a 0.6% vote, effectively ending his campaign.

On the Republican side, Ted Cruz gained more votes than Donald Trump with a leading 27.6% vote over Trump’s 24.3% vote. Senator Marco Rubio also appeared as an un-expected front-runner for the GOP with 23.1% of the vote.

“Tonight is a victory for the grass roots. Tonight is a victory for courageous conservatives all across Iowa and our great nation,” said Ted Cruz during the televised event.

Although winning the caucus may be beneficial to the winning candidate, it doesn’t guarantee a win in the presidential election.

“However, the New Hampshire Primary, which plays a decisive role in American politics and takes place after the caucus, seems to play more of a role in catapulting candidates,” said Dr. Rose.

Not everyone, though, was pleased with Ted Cruz’s win, especially second place winner Donald Trump.

“Ted Cruz didn’t win Iowa, he stole it. That is why all of the polls were so wrong and why he got far more votes than anticipated. But,” said Trump in a tweet. “Donald Trump cannot tolerate losing,” said Dr. Rose. “His whole mantra throughout this campaign is, ‘we’re going to win.’” Regardless of how these results will compare to the final candidates selected in June, it is clear that all candidates still have their work cut out for them if they want a seat in the Oval Office.

WANT TO ADVERTISE IN THE SPECTRUM?
Email us at Spectrum-Advertising@sacredheart.edu
or call us at 203.371.7963

Discounts available for Sacred Heart University departments and for those who place an advertisement in several issues.

The Zika Virus Spreads Panic Worldwide

BY HANNAH MAXIMIN  
Staff Reporter

On Monday Feb. 1, The World Health Organization made known the Zika virus' suspected link to birth defects in newborns in Brazil and announced an International Public Health Emergency. According to the Center for Disease Control and Prevention (CDC), in May 2015, the Pan American Health Association set out a warning after discovering an outbreak of the virus in Brazil. The CDC has issued travel notices as of Jan. 2016 for expecting mothers that plan to travel outside of the United States. "Women in infected areas in general, should delay getting pregnant. Some research is suggesting a wait of up to two years," said Chelsea Hoskins, an Advanced Practice Registered Nurse and Family Nurse Practitioner at Sacred Heart's Wellness Center. "Women who are currently pregnant should be using insect repellent (with the approval from their OB/GYN), staying indoors as much as possible and wearing protective clothing." The Zika virus is a mosquito-transmitted infection. Its fever-like symptoms are mild and include rash, fever, and red eyes (also known as conjunctivitis). Zika's symptoms last several days to a week. 

Mosquitoes of the Aedes genus are known to spread the Zika virus and microcephaly in newborns, experts are saying expectant mothers should definitely take some sort of precaution. 

The virus may continue to spread in tropical areas. It is expected to have an increase in infected peoples in the United States and internationally as well. "If you take adequate and protective measures when traveling to a foreign country you should be able to avoid the virus," said freshman Nicolin Goodin, a Pre-medical student.

Zika was first identified in Uganda in 1947. According to the CDC, as of Feb. 2 the virus has moved into more than 20 countries in Latin America, Costa Rica, Jamaica, the United States, and Australia. Some of the increase of birth defects in Brazil, in relation to the Zika virus, is clearly due to a more intense scrutiny and some might be due to the Zika outbreak. It definitely should continue to be investigated," said Dr. Keith Bartholomew, Assistant Chair of the Biology Department at Sacred Heart University. 

The main concern is the Zika virus' link to microcephaly in newborns. Since the recent outbreak of Zika in Brazil, these suspicions have begun to surface. About three million babies are born in Brazil each year, according to The New York Times. Normally, about 150 cases of microcephaly are reported, and Brazil says its investigating nearly 4,000 cases.

JOSIANE DA SILVA HOLDS HER SON JOSE ELTON, WHO WAS BORN WITH MICROCEPHALY, OUTSIDE HER HOUSE IN ALCANTIL,

"SHU is one of the first institutions nationwide to offer this early study abroad advantage to nursing students," said Francesca Schenker, the Assistant Director of Global Affairs. Having an opportunity for nursing students to go abroad is what sets Sacred Heart's nursing program apart from other universities. "I have learned so much during my time here in the nursing program and feel that I have gained a strong foundation that has prepared me to be a practices Registered Nurse," said Ricielli. "My time in both the classroom and clinical settings have been really been beneficial and have given me confidence in my abilities as I transition into practice."
Perspectives

Valentine's Day

As we all know, we're in the midst of cutting season here at Sacred Heart, and I know many of you are probably wondering: How does Melanie feel about Valentine's Day? (Actually, I doubt any of you were wondering, but it's my column so I'm gonna tell you whatever I damn well please.)

It's very obvious that I'm a jaded individual. I don't care about many things unless they bother me, and then I rant about them for about 500 words. For reference, see my glorified emotional outburst about people who carry around water jugs. Trust me, I can get heated.

