Tweets of the Week

"Tweets of the Week" are taken from the newspaper, use the hashtag #SHUSpectrum and you may be featured.

@samm_renee
"ok what's worse, looking at my grades or my bank account?"

@erinkearns96
"I'm literally walking around campus sweating rice out of a cup right now!"

@kmital
"I must have done something right in a public forum on Twitter. Tweets are featured!"

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BY SPECTRUM STAFF

The Sacred Heart University community continues to mourn the loss of a beloved Pioneer.

20-year-old Caitlin Nelson, a sister of Kappa Delta sorority, passed away on Sunday, April 2 at New York-Presbyterian/Columbia University Medical Center three days after collapsing during a pancake-eating contest. A nursing student, an Emergency Medical Technician (EMT) student and first-responders performed lifesaving measures at the scene, and she was transported to a Bridgeport hospital in critical condition at the time.

A medical examiner ruled that she died of accidental asphyxia. Nelson was a junior social work major, and according to the CT, "Caitlin gave in every aspect of her life, including donating her organs as a final act of giving," it said.

"She was an amazing person and friend. She dedicated her time to helping others," said senior Amanda Cruz, sister of Kappa Delta.

Caitlin was one of the nicest girls I have ever had the privilege to know," said president John J. Petillo, in his email.

The Theatre Arts Program (TAP) also donated all the profits from student ticket sales of "Jesus Christ Superstar" opening night on Thursday, April 6 to Nelson's ShamROCK the Runway fundraiser. The opening night raised over $2,000 for Kappa Delta. "It is really special that we were able to do this in the Theatre Arts Program because it means all of the members feel like we were contributing to the SHU community in this time of grieving," said senior Nicholas Patino, president of TAP.

Overall, Nelson was loved, appreciated, and will be missed by the university, her friends and her loved ones.

"She was an amazing human, with her bubbly and bright personality that everyone will miss dearly," said junior Cory Robinson, SHUpermen editor, of Nelson.

Sacred Heart's SHUpermen recorded "You'll Never Walk Alone" to show their solidarity with the community and the sisters of Kappa Delta.

Counseling services are still being provided for students and members of Greek Life. President Petillo reflected on the outpouring of support with Nelson's passing on his blog.

"Many of you who did not know Caitlin, but you consider her family anyway. Here at SHU, when one of us is hurt, we all hurt; when one of us excels, we all celebrate. Whether you knew Caitlin or not, you came together to express your love for her, your love for each other and your love for SHU," said Petillo in his blog.

He also offered transportation to her visitation and funeral at St. Helen's Church in Westfield, N.J over the weekend.

"The wake was really a sad moment for her friends and family. Caitlin was one of the nicest girls I have ever had the privilege to meet. I will miss her along with the rest of the Sacred Heart community," said junior Joseph Durante, a staff writer for The Spectrum.

"It was then that President Petillo sent out an email to the university, asking the community to join together in prayer at the Chapel of the Holy Spirit. Hundreds of students, faculty, members of the community and Greek Life attended her prayer service and candlelight vigil together in support of Nelson's fundraising goals, raising almost $34,000 for Kappa Delta's ShamROCK the Runway event."

The sorority is also selling bracelets through the Little Words Project that says "Caitlin Gave." 50 percent of the proceeds will be donated to their philanthropy event for PCAA. To purchase a bracelet, you can follow the link: https://littlewordspjekt.com/products/caitlin-giver.

"Many of you have been giving to support Nelson's fundraising goals," said senior Amanda Cruz, sister of Kappa Delta.

"The Sacred Heart community has come together in support of Nelson's fundraising goals, raising almost $34,000 for Kappa Delta's ShamROCK the Runway event. The new goal is $53,966, in honor of her birthday."

If you would like to donate to support Nelson's fundraising goals, you can go to: https://onlinedonations.us/home/team-view-fundraiser/1598/.

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HE SAID/ SHE SAID

Are pen colors important to you? Kelsey and Anthony hash out blue vs. black ink.

MILKSHAKES BRING... All the SHU students to the yard. Pan milkshakes are the latest craze around campus.

CLUB SPOTLIGHT Business Administration Club brings together all aspects of the business world.

WELCOME IABRA ESPN's David Ibarra speaks to students about how media and we come together.

"13 REASONS WHY" Newest Netflix original series opens conversation on bullying and suicide.

SPRING GAME The Pioneers are back for their annual football Spring Red vs. White scrimmage.

COMMUNITY GATHERS IN REMEMBRANCE OF JUNIOR AND KAPPA DELTA SORORITY MEMBER, CAITLIN NELSON.

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The Associated Press contributed to this article.
Students and Professor Travel to Ireland for IoT Conference

BY JOHN CERRETANI
Staff Reporter

Two students and a professor traveled to Dingle, Ireland to participate in an event called The Internet of Things. Senior Kristen Lahaise, junior Nicolas Treglia and School of Computing professor Robert McCloud made the trip across the Atlantic to be a part of this weekend-long conference.

