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@even_xo
"The more people misses me off the more I realize how I'm turning into a younger version of my mother."

@LGalavotti
"The rule is you can't date someone who has the same name as your dad. Don't break the rule."

@erikahasnoclue
"The fact that the President of the United States was just in the episode of Sex and the City that I'm watching is unreal."

@erikahasnoclue
"Tweets of the Week" are taken from the newspaper, use the hashtag "Tweets of the Week."

OFF TO SOUND TIGERS
Justin Danforth signs with American Hockey League affiliate of N.Y. Islanders

Student Alternative Spring Break Trips
Pioneers Serving Others Before Themselves

BY NICOLE CROTEAU
Staff Reporter

From March 5 to 11, Sacred Heart University students provided community service as they traveled to Ohio, North Carolina, Guatemala, Nicaragua, Colombia and other locations during the week.

Four faculty members, 49 students and two staff members traveled around the world participating in community service-oriented, educational trips.

"I traveled to Bogotá, Colombia with 10 other Sacred Heart students to participate in the annual Risk and Walk Foundation mission trip," said senior Allison Imhoff. "During our time in Bogotá, we performed a home renovation for a family, provided a month's worth of groceries to four families and assisted in the after-school program within the foundation."

Students lived with host families and were able to spend time in local communities to learn about different cultures.

I think that having the opportunity to go on a mission trip is so unique and something that all college students should try to do before they graduate," said Imhoff. "It is an experience of a lifetime and one that you will never forget."

Habitat for Humanity went to various locations around the nation and assisted families that were affected by natural disasters and or poverty.

"Habitat for Humanity is a great experience and so rewarding," said junior Adilene Garcia in a statement to the university. "I know I will take what I learned from this experience and reflect on it for the rest of my life."

For more information on how to get involved with service trips or other community service opportunities, contact Matthew Kaye, the Director of Volunteer Programs and Service Learning, at kaye@shuspectrum.edu. "I learned that you really don't need much to be happy in life," said Ferriby. "Service has shown me the beauty behind listening to understand, as well as the power that comes with the ability to speak."

STEVE ORLANDO/STAFF PHOTO
The Sacred Heart Spectrum

March 22, 2017

News

Professor Wins International Media Award

BY JOHN CERRETANI
Staff Reporter

Professor ShanShan Wang was one of the winners of The Kooshk Artist Residency Award (KARA), which recognizes exceptional artists, writers, performers and visual creators.

The Kooshk residency was established in 2014 in Tehran, Iran and works to create a space for talented writers, filmmakers, artists, and researchers to collaborate and be recognized for their work.

Wang was one of only four artists internationally chosen for the KARA and will get the chance to produce more virtual content and research in Europe this May.

Wang has taught a wide array of classes at the School of Communication and Media Arts, including Virtual Reality, a new course designed to explore the technological advancements of virtual reality and interactive computer developments.

Her interests in virtual media and immersive online content provided her with methods of artistic and personal expression.

“My submission for the KARA focuses on virtual reality’s potential as a new artistic form of activism,” said Wang. “The current social situation awakes me to think about the ability and immediacy of cyberspace to perform as an emerging art platform that can comment powerfully on social and political issues.”

In order to be selected for the KARA, applicants had to submit their resume along with various forms of their artwork or other projects, which would be judged by a panel of people from the residency program.

Some of Wang’s students were impressed with her recognition.

“She is always going to be pushing the envelope with being more innovative and helping the students with their learning process,” said junior James Taubl. “I feel that her being young also helps to connect with the students that she is teaching.”

Following her recognition, Wang has been invited to participate in residency programs in both England and Italy where she will showcase her current work in solo exhibitions and further progress her research with virtual reality and online content.

During her residency program, Wang will collaborate with the other three winners of the award and will interact with their art, the environment and society.

“I’m so happy Professor Wang won the award, she has a real passion for virtual reality and the future of communications, so this recognition is well-deserved,” said junior Nina Miglio.

The Kooshk residency was established in 2014 in Tehran, Iran and works to create a space for talented writers, filmmakers, artists, and researchers to collaborate and be recognized for their work.

College of Nursing Ranked 4th Best in Connecticut

BY BRENDAN CAPUANO
Staff Reporter

On March 7, Sacred Heart University’s nursing program was ranked as the fourth best registered nursing university program in the state of Connecticut by registerednursing.org.

The ranking was based on the pass rate within the last five years of the program. Sacred Heart scored a grade of 95.70 on the site.

“Positioned along Connecticut’s Gold Coast, Sacred Heart University’s College of Nursing welcomes new transfer and returning students to complete or upgrade their qualifications,” said a statement about the university on registerednursing.org. “Personal mentorship from industry leaders ensures bache­lors and masters of science in nursing graduate excellence.”

For some professors in the College of Nursing, this is a unique honor that helps the reputation of the university and could not come at a better time.

