Students Awarded Christopher Cook Scholarship

Recognition for their perseverance and dedication to academic excellence

BY CODY LERNER
Staff Reporter

Four Sacred Heart University students have received the inaugural CT Challenge-Christopher Cook Scholarship, in honor of the son of C. Donald Cook, the Executive Director of Athletics emeritus. The scholarship is dedicated to Cook’s son, Christopher, who lost his battle with throat cancer in April 2014.

"The past couple of years have been an unforgettable journey. I doubt there’s a human experience that can compare to surviving one’s child. Yet, through it all, it’s been gratifying and inspiring to reach out to others and keep Chris’ memory alive," said Cook in an official university press release.

The four students, sophomores Jean Cariello, Jaime Fregeau, and Hayleigh Rapp, and junior Allison Clark, have come face to face with the disease that took C. Donald Cook, as they each have fought that battle themselves.

Three of the four students are a part of the nursing program at Sacred Heart, dedicating their careers to giving to others the care they once received themselves. The fourth student, Hayleigh Rapp, is a musical theatre major.

"The scholarship gave recognition to the seemingly never-ending battle with cancer that plagued my childhood, and brought Christopher Cook’s courageous fight to light. It also embodies my decision to pursue a nursing career, which is to help individuals that are suffering from this familiar, yet merciless disease," said Cariello.

The four award winners became aware of the scholarship from a colloquium that was held last semester. This colloquium spoke not only of the hardships of living with cancer, but also detailed Christopher Cook’s personal story and his experiences throughout his lifetime.

Students who were interested in the scholarship had to fit certain criteria. They had to provide a doctor’s note with proof of illness and a personal statement about their battle with cancer and their goal to be a medical professional.

"To me, receiving the Christopher Cook Scholarship means a new direction in my life. It means being recognized for overcoming the unusual odds life placed in front of me, it means I get to help honor Chris and his family for everything they have done, but most of all it means the ability to continue on my path at Sacred Heart," said Fregeau. "I am attending Sacred Heart as a nursing major, and my goal is to be involved in pediatric oncology to help show families that it is possible to survive, and that there is life after cancer.”

This scholarship not only provides recognition for cancer survivors, but also awards these four students for their commitment to academic excellence.

"When it came time to find out who received the award, and discovering I was one of four, I was blown away. This was a memorial scholarship, and to be considered worthy of it was a huge honor," said Rapp. "When we met the family I cried. I am not ashamed to say that. There were so many emotions and so many laughs, as well as somber moments when we realized what had to happen for us to receive this gift.”

Sacred Heart also participates in the CT Challenge, which raises awareness and funds for cancer patients and survivors.

According to the CT Challenge website, the foundation supports 14.5 million survivors statewide every year.

Sacred Heart’s current athletic director, Bobby Valentine, is the chairman of the event.

The Sacred Heart University team will ride again in CT Challenge’s primary fundraising event, its annual Bike Ride, on July 30, with the continued support of the Sacred Heart Athletics staff.

Since July, 2014, the team has raised over $50,000 for cancer awareness.

For more information on the CT Challenge, visit www.ctchallenge.org.

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**SACRED HEART TO HOST CONN. HISTORY DAY**

**BY HANNAH MAXIMIN  Staff Reporter**

On March 19, Sacred Heart University will be hosting Connecticut History Day’s Fairfield Regional Competition, one of the six regional competitions held in Conn. and the largest in the state. Faculty and staff from the university’s History department and the School of Communication & Media Arts are responsible for organizing this daylong event with the assistance of Connecticut History Day regional and state coordinators.

"Connecticut History Day is very important. Today people seem to be so focused on science and math, leaving history on the back burner," said junior Megan Marcuccil, president of the History Club and one of the competition’s judges last year. "But now, we have a special day dedicated to the history of Connecticut and it’s pretty spectacular for the participants, they do really well and [some] even qualify for nationals in Washington D.C."

Connecticut History Day is a program for students in grades six through twelve that gives them the opportunity to express their knowledge and appreciation of local and national history. Students are required to create projects in accordance with the selected historical topic related to the yearly themes. According to the Connecticut History Day website, these projects can be entered into a series of competitions, from the local to the national level, where professional historians and educators evaluate them.

"Students from seventh to twelfth grade present their projects. Projects are in five different areas: papers, exhibits, documentaries, performances or web sites," said Dr. Charlotte Gradie, one of the history professors responsible for coordinating the event at Sacred Heart this year. "The projects are typically based on the annual History Day theme. This year the theme is 'Exploration, Encounter, and Exchange in History.'"

Judges at the Connecticut History Day regional competitions are looking to see how well students present their researched information, and those who qualify may advance to the state competition, where they compete to be a part of the national one as well.

"Last year, it was really cool to see all the hard work and effort these students put in to Connecticut History Day," said junior Olivia Traina, a judge at last year’s competition, which was held at Fairfield University. "I am looking forward to becoming a teacher myself, and this was an awesome way to give feedback to students about their work, and see what they are capable of. I will be judging again this year hopefully."

Students and faculty are responsible for coordinating the event or volunteering to judge are honored to host such an impactful experience here at Sacred Heart.