The trip behind The Internet of Things (IoT) is using sensors and switches to connect more things to the world.

“A big example is how you can use your phone to turn on the lights or tell your Amazon Alexa to order you an Uber in 15 minutes,” said Treglia.

One thing that seemed to stand out at this event was the great diversity of people and professions that were in attendance.

“We were grouped into different domains, mine being health and fitness oriented,” said Lahaise. “People in attendance included business owners, students, musicians, and people who are experts in their field, whatever that field may be.”

This was something that came as a shock to the students, as they originally thought that it was only going to be people with similar professions and interests to themselves.

“I went into this conference thinking it was going to be all computer science people, only to find myself in a group with a professional singer, a gym owner, Kristen, and Prof. McCloud,” said Treglia.

For Lahaise, the trip was a learning experience about The Internet of Things.

“I know very little about The Internet of Things before this trip and was amazed to see how technology is strategically woven into so many different areas of our life,” said Lahaise.

Treglia, Lahaise and McCloud were tasked with brainstorming over the weekend and developing a concept for The Internet of Things application. This idea was then presented with the hopes of being chosen for further development.

During the 12 hour spring event, which is expected to take place from 1:00 p.m. to 1:00 a.m, everyone who came enjoyed food, games, and inflatables. “The best part is getting to burn off all the food you ate, while playing games,” said Seckler.

Money raised before, during and after the event will go towards cancer research and part and current patients.

“The event is a lot of fun because there will be food, games, and inflatables,” said Seckler. “The best part is while you’re having fun you are raising money for such a great cause.”

This year’s goal is to raise over $55,000 in donations. Students hope that the goal will serve as a motivational tool for people to show up and help out as much as they can.

“Honestly, since my freshman year, this has been one of my favorite events,” said Neal. “You see the committee getting together to reach bigger and better goals, but we also want to set these goals for ourselves and that plays a huge role for everyone involved.”

Those who are on the committee credit the successful event planning to their fellow co-workers for their exceptional teamwork and commitment to their jobs.

“This event would not be possible without the rest of my e-board and every single one of my committee members,” said Seckler. “Every person helps, whether it be reaching out to businesses for raffle baskets, planning ceremonies, or deciding what to do at table times. Getting people to understand what Relay For Life is also important because if people do not understand it they probably wouldn’t come.”

Admission is free to the students and to the public.

For more information or to get involved with the Student Events Team or events, send an email to student-events-team@sacredheart.edu.
Everyone uses black pens. They are the plainest writing utensils you can use to write a cute little message or letter. Given that you can find them anywhere, it's the easiest thing to pick up in an office or a classroom.

Now as far as black pens versus blue, go, my friend Anthony over there would say that blue pens are better for whatever reason. Personally, I think that black pens are so much easier to write with. For most part you can get away with so much more. Let's say you made a huge error on your paper you were handwriting and you didn't have any rewrite around. It's best to just cross out your answers or sentence with a few lines using the pen that you used in the first place.

Many people find that black pens are the official color to write for any signature signings or for any legal documentation. Overall, from a perfectionist or artist standpoint, it contrasts so much better to white paper as opposed to blue ink pens.

Although you might think that this is odd and it might not come to your mind at all, some people think that individuals that write with a black ink pen have characteristics that are more professional and more conservative to those who write in blue ink pens.

Now I'm not saying that all people who prefer to write in black ink pens have these characteristics, but personally I think that it seems quite fascinating that some people do have those thoughts to such a non important topic.

Also, the great thing about black pens is that most things that are professional typed out are in black ink. If you made a mistake on a paper or an important document, it’s so easy to make that correction with a black pen without having it look completely unprofessional or sloppy.

On the paper it will look more clean and crisp to send out instead of using a red or blue pen. Unlike other colored pens such as red or blue pens, black pens will always be black pens. What I mean is unlike other pens, black pens will not change shades of the same color from different brands of pens to another.

You know how when you write a paper with a Paper-mate blue pen, and then realize you made some errors at another time of the day, and you have to make changes to it.

You suddenly have to find another blue pen only to later find out that the shade of blue is a little darker than then the pen you used on the original color.

Don’t that frustrate you a little bit that there is very little consistency in that paper now as far as an appearance?

Black pens will always be black pens no matter what type of brand or how many times you correct your paper.

Black pens will always stay the same shade. Whether you chose to write your handwritten paper in black or a colored pen, I hope your writing comes out well-written and looks sharp.

So if you haven’t noticed yet the He Said She Said columns have been mostly about food. I mean we’ve done avocados, macaroni and cheese and mac and cheese bites. For this issue we’re going to change things up a little bit. We’re going to talk about something that most people probably don’t even think of but it affects your everyday lives, especially students.

