s.w.e.e.t Says It’s On Us
Sacred Heart’s Newest Campaign to Raise Awareness for Sexual Assault

Staff Reporter

Sacred Heart University’s s.w.e.e.t. Peer Educators are beginning a campaign that will raise awareness for sexual assault and methods of assault prevention. The Student Wellness Education and Empowerment Team, better known as s.w.e.e.t., is a campus run organization that promotes positive and healthy behaviors. The group is made up of students who have learned to adapt to the stress of college life, and aim to help other students do so as well. Their most recent campaign is called the “It’s On Us” campaign, launched by the White House in the fall of 2014 to raise awareness about sexual assaults on college campuses.

“It’s On Us” aims to fundamentally shift the way we think about sexual assault, by inspiring everyone to see it as their responsibility to do something, big or small, to prevent it,” said an official White House press release.

This initiative will start up at Sacred Heart after the Easter holiday with the debut of the first ever “It’s On Us” campaign photos on March 29.

The campaign has been launched at hundreds of schools across the country – we think the SHU community will be eager to support the message,” said Karen Flanagan, advisor of s.w.e.e.t. Peer Educators. “s.w.e.e.t’s contribution to the campaign featured a photo of the group with the message, “Our SHU is...a place where consent is sweet.”

Some students who are involved in s.w.e.e.t. are looking forward to the campaign, as it will give a new sense of community and safety to Sacred Heart’s campus.

“Last spring we went to a conference at UConn, where peer educators from all over the northeast and Title IX area came together. One of the schools, Roger Williams University, coordinated their own It’s On Us’ campaign and we just saw the message it sent to their community and to the communities around them,” said sophomore Cory Robinson, a member of s.w.e.e.t.

“We’ll add the SHU It’s On Us’ logo to the photo, and post the photo and pledge on social media and on campus TV monitors. Submissions that receive the most likes and shares will be printed as posters and hung around campus,” said Flanagan.

Groups, teams, or organizations can participate in the campaign by sending their group photo with their vision statement to itsonus@sacredheart.edu.

“The SHU’s It’s On Us’ logo to the photo, and post the photo and pledge on social media and on campus TV monitors. Submissions that receive the most likes and shares will be printed as posters and hung around campus,” said Flanagan.

To find out more about the campaign, email Karen Flanagan at flanagank879@sacredheart.edu.
Obama Attempts to Preserve Ties With Cuba

BY ASSOCIATED PRESS

HAVANA (AP) — Stepping into history, President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge irreversible ties with America's former adversary.

"This is a historic visit and a historic opportunity," Obama said as he greeted staff of the new U.S. Embassy in Havana.

Air Force One touched down on a rainy, overcast day in the Cuban capital. The president was joined by wife Michelle Obama and daughters Malia and Sasha in the first visit by a sitting president to the island nation in 88 years.

Obama was greeted by top Cuban officials — but not President Raul Castro. The Cuban leader frequently greets the president's schedule in Cuba is jam-packed, including a planned a lunch at the Palace of the Revolution.

Obama's whirlwind trip is a crowning moment in his and Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

After greeting embassy staff, Obama and his family toured Old Havana by foot, despite a heavy downpour. They walked gingerly on slippery wet stones in the square in front of the Havana Cathedral. A few hundred people gathered in the square erupted in applause and shouted Obama's name as the first family stepped forward.

The Obamas then dined at a privately-owned restaurant in a bustling, working-class neighborhood. Jubilant crowds surged toward the president's heavily fortified motorcade as it inched through the San Cristobal restaurant.

For more than 50 years, Cuba was an unimaginable destination for a U.S. president, as well as most American citizens. The U.S. severed diplomatic relations with Cuba in 1961 after Fidel Castro's revolution sparked fears of communism spreading to the Western Hemisphere. Domestic politics in both countries contributed to the continued estrangement well after the Cold War ended.

"The world was different when I came to the White House," said President Obama.

Obama's visit was highly anticipated in Cuba, where opportunity in Cuba.

Many Cubans stayed home in order to avoid extensive roadblocks and security measures that have been put in place for the event, which is expected to generate economic benefits for the island nation.

President Barack Obama speaks at an event on entrepreneurship and opportunity for Cuban people at La Cerveceria in Havana, Cuba.

AP Photo/Robert F. Bukaty

President Obama's visit is anticipated to generate economic benefits for the island nation.

Two years after taking power in 2008, Castro launched economic and social reforms that appear slow-moving to many Cubans and foreigners, but are lasting and widespread within Cuban society.

On Tuesday, March 15, the Human Journey Colloquium Series hosted the colloquium event, "Religion and Spirituality Colloquium Sparks Conversation."
Thinking of greasy pleasure is macaroni and cheese. The first thing that comes to my mind when thinking of greasy pleasure is macaroni and cheese. The Merritt Canteen, a food establishment beloved by countless Sacred Heart students, has mac-n-cheese bites as one of its most popular menu items. When they announced that they were out of the delicacy for an unknown amount of time, there was a University-wide frenzy.

