

THE SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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Sacred Heart to Host Eighth Annual Relay for Life

An opportunity to celebrate, remember, and support those affected by cancer



TRACY DEER-MIREK/SACRED HEART UNIVERSITY

PARTICIPANTS IN LAST YEAR'S RELAY FOR LIFE WALK TO SUPPORT THE AMERICAN CANCER SOCIETY, TO RAISE MONEY BENEFITING PEOPLE IN NEED

BY ISABEL RODRIGUEZ
Staff Reporter

On Friday, April 22, Sacred Heart University will host its eighth annual Relay for Life event at the William H. Pitt Athletic Center. Relay for Life is an overnight, 12-hour event, where teams of people take turns walking laps around the Pitt Center and fundraising with friends.

Proceeds from the event go to the American Cancer Society to help support their mission to find a cure for cancer.

According to the Sacred Heart University Relay for Life website, there are currently over 520 participants registered who have raised over \$30,000 with a university wide goal of \$50,000.

Teams are competing to raise the highest amount of money. "The dedication and commitment the Sacred Heart community has for our Relay event is so intense," said junior Olivia Traina, student Co-Chair for Relay for Life. "Every aspect of the community, from athletics, to Greek Life, to friend groups, gets involved and donates in some way."

During the event, each team has a booth where they sell food or items with proceeds going to the American Cancer Society. Booths last year included bracelet making and carnival style ping pong with goldfish for prizes.

This year's event begins at 3 p.m., a change from last years start time of 6 p.m.. The event will still run for 12 hours. The Opening Ceremony will be held at 6 p.m. The closing ceremony will be held at 3 a.m.

"My favorite part of Relay is seeing the turn out and knowing that so many people support the cause," said sophomore Melissa Dander.

According to Traina, the event will feature performances from the Irish Step Team, the Dance Ensemble, and more. There will be Zumba with instructor Amber and themed laps for everyone to participate in.

The themes are "throwbacks" and candy themes.

"We are a smaller school with a smaller event so a sense of community is really there. It's so good to see so many familiar faces as you walk each lap," said sophomore Cecelia Mathon.

According to the website, there will be special laps dedicated to cancer survivors and their caretakers at 6:30 p.m.

At 9 p.m. there will be the Luminaria Ceremony, which is dedicated to family and friends that have lost their battles with cancer.

The luminaria are decorated paper bags illuminated with a glow stick. Each bag is purchased and decorated in dedication to someone who has lost their battle with cancer.

During the ceremony the bags are placed along the track and the lights are dimmed for a "candle-lit" lap.

Sacred Heart students have stated that the close knit community at Sacred Heart makes this Relay for Life event stand out from others.

"Everyone I have interacted with here has been a true blessing to meet and create friendships with, and I truly believe that this will aid in making this Relay for Life different from any other event," said freshman Megan Griffin.

There are many different aspects of the event to look forward to, like performances, creative activities, give-aways, and food.

"My favorite part of Relay for Life is the survivor walk because I love to see everyone who has fought and overcome this terrible disease," said Mathon.

According to the Relay for Life website, the event is a time to celebrate those who have overcome, to remember those lost, to honor those who have fought or are fighting, and to pledge to fight back against cancer.

"I hold Relay for Life very close to my heart, and to see the love and passion that the Sacred Heart community has for it is one of the greatest things," said Traina.

For more more information, to join a team, or donate visit the Relay for Life of Sacred Heart University webpage.

TWEETS of the Week

- @Danni_G
"when you're driving through Fairfield + think 'wow that's a big + nice house' then realize that's the shed for the house next to it..."
- @trishflats
"Eating all the marshmallows out of the lucky charms box outside with my dog... #heaven"
- @nicoleeswift
"I'm just in the mood to cry for 32 to days"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



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News

“I completely support the idea of the Church becoming less judgmental and more welcoming. I am happy that Pope Francis is trying to make people in the church more accepting.”

- Dr. Emily Bryan, Professor of the CIT seminar

Sacred Heart Prepares For The Great Debate

Five students study up on presidential candidate policies in anticipation of mock debate

BY PHILLIP ZELLER
Staff Reporter

On April 20, five students representing five presidential candidates will take to the stage in a debate to see whose voice of democracy is strongest.

The event is called “The Great Debate,” and will be held at 7 p.m. in the Schine Auditorium.

The five students will represent the five remaining candidates in the presidential race: John Kasich, Donald Trump, Ted Cruz, Hillary Clinton, and Bernie Sanders.

“I got talking with the ‘Students For Trump’ group and the ‘Students For Bernie’ group, and I said, you know what would be great? If you all could do some kind of debate,” said Dr. Gary L. Rose, Chairman of the Department of Government, Politics and Global Studies at Sacred Heart.

“I wanted to do this because electing the American President is something that all Americans should be concerned about,” said Rose. “And what better way to bring the nominating contests and obviously our future president to bring their message to our students by way of surrogates.”

The debate will feature students who are involved with the political race, as well as students who feel that their voices need to be heard.

“What I am really looking forward to is not just the students doing their deliveries, but I’m going to ask each of them a question as well, and then I’m going to give them an opportunity to do a little cross examining of each other,” said Rose.

The event will be structured like a real debate, and will also involve the audience as well.

“And then the last half of the debate will be the audience so it’s not like a mob scene of people just yelling. We’ve got some organized debating going on up there and I think the student participation side is going to be really exciting too,” said Rose.

Students involved in “The Great Debate” are anticipating a large audience, since this presidential election is so closely followed by many.

“We’re expecting a huge turnout for this,” said senior Bridget Hughes, who is one of the five students representing a presidential candidate. “This will be fantastic to see and the faculty will be bringing their students which is really exciting. I think that it’s great that we have these kinds of events and we’re able to organize them and get a lot of students together to get their perspectives. I just love seeing the response from students.”

Rose has served the Sacred Heart University community for over 35 years and in the past he has done debates like these before.

“I have done student debates like these before in the past and I have been an advisor to the clubs in the past,” said Rose.

Students will debate issues that have been brought up by the current candidates, as well as discuss the progress of the presidential race to date. They will also give their views on specific candidates and their platforms.

“The debate is April 20, and the Connecticut Primary is April 26, and even though Trump is ahead in Connecticut, you don’t want to completely count [the other Republicans] out,” said Rose.

Rose encourages everyone to attend the event as it will raise questions and allow students to gain understanding by hearing from new perspectives.

“I wanted students to know how important this is and to listen to who the candidates are that are running by way of the surrogate students. It is really, in many ways, about promoting the spirit of democracy,” said Rose.

Pope Francis Releases New Statements on Marriage & Families

BY HANNAH MAXIMIN
Staff Reporter

On Friday, April 8, in an extensive declaration, Pope Francis called for the Catholic Church to be more welcoming and less condemning.

In his 256-page Post Synodic Apostolic Exhortation titled “Amoris Laetitia,” which means “Joy of Love” in Latin, he requests that the Catholic Church, priests, bishops, and pastors, welcome those of different lifestyles in a less judgmental way.

“I completely support the idea of the Church becoming less judgmental and more welcoming,” said Dr. Emily Bryan, professor of the Catholic Intellectual Tradition seminar. “I am happy that Pope Francis is trying to make people in the church more accepting.”

Pope Francis is not proposing any new rules or canceling out old ones. Instead, he is pushing local bishops and priests to offer more empathy and comfort to families, instead of strict rules and regulations, which may cause for families to become reluctant, hurt or fell left out of the Church.

“Some pastors could be either very sympathetic or very unsympathetic and I worry that there might even be less tolerance in some places,” said Bryan.

In “Amoris Laetitia,” he wrote, “it is not helpful to try to impose rules by sheer authority. What we need is a more responsible and generous effort to present the reasons and motivations for choosing marriage and the family, and in this way help men and women better respond to the grace that God offers them.”

Tensions have arisen for some Catholic traditionalists as Pope Francis writes that we should not disregard same-sex marriages, even though they are “not equivalent to the union of man and woman.”

However, others are saying there is no need for Catholic traditionalists to worry.

“Pope Francis accepts the traditional biblical anthropology concerning the nature of male and female persons, affirms Catholic teaching on the unacceptability of same-sex marriages (same-sex unions may not simply be equated with marriage), and reiterates the importance of procreative fecundity. Catholic traditionalists need not despair,” said Matthew Higgins, the Vice President of the Mission and Catholic Identities department.

In his Apostolic Exhortation, Pope Francis discusses marriage in great detail, and the influence the Catholic Church has had on this union.

