Women Can Have it All
The Honorable Elaine L. Chao joins the series

BY EMILY ARCHACKI
Editor in Chief

On Thursday, March 31 Linda McMahon hosted the fifth installment of her “Women Can Have It All” series. Her featured guest this time was the Honorable Elaine Chao, the 24th United States Secretary of Labor from 2001-2009.

Chao was the first Asian American woman in U.S. history to be appointed to the Cabinet, and received an honorary Doctor of Laws degree from Sacred Heart University in 1991. Prior to working in the Department of Labor, she was the deputy administrator of the Maritime Administration in the U.S. Department of Transportation. In 1989, she was nominated to be the Deputy Secretary of Transportation by President George H. W. Bush. From 1991-1992, Chao was Director of the Peace Corps.

Following her service in government, Chao was the President and CEO of United Way of America for four years. Before she began a career in politics, Chao worked as an international banker for Citicorp. Chao, the oldest of six girls, shared with those in attendance the story of her family’s journey immigrating to the United States from Taiwan when she was eight years old. In addition to sharing her career experience as a woman having worked in both the public and private sectors, she also shared her advice on being involved in leadership positions and the importance of understanding the organizations one is involved in.

Q: Why did you decide to invite Secretary Chao today?

A: McMahon: This series is very valuable in reaching out to young women, especially young women in universities. Elaine has such an incredible background. She came here when she was eight years old from China. Undaunted, didn’t speak any English. She has really worked her way up. She has been in the Peace Corp, she was the CEO of United Way, and she is married to a pretty prominent figure herself [Senate Majority Leader Mitch McConnell]. Elaine and I met several years ago; she was so kind to me. I was attending an RNC Republican National Committee) in Washington, and I was as per usual by myself. I was standing at one of the high tops, waiting to go into the main area. I was just reading or whatever and Elaine came over and graciously introduced herself to me. She said, “Oh are you here alone.” I said, “Yes, I am as a matter of fact but that’s just fine.” So we chatted back and forth for a little bit and she found out that I was the CEO of World Wrestling Entertainment [WWE] and seemed to be just enthralled with the fact that there was a woman CEO there. We met and we had little emails back and forth. Elaine was at the Heritage Foundation so I communicated back and forth there as well. It’s been fantastic to have a friend, acquaintance like the former Secretary of Labor. As this series really has grown and continued to grow I thought, “Wow who could just come and be better than Elaine Chao?” I reached out, and she said, “You know what, if my calendar is clear, I will be there.”

Q: You were a White House Fellow in 1983, is that where your initial interest in government and public policy work began?

A: Chao: No. I want to offer young people encouragement in this sense. I am an immigrant to this country. I knew so little about this country. So I had no idea what I wanted to be a White House Fellowship program. All I knew was that I was new to this country, I didn’t understand the government, I had been in the private sector, I was a banker with Citicorp and there was so many things about this government that I just didn’t understand. As a citizen, a newly minted citizen of this country, I felt it was very important for me to understand my own government. So when the opportunity came, I was accepted as a White House Fellow I went to work at the White House in the Office of Policy Development. Things just fell into place. I was not political when I first started. I’m Asian American. Most Asian Americans are not political. They are getting more so now because there are larger numbers of Asian Americans; they’re becoming more acclimated and more financially secure. When we first came the first priority is to achieve financial security. Most Asian Americans are not political. They are getting more so now because they didn’t think too much else about what else to do. I was actually quite a pioneer in even having an interest in government. But that’s where I think my parents really came into play in encouraging me. My parents are immigrants. My mother passed away, my father is still with us. If you were to listen to him he has an extraordinary heavy Chinese accent. Their world as newly arrived immigrants was so circumscribed, and yet they had incredible faith in this country that their daughters would have greater opportunities than they would. They believed that these opportunities are out there.

Q: In your role as Secretary of Labor, what was the most challenging aspect of that position?

A: Chao: You’re in a public position. Linda McMahon knows this as well, because when Linda was campaigning she saw all different kinds of people with different points of view. Being a uniter of people I’m sure Linda thought about ways how to bring people together. So when you’re in public office you’re bombarded with an incredible array of different viewpoints. The challenge is to know what you stand for, what you believe in, how to rally support for what you think is best for the country. But also try to bridge the differences between different groups.

Continued on page 2
Chi Omega Hosts Make-A-Wish Ball

BY HANNAH MAXIMIN
Staff Reporter

Kappa Mu, the chapter of Chi Omega at Sacred Heart, hosted the Make-A-Wish Ball in the University Commons auditorium on Tuesday March 29.

Members of Kappa Mu, other Sacred Heart sororities and fraternities, friends and family members, gathered together to honor and fundraise for the Make-A-Wish organization, which has offered many opportunities to children suffering from medical illnesses.

"The Make A Wish Foundation is such an amazing foundation that offers happiness and hope to kids that are suffering because of certain life-threatening medical conditions," said freshman Emily Wonisieck, a member of Kappa Mu.