“This honor is directly related to the dedicated, vision­ary faculty and staff of the College of Nursing and our amazing, professional, hardworking students and alumni,” said Dr. Sheryllyn Watson, Associate Dean and Associate Professor of the College of Nursing. “Needless to say, this report is most timely as it is recruitment for future students, being the best advertisement we can ask for as we form our class of 2022.”

Some students were still concerned about how safe the roads, class schedules were also affected on Wednesday, according to weather.com, Connecticut snowfall totals amounted to 21 inches in Middletown, 15.8 inches in at Windsor Locks-Bradley Int’l Airport (15.8 inches), and 7.1 inches in Bridgeport.

“Think twice before driving,” said Professor ShanShan Wang, a professor of the College of Nursing. “They are so concerned about all of us and know when we have had a bad day just by looking at us,” said Paolinl. “I know how to be so personable and approachable and really helps the learning process.”

The College of Nursing is now looking forward to recruiting the next freshman class, as well as preparing for the future development of the program.

“This achievement will only have a positive effect on the College of Nursing,” said Watson. “This ranking is reflective of many years of hard work and recognizes that we have developed a program that meets our students’ needs and prepares future nurses well. As we grow, this serves as motivation to continue encouraging our students to be the most successful they can be while embarking on their new careers and for faculty to be visionaries in their teaching.”

Winter Storm Stella Impacts New England Schools

BY VICTORIA MESCALL
Circulation Manager & Staff Reporter

CAMPUS OPERATIONS WORKED TO KEEP UP WITH WINTER STORM STELLA

On Tuesday, March 14 Winter Storm Stella affected Sacred Heart University and the Northeast region of the United States. The university closed all operations on Tuesday and delayed the start of business Wednesday due to cleanup of the aftermath of the snowstorm.

“Living on campus and on my own was a little bit of a hassle during the storm,” said sophomore Steve Musitano.

“Since we only have one shovel and no car cleaners, my housemates and I had to break out the old credit card meth­od and scrape away. Safe to say I now have a new card on the way.”

According to weather.com, Connecticut snowfall totals amounted to 21 inches in Middletown, 15.8 inches in at Windsor Locks-Bradley Int’l Airport (15.8 inches), and 7.1 inches in Bridgeport.

“One day it was 70 degrees and the next day it was snowing, like we live in the arctic,” said Musitano.

“The storm, Chartwells Dining Services remained open through the 63’s dining hall, which operated Tuesday from 8 a.m. to midnight. Linda’s and other smaller food service outlets, such as Outtakes, were closed Tuesday.

“I’ve been here for 26 straight hours, but I don’t mind,” said Gary Hunt, a SHU Dining employee and winter storm essential university personnel member, in a university statement Wednesday. “We do it for the kids.”

Some students were still concerned about how safe the roads and parking lots were even days after the storm had passed.

“I’m a commuter so I was upset that we had class Wednesday,” said sophomore Alyssa Pezzella. “I wish they had taken the day and cleaned up the parking lots because it wasn’t safe.”

Some nursing students were still concerned about how safe the roads and parking lots were even days after the storm had passed.

“I’m a commuter so I was upset that we had class Wednesday,” said sophomore Alyssa Pezzella. “I wish they had taken the day and cleaned up the parking lots because it wasn’t safe.”

Due to the excess of snow in parking lots and ice on the roads, class schedules were also affected on Wednesday, Feb. 22.

“9:30 a.m. class was supposed to be cancelled but instead the professor started class at 10 a.m. after the de­lay,” said junior Katherine Seckler. “But the roads were so bad the majority of my class was late anyway.”

The hardest hit region of the United States and the north­east was in Vermont. Bolton Valley had a total snowfall of 58 inches. This was record snowfall for this area and was the highest total snowfall in New England for Winter Storm Stella on Tuesday.

“For those of you that spent Spring Break somewhere fun and warm, I got you a snow storm to welcome you back!” said Residence Hall Director Beth Anne Miglio.

Her email went on to inform her residents of precaution­ary measures to take in the event that the storm caused the university to close.

“But prepared for the potential of power outages as well,” said Waitehouse. “However, the university has generators that will keep the heat on if that happens.”

On Monday evening, the Office of Public Safety Delivered a mass phone message via the Emergency Alert System to all members of the university announcing the closing of school Tuesday.

Officer Stephanie Trelly, the Coordinator of Safety and Security Programs for the Sacred Heart Department of Public Safety, sent out an email to students Monday morning as well, explaining emergency procedures and preparedness.

The university resumed normal business and class hours on Tuesday morning.
What is the Deal With Daylight Savings?

KELSEY...

Coming back from spring break is always a bittersweet moment. Obviously if you went away somewhere for spring break it’s normal for you to never want to go back to all the work and struggles of the real world.

This spring break however was an interesting one because we were blessed, with the beautiful calendar event called day light savings time.

Now I can understand Anthony’s point of view of the topic. Sure, day light savings time is definitely a pain because you lose an hour.