He made note of the pressure the Church has placed on families as well, which has led to them feeling alienated and condemned.



POPE FRANCIS LEAVES AFTER CELEBRATING MASS IN ST. PETER'S BASILICA AT THE VATICAN, SUNDAY, APRIL 17, 2016. POPE FRANCIS ORDAINED ELEVEN NEW PRIESTS SUNDAY.

“I do think that the Church doctrines about family life, reproduction and sex have been alienating and not understanding of human nature,” said Bryan. “However, I am happy that the Pope made clear of the obligations of people to care for each other and be kind to each other.”

Pope Francis also discussed the way the government should provide support for families by utilizing methods of health care, employment and education.

“This is a broader cultural problem, aggravated by fears about steady employment, finances and the future of children,” he wrote.

Pope Francis had previously spoken about how families have been under severe stress due to worries about financial security rather than enjoying life in the present.

“I am glad that he has taken the time to make family life important, especially recognizing families in need. This was definitely something that needed to be addressed by the Pope,” said sophomore Kelly Liguano.

“Joy of Love” has also raised some controversy in its discussion of becoming more welcoming and extending mercy to all, especially those who are homosexual.

He wrote that “every person regardless of sexual orientation” should be treated with respect and consideration, while “every sign of unjust discrimination is to be carefully avoided, particularly any form of aggression and violence.”

According to Pope Francis, acceptance and tolerance of all people will make the world a better and more peaceful place.

“His message will encourage any one who has felt like an outsider to the Church,” said Liguano. “On the other hand, those that are more strict and traditional may have a problem with the fact that remarried or divorced people will possibly be able to receive Holy Communion - that will probably raise controversy with the Church.”

Perspectives

There's An App For That

SHE SAID



MELANIE...

It was a typical Monday in the Spectrum office. Anthony and I were goofing around, as per usual. Emily was answering emails and everyone was happily typing away in InDesign. I had 46 unread emails from Sacred Heart. Everything was perfectly normal.

That's when I had a flashback to senior year of high school when a new game for smartphones seemed to emerge overnight. I couldn't remember the name of it and I boisterously tried to describe it to the rest of the staff with wild hand motions.

"You know, it was this game where you had some colors and you drew a picture and then your friend drew one and you had to guess what it was," I was standing up at that point.

"Draw Something," someone finally shouted.

For any of you readers that remember 2012 even slightly, you will surely remember the craze of the game that allowed friends to pass glorified stick figure drawings to one another all while draining your phone battery.

I was thrilled to remember the game and immediately made Anthony, the majority of my housemates, and my friends all re-download the game that made \$180 million dollars in five weeks.

People who see me on my phone have stopped to ask me things like, "Are you playing that ancient drawing game?" To answer your question, yes, I am and you're blocking my light.

Anthony and I have been playing back and forth for the past week and needless to say, we're pretty terrible at it. Most of the time we'll have to text each other to ask what the other one was attempting to convey.

In all honesty, the whole thing is quite comical.

But the blast from my high school past did get me thinking about a much larger issue. Why are we as a nation, so momentarily fascinated with things? I feel like our attention spans are so short, that we can never truly enjoy anything.

As quickly as we became engrossed in "Draw Something," I'm sure some other game emerged and became more popular. The first iPhone came out in 2007 and within nine years, we've experienced more game fads than one can ever imagine.

I remember when my 80-year-old aunt became fascinated with "Words With Friends."

Freshman year of college, I couldn't go to sleep if I hadn't been able to unlock a new level on "Candy Crush."

The Angry Birds emporium was able to make hundreds of millions of dollars by turning their characters into plush toys, clothing, and other merchandise.

Don't even get me started about "Flappy Bird." The fame experienced a sharp increase in downloads and then received a national backlash by players claiming it was too challenging. After that, there was a sharp decrease in downloads, and subsequent revenue; with an increase of Internet memes mocking the game.

If you ask anyone what they're playing on their phones today, and ask them again next week, the answer will most definitely change.

Now, I'm not the biggest fan of change. I wish that we could appreciate things longer than we tend to do. I'm not saying this is a cause of the alarmingly high divorce rate, but it's hard to overlook.

As the weather gets warmer, and new apps come out every day, pay no mind to me. I'll be spending the next month before I graduate playing "Draw Something."

HE SAID



ANTHONY...

A couple of weeks ago, Melanie and I wrote about American food trends. While food is obviously an essential for humans to sustain life, making it a worthy topic of discussion, there are other important trends that shape how we live to varying degrees, too.

With it being the 21st century, I'm thinking about technological trends—specifically phone applications, or "apps".

The MySpace revolution that brought social media to prominence over a decade ago has grown to become a giant, downhill-rolling snowball that will not be stopped.

What was once restricted to computers has now branched out to smartphones and tablets, and its ever-changing landscape makes for some of the most important modern day discussions.

Just like clothing or food, apps, too, go in-and-out of fashion. I've never found the rise and fall of apps to be anything shocking because, after all, most consumers want something new to play with.

MySpace was played out, and then the dominant force became Facebook; Facebook is still thriving, but Twitter, Instagram (owned by Facebook), and Snapchat have been taking more of the spotlight in recent years.

Phone trends related to apps go deeper than social media, though. Beyond seeing what one's friends, family, and favorite public figures are eating for Sunday brunch, one has so much more to use a phone for.

With apps for ordering food, online shopping, watching sports, and pretty much anything imaginable, cell phones have taken on the role of personal assistant and even companion. Apple even gave iPhones a voice for us to talk to, so that

idea of companionship can even be taken literally.

One of the best outcomes of the evolution of apps is the competitiveness that complements it. When considering how useful an app like Uber is for travel, we can see how much goes into regulating the company and making sure customers are aware of what they get into. All drivers have to get background checks done, the fare is pretty consistent, and when there's a fare hike for popular demand, customers are alerted beforehand.

Very little room is left for leaving customers unhappy, and such a quality in a company can only lead to prosperity (until the next app comes along, of course).

The sheer connectivity apps allow for is another reason to love having them around. You could be bored to tears at an event somewhere, but still be able to see how the Mets are doing through the SportsCenter app. In fact, just being able to keep up with sports news on the cell phone is reason enough to be an advocate for the technology we have.

Yeah, it can be distracting, but what isn't anyway?

I'm taking a media literacy course right now, and it constantly reminds me how much of an influence media has on all of us. In applying that to the current state of digital technology, we can see effects phone applications have on us, and how developers find new ways to draw users.

Manipulative as it sounds, I'm fine with it.

As long as there's something new and intriguing to catch up to, I'll probably give it a download.

POET'S CORNER

"Drowning in Life"

When life is larger than my scope,
I pray for bigger vision.

When caring is greater than my heart,
I pray for larger love.

When grief is deeper than my tears,
I pray for richer emotion.

When I drown in the sea of busyness,
I pray for peace to rescue.

- Professor Wayne Alan Detzler

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Perspectives

Social Media Stumbles?

BY NATALIE LARINO
Staff Reporter

When senior, Joseph Lombardi checks his social media accounts, greeted by updates, he's less than enthused.

"I think the updates are really gimmicky and getting difficult to understand; I don't think they are enticing people because they're getting to be too much. I don't see the point of them, I just want to see what my friends are up to," said Lombardi.

With Facebook's new reactions feature, Snapchat's new story update, and most recently, Instagram's proposed update to no longer show timeline posts in chronological order, has angered many users.

"I don't understand the new proposed Instagram update, seeing our timelines in chronological order makes so much more sense than having Instagram try and guess which posts they think are most relevant to you, said sophomore Julianna LoPriore. "I'm not a fan of the change, if it's not broke don't fix it."

According to Time, Instagram users are so enraged with the photo-sharing app's recent proposal that photos will no longer be displayed in chronological order but based on an algorithm, they are protesting. More than 250,000 people have signed a petition to reverse the update and are hastaging #KeepInstagramChronological on their social media accounts.

Some students are finding the updates to be unnecessary distractions.

"The Instagram update makes me mad. I want to see everything, not just what Instagram thinks is most important," said senior Monique Boudreau. "I don't like being on social media in general so these social media

apps trying to become even more gimmicky is making me not like it even more."

Boudreau believes that the updates distract from the real point of social media, which is connecting with people.

Others see the potential marketing ability gained through the updates.

"I don't think they're necessary, but updates keep people interested and excited. However, if Instagram is going to have this new format, I'd hate that. I don't care much about social media so the less flashy the better," said sophomore Monica Gowargy.