"Students and faculty are sponsoring this event because we are so passionate about supporting education," said Dr. Gradie. "Students have chosen to research topics such as Connecticut’s contribution to World War II as a state, the use of DNA research in the criminal justice system - highlighting Connecticut cases where it made a difference - and the Women’s Air Service Patrol during World War II."

Students and parents will begin arriving on campus the morning of March 19 to set up their projects. The event will take place in various locations on campus concluding in an awards ceremony at the Edgerton Theatre at 2 p.m.

To find out more information about Connecticut History Day at Sacred Heart or to volunteer to help out during the competition, be sure to take a look at the Upcoming Events page on the Sacred Heart website and contact Dr. Charlotte Gradie at gradiec@sacredheart.edu.

"This event is really cool for people to attend because of the hard work and dedication these students have put into their research and projects," said Traina. "It is a great way for people to gain insight on important topics.

**PROPOSED CHANGES TO BRIDGEPORT ZONING LAWS**

**BY ISABEL RODRIGUEZ  Staff Reporter**

Proposed Changes to Bridgeport Zoning Laws

MAYOR OF BRIDGEPORT JOSEPH GANIM WAS RECENTLY SWORN INTO OFFICE FOR A SECOND TIME

A proposal has been launched in the City of Bridgeport to reduce the minimum distance required between a liquor package store and a community location such as a school, park, hospital, or place of worship.

The zoning law currently in effect mandates that there must be a 1,500-foot radius between over-the-counter liquor license holders, does not authorize a 1,500-foot radius between over-the-counter liquor license holders, does not apply in this instance.

Reducing the minimum distance required between liquor stores from 1,500 feet to 750 feet would not have an effect on the number of liquor licenses that the City of Bridgeport is authorized to issue. At the time of this publication, the City of Bridgeport had issued 41 of its 57 allotted liquor licenses.

"I don't think the proximity between liquor stores affects anything either," said Russel Reith owns and operates a liquor store less than 1,500 feet from Defilippo’s proposed business, however his store is located in Fairfield.

Defilippo is arguing that since Reith’s business is outside city limits, the law, which mandates a 1,500-foot radius between over-the-counter liquor license holders, does not apply in this instance.

"I wouldn't really find it a big deal if they changed the distance [between stores] because they wouldn't be able to add more stores so it wouldn't make that much of a difference," said Mathon. Reducing the minimum distance required between liquor stores from 1,500 feet to 750 feet would not have an effect on the number of liquor licenses that the City of Bridgeport is authorized to issue.

"If it doesn't change the amount of licenses available it doesn't matter how far one store is from the next," said freshman Logan Morea. "I do not believe distance is a contributing factor to alcohol consumption in teens or young children," said psychology department professor Dr. Dawn Metzler. "These stores should be monitored and policed to ensure that there is not criminal activity occurring in or around the store."
How Was Your Spring Break?

MELANIE...

Spring Break. The archetypal bridge between the cold after-effects of winter and the beginning of warmer weather (we hope). Spring Break is a time to reflect on the half of the semester that has passed and look on what we will accomplish in the three months that remain.

And yes, we do all of this while in a swimsuit.

Spring Break is the time when hard-worked students finally let loose and drink a lot of mojitos and lay on the beach for hours on end.

The only thing better than getting to relax and do nothing all day during spring break, the excessive amount of dancing that happens once night falls.

If you're lucky, you get to do all of this while lounging on the beach in some foreign country.

We all know the stereotypes associated with Spring Break, and if you haven't been fortunate enough to see the movie "Spring Breakers" with all the Disney Channel stars gone rogue, it's safe to assume you at least expect some type of Shenanigans on vacation.

Now, I've never broken any federal laws or donned pink masks with my cohorts in another state, but I do have my fair share of Spring Break memories, most prominent being my trip to Miami freshman year.

That's a time in my life, I was young and vibrant, and my body could handle the stress of dancing all night and not sleeping during the day. I was carefree and could tan all day on the beach without turning into a lobster.

Now, as an old woman of 21, I need the week of spring break to relax from the demanding stress of being a college senior. It astonishes me to scroll through Instagram and see students crawling the beaches of Punta Cana with drinks in hand. Aren't they tired? Don't they have any homework to catch up on?

Meanwhile, I'm binge watching "Gilmore Girls" with the air conditioner blasting so I can wear my favorite sweater in my living room with a cat in my lap.

I guess getting older (and maybe a bit wiser) has made spring break lose its appeal. I don't see the point in spending nine dollars for a beer to lie down all day in the sun, then get sweat on by strangers at an overly priced club at night.

I assume it must be a rite of passage to go crazy on spring break at one point during your college years. A part of me is glad I got to experience my spring break early in my academic career, when classes weren't too stressful and I could afford to be a little reckless.

For now, my pleasure reading and cozy blankets seem the perfect way to spend my life that lasted the entire four days.

For college students, the lengthiest stretch of the school year break typically comes sometime within December and January as a winter recess. There isn't, however, a more immortalized break (and American pastime for students) than spring break.

Oh, the movies that have been made about it. The photos that have been posted in its honor seem never ending—and that's because they never will end.

In the same breath, please understand I don't mean to make mine the great period of rest. Spring break is the king of all the breaks; the number one seed in a tournament of all the school intermissions vying for the crown spring break always takes.