The event extended the welcome to the whole Sacred Heart community in support of the Make A-Wish foundation.

"We had a great turnout, even News 12 covered our event," said Senior Carolen Valenzano, president of Chi Omega, Kappa Mu. "We do not have the final count for money raised yet, but overall everything went smoothly."

The ball began at 6 p.m. with light refreshments and live music.

Friends and family members made donations to the organization as well.

Junior Claudia Guariglia, the community service chair for Kappa Mu, was the first to deliver a brief, yet welcoming speech.

Q: Can you talk a little bit about your involvement with the Ruth Mulan Chu Chao Foundation?
A: Chao: Yes, that's my mother. It's a family philanthropy and we're very much into education. The next phase is healthcare. We have a major project up at Harvard right now. It's coming online June 6 of this year, and that's when the dedication ceremony will be. And I was happy, my mother passed away before my father began to make gifts in her name because he wanted the world to know how pivotal she was in our family's life and his life. He wanted her to get the credit. She was very quiet. So it's the first building named after a woman on campus, it's the first building named after an American of Chinese descent, with a Chinese name.

Q: You talk a lot about your family. Do you attribute your career success to your upbringing and having parents that were immigrants and then yourself being an immigrant?
A: Chao: I think family is very important. I think every culture, every country will acknowledge that, people from every country will acknowledge that. Your family is what gives you the basic foundational knowledge with which to tackle life. When we first came here to America it was very, very difficult. My parents never lost their sense of optimism; they had incredible faith in this country. I don't think my mother complaining. She thought it was her duty, her responsibility. She had an incredibly positive attitude that infused everyone in the family as well.

Q: Do you have any advice for college graduates that will be entering the American workforce in the coming months?
A: Chao: We now live in a knowledge based economy and it's very important to always keep learning. So never stop learning even though you've left school.

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The Sacred Heart Spectrum

Perspectives

Baseball Season Begins

BY JULIA PENCEK
Staff Reporter

Spring season has arrived and with better weather approaching, students are looking forward to many outdoor sports and activities on campus.

Junior Kelyn Fillmore is excited that her softball season is finally here. "Softball is by far my favorite part of spring. Due to how much time the team spends together, we create an unbelievably strong bond that's amazing to be a part of," said Fillmore. "As soon as I step on the field, I forget about all other stresses of life. It's an outlet that I've been so blessed to have and I'm grateful for everything this game has taught me."

Last spring, a group of Sacred Heart students had an opportunity to travel to Italy with the choir.

"My favorite memory when I was in Italy would have to be driving along the Amalfi Coast. Although it was scary being in a coach bus on such a small one-way road that was basically hanging over a cliff, it was a moment I will never forget," said sophomore Julia Petrozzino.

The Sacred Heart Choir has about 800 members and 70 members were able to experience Italy.

For Sacred Heart students not involved in sports or campus clubs, there are still opportunities for fun as the year comes to a close.

Fetty Wap is this year's spring concert and will be appearing at the university on Friday, April 8.

Many students were excited when they found out that Fetty would be performing. Sophomore Faye Kenajians has been looking forward to the concert since she previously saw Fetty Wap at PNC Banks Art Center last summer.

"I waited in line for two hours for guest tickets so my friends can come enjoy the concert with me," said Kenajians.

Spring weather means that more people can spend time outside instead of being stuck in their dorms. Sophomore Caroline Deorio said that favorite memories involve sitting on the quad with her friends and enjoying the weather.

"Another aspect I love about spring is that the weather becomes warmer and the flowers and trees start to bloom again," said Deorio.

U.S. News College Campus says, "One great way to challenge yourself is to try to think about what you might regret not doing during your time in school. If you know you'd always be a little sad about not doing something, then use that fear of regret as motivation to finally get involved. You might be surprised at just how much fun you have."

Spring is the perfect time of year to get back into favorite sports or even try something new. With the warmer weather, people can take advantage of sports and activities that

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\[Image: A photo of a student with a baseball bat.\]
Companies Target Younger Demographic With Social Media

BY CARA FUSILLO
Staff Reporter

Businesses are currently using social media platforms to target a younger demographic in hopes of selling their products.

“We have seen ads in social media, Facebook for example, for a while. However, it’s been taken to the next level,” said Dr. Anca Micu, a marketing professor here at Sacred Heart, regarding the increase of advertising on various social media forums.

Though students are now used to going on Facebook and Twitter and seeing ads while scrolling through their feed, this idea is actually fairly new and inventive. Companies are now starting to take advantage of the astronomical growth of social media.

“What is being done right now is new and inventive, in the past year or so. Companies are trying to target 13 and older,” said Micu.

When discussing the idea of Google and Google searches, the targeted marketing has become a popular topic. The term “retargeting” refers to a form of advertising where online advertising is formulated to appeal to consumers based on their previous Internet searches, and to know when these searches did not end in a sale or conversion. “Companies place a tracking pixel on the product you search and then based on those they can place ads,” said-Micu.