Despite the backlash, Instagram is still growing at an exponential rate.

According to a study by the Pew Research Internet Project, Instagram is the fastest growing social media network, growing 9% in 2015, meaning 26% of the U.S. adult population is using Instagram.

Some students are embracing the new changes.

"I actually really enjoy all of the updates. They're exciting to see and I feel like everyone is always curious about an update," said sophomore Atene DiLuca. "When we all go to check out what's new, people end up giving these social media networks more attention than before. With these updates people become more excited to use those new tricks every day."

Despite the backlash from users, social media forums continue to release new updates at an alarming pace.

"In the grand scheme of things I suppose it is a win/win situation for the everyday person like me who is always looking for improved ways of connecting with others and the social media companies because their stocks will rise while people use more of their networking apps," said DiLuca.

Outlook's New Look

BY JULIA PENCEK
Staff Reporter

Microsoft Outlook is Sacred Heart University's email application and our outlet for students.

Recently, certain emails are being transferred to the Clutter folder and are raising comments and concerns from students.

Microsoft Outlook has sent out an email that states the following.

"For some time, Clutter has been moving messages to the Clutter folder. Recently, some new and different messages were moved. Now you can quickly scan the folder and move any messages that shouldn't be there back to the inbox. Clutter will learn from this and do better next time."

At the end of the message they ask for feedback and commentary to see how they could make the system more user friendly. The header of the email is "Are these messages important to you?"

"The clutter box confuses me and at first I was missing homework assignments and important emails about classes because I was only checking my Inbox" said sophomore Anthony Saro.

"I always thought clutter meant spam messages but now I know to view both folders to not miss anymore school-work," said Saro.

Other students have ideas about how to make the situation better.

"I think the best way to go about this new feature is for students to give their feedback and make a complaint," said junior Julia Pabis. "Then the issue will be solved faster and more efficiently."

Other students also had comments and concerns.

"The clutter box has not affected me or given me anxiety as much as my friends and students around me have been saying," said junior Lauren Grieci.

"Now that I know my emails could be in either or, I just check my email with more attention then just scrolling through carelessly, I don't think this will be an issue on our emails for long. I think going into the new school year in the fall, Microsoft will not be like this."

Microsoft Outlook gives Sacred Heart students all the events that happen on campus and keeps students informed on all activities and clubs that students can join and be a part of.



Safety Around Campus

Bringing Awareness and Attention to Trouble Spots

BY GIANNA IANNOTTI
Staff Reporter



GIANNA IANNOTTI/SPECTRUM

STUDENTS AT SACRED HEART HEAVILY DEPEND ON CROSS-WALK SIGNALS TO MAKE THEIR WALK TO CAMPUS SAFE AND EASY

For many students on Sacred Heart University's campus, walking to class has become a challenge as they dodge traffic while on crosswalks, sidewalks and even the parking lots.

Through their own personal experience, several Sacred Heart University students have identified locations on campus that they feel pose an issue to the safety of pedestrians and even drivers.

The Martire Business & Communications Center has had numerous areas identified by students as possible unsafe traffic areas.

One location, suggested by junior Adam Laracca, is coming up the driveway exit located on Jefferson Street. Laracca has found that the new buildings' design is part of the problem.

"The corner of the building against the Jefferson Street exit makes it impossible for people coming up that driveway to see people about to cross that path. Also the brick wall adjacent to that corner of the building blocks visibility for those coming through the main entrance," said Laracca.

Though Laracca has never personally experienced the dangers of this spot, he does have his own concerns about the safety of his fellow students.

"I am always worried that someone would come out of nowhere into my path and get hurt. There are too many blind spots in the Martire Center parking lot," said Laracca.

Other students agree that the new building has several areas that have become unsafe for pedestrians, such as the crosswalk located at the bottom of the driveway exit off of Jefferson Street.

This location was suggested by junior Kristen Cascone, due to her own personal experience.

"I was turning out of the Martire building and I was stopped before the crosswalk. A female student was in the middle of crossing and a van belonging to SHU took a left

into the driveway and she had to literally jump out of the way. I was so scared, sitting in my car she basically had to leap onto my hood," said Cascone.

The new Martire Center however is not the only location on campus that students have identified as a safety hazard. As of recently the main campus parking lot has been under construction in order to build a new dormitory.

Such construction has hindered the safety of students both walking and driving, according to junior Ryan Fish.

"The first row of parking by the new dorm hall next to the red fence presents a huge blind spot for anyone coming out of that area and onto the road. Literally half an hour ago, I almost saw someone cause a car accident. Not from their fault, but simply because that red fence blocks so much of the view," said Fish.

This fence is not the only issue that Fish feels causes the location to be an unsafe.

"Also, the turn by the construction site that used to be a three-way stop. People just fly through there, and the road isn't wide enough for two cars at a time. The road between Matura [the library] and the construction site is ripe for accidents," said Fish.

For students who have experienced similar incidents, Public Safety would like to encourage them to stay as aware as possible while walking or driving.

Paul Healy, Executive Director of Public Safety & Emergency Management addressed that students are always welcome to bring these issues to public safety to try to resolve.

"Public Safety and Campus Operations personnel are active members of the university Safety Committee chaired by our Risk Manager. All reports are reviewed and remediation action taken after an assessment to use best practices in avoiding repeat occurrences of any incident," said Healy.

Editorials

The Three Best Friends That Anyone Could Have

meet

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EMILY ARCHACKI

EDITOR-IN-CHIEF

63. Not the main dining hall on campus or the year Sacred Heart University was founded, but the total number of issues I've been involved with during my time on The Spectrum. (Including this one.)

My Spectrum journey has been a whirlwind; I've held a different editorial board position each semester: Staff writer, Assistant News Editor, News Editor, Managing Editor, and Editor-in-Chief. Day-in and day-out I've learned what makes this paper tick. In doing so I've grown as an individual and into

I can't stop myself from being nostalgic and sappy while writing this, so #sorrynotsorry but here we go.

I was told by my lovely EIC Emily that her and I have created 63 newspapers together since joining Spectrum in our sophomore year. Which technically means (since 11 papers in a semester = 11 weeks in the semester) that we have spent a little over a year of our time here at Sacred Heart working on a total of 753 pages of the Spectrum Newspaper. Talk about commitment.

And I truly have loved every bit of it. I love walking into an office full of people who I call friends, some I've come to call family, even best friends. I love the fact we can go from diligently working on the paper one minute to singing along to the best 90's songs on Spotify the next. I love the fact we have a secret red ball that we constantly try to play keepie up with when we randomly need to get up and move around. I love how we are always trying to create witty headlines for articles because it's always fun to see who has the best creative juices at that moment (it's usually Emily because when is she not perfect at everything she does.)

And I'm going to miss all of it so much. I'm going to miss the sass, the jokes, the occasional tears, the yelling, the nerding out in every way, from "Star Wars" to all the Marvel movies that have come out, and everything in between.



MELANIE HOLEC

MANAGING EDITOR

I've had a long and weird journey to get here, just one short month away from graduation, and looking back on my time at Sacred Heart brings up emotions and memories that correspond to some of the highest and lowest points in my life.

When I first came to Sacred Heart, I was confused and unsure. I had no path and no plan. I had abruptly

the journalist I am today, all because of a college newspaper. For that I am forever grateful.

This paper has given me some of the most memorable experiences of my college career. Thanks to the Spectrum I've been able to interview professional athletes, celebrities, authors, broadcast journalists both at the local and national level, and individuals who are at the top of their respective fields. All here on campus.

I've also made friendships that will last a lifetime. Spectrum editors are more than friends, they're family. They are people who understand your obsession with the distinction between your and you're. Who don't judge how you could lose sleep thinking you may have let a typo slip through copy. Students that get excited when a new global email gets sent immediately thinking, "potential topic idea?" Or who will stay in the office until the early hours of the morning, while losing both sleep and sanity, to make sure the paper is perfect. Special thank you to Holec and Fil, closeout crew for life.

Without learning from staff members past and present, and enduring the trials and tribulations of publishing a full 12-page paper every week I would not know all that I do. From the computer login I've memorized by heart, being able to spot when font size and pica spacing are off, or even guessing which Trumbull Printing employee will answer the phone depending on the hour we call saying we've

And I couldn't have done it without Emily and Melanie Holec. Or as we famously call ourselves, FME.

Holec joined our motley crew last year when she transferred in from George Washington University, and we couldn't be happier. Her almost dry, but extremely clever jokes always make Em and I laugh, and her work ethic is extraordinary. Her love of Captain America's muscles and great smile cemented her into the staff and has made working on this paper that much better. She will be working in Washington D.C. as the Press Secretary for a future president one day. Remember her name.

