Archbishop & Papal Nuncio to the United States Christophe Pierre Visits Sacred Heart

On Wednesday, Feb. 22 Archbishop Christophe Pierre, Papal Nuncio to the United States, visited Sacred Heart University. It was his first university visit since being appointed by Pope Francis in April 2016. A special academic convocation during the afternoon, and a lecture in the evening, were two events that he attended at the Chapel of the Holy Spirit.

The university and the Leadership Institute, Diocese of Bridgeport, students, faculty and members of the community were all encouraged to attend. Before the day of events, Pierre had the opportunity to tour the campus and visit a Catholic Intellectual Tradition (CIT) class. Pierre received an honorary Sacred Heart degree at the convocation.

President of the university, Dr. John J. Petillo, Michelle Loris, associate dean of the College of Arts & Sciences and Father Tony Ciorra were all in attendance among other guests. The Sacred Heart Liturgical Choir was also present.

Before the introduction, members of the Sacred Heart Choir and SHU L.O.V.E. sang “Unity.” Many students enjoyed having the archbishop on campus and thought his lecture was very enlightening.

“It was an honor to hear him speak about his time in the Vatican as well as our part as college students on the Catholic Church,” said junior Cory Robinson. “His words and his lessons taught me and my fellow Pioneers our place in this world as brothers and sisters of God and I believe this once in a lifetime opportunity is something that we will never forget in our time here and after.”

Pierre thanked the university for the degree and felt very humbled. “He personally represents and can convey the spirit and the mind of Pope Francis in April 2016.”

He told the audience “how does Pope Francis’ vision of the world challenge you and me?” He also spoke about the idea of the Church as a lighthouse, to provide security for those who are lost. “We need bridges, not walls,” said Pierre.

In his lecture, Pierre emphasized that Pope Francis’ vision of the Church is open and that all are welcome, as well as the idea of unity and serenity. “Archbishop Pierre seemed like such a great man,” said senior Laura Vero. “I really loved his lecture on the vision of Pope Francis, and I am so happy I attended. I hope he visits Sacred Heart in the future.”
**The Sacred Heart Spectrum**

**March 1, 2017**

"Seeing these children smile at the sight of a stuffed animal or when playing games with us, melted my heart.

- Brianna Paolini, Senior Nursing Student

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**NEWS**

**Nursing Students Travel to Guatemala**

**BY ROBERTO ROJAS**

Staff Reporter

Feb. 4 to Feb. 11, 20 nursing students and professors from Sacred Heart University’s nursing program traveled to Guatemala to provide services to people who may not have proper healthcare.

While this wasn’t the first time trips have been offered to travel to Central America, the experience was well received by those who went. "The experience was definitely a once in a lifetime experience for me," said senior Brianna Paolini. "If someone were to ask me if they should go, I would not second guess and would tell them to go."

Services that students provided to the people of Guatemala took place in three different communities throughout the country. "We provided care for Guatemalan newborns and to the senior citizens," said Dr. Susan M. DeNisco, professor of the Nursing Practice Program. "We saw patients with diabetes, high blood pressure, upper respiratory infections, joint pain, issues in pregnancy and for well child care."

The simple, yet positive, aspects of the trip, as well as the happiness of the Guatemalan children, were some of the things that stood out for the students and professors. "These children didn’t have much, but they all had great spirits," said Paolini. "Seeing these children smile at the sight of a stuffed animal or when playing games with us melted my heart."

As for the professors in the program, they saw this trip as one in which they were able to provide themselves as mentors and help fellow student nurses. "We worked with these students before and have an understanding of the culture," said Dr. Michelle A. Cole, assistant professor and Guatemala Mission Coordinator. "They’re really aware of, first of all, themselves, and the issues happening there too. We try to make them aware of everything and give them an open mind to help one another."

Service trips will also be held over the next spring break including Guatemala. "We will have service trips to four different countries during spring break," said Dr. Matthew Kaye, Director of Volunteer Services. "In Guatemala, the focus will be on health and elementary education and in Colombia, the focus will be on elementary school students and local families."

The Office of Volunteer Services will also be offering other opportunities for students to get involved. "We will have a trip to Nicaragua with the focus on social work, as well as Costa Rica with the focus on elementary education," said Dr. Kaye.

Looking into future service trips, both students and professors highly recommended them to prospective and current nursing students due to the diversity and openness they offer. "This is an experience that can’t be summed up into a few simple words or even pictures," said senior Anjelica Sitink. "This opportunity will give you the chance to learn a culture that, in many ways, is quite different than the United States. This program truly brings out the passion in thriving nursing students."

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**Sarah DeNisco: NESN’s “Next Producer” Finalist**

**BY VICTORIA MESCALL**

Circulation Manager & Staff Reporter

Senior Media Arts major Sarah DeNisco is representing Sacred Heart University in a contest to be the New England Sports Network (NESN) “Next Producer.” NESN is a sports network located in Boston in its second season of a collegiate contest to offer a post-graduate job to the New England based student who wins.

"I first heard about it through my friend, Kieran McGirl, who actually won the contest in 2015 and is now working at NESN as a producer," said DeNisco. "Kieran and I were on a Habitat for Humanity trip to Chicago when he was in the middle of the competition, so he told me about the amazing experience it was."

In October 2016, DeNisco saw that NESN was coming to Sacred Heart to present the contest to some of the media arts students, and that was when she decided to enter it as part of her senior project. "The minute I sat down in the presentation, I knew I was supposed to do this," said DeNisco. "From that point, I only had about three weeks to hand in my first draft of the film."

She has had support from other students, as well as recent alum, who saw her passion for producing early on. "I’m so happy that Sarah decided to take part in the competition. We were actually good friends while I was at Sacred Heart," said alumna Kieran McGirl, class of 2015. "It’s been incredible to watch her do the work for NESN." 