I mean then again who wants to lose an hour of sleep, lose an hour of possibly studying to get ready for that exam in the beginning of the week after break, or even lose an hour of fun that you could be spending with family and friends.

Although these points make day lights savings time seem terrible, it actually is quite not at all that bad. I mean if you think about it, day light savings time could be a good thing. I would like to think of it as a positive way to get into the warm seasons of spring and summer.

All those people who disliked when it was 5 o’clock at night already dark out well, here’s your lucky time of the year.

No more walking out of your daily workdays and seeing a dark sky and automatically feeling tried because you think it is later in the night than it already is.

Wouldn’t everyone like to get out of work and still feel like they still have sometime in the day to relax and just enjoy a bit of the day for themselves to do with whatever they want and please.

Personally it was quite an annoying factor that when I had to go to my late classes at 5 p.m. it was dark out. It made me sleepy in class and just left me feeling so exhausting.

Who wants that after an already long day of work, and classes?

For those people for instance who hate the cold weather this is the perfect way to tell that those long brittle winter days are almost gone for the year.

It’s soon time to put those long sleeve shirts back in the storage closet. All those extra layers of clothes and accessories like scarves, warm hats and gloves can say adios for another few months at least.

If you want to still do any winter sports like snowboarding and skiing before this years season is up, I would suggest doing it fast before the ice melts and the warmer weather comes.

Spring means back to the nice beautiful weather possibly with cute sundresses, or for the guys wearing tanks and shorts.

Longer days mean more fun. It’s more time to relax, more time to cram for that assignment or exam and more time to spend time with friends and family all in one day.

Maybe you have said, “there is just not enough hours in the day.” Well in this case during this time of the year you got what you wished for. More daylight with in the day hours makes mentally more time to get things done and maybe even have sometime for yourself.

Whether you like the idea of daylight savings time or not, I hope this time around in the year you make sometime to some fun for yourself and enjoy the day while it still last.

HE SAID

All right people, get out of bed and adjust your socks because it’s time to argue.

Spring is here, it might not feel or look like it, but it’s here. Spring means lots of different things. It means rain showers, blooming flowers, warm weather and short shorts.

What some people might forget that comes with spring, because it’s totally irrelevant and useless, is daylight savings time.

Which brings us to our debate this week. Whether or not daylight savings time should still be a thing.

Like most of my columns, I’m going to tell you why our subject of this week’s debate is fruitless.

To prove my point, I’m going to give you a little history of the day. Daylight savings time was first introduced in Ontario, Canada during the early 1900s.

Well needless to say daylight savings time started to pick up throughout Canada. However, the first country to introduce daylight savings was Germany in 1916.

Why did we have to be like Canada and Germany, I do not know.

Daylight savings wasn’t brought to the U.S. until 1918 when President Woodrow Wilson signed it into law during World War I.

Now this I can understand. World War I was a very expensive war and we needed all the help we could get in that instance. Implementing daylight savings time did help U.S. citizens to save power and help the government fund the effort for the war.

Although once the war was over, daylight savings should have ended as well. In fact seven months later the seasonal time was repealed.

Daylight savings was put back into place under the presidency of Franklin D. Roosevelt in 1942. This time was for the war efforts during World War II.

Again, fantastic idea to save money that can be put towards a more pressing cause, but it should’ve ended with WWII.

Personally, daylight savings time has done nothing but give me problems.

Sure gaining an hour of sleep once a year is cool, but losing an hour messes me up so much that it’s worth not having an hour to gain.

Probably the worst part of daylight savings was the dark winter mornings. Nothing makes me want to go back to bed then waking up in the morning and the sun isn’t even up yet.

I remember when I was little and I had to wake up for grade school, I would have to walk to school during the dark and cold winter morning wondering whether or not I would even make it to school.

I know that some people think it’s cool to stay up until 2 a.m. and watch the clock change right to 3 a.m. Wow, it must be so exciting to watch the clock change.

In the end daylight savings is an outdated way to save power. It really doesn’t save anything.

Especially with today’s technology and how people’s lifestyles are I feel that people still go about their day whether it’s light or dark out.

POET'S CORNER

“The Song of Birds”
by sophomore Nicholas Dellorusso

I've never heard birds sing at 4:37 in the morning

What is usually meaningless noise
is now a divine melody
Gentle chirps guided by wind's grace
are strung together and brought to me
With heavy eyes I wait
night after night
to hear the pleasant pain that is
the song of the birds
at 4:37 in the morning
Are You Prepared for a Zombie Apocalypse?

BY MICHAEL MARINO
Staff Reporter

If a zombie outbreak were to occur, would you know exactly what to do? Is there even the need to have a plan at all?

According to NBCConnecticut.com, the Illinois House declared that October will be “Zombie Preparedness Month.”