Not automatically a time everyone gets to designate for going south of the North-east to soak up sun, party on a beach, and so on. Contrary to how it's portrayed in media. I happened to have had a great one of my own this year, I got to travel to Puerto Rico with my tennis team, but it's not always like that. I've stayed home on break in past years to relax with family, and others do that too.

The legend of spring break, however, is worth the hype alone, beach party or no beach party. As cheesy and without weight as that sounds, it's really not.

You see, American infatuation with hope and anticipation is something very real, as well as something to cherish, in my opinion. One of my firmest beliefs on life is that one always needs something to look forward to, an idea, I'm sure, which resonates with most people.

That's what spring break is so good for: it's the quintessential break to look forward to during the school year—especially if you're going away for break. It's not the longest break a student is gifted, but the hype surrounding it makes the anticipation that much better; and you know how nostalgic I feel about America and anticipation.

Another reason this period of no school is so well received, it acts as a threshold between bad weather and good weather (at least ideally). Even this year, it was kind of cold before I left for Puerto Rico. When I got back, it was beautiful (not that it'll last, but why not feel some good old American hope that it'll stay, right?)

This time of year is also the advent of many fun things that come with better weather: baseball season, barbecues, going in the pool, etc. It definitely makes for a better time than staying in because of snow advisories. As good as basketball season is, her Earthly conditions just don't cut it after a while.

So spring break is good for a more than trying to achieve your inner James Franco in the movie "Spring Breakers" (I didn't see it, but I feel like I don't have to). It comes at a great time and is something to look forward to. What more could you ask for?

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HOW WAS YOUR SPRING BREAK?

HE SAID

ANTHONY...

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Did You Like That?

New Facebook update gives variety to users

BY CARA FUSILLO
Staff Reporter

Facebook is improving their website to better accommodate their consumers. Say "so long" to simply liking a post on Facebook. As of Feb. 24, there are now more options for responding to a post. Now Facebook users can "love," "wow," "haha," "sad," or "angry." Many students at Sacred Heart are very familiar with the idea of liking posts on Facebook. However, they have differing opinions on this new addition to the platform.

"As a Facebook user, I think it's really cool and fun. I can click 'love' instead of commenting that I love my friends' pictures. It's so easy," said senior Caroline Valenzano. "But as someone going into the social media and digital marketing industry, it's going to make tracking engagement for clients more tedious so I'm not looking forward to that."

The update was relatively surprising, as Facebook users had long been used to having only one option on status updates.

"My original response was confusion of course, but in all honesty I'm not a fan of that feature," said junior Cara Hoyt. "It can be useful at times, but the dislike option can start problems. Social media already brings forward a lot of issues. I think like the like button was more simple, you didn't have to see the emotions behind the attention given to a post."

However, multiple studies confirm that among young adults electronic cigarettes are being made in China where there is no regulation in place. According to The American Lung Association, the U.S. Food and Drug Administration's director of the FDA's Center for Tobacco Products said, "In today's rapidly evolving tobacco marketplace, the surge in youth use of novel products like e-cigarettes forces us to confront the reality that the progress we have made in reducing youth cigarette smoking rates is being threatened."

"In Connecticut, we were doing really well with health prevention and people were educated, now what has happened is that these vaping devices are being made in China where there is no regulation in the making of these devices... they are designed to get people, especially young people, to smoking normal cigarettes become more the norm again," said sophomore Nicole Jablonski.

Smoking Alternatives: Healthier or a Hoax?

BY NATALIE LARINO
Staff Reporter

Perhaps you are seeking a healthier alternative to a pack of Marlboro Reds? If so, vaping and electronic cigarettes may seem to be a new alternative to smoking tobacco. However, these smoking substitutes may not be the best alternatives.

Trending among young adults and teenagers is the use of electronic cigarettes, electronic hookah pens and vape pens, substituting classic cigarette smoking. However, multiple studies confirm that these alternative smoking devices are just as harmful, if not more dangerous, than normal cigarettes.

Mary Ellen Bolcer, who is the lead counselor for SmokeStoppers, a counseling and informational group at St. Vincent's Hospital and the counselor for SmokeStoppers, a counseling and informational group at St. Vincent's Hospital, said, "The sharp increase of e-cigarettes and vaping products raise the potential of addiction to nicotine and encourages smoking tobacco cigarettes."

Electronic cigarettes and other vaping paraphernalia are easy to use; come in various flavored vapor forms and the smoke emitted from these devices have no smell.

"I think vaping and the use of e-cigarettes are both healthier alternatives to normal dangerous cigarette smoking. Besides, it's much more socially accepted. You can smoke them indoors, there's no smell so it doesn't clash with your clothes," said Sophomore Nicholas Gagne.

The Center of Disease Control and Prevention reports findings from the 2014 National Youth Tobacco Survey that found that among young adults electronic cigarettes use increased from 4.5% in 2013 to 13.4% in 2014, rising from approximately 660,000 to 2 million young users. According to the Center of Disease Control and Prevention, Mitch Zeller, J.D., director of the FDA's Center for Tobacco Products said, "In today's rapidly evolving tobacco marketplace, the surge in youth use of novel products like e-cigarettes forces us to confront the reality that the progress we have made in reducing youth cigarette smoking rates is being threatened."