This week’s topic of discussion if pens that write with blue ink or pens that write in black ink.

It may seem that this topic is a little trivial, however, like most things I feel very strongly about the color of ink that’s in my pen.

Pens are something that I don’t take for granted. When I was in elementary school we weren’t allowed to write with pens until the fourth grade.

Even then we needed to have a good enough hand writing with a pencil to get approved by the teacher for a pen.

Now I didn’t have the best handwriting. If I had, I had the worst handwriting in the class. Come to think of it, to this day my mother yells at me for how terrible my handwriting is.

Thank God for Microsoft Word, am I right?

Anyways, just imagine being a little nine-year-old Anthony when week after week you are being denied the usage of a pen while everyone in the class happily jots down their notes in pen.

Of course there’s the moment when your pencil breaks and you must get up to use the sharpener. Everyone staring at you judging and laughing.

It definitely wasn’t the height of my elementary career. Finally, one day the teacher broke down and allowed me to write in pen. Probably out of pity for my own handwriting.

So from that day on I never took a pen for granted and I also put a lot of thought into what type of pen I use. I am a big fan of BIC pens. They are simple and comfortable to use and very efficient.

As for the color of ink, that was something I wouldn’t figure out until I was in my final years in high school.

Nevertheless, I figured out and the answer to the question is blue ink. Blue ink is the best ink to use.

Personally I think that blue ink is better on the eyes when reading over your notes. Also, blue ink is just more fun than staring at some plain black ink.

I write with my left hand. If anyone reading this is a lefty then you know that when you write across the page your hand gets some ink smeared on the side of it.

It’s a struggle that even with all this technology we have in the world has still not been resolved. But the blue ink, I think, is less suspicious to people than seeing a streak of black across the side of your hand.

Another good reason black ink is better is for corrections. Mostly everything is now typed up on a computer, including essays and tests for class which means they’re done in black ink.

When you get your assignments back it’s easier to correct yourself with a blue pen so you can go back and easily find your corrections.

Blue pens are just better overall, end of story.

## Career Development Programs

### BY FAYE KENAJIAN

Staff Reporter

With summer approaching, many students are looking for internships, jobs and freelance work. Sacred Heart University has a Career Development and Placement Center on the second floor of the Linda McMahon Commons.

The goal is to provide guidance and preparation to all full-time and part-time undergraduate and graduate students.

Career Development Center can help students with selecting a major, counseling for career issues, resume and cover letter writing, network events, assistance in finding paid or unpaid internships and career searching post-graduation.

"Career Development at Sacred Heart is a great resource for undergraduate and graduate students because of their network of connections," said junior Jade Serriella. "This department is one of the reasons I came to this university, and it has continuously helped me in my career. It also has given me the opportunity to work here as my work study."

Events are displayed and sent through Sacred Heart University to notify students when upcoming events with potential employers for internships are happening. Through these emails, students can sign up for the events in order to receive more information about these seminars.

"I attended the NIBC Universal event that Career Development held for us. It was a great way to show students opportunities about internships beyond this school," said junior Eric Todesco. "I walked out of the seminar with more motivation to pursue my major in Media Arts and more knowledge about what a company like NBC can offer me as potential opportunities."

Students can apply to internships through Sacred Heart's internal job-hunting website that is only meant for Sacred Heart University students, called PioneerNetwork.

Students can then go on this website and search for the specific type of internship that they want and in what location they want it in. Then they can apply directly through the website if stated so.

"Career Development does a good job at offering jobs in this area but not as helpful for students looking to have a job at their home outside of Connecticut for the summer," said junior Victoria Hague. "It is a useful tool if you are a business major looking for an internship around school. I think there should be more jobs for non-business majors as well as more jobs at home."

They have staff members for all of the different colleges such as the Jack Welch College of Business, the College of Health Professions and the College of Arts & Sciences.

"Early and regular engagement with the Career Development & Placement Center is paramount. Students who begin the planning process as early as their first year are typically more successful in aligning these goals," said Ryan Corbalis, the Associate Director of Career Placement of the College of Arts & Sciences.

The department can be used by prospective students, undergraduate students, graduate students, alumni and employers. In each section, it is demonstrated what type of service can be offered to these students in their specific areas of need.

"Without going to the Career Development Center, I would not have my summer internship or be a part of the accounting leadership program that I received through working with them," said junior Jennifer Carlson.
Is Parking Still A Pain?

BY MEAGAN BONNER
Staff Reporter

Do you ever find it difficult to park on campus here at Sacred Heart University? Do you feel like public safety’s ticketing is unnecessary when there is actually no parking available, yet on the ticket they write, “parking was available.”

You’re not alone. Many students are frustrated with the parking situation on campus.

the construction of the Bergoglio residential hall took away about 100 parking spots in North lot.