Emily Archacki. There are almost not enough words for me to use to describe how incredible of an individual she is. Her name deserves to be on the front of the Media and Communications side of this building (I'm looking at you Prof. Castonguay, make it happen) because of all the work she has done within the department. Her tireless work on not only the newspaper but in every single thing she does sets the best of examples to everyone she meets. I thank her for being a loyal (best) friend, an avid "Star Wars" fan and for being an incredible role model. She deserves everything coming to her, because she's worked so damn hard for it.

We have gone through the trenches together, from extreme late nights working on the paper because everything that could go wrong does. Re-watching the

left my first university and wasn't even sure that school was the right place for me to be. I started here as a part time student and, by an amazing stroke of good luck that I will always be grateful for, almost immediately found a home in the history department, doing things like reading and researching that I already felt comfortable with.

Becoming a part of the media department was a more gradual process. I had never even considered that I could be the kind of skilled and self-assured person that would find success in media. As someone who had just barely managed to get back into academics, someone who felt worse for wear after the most difficult few months of my life, journalism felt beyond my scope. If nothing else, it was definitely outside my comfort zone.

But the confidence I've gained from being in an environment that encourages, challenges, and inspires me has been more of a gift than I could ever fully express.

After my first few media classes I knew I wanted more, and by that point joining Spectrum seemed natural to me. I didn't expect to become managing editor in what I can completely without bias claim is the best club on campus.

Working to put this paper together with Emily and Fil has been one of the most fun and rewarding experiences of my life. Emily is the best leader I know.

submitted our files.

After three years, this has all become routine. I look forward to Sunday evenings, not for family dinners, but for Spectrum topic meetings. Most people hate Mondays. I wake up each and every Monday ready to go to work on the thing I love most, even if it means I spend the entire day with my eyes glued to a computer screen. Tuesday mornings, sometimes a struggle to wake up for, are chances to brief our staff on feedback at class meetings. Wednesdays, the dreaded middle of the week, I get excited simply because the latest issue is delivered. Thursdays I catch up on Spectrum related emails and Fridays are D-day...article deadlines. Saturdays are for editing, and then the next day a whole new week begins.

It's going to be extremely hard to say goodbye to something that has become such a significant part of my everyday life. Blood, sweat, and tears have gone into The Spectrum. From paper cuts, the fact that our thermostats in either office never work, and crying from laughing too hard at jokes on sticky notes. The Spectrum office has become a place that I call home. But I believe Michael Scott from The Office perfectly sums up my time and experience on this newspaper staff, "An office is a place to live life to the fullest. To the max. An office is a place where dreams come true."



FILIPE LOBATO

PHOTOGRAPHY EDITOR

Star Wars trailer over and over again to make sure we don't miss any details, to just talking about anything and everything that went on during the day. We have seen lots of typos and stressed over layouts because we just don't have enough articles to fill a page.

And I wouldn't change a single thing. Love you guys. #SHUClassof2016

She steers this ship through everything that gets flung at it, and no one knows how hard that is better than Fil and I. She's been a role model for every editor who has worked under her, including me. Emily and I both know that our team just doesn't come together without Fil. He keeps us centered and keeps us sane. He makes me laugh when we're still in the office at 2 a.m. and nothing seems funny anymore. We tried doing the paper one Monday without him, and we almost didn't make it through that night alive. It was truly harrowing.

Both of them are responsible for introducing me to Star Wars, a franchise I know they both think I don't appreciate as much as I should. As if anyone could appreciate Star Wars as much as Emily and Fil.

The bond we've built in the Spectrum office during our late nights-turned-early mornings is something I truly hope Spectrum editors in the future can experience as well.

Spectrum changes with every new editorial staff that takes over year after year, and I like to think we've made a positive impact during our reign as the close out crew. I know for sure that my time at Spectrum has had a positive impact on me.

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.

Features

Spectrum Staff Abroad: An Editor in Rome

BY GABRIELLA NUTILE
Contributing Writer



GABRIELLA NUTILE/ SACRED HEART UNIVERSITY

GABRIELLA HAS BEEN ENJOYING HER TIME ABROAD, SEEING HISTORICAL SITES AND TAKING IN THE CULTURE.

Anxious, eager, excited, scared. These were just some of the ways I was feeling before going to study abroad in Rome this spring semester.

Blessed, thankful, proud, and appreciative is now what I feel after having almost completed my time studying abroad.

Spending my spring semester in Rome has been nothing short of incredible. It has been an eye-opening experience and has pushed me in ways I never thought I would be.

My comfort zone was non-existent here in the beginning. Being shipped off from my house to be put on a plane to go overseas to a country I have never visited before was just the beginning of pushing myself out of my comfort zone.

I have traveled to places I have only dreamed of going to, and now it has all become a reality. I have been to Barcelona, Kraków, Venice, Tuscany, Milan, and so many other beautiful places that I cannot help but be extremely grateful for this once in a lifetime opportunity.

Throughout my traveling adventures, I have learned and seen so much. Each destination has made some kind of impact on me, but Rome is where my heart will lie when my time ends here.

Being an Italian myself, it is unreal to be surrounded by the people I have come from. Granted my grandparents are not from Rome exactly, but they do come from Italy and to be able to live amongst the people of my ancestors is not an experience every person is lucky enough to have.

Living in Rome for a whole semester has taught me a lot about the Italian culture. I have become very educated in the different types of pizzas and pastas they serve, as well as some common phrases I hear almost every minute of the day, such as, "Ciao."

Another thing I have learned is that they really take their siestas seriously here. They will nap during the middle of the day, and businesses will actually close during this time period. Also, restaurants typically will not open until 7:30 p.m. at night, which makes it hard to have the American early bird dinner that I love so much.

On a more serious note, I have come to understand their way of life on a much deeper level. I am not reading about their culture in a book or online, but I am actually seeing and living it.

The Italians have a deep sense of pride on their rich history that surrounds them every single day. I have seen the Colosseum several times now, and I am still amazed at



GABRIELLA NUTILE/ SACRED HEART UNIVERSITY

GABRIELLA HAS MADE SOME FRIENDS THAT HAVE ENJOYED THIS ONCE IN A LIFETIME EXPERIENCE WITH HER.

its beauty.

Rome has so much to offer and I realized that very quickly while here. There is so much to do and see, such as the Trevi Fountain, the Pantheon, or the Roman Forum.

The food here is out of this world as well. The gelato is fantastic, and their menus essentially consist of the carbohydrate section of the food triangle, mainly comprising of pizza and pasta, which I don't think many people complain about.

As my time here nears to an end, I cannot be more thankful for all the love and support I have received from my family and friends. I would not have been able to get to this point of my life without them.

When the semester ends, it will have been a total of 116 days of studying abroad in Rome; and I can assure you that the person who left from the Newark airport on day one, will not be the same person coming back 116 days later.

University Prepares to Host Annual Discovery Gala

BY CAITLIN MORRISSEY
Staff Writer

Sacred Heart University will hold the 27th annual Discovery Gala on Saturday April 23, with a performance by Grammy Award winning singer-songwriter, Bruce Hornsby.

The Gala will begin at the Linda McMahon Commons at 5:30 p.m. Generally, the Gala attracts about 300 attendees and this year the event will be an evening to remember, with food, drinks, and musical entertainment.

"We have a lot to be excited about. We are particularly excited this year to have many new sponsors who have never supported the event before, along with many of our returning very generous sponsors," said Special Events Coordinator Anne Whitman. "We are also very excited to have Grammy award winning artist, Bruce Hornsby in the house."

Hornsby, a Grammy Award winning singer-songwriter best known for his hit songs from 1986, "The Way It Is" and "Mandolin Rain" will perform at the Edgerton Center for the Performing Arts at 8:00 p.m. Bruce Hornsby & The Noisemakers upcoming album, "Rehab Reunion" is expected this June. Hornsby steps aside from his piano for the dulcimer in this new album.

"We rely on support from many corporate sponsors, local foundations, Board of Trustee members and philanthropists and friends of the university. We are very hopeful to exceed our goals this year," said Whitman.

The Gala's main goal is to raise funds for the University Scholarship Program.

According to Sacred Heart's website, "proceeds from the Gala, which has raised millions of dollars over its long history, supports university scholarship funds so that deserving men and women are able to realize the dream of obtaining a degree in higher education."