So I'm sure you're all waiting for my passionate expletives about how this is Valentine's Day. It's a Hallmark holiday! There shouldn't be one day a year I show them for about 500 words. For reference, see my glorified emotional outburst about people who carry around water jugs. Trust me, I can get heated.

So I'm sure you're all waiting for my passionate expletives about how this is Valentine's Day. It's a Hallmark holiday! There shouldn't be one day a year I show them for about 500 words. For reference, see my glorified emotional outburst about people who carry around water jugs. Trust me, I can get heated.

As we all know, we're in the midst of cutting season here at Sacred Heart, and I know many of you are probably wondering: How does Melanie feel about Valentine's Day? (Actually, I doubt any of you were wondering, but it's my column so I'm gonna tell you whatever I damn well please.)

It's very obvious that I'm a jaded individual. I don't care about many things unless they bother me, and then I rant about them for about 500 words. For reference, see my glorified emotional outburst about people who carry around water jugs. Trust me, I can get heated.

So I'm sure you're all waiting for my passionate expletives about how this is Valentine's Day. It's a Hallmark holiday! There shouldn't be one day a year I show

Worst Valentine's Day Experiences

Last year on Valentine's Day I couldn't get out of my boyfriend's truck because I kept slipping on snow.

-Stephonie McKenzie DeGroot

"When you think you're getting a rock and he presents you with an amethyst geode kit."

-Junior Leanne Scorcia

My first boyfriend put a dead oppossum in my locker.

-Junior Emily Paro

"One year I was getting my wisdom teeth out the day after Valentine's Day. So I ate like a pig on my dinner date because I knew I wasn't going to be able to eat for a week. Waiter, date, and probably the whole restaurant were judging me."

-Junior Emily Murphy
PERSPECTIVES

Valentine’s Day: A Hallmark Holiday?

BY JULIA PENCEK
Staff Reporter

The holiday of love, hearts and chocolate is right around the corner, Valentine’s Day. Has Valentine’s Day become more and more of a controversy among the millennial generation?

Some consider this day for the romantic occasion it’s supposed to be, and others are celebrating “Gal-entines Day,” the trending phrase for spending the day with friends, watching movies and eating candy.

Sophomore Faye Kenajian is taking the romantic route and visiting her boyfriend of five years at James Madison University for his Valentine’s Day Formal. Although Kenajian is celebrating the holiday, she has an interesting perspective on the day.

“This day is really just a Hallmark Holiday,” said Kenajian.

Other students are thrilled to have an excuse to spend a day with their loved ones.

Sophomore Sabrina Salder said, “I enjoy it [Valentine’s Day] being that I have a boyfriend, and it is nice because he does nice things for me.”

Valentine’s Day is what you make of it, from traveling to see the ones you love or just doing something genuine and thoughtful for friends. For some people in relationships, it is refreshing to devote a day to feeling special.

Sophomore Leah Forbes said her perfect Valentine’s Day would be “Buffalo Wild Wings and good movies with my boyfriend and junk food – lots of junk food.” She also thinks that this holiday could be great if you have good friends to share it with. Sharing this day with someone could mean more than cards and candy; it can also be a chance to appreciate good friends.

“Gal-entines Day” is a relatively new trend which originated as an idea from the character Leslie Knope on the popular show, “Parks and Recreation.” It is celebrated on Feb. 13 by people that may not have significant others but still want to celebrate Valentine’s Day.

“Gal-entines Day is the perfect way to celebrate Febru­ary 14 by being with your friends and not dealing with the expectation of the holiday,” said Daniel Marchelitis.

What’s on his agenda for the special day? Eating a lot of chocolate and ice cream.

On the other end of the Valentine’s Day debate, some students at Sacred Heart do not participate in the candy-drenched celebrations.

Sophomore Marianna Battista said, “I don’t do much. I don’t think that Valentine’s Day should be considered a real holiday because there shouldn’t need to be a specific day to do something special and show your loved ones that you care.”

Marianna is choosing to spend her day by going to the Cheesecake Factory with friends and then renting a movie and eating candy. She believes that more people are doing “Gal-entines Day” then the standard stereotypical Valentine’s Day.

Any way one chooses to spend Valentine’s Day, it be a dinner with a significant other, movie marathons with friends, or just sending a card to someone special can make the notorious “Hallmark Holiday” a little brighter. And for the singles community at Sacred Heart, Feb. 15 is national 50% off chocolate day.

Farewell to Heart

Father David Buckles’ Perspective

BY GIAnna IANNOTTI
Staff Reporter

Father Buckles has left his position as university chaplain and taken a position at Hoboken University’s Medical Center. The hospital he will be doing his ministry work in has a large percentage of Catholic patients, and the need for a Catholic chaplain and taken a position at Hoboken University’s Medical Center.

Although Kenajian is celebrating the holiday, she has an interesting perspective on the day.

“This day is really just a Hallmark Holiday,” said Kenajian.