“We pay a lot of money to go to this school and you have to pay extra for the parking passes and I think that it’s not enforced correctly,” said senior Kyle Brady. “Even if you find a spot to park, maybe on the side of the driveway for the Martire where there’s plenty of room for the cars to get by, Public Safety will ticket you there. The city of Bridgeport randomly tickets on the side street. They just took away half of the parking on campus for the Bergoglio building and they haven’t really added any parking in.”

Many students park on Waller Road, which is a side street right across from the Martire Business and Communications building.

Since parking is sometimes hard to find in the Martire lot, students have resorted to that side street.

“I’m definitely frustrated with parking here,” said senior Casey Mitchell. “I got a $40 ticket from the city of Bridgeport a couple months ago for parking on the side street, Waller Road, and it wouldn’t have been an issue if the school wasn’t blocking off 20 plus spots at the Martire with no warning that they were doing this. This also happens in the parking lot by the Pitt Center when there are too many activities and events going on around campus.”

Some students believe that on certain days, because of how many activities and events are going on around campus, there tends to be more people visiting the campus.

Therefore, because of the number of guests coming to the school now, students are even less likely to find a parking spot.

“I think that Sacred Heart students are definitely frustrated with the parking situation on campus,” said senior Kelly Romano. “Personally I’ve been ticketed a couple of times and I think that it’s mostly because public safety tends to block off a lot of spots at the Martire building for whatever events the business/communications building is holding. Yet, Public Safety doesn’t tell students prior to doing so, they just block off the spots.”

A way to solve this problem at the Martire building, from students’ perspectives, would be for public safety to warn students before taking over half the parking lot without notice.

Other students had a different way of handling this parking problem.

“I think if all professors parked in the parking garage below Martire leaving the upper lot for just students then that would save a lot of space,” said junior Connor Cunningham. “Another way for this parking problem to be solved on campus is when Martire did hold events that guests parked downstairs as well. It’s always madness trying to park at Martire the day there is an event. Actually, it’s madness trying to park on campus everyday.”

Teddi Cowden, who is a senior at Sacred Heart, wrote an article in February on The Odyssey Online titled “Parking At SHU: As Told By Jersey Shore.”

The online article got over 360K likes on the Odyssey’s website and 397 shares on Facebook.

“It’s really frustrating parking here on campus because half the time I have to almost make my own spot and then I get ticketed for not parking in a spot, so the school is charging me for a problem they are causing and then it becomes even more frustrating,” said junior Tammy Johnson.

Does Your Milkshake Bring All the Likes to Instagram?

BY DANIEL DIGGINS
Staff Reporter

SOME UNIQUE FAVORS FEATURED ON BLACK TAP’S MENU INCLUDING “COOKIE” AND “SOUR POWER”

What kind of milkshake is the best kind of milkshake?

Main Street Creamery in Bridgeport, Conn. is just one of many venues that serve milkshakes close to Sacred Heart University.

Students also go to Merritt Canteen in Bridgeport, Shake Shack in Westport, the Cheesecake Factory in Trumbull and Cream and Sugar Café in Bethel. Students can also venture out to places like Black Tap in New York, N.Y., where they make milkshakes with giant pieces of cake, cookies and cotton candy.

Some of these venues offer unique flavors and interesting combinations, but others take a more traditional route when it comes to flavors. Merritt offers flavors such as vanilla, chocolate, strawberry, banana, mocha, black and white, coffee and cherry.

“I tend to stick to vanilla, chocolate, or strawberry if I go to Merritt for milkshakes because when I have tried the other flavors, they just taste like vanilla milkshakes with a small flavor shot,” said freshman Mekai Williams.

Although Merritt Canteen isn’t the only place close to school that could serve you a milkshake.

“The Cheesecake Factory only offers Chocolate, Vanilla, Strawberry, and Oreo flavors, but they’re probably my favorite milkshakes. They have the perfect thickness, they’re ureal,” said Williams.

Shake Shack offers milkshakes in vanilla, chocolate, caramel, black and white, strawberry, peanut butter and coffee flavors.

“Shake Shack’s peanut butter flavored milkshakes are a gift from God and the caramel flavor is not too shabby either,” said senior Frank Crisci. “Cream and Sugar Café in Bethel, Conn. has over 36 different flavors to choose from, and use ice cream instead of soft serve when making their milkshakes.”

“Cream and Sugar is wicked good. I’m picky when it comes to milkshake flavors so I usually stick to vanilla, but their vanilla shake is by far the best shake I have ever had,” said sophomore Robbie O’Toole.

Some students say it is difficult to decide where to go when they are thirsty for a milkshake.

“I get the craving sometimes, I feel like we all do. It really is a tough decision to decide where to go, but when it comes down to it, I usually choose Merritt for convenience sake,” said sophomore Chris Iacono.

Many students stick to Merritt Canteen just because of how convenient the location is. Students at Sacred Heart certainly do enjoy milkshakes, but there is no certainty among them in deciding where the best milkshake is.