According to Sacred Heart's website, the university is, "privileged to invite the community to recognize and celebrate the gifts of caring and accomplished people" and to present the honoree with the Discovery award. "These



TRACY DEER-MIREK/ SACRED HEART UNIVERSITY

LAST YEAR'S DISCOVERY GALA WAS HELD AT THE FRANK AND MARISA MARTIRE BUSINESS & COMMUNICATIONS CENTER.

exceptional men and women embody the exalted tradition of this University in their lives. Each is truly an educator showing by example the inestimable value of learning, leadership and service."

Anthony Scaramucci is going to be this year's honoree at the gala.

"He is an extremely successful business entrepreneur and a fantastic role model for our students," said Whitman.

Scaramucci is a co-managing partner and founder of SkyBridge Capital, which is a global investment firm with billions in assets under their management.

Sacarmucci donated \$100,000 to the university's Anthony Sacarmucci Scholarship Fund in 2014. The recipients of the fund will be students who are enrolled in the John F. Welch College of Business.

Anyone interested in attending the Gala has four ticket packages to choose from, including an individual ticket at \$500. There will be many sponsorship opportunities available.

To reserve your ticket or for more information, please contact University Advancement at 203-365-4861 or whitmana@sacredheart.edu.

Features

Who Will Be Crowned Mr. SHU 2016?

BY **STEPHANIE MILLER**
Staff Writer

Have you ever wondered what it would be like to have a beauty contest and talent competition for guys? Yes, you heard it right, a contest for guys.

The annual Mr. SHU contest, which is run annually by the current junior class student government board, is proud to represent their amazing candidates for this year's Mr. SHU.

The event will held in the Edgerton Theater on Tuesday, April 26 at 8 p.m.

Seniors Joe Massaro, Evan Miller and Aidan Shine, sophomores Tyler Carabarro, Jim Parker, and Corey Robinson, and lastly, freshman Denis McNamara, will all be

competing in this year's Mr. SHU.

"A group of male Sacred Heart students partake in what slightly resembles a beauty pageant and perform for the university's population segments including swimwear, talent, and formalwear," said junior Jenna Passerino, president of the class of 2017.

"A panel of judges determines the final three and those contestants are asked a series of questions that determine who is best deserving of the crown. It is one of the most widely attended and talked about events all year," she said.

According to Passerino, this year is going to be different than any other.

The dynamic of the show is going to be unique because of the candidates fun and charismatic energy.

Mr. SHU is one of the most popular

events on campus.

"Students typically love to come see their peers present themselves in a way that they might not normally and the pride that everyone has for our university really radiates there," said Passerino.

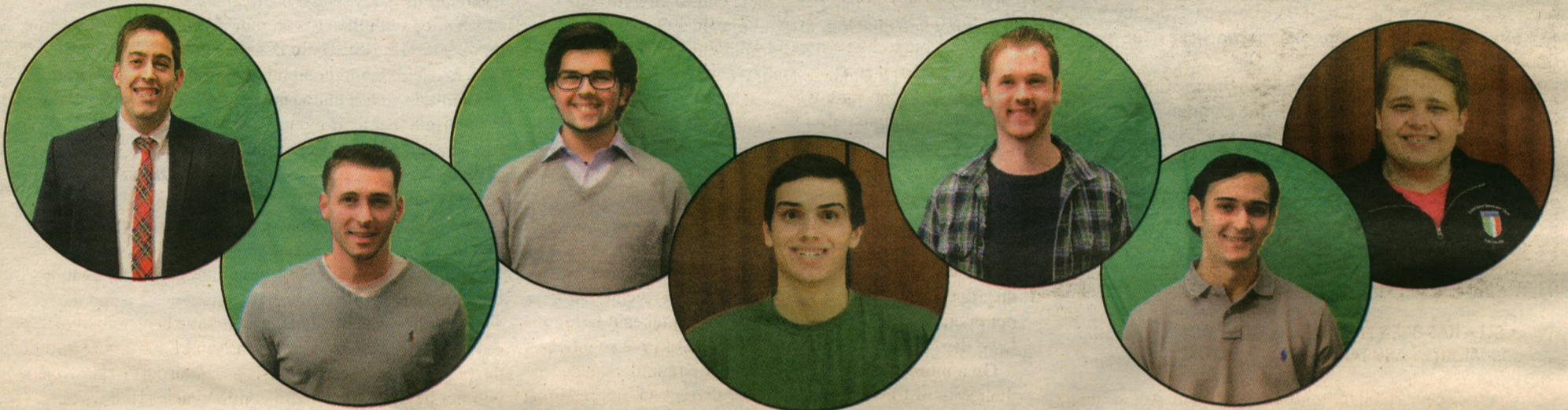
Passerino explains while the main portions of the show define the event, some of her favorite parts are actually mixed in with those.

"The boys' introduction videos give a huge glimpse into who they are as people and can really be beyond entertaining. The dance that we've been choreographing for weeks is finally coming together and to my surprise as well looks semi-professionally completed. One more surprise at the end is also a favorite of mine and I had to call in a favor or two to pull it off," said Passerino.

Since Mr. SHU is a popular event on campus, the Class of 2017 student government board wanted to make sure the show lived up to all the hype.

"I feel incredibly blessed to have the support from my board and also the contestants who have worked tirelessly on putting this together. They may have missed a few deadlines and I may have had to censor some of their ideas along the way, but this has really been an experience that none of us will forget," said Passerino.

"Each of the boys is beyond deserving—we have some campus celebrities and some underdogs but overall, they have been nothing but supportive of each other and of me, and that is the main reason I'm confident that this show will be exceptional," she said.



Dress To Impress For Summer Music Festivals

BY **MANUEL VARGAS**
Staff Writer

Getting tickets to a concert or a festival is only half the battle when trying to make an unforgettable summer.

Besides your entry ticket, no matter where you end up going or who you see perform, your outfit should be a crucial aspect.

Styling something together can be quite the task depending on what music event you're going to. There is an unspoken rule that says you must coincide your outfit to the theme, depending on the concert you're going to.

Recently, Sacred Heart had its annual spring concert where special guest, Fetty Wap, performed.

"It was so hard shopping for an outfit for Fetty. Usually you can get a joist of what to wear if you're going to a country concert or a rave but with Fetty I felt it had to be specific," said sophomore Jaelyn Villane.

Summer festivals tend to establish fashion trends that often lead to an unspoken dress code, Coachella being a prime example.

Coachella style is often inspired by what many wore back when festivals like Woodstock first began. Fringe, desert boots and mineral jewelry are classic pieces that fit the indie type performances that play at concerts.

"I'd like to think of my style as being pretty boho chic. Before I go to a concert I insta-stalk through Vanessa Hudgens' Coachella looks to bring me inspiration," said sophomore Taylor Tobin.

Raves don't fall much behind either. With warm weather and heart stopping base drops, festivals like the Electric Daisy Carnival and Ultra can have you letting your freak flag fly with creative and loud looks.

One piece of jewelry that a raver never leaves without is "Kandi." Kandi can be necklaces, rings, and bracelets made out of beads given to other ravers as a sign of

friendship. While Kandi can be a kind gesture, it also rocks as a pop of color to the outfit you plan on dancing the night away with.

"There's nothing better than country music in the summer, they mesh together perfectly. Listening to your favorite bands with good food, drinks and people just makes you feel like you have no worries," said senior Joseph Moore, who attended the Country Music Festival last year.

There's nothing more that screams country than flannels and jean shorts. The Country Music Festival and A Taste of Country all provide a laidback environment where the most important accessory is your cutest pair of cowboy boots.

Establishing a good look can often be tricky depending on what concert you attend. Although comfort should be one of the main concerns when planning an outfit, you should never sacrifice your style.

Apple Presents The New And Improved Macbook

BY **MICHAEL MENACHE**
Staff Writer

Apple has done it again. Apple released their new MacBook laptop sloganed, "Light. Years ahead."

The new computer is now Apple's lightest Mac notebook and features a variety of updates.

Apple.com has described it as "not just a notebook, but also the future of the notebook." Apple believes that they have created a new product that will change everyone's computer experience.

It is not just light, but it is also significantly thinner. Apple wanted to make a manageable notebook that could fit comfortably in a persons lap and something that would be easy to travel with.

At first glance, some consumers were nervous about the thin size.

Senior Ryan Breen, recently purchased the new Apple MacBook but at first had no intentions of buying it when he went computer shopping with his father.

"I'm a big dude, so I really didn't think I was going to like something so thin and light," said Breen. "After seeing it and using it at the Apple store, it was an easy decision

for me."