The second season premiered on NESN on Feb. 4 featuring DeNisco’s film, “Worth the Fight,” about a local Muay Thai fighter named Noemie Dos Santos. "In the School of Communication and Media Arts, we are committed to both theory and practice," said Dr. Andrew Miller, associate professor. "By moving through an educational program that focuses on how media works in contemporary culture, our students are able to produce compelling multimedia stories that resonate with audiences."

When searching for her story, DeNisco said that when she first showed her dad that she needed an interesting athlete to do a documentary on, he immediately told her about one of his co-workers from France. That is when DeNisco reached out to Noemie Dos Santos. Dos Santos was a former model and bodybuilder in France and then the United States. Now, she is a Muay Thai fighter and works as an intern at Internal Medicine at the Southwest Community Health Center in Bridgeport, Conn.

"In my intro, I stated that my film wasn’t the typical sports story, meaning that Noemie had to overcome more mental obstacles than physical," said DeNisco. "She had to convince herself that she was good enough, strong enough, and could break the barriers of sex and gender in order to be a successful Muay Thai athlete."

Muay Thai is a sport and an art that combines boxing, kick boxing, Tae Kwon Do and clinching technique. "I wanted to show how these two elements can blend together," said DeNisco. "Through my film subject, I was able to show the internal obstacles people face in their lives and how the sport can help them overcome it."

Regarding her future, DeNisco said that even though she’s a New Yorker at heart, she can see herself working in Boston sports and finding inspiring and unique stories through athletics. "The second portion of the contest is strictly determined by the two judges, Tom and Brad," said DeNisco. "My first film got me to the finalist round, but now it depends on what I make for my second video, which is a 60 second promotional video for the Red Sox’s upcoming season."

You can vote for DeNisco’s film online at http://nesn.com/nesnnext by March 15 and by watching “NESN Next Producer” every Saturday on NESN.

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**Oakwood Apartments No Longer Sacred Heart Property**

**BY NICOLE CROTEAU**

Staff Reporter

**BY ROBERTO ROJAS**

Staff Reporter

"The Oakwood Apartments have been a housing option for students for several years and some students were surprised with the sudden change. "With all of Sacred Heart's newest additions in terms of housing, I find it hard to believe students are going to willingly choose to live in Oakwood apartments," said junior Kim McNally. "I currently live there now and it has been great for me and my three roommates, however we are excited to move into our house next year. Oakwood will be missed but I'm sure rising sophomores and juniors will enjoy the newer housing options."

Although some students were surprised by the sudden change in housing options available, not all felt that it was much of a loss. "Since Sacred Heart is building all these newer, more renovated buildings, I don't think losing Oakwood as a housing option is much of a loss," said junior Cynthia Lourau. "What's convenient about Oakwood is the close location to the school, but the apartments can still be rented as off campus housing if students really wanted to live here."

Quintong said that although it was no longer a residential hall affiliated with Sacred Heart, it was still a possible housing option. Any upperclassman student who is interested in living at Oakwood are encouraged to speak directly with the property manager on-site.

Other available housing options for upperclassmen students will be Toussaint, the Ridge, Taft and Pioneer Gardens.
Avocados are so delicious. Many refer to avocados as being one of their favorite tropical fruits to eat. Although, I know Anthony over to my left does not like them, I however, do.

It gives your food a sort of smooth unique tropical taste that will give your taste buds some extra flavor.

I like to incorporate avocados in my sandwiches and salads. When mixed with a citrus or lemon salad dressing it can bring an explosion of flavor. Depending on your preference it will probably taste good with a burrito and any kind of rice as well. I mean there is a reason why everyone loves the guacamole at Moe's and Chipotle. Chipotle even charges extra if one wants guacamole on their salad, taco or burrito. This is assuming chipotle wants to make more of a profit because they know a good amount of people love the taste of avocado with their food.

Guacamole is also another thing I especially love to eat as a snack. I make my own homemade guacamole. I'll first start with the most important and obvious ingredient, avocados, and then add some seasonings in it such as parsley and thyme. I'll then cut up some raw onions and different types of bell peppers to add to the mix.

As I lightly mix the avocados into a creamy guacamole, I squeeze some fresh lemon and lime juice into it, which gives a citrus kick.

The turkey is cut nice and thin topped off with a thick cut of American cheese. It naturally contains many key nutrients and vitamins essential to the body. It also is loaded with protein and some of the healthy oils that are good for nourishing the body and skin to make it all natural and smooth.

Avocados contain potassium, the good fats your body needs, and fiber, which should be incorporated into a daily diet. It also has antioxidants and is proven to lower high cholesterol and relieve certain pains of arthritis.

Avocados also seem to work wonders on my skin. It seems to make it smooth, giving my skin a more radiant glow. I once even read in a health magazine that, every once in a while, it is great to mix avocados in with your hair cleaning routine.

Personally, I have never tried this technique before but I guess it works for others who have. Companies like Treseme, OGX and Dove hair products are now adding a mixture of avocado oils and shea butter into certain lines of their shampoo and conditioner products.

From personally using some of these companies hair products on a daily basis, I can say that overall, it makes my hair look remains shiny, silky, and voluminous.

Overall, avocados are very good for you. They have amazing health benefits and make your hair silky and soft for days.

Whether or not you want to include guacamole in your salad or burrito is up to you, but I think it is great if you're looking for texture and a kick of flavor in your mouth.

The worst of my fear had come true. Now that we all know that Staten Island is the best borough and realistically the best place on Earth, it's time to move on to the next topic.

Before I introduce to you what the debate is for this week I just want you to picture something for me.