“If I told you that I am prepared for zombies, then you would be prepared to deal with a natural disaster like tornados, blizzards, natural disasters of any kind. You would have proper food storage, you would’ve identified a place where you would go for shelter and you’d be prepared for a natural disaster,” Democratic State Rep. Emmanuel Chris Welch told NBCConnecticut.com in February. Despite the attempt to raise awareness, students at Sacred Heart University have mixed opinions about whether or not a plan is truly necessary.

“Personally, I feel like we need to have a plan if an outbreak were to actually happen,” said freshman Cole Doherty. “There have been a lot of TV shows about zombies, so I have often thought of how I would handle the situation.”

Some students have even thought about their plans if a zombie outbreak ever did occur.

“The first thing I would do is try to get to my family,” said Doherty. “I would then head up to my lake house in New Hampshire because it is positioned in an isolated spot.”

“Many of these ideas included finding a safe place with minimal occupancy. We would definitely need a plan of action just in case we need to stock up on food and weapons to defend ourselves,” said freshman Dominic Daniel. “I would get to a secluded area and maybe even try to set some sort of trap to warn me if any zombies were close.”

Some students think that people need training in order to know what to do.

“Panice in these kinds of situations only makes things worse,” said sophomore Peter Lewis. “It’s hard to prepare for something that no one has experienced, therefore, I think that we would need some kind of training about basic principles of survival.”

However, not everyone is in support of this bill. Republican Jeanne Ives stated on NBCConnecticut.com that the state should not be focused on issues like this, rather they should concentrate on real disasters such as their budget.

“Congress should spend our time preparing for other disasters like a nuclear attack,” said junior Corey Pilemb. “Something like a zombie outbreak just seems like something that is very unlikely to happen.”

Some students think that the idea of a zombie outbreak is completely unrealistic.

“It is just not logical,” said sophomore Matthew Tierney. “Personally I do not feel the need to have a set plan in the event of a zombie outbreak. This is primarily due to the fact that I don’t see anything like that happening any time soon.”

Although Welch admitted that something like “Zombie Preparedness Month” may be slightly farfetched, he believes that it is necessary in order to communicate a message.

“If you can prepare for the worst, then you’ll always be in a good position to come out on top,” said Lewis.

WikiLeaks Strikes Again

BY DANIEL DIGGINS
Staff Reporter

WikiLeaks, a self-proclaimed multi-national media organization, has recently released a new set of leaked confidential documents that belong to the United States.

WikiLeaks.org stated that it begins its new series of leaks on the U.S. Central Intelligence Agency. Code-named Vault 7, it will be the largest publication of confidential documents on the agency.

According to the press release on WikiLeaks.org, this leak contains 8,761 documents that originally belonged to the Center for Cyber Intelligence of the CIA located in Langley, Virginia.

“It blows my mind that people are able to obtain highly classified government documents,” said senior Sean Flanagan. “The source of these leaks is something that remains confidential to the WikiLeaks organization, although there is plenty of speculation from various national security experts.”

Deb Riechmann states that some experts believe foreign countries are behind the leaks, while others believe the leaks are caused internally.

The Vault 7 leak exposed documents concerning the CIA’s ability to spy. It exposed information about cell-phones, computers, laptops, various electronic items and their abilities to act as spying tools for the CIA.

Some students think that the government should be able to monitor us for our safety.

“I really hope the government isn’t watching every move I make, that would be very concerning,” said sophomore Shannon O’Toole. “I admit that when the government needs to spy on someone to keep them safe, I don’t really expect them to be doing it.”

The CIA is not confirming the documents as authentic. They also generally believe that their founder, Julian Assange, is trying to aim his efforts towards damaging the United States Intelligence agencies and their reputations.

Assange takes the stance that WikiLeaks has released the files so that the public could talk about issues that need to be discussed immediately. The source is intending to cause public debate concerning the issues.

“I want to know the truth about this, the idea that they could know everything I have done is unbelievable,” said senior Jill Lopez. “It is an extreme violation of privacy if they are spying on us through our devices.”

The United States’ regulations on spying became weaker after 2001.

Agencies have been able to spy on who they are targeting with limited laws protecting the individuals. These laws became weaker due to increased safety measures.

“I have nothing to hide from the government, so if they want to spy on me they’re wasting their time. I assume they use those types of spying tools in more efficient manners,” said sophomore Don Briggs. “I hope that we are given the truth at some point soon, it’s hard to know what to believe these days.”

The Associated Press contributed to this article.
Learn to Laugh at Yourself

GABRIELLA NUTILE
CO-COPY EDITOR & FEATURES EDITOR

One of the biggest life lessons I’ve learned throughout my 21 years is that you need to learn to laugh at yourself. I think I have become an expert at this. I have had more than my fair share of embarrassing moments, and I’ve learned to take each one in stride and laugh it off because honestly life is too short to take it so seriously.

My best friend and I write each other letters every year for our birthdays that consist of anywhere from 10 to 15 pages with memories that we’ve had since we became close in sixth grade. I would say that more than half of the memories contained in the letters pertain to my hilarious, yet sometimes very awkward, situations that have and keep occurring in my life.