Other students do not mind driving a little farther than four minutes out of the way to get a milkshake.

“It’ll make the trip to Cream and Sugar Café on the weekend if I’m in the mood. I really think they have the best milkshakes of all time,” said junior Zach Kelly.

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"I Live For The Applause"

MELISSA O’ROURKE
ASST. PHOTOGRAPHY EDITOR

The lights go out and I take my place on the dark stage. The crowd is completely silent as I anxiously wait for the lights to come back on. I feel my heart beating in my chest as the lights go up and the music starts to play. Not even three minutes later, I hit my final pose as the audience explodes with cheering and clapping. This is the moment that I live for.

Some of my earliest memories are from when I started to dance when I was 2-years-old. There was nothing better than being a "tiny-tot." I remember walking into dance class with my pink tutu ready to become a ballerina. The best part was getting a lollipop at the end of class.

Slowly, dance became a very large part of my life. It became more serious, but it helped me to become the person that I am today.

I owe a lot to my dance teachers for helping me to come out of my shell when I was an awkward middle schooler. These women were always people that I looked up to. If I was too scared to try a new dance move, they encouraged me to try. If I fell, they were there to help me up. Whenever I was beginning to feel discouraged, they pushed me to keep going. They helped me to gain the confidence that I have today.

Dance slowly became an escape for me. After a long day of school, I always look forward to a few hours in the studio to get away from reality. The studio is almost like a second home to me; it is somewhere that I feel safe. My dance friends are my family.

Not only did dance give me confidence, but it also helped me learn how to be competitive in the best way possible. I learned how to compete with my peers in a positive manner.

Dance helped me learn how to have faith in myself and perform on a stage in front of hundreds of people without even being slightly nervous.

Joining the dance ensemble at Sacred Heart was one of the best decisions I have ever made. Coming in as a scared freshman, the girls of the ensemble welcomed me with open arms and made me feel so comfortable.

Any worries that I had about college slowly started to fade away as I formed friendships with people who have become some of my best friends.

Performing on stage went from being a nightmare to being one of my favorite things to do. Even though countless hours in the studio, tons of bruises and months of rehearsals only count for a few minutes on the stage, it is so worth it.

There is no feeling that compares to the adrenaline rush that I get while dancing on stage. After hitting all of my moves, even the one that I thought I would mess up, hearing the audience cheering me on is an incredible experience.

I would not trade those few minutes on stage for anything. With only one more year of dance ensemble ahead of me, I plan on giving it my all.
Tell Us Your Story: Rob Coloney

BY TESSA KIELBASA
Staff Reporter

Growing up in Scotch Plains, NJ, Rob Coloney had always loved sports. He would watch games and mutter to himself about how the players could have done better. This passion for sports led him to his job as a sports broadcaster for the New York Yankees while pursuing his bachelor’s degree from Sacred Heart University in Communications and Media Studies.

He started his job with the baseball team after his freshman year of college when they hired him as an intern, which eventually led to a full-time position.

"I was after making a difference," said Coloney. 

In 2012, Coloney left full time and came back to Sacred Heart to work in financial aid and to get his MBA.

"I left because it was not fulfilling. It was not all about me and it was all about them. I was not doing something on this planet that I could be happy with," said Coloney.

Currently, Coloney is the Director of Career Placement for the Jack Welch College of Business as well as a professor in the School of Communications and Media Arts.

Coloney helps students with their resumes as well as finding internships and full-time jobs.

"An employer will look at a resume for 30 seconds and decide if they want to keep looking at it. So, make sure your dates and everything are consistent," said Coloney.

As a professor, he teaches Intro to Production and Sports Broadcasting.

"I get to work with students everyday whether it is in the office or in the classroom. Sometimes I let the students come and just talk, I feel like a psychiatrist sometimes," said Coloney.

Although he is no longer with the Yankees, he still continues his passion for sports by working with Sacred Heart Athletic Communications by doing play-by-play and public address announcing.

Coloney is also a Varsity girls’ basketball coach at Wilton High School in Wilton, Conn. He started his coaching job there as an assistant coach in the 2013-2014 and 2014-2015 seasons. He has been the head coach for the past two years.

"I coach life and if we learn some basketball, great. But if we learn some life and we make a positive impact on one person in a bunch of different areas of my life then I am doing what I need to do in this world," said Coloney.

LaundryView is Now at Sacred Heart

BY FALLON BEVINO
Staff Reporter

Is laundry room hold-up one of your biggest frustrations as an on-campus resident? Well if so, have no fear because LaundryView is now at Sacred Heart.

LaundryView is a website that allows students to check the occupancy of washers and dryers before making the long haul down to the laundry room.

"LaundryView was developed in response to requests for greater control over laundry activities. Since many people tend to do their laundry during similar time periods, it results in busy laundry rooms," states the LaundryView website.

Many students believe that laundry as a college student isn’t an easy task.