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Sports, Role Models, and Off-the-Field Antics

SHAWN SAILER
SPORTS EDITOR

As a professional athlete, you know you are going to be in the headlines. You hope — and most of the time this is the case — that it is for something done on the playing surface; whether it be scoring the game-winning touchdown, hitting a walk-off homerun, or scoring 50 points in a basketball game. Unfortunately, sometimes athletes make the headlines for wrongdoings off the field.

Peyton Manning announced his retirement from the National Football League last week. It was a great career for Manning, winning one Super Bowl with each of the two teams he played for, and putting up phenomenal numbers during the 17 seasons he played in. Unfortunately, within the last couple of months, some issues regarding his off-the-field behavior have come out. In December 2015, a report was released about Manning being one of many professional athletes linked to performance-enhancing drugs. Manning has denied the allegations and said they were shipped to his house for his wife.

This past February, Manning was also alleged to have been involved in a sexual assault case while playing football at the University of Tennessee in 1996. Manning has denied this as well. In his retirement press conference last week, when asked about the allegations Manning said he did not do anything and this should not be talked about during the press conference.

"This is a joyous day, and nothing can take away from this day," Manning said in response to a question from a reporter, according to ESPN. "I think it is sad that some people don’t understand the truth and the facts. And I did not do what has been alleged. And I’m not interested in re-litigating something that happened when I was 19 years old."

Forrest Gump said, "That’s all I have to say about that."

Manning has not been the only player who has had off-the-field issues towards the end of their career or once their career was over.

In 2010, Brett Favre, while playing for the Jets, was accused of sending text messages, voicemails, and explicit photos of himself to Jenn Sterger, who at the time was a sideline reporter for the Jets. Favre admitted to the voicemails, but not the photos, and was fined $50,000 for "failure to cooperate" with the investigation. There was not enough evidence to penalize Favre any further.

Another issue that many athletes deal with is the use of any type of steroids. It looks bad for the athletes’ image no matter who it is, but it is an athlete that looked particularly bad for was cyclist Lance Armstrong. Armstrong is best known for winning seven consecutive Tour De France titles from 1999-2005. He is also known for having cancer and then creating the “Livestrong Foundation” for cancer research. In 2012, a report came out that Armstrong was one of many cyclists who had doped. Armstrong was stripped of his seven titles. He later went on “The Oprah Winfrey Show” in 2013 and admitted to doping. This left a tarnished image of him as an athlete, but more importantly, a bad image as a cancer activist.

Athletes are role models for kids and know when they become professionals, or play for a major college like Tennessee, that they are in the public spotlight. That being said, they need to conduct themselves in an appropriate way both on and off the field. They need to show kids who idolize them the correct way to live your life, no matter a person’s status in life or in an organization.

Perfect Internship

LISA CARBONE
ASST. COPY EDITOR

As a sophomore, the time has now come to start looking for an internship. Working at an internship as early as possible adds one more bullet point to a resume. It helps give that extra edge in the future when looking for a job in a field of study. However, sometimes the right fit is hard to come by.

As a student with a concentration in journalism, and a budding entertainment journalist, I want to find an opportunity that will fit into my grand scheme of life. Nothing that comes through my hundred daily emails is purely for one major. All internships can fit any type of person in some way. The next box to check off is when it will take place. Summer internships are currently being advertised, and it is a good idea to apply for them now. No internships is going to fill like a glove.

However, there are barely any paid internships up for grabs. If anyone wants an internship for the summer, a big problem that comes out of it is that there is not as much time left for a job. The internships that I am applying for are going to be time consuming. It would be hard to find time for a job. I do not know about the rest of you, but money seems to be something we all need. Despite this, having an unpaid internship would give me valuable experience in my field of study.

Unpaid internships help us all to increase our skill sets for the future careers we will have. Nothing is cut and dry in life and we will all learn skills we did not know before, as well as build on basic skills we already know. I do not know what you do, but I am looking forward to learning new skills and building up my resume.

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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.
Joining the Student Athletic Training Organization,” said Langon. “Within the next couple years [athletic training] students will be graduating with a bachelor’s degree rather than a bachelor’s degree, which makes one more marketable for a job search,” said Kiggins.

Those who are not studying in the exercise science program are more than welcome to attend meetings and experience the SATO club. According to Kiggins, every Sacred Heart student is welcome to join in and learn about athletic training.

“I think it’s important for students to know that you don’t have to be an athletic training major to be interested in medicine and athletics,” said Kiggins. “It’s a great way to get involved with different activities in the surrounding area.”

Cooper Keene, a sophomore who is a member of SATO, said that he was interested in athletic training or physical therapy. “I think athletic training is a great way to get involved with different activities in the surrounding area.”

“CC was the best decision I made since coming to Sacred Heart University. I met so many amazing people through the pre-fall program. I loved being able to serve the people of Bridgeport before starting my classes. CC helped me with my transition to college. I suggest every freshman try and do some type of pre-fall program,” said sophomore Katherine Seckler, who took part in CC last year.

“We currently have about 25 students. Every semester we do a variety of service events in the community. We also have events that focus on social justice issues. We do community service but we also focus on broad societal structural issues that unfairly and negatively impact segments of society. We also try to do a fun trip out of state at least once a year,” said Dr. Ono Ekeh, professor of theology and religious studies.