This intricate marketing strategy makes companies able to appeal to any consumer, as they know exactly what they are looking for.

“I think the most effective form of social media for a brand to use to advertise is Twitter because I feel more inclined to buy the item. If I’m scrolling through my feed and see an ad, I’m likely to click on it,” said Micu.

With spring being right now and being new and inventive, it is the year to sell products. Companies are now starting to take advantage of the astronomical growth of social media.

Formal Tips and Tricks

BY MELANIE VOLLONO
Perspectives Editor

Mother Nature seems to have finally ceased her winter wrath and it looks as if spring is upon us. You all know what that means: formal season. Whether you’re a part of Greek Life, a sports team, or even a club organization, formal is a great way to bond as a team and have one final hurrah with all the seniors that are leaving.

With the right tips and preparation, formal season can be stressful, so here are 10 surefire ways to have the perfect formal season.

1. Find the right date - Don’t scour Tinder the week of your formal looking for a winner. Chances of the perfect right-swipe last minute are slim, and you don’t want to take someone you barely know to this kind of event. If you don’t have a boyfriend or girlfriend, opt for a close friend rather than a casual acquaintance. Going to formal with all the seniors that are leaving. With many people are feeling emotional about the week of your formal looking for a significant other, make sure you match in some conceivable way. If you wear a pink dress, don’t let your date show up wearing a blue tie.

2. The pregame - For those who are 21 and over, the urge to enjoy adult beverages before formal can be incredibly tempting. While one or two drinks can be fine, avoid overdosing it. You don’t want to be ‘that guy’ at formal and with so many people in one room, the risk for dehydration is real. Plan hair and makeup around the probability of a long night of dancing. You want to be comfortable.

3. Hair - Simple is best. Don’t spend 4 hours in a salon chair for a hairdo that will come undone after 30 minutes of dancing. Plan hair and makeup around the probability of a long night of dancing. You want to be comfortable.

4. Coordinate - If you’ve chosen to go with a significant other, make sure you match in some conceivable way. If you wear a pink dress, don’t let your date show up wearing a blue tie.

5. Hair - Simple is best. Don’t spend 4 hours in a salon chair for a hairdo that will come undone after 30 minutes of dancing. Plan hair and makeup around the probability of a long night of dancing. You want to be comfortable.

6. The pregames - For those who are 21 and over, the urge to enjoy adult beverages before formal can be incredibly tempting. While one or two drinks can be fine, avoid overdosing it. You don’t want to be ‘that guy’ at formal and with so many people in one room, the risk for dehydration is real.

7. Drama - Unfortunately, no matter how much we plan, there can sometimes be drama at formal. Keep in mind that many people are feeling emotional about the year coming to a close. Remind them that you’re there to have fun, and squash it before it turns into something big.

8. Transportation - Many forms offer buses to bring students to and from the event. If your organization does not offer this, make sure you have a safe and reliable ride and remember to take your cell phone.

9. Pictures - You’ll want to document. Every part of formal, so make sure your phone is charged and you have your selfie stick at the ready. Instagram blows up with formal pictures so make sure yours stands out.

10. Have the time of your life - Formal only comes once a year, and for some, this may be the last one they have before graduating. Dance like crazy and don’t hold back. It’ll be gone before you know it.
April 6, 2016

Editorials

Why I Wear Makeup to the Gym

MELANIE VOLLONO

PERSPECTIVES EDITOR

I think it’s time that I talk about an issue that is very near and dear to my heart. You may think of it as juvenile or narcissistic and you may call me crazy, but I don’t care and I want to stand up for everyone else out there like me.

I wear makeup when I go to the gym. I know. What hetero. How can they even let me in to work out?

No I didn’t get lost on my way to a Sephora. No my daddy’s car didn’t break down in front of the gym.

I go to the gym because I want to work out and better my body. I have dance practice at least three times a week and sometimes more depending on the time of year. I’m not too privileged to be there, and I’m working out just as hard as everyone else.

Going to the gym shouldn’t be a task I don’t want to complete. I center my week on what days I get to go and work out. I love picking out a fun pair of leggings to wear and my favorite pair of shoes. Now, I don’t see anyone judging other people for their choice of clothing or shoe attire on the treadmill, so I can’t begin to comprehend why I get looks and comments for having makeup on.

I know the “side effects” of wearing makeup to the gym. I wash and exfoliate my face after I work out so I don’t clog my pores and I never wear liquid foundation. Other than those few setbacks, there really isn’t any health problem with wearing makeup while you work out as long as you cleanse your face twice a day.

I go to the gym because I want to maintain an active and healthy lifestyle that makes me feel good about my body. It isn’t about running faster than someone or lifting heavier weights. I simply want to do the best for what makes me feel good. And you know what makes me feel really good? Wearing makeup.

Just as I can’t go to school if I’m not dressed and looking acceptable for the day, I won’t be motivated to go to the gym if I have dark bags under my eyes and a pale face. Looking good and feeling good are very closely related. Do I wish we lived in a society that didn’t value a woman’s worth based on the length of her lashes? Of course. But that unfortunately is not how it goes.

