The Housing Selection Process is Moving In
Residential Life Prepares for 2016-2017 Housing Selection

BY ISABEL RODRIGUEZ
Staff Reporter

It feels like the spring semester just began, but it is already time to start thinking about next year. More specifically, it is time for students to start thinking about where and with whom they want to live next year.

Rising juniors and seniors are allowed to live off campus if they wish, while incoming freshman and rising sophomores are required to live in university housing. Rising sophomores can choose between the New Residence Hall, Scholars Commons, Christian Witness Commons, and Pioneer Gardens.

Rising seniors are able to pick between Pioneer Gardens, Parkridge Apartments, Parkridge Townhouses, and Taft Apartments. Rising juniors and seniors are allowed to live off campus if they wish, while incoming freshman and rising sophomores are required to live in university housing. Rising sophomores can choose between the New Residence Hall, Scholars Commons, Christian Witness Commons, and Pioneer Gardens.

The newest residential hall, currently under construction in the North lot parking area, is set up in a “pod style”. Each pod consists of two double rooms and one shared bathroom.

It looks good; I have no concerns that it will not be ready. It will probably be ready well earlier than July,” said Joel Quintong, Director of Residential Life.

According to Quintong, some of the perks of the new residence hall will be the inclusion of a state-of-the-art competitive gaming room and a CrossFit gym.

“It’s going to be spectacular,” said Quintong. “It is anticipated to fill faster because it is on campus and it is new.”

Christian Witness Commons consists of suites with five or six doubles that share two bathrooms, a kitchen, and a common area.

“Your room is big, spacious, and new,” said sophomore Tori Oates.

Parkridge Apartment and Townhouses can accommodate between five to eight students, depending on the residence. They are styled with a combination of singles, doubles, and triples which share a common room, kitchen, and between one and two bathrooms.

“Be educated about the process,” said Quintong.

There are several mandatory deadlines that students must meet in order to have the greatest chance of obtaining their desired housing location.

It is never too early to begin selecting roommates for next year.

Each group must register on the Sacred Heart University housing website or pick up an information sheet outside the offices of Residential Life, located in Roncalli Hall.

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Zika Virus Postpones Guatemala Mission Trip

BY HANNAH MAXIMIN
Staff Reporter

The Zika virus has not only affected tropical areas outside of the United States and different parts of the country, but it has caused some students at Sacred Heart University to reconsider their decision to travel internationally.

The Undergraduate Clinical Immersion Program had been looking forward to one of its international mission trips to Guatemala in early February. However, there were several students who withdrew due to the outbreak of the Zika virus, which led to the trip being postponed.

"Some students were concerned about risks associated with the Zika virus. Students are being provided with alternative clinical placements to meet their degree requirements," said Jeffery Barrett, the University Risk Manager.

According to the Sacred Heart website, several times a year, students are given the opportunity to provide free healthcare to marginalized populations.

Students and faculty have decided to call off this particular trip to Guatemala due to the World Health Organization’s alerts about the Zika virus.

Some students are saying that they rather not take the chance of traveling internationally, especially with the limited amount of information available in regards to the risks.

"There was just too much unknown about the Zika virus and its potential future ramifications. The week we were supposed to go-new information was coming out everyday," said senior nursing student Katelyn Kelly.

"Even though it was a hard decision to make there’s always opportunities to go in the future."

As of Feb. 10, there have been 52 travel-associated Zika virus disease cases reported in the United States with the current outbreaks, the number of Zika cases among travelers visiting or returning to the United States will increase, according to The Center for Diseases Control and Prevention (CDC).

"I am very prone to getting mosquito bites and was not comfortable risking the potential that the Zika virus may or may not affect me in the future," said Catherine McBride, a senior nursing student who was planning on attending the trip to Guatemala. "I believe if they do find out more about the virus I would definitely consider going in the future as a registered nurse."

There will be another opportunity for students that weren’t able to visit Guatemala this February to visit in October.

"Students who were unable to attend the February 2016 Clinical Immersion Program in Guatemala are given first priority to participate in October. Students are also encouraged to enroll in a short-term study abroad program or international service program if they are looking to immerse themselves in another culture," said Barrett.

Sacred Heart University’s International Risk Management Team will be on the lookout for any possible threats to future mission trips, and attendees will be notified.

"The University’s International Risk Management Team closely monitors global health, security alerts and advisories. It reserves the right to update its position based on the newest available information," said Barrett.

The Domestic Clinical Immersion/Global Health Programs run quite frequently at Sacred Heart. There are always opportunities for students and faculty to participate in giving back around the world.

"The College of Health Professions and the College of Nursing run international and domestic clinical immersions/ global health programs roughly four times per year," said Barrett. "The Office of Volunteer Programs & Service Learning offers up to five programs each year during the winter and spring breaks."

To find out more information about these mission trips, you can visit the Volunteer Programs and Service Learning page at www.sacredheart.edu.