It was the beginning of senior year. Sunday morning, about 11 a.m. and I had a rough night before.

I decided to cure this with some food from Best Edibles. I did the smart thing and called ahead so that once I walk in, I can start scarfing down my food.

Now it was almost the afternoon, I didn't think my stomach could handle eggs, so I decided to get something off the lunch menu. I decided on the Best Edible Club sandwich.

I admitted that it's the first time I ordered the club sandwich and I never looked at it on the menu, but it's just a club sandwich. What could go wrong?

I waited ten minutes, drove a few miles and myself to Best Edibles, grabbed my hot, crispy bacon on top and my mouth started to water.

I took my first bite into the sandwich. I heard the nice crunch of the crispy bacon, fresh lettuce and then I taste the tomato and mayonnaise. The turkey is cut nice and thin topped off with a thick cut of American cheese.

All is right in the world until something horrible happened. I taste something, something that isn't right. I've been duped.

I whipped off my sunglasses, not caring how bright it was, to look down at my sandwich. The worst of my fear had come true. Some devil put avocado on my club sandwich.

After spitting my food out of my mouth and practically getting it all over the old lady in front of me, I needed to take a few breaths to collect myself. If you haven't figured out what this week's topic is, it's about avocado.

Specifically, I'm talking about how terrible the devil's fruit is. Firstly, avocados taste terrible. Anything that's made with avocado... well, there's no point being guano.

If you don't know what guano is then you should really watch "The Secret Life of Pets". I never understood the craze for avocados. The fruit just freaks me out. It's big, green and has a giant brown pit in the middle.

I know plenty of people have been raving about how healthy it is for you and how many nutrients and vitamins are in it. In high in nutrients it may be, but an avocado has quite a bit of calories in it. 234 calories per cup to be exact.

So the next time you're crazy enough to ask and pay for guacamole at Chipotle, you might want to rethink it.
Perspectives
Let's Wing on The Debate

BY DANIELLE LAPIERRE
Staff Reporter

A FAVORITE FOOD OF SACRED HEART UNIVERSITY STUDENTS

There are many different places to get food at Sacred Heart University such as Linda’s and 63’s. However students can venture off campus to get other delights such as wings. According to WNEP-ABC’s statistics on buffalo wings, eight out of 10 Americans, or 81%, eat buffalo wings on a regular basis.

As a Sacred Heart student, I too enjoy the taste of a good buffalo wing. However, I also like the atmosphere, said junior Danielle Fitzpatrick. “I am never disappointed, it is always consistent.”

A place that is visited by students is Buffalo Wild Wings, which is located at the Connecticut Post Mall on Boston Post Rd in Milford. The interior of the restaurant contains multiple televisions, which are usually set to a variety of sporting events.

“My favorite place is Buffalo Wild Wings because it is consistent and I know what I am going to get every time I go there and know it will taste exactly how I want it to. I also like the atmosphere,” said Fitzpatrick.

According to their website, Buffalo Wild Wings has “Wing Tuesdays” in which all traditional bone-in chicken wings are half priced. They also offer “Boneless Thursdays” in which all boneless wings are half priced.

Closer to Sacred Heart is Wing It On, located on Main Street in Bridgeport. The restaurant has a good reputation with students due to the quality of their product and its proximity to school.

“I like Wing It On because of their quality of wings and variety of different sauce choices. It is also very close to my house and convenient because delivery is an option,” said senior Austin Hulse.

The restaurant has 23 sauces that are made fresh on a daily basis with flavors ranging from sweet to spicy.

“Red White and Blue’s is my favorite because it is the perfect amount of spice with some creaminess added to it,” said Hulse.

If you are looking for a new and unique place to find a new sauce to try, San Remo Pizza’s brings new flavors.

“San Remo is great because I love their Sweet Chili Dynamite sauce. It is sweet and spicy. Also, their service at the restaurant is awesome,” said junior Jarrett Michaels.

A debate that goes on among buffalo wing fans is boneless versus bone-in.

“Boneless wings always. Bone-in wings are way too messy and it gets all over my face and my outfit,” said Fitzpatrick.

No matter the restaurant they came from, regardless of sauce, bone-in or boneless, students are able to find places to satisfy their wing cravings while remaining either in or close to Fairfield County.

Are We Over Earth?

BY DANIEL Diggins
Staff Reporter

NASA has been the leading organization to space travel since the 1950s, but do we already know everything about the planet we live on?

According to NASA.gov, they are currently working on 180 missions. The website also states that the Spitzer Space Telescope has recently discovered a group of seven planets located closely to one star, three of which are in a habitable zone.

NASA’s scientists estimate that these planets are roughly Earth-sized.

“All of these seven planets could have liquid water – key to life as we know it – under the right atmospheric conditions, but the chances are highest with the three in the habitable zone,” said Public Relations Officer at NASA, Felicia Chou in a statement on NASA’s website.

NASA is also working on many different missions involving Mars. Their website states these missions include sending rovers, landers and orbiters to Mars. They also hope to be able to send human beings to Mars in the 2030’s.

Although mankind has been making new discoveries in outer space, there have been new discoveries on Earth as well.

Some students think that it could be worth it to put more effort into exploring Earth.

“There is so much to this earth that we don’t know about. It’s hard to encourage as much space exploration when we could be exploring earth more,” said senior Mike Villante. “It makes more sense to explore the ocean than space,” said Villante.

Although some believe we should cut spending on space exploration, other students disagree.

“Exploring space is definitely crucial to the future of mankind, there’s no way we can live on this earth forever,” said freshman Bobby Vamun. “Hopefully mankind lives longer than the Earth and by then scientists could have discovered another planet we could live on.”

Even though there are many things unknown in space, some students still think that exploring Earth and other planets is important.