Look, I’m not trying to train to become an Olympic athlete, and neither is anyone else. We all have our own limits, so we just work within our limits and try our best. I’m not trying to get in the way of your workout. But the gym is supposed to be a no judgment zone where everyone can feel free to work on themselves. The ultimate person you have to please with your body is you.

So, if I want to get fit and be happy with how my face looks while I do it, kindly leave me alone. You don’t see me hopping on your treadmill and showing you a more effective way to run.

With only about 50 days left until graduation, I’ve been spending a lot of time thinking about the past, present, and future. Only four short years ago, I moved into Merton Hall for what would easily be the best time of my entire life, but time passed in the blink of an eye, and now I’m already picking out my graduation dress.

Coming into college, four years seemed like a lifetime. Now I’m looking back wishing I was still roaming the halls of Merton, spending my nights taking buses to New Haven, and my mornings filled with unlimited glasses of Flick chocolate milk and bacon.

Fast forward to senior year, class is basically not a thing at this point because, I hate to break it to you but senioritis is a serious disease. My philosophy is to enjoy my last little bit of ‘freedom’ while you still can. It will go by before you know it. To college, and especially to my Madison Ave girls, you have made my experience here more special than I could ever imagine, and amazing possibilities for the future. For me, moving out and moving on is the worst part, yet also the best part.

As I begin to move on from this chapter in my life, it has forced me to realize that time doesn’t stand still because you want it to.

Sacred Heart University has given me the opportunity to grow so much as a person, while giving me some of the best friends I could ever imagine, and amazing possibilities for the future. For that, I am forever grateful.

To all the freshmen, sophomores, and juniors, cherish this time while you still can. It will go by before you know it. To college, and especially to my Madison Ave girls, you have made my experience here more special than I could have ever hoped. Pioneers forever!

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

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Students Are ‘Feeling The Bern’ & ‘Making America Great Again’

BY STEPHANIE MILLER
Staff Reporter

Walking around campus, it’s inevitable that you’re going to see a variety of different styles in fashion. These can vary from classic to hipster, chic to preppy, sophisticated to traditional, western to romantic. All of these styles incorporate clothing and accessories that are unique for every different season.

New apparel is starting to come around featuring the latest trends for spring. Students often use Pinterest and Tumblr as convenient ways of discovering and seeking out the latest trends in fashion. Rompers are going to be staple pieces for this season. Lace-up shoes, both heels and sandals, have definitely become popular, especially among people who have early classes and don’t want to wear uncomfortable jeans to their 8 a.m. classes.

Outgoing as a college student, bodysuits, high-wasted jeans or a long skirt, and a pair of lace up heels is what’s easiest to throw on and is very stylish at the same time. This type of outfit can be dressed up by choosing a bodysuit with a more stylish or elaborate design, like a v-neck criss-cross neckline. Every girl loves an edgy top that is cute and relaxed. Whenever I wear this outfit out I don’t have to worry about the top untucking from my jeans or skirt. Having a bodysuit is extremely easy and comfortable too,” said sophomore Gabrielle Sapieza.

One piece of apparel that’s popular this spring 2016 is the t-shirt dress. This trend is already being spotted around campus, often paired with a denim jacket or a baggy cardigan. This style was common throughout last spring and summer as well, but it’s making a big comeback for this year.

Another trend that’s making a huge statement are boyfriend jeans. Boyfriend jeans have been a major purchase in a lot of stores.

“I really enjoy boyfriend jeans because they’re comfortable to wear, not too tight, and they can be worn with anything. You can dress them up or dress them down, it depends on the mood you’re in,” said sophomore Marina Muscarella.

An entire outfit that has been standing out for some stylish Pioneers is a pair of joggers, Adidas sneakers, a baggy t-shirt tucked into the pants, dark lipstick, a topknot bun and Ray Ban sunglasses. This outfit is wasted jeans or a long skirt, and a pair of lace up heels is what’s easiest to throw on and is very stylish at the same time. This type of outfit can be dressed up by choosing a bodysuit with a more stylish or elaborate design, like a v-neck criss-cross neckline. Every girl loves an edgy top that is cute and relaxed. Whenever I wear this outfit out I don’t have to worry about the top untucking from my jeans or skirt. Having a bodysuit is extremely easy and comfortable too,” said sophomore Gabrielle Sapieza.

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As the snow melts and the sun gets hotter, our outfits are losing some layers as well. Fashion changes with every passing day and the Sacred Heart community is already starting to embrace the unique fashion opportunities that come with the spring season.

Spring Fashion Forecast

BY STEPHANIE MILLER
Staff Reporter

Walking around campus, it’s inevitable that you’re going to see a variety of different styles in fashion. These can vary from classic to hipster, chic to preppy, sophisticated to traditional, western to romantic. All of these styles incorporate clothing and accessories that are unique for every different season.