Some consider this day for the romantic occasion it’s supposed to be, and others are celebrating “Gal-entines Day,” the trending phrase for spending the day with friends, watching movies and eating candy.

Valentines Day, the trending phrase for spending the day with friends, watching movies and eating candy.

Sophomore Faye Kenajian is taking the romantic route and visiting her boyfriend of five years at James Madison University for his Valentine’s Day Formal. Although Kenajian is celebrating the holiday, she has an interesting perspective on the day.

“This day is really just a Hallmark Holiday,” said Kenajian.

Other students are thrilled to have an excuse to spend a day with their loved ones.

Sophomore Sabrina Salder said, “I enjoy it [Valentine’s Day] being that I have a boyfriend, and it is nice because he does nice things for me.”

Valentine’s Day is what you make of it, from traveling to see the ones you love or just doing something genuine and thoughtful for friends. For some people in relationships, it is refreshing to devote a day to feeling special.

Sophomore Leah Forbes said her perfect Valentine’s Day would be “Buffalo Wild Wings and good movies with my boyfriend and junk food – lots of junk food.” She also thinks that this holiday could be great if you have good friends to share it with. Sharing this day with someone could mean more than cards and candy; it can also be a chance to appreciate good friends.

“Gal-entines Day” is a relatively new trend which originated as an idea from the character Leslie Knope on the popular show, “Parks and Recreation.” It is celebrated on Feb. 13 by people that may not have significant others but still want to celebrate Valentine’s Day.

“Gal-entines Day is the perfect way to celebrate Febru­ary 14 by being with your friends and not dealing with the expectation of the holiday,” said Daniel Marchelitis.

What’s on his agenda for the special day? Eating a lot of chocolate and ice cream.

On the other end of the Valentine’s Day debate, some students at Sacred Heart do not participate in the candy-drenched celebrations.

Sophomore Marianna Battista said, “I don’t do much. I don’t think that Valentine’s Day should be considered a real holiday because there shouldn’t need to be a specific day to do something special and show your loved ones that you care.”

Marianna is choosing to spend her day by going to the Cheesecake Factory with friends and then renting a movie and eating candy. She believes that more people are doing “Gal-entines Day” then the standard stereotypical Valentine’s Day.

Any way one chooses to spend Valentine’s Day, it be a dinner with a significant other, movie marathons with friends, or just sending a card to someone special can make the notorious “Hallmark Holiday” a little brighter. And for the singles community at Sacred Heart, Feb. 15 is national 50% off chocolate day.
Living With Modern Media

ANTHONY SANTINO
ASST. SPORTS EDITOR

From the minute we wake up to the minute we go to sleep, screens, images, and all kinds of media are there for viewing. At this point, it’s hard to think of moments when there aren’t media present. In so many ways, it’s great to have seemingly limitless amounts of information at our fingertips. However, having mobile accessibility to things like social media, YouTube, and the like can also be a detriment. As a student, I always find productivity could be easily slowed up because of such distractions.

On an off moment, I might be so happy that writing my paper is going well that I “reward” myself by checking social media as an outlet. And then that becomes 20 minutes of scrolling through a feed that shows what my friends are doing, which is usually nothing I couldn’t find out from talking to them if it’s important. Then again, I guess it’s not that big of a deal... until you realize you’re doing that all throughout the day.

I do have days where I barely look at my phone because of being busy, which is great, but leisure time is often laden with checking my cellular piece. I’ve gained some more insight into the reasons for this lately, though.

I’m currently taking a Media Literacy class, and we just talked about cultivation theory and how television corporations basically embed ideas into the average consumer through repetition and placement. This is something I’ve noticed, and I think most people notice too, but the crazy thing is: it works. It started as a placement. This is something I’ve noticed, and I think most while at Target, I remembered a commercial with NFL star Odell Beckham Jr. that promoted the product. And I was probably (more like definitely) thinking, “If it’s good enough for Odell, it’s good enough for me.” A lot of it probably had to do with when I was watching the commercial, on what network, and how it was shot; so well played, Head & Shoulders.

Even though that advertising worked well, I’m fine with it because at least now it was effective. I thought about it, said to myself, “hey, I need shampoo,” and bought it. So it’s Head & Shoulders—big deal. This proved to me that, even if being inundated by media might sound annoying, it might sometimes be no big deal in terms of practicality. A commercial comes on, you need shampoo, you go for it; problem solved.

To get back to thinking about constant contact with media, it might not be as bad as its made out to be because it does provide stress-relief in some instances. When someone’s having a longer day, perhaps they go to Netflix to forget about it. Or after a long day of work, maybe the heavily promoted Victoria’s Secret Fashion Show is what someone wants to check out. Lots of media—it can be television, Twitter, or whatever—are essentially forms of entertainment that, yes, can be distracting, but some people might want it that way. Others, too, might not be affected by it in that way, and so media works with, rather than against them.

In any case, we’re surrounded by things that do help shape the way we see the world and how we live in it, whether we like it or not. If it’s a negative influence in your life, then avoid it. If it’s not, then scroll on.