The Pulse Continues to Grow with New Resources

BY CODY LERNER
Staff Reporter

The Pulse, Sacred Heart University’s student-run television news magazine show, helps media students learn to develop their technical and editorial skills needed to enter the workforce as multimedia production professionals.

Due to the opening of Martire Business and Communications Center, The Pulse has been able to expand and improve their system of production.

The Pulse is a student club supported by Student Life and is open to contributions to the program from all qualified students interested in broadcast journalism and production.

"This is a giant leap forward for our students and for their ability to work in a professional environment," said Professor Joe Alicastro, Coordinator of News and Broadcasting.

The School of Communication and Media Arts is equipped with two full-size television studios, one flash studio, two media labs, and one of two motion capture studios located at a university in the United States.

The addition of the Martire building has been a tremendous asset in helping The Pulse move forward. Myself, and fellow senior producer Ally D’Amico, looked at our shows from last year in the former studio space, and compared them to the first two shows we shot in Martire," said senior Emily Archacki, Senior Producer for The Pulse and Editor-in-Chief of The Spectrum. "We were both shocked by how much the production style and equipment have improved. It is like an entirely different show, almost unrecognizable."

Sacred Heart students who are involved with The Pulse have experienced changes in faculty advisement and production requirements.

"The re-branding of The Pulse began last year, with Prof. Alicastro as the new advisor," said Archacki.

Alicastro was a Producer of NBC News for 35 years, and has won three News & Documentary Emmy Awards.

"The Pulse had existed for several years before I became the advisor. Last year we decided to not only produce stories and post them on the Pulse website, but to also produce a TV News Magazine Show, first in our old studio on the main campus and now in our state of the art facilities in the Martire Business and Communications Center," said Alicastro. "This year we launched a new website featuring these programs."

The Pulse has produced many different stories that center around Sacred Heart’s campus activities, such as colloquiums, guest speakers, and fundraising events.

The website also separately features the individual stories that are compiled into the full segment shows.

"During my time working with The Pulse, I have reported on news stories, anchored, controlled audio, and worked the teleprompter," said senior Valentina DeSantis. "The Pulse is a major part of the School of Communication and Media Arts and it provides valuable experience in propelling me towards my career aspirations as an entertainment reporter."

Students are responsible for writing, filming and producing these segments, as well as working with professional equipment that they could come into contact with in the working world.

"After we shot our first show last spring semester, I really enjoyed the process," said Archacki. "Not only producing individual stories, but being able to contribute to a crew that wrote, filmed, edited, and produced a half-hour long news program. From then on, I knew that I wanted to continue to be involved with the organization."

Students are able to take media classes that produce and contribute content for The Pulse. As well as get hands on experience with the production of different multimedia segments.

"It is one of the best things I have done at Sacred Heart," said senior Joe Massaro. "I love being in the studio working in front of the camera and behind the scenes. Our team is amazing to work with and our professor’s experience helps us grow as students in the field."

The rapid growth of the School of Communication and Media Arts, formerly the Department of Communication and Media Studies until Fall 2015, has allowed for further development of the organization.

"Thanks to the support of administration here at Sacred Heart, we have built a state of the art, second to none production facility. This is a giant leap forward for our students and for their ability to work in a professional environment," said Alicastro. "As important as that is, ultimately it is the journalistic content of what they produce on The Pulse that is important."

"For me The Pulse is an opportunity, along with my other academic and extracurricular activities. The studio environment has made The Pulse a fulfilling learning experience that will prepare media students for their futures."

"For me The Pulse is an opportunity, along with my other graduate and undergraduate classes, to pass on my 35 years of experience as a Producer at NBC News to the next generation of Broadcast Journalists and Producers right here at Sacred Heart University," said Alicastro.

To view The Pulse’s latest full episodes and individual student produced video stories, visit www.thepulshu.weebly.com.

News Editor Alexa Binkowitz contributed to this article.
The upcoming election of 2016 has a chance to be an election that can change the outlook of the entire country.

~ Sophomore John Scaringe

I'm not big on the election I don't really follow politics but all I know is Trump is really set on foreign affairs and dealing with them with a firm hand and I respect that.
~ Freshman Meredith Hallisey

Trump has already made so much money for himself, imagine what he can do for our country. He's definitely a prick at times, but he speaks his mind and honesty is something we need in office. If he doesn't get in I might throw a Trumpy tantrum.
~ Sophomore Megan Tottenham

I really don't follow the elections because I'm so busy with school work and studying.
~ Sophomore Kayla Johnson

I honestly don't even follow it.
~ Sophomore Taylor Coughlin
There is growing desire among marginalized communities for more equality in the United States. Some are arguing that this desire is reflected in the U.S. government considering passage of legislation that would require women to register for the draft just like men have done for decades.

However, this growing desire for more inclusion does not stand without controversy. According to Mason Dixon Polling and Research, 59% of Americans said that women should be eligible for the draft.

"Women want equal opportunity to serve the country, and they should be put in the draft. Equality only happens if people choose it," said sophomore Kevin Carmen.