There is another restaurant on Main St., Mac-N-Out, dedicated to serving mac-n-cheese products.

Evidently, mac-n-cheese is becoming a true powerhouse amongst the other variations of pasta. And I'm a big supporter of the movement.

Food from the fryer and grill is great eating, but everyone knows dessert holds a special place in the heart. Even if you pit the best bacon, egg and cheeseburger against the most simple, homemade brownie, the brownie has a fighting chance to win the competition.

With that said, there's a new dessert trend I've noticed that has been making Pacific-Ocean-sized waves in the culinary world in recent times... Ice cream has been an American dessert staple for I don't know how long. However, like many traditional foods, it's taken on a broader role on menus over time.

Whereas ice cream sandwiches once meant some ice cream in between two cookies, now there are some that replace cookies with churros, doughnuts, or any other pastry one could think of-so, simple and straightforward.

Growing up, I thought the ice cream sandwich was the coolest, most reckless experiment of dessert blends I've ever encountered. Then, I grew up and realized how easy it is for one and one to make two.

Maybe I'll wake up tomorrow and make chocolate pudding mixed with lemon sorbet a new trend! Anything is possible in this climate.

POET'S CORNER

SOMETIMES...

The night is a window to my soul; for me the night - its an open door. Sometimes ... the stars bring to my eyes; Enjoyment, Excitement and Surprise. Sometimes ... the moon holds in my hand; Promises, Hope or an unknown plan. Sometimes ... the music sings to my ears; Torment, Or Truth and a lot of tears. Sometimes ... I simply need a friend. Sometimes ... it's me who comforts them.
Memories, miracles may become clear; Happiness, or heartache can surely appear. Sometimes ... the stars bring to my eyes; Enjoyment, Excitement and Surprise.
Students Participate in Global Service Learning Experience

BY GIOVANNA GATTO
Asst. Perspectives Editor

Over spring break while some students were catching up on their Netflix binge watching or reformatting their daily nap schedules, others participated in international service learning experiences. Sacred Heart University students traveled as far as Nicaragua, Colombia, Guatemala, and Costa Rica. These unique alternative spring breaks left students from each experience wiser and with a more colorful view of the world.

For some, this was their first time participating in a trip of this kind. However, their expectations were more than surpassed. Not only did students have the chance to live in a world outside of their own, they had the opportunity to live as a part of the community, to learn the culture and to value the people of the country they experienced.

"This was my first time participating in a service learning trip. Although we were in Nicaragua for a short week, it was a highly rewarding experience. We were able to immerse ourselves into the Nicaraguan culture, language, as well as learn about their history from their perspective," said graduate assistant Hajira Butt. "In the morning, we would attend Spanish class. In the afternoon, we would work in the soup kitchen and then do different activities with the kids. Being able to interact with the poverty community made this trip meaningful to me. It forced me to step away from our materialistic world and into their shoes."

Some students found themselves going back to the same country with a sense of global understanding. These participants, along with the others, valued not only service learning but the opportunity to gain a sense of the country they were in by physical immersion within the culture.

"This was my second year as part of the Colombia delegation, and this year was even better than the last. We work with a foundation in Bogota that is similar to that of YMCA or Boys and Girls Club here in America. It's a place that the children of the community can go to as a bit of a safe haven in a typically more dangerous neighborhood. It also provides for the families that partake in the foundation. This year on our trip we provided a make-over for a restaurant for one of the families in the foundation," said senior and Spectrum Arts & Entertainment Assistant Editor, Haley Tanella. "We also were able to give the daughters of the family a new set of bunk beds and a fresh coat of beautiful purple paint on their walls. It's amazing to see the impact one small act of kindness can do to change someone's life."

Every alternative spring break gave the students a chance to experience a community that welcomed them into their homes.

"My trip to Guatemala was phenomenal. It is amazing how loving the people in Guatemala are, even to college students they just met. Guatemala felt like home almost immediately and I look forward to going back in the future," said freshman Megan Keane.

Each service experience cannot be replicated. Sacred Heart students had the experience to travel, all while forming unbreakable bonds. They were left with a clearer understanding of the world and a deeper sense of how interconnected society is.

Attending the Costa Rica service learning trip was unlike anything I have ever experienced before. Not only was I participating in environmental relief and service work but I had the opportunity to interact and befriend people who have forever changed my life. My trip was unique because we paired with the Costa Rica Institute of Technology or TEC. It is safe to say the people that I met are not just memories, they are friends and family to me," said sophomore Stephanie Falcone.

Pioneers Sound Off On Easter Break Changes

BY GIANNIA IANNOTTI
Staff Reporter

EASTER IS IN FULL SWING CAMPUS-WIDE

Sacred Heart University announced early this year that the 2016 Easter Break would be shortened in length for students compared to years prior. Last year, students were given April 1 through April 6 off for Easter, in addition to having April 7 off for a faculty day. However, this year several days were removed, giving students Friday, March 25 through Sunday, March 27 as a reprieve from school.