"It got to the point where I had to set aside a few hours just for laundry because I knew, from experience, that it would take forever to find an open washing machine," said freshman Jennie Boisvert. "Between school and being an athlete, I’m busy as it is, so having to worry about laundry is the worst."

The addition of LaundryView to the dorms is a convenience added to everyday life for some students who require laundry services on campus.

"I’m so excited about using LaundryView, it’s such a cool feature that will save many students, so much time and effort," said Christian. "Not many would think that laundry is such a hassle, but when I find myself spending more time worrying about when I’ll be able to do the next load of laundry, then I do worrying about my homework, that’s a problem."

On the site, there is a list of the residential halls and under each one there is every laundry room located in that building.

Next to each laundry room location, the availability is listed as (W/D). So, if you check the site and see that your laundry room has (2W/2D), you’re in the clear because two washers and two dryers are available.

Christian Witness, Jorge Bergoglio, Merton Hall, Seton Hall, Park Ridge, Roncalli Hall and Scholars Commons are the seven dorms listed on the site. Residents living in these dorms are able to use the site to monitor the status of washers and dryers at this time.

LaundryView is currently available for student-use.

To use the site from your cellphone visit m.laundryview.com/sacredheartuniversity, and to visit the website on a computer go to www.laundryview.com/sacredheartuniversity.
April 12, 2017

The Sacred Heart Spectrum Features | 7

Features

Club Spotlight: Business Administration Club

BY PETER CIOTCCA
Staff Reporter

The Business Administration Club at Sacred Heart tries to create and provide an academic and social environment for students interested in business. The club allows for their members to explore career opportunities in the corporate world, increase their knowledge of current business events and discuss relevant business student issues.

They benefit their members by allowing them to choose designs and pricing for their apparel orders, while also educating them on professional skills that are used in the business industry. For example, they incorporate alumni who work on Wall Street to provide their members with advice and content that will help them with their respective career paths.

"In addition, we provide opportunities to volunteer with Junior Achievement, a local nonprofit, where students can teach elementary children business and entrepreneurial concepts," said junior James Chiavaro, president of the club.

The club strives on accepting all business majors, taking into consideration every aspect of business. It incorporates marketing, finance and other areas showing how each play a role in the management decision.

The club tries to meet twice a month, which is every other week due to each student’s schedules. At the meetings, they discuss current events or how to pursue internships. As well as discuss ways to raise money, such as selling merchandise to make money for their club.

They use the money to fundraise trips for the club and plan other fundraising events that are run through the Jack Welch College of Business. "We are trying to organize a dodge ball tournament in April. We also have a Jack Welch College of Business jacket order running right now," said Chiavaro.

The Business Administration Club encourages people to join if they have any interest in business at all. Their club overlaps many disciplines and can be applicable to any career choice.

"People should join the club because it has a lot to offer, but we definitely need some more members. The more people that we have, the better fundraising we can do, as well as promote ourselves around campus," said junior Tori Oates.

The meetings are held in the Frank and Marisa Martire Business and Communications Center. It is student-run by their advisor Professor Tuvana Rua. Rua is the assistant professor in the management department.

My experience being in the business club has been a great time," said senior David Dechent-Robertin, vice president of the club. "I realized my passion for teaching business topics, which is something I would never have done if it weren’t for this club. It also helped me realize my passion for business and management, to help figure out what I want to do after I graduate."

Mastering Presentations With Katie Burke

BY ANNA FINN
Staff Reporter

On Tuesday, April 4, Katie Burke came to Sacred Heart University to present a master class on presentation skills for public relations.

Burke is a senior strategist and global chief of Staff at Edelman, a global communication marketing firm, and has nearly 20 years of experience at the highest levels of government and business.

"I became very close to the business and some of their clients at Edelman, it is an amazing place to work," said Burke.

After taking two years off for personal reasons, Burke was very grateful that Richard Edelman had requested her to come back.

"I have a young daughter who needed me to be around a little more, so the time was right to take a two year break from Edelman," said Burke.

Burke genuinely loves client work and engaging with them on a variety of different issues.

"No two days are ever the same and because we are a global company we are dealing with clients across the spectrum and really around the world," said Burke. "It is a tremendous opportunity to partner with our clients as they communicate across a variety of channels."

Following her hard work and graduate school, Burke started answering the telephones in congressman Chris Shays’s office.

"A lot of people, including my parents, thought this was a very peculiar thing to do and I absolutely loved it. I found that the more that I learned about policy and communication, the more I wanted to be involved," said Burke.

Burke made it a point to always arrive earlier and leave later than everyone, as well as work hard to understand issues top to bottom, that way she could have a useful opinion and advocate for a particular point of view.

"It was really one of those circumstances of a lot of hard work, a lot of luck and then a lot of meeting some really amazing people who were incredibly helpful to me throughout my career," said Burke.