For instance, there is one classic moment that happened in my life in eighth grade that always ends up in our letters. Back in the day when I was actually decent at math, my friend and I were both in our advanced math class that was taught by Sister Ellen. We each went to our seats, and when I sat down I immediately knew something was wrong with my chair. I looked over to my friend and asked her to switch with me, whiting that the chair I was sitting in was hurting my lower back and too low to the ground. She insisted on not switching, so I was stuck with this chair.

After a few minutes I could not take it anymore, so I went up to get that and at this exact moment Sister Ellen and a few boys walked into our classroom. And as I was in the midst of getting up from this unpleasant chair, the legs underneath it gave out and I fell backwards onto the ground with my legs literally flailing in the air.

Now, I’ve gone to Catholic school my whole life and up until college I always wore a uniform, which included a kilt. So there was with both my legs up in the air with my kilt hanging on my face as I was on the ground. Thank God (pun intended) that I had shorts on underneath or else things would have gone even more awry.

While my best friend was laughing hysterically, I was very much struggling to get up. After my third attempt, I finally got my feet on the ground and my kilt back down to where it should be, and there was Sister Ellen, her face mortified and full of pity; I can still picture it now.

I had the whole class in hysterics, and I just remember looking around and being so happy that I could make my peers laugh because I could possibly make someone’s face on the beam, you have to find it somewhere in you to push yourself past your mind full of fear in order to complete the skill. That is why I love gymnastics. It is the only thing that can challenge me more than I challenge myself. I am completely in control of the outcome. I can’t depend on my team members to force me to complete a skill, even though they always encourage me to do so. You can’t blame anyone if you don’t do well at a meet; you simply realize that you have to put in more gym time.

Consistency is key in the sport of gymnastics. If you ask anyone to describe me in one word, almost everybody would say consistent. I am consistent with every single part of my life from gymnastics, to schoolwork and extracurricular activities. I am one of the most dependable people I think I know and I have gymnastics to thank for that.

As I reached my final meet, I thought about all that this sport has given me such as a good work ethic, dependability, some of my best friends, time management skills and responsibility. Gymnastics has truly shaped me into the person I am today. I gave up many things that I will never have the opportunity to get back, but I gained so much more in the long run.

So, thank you gymnastics for being there for me when no one else will. Thank you for challenging me and pushing me past my limits. Thank you for letting me take my anger out on you, and finally thank you for giving me the strength to do what people say is impossible.

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Correction Box: In the March 15th sports section, the basketball article stated that the season for both the men’s and women’s team ended. However, Sacred Heart Athletics twitter stated on March 18th that the women’s team would be playing in the National Invitation Tournament (NIT). They lost to St. John’s in the first round of the NIT on March 23.
McDonald’s Introduces Two New Big Macs

BY DANTE CABRAL
Staff Reporter

McDonald’s has added a new burger to its menu in recent years, the Big Mac Jr. and Grand Mac. The Big Mac Jr. is priced at $3.39 and the Grand Mac at $5.39. Both burgers contain a different sized patty and are served with the same toppings as the regular Big Mac.

The famous fast food chain has made sure to change the Big Mac since its nationwide release. It still contains the traditional beef patty, special sauce, shredded lettuce, cheese, pickles, and onions all on a sesame seed bun.

According to Business Insider, The Mac Jr. will be priced at $3.39 while the Grand Mac will cost you around $5.39.

Some students are already looking forward to trying the two freshly added menu items.

“I’ve had a Big Mac plenty of times before and I personally think they taste pretty good. I am looking forward to getting my hands on one of those new burgers the next time I make a trip to McDonald’s,” said sophomore Billy Varasconi.

While some students are looking forward to trying the new Big Mac burgers, others aren’t quite as excited.

“No, I do not enjoy fast food burgers. Personally, those burgers do not seem appealing to me,” said sophomore Aarika Malloiy.

McDonald’s has always been adding and dropping special items and deals to keep their menu dynamic. The new Big Mac burgers are no exception.

According to Business Insider, The Mac Jr. will be priced at $3.39 while the Grand Mac will cost you around $5.39.

Some students think that same success of the special items will continue for the two new Big Mac burgers.

“I feel like these two Mac’s could be successful. There are several people out there that enjoy the Big Mac already so I can see people trying these two new Macs,” said Mallory. “If people aren’t too hungry they can have the Jr. and if they are feeling daring they could do the Grand Mac.”

Other students don’t see the same success coming out of these two new ones.

“Probably since they are new to the menu, people will want to try them. But after a while, it will probably fizzle out,” said Hague.

According to People Food, McDonald’s may plan to only have these Big Mac’s stick around for just a short while. They are talking about just making it a limited time deal similar to what they do with their Shamrock Shake.