This original change in the schedule would have required students to resume their classes on Easter Monday. "Easter break should be a chance to go home, relax and be with family and friends, one shouldn't have to worry about rushing back to school," said sophomore Kelly Gilbert.

Due to both student and parent feedback, Sacred Heart decided that it would be more accommodating to allow students off from class Monday, March 28 as part of Easter Break. The extra day will allow students sufficient time to make the trip back to school.

Some students felt as though the new schedule was suitable and allowed enough time to travel between home and school. "I think that four days are enough of a break for Easter. It gives everyone an extended weekend and it's enough for people to visit their family, even if they live far away," said freshman David Lazor.

Several students however were still concerned by the shortened length compared to previous years. "Some of the discontent stems from the University's religious affiliation of Catholicism. Many students celebrate Holy Week with their families and attend mass on Easter Monday," said sophomore Alana Ferrone.

"I have been in Catholic school since I was in the first grade and we always had all of Holy Week off from school. I think that as a religiously affiliated University, we should have the time off to be with our families," she said.

Though the break change did not personally affect the attitudes of all students, some still felt strongly on the matter. Junior Amanda Di Lorenzo found that the break change did not personally disturb her vacation routine due to her class scheduling and commuting status. However she knew of others who were upset.

"I know a lot of students who are very unhappy about it. I do think it's unfair that the break has been shortened," said Di Lorenzo.

Select students nevertheless felt that if days were to be taken away from a break, it should have been from Winter Break rather than Easter Break. Senior Blake Galullo felt as though winter break is simply too long. "At that point everyone's kinda ready to come back, and then once Easter rolls around, people that live far away want to be with their families," said Galullo.
“One-and-Done” With It

TAMARIC WILSON
ASS'T. SPORTS EDITOR

It’s that time of year again. Brackets are being filled out, while hair is being pulled out as people’s NCAA tournament picks get upset and their brackets get busted. This year’s tournament has already provided plenty of excitement thus far. But it is missing just one thing: the projected number one overall pick in the next NBA draft.

That’s right, Ben Simmons is not in the tournament this year because his team was not good enough. Part of their downfall came from Simmons being a distraction and skipping class. When he skipped class he was forced to sit out for a period of time, which hurt his team, and they just seemed to not be able to recover after that.

This is an interesting issue because it brings up the bigger topic of the whole “one-and-done” phenomenon in college basketball. Simmons did admit to skipping class and he has also not been able to accomplish a GPA of 2.0 or higher, which takes him out of the running for the Wooden Award.

The Wooden Award is given to the best player in college basketball, however it has a 2.0 or higher GPA minimum requirement. The award isn’t really the big deal here, but the fact that a student athlete isn’t taking their studies seriously is.

This is very common in the “one-and-done” era, which began in 2006 when the NBA implemented a rule stating that players must be at least 19 years old and a year removed from high school in order to be eligible for the NBA draft.

This rule came into play after Kevin Garnett began the trend of going to the NBA straight out of high school in 1995, and was followed by many players. There were many successful players to do this such as Kevin Garnett, Kobe Bryant, and Lebron James; but there were also players that didn’t work out such as Kwame Brown, Leon Smith, and Robert Swift.

The players that didn’t work out drove owners crazy because they were wasting draft picks, so they decided to take action and implement the new rule so they could get a better idea of players in one year of basketball after high school.

That part makes sense, but what doesn’t make sense is just having them in college for a year.

I understand that players can choose to go overseas and play, but not many people raised in America would like to go to another country just for a year, when they can stay home and be pampered at a university for a year.

The problem with going to a university is full scholarships are being used for people that don’t even truly want the college education, and there are people out there who would love to have it.

Why not follow in the footsteps of college football and force a player to at least complete three years of school? That way a degree can be earned in three years if an athlete works hard enough, or they may feel that they may as well finish.

Another alternative could be using the Developmental League you already have running as a place for players to play out of high school. I mean I get it, you don’t want to waste your money and a draft pick, but that doesn’t mean we have to waste college scholarships and force people into classes they don’t want to attend.

Wouldn’t you rather see people who actually want a degree to receive these scholarships?

Let your imagination run wild... something crazy!
OPK Helps the Fight For Children's Education

BY MICHAEL MENACHE
Staff Reporter

Walking into Sacred Heart Professor Tanya M. Grant's freshman seminar, there were multiple baskets filled to the brim with toys, coloring books, and small toiletries on the wooden round conference table.

Grant had asked the students of her freshman seminar class to collect items such as toothpaste, shampoo, and toys to donate to the Center for Family Justice as a chance to get a firsthand look of what it's like to be in a domestic violence case and leave the most basic belongings.