Somewhere Beyond the Sea

NATALIE CIOFFARI
A&E EDITOR

“Somewhere beyond the sea, somewhere waiting for me...”

Every morning I wake up and hear this song play. And for all you college students who do not know this amazing tune, it’s called “Beyond The Sea” by Bobby Darin. I believe that music is an incredible way to express one’s mind, beliefs, feelings, etc. So being that this song is one of my favorites, it has a lot more meaning to it than one might think.

2016 has been a wild ride for me; and it’s only February. It has put me in a position where I do not feel like myself, and am questioning a lot that I want. And while others may think that everything is going great, there is more than meets the eye.

Every week, I have a full workload of classes and homework. On top of that, I am involved with a couple of clubs, and I intern at MTV, which means I commute into the city twice a week. Do not get me wrong, I love the schedule I have, the people I have met, and the internship I obtained. And in case you were wondering, MTV is just as amazing as it sounds.

But, sometimes I wonder and wish about the things outside of the world I live in, and what is really there at the other end. I am a journalism student, so naturally my mind is constantly wandering in the creative world, and the news world. However, there is the frequent bypassing thought of “what else is there?”

From the minute we wake up to the minute we go to sleep, screens, images, and all kinds of media are there for viewing. At this point, it’s hard to think of moments when there aren’t media present. In so many ways, it’s great to have seemingly limitless amounts of information at our fingertips. However, having mobile accessibility to things like social media, YouTube, and the like can also be a detriment. As a student, I always find productivity could be easily slowed up because of such distractions.

On an off moment, I might be so happy that writing my paper is going well that I “reward” myself by checking social media as an outlet. And then that becomes 20 minutes of scrolling through a feed that shows what my friends are doing, which is usually nothing I couldn’t find out from talking to them if it’s important. Then again, I guess it’s not that big of a deal... until you realize you’re doing that all throughout the day.

I do have days where I barely look at my phone because of being busy, which is great, but leisure time is often laden with checking my cellular piece. I’ve gained some more insight into the reasons for this lately, though.

I’m currently taking a Media Literacy class, and we just talked about cultivation theory and how television corporations basically embed ideas into the average consumer through repetition and placement. This is something I’ve noticed, and I think most people notice too, but the crazy thing is: it works. It started as a placement. This is something I’ve noticed, and I think most while at Target, I remembered a commercial with NFL star Odell Beckham Jr. that promoted the product. And I was probably (more like definitely) thinking, “If it’s good enough for Odell, it’s good enough for me.” A lot of it probably had to do with when I was watching the commercial, on what network, and how it was shot; so well played, Head & Shoulders.

Even though that advertising worked well, I’m fine with it because at least now it was effective. I thought about it, said to myself, “hey, I need shampoo,” and bought it. So it’s Head & Shoulders—big deal. This proved to me that, even if being inundated by media might sound annoying, it might sometimes be no big deal in terms of practicality. A commercial comes on, you need shampoo, you go for it; problem solved.

To get back to thinking about constant contact with media, it might not be as bad as it’s made out to be because it does provide stress-relief in some instances. When someone’s having a longer day, perhaps they go to Netflix to forget about it. Or after a long day of work, maybe the heavily promoted Victoria’s Secret Fashion Show is what someone wants to check out. Lots of media—it can be television, Twitter, or whatever—are essentially forms of entertainment that, yes, can be distracting, but some people might want it that way. Others, too, might not be affected by it in that way, and so media works with, rather than against them.

In any case, we’re surrounded by things that do help shape the way we see the world and how we live in it, whether we like it or not. If it’s a negative influence in your life, then avoid it. If it’s not, then scroll on.

So, that is where “Beyond The Sea” comes in. What REALLY is there beyond the sea? Or, in my terms, beyond the everyday life of classes and work.

Bobby Darin talks about a woman in his song, and how he cannot wait to finally be in her arms, kissing her—how when he gets “beyond the sea,” there she will be. This is a short interpretation of the song, but I like to think of my version as a way to help me throughout life.

Beyond the “sea” is my dream of being a successful journalist. Beyond the “sea” is a life where I do not question, rather I just happily live. This song is a reminder that while everything may seem intense, sad, and questionable, that you will make it to the other side. Pain is only temporary.

Getting to the other side may take time, a lot of time actually, but in the end there will be “no more sailing,” the ending lyrics of Darin’s song. Well, in my eyes, no more doubting yourself, and no more worrying about the things that do not matter to you.

Being not only emotionally exhausted, but academically exhausted all the time is not a fun combination. But I am confident that in the end, with the help of Bobby and other musical geniuses, that life will be okay.
Sacred Heart University is now offering an opportunity for students to learn more about real estate. The Real Estate Club held its first meeting on Tuesday, Feb. 2. Roughly 35 students were in attendance and a majority did not have a business background.

Junior William Kassar, the president of the real estate club, could not be more pleased with the amount of students that attended the first meeting.