“I don’t see why we wouldn’t explore both as much as we can. There’s obviously a lot that is undiscovered, both on Earth and outer space,” said junior Brendan Trainor. “There are endless opportunities when it comes to exploring outer space, we could honestly find anything out there,” said Trainor.

NASA will continue to explore outer space and the new discoveries that come with it.

“I’m really looking forward to seeing what happens in the future of space exploration, I’m sure NASA is going to discover some amazing things,” said Trainor.

Classic or Creative: The Oreo Feud

BY MICHAEL MARINO
Staff Reporter

According to the U.S. Patent and Trademark Office, the original Oreo cookie was introduced to the public on March 6, 1912.

Today, people still enjoy this cream-filled cookie, but is the Oreo company getting too creative?

Oreo has come out with many new flavors aside from its shortcake cookies.

“Oreo could be doing it to sort of test the waters. They could be creating all these flavors to make more money, but it is a matter of personal preference. However, Oreo has been around for over a century and they will continue to produce new products that people love,” said Plant.

“If you like Oreo, you like Oreo, period,” said Plant.

“The original is everywhere I go. I would have to go out of my way to get the newer flavors,” said sophomore Logan Maher-Rivera. "I'm kind of in the middle. I believe Oreo could be using this as a marketing tactic. They could be creating all these flavors to make more money, but people could also be suggesting them."

However, other students are completely one-sided.

“I’m not a fan of all the other kinds because I think that Oreo is trying too hard,” said freshman Connor Poire. "When you think of a typical Oreo, you think of the normal chocolate cookies filled with cream, not strawberry shortcake cookies."

According to the Huffington Post, the original Oreo flavor tops the charts, and is referred to as “America’s favorite cookie.”

“I believe that Oreo is trying to relate to as many customers as they can by bringing out all these new flavors,” said Poire.

Other students think that the new flavors can lead to something better than the original. According to the Oreo official website, they just came out with a new Oreo chocolate cake flavored bar.

“Oreo could be doing it to sort of test the waters. They could accidentally make something good, something that people love, just as they did with the original cookie,” said Maher-Rivera.

The debate about which Oreo flavor is the best is ultimately a matter of personal preference. However, Oreo has been around for over a century and they will continue to produce new products that people love.

“If you like Oreo, you like Oreo, period,” said Plant.
The Fear of Change

SHAWN SAILER
CO-SPORTS EDITOR

Change can be a good thing and a bad thing. Personally, I do not like change. When something changes, that makes people adjust and adapt. There is the cliché of “if it’s not broken, don’t fix it,” and I totally agree with that.

However, people have differing opinions sometimes if something is “broken” or not. There are changes we can control and other times they are out of our control. Sometimes change is a decision we make and sometimes it is not.

With change, you don’t know what to expect. You hope for the best for yourself and everyone involved in the change, but sometimes it doesn’t work out like you thought it might. Sometimes it does, and change is good for all the parties involved.

With change, oftentimes any situation seems better than the situation you are currently in. There is however, the unknown.

When something changes, that makes people adjust and adapt. The “unknown” is a scary thing. What if you regret your decision one was.

Because your new situation is worse than what your bad previous situation you are currently in. There is however, the unknown.

Sometimes it doesn’t work out like you thought it might. Sometimes it is not.

Something is “broken” or not.

It’s your turn to go prank.

One thing that I wanted to hear most from the head counselor was, “It’s your turn to go prank.”

Most staff members were used to the usual prank procedures. Some counselors were assigned to be guards on the look out, incase other camps were planning a surprise attack. However, the one thing that I wanted to hear most from the head counselor was, “It’s your turn to go prank.”

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 posted in this forum.

Correction Box: The Sacred Heart equestrian team’s last regular season show date is March 4.
New Dating App Shakes Things Up Online

BY DANTE CABRAL
Staff Reporter

Dating applications are one of the ways for people to interact with one another using their smart phones. There are a variety of dating apps out there for people to try. A new app called Hotline was released on Feb. 14. The app allows users to have their first interaction through a phone call rather than texting like most other dating apps.

“I think it’s good to force them to have a phone call conversation so people who aren’t as serious about dating might not use it,” said junior Victoria Hague.

The app was created and launched by 28-year-old Sam Ballantyne. According to CNN Money, his goal was to promote face to face action as possible through a dating app. He was inspired to create Hotline after he matched with a girl on a different dating app known as Tinder, and she wouldn’t message him back until he called her.

Tinder allows people to either swipe left if they aren’t interested or swipe right if they are interested in that person. Once two people match on the app, they receive a notification and can instantly message each other. Bumble has the same concept regarding a match. However, Bumble gives the woman 24 hours after a match to make the first move, while it gives 24 hours for the man to respond. If no interaction is started within 24 hours, the match is broken off.

“They’re easy to use. They’re at times addicting because you could be swiping for hours and hours. But it could also be frustrating because you could end up with no matches,” said sophomore Joe Nestola.

According to Maskable, the app is only available to iPhone users in New York, and anytime a match is made, users are complaining how Hotline constantly crashes and glitches.

“I think that it is a good approach for people who are more focused on really getting to know each other and taking it slow,” said sophomore Meghan Bossone.

While some Sacred Heart University students trust the world of dating apps, others do not.

“I think they are kind of creepy honestly. I would never use it to be serious with it. My friends have had bad experiences with it,” said sophomore Meghan Bossone.

The phone calls take place within the app so Hotline can keep track of how long the call lasts. The app also hasn’t had the best reviews since its release. According to the iTunes App Store, users are complaining how Hotline constantly crashes and glitches.