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Student Ambassadors: Pioneers at Heart

Do you remember your tour of Sacred Heart University as a high school junior or senior? What were the important factors in your decision? Was it the look of the campus, the academics or the opportunity for extracurricular activities? Perhaps it was the student who guided you and your family on a tour that was most memorable?

The Office of Undergraduate Admissions is currently accepting applications for Student Ambassadors for the 2016-2017 academic year.

“A SHU Student Ambassador is an official representative of the university to prospective guests to the university,” said Rob Gilmore, Director of Campus Experience.

But what exactly is the job description of a student ambassador?

“An ambassador does everything from greeting families, to facilitating campus tours, and representing the university at off-campus receptions. But that’s just the tip of the iceberg, ambassadors have many more responsibilities throughout the year,” said Gilmore.

All full-time rising sophomores, juniors and seniors with at least a 2.75 GPA are eligible to apply.

“Students interested in applying need to complete the application found on the Sacred Heart website. In addition to the application, there is a recommendation form that needs to be filled out by a university faculty or staff member.”

Students interested in applying need to complete the application found on the Sacred Heart website. In addition to the application, there is a recommendation form that needs to be filled out by a university faculty or staff member. To me, being a student ambassador is representing SHU not only as just a school, but also a home,” said sophomore Danielle Dy. “I love it when prospective students and parents say this is the place they see themselves for the next couple of years. It’s just an amazing feeling to know that you made that impact on them and opened their eyes to envision their future here.”

“Being a Student Ambassador is so much more than just being a tour guide. It’s impacting this University’s future through your actions,” said Marie Nakos, Undergraduate Admissions Graduate Assistant and former Student Ambassador.

Beyond learning more about the university overall and having the opportunity to showcase one’s love for Sacred Heart, the position also allows students to gain important skills for the future.

“The Student Ambassador program gives students the opportunity to learn and grow through their position. Necessary job skills such as public speaking, customer service, event hosting and time management are all developed through a student’s time in this program. It is beneficial when the time comes to apply for a job after graduation,” said Nakos.

“This is a great opportunity for all Sacred Heart students to represent their university, to show their passions for being a pioneer, and it is a great leadership opportunity,” said Rob Gilmore.

If chosen to be a student ambassador, students will “go through extensive training and then will be assigned to weekly tour shifts and will also be assigned to work various admissions events throughout the year,” said Rob Gilmore.

Applications can be found online at www.sacredheart.edu/admissions/undergraduateadmissions/studentambassadors/apply. The deadline is April 15.

“Only a select number of students nationwide are chosen to be a student ambassador at their university. We take pride in our students who are selected to be Ambassadors because they help continue the legacy of this great institution of Sacred Heart University,” said Gilmore.

“If you’re thinking about applying – do it because you won’t regret it,” said Dy.
SACRED HEART UNIVERSITY'S SHU LOVE (LADIES ONLY) VOCAL ENSEMBLE PRESENTS "WILD AT HEART" AT THE EDGERTON CENTER FOR THE PERFORMING ARTS ON APRIL 1.

“I loved how they all changed outfits and had different accessories for each number,” said junior Emily Creighton. “It added even more detail and variety to the performances. I enjoyed it all.”

Sophomore Alana Ferrone initiated the next series of solos by singing “Hell on Heels” by Pistol Annies, followed by senior Alexandra Kostis, who sang “A Sleepin’ Bee” from “House of Flowers,” junior Julia Kenney then performed “Green Finch and Linnet Bird” from “Sweeney Todd: The Demon Barber of Fleet Street,” for the final individual performance of the night.

Before the closing numbers, flowers and gifts were presented to the seniors of the group and to SHU L.O.V.E. director Anna Deveau-Jalbert. The choir filled the risers and sang “Eye of the Tiger” by Survivor, which was a favorite among different members within the choir.

“As far as a group number, my favorite song was probably “Eye of the Tiger,” said Kostis. “We worked on it the longest and the piece was just fun. The performance sounded great.”

The number also included movement, unlike the other songs that have been performed throughout the night.

“Any rehearsal process is long and tedious, especially when you care so much about the final product,” said Higgins. “It’s inspiring to see two people really doing it for the event has been.

“You have to persevere - I wake up every day, and if I may laugh at us, it could [have] turned out to be nothing, but it turned out to be something. It turned out that a lot of people appreciated the message, which is embracing identity against racism,” said Higgins.

“It is also an inspiration to other aspiring film makers to look the negativity and critics of others, and to just go for it.”

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“You have to persevere - I wake up every day, and if I am on set, I am thrilled - I consider that a success. You have to be a fighter. Making this movie was the hardest thing I have ever done in my life,” said Higgins.

Yet the hard work paid off for Robinson, Higgins, and D’Angelo.

“We went out and we risked a lot [with this film]. People may laugh at us, it could [have] turned out to be nothing, but it turned out to be something. It turned out that a lot of people appreciated the message, which is embracing identity against racism,” said Higgins.