"I wanted to start this program so that I could get some kind of education on a secondary income. It also teaches people what they are getting themselves into when they buy real estate. I just want people to learn," said Kassar.

Kassar believes that this club will benefit many students here at Sacred Heart as long as they take full advantage of what the club has to offer. Kassar and the e-board members have already scheduled speakers that have a background in real estate to attend their weekly meetings. The board is hoping that The Real Estate Investing Association of Connecticut will be one of the club’s first speakers.

"I have a pretty close bond with this association so they were more than happy to offer their time," said Kassar.

The real estate club isn’t just a history lesson either; Kassar and the other e-board members want to go out and get hands-on experience. They also want to provide internships for students who are in need of one.

Kassar and Senior Tiffany Abruzzese have already been offered internships with real estate companies. Abruzzese is the social media director and secretary, and is also a co-founder of the real estate club.

"For me this is more than putting pictures on Instagram and getting our name out there on Twitter. I want to provide information for students who don’t know about real estate, and I want to create job opportunities," Abruzzese said.

Abruzzese and Kassar both had to turn down these internships due to scheduling. However, they were able to set up one of their fellow real estate club members with the job.

“That’s what we do here. We try to help everyone accomplish the goals they set when they walk into these meetings,” said Abruzzese.

Junior Anthony Milone is another co-founder of the Real Estate Club who also believes that this organization can benefit many.

“A majority of people in this nation don’t understand the effects of housing and the risk of buying property,” said Milone.

Milone, the vice president of the Real Estate Club, doesn’t plan on making real estate his number one form of income. However, he does have the plan to invest in some kind of commercial property as a secondary income.

“I cannot stress enough how important it is for people to understand that you don’t need a business background in order to be successful in the real estate business. It doesn’t matter what major you are studying at school, if you understand the business than you can succeed," Milone said.

The Real Estate Club is still accepting Sacred Heart students interested in joining.

Anyone with an interest in this up-and-coming club can attend their meetings every Tuesday at 7:45 p.m. in the business building, E-148.

Feeling the Love
Now Auditioning: SHU Hip-Hop Crew

BY CAITLIN MORRISSEY
Staff Reporter

The Sacred Heart University Hip Hop Crew will hold open auditions on Wednesday, Feb. 17 from 9:30 p.m. to 11:00 p.m. in the Pitt Center aerobics room.

The Hip Hop Crew, which was created in September of 2014, is now in its fourth semester, and gives students an opportunity to dance, and perform, while earning college credit. The mission of the dance crew is to allow dancers an opportunity to showcase their skill and passion for dance and music while here at school.

The Hip Hop Crew’s website states that their mission is to, “provide the opportunity for each and every student to pursue their passion for dance we execute: enthusiasm, good will, pass no judgment, and consistently strive for both personal and physical growth. We aim to uplift one another in mind and spirit. Most of all, we always act with extreme integrity.”

The Crew, which currently has 23 members, is looking to add to their roster through their upcoming open auditions.

“Some of our members from first semester are studying abroad, transferred, or cannot participate because of other commitments during this semester. We are looking to fill their spots second semester,” said the head faculty advisor, Maria Cherniske.

Cherniske and her assistant, Lizzie Fieitas, have yet to decide how many new members they will accept after the audition. If you do become a member of the crew you will participate in two major performances at the Edgerton Theater, and also have the opportunity to perform at other locations.

“The right fashion at the right time and right price is the driving force behind the store,” said Cherniske. “Being that young college students drive about 50% of the business, it needs to be a reasonably priced option within the college budget. Holtz’s main goal for the boutique is to continue everyday making it a better place for people to shop at and improving the store as a whole.”

“Crew helped me to be myself and opened my eyes to the fact that even the smallest moves can be big,” said current Hip-Hop Crew member, Jon Dodard.

The Sacred Heart University Hip Hop Crew gives students a place to build and develop their love of hip hop during their time on campus by offering them dance education and classes, performance, and competition.

“We are excited to meet those interested and see some new faces. Be on time and come ready to dance,” said Cherniske.

For additional information and any questions please contact Professor Maria Cherniske at cherniskem@shu.edu

Fashion and Style: Apricot Lane Boutique

BY STEPHANIE MILLER
Staff Reporter

Being on a college campus, you’re going to find a lot of different styles and trends that will catch your attention.

There are many little boutiques and stores that you can find to go along with different styles. Some Sacred Heart students have chosen to explore Apricot Lane located in downtown Fairfield.

Apricot Lane is an apparel store that is targeted towards women around the ages of 18 and older. This California-inspired boutique is all about the latest trends in fashion. The boutique sells casual, formal, and in-between attire.

The said goal of the boutique is to have a mother-daughter concept, meaning girls that are young and in college can wear the same clothes as an older woman around the ages of 25 and up to 50 could wear.

Apricot Lane has a collection of clothes that come from all different brands. Some of the brands that are available in the store are Free People, Vintage Havana, People’s Project LA, Splendid, and Parker.