“It is taught by Professor Joseph Alicastro, Coordinator of News & Broadcasting in the Master’s of Communication program and 30 year veteran producer of NBC News. Typically, a student starts out in CM-171, Broadcast News Reporting. There they learn the basics of how a professional show is run, basic video editing and interview skills and what makes a story on a news show. From there, they can advance to the higher class levels of "The Pulse," which are CM-271, TV News Magazine I and CM-371, TV News Magazine II.

“Tinder allows people to either swipe left if they aren’t interested or swipe right if they are interested in that person. Once two people match on the app, they receive a notification and can instantly message each other. Bumble has the same concept regarding a match. However, Bumble gives the woman 24 hours after a match to make the first move, while it gives 24 hours for the man to respond. If no interaction is started within 24 hours, the match is broken off.

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Introducing Ben & Jerry’s Pint Slices

BY TESSA KIELBASA
Staff Reporter

Ben & Jerry’s ice cream is now available in sandwich form, called Pint Slices. The ice cream company announced their newest creation in early February. The new ice cream bars will provide an on-the-go version of Ben & Jerry’s.

“Once we learned that there was a 90% success rate with Pint Slices, we knew it was a product we had to bring to our shelves,” said Ben & Jerry’s Senior Director of Marketing, Kathy Dilkes.

The Pint Slices are available in four flavors: Americone Dream, Chocolate Fudge Brownie, Chocolate Chip Cookie Dough and Vanilla Peanut Butter Cup.

The newest product will give consumers a smaller size to enjoy if they do not want to purchase a pint of their favorite flavor. “I won’t feel as guilty eating one pint slice instead of a whole pint,” said Doheny.

According to the Ben & Jerry’s website, the sandwiches will be available in four flavors: Americone Dream, Chocolate Fudge Brownie, Chocolate Chip Cookie Dough and Vanilla Peanut Butter Cup.

The newest product will give consumers a smaller size to enjoy if they do not want to purchase a pint of their favorite flavor.

“Ben & Jerry’s Pint Slices give me the opportunity to splurge and buy something other than the normal boring pint,” said sophomore Taylor Gilberti.

According to Fox News Food & Drink, the Pint Slices are similar to a Klondike bar in the idea that there is a thin layer of chocolate coating the ice cream.

“The chocolate is thin enough to not be overwhelming and it provides the perfect amount of crunch to the creamy ice cream which is different from many other bars,” said Gilberti.

The Ben & Jerry Pint Slice’s are available in most of their stores, and will be coming soon to supermarkets.

Tell Us Your Story: Harshal Varpe

BY PETER CIOCCA
Staff Reporter

Graduate Assistant in the Office of Graduate International Student Affairs, Harshal Varpe takes his passion of dance and spreads it to the Sacred Heart University dance company.

Varpe, who was born in India, started dance classes when he was 18-years-old and began dancing with the dance company, Shiamak Davar International located in India. He traveled around India to teach dance to people from all ages.

“Dancing is God’s gift to me, previous generations in my family have danced as well, it is in my blood,” said Varpe.

Aside from dancing for Shiamak Davar International, Varpe was involved in marketing and executive communications. He wanted to be close to New York City and study communications, which inspired him to seek his masters at Sacred Heart.

“America is the land of dreams, land of opportunities and that’s why my decision was to come here and live my dream,” said Varpe.

Varpe ended up teaching a Bollywood class in which the response for the class was great and they ended up performing in the Winter Light concert that took place last December.

“The response for the show was something that I literally could not put into words. To come to America and receive that kind of welcome was phenomenal for me to see,” said Varpe.

Varpe is planning to display his Bollywood dancing style in the Sacred Heart Dance Ensemble’s next show, which takes place March 24 and 25, in the Edgerton Center on campus.

He uses dance as a therapy because it makes him gain balance and gives him something to focus on other than work or classes. Being a graduate student here, Varpe has really enjoyed his time. The guidance from his directors made this experience so memorable for him.

“Kathy Dilkes is the best boss in the universe, she has been a large contributor to my growth at Sacred Heart,” said Varpe.
The 89th Academy Awards Ceremony

BY JORDAN NORKUS
Arts & Entertainment Editor

The Academy of Motion Picture Arts and Sciences presented the 89th Academy Awards ceremony, otherwise known as the Oscars, at the Dolby Theatre in Hollywood, Los Angeles on Sunday, Feb. 28.

Justin Timberlake opened the event with his latest single, “Can’t Stop the Feeling!” Television host Jimmy Kimmel was the host of the ceremony and welcomed audience members and viewers at home. Like many of the other award ceremonies that have taken place since the election, politics and current events were brought up or mentioned in some of the speeches.

“If every one of you took a minute to reach out to one person you disagree with, someone you like, and have a positive, considerate conversation, not as liberals or conservatives, as Americans; if we could all do that we could make America great again,” said Kimmel.

The first award category of the night was “Best Supporting Actor.” It was presented to Mahershala Ali for his performance as Juan in “Moonlight.” Ali became the first Muslim actor to ever win an Oscar.

Similar to when Ellen DeGeneres had a pizza delivered to the 86th Academy Awards, Kimmel incorporated food into the ceremony by having little parachutes of candy fall from the ceiling for audience members.

The next Oscar of the night, “Best Actress in a Supporting Role,” was presented to Viola Davis for her role as Rose Maxson in “Fences.”

The Academy Award for “Best Foreign Language Film” was presented to Iranian film director and screenwriter Afsahr Farhadi for “The Salesman.”

Farhadi did not attend the ceremony to protest President Trump’s travel ban. Instead, he wrote a statement and had it read for the acceptance speech.

“I’m sorry I’m not with you tonight,” said Farhadi. “My absence is out of respect for the people of my country and those of other six nations who have been disrespected by the inhumane law that bans entry of immigrants to the U.S.”