Community Connections is an immersion program, which aims to expose students to issues of social justice. “The Community Connections program is an excellent opportunity for incoming Sacred Heart University freshmen to immerse themselves in Bridgeport and get to know their new neighborhood in the Sacred Heart University community,” said Andrea Cansel, Assistant Director from the Office of Volunteer Programs.

In 2015, Community Connections participated in various types of service projects, including volunteering for Habitat for Humanity of Coastal Fairfield County and meeting families who have received a Habitat house. CC has worked in Community Gardens in partnership with the Green Village Initiative, volunteered at the Jewish Home and with the Bridgeport Mission’s food truck, which provides meals for people in the community. In 2016, CC will provide even more opportunities to serve the community.

Current Sacred Heart students can apply to become upperclassmen Community Connection leaders, applications are available in the Office of Volunteer Programs. Incoming freshmen can apply for the CC pre-fall program in April and applications will be due June 17, 2016.

The CC pre-fall program introduces incoming freshmen to service opportunities in the surrounding community. This helps them understand important urban issues. CC places 40 to 60 incoming freshman at two Catholic churches in the city of Bridgeport. The participants are assigned to work on various projects at numerous sites throughout the city. The weeklong program takes place before the start of fall classes.

This allows the freshmen who participate to have a head start in building new friendships before the start of fall classes. Each day the students engage in multiple service projects such as helping out at soup kitchens and working with children, as well as beautification projects around the city. Each evening, students return to their church site to cook, participate in group activities and relax together. There are even opportunities for the volunteers to participate in fun activities throughout the area.

The CC program provides an opportunity for students to meet like-minded people with similar interests, and to learn more about the university.

Making Community Connections

BY CAITLIN MORRISEY
Staff Reporter

Do you want to feel better? Would you like to live longer? No, this is not an article about diet and exercise. Studies have shown that those who volunteer even a limited amount will live longer, have a higher level of life satisfaction and feel better about themselves.

At Sacred Heart, students perform over 50,000 volunteer hours of community service each year. Sacred Heart University has a myriad of volunteer programs to participate in. Whether you want to work with your hands, your mind or your heart, you are likely to find that finding giving of yourself is beneficial both to your own happiness and the well being of your community. Some students believe that one of the most rewarding and inclusive programs offered at Sacred Heart is Community Connections.

Community Connections (CC) is not only a pre-fall program for incoming freshmen, but also one of four Living and Learning Communities that students can join as incoming Freshmen or rising Sophomores. Students who are a part of this community live together and share the passion for social justice issues and community service.

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BY MICHAEL MENACHE
Staff Reporter

The Student Athletic Training Organization is a club on campus dedicated to providing social and professional opportunities for students pursuing a career in athletic training. They offer workshops and meetings to educate their members, and also host campus-wide events.

Some students come to college undecided, but for senior Taylor Langon this was not the case. She's always had a passion for athletic training, and worked hard in high school. As a senior, Langon is now the president of the Student Athletic Training Organization, where she wishes to spread the awareness of her major, exercise science.

"I was excited to get started, that’s why I wasted no time deciding my major and joining the Student Athletic Training Organization,” said Langon.

The Student Athletic Training Organization meets every second Wednesday of the month at 10:10 p.m., in room SC 200.

"I love what I do, and as president my job is to give high school students, or even college students, an option. They might not have the same passion I have for exercise science, but it will allow them thinking about what they want to do with the rest of their lives,” said Langon.

The Student Athletic Training Organization often hosts events around campus to spread awareness of exercise science.

“One of our main fundraisers is Massage Night, where we raise money for the Patrick McCaughhey Foundation,” said Langon.

The Student Athletic Organization donates 10% of its earnings to this foundation. The money the foundation receives is then given as a scholarship to a senior Sacred Heart student that is in the exercise science program. The student with the most votes from the professors in the exercise science department is awarded this scholarship.

"Spreading awareness is our main goal, but we also want to help those who are going into grad school, or even those who are going straight into the work force. A little bit of money can help, even if it’s just start-up cash,” said Langon.

Interested students can email president Taylor Langon for more information.
Shop Till You Drop with the Poshmark App

BY STEPHANIE MILLER
Staff Writer

POSHEMARK IS DESIGNED TO MAKE ONLINE SHOPPING EASIER FOR GIRLS EVERYWHERE

Ever wonder what clothes are in other people’s closets when you have nothing to wear? Sure, there are many clothing stores that you can buy great clothes at, but what would be better than buying and selling clothes online? With just a few simple clicks, Poshmark has made this possible.

Poshmark is one of the many online apps that allow you to buy and sell fashion. Using the app, you take pictures of your clothes, put them online and share with your followers to see who is interested in buying the items. People can then bid on your items until you decide on a price and buyer. The site pays for the shipping, so your last step is to go to the post office and send out your items.

So how does Poshmark make money? For anything you sell under $15, Poshmark takes a flat rate of $2.95. If your item is over $15, they take 20%.

The app carries clothing that varies in quality and price point from TJ Maxx and Forever 21 all the way up to high-end designers such as Christian Louboutin, Louis Vuitton, Gucci, and Prada. The list of brands and designers is endless. According to the blog on Poshmark, the most popular items and brands that have been sold up to date are Free People and Alice and Olivia.