According to NPR, the Marines released a study showing evidence that all-male units statistically perform better than mixed-units (69% of the time for the same tactical tasks). The Marines' study confirms that on average female injury rates during entry-level training are twice as high as male injury rates, and non-deployability occurs three times more often with women.

"I’m all for women being equal, but I don’t think this is a practical request," said sophomore Connie Cuccurese.

Several Sacred Heart students believe that the physical differences between men and women should be taken into account when making this decision.

"I’m all for women joining the military but not necessarily as a requirement, women can’t normally handle the same capacity of physical work as men do as soldiers," said junior Sarah Aanonsen.

Reporting for U.S. News, President Elaine Donnelly of the Center for Military Readiness said, "Young women’s exemption from Selective Service registration is directly tied to their non-eligibility for ‘tip of the spear’ ground combat units that attack the enemy. In the 1981 decision Rostker v. Goldberg, the Supreme Court found that the only legitimate purpose justifying registering or drafting anyone is the need for ‘combat replacements’ in a major war."

According to a 2013 report from the Department of Defense, only 14.5% of those enlist in the United States military are women. Furthermore, statistics reported by CNN said that enlisted women only make up 2.7% of the military's front-line units.

"Just because you’ve drafted as a woman doesn’t mean you have to be in combat, we need more nurses, lawyers, etc," said Carmen. "We need help on all fronts."

In a Huffington Post article Major General Paul Eaton said, "The battlefield today is non-linear where all soldiers must execute traditional military missions like react to contact/ambush and assault an objective."

"Equal training should help the elite squad, it shouldn’t be a huge problem if they [women] receive training," said junior John Shannon.

While some students see this as a major issue, others think that women being more integrated into the military can have certain benefits.

"Gender integration into the military doesn’t risk lower standards or a compromised defense. Although obvious differences exists between women and men, if they receive the same training upon being drafted and make it through successfully, sex differences shouldn’t matter," said junior Gianna Raimondi.

Women are by far the minority in the military.

"A draft in favor of gender equity could actually be a good thing for women already risking their lives to serve the country," said Raimondi.

"I tend not to support the draft, you shouldn’t have to rely on it. If there were a draft, yes it should be equally applied," said Amanda Moras, sociology professor at Sacred Heart.

News Editor of Spectrum.

"I think there are enough clubs on campus representing diversity, but I also think that there’s always room for improvement—there can always be more," said junior Claudia Guariglia, president of the Italian Club.

However, some believe that opportunities to express diversity at the university can sometimes be overlooked.

"I think the clubs are there, I just think that they aren’t really known about or advertised," said junior Yaritza Grant, member of La Hispanidad. "We have the club to share our culture with everyone."

Many believe that the students at Sacred Heart need to become more aware of the diversity clubs.

"I feel like raising awareness of the clubs is very important," said Guariglia. "We struggle with the issue of having people come to meetings and just trying to raise awareness that we are a club on campus," said Guariglia.

Yaritza Grant is hosting a diversity showcase here at Sacred Heart taking place on Feb. 23 at 7:30 p.m. Her goal is to represent many different cultures found on campus.

"The point of the showcase is to introduce the multicultural council to Sacred Heart," said Grant. "Iota, SHU Dance Ensemble, Irish step Ensemble, and the capoeira club are performing."

Grant's goal is to celebrate black history month as well as all of the cultures and dances that are associated with those cultures.

Students who belong to some of the diversity clubs on campus aim to share their culture and lifestyle with others on campus.

"La Hispanidad seeks to provide a place where students can reconnect or stay connected to their Hispanic heritage," said Colon. "We aim to share the richness of our culture with the Sacred Heart community by hosting campus wide events. Providing service to the Hispanic local Community, while fundraising to support local charities."

"The clubs on campus that would not necessarily be regarded as a typical diversity outlet, can have positive effects on students."

"The Gay/Straight Alliance, I’ve found, has been really important to those students who are members, providing a safe space for them to share opinions and meet other students who may be a part of the LGBT community or want to show their support as an ally," said Jauregui.

Some Sacred Heart clubs that celebrate diversity...

Italian Club

Capeoira Club

La Hispanidad

Politics and International Studies | PAIS

Arabic Club

Are You Autism Aware?

Multi-cultural Council

Philosophy/Religious/ Theology Studies Club

Active Minds

American Sign Language Club

National Student Speech Language Hearing Association | NSSLHA
Crime vs. the Media

CHRISTIAN COLON
ASST. NEWS EDITOR

Over the past few years, the media and the criminal justice system have not been the best of friends. The media reports most of what the criminal justice has to say. One topic that tends to bring a lot of controversy is when law enforcement officials are caught committing crimes such as brutal assaults of people they’ve detained. After these events occur, the media reports make the videos of these cases viral. People begin to blame the media for the negative reputation the criminal justice system has had over the past few years. As a student double majoring in communications and criminal justice, I now understand the point of view of both sides.