“I think the Mac Jr. and Grand Mac will receive a lot of attention and have good success on the McDonald’s menu. People will like the fact that they can have a smaller and bigger alternative to just the regular Big Mac,” said Varasconi.
Club Spotlight: Art Club

BY FALLON BEVINO
Staff Reporter

Are you looking to bring out and showcase your inner artistic talent? Art Club was created with the intent to help students grow and gain a sense of confidence, strength, grace and a deeper appreciation and knowledge of art.

The club is open to all students who are interested in the arts, even if they don’t have any prior experience,” said Christina Ghillani, a senior graphic design and illustration major, and the current club president.

“My favorite part of Art Club is the community that it builds. Art Club is a place to have creative freedom and express yourself in ways that you can. It shows that there are no limits or boundaries to creativity,” said Ghillani.

Student Art Exhibits are held at the Art and Design Gallery located outside of the Edgerton Theatre For Performing Arts. These exhibits feature the artwork of the club members.

Rhys Fabiani, a member of Art Club, said that his favorite event is teaching Paint Night at Sacred Heart’s on-campus pub, Red’s. Fabiani, who is also a Red’s chair-member, instructs groups of students through the steps of painting a picture.

“Being able to guide students to make something regardless of ability is fun. You never know what you’re going to see and a lot of the time it’s very impressive,” said Fabiani.

Fabiani enjoys instilling confidence in students while helping them paint during their event held at Red’s.

“I enjoy seeing kids loosen up and just have fun. I just have so much fun helping others make something that they’re proud to display on their wall either for themselves or as a gift to others. My main goal is to have fun and then help students make their piece special,” said Fabiani.

If anyone is interested in joining Art Club, students may contact Ghillani at ghillanic@mail.sacredheart.edu or Prof. Jack de Graffenried at deGraffenried@SacredHeart.edu.

Campus Cube: Delivering Care Packages Near You

BY TESSA KIELBASA
Staff Reporter

Campus Cube is an online service that allows family and friends to send college students care packages. It provides a way to stay in contact while students are away and attending school.

The company is based out of New York City and strives to provide fun and useful packages to its customers.

“I always run out of small items that I need. It can also let me know that someone is thinking about me,” said sophomore Helena Kizildag.

“Instead of wasting the box and throwing it out, I can use it to store either school books, important papers and other miscellaneous items,” said Caraballo.

According to the Campus Cube website, the company was founded in 2016 in hopes of helping families “offer support and encouragement to students.”

It offers boxes full of snacks and small gadgets that can be useful for college students.

“Snacks, candy, something to distract me from my school work is always good,” said sophomore Bryana Caraballo.

The website also states that boxes come in themes including spring and winter semesters, but there is also an anytime cube option that can be sent.

The women’s Anytime Cube comes with a pillowcase, gourmet chocolate chip cookies, face wash and other gifts. The spring semester specific cube comes with chocolate covered pretzels, inflatable flamingo coaster, hair ties, as well as other gadgets and snacks.

“It’s a great way to receive items you’re actually going to use,” said senior Jessica Salvadore.

The men’s Campus Cube comes with similar snack items, but different gadgets designed for guys. The Anytime Cube comes with a water bottle, razor and a smartphone wallet. The spring semester cube contains foaming shaving gel, sunscreen lip balm and a variety of gourmet snacks.

The Anytime Cube is priced at $44.95 and the spring semester cube is listed at $39.95. The boxes ship for free via FedEx.

After the boxes are received by students they can be turned into dorm room storage to make living at school easier. The cubes can then be stacked and turned into cubbies.

“Instead of wasting the box and throwing it out, I can use it to store either school books, important papers and other miscellaneous items,” said Caraballo.

While not many Sacred Heart University students have received Campus Cubes, they think the packages are a good idea.

“I always run out of snacks for studying,” said Kizildag. “College students can never have enough.”

The cubes can come in a birthday themed box as well, containing an inflatable birthday crown, a personalized card, treats and other party goodies.

Past cube themes have been October, Back to School and Winter. The company also can put gluten-free snacks in their care packages.

The company website claims that students like getting care packages and their product is a convenient way to send students a gift.

“I was really homesick my freshman and sophomore year. It would be a good reminder of your family and friends back home,” said Salvadore.
"Beauty and the Beast" Brought to Life on the Silver Screen

BY JOSEPH DURANTE
Staff Reporter

After "Cinderella" and "The Jungle Book," Disney has transformed another animated classic into a live-action film, "Beauty and the Beast." Directed by Bill Condon, the film was released on Friday, March 17. It stays true to the original and there are also a couple of new songs, new scenes and a different back story for Belle.

However, other people may not enjoy the new changes because they may think it's too different from the "Beauty and the Beast" classic they love. Emma Watson plays Belle, the iconic Disney character and hero of this story. For those who don't know the story, Belle and her father Maurice, played by Kevin Kline, live in a quiet village in France. Maurice heads on a dangerous expedition and encounters a mysterious castle—the home of a prince who was transformed into a beast many years ago. Upon entering, the Beast, played by Dan Stevens, captures him and takes him as his prisoner.