College fashionistas are often on a budget and Poshmark gives them the opportunity to buy designer looks for less. What’s better than buying expensive items worn just a few times for much less than the retail price? Many people in college find it very helpful to use Poshmark as a way to shop online without spending all of their money.

“I think it’s a really good way of buying and selling clothes rather than going to a store. This way when you purchase something it’s more personal rather than buying something off Amazon,” said sophomore Meghan Piascio.

Online shopping has become increasingly popular over the past decade, especially among college students.

“It’s so much easier online shopping when it comes to a busy college schedule,” said sophomore Chris McCormick. “I not only look at Poshmark, but Vinted and Thredapp as well.”

If you spend the time building your profile, following others, and gaining your own followers, you have the potential to make a significant profit. If you link the app up to your social media page, friends and family can see it. Which can help individual pages get more attention and leads a greater number of people to download Poshmark.

“I never knew about Poshmark until I was looking at one of my friends Instagrams and the link to their Poshmark came up with all of their clothes that they were selling. It’s really cool that in today’s society apps like this are being created. It’s extremely useful,” said junior Gina Tomassetti.

Online and mobile shopping using websites like Poshmark can be extremely convenient for people with busy schedules, like many college students, who can’t always make it to stores during open hours. You can check out Poshmark online or in mobile application stores.

CONSTRUCTION CONTINUES ON NEW DORM BUILDING
Pokemon Celebrates 20 Years

BY NICHOLAS PIZZO
Staff Reporter

“Gotta catch ‘em all.” The catch phrase and theme song for the popular Japanese franchise Pokémon still has meaning today as it celebrates its 20 year anniversary.

Created by Satoshi Tajiri in 1995, Pokémon has become a popular seller in the toy and video game market in America.

Pokémon started as an RPG (Role Playing Game) video game for the Nintendo Game Boy back in 1996. The games put the player into the role of a “Pokemon Master” and had him or her collect, train, and battle species of Pokémon.

The concept was a definite hit, as the first Pokémon games sold 31.38 million units.

“Pokemon is also known for its trading card game, with collectible t-shirts.

Trainers go to heal their Pokemon. Pokemon has also had success with merchandise, ranging from plush toys to in the Macy’s Thanksgiving Day Parade. In Rockefeller Center in New York City, there was a Pokemon Center store, modelled after the fictional store to which Pokemon fans meet and take photos with the costumed Pikachu character at the Pokémon 20th Anniversary Fan Celebration at Nintendo N.Y. on Feb. 27, 2016. The film shows Barker’s journey to finding herself both as a journalist and as an individual. Fey perfectly captures the essence of Barker as a quirky and awkward journalist trying to find her way. She is tested both on the battlefield and on how far she will go to get a story as she dives in front of bullets for video footage and dodges the inappropriate passes made by an Afghan political figure during an interview.

“Whiskey Tango Foxtrot” successfully proved that when setting a tone for a film, it is not necessary to have to choose between a comedic or serious tone, because they can both appropriately accent one another.

Though the film runs 112 minutes, there is never a dull moment. The movie appropriately represents daily lives of wartime journalists through their eagerness to capture the story and the harsh reality that tomorrow is never promised.

I would encourage anyone to see this film, and to note that even though it is more serious than expected of a typical Fey film, it is still good for more than a few laughs.

BY JULIANNA MAURIELLO
Staff Reporter

Though it may have been a little out of her comfort zone, in her most recent film, “Whiskey Tango Foxtrot,” Tina Fey brings her comedic brilliance to a more serious role as a war correspondent. The highly anticipated Fey film premiered in theaters on March 4.

Fey stars in the film as Kim Barker, who we meet as an average journalist, with an average life, stuck writing news copy in a dead-end job. Everything in her life has become routine, with nothing moving forward or making progress. When the opportunity arises to cover the war in Afghanistan in 2003, Barker decides this is her chance to get out of her rut.

Being thrown so quickly into Afghanistan’s warzone, Barker is forced to adjust to the rules of the culture and learn to navigate the dangers and politics of wartime journalism. Her world is turned upside down when she trades in a less-than-satisfying desk job for a world of bullets, boys, and booze.

Both as an actress and as a head writer, Fey has proved herself to be a brilliant comedic mind and time again. However, I found that this film is unlike any other production that Fey has been involved with. This is not to say that the film was not comically brilliant in its own right, but the movie itself was of a much more serious nature than typical films Fey is featured in.

Part of the reason that Fey’s hilarity is much more subtle in this role is because “Whiskey Tango Foxtrot” focuses on the true story of journalist Kim Barker as she struggles between finding herself and making it out of a warzone alive.

It didn’t take long for Barker’s memoir, “The Taliban Shuffle: Strange Days in Afghanistan and Pakistan,” to turn into a major motion picture after its publication in 2011. When Fey agreed to act as both the film’s lead role and a producer, the public could only expect comedy to be infused with war, and the public was not wrong.

As early as the first scene, I was hooked on the incredible combination of terror and comedy as Fey is shown partying with fellow journalists as a bomb goes off nearby. The first of many laugh-out-loud moments arises when the team of journalists is thrown into a whirlwind of chaos in the newsroom, following the bomb going off. With crude jokes and a slew of profanity, the audience can automatically understand how comedy will be incorporated in such a serious setting.