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Mark Conrad/Sacred Heart University

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The Sacred Heart Spectrum

Arts & Entertainment

Academy of Country Music Awards Recap

BY EMILY ARCHACKI
Editor-in-Chief

BY SYDNEY RUGGIERO
Staff Reporter

The Academy of Country Music Awards (ACMs) held its annual awards ceremony on Sunday, April 3 in Las Vegas, Nev. Country singers Luke Bryan and Dierks Bentley hosted the ceremony.

Jason Aldean won the top award for the evening, Entertainer of the Year. According to an Associated Press article, while on stage Aldean said, "I was just starting to think this one wasn't in the cards for me. This is one of the best nights of my professional career."

Aldean was previously nominated for the award four other times in 2015, 2013, 2012, and 2011.

Another big winner of the evening was Chris Stapleton, who won a total of six awards including, Male Vocalist of the Year, New Male Vocalist of the Year, Song of the Year and Album of the Year. He won twice on album and song as the artist and songwriter-producer for both.

"Thank you for being so kind to me," said Stapleton while on stage, according to the Associated Press. Stapleton won in six out of the seven categories he was nominated which ties him with artists Garth Brooks and Faith Hill for most wins in a single evening at the ACMs.

In addition to announcing the winners of the awards, the ceremony was filled with a variety of musical performances.

"I thought Cam’s performance was the highlight of the night," said senior Brian Day.

Female country artist Cam performed her hit " Burning House" and was nominated for six awards.

Among some of the performance highlights were Eric Church’s tribute to rock icon Scott Weiland, the former Stone Temple Pilots front man; David Bowie, Lemmy Kilmister of Motorhead; and The Eagles’ Glenn Frey. Carrie Underwood also performed her latest single " Church Bells," and Keith Urban performed his hit " Wasted Time.”

"I really enjoyed Tim McGraw's performance of 'Humble and Kind,’" Bringing all those people to stage with him shows that country music is enjoyed by a diverse group of people and that this genre isn’t just about the typical themes of beer drinking, chasing girls, and driving trucks that people make it out to be,” said sophomore Logan Cook. "Country music has expanded past these themes to bring more people in."

The individuals on stage ranged in age, ethnicity, and gender. Some people were dressed in clothing representing their backgrounds or their occupations.

Even though the genre of the night was country, two major pop artists performed alongside country stars.

Pop singer Katy Perry sang a duet with Dolly Parton. Parton received the Tex Ritter Award for films that honor country music for the television movie about her childhood, "Dolly Parton's Coat of Many Colors.”

Kelsea Ballerini performed her song "Peter Pan" with pop singer Nick Jonas.

The men of country were not the only ones who walked away with awards. Miranda Lambert won Female Vocalist of the Year for a record setting seventh time. Kelsea Ballerini won for New Female Vocalist of the Year.

Other winners of the night were Florida Georgia Line for Vocal Duo of the Year, Little Big Town for Vocal Group of the Year, and New Vocal Duo or Group of the Year was Old Dominion.

Thomas Rhett’s song “Die a Happy Man” won Single Record of the Year, and Eric Church’s music video for "Mr. Misunderstood” won Video of the Year.

CHRIS STAPLETON POSES WITH THE AWARDS FOR ALBUM OF THE YEAR, MALE VOCALIST OF THE YEAR, AND SONG OF THE YEAR FOR "NOBODY TO BLAME.

Academy of Country Music Awards Recap

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Sports

Getting In The Game
A Symposium on Women in Sports Media Planned For 4/23

BY SHAWN SAILER & EMILY ARCHACKI
Sports Editor & Editor-In-Chief

The Sacred Heart University Graduate Program in Sports Communication and Media will be presenting “Getting In the Game: A Symposium in Sports Media” on Saturday, April 23. The event is sponsored by The Connecticut Office of Film, Television and Digital Media.

“The idea of the event came while we were developing plans for the graduate program in Sports Communication and Media (SCM). We thought it would be great to develop a recurring signature event that the students could help produce,” said Professor Andrew Miller, Director of the Sports Communication and Media Graduate Program.

The event goals are to assist college and high-school students in pursuing careers in sports media, connect young professionals with their field, and provide senior contributors a forum to share their knowledge and experience.

“The idea of hosting an event geared towards women in sports media is a excellent opportunity for our university,” said Mario Miranda, Sports Communication and Media Graduate Assistant. “Often women in sports get overlooked simply because they do not associate sports most of the time with the male gender. I think having this event will shed light on the knowledge and talent that women bring to the sports media industry in all facets.”

The symposium will feature a conversation with ESPN’s Jemele Hill, who is the co-host with Michael Smith on “His & Hers,” a sports discussion show which airs on ESPN2 weekdays at 12 p.m. ET.

“SCM Advisory Board member Marti Hanilk suggested that she would be a great fit for the event. Then she coordinated with Jemele Hill, who generously agreed to be the featured speaker,” said Miller.