“These brands are carried in our store because they can be worn regardless of age,” said owner of Apricot Lane, Diane Holtz.

Being that young college students drive about 50% of the business, it needs to be a reasonably priced option within the college budget. Holtz’s main goal for the boutique is to continue everyday making it a better place for people to shop at and improving the store as a whole.

“Good, better, and best with cute apparel is my strategy in the fashion industry,” said Holtz.

Apricot Lane has been in business and influenced by Holtz for nearly five years. Her main competitors she explains, are everyone.

“The right fashion at the right time and right price is the driving force behind the store,” said Holtz.

Holtz’s passion keeps her business going with the competition.

“The best kind of marketing is where people love coming to the store and leave happy,” said Holtz.
Fierce Females: Rihanna, Sia, & Tori Kelly
An Overview of their Newest Albums

BY SYDNEY RUGGIERO
Staff Reporter

After much anticipation, on Jan. 29 three of the music industry's most popular female recording artists released their latest albums. Rihanna with her album "Anti," Sia's album "This Is Acting" and Tori Kelly's release "Unbreakable Smile."

"I really love Rihanna's new album 'Anti' so far. It is so different and each song is so fun and energetic. Well done Rihanna," said sophomore Caroline Aronson.

"Work" is fire. I love her music," said senior Danielle Berube.

Rihanna also had some collaborations on the album. The featured musicians on "Anti" include fellow artist Drake on the track "Work" and SZA on "Consideration."

Rihanna's world tour "Anti" begins in late February. Sia's new album, "This Is Acting" has so far peaked at number four on the iTunes Top Album list. Sia's previous album, "1000 Forms of Fear," was her first number one album on the Billboard 200.

"Sia's new album is amazing. Her different beats make her so unique," said freshman Shayna Wilson-Havens.

If you've ever seen Sia perform, you know she prefers to cover her face with either a large hat or face-covering wig.

Sia's hit song "Alive" is featured on the new album and is just one of twelve new tracks released (fourteen if you purchase the deluxe version of the album). Sia wrote all of the songs herself on "This Is Acting."

"Sia will be going on tour in mid-April, and her European tour includes stops in Denmark, Sweden, Finland and Russia.

"Her voice is sick. She has such a different sound and image. She is a great performer. I can't wait to see what she is going to do next with her music," said junior Alex DeChino.

Tori Kelly is also making waves with her new album "Unbreakable Smile." The 23-year-old singer has come a long way. Some know her from her brief appearance on "American Idol," where she did not make it through to the final 24 singers. Kelly continued to pursue music by posting YouTube videos of herself singing. In fact, her cover of Frank Ocean's song "Thinkin" has roughly 18 million views.

"I think Tori Kelly is an amazing musician. I am so excited to listen to her entire album because I really loved her old album a lot. It's so different, it's so edgy and she's just a beautiful singer and a beautiful person all around," said freshman Marisa Tache.

"Unbreakable Smile" has quite a few collaborators featured on the tracklist. Days Jack is featured on "Expensive," "I Was Made For Loving You" features Ed Sheeran, and "California Lovers" features LL Cool J.

"Her new album is exactly what the music industry needs. Her pop-alternative style in 'Unbreakable Smile' is both refreshing and unique for this singer-songwriter, which is showcased in her effortless performance of any power ballad or pop anthem on the album," said senior Anthony Tartaglia.

Tori Kelly is also getting love from her fans at the popular college-run apparel brand, "Love Your Melon." An organization with the goal of giving a hat to every child battling cancer. Kelly is often seen rocking her "Love Your Melon" hat.

"Love Your Melon is obsessed with Tori Kelly because she always has their hats on. Her voice is amazing and she seems like such a sweet person," said senior Tori Lettieri.

Currently, "Unbreakable Smile" is number 18 on iTunes' list of top-selling albums.

Rihanna, Sia, and Tori Kelly's albums are all available for digital download on iTunes and other digital music platforms and streaming services. Physical copies of the albums are also available in stores.

ARTIST'S CORNER
## Movie Review: The Finest Hours

**Warning: Contains Spoilers**

**BY NICHOLAS PIZZO**  
**Staff Reporter**

On Monday, Feb. 15, the 58th annual Grammy Awards will air on CBS. The awards will be held at the Staples Center in Los Angeles, Calif. for the fifth year in a row, LL Cool J will be the show’s host.

This year’s Grammys will include performances from several award nominees including Pitbull, Adele, The Weeknd and Justin Bieber. These artists are rumored to perform some of their most popular, chart-topping songs including “Sorry,” “Can’t Feel My Face,” and “Beauty Behind the Madness” including nominee Kendrick Lamar with his latest album “To Pimp a Butterfly.”

Other performances will include a tribute to the late David Bowie by Lady Gaga. She is said to be performing some of his most classic songs in his honor.

“I’m excited to see Lady Gaga’s tribute to Bowie because he was one of my favorite artists,” said sophomore Joseph Durante.