During the ceremony, Kimmel surprised a group of tourists who unknowingly walked into the ceremony. Ryan Gosling gave one tourist his candy, Denzel Washington took a selfie with an engaged couple and one woman went home with Jennifer Aniston’s sunglasses.

Netflix won its first Oscar with “Best Documentary Short Subject” for “The White Helmets” and “Best Live Action Short Film” was presented to “Sing.”

Kimmel has a segment on his talk show “Jimmy Kimmel Live!” called “Mean Tweets” where celebrities read mean tweets about them from Twitter. For the ceremony, Kimmel showed an Oscars edition of “Mean Tweets” that included celebrities like Emma Stone, Miles Teller and Whoopi Goldberg.

John Legend performed a medley of “City of Stars” and “Audition (The Fools Who Dream)” from “La La Land.” The film proceeded to win both “Best Original Score” and “Best Original Song.”

The “In Memoriam” presentation was introduced by Aniston and she brought up Bill Paxton, who passed on Saturday, Feb. 25. The presentation was accompanied by Sara Bareilles and her performance of Joni Mitchell’s “Both Sides Now.”

The next awards were presented to “Manchester by the Sea” for “Best Original Screenplay,” “Moonlight” for “Best Adapted Screenplay,” and “La La Land” for “Best Directing.”

Then it was time for the final three awards.

“Best Actor in a Leading Role” was awarded to Casey Affleck for his performance as Lee Chandler in “Manchester by the Sea”; beating Washington, Gosling, Vigo Mortensen and Andrew Garfield.

“Best Actress in a Leading Role” was awarded to Stone for her performance as Mia in “La La Land.” This was the film’s sixth Oscar win of the night.

“Best Picture” was originally awarded to “La La Land,” but Warren Beatty was given the wrong envelope when he presented the award. “Moonlight” was the actual winner of the Oscar.

In a statement, PricewaterhouseCoopers (PwC), the company responsible for the Oscar ballots, apologized for how it all went down.

“The presenters had mistakenly been given the wrong category envelope and, when discovered, was immediately corrected,” said PwC. “We are currently investigating how this could have happened, and deeply regret that this occurred.”

The next morning, Steve Harvey, who announced the wrong winner of Miss Universe 2015, tweeted “Good morning everybody! Went to sleep early last night. So... what I miss?”

The Associated Press contributed to this article.

“The Golden Girls” Inspires Rue La Rue Cafe

BY CINDY SANAWONG
Staff Reporter

Located in the Washington Heights neighborhood of New York City, the new restaurant Rue La Rue Cafe is dedicated to the late actress, Rue McClanahan, and the rest of the “The Golden Girls” cast.


The show follows four older women who live together in Miami as they embrace the single life and enjoy the “golden years.”

Although many students at Sacred Heart have not seen much of the show, most know what it’s about and like the idea of a “Golden Girls” themed cafe.

“I know the show and Betty White is awesome,” said sophomore Amy Boyles. “I would definitely visit [the cafe] if I were more familiar with the show.”

Since the cafe recently opened at the end of January, not many people know of it. Some students feel their generation is too young to appreciate the cafe since the show aired before they were born.

“I would probably like to have seen the show first to get the full experience of the cafe,” said freshman Margot Smith. “I think it would be really cool if I had seen the show.”

Betty White is the only member of the four Golden Girls who is still alive, so some students wonder if Betty White will stop by and make an appearance at the cafe.

“Betty White is very well known for her role. I think the owner would hope for her to come to the restaurant,” said Boyles.

The cafe is owned by Michael J. LaRue and McClanahan’s son, Mark Bish. According to The New York Times, LaRue had access to some of the show’s archives set pieces, costumes and props because he met McClanahan at an annual rights charity event at Studio 54 and they became good friends.

In an interview with CNN, LaRue talked about his friendship with McClanahan and what the cafe is all about.

“She was a very talented actress, but better than that, she was a wonderful friend,” said LaRue. “She was a loving, kind, generous person and I’m really honored to be able to do this little bit to keep her legacy alive.”

You can visit the new cafe at 4396 Broadway in New York. They are open Tuesday through Sunday 7:30 a.m. to 3:30 p.m. with dinner hours coming soon.
**American Horror Story** Takes on the 2016 Presidential Election

**BY JULIUS BROWN**

*Staff Reporter*

On Feb. 15, “American Horror Story” producer Ryan Murphy announced that the seventh season of the show will focus on the 2016 presidential election.

Murphy made the announcement during a live interview on “Watch What Happens Live with Andy Cohen.”

The recent election has provided a lot of inspiration for Murphy’s upcoming season. However, the production is still in the beginning stages and the new season will not begin shooting until June. Variety Magazine reported that Murphy has not developed a title for the upcoming installment yet.

As soon as the announcement of the election theme was made, the question of whether or not there would be characters who resemble Donald Trump and Hillary Clinton arised. All Murphy had to say in the interview with Cohen was “maybe.”

Season six centered around the Roanoke Colony, otherwise known as the “Lost Colony.” Since then, fans have expressed differing views about the direction that “American Horror Story” has been going.

“Honestly, I felt season six was all over the place in terms of tone and vibe,” said senior Tyler Marques. “It turned me off a little.”

Past “American Horror Story” themes have revolved around topics such as ghosts, murderers, insane asylums, witches and vampires.

“I’m surprised. I think it’s weird that they aren’t basing it on a setting that is genuinely scary,” said senior Lauren Grass.

However, some fans like the approach Murphy is taking.

“The change in tone was weird at times in season six, but the growth of the series shines when ‘American Horror Story’ steps away from the horror genre,” said senior Diogo Antunes.