The conversation will be moderated by Paul Pabst, who is the Executive Producer of the Dan Patrick Show on NBC Sports and a clinical instructor and Sports Communication & Media Professional Development Coordinator in the Sacred Heart Communications Department.

“I love that I get the chance to delve into the developments in sports media with Jemele in order to look at the changes, for the positive, [and] for women in our field,” said Pabst. “I know Jemele’s work very well. I met her at the Super Bowl in Indianapolis [in 2012]. She’s an original, in her writing and her on-air ability.”

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In addition to Hill, there are 11 other media professionals who will be speaking at the event.

“We have a great panel of guests coming to this event from different areas of sports media,” said sports communication graduate student Colleen Wall. “In addition to the talent we see on-air, we are hosting successful women from the other side of the camera who work in production and marketing. Attendees will be able to hear all different aspects of the business, not just the end product we see on TV.”

Media professionals attending work for organizations such as NBC Sports, and Time Inc.

“The list of guests we have put together for this event is really strong,” said Miranda. “Just having people from such companies two of the biggest sports media companies in the world, being ESPN and NBCSN, will be extremely beneficial to all in attendance.”

“I think this will give a deserving voice to women working towards a career in sports media. Women are still underrepresented in the sports industry and this symposium will be a great way for current professionals to share their knowledge and expertise to help their aspiring future co-workers,” said Wall.

The symposium will include discussions from featured speakers on what it is like for women to break into the sports media, the challenges, and what had to be overcome for these women to get where they are today.

“Throughout recent years, we have seen women take on more and more careers in the sports media field. Women in college, like myself, who are interested in a career in sports media can tell you that the majority of people in that career are men,” said senior Kara Levine. “Hosting this symposium is a great way to inspire women to go after what they want even if they feel like they are the underdog.”

“I think that it is going to be a great event that really showcases the changes in media in recent years, and how women in sports media have been so important this decade for those of the female gender who want to talk about sports and their opinions too,” said junior Geno Gonnello.

The event will run from 9 a.m. to 1 p.m. and is being held in Sacred Heart’s Martire Business and Communications Center. Admission is free, however registration is required. Registration can be completed by visiting https://www.eventbrite.com/e/getting-in-the-game-a-symposium-on-women-in-sports-media-tickets-23039838778?aff=es2

“Both male and female students should come listen to what our panelists have to say,” said Pabst. “This is about sports media, but it will be much more about cultural development.”

ADDITIONAL SCHEDULED SPEAKERS:
Annemarie Ahearn/Time Inc.
Theresa Andrews/ESPN
Maureen Barend/ESPN
Heather Croteau/NBC Sports
Chris Draper/ESPN
Marti Hanilk/ESPN
Amy Harrigan/ESPN
Slaine Kelly/NBC Sports
Jen Lada/ESPN
Carolyn Mann/NBC Sports
Kathleen McNamara/ESPN
Lacy Sloat/ESPN

JEMELE HILL WILL BE THE FEATURED GUEST SPEAKER

Track Coaches Named NEC Staff of the Year
Morrison and staff awarded top honors

BY ALEX PADALINO
Staff Reporter

The men’s and women’s track coaching staff added another award to their repertoire this season as the staff was named the Northeast Conference Coaching Staff of the Year for the 2015-16 indoor track season. Led by 21-year veteran Christian Morrison, they received this honor for the third consecutive year. Including cross country, Morrison has now been named Coach of the Year an outstanding 15 times during his 21 seasons at Sacred Heart University.

Each year, the coaching staff recruits, trains and works with new runners. While there is constant turnover of athletes, the consistency of the team is always the same; winning never stops.

Assistant Pole Vaul Jethommy Beach credited the runners, not the coaches, with this award.

"I really credit the kids with this honor. You are not going to win coaching staff of the year if the kids don’t work as hard as an honor when other coaches vote for you," said Beach.

Other assistant coaches who have been part of the staff for a single season recognize the value of working under Coach Morrison and the opportunity to help him continue to dominate from year to year.

"This is my first year with the Sacred Heart University track team. Coach Morrison has been a wealth of knowledge. He understands that a well-rounded program is what brings home championships. He takes on many responsibilities, so learning from him has been very rewarding,” said Assistant Throwing Coach Kevin Gillhuly.

"When you see him run, he’s in front and he wants to capture the honor of Most Outstanding Performer. He has been fantastic for us, and he’s going to win it. It’s an honor when other coaches vote for you,” said Ferguson.

"These athletes have the discipline and mindset that they need to eat healthy, study hard, and train smart to be effective both in the classroom and on the track," said Gillhuly. In addition to the coaching staff winning an award, men’s team captain Sean Ferguson also received recognition at the final indoor winter meet of his career. Ferguson, who earned gold in the 3000 and 5000 Meters, became the third Sacred Heart Pioneer in the program’s history to capture the honor of Most Outstanding Performer. "Individual awards are really not that important to me, but it was nice to win. To accomplish this in a conference of very talented athletes was not something I expected to do," said Ferguson.