The film shows Barker’s journey to finding herself both as a journalist and as an individual. Fey perfectly captures the essence of Barker as a quirky and awkward journalist trying to find her way. She is tested both on the battlefield and on how far she will go to get a story as she dives in front of bullets for video footage and dodges the inappropriate passes made by an Afghan political figure during an interview.

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The show has always contained quick wit and eloquent language, art and history with elements of every character. It didn’t feel like a sudden ending, but rather a new beginning for them all.

The historical period drama focused on the lives and relationships between “the upstairs” and “the downstairs.” Upstairs being the aristocratic Crawley family that lived in and owned the abbey, and downstairs referring to the domestic servants that worked in the home.

Although the program only ran for a total of six seasons, it covered a large historical timeline. The series premiere began during April 1912 and the finale ended on New Year’s Day 1926.

“The show has always contained quick wit and eloquent humor that made you wish you had been alive during the time of such elegance,” said senior Aidan Shine. “The Passion” will begin during April 1912 and the finale ended on New Year’s Day in the United Kingdom, aired its series finale in the United States on Sunday, March 6 on local PBS stations.

So where did many of the characters end up?

Lady Edith Crawley finally gets married. The butler Mr. Carson, diagnosed with Parkinson’s disease, retires, and Thomas Barrow returns to Downton to take the position of head butler.

Lady Mary Crawley and Henry Talbot are expecting a child. Mary Parkes married off the Lassels to a photography business. Mary’s ladies maid Anna Bates, who experienced pregnancy complications throughout the final season, delivered her baby at Downton Abbey.

“The two-hour musical event will air live from New Orleans on March 20 at 8 p.m. on Fox.”

EMILY ARCHACKI
Editor-in-Chief

All good things must come to an end, but was this the case for the beloved British television drama series “Downton Abbey”?

“As a whole, the series was an emotional rollercoaster,” said senior Aidan Shine.

The series finale, which originally aired on Christmas Day in the United Kingdom, aired its series finale in the United States on Sunday, March 6 on local PBS stations.

“The final season of Downton Abbey was a continuation of the greatness we as fans had grown accustomed to seeing,” said senior Lindsay Donati.

“Despite the ending being as satisfying as it was bittersweet, it’s a treat to see the series end on a high.”

Lady Mary Crawley and Henry Talbot are expecting a child. Mary Parkes married off the Lassels to a photography business. Mary’s ladies maid Anna Bates, who experienced pregnancy complications throughout the final season, delivered her baby at Downton Abbey.

“The two-hour musical event will air live from New Orleans on March 20 at 8 p.m. on Fox.”

“Downton Abbey” Closes Its Doors

“Overall, I felt very satisfied and bittersweet about the ending. If I think that the end was perfect because every character that was considered an underdog came out on top,” said senior Lauren Doodian. “I think that’s what makes creator Julian Fellowes a genius. He was able to capture the entire essence of a time period in which so many underdogs came out on top, especially in the British social classes throughout the 1920s.”

So where did many of the characters end up?

Lady Edith Crawley finally gets married. The butler Mr. Carson, diagnosed with Parkinson’s disease, retires, and Thomas Barrow returns to Downton to take the position of head butler.

Lady Mary Crawley and Henry Talbot are expecting a child. Mary Parkes married off the Lassels to a photography business. Mary’s ladies maid Anna Bates, who experienced pregnancy complications throughout the final season, delivered her baby at Downton Abbey.

“If I think the series was kind to the fans by allowing us to have a calm and collected understudying of the outcome of every character. It didn’t feel like a sudden ending, but rather as a new beginning, because the characters themselves were moving on,” said Donati. “We were granted a peak at their new beginnings, which let our minds wonder how their lives continued and let us be a part of a little bit of their future.”

“The last season was not as good as the others... the final episode was devastating but tied the whole series together,” said Shine.
Lacrosse Popularity Increasing

BY ANDREW ROACH
Staff Reporter

Roughly 15 years ago, lacrosse was almost nonexistent anywhere besides the middle and northeast regions on the country. Today it stands as the fastest growing sport in America at all levels. According to the NCAA's Annual Participation Rates Report released on March 3, lacrosse is the fastest growing collegiate sport in the nation. Men’s and women’s lacrosse across all NCAA divisions notably outpaced all other sports from 2000-2015.

"I personally feel that lacrosse has grown a lot in popularity over the past few years," said graduate student Justine Sibthorp. "Being from Maryland, I’d say lacrosse is almost as popular as football," said sophomore Brendon Slade. "We’re known as the capital state for lacrosse."

Lacrosse participation rates are continuously topping the charts every year, but that hasn’t been the only noticeable increase for the sport. The fan bases and sponsorship opportunities have also been rapidly growing, especially at Sacred Heart University.

"I’ve noticed how much our fan base has grown since my freshman year," said defensewoman Nick Fairley. "I believe five years from now lacrosse will be a sport up there with other sports as far as national respect."

"It seems like I see more and more young children signing up to play lacrosse every year. It’s a sport that has the potential to be more respected sometime in the near future," said senior attacker Alec Dauzen. Pioneer men’s lacrosse Head Coach Jon Basti has only been with the Pioneers for two years now, but can already see change in the support for the sport.