The criminal justice system and the media need to work hand in hand. Crime is one of the most-reported topics in our society. The constant reporting of crime can be annoying. However, it is better for people to be informed on what crimes occur. The media is what keeps the world informed. I have heard people say that the media should begin to report on happy stories and not always on whatever is happening at the moment. Journalists are not supposed to cover up the truth. If crime is what is happening, then that is what the media should report.

The media has also had a bad reputation of not telling the truth. Although people consider the news to be biased, journalists’ credibility and accuracy is a crucial part of their job. It’s important for the television networks to have an audience that trusts the right words to explain how you feel, my guess is that you are a writer. When you sit down at your desk and begin to create, it is to an extent that you are creating a new world. Words on the other hand — words bring empty space to life. Structuring sentences to get across ideas to readers is not an easy task. However, it is the job of the journalist.

While some brains function well with math and science, ours often have trouble finding just one solution or conclusion to an issue, not to say that we are not good with these other subjects. While some brains function well with math and science, ours often have trouble finding just one solution or conclusion to an issue, not to say that we are not good with these other subjects. When you sit down at your desk and begin to create, it is to an extent that you are creating a new world. Words on the other hand — words bring empty space to life. Structuring sentences to get across ideas to readers is not an easy task. However, it is the job of the journalist.

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COPY EDITOR

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The Venmo app has been gaining buzz amongst many mobile bank users recently. The millenial's version of PayPal, Venmo helps make sure your finances are always there with you.

The app is a mobile service that connects to a user’s bank account, credit card, or debit card. The app then allows the user to transfer funds to other Venmo users. A user receiving funds typically gets their money within one business day.

“It’s much more convenient than writing checks. The money moves quickly, and once you’re set up it’s pretty easy,” said Robert Rosenfeld, President of Roberts Properties.

Venmo began as money transferable text messages developed by two University of Pennsylvania students, Andrew Kortina and Iqram Magdon-Ismail, in 2009. They were looking for a way to settle finances between themselves. It later developed into the Venmo app available today.

According to Venmo.com, “Users financial information is encrypted, stored, and protected on secure servers. We work hard to ensure that our system meets or exceeds security industry standards and best practices.”

“Paying my friends for lunch, coffee, or a night out has never been easier. The days of constantly running to the ATM for small amounts of money is over,” said senior Allyson D’Amico.

With the constant growth of the app and user population, Venmo is consistently evolving.

Q: What has been your greatest success?
A: I believe that in the textile portion of my career, working with my fellow employees to create new products and bring these to market. By doing this, we were able to give the owners their return, the suppliers a good customer, and our customers a good product. It also gave our hourly plant workers a source of continuous income, which always concerned me most.

Q: At what job throughout your career did you learn the most?
A: I learn every day. Just when I really think I get it, something new creates a challenge.

Q: What is your favorite memory in your working career?
A: Textile plants go 24 hours a day, with three eight-hour shifts. Just before Christmas, there would be a Christmas dinner served on each shift. I would take part in each of these dinners. I enjoyed their company.

Q: Do you have any hobbies outside of work?
A: It is difficult to find much time for hobbies during the academic year. When I do, I refurbish antique wind-up gramophones and phonographs such as Edison, Victor, and Columbia. During the summer, my wife and I canoe as often as possible in Connecticut, Massachusetts and Vermont.

Q: Any advice for our upcoming Sacred Heart graduates?
A: I will quote Thomas Edison. “Greatness is 90% perspiration and 10% inspiration.”
Features

How Well Do You Know Your Significant Other?

See couples test their knowledge at “The Dating Game”

BY MADDELANA TONDI
Staff Reporter

Wondering how to spend the weekend after the most romantic holiday of the year? How about watching boyfriends squirm after forgetting their girlfriend’s favorite color? Or watching significant others slowly but surely get into fights over the details of how they met? The Theater Arts Program is hosting an event called “The Dating Game” on Feb. 17 at the Edgerton Center that will surely provide all this and more.

“Sacred Heart always provides fun activities for students, and we wanted to add to that,” said junior Lee Magliocchetti, head of the event.

Magliocchetti and the rest of the Theater Arts Program have put together this game show-inspired contest to test Sacred Heart University students on their knowledge of their significant others. The contest will be hosted by sophomore Shawn Lee, and couples competing will be on stage. The couples will be given white boards to write their answers on. Once the answers are written down they will reveal their answers to their partner. If they are correct they win points.

The contest will be elimination style. The first round will have seven couples, the second will have five, the third will have three, and the final round will have two couples competing against each other for the mystery grand prize.

“It’s definitely a relationship test. All these girls are going to find out if their boyfriends are actually listening to them,” said sophomore Katie Russo. According to Magliocchetti, the event was originally thought of last year and through the efforts of herself and fellow Theater Arts Program members it has been brought to reality this semester.

The decision was made to hold the event around Valentine’s Day because they thought it would make for a fun and “lovey dovey” experience for not only the contestants, but for those watching too.