The freshman seminar itself is titled “Domestic Violence and Pop Culture.” It focuses mainly on how various forms of media portray messages of domestic violence through movies and music.

Grant, the former Director of Court Advocacy for the Center for Family Justice said, “I thought that providing donations that are useful for victims would give the students an opportunity to understand that when victims flee a domestic violence relationship, they often leave their homes with nothing but the clothes on their backs.”

Sacred Heart University and the Center for Family Justice have had a long term connection.

Debra Greenwood, a Sacred Heart alumna, is the CEO of the Center for Family Justice and shared that the Sacred Heart community acts as a massive help in their connection.

After Sacred Heart alumnus Stephane Smarth graduated in 2013, he wasted no time in choosing the career path he was going to follow for the rest of his life. He chose to continue with his fraternity's mission to "help inner city children continue their education.

The Stamford Mentoring Program that Smarth now works for is attempting to help kids that are at risk and those who come from low-income families plan a future for themselves. They want these kids to have something to work hard towards, so that their dreams can become more of a possibility rather than a fantasy.

"We provide mentoring services to kids in elementary all the way through 12th grade," said Smarth. "We identify the kids by the schools that need additional academic, social support and or the guidance that is necessary to be successful during all three stages of school."

Smarth and the other members on the S.P.E.F team keep their focus around four main objectives. These objectives involve goal setting, academic engagement, extracurricular activities and college/career readiness.

"The idea isn't that we are teaching or tutoring, but rather helping these young students become well rounded in all aspects of life," said Smarth.

The S.P.E.F program is currently mentoring at 17 of the schools in Stamford, and work with over 700 students. This number being 300 more than the previous year now gives the program a chance to expand and reach toward a goal of servicing 1000+ students by 2017.

“We set goals for ourselves and we really think that we can reach 1000 students by 2017,” said Smarth.

“Also, with additional help from the undergraduates of Omega Phi Kappa, I see S.P.E.F as being one of the lead front runners in providing academic support to Stamford students.”

Fall semester 2015, Smarth brought the S.P.E.F program to the brothers of Omega Phi Kappa in hopes that they would be willing to accept the responsibility of becoming a mentor.

Senior and now President of OPK, Steve Reilly thought it would be a great opportunity for the fraternity to get involved with S.P.E.F. He agreed with Smarth and allowed him to speak at one of OPK's weekly chapter meetings.

"It was a chance for me to help out in the community, and to have my own way in helping others,” said Reilly.

Fall semester 2015, Smarth brought this to his intention, my initial reaction was that this was a great idea.

It fit our philanthropy and our fraternity needed to complete a certain amount of community service hours before the end of the year," said Reilly. "I never even realized how much of a difference I would eventually make.

OPK got involved with the program in the late fall of 2015. They would donate an hour of their time every week and met with students they would be helping for the year.

"At first it was extremely difficult because you could tell these students were skeptical at first,” said Reilly. "They really didn't trust us, but as time went on we found a common interest with them and they started to open up. They would get excited to see us."

The brothers of OPK follow the four main objective system S.P.E.F has planned out for them. However, there are times when they feel like their attention is needed in other situations.

"Sometimes I can see that my kid is distracted by something bothering him. I know my piece, however if he is really down I'll ditch the exercise that was planned for the day and just do what he wants to do,” said Reilly. "It's amazing how much it means to these kids if you just sit there and listen to them talk about their interest or whatever is on their mind."

Reilly and the brothers of OPK plan to invite other organizations on campus to help the S.P.E.F program in finding more mentors. They think that it will benefit the awareness of child education and help make a difference in the community of Stamford.

"These kids look up to us, and I'm just a regular college student. Can you imagine if a D1 athlete walked into one of these classrooms? The kids would be star struck and in complete awe," said Reilly.

Junior Steve Collari is also a brother of OPK who has been part of the fraternity since the fall of 2013.

"In all of my years in OPK, this is the first time where I actually feel like I'm making a difference. If you're an organization on campus please look into the S.P.E.F program. You have no idea what it means to these young students," said Collari.

These young students that are in the S.P.E.F program need somebody to look up to for guidance. A person other than a teacher or parent. If you have an organization that's wishes to help S.P.E.F or if you have any additional questions please contact reillys158@mail.sacredheart.edu.

Criminal Justice Seminar Helps Domestic Violence Victims

BY MANUEL VARGAS
Staff Reporter

Walking into Sacred Heart Professor Tanya M. Grant's freshman seminar, there were multiple baskets filled to the brim with toys, coloring books, and small toiletries on the wooden round conference table.

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The freshman seminar itself is titled “Domestic Violence and Pop Culture.” It focuses mainly on how various forms of media portray messages of domestic violence through movies and music.

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Sacred Heart University and the Center for Family Justice have had a long term connection.

Debra Greenwood, a Sacred Heart alumna, is the CEO of the Center for Family Justice and shared that the Sacred Heart community acts as a massive help in their mission to help local victims.