The “big four” categories at the Grammys, “Album of the Year,” “Record of the Year,” “Song of the Year,” and “Best New Artist of the Year,” will be some of the most sought-out awards of the night.

The nominees for album of the year include Taylor Swift with her album “1989” featuring songs like “Blank Space,” “Out of the Woods,” and “Shake It Off.” The Weeknd with his album “Beauty Behind the Madness” including songs such as “Can’t Feel My Face,” and “The Hills” and Kendrick Lamar with his latest album “To Pimp a Butterfly.”

As one of the front-runners Taylor Swift not only has the support of voters with seven overall nominations, but also has support from many devoted fans.

“I want Taylor to win because she’s so talented and I love the lyrics to her songs. I love ‘Wildfire Dreams’ the most,” said sophomore Emily Shenk.

For “Record of the Year,” Mark Ronson’s popular song “Uptown Funk” featuring vocals by Bruno Mars earned a nomination.

The song held the number one spot on the Billboard Hot 100 for 14 weeks in 2015, and the music video received almost 1 billion views online.

Ed Sheeran with “Thinking Out Loud,” was number two on the Billboard Hot 100. “Can’t Feel My Face” by The Weeknd and “Really Love” by D’Angelo and the Vanguard also received nominations. Lastly, “Blank Space” by Taylor Swift became the most viewed music video in Vevo history in Oct. 2015.

“I’d pick Taylor Swift to win because I don’t like the other nominees,” said junior Erica Gentile.

The competition for “Song of the Year” includes nominee Kendrick Lamar with “Alright,” and Little Big Town with their country hit “Girl Crush,” which spent 13 weeks at the number one spot on the Hot Country Songs Chart. “See You Again,” which was featured in the film “Fast and Furious 7” as a farewell to late actor Paul Walker, was also nominated for the award. The song went beyond the movie and spent 12 weeks at number one on the Billboard Hot 100 charts.

Other nominees include the ever-popular Ed Sheeran and Taylor Swift. Dedicated fans are excited and hope for their favorite artist to take home the award.

“I think Ed Sheeran should win song of the year because he is an underrated artist and he’s really good,” said freshman Morgan Godleski.

The nominations for this year’s “Best New Artist” went to Courtney Barnett, James Bay, Sam Hunt, Tori Kelly, and Meghan Trainor, who all released breakout hits this past year.

You can tune into the Grammy Awards on Feb. 15 at 8 p.m. on CBS.
Sports

Sportsmanship a Core Value for Pioneer Athletics

BY TYKERA CARTER
Staff Reporter

The 2015 Sacred Heart Pioneer football team and the men’s and women’s cross country team were both honored with the fall Northeast Conference (NEC) sportsmanship award. This award is given to the teams in the NEC who display good sportsmanship while competing in their sports.

According to the Sacred Heart student-athlete handbook, “The essential elements of sportsmanship and ethics in sports are embodied in the concept of character building and seven core principles.”

Based off of these principles, a winning attitude has been put in place for the women’s cross country team as they won their third consecutive NEC title this past fall and fourth in school history.

“I think sportsmanship helped me individually,” said junior Shannon Hickey. “Cross country is a very hard sport, both mentally and physically.”

“It’s easy to get into a pattern of thinking it is all individual, since during a race you can’t really have a teammate help you out at all,” said Hickey. “This past season we made sure that we created a really strong team environment.”

Hickey feels encouragement from her teammates helps her perform better.

Every member of the team was very active in encouraging each other. During races it helped me push myself when I heard teammates cheering for me. And when I was watching my teammates race, I would cheer for them as much as I could,” said Hickey. “This type of positive team environment helped everyone, I think. We all wanted to run as fast as we could to help the team score better.”

Hickey was named an all-NEC performer this past season.

Senior runner Sean Ferguson of the men’s cross country team went down in history by becoming the first individual male champion in the program’s history. This is the first time the team has won the sportsmanship award in his four years of running for the Pioneers.

“It’s really a nice award to win. I think sportsmanship is something that can go a long way, I find that especially in running,” said Ferguson. “Sportsmanship is kind of something that is understood, that we know is kind of expected of us as athletes.”

This is the second time the football team has won this award in the past three years while finishing 3-3 in NEC play and 6-5 overall this past season.

“Winning this award shows that we’re recruiting the right student-athletes,” said head football coach Mark Norfi.

With the Pioneers adding twenty-one new players to their 2016 roster this upcoming fall, recruiting the right players to display good sportsmanship is a core value for the program.

“Win or lose, displaying respect towards a competitor in a positive way is my real definition of what good sportsmanship is,” said Webb. “Sacred Heart Football is a good showing of what good sportsmanship is.”

Both the football and men and women’s cross country team will start up competition again in the fall of 2016.

Men’s Tennis

BY ALEX PADALINO
Staff Reporter

The men’s team, under the direction of head coach Jon Basti, had a 6-7 record last season. They will play a total of 16 games this season, six against conference rivals. Their first game will be away against Lafayette on Saturday, Feb. 13.