Subsequently to her job on Capitol Hill for four and a half years, Burke briefly worked at NBC in New York, then moved to the White House after president George Bush's re-election campaign in 2003.

After working in the White House, Burke went out to California for 10 months and then moved back to New York when Rudy Giuliani ran for president.

Working hard is what led her to achieve and succeed in her field and eventually make it to the highest levels of government and business where she is now.

"There were times where I was frustrated by the pace, I wanted it to move faster," said Burke. "Luckily for me, campaigns move pretty quickly so I had a relatively short amount of time of a really interesting and varied exposure to a variety of different policies and communication opportunities and challenges."

Although it consists of a lot of traveling and the work is very time consuming, Burke explained that she chose this field because she loves talking to people and explaining things to them.

"I love the puzzle of trying to simplify how you talk about something that is very complicated to people so they can not only understand what I’m talking about, but how it impacts their lives," said Burke.

Burke warned what people should expect going into this field, and that for no one to expect they will be guaranteed a seat at the strategic decision making table—it has to be earned.

"I think people should expect to work hard but also find tremendous reward in the value that you can bring to a business and political campaign," said Burke.
Catholic Studies Professor Daniel Rober said that "Silence" deals with the Catholic attendance and potato chips and popcorn were offered alongside Pepsi soda products in that ought to raise questions for people about what they would do in the situation faced by Tradition in a mainstream movie," said Rober. "Most importantly of all though, it is a film throughout his pitfalls."

"I believe the event was a success. There was a big turn out and I was thrilled that students and faculty attended," said Piliero. Directed by Martin Scorsese, "Silence" takes place in Japan during 1633. Two Portuguese Catholic Priests, Sebastiao Rodrigues and Francisco Garupe, travel to Japan in search of Father Cristovao Ferreira. The film displays how Father Rodrigues and Father Garupe's faith are constantly being tested in dangerous situations daily.

"The movie was about a man's journey into converting people into Christianity through his struggles, pitfalls and letdowns along the way," said sophomore Stephanie Doheny. "It really revealed how much work goes into creating a memorable visual for the viewer."

Ibarra and Bates emphasized how collaborative being a graphic designer is. They pointed at the many different departments that work together such as promotional design, sound and music, and production design.

"We are worried about: how do all of these aspects come together? How are we memorable?" said Bates.

Students also learned that many of these memorable graphics were created through softwares such as Photoshop, Illustrator, Maya, Cinema 4D and After Effects. Ibarra and Bates spoke of ESPN's complex Vizrt graphics software, which updates statistics and graphics in real time.

"It was encouraging hearing that some of the graphics we use here, but the degree that they were using them is a little more advanced," said sophomore Danny Elia.

The speakers showed how different realms of art make their way into the professional world of media. Students observed how a hand-drawn storyboard for a Special Olympics promotional video acted as the guideline for the final product.

Interior design was emphasized by both of the speakers as each studio is decorated to give off a certain tone.

Ibarra and Bates also gave students insight on the timeline and quick turnarounds for certain projects assigned to them.

"Usually for small scale graphics, we get around four to five days to finish the whole thing," said Bates. "It isn't always a guarantee because clients can sometimes change their mind about something the last second."

Ibarra and Bates give artistic, "medias savvy" students a glimpse into the demands of a professional artistic environment.

"Do not be afraid to network and always think outside the box when you are designing," said Ibarra.

"Silence" was originally a novel published in 1966, authored by Shusaku Endo. The film stars Andrew Garfield, Liam Neeson and Adam Driver. Put together by Professor Elizabeth Piliero, about 20 students and faculty were in attendance and potato chips and popcorn were offered alongside Pepsi soda products in the Schine lobby.

"I believe the event was a success. There was a big turn out and I was thrilled that students and faculty attended," said Piliero. Directed by Martin Scorsese, "Silence" takes place in Japan during 1633. Two Portuguese Catholic Priests, Sebastiao Rodrigues and Francisco Garupe, travel to Japan in search of Father Cristovao Ferreira. The film displays how Father Rodrigues and Father Garupe's faith are constantly being tested in dangerous situations daily.

"The movie was about a man's journey into converting people into Christianity through his struggles, pitfalls and letdowns along the way," said sophomore Sarah Cota. "Father Rodrigues does not let a lot of things stop him. However, at the end he ends up dying which is a disappointment throughout the whole movie." Rodrigues was portrayed by Garfield. Throughout the film, the audience witnessed his fear of being captured by the Japanese who were in the process of purging everyone and anyone who practiced the Catholic faith.

"Silence" was originally a novel published in 1966, authored by Shusaku Endo.

"My CBT [Catholic Intellectual Tradition] class had just finished reading the novel and it was perfect timing in the semester to have the event," said Piliero. "I thought the film brought the novel to life and allowed the students to see an artistic expression of what they read."

Cota was interested in viewing the film after she read the novel in class.