The divide between fans around season six carried over into the announcement of the new season. Some fans of “American Horror Story” do not like how political the next season sounds and think that it will affect the show’s ratings and fan base.

“They are going to lose a lot of viewers, it’s going to make it too political,” said senior Cara Fullsillo. “The announcement of the new theme seems like ‘AHS’ is trying to be something that it isn’t, the producers should stay with what has made the show successful in the first place.”

While some fans of the show don’t approve of the election theme, others find the election a place for “American Horror Story” to experiment with new things, as season six did.

“I mean you never know. ‘American Horror Story’ could give an interesting take on the election,” said Antunes.

According to Variety, Sarah Paulson and Evan Peters will be returning to the show. The roles that they will be playing and which other cast members will return for season seven has not been revealed yet.

As the June production month approaches, fans are left to dispute how effective the political theme will be.

“People usually want to relax and get away from the real world,” said senior Alexander DeChine. “Bringing politics into this show would only remind people of the things they are trying to escape.”

Omega Phi Kappa’s “Revival Showcase”

**BY STEPHANIE PETTWAY**

*Staff Reporter*

On Friday, Feb. 24 the Alpha chapter of the Omega Phi Kappa (OPK) fraternity hosted the “Revival Showcase” at the Edgerton Center for the Performing Arts.

According to Sacred Heart University’s website, OPK is a multicultural fraternity that was founded in honor of Black History Month on Feb. 1, 1995.

The showcase included performances from members of OPK and Sacred Heart’s Dance Program, two performances from Fairfield University’s hip-hop dance group, Remixxx, as well as many other guest performers.

The show started with a slideshow that cycled through past and present OPK members. In the background of the slideshow there were multiple motivational speakers talking about struggles, diversity and unification.

“I have learned so much about what this frat is about,” said freshman Mackenzie Storms.

The slideshow represented what OPK stands for as a fraternity with their motto being “unity and diversity lead to knowledge” as their philanthropy is contributing to academic and professional growth.

The show then proceeded with three members of OPK stepping to Beyoncé’s song, “Freedom.” They came out with chains around their necks and red, black and white colored masks. Halfway through the performance, they switched the masks and chains for their black OPK letter jackets and continued with their step routine.

Among the many performances of the night, Sacred Heart’s Irish Dance Ensemble, Ballroom Dance Ensemble, and tap group made up many of the routines that night.

Wearing green shirts and black leggings, the Irish Dance Ensemble came out in a synchronized line and maintained within it throughout their performance.

The tap group came out and tapped to a medley of Michael Jackson songs. The contrast for this performance were like the Irish Dance Ensemble’s, but instead they wore white shirts and black pants.

The Ballroom Dance Ensemble came out and had multiple couples on stage and all males consisted of OPK members.

With the variety of performances, some students found it hard to choose which was their favorite.

“The dancing performances were amazing,” said sophomore Stephanie Santoro. “Way too hard to pick which one was my favorite. Too much talent.”

Remixxx’s first performance was a step routine with no music, and their second performance was a dance routine to a combination of different songs.

MEMBERS OF THE OPK FRATERNITY STEPPING DURING THEIR SHOWCASE TO PROMOTE UNITY AND DIVERSITY

Toward the end of the show, some OPK members performed Ed Sheeran’s “Shape of You,” with members either singing, drumming and playing the piano or guitar.

Toward the end of the night, all the seniors of the fraternity came up on stage and were honored with burgundy ties, which is one of the official colors of the organization. They also honored the dean of their chapter.

Those who were involved in the “Revival Showcase” came together and demonstrated their talents for students and faculty of the Sacred Heart community. They also worked with people who they may not have had the opportunity to work with before.

“It was great being on stage and able to work cohesively, it really means a lot. It was an honor to work with these boys and to put together the show,” said sophomore Marissa Chairez.

Audience members congratulated OPK for putting on the showcase and were impressed with how well it went.

“The show went so smoothly,” said sophomore Emily Remington. “Props to OPK for an awesome showcase.”
Sports

Club Figure Skating Finishes Fifth at MIT Qualifier

BY RYAN TOUHEY
Staff Reporter

The Sacred Heart University club figure skating team is in fifth place in the U.S. Intercollegiate Figure Skating Eastern Conference.

The team competed at the Massachusetts Institute of Technology (MIT) Qualifier in Boston, which was held on the weekend of Feb. 3. The tournament consisted of 26 Eastern Conference teams and was ultimately won by Boston University, who finished with 84 points. Sacred Heart finished with 36 points, two points behind the University of Connecticut (UConn) for fifth place.

"I was not happy with fifth because I knew this team could do much better," said head coach Lisa Fedick.

The MIT Qualifier was formatted differently this year compared to previous years. Typically, the tournament allows the participating teams to compete in 35 event starts. This time around, the teams were limited to 20 event starts due to scheduling constraints. This led to many skaters competing in one event start instead of two.

"I think that hurt us," said Fedick.

Despite the misfortune, the coach was proud of the team's overall effort and performance. She was especially impressed by the freshmen who made their MIT debuts.

"The highlight was watching our freshmen," said Fedick. "Just not knowing what to expect when they stepped out on the ice and just being so pleasantly surprised and overjoyed."

Indoor Track Teams Strong Showing at NEC Championships

Women Finish First, Men Place Second

BY JACK SULLIVAN
Staff Reporter

On Feb. 19, Sacred Heart University's women's track and field team won their fourth consecutive NEC Indoor Track and Field Championship. The women's team was in Staten Island for two days for the championship and they scored 106 points but fell short to LIU Brooklyn's 141 points.

Among those were senior Kayla Lawrence.

"I was very proud of the performance the entire team put on. We had guys stepping up," said Guerrera.