In addition to the two-pound computer, Apple gives you the option of three MacBook colors; space grey, gold, and silver.

"My dad was losing his patience with me, so I just decided to go with Gold because it was new and different," said Breen.

Another big change for this machine is the Butterfly Mechanism keyboard. The new method creates a better, and more responsive, keyboard that eliminates key wobbling and gives the user more control when typing. The keys were also enlarged by 17 percent.

According to Senior Vice President of Design John Ive, the vision was to make everything lighter and more precise.

"The butterfly mechanism reinforced the keyboards balance and stability," said Ive. "It also defined the width of the new MacBook."

The new retina display was also re-envisioned. According to Apple.com, "the 12-inch retina screen has over three million pixels and is only 0.88 millimeters thick. It is the thinnest retina display apple has ever designed on a Mac."

Apple has also designed a new track pad for the

advanced notebook adding many new features.

Force Touch was designed to detect the amount of pressure someone applies to the track pad. The pad can now also send you responses to your touch, which allows you to feel the movements you are making on the screen.

With all the new advances and changes to the MacBook, consumers now have the access to advanced technology right at the touch of their fingertips.

Senior Tyler LaBarbera was extremely satisfied with his purchase of the New MacBook.

"I love my MacBook, it's small enough to travel with and has enough storage room for all of my data," said LaBarbera.

The MacBook has a 256 GB or 512 GB storage processing drive that gives people just the right amount of data they need. This saves consumers from having to overbuy for a computer with extra GB storage they don't need.

"Most people I know hardly even use that much room on their laptops, at least I've never had too use that much storage," said LaBarbera. "It didn't make sense for me too buy a bigger computer that was more expensive."

The new MacBook is now available at the price of \$1,299.

Arts & Entertainment

Latest Musical on Campus Turns Heads

BY JULIANNA MAURIELLO
Staff Reporter

On Friday, April 14 Sacred Heart University's Performing Arts Department had its opening night for the musical, "The Best Little Whorehouse in Texas."

Though the title of the musical could have led to both controversy and concern on a Catholic university's campus, all of the performers put on this risqué show with a high level of professionalism and class.

"The title of this show definitely sparked my curiosity, I think that's why a lot of people are interested," said junior Gianna Neutts.

The show's storyline and musical numbers resulted in a very lively audience for their opening night performance.

The audience was able to predict the setting of the play they were about to watch as soon as they walked through the doors of Sacred Heart's Edgerton Theater. As the crowd was piling in before the start of the show, cast members were already in character and costume on stage dancing to country songs that the live band performed.

There was one very basic set throughout the duration of the show, with the live band playing right on stage. The band accompanied the performers to every upbeat ensemble number and heartfelt solo.

Once the show officially started, cast members transitioned from slow dancing to a large ensemble number dancing to "Cotton-Eyed Joe." Within the first few scenes, the audience was introduced to the country folk and ladies in the "Chicken Ranch," the famous whorehouse in Texas.

Lyrics, script, dance moves, and sometimes the lack of costumes were provocative as they made several suggestions towards sexual interaction. However, these

numbers remained true to their original risqué Broadway roots with identical choreography and vocals.

Though the women in the whorehouse were prominently provocative throughout the show, the men had a chance to do the same. There was a roar of applause and of laughter throughout "The Aggie Song," which was performed by men portraying football players about to all take a trip to the Chicken Ranch.

"The Aggie Song" carried on with the men getting undressed and redressed on stage as they sang about their sexual fantasies. Perfectly timed choreography and the shirtless actors sent the audience into a frenzy.

"I saw way too much of way too many of my friends," said senior Nick Stanzione. "But it was definitely played off in a comedic and professional way and got the crowd laughing."

There were two specific sections of the ensemble in the Chicken Ranch whorehouse, the singers and the dancers. Though all of the female performers had to do a little of both singing and dancing, they all played a part in one area more than the other. The combination of incredible harmonies and risqué dance numbers were a fantastic combination in this show.

"The singing and all the harmonies done by both guys and girls in the cast were absolutely incredible," said junior Alexa Cozzarelli.

Another crowd-pleasing number was "24 Hours Of Lovin'" performed by powerhouse vocalist, Stachakay Silvera, who played the character of Jewel. With several riffs and incredibly executed high notes, Silvera was applauded throughout her solo and long after.

"There was such great choreography and vocals, and costumes were amazing throughout the show. I was so

impressed," said junior Jessica Lewis.

As the story unfolds we learn of the Chicken Ranch's relationship in society. The audience is made aware that the whorehouse's Madam had a secret affair with the lawmakers, all while the community's Christian believers tried to expose the brothel for its wrongdoing.

The appearance of the Christian believers often acted as a source for a comedic outlet as they wreaked havoc on the whorehouse.

"Everyone did such an amazing job getting into character, it was so believable," said sophomore Allison Lagassie.

What most people don't know is that the story of the "Chicken Ranch," the storyline of this play, is a true story of the whorehouse that used to exist in La Grange, Fayette County, Texas. The Chicken Ranch was in existence for almost 130 years due to the illegal interaction with the community and local lawmen.

Though the show was a crowd-pleaser overall, I was not satisfied with the ending, until I found out it was a true story. "The Best Little Whorehouse in Texas" is more than just a musical, it had great depth in the plot and character personalities, and it had very raw and realistic comedy throughout.

"Although the show was risqué, it definitely captured the attention of the college audience," said junior Mikaela McGuire.

"The Best Little Whorehouse In Texas" may have pushed the envelope when it comes to risqué behavior on stage at a Catholic university, but it definitely caught students' attention and earned the audience's standing ovation at the conclusion of the performance.



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Arts & Entertainment

Rock & Roll Hall of Fame

A recap of the annual induction ceremony

BY NICHOLAS PIZZO
Staff Reporter

The Rock and Roll Hall of Fame held its 31st annual induction ceremony on Friday, April 8 at the Barclays Center in Brooklyn, NY. It was presented by Klipsch Audio. The Rock and Roll Hall of Fame is also a museum located in Cleveland, Ohio, where guests can visit different exhibits, and see the winners from past years.

According to the museum's website, www.rockhall.com, to be eligible for induction into the Hall, the artist must wait 25 years after the release of his or her debut record. Influence and importance to the history of rock n' roll is also taken into consideration when deciding who gets honored.

This year artists from many different areas of rock and hip-hop were inducted. Cheap Trick, Deep Purple, Steve Miller, N.W.A, Chicago, and Bert Berns were all inducted and were each presented their awards by fellow musicians who cite the artist as an influence. The inductors for the artists included The Black Keys, Kid Rock, Lars Ulrich, Rob Thomas, Steven Van Zandt, and Kendrick Lamar.

To start off the ceremony, David Byrne of the Talking Heads teamed up with hip hop group The Roots and indie singer Kimbra for a David Bowie tribute. The group covered Bowie's hit "Fame."

This year's induction garnered some criticism for its

inclusion of hip-hop artists amongst rock artists, most notably with rap group N.W.A. The rap group has been seen as not fitting by some as they aren't in the rock genre. Others think the loosening of the strict standards is a good thing.

"It isn't technically a rock n' roll hall of fame, it's a hall of fame for music with meaning," said sophomore Gabriel Martinez.

The group was inducted by rapper Kendrick Lamar who, according to Billboard.com, said "N.W.A did a lot more than entertain, they told the truth."

Deep Purple also attracted some controversy, having been eligible for induction since 1993 and only now receiving recognition.

"It's unfair for Deep Purple, they deserved to be inducted way before they were," said Martinez.

The induction also gave fans a chance to celebrate the long awaited acknowledgement.

"It's about time," said sophomore Aidan Satterwhite.

The Rock and Roll Hall of Fame induction ceremony has also become known for its live performances from the inductees, which sometimes include band reunions. Cheap Trick drummer Bun E. Carlos has not been a part of the band since 2010, having been replaced by guitarist Rick Nielsen's son. Despite the tensions in the band, the original Cheap Trick lineup took to the stage with Carlos and played their biggest hits.

"It's more about the sound of the band than each individual member," said sophomore John Alberg.

Blues Rock duo The Black Keys inducted Steve Miller into the Hall and were not pleased with the experience, with frontman Dan Auerbach saying that "the whole process was unpleasant," according to Rolling Stone.

Miller allegedly made harsh comments towards the music industry, calling them "gangsters and crooks" according to Rolling Stone. He also made profanity filled comments about the Hall of Fame itself.