“Division I tennis, every game is important. It’s not more important than any other game. We beat them by three or four last year. They will be well coached and well prepared, and we look forward to the challenge,” said Basti.

There are four captains on the men’s tennis team, all seniors who value the continuity of the team, knowing that their ability to work together will result in on field success. The team has a rigorous fall practice schedule which allows for extensive preparation.

“I think this year we have more chemistry as a team,” said senior captain Nick Fairley. “We are working a lot harder on and off the field, in the classroom, with community service, in the weight room, everywhere.”

Each year, the captains of the team come up with missions that they will attempt to accomplish throughout the season. They help the team to stay focused while promoting unity. The word mission is important to the team.

Goals come and go; missions need to be accomplished,” said Basti.

The team’s missions for the year include a 3.2 grade point average for each member of the team, over 1,000 hours of community service, to make the Northeast Conference (NEC) playoffs, and to win the conference title.

Laura Cook, head coach of the Sacred Heart women’s lacrosse team, knows that her team is on the playoff bubble, and is looking to coach her team to a postseason run she knows they are capable of.

“We lost each conference game by one goal last year,” said Cook. “The girls have a sour taste in their mouths and with that experience, I think we will be able to win those close games.”

After going 7-9 last season, Cook’s team will start off the season at Marist on Sunday, Feb. 14. Led by three senior captains, they will aim to play well into the spring months. Offseason preparation has prepared them to do so.

“The senior captains’ thoughts are in line with that of their coach. It is important for them to lead the team to the playoffs this year in order to graduate having played college playoff lacrosse.”

“We haven’t made the playoffs since we’ve been here,” said senior captain Jenni Lijdeberg. “That is our ultimate goal. A championship would be awesome.”

The entire team, from the freshmen to the senior class, realizes the importance of this season.

“I think that the work ethic at practice and in the weight room has improved,” said senior captain Jelslyn Joseph. “Freshmen are working as hard as seniors and everyone is always very positive.”

As their senior year comes to an end, the captains on both the men’s and women’s team will mass all aspects of playing lacrosse at Sacred Heart University.

When asked what she would miss most, Joseph said, “Getting out there every day with a group of brothers that I can hang out with, that I love working hard with.”

Men’s Fencing

Wrestling

Men’s Fencing

Sacred Heart @
NYC Tournament
Wednesday, Feb. 10 at 6 p.m.

Women’s Fencing

Sacred Heart (0-0) @
NYC Tournament
Wednesday, Feb. 10 at 6 p.m.
Super Bowl 50: Defense Leads Broncos Past Panthers

BY SHAWN SAILER
Sports Editor

The saying is defense wins championships. That was proved during Super Bowl 50 as the Denver Broncos defeated the Carolina Panthers 24-10. It was a game filled with turnovers and ugly play. The Broncos won the game due in large part to their defense. Linebacker Von Miller was named the Most Valuable Player of the Super Bowl.

Denver started fast as Brandon McManus kicked a 34-yard field goal with 10:43 left in the first quarter. That was followed up by a sack and forced fumble of Cam Newton by Von Miller which was recovered by Malik Jackson in the end zone for a touchdown. The Broncos led 10-0 with 6:34 left in the first quarter.

Salah's success didn't happen overnight. After his Junior campaign he posted five top-10 finishes over the course of the season. During his first half as Jonathan Stewart went over the top of the offensive line from one-yard out to cut the deficit to 10-7. McManus made another field goal with 6:58 left in half and at halftime, the Broncos held a 13-7 lead. The first half saw three turnovers, two by the Panthers and one by the Broncos.

As the second half of the golfing season approached its start date of Thursday, March 3, a former alum continues to make his presence known.

2013 Sacred Heart graduate Joshua Salah has been playing professionally for the past two years. He recently experienced his first taste of success at the professional level. Salah won the PGM CCM Rahman Putra Championship in Malaysia on Jan. 30.

"Super big for him. He's been working his tail off since he was in college. One of the hardest working guys that I know," said Donnelly. "For him to get one championship, hopefully now you'll see him win two or three now because the toughest one is getting the first one done."

Donnelly had great things to say about Salah's recent success in Malaysia.

"A bunch of us were texting him after the win to congratulate him and wishing him the best as he continues to move forward," said Donnelly.

Joshua Salah Finds Continued Success in Malaysia
Sacred Heart Alum Wins Championship Abroad

BY ANDREW ROACH
Staff Reporter

The Sacred Heart Spectrum
February 10, 2016

OFFICE 203.371.7963
ADVERTISING 203.371.7963
Visit Us At: www.shuspectrum.com
SHUSpectrum Newspaper
SHUSpectrum @SHUSpectrum
DENVER BRONCOS' PEYTON MANNING HOLDS UP THE TROPHY AFTER THE NFL SUPER BOWL 50 FOOTBALL GAME. THE BRONCOS BEAT THE PANTHERS 24-10.