“The Dating Game” is meant to test how well significant others know each other. Couples competing can expect to be questioned on a range of information. Possible questions can range from their partner’s favorite color or favorite animal, to more unique questions such as favorite type of shoe. The questions will avoid becoming too personal, in order to prevent people from becoming uncomfortable, but they will increase in difficulty as the contest goes on.

Many Sacred Heart couples have signed up for this event in the hopes of winning not only the prize, but bragging rights as Sacred Heart University’s cutest couple.

One such couple is senior Sarah Klaum and her boyfriend, junior Nick Patino.

“I did enter with my boyfriend Nick, so I’m hoping we’re chosen to compete next week,” said Klaum. “Even if we weren’t chosen, I’m still excited for this one-of-a-kind experience TAP is giving to the SHU community.”

Even those who are not competing are excited for the event. Sophomore Katherine Seckler is looking forward to attending the event with her stalmates.

“I think it’s an interesting concept and I’m excited to see who the couples are and how well they know each other,” said Seckler.

Magliocchetti suggests that the couples entering study up.

And would like to state a disclaimer. “If any relationships are ruined, the TAP Program is not responsible for that,” she said. “The Dating Game” begins at 10:10 p.m. on Wednesday, Feb. 17 in the Edgerton Center for the Performing Arts. Tickets are $5 and available at the door.

By Marina Desantis
Assistant Features Editor

In the busy world of being a Sacred Heart student, it is sometimes hard for a college fashionista to find time to make it to the mall for the latest outfit. For this reason, online shopping is easier as the products arrive directly at your door.

Lulu’s is an online shopping website directed towards young, fashionable women. It’s a fast fashion website that is constantly adding new items daily.

The website was launched back in the 1990s as a mother-daughter dream, and turned into one of the most popular places to shop for fashion online. They’ve been featured in magazines such as Cosmopolitan, Glamour, Lucky, and InStyle.

Lulu’s offers products ranging from clothing, shoes, bags, jewelry, and more. There is something for every price point, with products starting around $20 and going up past $100 on certain designers.

The most popular section on the website is for dresses, rompers, and two-piece sets. This is an option for customers looking for their latest look for upcoming weddings, proms, or graduations. There are also a wide variety of daytime and night-out selections.

“I don’t use Lulu’s for everyday shopping, but more for going out clothes or dresses for a special event,” said junior Becky Butterbee.

Under the “what’s new” tab, there are many different sections to browse. Currently clothes are grouped together by “spring fashion,” “party perfect,” “laced up looks,” and “formal.” This makes it easier to search for exactly what the hottest styles are.

With many students going on spring break to tropical destinations, Lulu’s can be your one stop shopping spot. They offer swimwear, cover-ups, sandals, and everything you need to hit the beach in style.

The buyers for Lulu’s use designers from both the United States and around the world. They have also created their own line exclusively for the site. When the site purchases clothes, they buy a high volume to accommodate potential demand. It’s rare to see anything sold out, and if it is it’s most likely coming back at high demand.

“The quality is great and much better than other online stores like Tobi. What you get in the mail is exactly what you see online in the picture,” said senior Lindsey Balukonis.

Customer service is a huge part of ordering something online. Many girls think it’s scary or not worth it if something doesn’t fit or it needs to be returned. Lulu’s is available by email 24 hours a day, seven days a week. If something needs to be returned, the shipping is paid for.

“I love this website. The pieces are of great quality for the price point, with fast shipping and helpful customer service representatives. It doesn’t get better than that when it comes to online shopping,” said senior Stephanie Puleo.

Customers are given a discount on their first order, and afterwards you will be given discounts weekly for things like free shipping, or 25% off an order on one day only. It’s a great way to look fashionable all while not breaking the bank.

If you love fashion and you aren’t afraid to try the newest fashion trends, then Lulu’s is the place for you. Check them out for all your fashion needs.

To view the products currently available for purchase and more information, you can visit www.lulus.com.
A local band with a Sacred Heart connection

BY JULIE MAURIELLO  
Staff Reporter

The Story Behind “TRAG”

Not long after graduating from Sacred Heart University in 1984, Mark Tragianese founded the alternative, progressive, and local rock band, “TRAG.” Tragianese formed the band consisting of family members playing various instruments, which is why the family nickname “TRAG” is also the name of the band.

In “TRAG” Mark Tragianese’s talents on the drums, percussion, and vocals are teamed up with the talents of his wife, Nora, on lead vocals, keyboard, and percussion. Mark and Nora met at an Open Mic night in 2002 and she joined the pre-established band as the lead singer and keyboardist in 2003.

In addition to the talents of Mark and Nora Tragianese, John B. and Bart Bruno contribute their talents on the guitar and bass.

“The band has a vintage feel to all of their music which is something our generation is not used to,” said sophomore Daniela Cavada.

Writing original music and recording according to Mark Tragianese is half the fun of being in a band.

“If I could live in a studio, I would,” said Mark Tragianese. “Just recording and recording both my lead and backing vocals.”