Ferguson’s work ethic and determination is similar to that of his coaches. He wants to win, not only for himself, but also for his teammates. According to Coach Beach, it is clear Ferguson’s goal is simple from watching him run.

“When you see him run, he’s in front and he wants to be there,” said Beach.

"I think that it is going to be a great event that really showcases the changes in media in recent years, and how women in sports media have been so important this decade for those of the female gender who want to talk about sports and their opinions too,” said junior Geno Gonnello.

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While the winter season may be over, the Sacred Heart Women Pioneers have the opportunity to make history as they begin their spring season. While they have already won NEC Championships in cross country and indoor track and field this year, an outdoor track and field conference championship would award them the NEC Triple Crown for the second year in a row.

According to the Sacred Heart Pioneers athletic website, this team would be the first to accomplish back-to-back NEC Triple Crowns since 1997. While Ferguson is not a member of this team, he understand the importance of this record breaking win.

“The women are constantly working hard and it’s always nice to see a program at Sacred Heart doing well. I think that winning another championship for them is possible, but obviously accomplishing such a feat would not be easy,” said Ferguson.

Morrison has led his team to victory year after year with the help of his coaching staff and the dedication of his runners. Without teamwork, awards like Coaching Staff of the Year would not be possible.

“The coaching staff is a well-oiled machine that’s able to work together towards our mission, vision, and purpose,” said Assistant Sprints Coach Randak Addison.
SACRED HEART UNIVERSITY ATHLETIC COMMUNICATIONS

BY ANDREW ROACH
Staff Reporter

Sacred Heart University broke ground roughly a year ago on a new facility to house its College of Health Professions and Nursing. A major focal point for the new building will be the Life & Sports Analysis Clinic, something many at Sacred Heart University know little about.

The Life & Sports Analysis Clinic has been operating since 2008 and, in the fall of 2012, they became more active by working with the Division I programs here on campus.

"As a football player here at Sacred Heart, I’ve thought about using the Life & Sports Analysis Clinic this summer as I prepare for my upcoming season," said sophomore Matthew Itali.

“I’ve done my research on the Life & Sports Analysis Clinic, and I’m definitely going to use it this summer to improve my running gait while I still rehab my repaired ACL,” said senior Francis DiGiorgi.

The Life & Sports Analysis Clinic has worked with several athletic programs on campus for various different services. Their goal is to provide evidence-based results to better train and manage athletes.

"Being a high-level athlete requires attention to detail, such as biomechanical analysis, body composition, performance measurements, and injury risk screenings,” said Brendan Rickert, LSAC Clinical Exercise Physiologist.

LSAC provides many services to the entire SHU community as well as the local residents of Bridgeport and Fairfield. While their running gait analysis program is a marquee program for them, they also provide many other high-end programs.

"Some of our other most popular services is our ‘BOD POD,’ which measures body composition, specifically fat mass, which is far more useful than a simple Body Mass Index calculation,” said Rickert.

LSAC recently held a "KUScience Clinic" this past January that was geared towards high school coaches and had both expert coaches and scientifically based portions of the programs to help combine coaching theory and practice into one clinic.

In the fall of 2015, LSAC worked closely at times with Sacred Heart and Fairfield’s men’s and women’s cross country and track teams, while also having a steady stream of recreational runners who come in for their services frequently.

"By way of becoming the first male individual conference champion in program history, the Life & Sports Analysis played a major role and I’m thankful for their clinic,” said senior Sean Fergusson of men’s cross country.

"Beyond, we see our athletic programs to perform at the highest level possible,” said Rickert.

LSAC is looking to expand at Sacred Heart more in 2016 by doing free lectures and fun events on campus instead of at their Oakview location, this to better educate their colleagues and students.

"We host many events to help everyone in the Sacred Heart community become more aware of our Clinic. Also, we keep our prices for our services well below the industry standard for everyone on campus to take advantage of,” said Rickert.

"Other than training and helping their athletes become better in every area, they also have access to some of the best equipment in the athletic rehabilitation industry.

"The Alter-G is a relatively new tool in the rehabilitation world and we are fortunate enough to have one of 10 in the state right here on campus,” said Rickert. "The Alter-G uses differential air pressure to artificially reduce a person’s body weight through gravity changes.”

Additionally, they offer nutritional counseling, personal training, group exercise classes, and coaching. With the recent purchase of the Great River Golf Course they are looking to expand biomechanical services to the sport of golf.

"We’re excited for what the future holds for our organization and the University in the coming years," said Rickert.

LSAC is currently located in the Motion Analysis Lab at the Oakview Campus, and upon the completion of the new College of Health Professions facility in the Spring of 2017, they will switch facilities.

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BY ZACK TSAMISIS
Staff Reporter

The Sacred Heart Spectrum April 6, 2016

Pioneer Men’s Volleyball: Peaking at the Right Time

BY ANDREW ROACH
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Trent Thompson spikes the ball to opposing team, George Mason.