Like the women's team, the men had the support of each other to stay motivated and to compete to the best of their abilities.

"In this sport, if you are not motivated, there is a stopwatch or a tape measure to remind you exactly what happened that day," said Beach. "It's a bigger story if they are motivated or not, but as a team we don't have that problem of staying focused and motivated."

Along with Guerrera, there were many performers that contributed to the team's victory. One of the top performers for the men's team was senior Trevor Guerrera, who won the NEC Most Outstanding Track (Distance) Performer Award. He won the mile with a 4:09.04 and then set the meet record of 1:51.16 in the 800m. Senior Giuseppe DeLucia won the pole vault and also had a personal best to get some points for Sacred Heart.

"I was pretty happy about the mile, I set a personal record even after running two races the day before. I was pleased with it," said Guerrera.

Some teammates were also excited for the freshmen.

"They all stepped up to the plate and really were a big part of getting the team a lot of points," said senior co-captain Kristen Labonte. "It was really exciting to see how they started their college skating career in such a very positive way."

Others believe that the freshmen have an ability to easily connect with the upperclassmen.

"We've already created so many long lasting memories with them and I can't wait to see what's going to happen in the future with this team," said senior co-captain Helen Serafini. Fedick instills the mentality of being a family within her skaters and that they skate for each other instead of themselves.

"When the girls are all on the ice together there's a certain energy that they radiate and they all feed off of it," said Fedick.

This method has eased the pressure of competition for the skaters, including freshman Tessa Perycy.

"We work really well as a team," said Peredy. "Everyone is really supportive, which makes it so much more fun when we go to these competitions."

The skaters are grateful for everything Fedick has done for them and they don't take anything from her for granted.

"She's like a mother to me," said Serafini. "She's not only helped me with skating, but also being a well-rounded person."

The team's next competition will be at Liberty University on March 4 and 5.
Sports

Tennis Teams Looking for Bounce-Back Seasons

BY NICHOLAS TROIANO
Staff Reporter

The Sacred Heart University men’s and women’s tennis teams have high expectations for the 2016-17 season. The teams are determined to not only make it back to the Northeastern Conference (NEC) Tournament, but to win it.

Last season, the men’s team finished with an overall record of 9-14. The women’s team finished their season with a record of 10-10.

Both teams are looking to improve on their overall records from a year ago by working together as a collective unit.

“I feel the team last year wasn’t always on the same page, even though we all wanted to win and compete. This year, I feel we’re coming together more,” said junior Anthony Santino of the men’s team, who is also the co-news editor of The Spectrum.

The key to their team getting through their season is teamwork.

“We upped our points by a lot this year based on what we got last year,” said freshman Lauren Somers. “We also had a lot of people move on to finals. 36 of us made it back to swim again and that was a big deal.”

After finishing their season at 9-2 overall and placing sixth in the NEC Championship, the swimmers are learning on experience as a major factor to improve for next season.

“We’re a young team and I think that experience is going to help a lot of people. We were new to a lot of things and I think as we just keep working, as we keep on this path, we’re going to see even better results because people will become more seasoned,” said junior Anna Brown.

Specifically, the women’s team has an opponent circled on their calendar as they head into conference play this season.

“I am most looking forward to the Bryant match because they are always a good team, so we have to bring our best game and a lot of energy,” said Oates.

In order to be as successful as they want to be in conference play, the women’s team has to work hard on winning every one of their matches.

“A major goal is for us to improve our singles game and to realize that even when we are down in a match it’s not over,” said Gurda.

Both teams hope to bring more success to the courts.

“I hope that we can make a breakthrough this season and contend for an NEC title. We have the potential to accomplish that, and it’ll just take good focus and some good match days,” said Santino.

Swimming and Diving Makes A Big Splash at NEC Championship

BY MARK MORALES
Staff Reporter

The Sacred Heart University women’s swimming and diving team finished their NEC Championship meet last week.

The event began on Feb. 15 and continued until Feb. 18 at Massachusetts Institute of Technology (MIT) in Cambridge, Mass.

The women came in sixth place with 214.5 total points in the championship meet and ended up breaking 13 school records.

“Just seeing them hit their goals and their achievements definitely makes our coaching staff very happy. As long as they’re happy, we’re happy and we’re a very young team so they didn’t hit their ceiling yet. They’re only going to get better,” said head coach John Spadafora.

As their 2016-17 season came to an end, the swimmers had a lot of positive feedback as they reflected upon the past season and championship.

“I think we all worked really hard to deserve moving up. We all push each other equally as hard,” said sophomore Jessica Poole.

The team has noticed their improvement from last year to their current season.

“We upped our points by a lot this year based on what we got last year,” said freshman Lauren Somers. “We also had a lot of people move on to finals. 36 of us made it back to swim again and that was a big deal.”

The team has to do a better job pushing one another to their full potential this season,” said Santino.

The women’s team graduated three seniors last year and are looking forward to what the freshmen can offer.

For this season, I expect that a lot of our freshmen will get a lot of experience playing at a college level. We have a young team with a lot of talent and I know they will show what amazing players they are as we get further into the season,” said senior Taylor Gurda.

The freshmen will have to learn from experiences on the court, as well from the older players on the team.

“Our team goal is focus on winning big points and competing well. In order to do this, we need to encourage each other and compete hard in practice,” said junior Tori Oates.

As both teams look forward to the upcoming season, they are excited for the Northeastern Conference play.

“I’m mostly looking forward to our conference matches because they determine our seeding in the conference tournament. They also feel a little more vital to win than any other kind,” said Santino.

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SACRED HEART UNIVERSITY TENNIS TEAMS LOOKING TO IMPROVE THEIR GAME AND BRING HOME AN NEC CHAMPIONSHIP THIS SEASON.