The band is currently an independent artist with their music available online for streaming worldwide. Though they may have an 80s feel to their music, the band has definitely taken advantage of the modern day digital streaming era.

The Daily Show with Trevor Noah

Behind the Scenes of the Comedy Central Show

BY NATALIE CIOFFARI  
Arts & Entertainment Editor

Being an intern for Viscom has its perks. Sometimes you get to meet celebrities, but sometimes you get VIP tickets to their affiliates shows.

Last week, I had the opportunity to get VIP tickets to The Daily Show with Trevor Noah. His show is on Comedy Central, and airs at Monday through Thursday at 11p.m.

Noah’s production team starts filming at 6p.m. So, there is about a five-hour difference, where I am assuming they edit the video, put in graphics, etc.

Of course, I picked the day where it was snowing and freezing in New York.

When I arrived at the theatre, there were a bunch of other interns from BET, MTV2, Spike, and Comedy Central. It was almost like a little networking event before the show.

As a VIP ticket holder, you get to skip the line before everyone else, and you get to enter the stage before everyone else. Not to mention that you get front row seats to the show.

Intim perks are great, am I right?

As you enter the theatre, you notice that the stage is enormous, and that the seating area is not as big as you think it is on television. It may seat about 100 people, and it does not go up that far.

Once everyone is seated and situated, one of the production managers comes out and talks to everyone about the show.

Well, the show itself is a little bit of a modern day digital streaming era.

The Daily Show with Trevor Noah is a full time commitment, but it is a side gig for Mark and I,” said Nora Tragianese.

In addition to forming and performing with “TRAG,” Mark Tragianese developed a reputation in the area by performing as a percussionist with local groups “Kinetic Sect,” “Ultimate Motive,” and “Theravada.”

Post graduation, in December of 1985, Mark Tragianese and his first band “Kinetic Sect” performed in the dining hall at Sacred Heart and he has longed to be back to perform ever since.

Mark Tragianese’s post-graduation musical career is linked back to Sacred Heart not only because he has performed on campus before, but also because the photo to the cover of “TRAG’s” second album entitled “11th House” is what we know today as Roncalli Hall.

Mark Tragianese has visited the university since his graduation, “I must say I was impressed with the new campus and the building layout,” said Mark Tragianese.

“TRAG” aspires to continue sharing, producing, and performing the music that influenced their upbringing. The message they hope to share is with the younger generation, starting with the current Sacred Heart students. We feel our music comes from a strong spiritual background and conveys the messages of hope, faith, and love. Get out there and make this world better than we found it,” said Mark Tragianese.

For more information on the band, visit their website at http://www.tragband.com
Arts & Entertainment

No Sex Please, We’re British
The Little Theatre’s latest production

BY JORDAN NORKAS
Staff Reporter

Sacred Heart University’s Theatre Arts Program is bringing the comical British farce, “No Sex Please, We’re British” at the Edgerton Center.

The show takes place in London during the 1970s, and revolves around a young, newlywed couple that lives above a bank. When the couple orders Scandinavian glassware through the mail, they soon come to find out that they accidentally ordered Scandinavian pornography instead.

“IT can get racy but we still keep it appropriate enough so that I can invite my grandmother to come see it,” said sophomore Sean Whelan.

Throughout the course of the play, the home of the happy couple is continuously flooded with different forms of risqué content and the plot continues to get much more complicated as other characters get involved.

“I love how insane the circumstances get in this show. It starts out as such a small problem and it blows up to ridiculous proportions. Everything that can possibly go wrong, does,” said Whelan.

The cast and crew had a lot of fun, and a lot of laughs, putting this show together.

“The audience should expect to be laughing the whole time,” said sophomore Julia Vezza.

“They should also expect the unexpected. The show takes many unpredicted turns and something new is always being introduced,” said freshman Ariana Colasuonno. “There are doors slamming and people running around at almost every moment of the show and it’s very high energy and a lot of fun to watch and be a part of.”

Members of the production have learned a lot from this experience, and this show in itself.

“The experience has taught me a lot. I have acted in shows and done running crew, but I have never gotten to assist direct. I never thought I would love it as much as I have,” said Vezza. “I love watching my friends play these hilarious roles in quirky British accents.”

Cast members also shared how the rehearsal process leading up to opening night has been for them.

“To be honest, I’ve never been a part of a show that has come together so quickly. We were worried about the amount of time we would have to prepare but the whole cast is super confident we have an amazing show,” said freshman Bradly Taylor.

Others love the thrill of what they do.

“Going in every day has never once felt like work. Everyone is so funny and awesome to perform with. I’m really proud of the story we get to share with the audience,” said Whelan.

With much anticipation, the cast and crew members cannot wait for the show to finally be brought to an audience.

“I can’t wait for everyone to see all the work we’ve put into this show and I hope everyone loves it as much as we do,” said Colasuonno.

“No Sex Please, We’re British” opens on Thursday, Feb. 18 at 8 p.m. in the Little Theatre. Additional performances will be held Friday, Feb. 19 through Sunday, Feb. 21 and Thursday, Feb. 25 through Sunday, Feb. 28. Friday and Saturday night showings begin at 8 p.m. and Sunday matinees are at 3 p.m.