"There’s a lot more conversation about the sport around campus now, whether it’s with administration or the student body," said Basti. "We have great rinks consistently at our home games, and a lot of other sports come out and give support, which we definitely appreciate."

Basti was with the University before from 2000 to 2002 as an assistant coach, working specifically with the face-off and defensive units.

"The popularity for the sport wasn’t much back then. The majority of our fan base consisted of family members of both teams," said Basti. "Our playing schedule wasn’t as widespread as it is now, given that west coast collegiate programs didn’t have very lacrosse teams." Parents have become reluctant to place their sons in football because of the concussion issues hovering around the sport, causing them to look for alternative sports for their sons to participate in.

The graduation success rate for Division I college men’s lacrosse athletes has climbed to 86 percent predominantly due to the lack of injuries involved with the sport.

"As a mom, I wouldn’t mind my son participating in lacrosse when he reaches the age of sports. The lack of injuries and the graduation rate of the sport is what really matters to me as a parent," said Sibthorp.

In 2015, there were 103 men’s and women’s varsity lacrosse teams in Division I sports out of 330 Division I schools in America. If lacrosse is able to sustain its growth and participation rate, it just might be available at all Division I schools within the next 15 years.

Sacred Heart Falls to Robert Morris in Conference Title Game

Recap of the women’s basketball road to the championship

BY DIANA CANNIZZARO
Contributing Writer

Closing out their last game of the regular season with a win against Mount Saint Mary’s, the Mountaineers’ Sacred Heart Women’s basketball team headed into the NEC Tournament with confidence having won the regular season title.

With home court advantage, being on a nine game win streak, and standing at 2-2 this season against the number one seed, it was a no brainer. The Pioneers had a double digit lead in the third quarter, up by 16 points. Coach Jessica Muñoz helped sustain momentum all the way to the buzzer, winning 66-47.

Kimmel had her tenth double-double of the season, with 10 rebounds and 12 points, alongside Senior Kelsey Castro, who had 12 points with five assists. Sacred Heart hosted Saint Francis on March 2 for the NEC Semifinals.

The game included an astonishing comeback by Saint Francis, who cut the Pioneers’ lead from 20 to just six points at halftime. The Pioneers also set a new program record for a high of 30 points in a single quarter.

The Red Flash offense had some hot runs, but the Pioneers prevented Saint Francis from reaching any farther than they already had. By the fourth quarter, Sacred Heart had a 13 point lead with a win in sight.

Shelby Hickey converted two layups to close the gap in the fourth quarter to make the score 52-47, and with only 2:64 remaining in the game, Sacred Heart was up by one point. The Pioneers had the ball down 54-51 with 13 seconds left and a chance to tie. Adysiah Williams attempted a three-pointer that fell short and Robert Morris came away with the win, 54-51.

Sacred Heart Athletics

Sports

March 16, 2016

The Sacred Heart Spectrum
Hard Work Paying Off For SHU Elite Gymnastics

BY TYKERA CARTER
Staff Reporter

As the old saying goes, the early bird gets the worm. The SHU Elite Gymnastics club team members are living examples of this saying by having 5 a.m. practices three days a week, beginning back in early September. Due to the team's early morning dedication, they have had a successful start to their 2016 season.

So far the team has competed in four regional competitions. The first three competitions proved to be the team's best, which included a first place finish at their meet in Massachusetts.

Following their success in Massachusetts, they were named the runner up on two other occasions as they competed at the University of Connecticut (UConn) and Yale University.

"One of the many memorable moments I had at a competition this year was at the competition we had in Boston," said junior Kristin Licata.

For the second year in a row, Licata was voted a co-captain, alongside junior captain Alexa Brisson.

"As a captain, it is rewarding to see our team succeed so well in a competition because I see how hard these girls work at practice," said Licata. "We all worked hard to fight at that competition and it was clear to everyone watching how much team spirit and passion we encompass as a team. This is what I believe led us to the gold."

Teamwork has been the reason behind the team's success. They are led by two young coaches who emphasize the importance of such a mindset.

In Jan. 2016, Michelle Henault was named head coach and Victoria Huth was named assistant coach.

Henault was a part of the gymnastics team during her undergraduate years at Sacred Heart. She was then an assistant under former head coach Marissa Defede.

"Tori has been very helpful with making my transition as the new head coach easier for me and the team," said Henault.

Huth decided to pursue coaching after undergoing a knee surgery that ended her own gymnastics career.

"I was on the team last year and competed with the girls, and I am now coaching. I thought coaching them was going to be kind of tough. Everyone from the start was good about giving me respect. Ultimately, I had no problems transitioning from being on the team to coaching," said Huth.

The team generally participates in six to seven meets a year. The meet season begins in November and last through the month of April.

The team is looking to continue to build the program and eventually compete on the national club level. The next time the Pioneers will participate in competition is Sunday, Apr. 3. The competition will be held at Lakewood-Trumbull YMCA at 11:45 a.m.

What's the forecast for this Summer @ SHU?

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JUNIOR SHELBY HICKEY DRIVES TOWARDS THE BASKET FOR A PIONEER ATTACK