Belle heads to the castle, takes her father's place and meets all of the other "antique" inhabitants such as Lumiere the candelabra, played by Ewan McGregor, Cogsworth the clock, played by Ian McKellen, Mrs. Potts the teapot, played by Emma Thompson, and many more.

After saving her life, Belle discovers a soft side within the Beast and the two become very close. If they fall in love, the Beast's spell will be broken and everyone in the castle will become human again.

Another person who also steals the show like Watson is Luke Evans as the evil Gaston, the man who tries his best to win over Belle. He transforms himself as the village meathead into the monster that will do whatever it takes to win the woman he desires, even if it means harming her father and killing the beast.

This adaptation of "Beauty and The Beast" is really beautiful with dazzling special effects, Oscar-worthy costumes and terrific music performed by the cast.

Watson is the perfect person to bring Belle to life on the big screen. She makes Belle look smart and fearless and reminds the audience why many little girls continue to look up to this classic character after the original premiered in 1991.

The soundtrack is also terrific. Watson can sing, dance and do everything in this movie. Thompson also does a good job of recreating the "Beauty and The Beast" theme song during the renowned ballroom scene.

Other tracks on the soundtrack include a beautiful pop duet collaboration of "Beauty and the Beast" between Ariana Grande and John Legend, and songs by other artists such as Celine Dion and Josh Groban.

Disney has been successful by giving some of their classic animated films the live-action treatment.

After its opening weekend, "Beauty and The Beast" has made a record breaking $170,000,000 and became the highest grossing film during March; beating out last year's "Batman v. Superman: Dawn of Justice." Not only am I sure it will become the highest grossing film of 2017 so far, but according to the Hollywood Reporter, the film is the highest grossing PG rated film of all time.

I'm a little surprised it's only at a 71% on Rotten Tomatoes as of March 19. I think the website's score for this movie should be a little higher.

All I have to say is, go see the film and "be their guest."
Fans of “The Vampire Diaries” Say Goodbye to Mystic Falls

BY STEPHANIE PETTWAY
Staff Reporter

After 171 episodes over eight seasons, The CW aired the series finale of its American supernatural drama, “The Vampire Diaries,” on Friday, March 10.

Created by Julie Plec and Kevin Williamson in 2009, the show is based on the book series by L. J. Smith that goes by the same name.

It’s set in the fictional town of Mystic Falls, Va. and follows the story of a teenage girl by the name of Elena Gilbert, played by Nina Dobrev, and her relationship between two vampire brothers, Damon and Stefan Salvatore, played by Ian Somerhalder and Paul Wesley.

“I loved the show since the beginning. I was never into shows that had vampires or werewolves in it until I watched this show,” said sophomore Juliana Tapia. “Once I saw the first episode I was hooked.”

In season six, Dobrev departed from the show, leaving some fans heartbroken and questioning how the show would go on without the leading character.

“I was very surprised, shocked even, to hear that Nina was leaving. I loved her character and her acting in the show was amazing,” said Tapia. “But this made me wonder if the show was even going to continue without her. I really couldn’t imagine it at the time.”

After Dobrev left, the show continued for two more seasons. The series finale received good reviews and left fans satisfied because it wrapped everything up by concluding loose ends and ended with a simple idea.

In an article from The A. V. Club, critic Carrie Raisler gave her input on the conclusion of the show.

“The most important thing in this universe is to be understanding what all the fuss was about.”

For students who didn’t watch the show but heard about its conclusion were left curious.

“For me, it was really interesting to see a spin-off with them as the main characters,” said sophomore Sarah Riccio. “We worked a long time on this and am happy to share this with my peers.”

The “Requiem” includes many different sections that the choral program put a lot of time into preparing.

“I am so proud of everyone who was involved, I thought we did an amazing job from preparation to rehearsal and then to finally perform in front of an audience, it felt really good,” said sophomore choir member Stephanie Doheny.

The entire choir and orchestra put in a lot of hard work to learn and perform the pieces.

“I thought it was amazing to pull off,” said junior choir member Cory Robinson. “Just taking on all these different pieces like this and to push ourselves, it just shows a lot about our program.”

According to Classic FM, despite being a work centered around the nature of death, Faure’s “Requiem” has a peaceful, somber melody.

“The message is so powerful. The celebration of life resonates through the music,” said sophomore Sarah Riccio. “We worked a long time on this and I am happy to share this with my peers.”

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“I am so proud of everyone who was involved, I thought we did an amazing job from preparation to rehearsal and then to finally perform in front of an audience, it felt really good,” said sophomore choir member Stephanie Doheny.

The solo portions of Faure’s “Requiem” demanded a lot of synchronization with the composer as well as the orchestra. Gestrich welcomed the challenge to be one of the soloists for the concert.