“Love Is In The Air”
Sacred Heart Dance Company’s Valentine’s Day Performance

BY MELISSA O’ORourke
Staff Reporter

On Saturday, Feb. 13, the Sacred Heart University Dance Program put on a Valentine’s Day themed show called “Love is in the Air” at the Edgerton Center for the Performing Arts.

The theater was filled with dancers’ friends and families. On stage, a projector emitted images of hearts throughout the show to fit the theme.

First on the stage was the Hip Hop Crew dancing to “Like I’m Gonna Lose You” by Megan Trainor ft. John Legend. This hip-hop/contemporary fusion was choreographed by Maria Chemiske, Hip Hop Crew choreographer and instructor, and Lizzie Fleitas, Hip Hop Crew assistant instructor.

The crew sported red flannels and performed some partner work with the male Hip Hop Crew dancers.

“It was amazing. Every piece was beautiful. I love seeing the girls do all other styles,” said Chemiske.

Next on the stage was Dance Company I dancing to “The Rules for Lovers” by Richard Walters. This contemporary dance was choreographed by Katelyn Chakey, ballet/contemporary choreographer and instructor of the Sacred Heart Dance Company.

“I thought the show went well with the Valentine’s Day Weekend theme,” said freshman Arizona Santiago.

The Irish Step Dance Ensemble then took the stage dancing to “Better When I’m Dancing” by Megan Trainor, and “Easy Love” by Sigala. This modern take on the traditional Irish Step was choreographed by Irish Step Ensemble choreographer Allison Wetterauw.

The Irish Step Dance Ensemble wore their traditional black dresses along with red bows and red buckles on their shoes.

After, Dance Company II danced to “Heart Cry” by Drehz. This dance was choreographed by Emily Frangipane, Sacred Heart Dance Company jazz/lyric contemporary choreographer, and instructor.

“All the pieces in the show fit well together,” said freshman Sabrina Ledo.

Next came Dance Company I dancing to “My Immortal” by Evanescence. This piece was choreographed by Frangipane. The dancers all wore dark colors, fitting the mood of the song.

“My Immortal” was definitely my favorite, the emotion was perfect,” said sophomore Megan Tottenham.

Following a quick change, Dance Company II took the stage again dancing to “Already Gone” by Sleeping At Last. This dance was choreographed by Chakey.

“The energy on stage showed through the performances, I’m definitely coming back to the next show,” said sophomore Nicole Jablonski.

The Dance Company Select Ensemble then performed to “Double Knotted” by Max Richter and Julia Kent. This dance featured four dancers Alexandra Hogan, Jenna Lynch, Kayla Pilnick and Amanda Sassu.

The dancers wore tribal print dresses and emitted emotion throughout the entire piece.

Pronunciation: She-ka-hey.

“Double Knotted” is considered electroacoustic. The composers Richter and Kent use instruments such as the cello along with electronic and found sounds to create a strong sound.

This dance was choreographed by Christina Coleman, Sacred Heart Dance Company’s ballet instructor.

“I thought the show was amazing,” said junior Allison Courtemanche. “I really loved it, the show was a good variety of dances.”

The Irish Step Dance Ensemble took the stage again dancing to “Sugar” by Maroon 5. The dance was choreographed by Wetterauw.

Last up was the Hip Hop Crew dancing to their 90’s remix of the remix. The Crew has performed this dance multiple times, even at other schools. This dance was choreographed by Chemiske.

“The 90’s Remixed was my favorite,” said sophomore Taylor Coughlin. “It brought me back to my childhood,” said Coughlin.

After the show, friends and family gathered in the lobby of the Edgerton to greet the dancers.

Sacred Heart Dance Program has grown so much over the years and I could not be prouder of these girls,” said Jessica Berard, Assistant Director of Dance. “We had an absolutely beautiful show.”
Women's Rugby Takes the Plunge

The Sacred Heart Women's Rugby team hosted the "SHU Rugger Plunge" as a fundraiser for the Wounded Warrior Foundation on Saturday, Feb. 6 at Jenning's Beach in Fairfield, Conn.

The class of 2020 is bound to bolster the Pioneers roster, either scholarship or walk on. "We need to prepare the team for loss of players throughout the year [to things] like graduation, transferring, injury, or just not wanting to play anymore," said Nofri.

"I really feel we have some good players coming in, more importantly some outstanding young men who will bring more than just football to Sacred Heart University," said Nofri.

The 25 commitments already in place, Nofri is looking to bring in 40 to 45 freshmen athletes total through either scholarship or walk on. "[We need to prepare the team for] loss of players throughout the year [to things] like graduation, transferring, injury, or just not wanting to play anymore," said Nofri.

"I look for a well-rounded young man that is involved in activities and is willing to do more than just play football here," said Nofri.