Bert Berns, the late songwriter famous for writing tracks for The Beatles, The Isley Brothers, and Janis Joplin, was inducted into the Hall by E. Street Band guitarist Steven Van Zandt. Accepting Berns' award on his behalf was his daughter Cassie. Berns was also awarded the Ahmet Ertugun Award for Lifetime Achievement for his contribution to rock n' roll as well as for writing numerous hits for many artists, according to ultimateclassicrock.com.

Jazz rock group Chicago was also inducted into the Rock Hall, with Matchbox Twenty frontman Rob Thomas doing the inducting. Billboard.com stated that the group's original lead vocalist and bassist Peter Cetera was not present at the ceremony, to many fans' dismay. The rest of the original lineup came together and performed their hit "25 or 6 to 4."

The show will air on HBO on April 30.

"A Terrible Beauty"

Sacred Heart Art Department commemorates 100-Year Anniversary of Easter Irish Rising

BY SYDNEY RUGGERIO
Staff Reporter

On April 12, Sacred Heart University's Art and Design Department hosted an art exhibit entitled "A Terrible Beauty: Commemorating the 100th Anniversary of the 1916 Easter Irish Rising." Irish ex-prisoner Robert Kerr's stories, as well as the biographies of 15 other prominent Irishmen, were displayed on banners as they tell the truth of the rebellion that forever changed Ireland.

The Irish Easter Rising Commemoration is meant to memorialize the pain and suffering of many in twentieth century in Ireland where Irish citizens rebelled against the British government in hopes of Ireland one day becoming a free state.

"The Irish Studies department and the Art and Design Department put our minds together. It was designed and put together by an Irishmen who was imprisoned for 18 years and when he got out of prison he decided he needed to tell his story," said Art and Design Professor and department chair Mary Treschitta.

All the stories are displayed on 16 banners throughout the gallery.

This is the first time the banners have been in the United States. Sacred Heart University is the first stop for the traveling banners in the U.S.

"Someone contacted Jerry Reid and said she was able to get it for us before it went down to New York and we said 'sure,'" said Sacred Heart professor and Director of the Art and Design gallery Jonathan Walker.

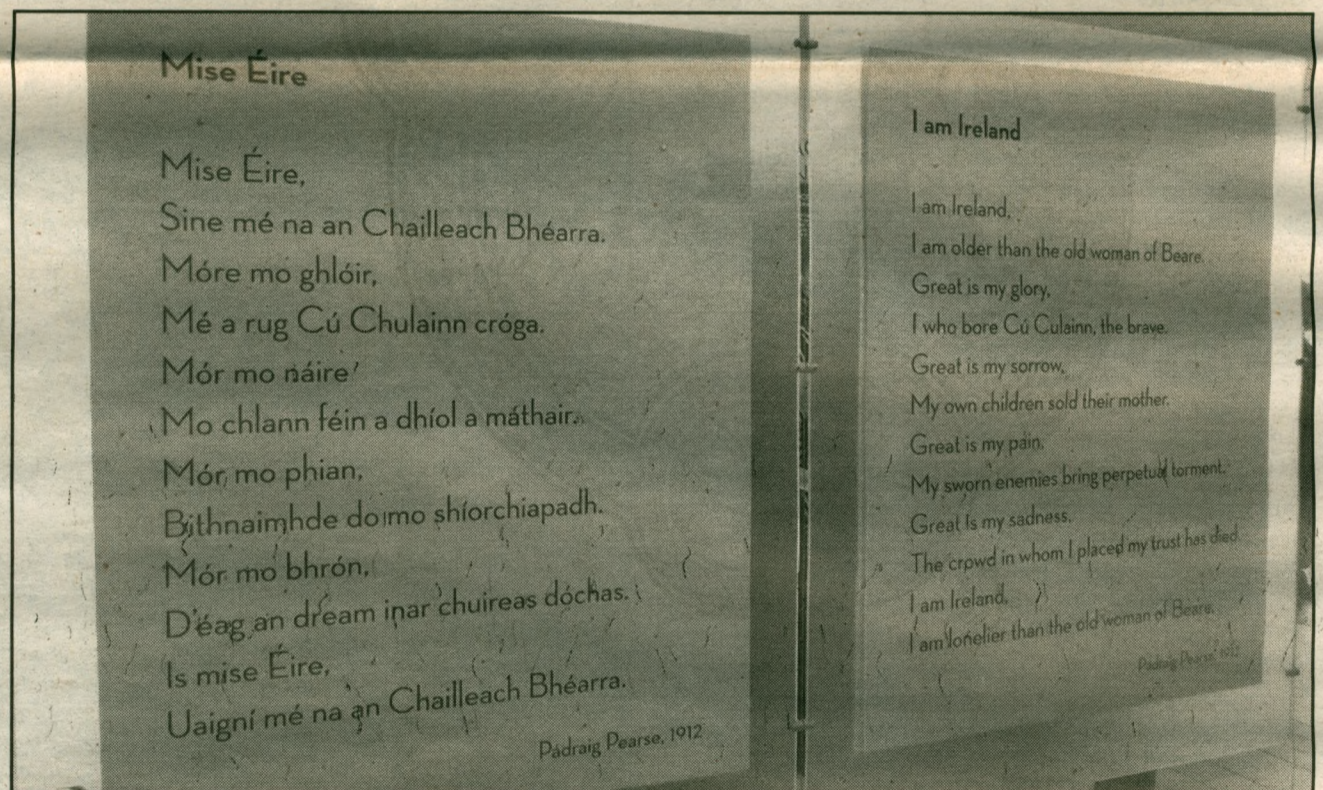
The banners will be moving from location to location to tell the history of the Irish Easter Rising.

"It's the 100-year anniversary and it's an incredible part of history. The banners will be here for about ten days and then will be put in a container and sent to the next stop, which I think is in New York," said Treschitta.

The banners had different journal entries and photographs on them. Some of the photographs on the banners were of newspaper headlines during the rebellion.

"I thought it was interesting how they included pictures of actual journal entries," said freshman Jake Masco.

Other banners had pictures and biographies of Irishmen who helped to fight for Irish political freedom and were



SYDNEY RUGGERIO/SPECTRUM

THE ART GALLERY AT SACRED HEART DISPLAYS PIECES IN REMEMBRANCE OF EASTER IRISH RISING

eventually executed by the British military.

"The main message, at least what I put together, is to not necessarily take a side in the last 100 years of dispute. I do have my side of people, the people that I believe are on the right side. But, in presenting the information I would just try and help and make people understand the devastation of the gunboats and the British artillery," said Walker.

The gallery also featured music by Irish rappers. The poem "Miss Eire," which in English translates to "I am Ireland," was enlarged and put on display in the gallery. The poem on display had the Irish version and next to it was the English translated version.

"It's nice to see the Sacred Heart community come together and to value something that is so important and is coming to the United States for the first time. Especially since it is the 100th commemoration it's very important to

our community," said senior Lisa Matrale.

Community members from the Gaelic-American Club of Fairfield and the CT Irish American Historical Society said some remarks. Professor Damien Connolly performed "An Roisin Dubh."

"These are some beautiful pieces," said freshman Jim Jones.

Some of the iPads on display had different Irish political music and music videos playing.

"Popular Irish music and protest political music are all the same, they all have different genres but it all comes from the whole history," said Walker.

After the banners leave Sacred Heart they will begin their trip across the United States as they continue to inform people on the Irish Easter Rising.

Sports

Sacred Heart Alumnus Finding Success in Sports Media

BY ALEX PADALINO
Staff Reporter

A Sacred Heart University alumnus Brian Fitzsimmons, who graduated in 2008, is the current Head of Sports Programming for AOL.com. Fitzsimmons wrote for The Spectrum at Sacred Heart and was Editor-in-Chief his senior year of college.

Fitzsimmons began writing for The Spectrum during his freshman year. By sophomore year, he was a sports columnist and served as The Spectrum's sports editor during his junior year at Sacred Heart.

"A very important lesson is don't be afraid to start from the bottom. Don't be afraid that you need to learn. Trust the process of your hard work," said Fitzsimmons.

Fitzsimmons' road to success was not an easy one. It required him to work long days and nights and included moments of fear as he entered the sports media job market, an industry that, according to Fitzsimmons, "is so small."

"I graduated without a job offer," said Fitzsimmons.

After graduation, Fitzsimmons continued looking for a job and received a call from Sports Ticker, a direct competitor of the Associated Press. He wrote game recaps and features and felt as though he had something to prove in his first job at a media company.