Sacred Heart's Title IX Coordinator, Leonora Campbell, is a key partner in their efforts.

"Sacred Heart University President Dr. John Petillo has supported many of our public awareness campaigns along with members of the Delta Tau Delta Fraternity, who embrace domestic violence awareness as a men’s issue," said Greenwood.

The family justice center itself is a program dedicated to help a victim of domestic violence by providing all the services they need under one branch. By supplying all the safe and legal services under one program, the people going through a domestic violence case have a streamlined method of solving their issues.

The safety of people who have been affected by domestic violence is very important to the Center for Family Justice. The program provides a secret safe home for adults and children who are trying to escape an abusive case of domestic violence.

The location of the safe homes, also referred to as Kathie’s or Paul’s place, are kept under wraps and are given to only a few of the staff that work there to ensure the safety of the victims.

"I think that programs like this are important. I'm glad that Sacred Heart gets to interact with a program that is aiding many helpless victims to leave their current situation," said sophomore Katherine Herndon.

Assignments like Grant’s basket project help create awareness to the Sacred Heart students and allow them to get a better understanding of domestic violence in general and its effects on the community in the local area.

"This activity allowed students to truly understand the hardships victims go through," said Grant.

Previously known as The Center for Women and Families of Eastern Fairfield County, The Family Justice Center began five years ago and will make their formal debut at their new headquarters in Bridgeport on April 4.
Dr. Christina Taylor Meeting the President of the Cuban Society of Psychology, Dr. Alexis Lorenzo Ruiz, UST Havana, Cuba. The Cuban Society of Psychology, Dr. Alexis Lorenzo Ruiz, UST Havana, Cuba where she had the opportunity to share her book with the Cuban Society of Psychology. She donated a copy to the society as well as the University of Havana.

"OCD: A Cookbook for Clinicians, Children and Teens; Actions to Beat, Control & Defeat Obsessive Compulsive Disorder" is available for purchase online through Amazon.com.

Taylor traveled during spring break this year to Havana, Cuba where she had the opportunity to share her book with the Cuban Society of Psychology. She donated a copy to the society as well as the University of Havana.

"OCD: A Cookbook for Clinicians, Children and Teens; Actions to Beat, Control & Defeat Obsessive Compulsive Disorder" is available for purchase online through Amazon.com.

The career center is one of the most helpful tools at your fingertips here at Sacred Heart. "Use Career Development," said Rouquie. "They give you a solid starting ground that you can continue to build off of." The alumni also gave advice on how to best represent yourself in an interview, how to adjust to life after college, as well as more personal questions such as their favorite memories at Sacred Heart. The alumni ended the panel with their final thoughts.

"Don’t worry about money," said Giglio. "The happiest people are the most successful." Rouquie had the final word in saying, "Enjoy every second you have left here. Have fun." The event was thought to be helpful to many students, including junior Kila Nelson.

"It was amazing, I wish more students could have experienced it, it’s great to have young alumni, it was very insightful," said Kila Nelson.

Former Sacred Heart professor, John Kikoski, PhD., also attended the event. He gave an anecdote about himself and his life, and he expressed his admiration for the alumni for taking part in the panel. He also asked the alumni to "talk to these wonderful people," said Kikoski.

Getting advice from college graduates can help both before and after graduation.

"I enjoyed the conversation we were able to have with the alumni," said Richard. "Overall I think it was very successful."
Arts & Entertainment

Spring Break in Italy

A Recap of SHU Choir’s Week Abroad

On Friday, March 4 the Sacred Heart University Choir began their travels overseas to Italy. They performed three concerts for Italian audiences.

The choir makes an abroad trip every other year. In 2012, they traveled to Spain, and in 2014 they traveled to Ireland. “This was our biggest group of students ever. We had about 50 students singing with the choir, we had some of our choir staff, and then some parents and family members went. We had a group of about 65 people,” said director of Choral Programs, Dr. John Michniewicz.

The group traveled together throughout the entire trip. One of their performances was part of a Sunday mass at Saint Peter’s Basilica.

“The best part of the trip was being able to sing in St. Peter’s Basilica for mass. I never left the country before so this was very different to me and a great experience especially being in my homeland of Italy,” said sophomore Julia Villari.

The choir then performed for John Petillo, president of Sacred Heart, at San Marcello in Rome. “We performed a few times while we were there and once with another local choir and it was so amazing to see how well received we were by the audience. Some of the audience members did not even speak a word of English, but loved to see us there which was great to experience,” said junior Erika Thomas.

Before moving on to Sorrento for their last performance, the group toured the sites of Italy. “We had two tour guides with us for the week and we toured Tivoli Gardens, the Vatican Museum, Pompeii, the Amalfi Coast, and Sorrento,” said Michniewicz.