Whether it's different events on campus or even clubs, football players are seen as members of the community at Sacred Heart University even with the high expectations set for themselves from their staff. "I want a tough, hard-nosed kid that plays with a chip on his shoulder. Someone who is going to work for everything, on and off the field. Someone who appreciates everything they have and get, and not someone who thinks they deserve more," said Nofri.

Nofri believes that these 25 men will fit perfectly into the University and its mission. "I look for these kids to take all the necessary steps in contributing to our program," said Nofri. "We are hoping they can make a big impact for us not only on and off the field, but in representing the Pioneer's name to the fullest."

The Pioneers are looking to get back to the promised land after winning back to back championships in 2013 and 2014. "We have some great football players committed to being Pioneers for the next four years," said Nofri in a press release sent out by the Sacred Heart Athletic Department. "The Pioneers finished with a 6-5 record in the 2015 season and are expecting a rebound in this coming 2016 season for Noel's last with the Pioneers. Nofri and the Pioneers are ready to get back to the top in 2016."
Sports

Kimmel Reaches 1,000 Point Milestone in Pioneers Win

BY WILLIAM CALLAHAN
Contributing Writer

On Jan. 16 against St. Francis Brooklyn, Hannah Kimmel of the Sacred Heart women's basketball team became the nineteenth player in school history to reach the 1,000 point plateau. Kimmel's 17 points lifted Sacred Heart to a 68-51 victory.

The redshirt junior has averaged 17 points and almost eight rebounds a game this year to lead the team into a first place tie with rival Bryant. Both teams are currently 10-2 in the conference.

"She's a great player and leader on the floor," said senior guard Kelsey Castro. "She brings great energy and as a team we all feed off her."

"She's our spark," said Castro. "She just gets us going."

Kimmel made her collegiate debut in 2013. She led the team in averaging six rebounds a game while pouring in 10 points a game, earning her a spot on the Northeast Conference All-Rookie team.

Kimmel's second year would be her breakout year, as she led the team averaging 16 points and 8.6 rebounds, which was third in the league. She also had a career high 33 points against Villanova, the school's first ever win against a Big East opponent.

Kimmel's efforts earned First Team All-NEC honors.

"She's our motor," said head coach Jessica Mannetti. "We go how she goes and having a fifth year graduate student on our team is really important."

"She motivates her teammates and she is such a high level competitor," said Mannetti. "Hannah demands that you play hard and at a high level with her."

Mannetti and Kimmel have been together since Mannetti took over the head coaching duties in 2011-2014.

"Hannah is such a leader on our team," said Mannetti. "I wouldn't say that she is the heart of the team because our team has so much heart but she is definitely our heartbeat."

The Pioneers have won six of their last seven since Kimmel reached the 1,000 point plateau against St. Francis. Over that span, Kimmel has averaged 18.5 points a game.

"Reaching 1,000 points was simply a goal I set for myself, nothing more," said Kimmel. "It doesn't define myself as a player but without a doubt it is definitely exciting for me."

Kimmel originally came to Sacred Heart for the 2011-2012 season after a successful high school basketball career which included Class C Player of the Year in New York State. However, due to two ACL injuries she sustained, Kimmel did not begin her first year until 2013.

"The injuries actually pushed me to be a stronger player and person overall," said Kimmel. "Having these injuries just was a hurdle in setting out to achieve my goals. As such scoring my 1,000th point was the only thing that I was really focused on."

"I wouldn't necessarily call my injuries a hindrance," said Kimmel. "I prefer to think of it as a catalyst in order to get where I wanted to be."

"I think the injuries definitely motivated her to get back stronger than ever," said Mannetti. "She's been on a long journey but it brought her to this great place where she now has an opportunity to do a lot of good things here."

Kimmel had the opportunity to reach 1,000 points in a home game against Wagner on Jan. 11. She came in with 975 points, thus needing 25 to become the 19th player in school history to reach the milestone.

Kimmel had a chance to nail her point number 1,000 with a single free throw but she ended up missing the shot. She finished with 24 points, which meant that the one point she needed for 1,000 would have to wait for a few more days until the team played St. Francis.

"I had no idea how close I was until I reached 1,000 but I knew I was in the ballpark," said Kimmel. "It was only until after I missed that free throw when my teammates told me that I only needed one more point.

"I'm happy I scored my 1,000th the next game but that's not my main focus," said Kimmel. "It doesn't matter who is scoring because all we are worried about is winning games."

Women's Swimming & Diving Looking To Improve

Pioneers Aiming For Strong Showing at NEC Championships

BY ELLIOT ANTLER
Contributing Writer

Sacred Heart University Head Swimming and Diving Coach John Spadafina is off to a great start in only his second year at the helm of the program.

In his inaugural season, Spadafina led the team to a two-win season. In the 2015-16 season, Spadafina and the team were able to double their wins and improve their dual record to 4-6, which happens to be the best record in school history.

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JUNIOR HANNAH KIMMEL IS HONORED FOR BEING THE 19TH PIONEER TO REACH 1,000 CAREER POINTS