"I was paid, but I would have worked voluntarily. My

boss yelled at me if I didn't take vacation days. He had to yell at me to go away," said Fitzsimmons.

As an avid sports fan, Fitzsimmons worked in the sports industry, covering the teams he cheered for at a young age during his time at MSG Varsity – New Jersey. His position of Managing Editor at MSG Varsity following his Sports Ticker job, as the company had been purchased and planned to lay everyone off. At MSG, he managed video production, social media, and editorial content for the high school sports network.

In school, Fitzsimmons always enjoyed reading and writing, so he decided to combine those skills with his passion for sports.

"I was able to mesh what I was good at with what I loved, and I was able to have those two worlds collide to spawn a career in the sports industry," said Fitzsimmons.

His journey, from the time he left Sacred Heart to where he is now at AOL, included many stops along the way. Learning from each experience, he credits those around him for helping to further his career.

"I love the people I work with; everyone has something to offer. Everyone here is a role model for me, both people that work for me and people I work for," said Fitzsimmons.

At AOL, Fitzsimmons is in charge of overseeing sports content, as well as all the day-to-day operations for the digital sports platforms.

Fitzsimmons reiterates the importance of knowing how

to write regardless of career choices. In the media business, writing, according to Fitzsimmons, is an invaluable tool. He used some of the skills that he learned writing for The Spectrum in his book, "Celtic Pride." The book was given the Editor's Choice award by the publisher iUniverse.

"Celtic Pride" follows the story of St. Patrick's High School, a powerhouse in high school sports located in Elizabeth, N.J. The school has been the home to many professional basketball players, including the likes of Kyrie Irving of the Cleveland Cavaliers and Samuel Dalembert, who most recently played for the Dallas Mavericks.

When he is not working, Fitzsimmons enjoys spending time with his wife Ashley and traveling. Most recently, they traveled to St. Lucia for their honeymoon in Nov. 2015. He describes himself as a "homebody."

All of Fitzsimmons' hard work has earned him multiple prestigious awards in the sports media industry. In addition to the award he won for his book, he was also nominated by the 2013 New York Press Club Journalism Awards committee for his basketball and football coverage. He went on to win the 2014 online sports feature writing award.

Fitzsimmons firmly believes that his education at Sacred Heart helped him along his career path and will continue to do so for future Sacred Heart graduates.

"SHU is going to become one of the most prestigious colleges to pursue a degree in media," said Fitzsimmons.

Women's Club Lacrosse Readies for Regionals

BY ANDREW ROACH
Staff Reporter

As spring is heating up, so is the action of the field for the club women's lacrosse team here at Sacred Heart University.

Head Coach Lauren Johnson, in her first year with the team, has done nothing short of exceptional work. Johnson has started out strong with her team winning three of their first four. The team has a record of 8-1 on the season heading into the last week of regular season play.

"There was a fire lit from day one in all the returning players, which really made the season start strong. Positive attitudes and determination within each and every player has brought us to where we are now," said Johnson.

The Pioneers played exceptional the weekend of April 8-10 by winning all three of their games against Fordham University, Stony Brook University, and Hofstra University.

They won all three games by a combined margin of 31 goals, claiming first place in the region advancing to regionals this past weekend.

"I think this past weekend [April 8-10] was the best we have played all season. Our team has great chemistry on and off the field which has absolutely played a major factor in where we are now," said Johnson. "Our goalie, Lauren Garizio, had a phenomenal three games, which definitely had a major impact on all three wins."

Johnson was very enthusiastic and complementary of her team's performance, as well as their momentum going into the final week of the season.

"I believe we have a lot of momentum as a team going into regional play," said Johnson. "I think we're all excited for what's to come."

Certain players have really stood out this season and have been playing major roles all year for the Pioneers.

"It's hard to say a specific person, but our captains Kara Doyle, Ana Carpenter, and Kelly Romano stand solid on defense along with freshman Christina Reilly. Senior Amanda Vasta has always been ready to come out strong on attack along with juniors Meg Finlay and Julia Conforte," said Johnson.

What has been even better than the performance on the field has been the ability to recruit and sustain great players year in and year out.



GINA BATTAGLIA/SPECTRUM

THE WOMEN'S CLUB LACROSSE TEAM POSING AFTER THEIR EXCEPTIONAL WIN

"I think it is important for students and players to have an understanding that we are here to play and win, but it is also not something to feel stressed out about. It should be a place where they can give their mind a rest from school work for a couple hours a week," said Johnson.

Club sports on campus play a very competitive schedule against both players who've never played before and players who've played their whole life.

"We definitely have had solid competition all season, and we definitely have strong competition with Binghamton and Cornell this weekend. But I believe club sports as a whole is a lot more competitive than people actually know," said Johnson.

Even with their competition level raising on a yearly basis, the outlook on the club sports community continues

to rise with the help of big wins coming from the club women's lacrosse team.

"I definitely think our team's success changes people's outlook on club sports because they can see we are not just a team where you can show up when you want and play," said Johnson. "I have noticed that there is a stereotype that club sports are not competitive, not serious, etc. This is not the case at all. Just like everything else in life, you only get out what you put in."

The Pioneers played in their first regional tournament in club women's lacrosse history this past weekend in Cortland, NY. The team was defeated by Binghamton University with a final score of 7-12. With season play now over, the team looks forward to continuing their success from this year into next year's season.

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Sports

Northeast Collegiate Weightlifting Invitational



VIVIANA PODHAISKI/EVERYDAY LIFTERS

SACRED HEART HOSTED THE NORTHEAST COLLEGIATE WEIGHTLIFTING INVITATIONAL THIS PAST SATURDAY. MANY DIFFERENT CLUBS AND INDIVIDUALS, INCLUDING SACRED HEART'S WEIGHTLIFTING TEAM, PARTICIPATED.

Club Softball Clinches Regional Tourney Berth

BY VICTORIA SAPORITO
Staff Reporter

The Cavalier Classic is one of many great opportunities for the club softball team at Sacred Heart University to compete against some of the best club teams in the country.

Schools such as Rutgers University, Monmouth University, Hartwick College and James Madison, who won the 2015 Club Softball World Series last year, are all participants in the New England Region-South Division. The Pioneers participated in the tournament in 2014.

"Participating in this tournament is most definitely an experience," said junior outfielder Grace Nisbet. "I believe it helps us to become better players overall."

The Cavalier Classic was hosted by the University of Virginia and took place from April 15-17. The Pioneers dropped all five games they played in the Cavalier Classic, including three to nationally ranked teams.

They lost a 6-2 decision to number five seeded University of Delaware, fell to top seeded James Madison 11-1, and 11-3 to Pennsylvania State, who is ranked number 13.

Sacred Heart also lost 6-3 to West Virginia and was nipped by Virginia Commonwealth University 10-0.

"Our biggest challenge was probably playing five games a day in heat we are not used to," said Nisbet. "These teams have been able to play outside for about a month now, whereas we're just getting outside."

The Pioneers did clinch a berth to the New England Regionals, which will take place this weekend in Danville, Pa. after taking two-of-three games played against Monmouth this weekend. The games against Monmouth were not a part of the Cavalier Classic.

The Pioneers will be competing against UConn, Rutgers, and Cortland in the regional tournament. Two of the four teams will advance to the World Series.

Despite the many challenges that go along with being a part of a club sport, the strength and chemistry that the club softball team has built up is against all odds.

"We always pick each other up and encourage one another. We joke around a lot, but when it is time to get serious, we all do. Most importantly, we're all having fun, no matter the game or the score," said Nisbet.

Being a small institution, Sacred Heart University's club

teams have a lot of pride in being recognized by bigger teams and great players.

"I feel that it is an honor to play in the Cavalier Classic," said Nisbet. "Even though we are in a small school, we are being recognized. It's an even bigger accomplishment to be playing against very talented players."

Varsity teams, however, do share some of the same responsibilities that club teams do, but are also completely different in their own way, specifically the level of competition they participate in.

"The difference between club sports and varsity is time management. Even though we do put in a lot of time as club, D1 puts in more. The similarity is that we're both playing a sport that we love," said Nisbet.

Head coach Ray Mencio feels as though his team has put in a lot of effort to get to where they are now and make the regional tournament.

"I couldn't be any prouder of how the team has competed this year. The girls put in a lot of time and hard work to be successful," said Mencio.

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Sports



WOMEN'S CLUB SOFTBALL PLAYERS DISCUSS TACTICS DURING A GAME

PHOTO COURTESY OF KRISTEN CHACHO