The group was able to learn so much about Italy over the course of their trip. “I learned how each culture is different and how their country is so much older than ours and has so much history,” said Villari.

The choir then performed at Basilica della Santissima Trinita in Sorrento on Thursday, March 10. “When we performed in Sorrento, the church was so crowded and everyone was clapping and cheering for us. No one understood what we were saying. This taught me the power of community and that even though we have many different backgrounds we can all come together at one community,” said sophomore Anthony Bertinetti.

Not only was the trip to Italy a chance to see all of the sights and perform, it was also a great bonding experience. “On these kinds of trips the choir members themselves become close through shared experiences and seeing exciting things,” said Michniewicz.

Overall, choir members were very grateful for this unique international learning experience. “I have gained so much from this experience and I was able to appreciate such an amazing opportunity. I also made very close friendships with people I barely knew before. I think that this whole trip brought us closer together each day and formed lasting friendships,” said freshman Savannah Viggiano.

In between traveling abroad, the choir usually goes to Disney World in Florida on the off years. Then they perform in Downtown Disney and at Basilica of Our Lady Queen of the Universe. “We are considering a couple of different options, there’s tons of places to go that would be great places to visit. Probably next year we will be going to Disney,” said Michniewicz.

“A Recap of SHU Choir’s Week Abroad”

SHU Irish Step Dance Ensemble celebrates St. Patrick’s Day with tap show

By Julianna Mauriello

Eight dancers appeared on the stage dressed in uniform with all black dresses, black tights, and black shoes. This upbeat group number set the tone for the Irish techniques and traditions the audience would see throughout the rest of the show.

“I have never wanted to become a dancer more in my entire life,” said senior Melissa Haggerty.

Performed next was the traditional “Eight Hand.” The title “Eight Hand” is only fitting, seeing as eight dancers performed this musical number. Throughout the number, the eight dancers on stage would couple up and create traditional configurations on the stage.

The “Spring Fun Number” was a mixture of traditional and modern style Irish Dancing. All of the dancers in the Irish Dance Ensemble performed what is called a “soft shoe number,” traditional Irish step, set to modern pop music.

Dance Instructor and Master of Ceremonies, Wetterauw, choreographed this dance.

The Dance Company Tap Ensemble performed the next number that was choreographed by Sally Hong. Five dancers from the Tap Ensemble came to the stage and performed a number that was more modern dance with hints of Irish Step to carry out the theme.

The Irish Step Dance Ensemble took the stage once again with another number choreographed by Wetterauw entitled “Fall Fun Number.” This number brought life to the crowd and put smiles on their faces with a mash-up of more modern pop songs. All 12 dancers returned to the stage for this number in their black dresses, tights, and shoes to perform the traditional and modern crossover in unison.

To finalize the theme of the show, the Irish Step Ensemble performed a traditional dance called “St. Patrick’s Day.”

“It is one of the traditional dances where everyone around the world does exactly the same steps to the same music. This number is a symbol of how connected the Irish Dance community is connected worldwide,” said Wetterauw.

“Irish Pride” is the show’s first tap performance comprised solely of the Irish Step Dance Ensemble’s performances.

“This is the second year this ensemble has been in existence, and its first year as a competition team,” said Wetterauw.

Though this is the group’s first year in competition as a team, some of the dances have performed or won titles of their own in the world of Irish Dancing.

The next number, Planeta Davis, was performed as a solo by Melissa McCarthy. McCarthy won the World Irish Dance Championships in Belfast 2012. As an Irish Dancer, this is the best honor you can achieve.

Virginia Clark performed the second and final solo of the night, “Vanishing Lake.” Vanishing Lake is a piece that is choreographed to accent a dancer’s strengths. This piece is done as a solo in the final round of the World Irish Dance Championships, which Clark is currently competing in.

“The Irish Step Group is an audition based class, just like the Dance Company and the Hip Hop Crew,” said Wetterauw. “I instruct and run the class.”

With a mix of both full ensemble numbers and solos throughout the show, each of the 12 Irish Step performers on stage had a chance to show their ability. “We have competed with almost all of these numbers at competitions, so the team has been preparing for this performance all year,” said Wetterauw.

The closing number was performed to a bggaret instrumental cover of “Wake Me Up” by Avicii. This number showcased the way both modern music and traditional Irish Step could be combined.

“ ‘To build from the Dance Ensemble’s Harvest Variety Show last year to our own St. Patrick’s Day performance shows just how much we have grown already,” said sophomore Irish Step performer Laura Smith.

SACRED HEART UNIVERSITY’S “SHUPERMEN” POSE OUTSIDE THE COLOSSEUM
The Music Faculty Presents Jobimfest II
An evening to celebrate the sights and sounds of Brazilian Jazz

BY SYDNEY RUGGIERO
Staff Reporter

On Tuesday, March 15, Professor Joe Carter was joined by four other musicians for a concert celebrating the music of Antonio Carlos Jobim at the Edgerton Center for the Performing Arts.