“I actually worked really hard to be able to perform the solo,” said Gestrich. “It really means a lot to me to earn this opportunity.”

Many audience members enjoyed the performance.

“They sounded so soft and delicate to the ear. I honestly was afraid to move in my seat because I thought I would disrupt the calm vibe,” said senior Justin Calitro.

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This was the attitude of most of the audience members listening to the Choral Masterworks. At the conclusion of the concert, the audience gave everyone involved a standing ovation.

“Standing in front of that crowd gave me chills,” said Doheny. “It’s kind of intimidating at first but once all your emotions settle in, focus and preparation is key.”
Men's Lacrosse to "Face-Off for a Cause" With Hobart

BY MARK MORALES
Staff Reporter

The Sacred Heart University men's lacrosse team will be playing in their annual, "Face-off for a Cause" game on Saturday, March 25 at home against Hobart College.

"Face-off for a Cause" is a lacrosse game hosted by the men's team in order to raise money and awareness for the Wounded Warrior Project.

The Wounded Warrior Project was founded in 2003. According to woundedwarriorsproject.org, it is a charity, as well as a veteran's service organization, that offers a variety of programs, services and events for wounded veterans of military actions.

The men's lacrosse team has played this game for the past four years now and they raise about $2,500 per year. They were able to raise almost $10,000 during their first year because of their involvement in "The Patriots Cup" while in Texas. This event was also a Wounded Warrior Project event.

"It's something that is very important to us, we have a lot of guys in our program with families who are military people. My family is a military family and it's something we really like to get involved with," said head coach Jon Basti. "I wanted to make sure that our program was more than just go to school and play lacrosse."

The Sacred Heart men's lacrosse team will be sporting special camouflage shorts with red, white and blue stripes on them.

They will also be wearing American flag camouflage themed cleats for the game to honor those who served and to help raise awareness for the Wounded Warrior Project.

"They look really cool," said senior Chase Godfrey. The team will also be selling t-shirts for $25 to help raise money for the event.

The shirts will feature "Sacred Heart Lacrosse" on them and are available for purchase at the game on March 25, as well as outside 63's during the week prior to the game.

This game is something that is important to the team and to the coaches as well. Most people know someone who is involved in the military in some aspect, and the team is hosting this event to show your support to friends and family who dedicate their lives to protect America.

"We're trying to raise awareness and money for the wounded warrior project," said Basti. "With all the soldiers coming back from war, they need help. We figured that we could do whatever we could."
Danforth Named All-Conference First Team, Signs With Sound Tigers

BY RYAN TOUHEY
Staff Reporter

The Atlantic Hockey Conference named Sacred Heart University senior forward and assistant captain Justin Danforth to the All-Conference First Team. The announcement was made on Thursday, March 9. Danforth is one of five upperclassmen to be named to the First Team and is also one of three seniors.

"It's an honor," said Danforth. "I think the ultimate goal would've been an Atlantic Hockey championship, but this is definitely a close second."

According to the Sacred Heart website, Danforth was the team's leader in points this season with 32 and in assists with 22. He finished his college career with 124 total points, which is seventh most in Sacred Heart's hockey history. He also finished with a total of 147 games played, which is second most for a hockey player at the university.

On Wednesday, March 15 Danforth officially signed with the Bridgeport Sound Tigers, who are the American Hockey League (AHL) affiliate of the New York Islanders.

"It's a big milestone in my career and the start of a new chapter for me," said Danforth. "It's going to take a lot of work, but I'm definitely ready for the work."

Danforth was named the Atlantic Hockey Rookie of the Year as a freshman. He was also named to the All-Conference Second Team as a junior.

He chose to play hockey at Sacred Heart because of the recruiting from head coach C.J. Marottolo and assistant coach Scott McDougall.

"Danforth's determination and love for the game were two things that Marottolo enjoyed about him while he coached him," the Sacred Heart Spectrum reported.

"There was no doubt that myself and our coaching staff felt that Justin had the potential to be a First Team All-Conference player," said Marottolo. "His third for making himself better was a constant for four years and that made him a pleasure to coach."

Danforth has been playing hockey since he was 5-years-old. His parents were the ones who got him hooked on the sport.

"They've been supportive since I started," said Danforth. "They're my inspiration because they've pushed me along the way through my highs and lows."

He has been an inspiration to his teammates with his character.

"Justin is indeed a prime example of what it means to be a hockey player," said senior forward Jordan Minello. "His team-first mentality gives fellow players a reason to follow him, and players can always count on him to make a big time play late in the game."

Danforth's style of play has been another trait that has stood out to his teammates.

"His puck skills are amazing," said senior defenseman Mitch Nynel. "I don't think I've ever played with someone who controls the puck in tight spaces like him."

The close relationships that Danforth has had with teammates over the years has been his favorite aspect about playing hockey.
SACRED HEART UNIVERSITY MEN'S LACROSSE TEAM STRIVING FOR A WIN TO BREAK THEIR STREAK