Professor Carter, who was featured on the guitar, was the leader in song for the evening. The first piece performed was titled “Luta.”

“I had been wanting to play this song for a while but just haven’t had the time to get to it and put it in my repertoire, so I was glad I was able to do it with this group,” said Carter.

Carter was joined by Professor Ali Ryerson who played the flute, Hendrik Meurkens on the harmonica, David Finick on the bass, and Adriano Santos on the drums.

The group has performed together before and has become relatively familiar with their repertoire of songs.

“No real practice or rehearsal. We’re all familiar with the songs. The only concern is the arrangement. [Such as] who plays the melody and who solos first. We setup in the theater and did a sound check, setting a balance in the instruments in the hall,” said Carter.

The group performed six numbers in total. The stage was lit just on the performers, so the main focal point was on the small intimate setting that the musicians made on the stage.

Between each number, Carter would say a quick blurb about each of the songs.

“We’re all freelance musicians so we’re constantly performing with different musicians in different combinations. At some point I had played with each of these musicians in different settings and I made a mental note that these would be the musicians to ask for this type of concert,” said Carter.

Some members of the Sacred Heart community filled the audience and enjoyed the unique sights and sounds of the concert.

“As a flutist I typically only play classical music, but I did enjoy hearing this type of music. It was very light and relaxing to listen to,” said sophomore Sara Falvey.

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The Brazilian flair of the music brought a new and exciting taste of culture to the Sacred Heart music community.

“Melodies that seem to be familiar, like you’ve heard them before but you didn’t remember how beautiful they were, mixed with a rich harmony that we can improvise over, mixed with rhythms that are a blend of African, European Folk and European Classical traditions,” said Carter. “The music has a soft relaxed sound but contains enough substance so that you continually go back to it and hear things you didn’t realize were there before, like viewing a great work of art over and over again.”

Although many of the attendees of the evening were part of the Sacred Heart student body and staff, members of the outside community were also in attendance.

After years of dedication to playing this type of music, Carter says it holds a special place in his heart.

“I fell in love with this music the first time I was exposed to it and my love for it continues to grow as I continue to study it. One of the purposes of my classes is to show this music to students who might not have the opportunity to hear it otherwise,” said Carter.

The ending number was entitled “Outra Vez,” which means Once Again. The crowd cheered and clapped as the concert came to a close.
A night at UFC 196: One Fan's Perspective on the Fight

BY VAN BARON
Contributing Writer

Sacred Heart University Athletics' home is in Fairfield, but you can catch their live games, highlights, coach interviews, but he did no such thing.

The Sacred Heart Spectrum
March 23, 2016

Nate Diaz, left, trades punches with Conor McGregor during their UFC 196 welterweight mixed martial arts match, Saturday, March 5, 2016, in Las Vegas.

UFC 196 took place in Las Vegas on March 5. The atmosphere was incredible, louder and more energized than any other sporting event I've been to. On this night, the UFC promised us two incredible wars, and they did not disappoint.

The undercard for this event was also full of exciting fights. There were four knockouts, or TKOs, and one submission, but, as the main card began, the atmosphere in the arena went through the roof.

The main card began with three straight decisions in somewhat lackluster fights that just made the crowd more and more excited for the main events to begin. As Miesha Tate's music began to play the crowd exploded as people knew she was the one who had the best chance to beat Holly "The Preacher's Daughter" Holm. Coming into this event, Holm was undefeated and had just beaten Ronda Rousey, so the expectations were high for her, as she was fighting someone who had lost to Rousey three times.

Sports logic would suggest that this would be a breeze for Holm, but Tate didn't go down easily. It was an incredible back and forth fight. Going into the fifth round, Tate needed to KO or submit Holm if she wanted to win the fight.

As the fifth round began, Tate went on the offensive, taking a very aggressive approach to the last round. Holm's focus was to keep the fight on her feet, where she could outfight and outmaneuver her opponent. Tate was looking to get a take down, where she could dominate the ground game and have the advantage. In the final two minutes of the fifth round, Tate made her move, managing to lock Holm in her choke hold. Holm tried to flip Tate off her back but it was too late; Tate had her choke hold in and wasn't going to let go of her. With 1:29 left in the fifth round Holm did not tap but was choked out by Tate.

The crowd erupted, shouting "Miesha!" at the top of their lungs as the referee called a stop to the fight. As the journalists came together at the center of the octagon, both competitors hugged and showed the respect they had for each other.

With this win, Miesha Tate became the new Women's Bantamweight champion of the world, undoubtedly opening up an incredible amount of doors for the new champion. But, that's not over and the end of Tate's career placement for the Jack Jil College of Business and Pioneer basketball color commentator, Rob Coloney.

The leadership and love she showed for her teammates and the school in the four years she played for Sacred Heart were undeniable. Now, she brings that to her broadcasting career, behind the desk, broadcasting for NEC Front Row.

"You have to prepare for every single situation; blowouts, close games, unforeseen circumstances," said Coloney. "I always appreciated how she played the game," said Brochu. "The leadership and love she showed for her teammates and the school in the last month felt like a playoff game, so the entire run up to the final fight was incredible. We need to be ready to embrace new opportunities as they arise."
BY VICTORIA SAPORITO
Staff Reporter

As of Feb. 28, the Sacred Heart University Equestrian Team has clinched a second straight title and qualified for a national semifinal at the Western Regional Championship.

The horseback riders in western competition ride in Horsemanship and Reining. Sacred Heart competes in IHSAA Zone 1, Region 5 and are led by head coach Tiffany Hajdaz and assistant Western coach Tami McAllister. The team competes against Central Connecticut State University, Post University, Trinity College, University of Connecticut, Wesleyan University and Yale University.

The team’s 2016 season has ended, but they still have a number of Hunt Seat and Western riders moving on to regionals after qualifying as individuals. Junior Western rider and team captain, Abigail Williams, is one of them.

“Despite the success, this season has been the toughest so far,” said Williams. “Being on the team has allowed me the opportunity to continue riding horses and compete while forming long-lasting bonds with girls from freshman to senior year at Sacred Heart.”

For so long, this season has been the toughest so far. The Sacred Heart University Equestrian Team has qualified for the national semifinals.

McClure had never had any symptoms and there was no family history of heart disease. The sharp-shooting guard from Lakewood, Ohio, was a two-time All-American, the 1989 consensus national college player of the year, and the only player to be named the national player of the year in three different years.

“All my dreams fell; they just dropped,” McClure said. “It’s a blessing to be able to make it to the national semifinals, but there’s nothing like the games you play with your team.”

Williams qualified as an individual this season for intermediate horsemanship, and has been able to represent her team in Novice Horsemanship at semi-finals.

“Our team communicates well and works together effectively to ensure we are competing to the best of our abilities at each individual competition,” said Williams. “We are all looking forward to having a strong, fighting chance at semi-finals this weekend and hopefully having the opportunity to progress to nationals and earn some recognition for the Sacred Heart Equestrian Team on campus.”

There are high hopes for the Pioneers to finish among the top three teams at semi-finals and qualify for the national championship.

“I think our team is very strong this year,” said senior Hunt Seat and Western rider Noelle Bianculli. “All of the girls on our team are very dedicated to both their individual and team goals.”

Bianculli earned a trip to nationals by placing UConn’s Danielle Brainard in the final event of the season, and has become the first ever member of the Sacred Heart Equestrian Team to qualify for the national championship as the AQHA regional high point rider. Bianculli represented Sacred Heart Equestrian, Zone 1, at the IHSAA National Regional Championship.

“I am hoping to put in great rides at the IHSAA nationals in the AQHA cup classes and bring home the first place prize for Sacred Heart,” said Bianculli.

Bianculli, Williams, and junior Hunt Seat and Western Rider Hayley Mena, all qualified for the IHSAA National Semifinal hosted by the University of Connecticut. The trio will compete in Findlay, Ohio on Mar. 19 for an opportunity to compete for a spot at nationals.

“Defibrillators and he certainly expects there to be more. But said such decisions need to be made by individuals based on their specific cases.

“Risk prediction of sudden cardiac death in hypertrophic cardiomyopathy and many inherited heart diseases is far from perfect,” he said.

On Oct. 1, his 19th birthday, McClure was cleared to resume basketball activity. Six weeks later, he made his college debut with third place and 11 points in Baylor’s season opener.

While it took some time for McClure to get back into playing shape after being sidelined — except for a couple of times he admits to sneaking into the gym to take a few shots — he said he has had no issues with the ICD this season.

“The biggest progression at first was he was so out of shape, and just trying to get back in the swing of things,” said coach Scott Drew. “He was probably a little apprehensive, and we were probably a little apprehensive, and tried to take it easy on him and not push him too hard, and he probably did the same. Now you don’t even think about it.”

Baylor expanded heart screenings for incoming players after former Bears center Isaiah Austin was diagnosed with Marfan syndrome during a physical before the NCAA draft two years ago. That condition affects the body’s connective tissue, and can cause heart problems. It ended Austin’s playing career.

McClure’s father, Leroy McClure Jr., said the family has relied on their Christian faith throughout the process, and that Baylor was the only one of the five final schools the younger McClure considered in recruiting that does such extensive screening.

“Do I look at it as something that the Lord orchestrated,” he said. “So I felt that it wasn’t King’s choice. We believe it was God’s choice.”
SENIOR NOELLE BIANCULLI ACCOMPLISHED A PROGRAM FIRST WINNING THE REGIONAL HIGH POINT RIDER TITLE, AND WILL NOW REPRESENT ZONE 1 AT THE IHSA NATIONAL CHAMPIONSHIP.