"I liked the depictions of the characters portrayed in the movie and how it showed the viewer a scene of how one's faith can influence their actions," said Cota. "His powerful and strong willed actions made the main character very noble and kept me interested throughout his pitfalls."

Catholic Studies Professor Daniel Rober said that "Silence" deals with the Catholic themes that are discussed in the CBT courses.

"The film is important because it brings forward concerns from the Catholic Intellectual Tradition in a mainstream movie," said Rober. "Most importantly of all though, it is a film that ought to raise questions for people about what they would do in the situation faced by the characters in it."

"Silence" portrays how to find God while enduring suffering. Father Rodrigues was battling hardship while speaking to God asking for strength, as well as questioning why him and the other Catholics had to suffer.

"I thought the movie was very realistic in the way that the character's portrayed themselves," said Cota. "Specifically, the scene with three people on the cross over the ocean was very realistic and powerful in its portrayal of Christianity in the movie."
"13 Reasons Why" Premieres on Netflix
Warning: Contains Spoilers

BY CINDY SANAWONG
Staff Reporter

"Get a snack, settle in. Because I'm about to tell you the story of my life. Or more specifically, why my life ended," said lead female character Hannah Baker in the first episode of Netflix's popular series, "13 Reasons Why." That is exactly what Netflix enthusiasts did during the premiere of "13 Reasons Why" on Friday, March 3.

The series is based on the 2007 Jay Asher novel which was listed on The New York Times Best Seller's list of young adult novels in 2011. Created by Brian Yorkey, the show deals with sensitive issues such as suicide, bullying, sexual assault, anxiety, and depression.

"I like the book better than the TV show," said junior Samantha Bartol. "Both of them are good in the fact that they show the importance of being kind to one another. And they also have feminist themes, which I think is really important to be talking about right now."

The explanation of her death was passed on through a mysterious box that appeared on the main male character, Clay Jensen's doorstep. In the box are 13 recorded cassette tapes that Baker recorded before she died.

These cassettes were Baker's personal diary accounts of her traumatic high school experience that led her to take her own life, which are revealed on the tape.

The tapes reveal several other characters, including her former friends Jessica Davis and Alex Standall. Even the main male narrator and Baker's close friend, Jensen, is mentioned in one of her recordings.

Every person included in the cassette tapes were a huge contributing factor to why Baker commits suicide.

"I'm in the middle of the show right now and I'm looking forward to seeing how Clay was involved in Hannah's death because he's a main character and I feel like the show will take a major twist when he gets to Hannah's tape about him," said senior Tom Spierto.

"I didn't think I was going to write neither comedy or young adult fiction," said American actress and singer Selena Gomez, who was one of the executive producers for the show. She and two of the cast members, Alisha Boe and Tommy Dorfman, got matching tattoos of a black semicolon, which represent mental health awareness and suicide prevention.

Warning: Contains Spoilers

During the presentation, she delivered humor with jokes to transition between topics, "I think it is great to do something different," said Gagnon. "Sometimes we get stuck on a project we are working on, so it helps to change gears to get your mind going. But what you don't want to do is stop writing when you get stuck."

The other book she spoke about was "Choose Your Own Misery: The Office," which is based off the book series, "Choose Your Own Adventure," by Edward Packard. The other book she spoke about was "Choose Your Own Misery: The Office," which is based off the book series, "Choose Your Own Adventure," by Edward Packard.

"I think my strength as a writer is my voice. I like to put my own imprint on what I am writing," said Gagnon.

"I enjoyed her sense of humor. Makes me definitely want to pick up one of her 'Choose Your Own Misery' books," said junior Kaylee Kepler. "She was incredibly engaging."

Some of the audience members included students from a creative writing class at Sacred Heart. Many of them liked what Gagnon had to say and now consider reading her works.

"She took her own life in the ending episodes by slitting her wrists in a bathtub where her parents find her. Her parents play a big role in the series by pursuing a lawsuit against the high school for not doing anything about bullying. The end of the season shows her parents getting to listen to the tapes and finally understanding why their daughter took her own life."

American actress and singer Selena Gomez was one of the executive producers for the show. She and two of the cast members, Alisha Boe and Tommy Dorfman, got matching tattoos of a black semicolon, which represent mental health awareness and suicide prevention.

The story sheds light on how it's okay to ask for help before something serious and tragic happens, as in Baker's case.

"I can't stop watching it," said senior Nina Miglio. "To relate to each character is a powerful feeling and I think they nailed that aspect. I hope they make more seasons."
The Sacred Heart University Women's Rugby team hosted their inaugural “Pioneer Sevens” tournament on April 1. Yale and Fairfield were the other teams to compete in the tournament. After defeating Fairfield 24-0 in the first round, then Yale 34-0 in the second round, the Pioneers would then go on to defeat Fairfield for a second time, 29-5 in the championship game.

“It was a great feeling. It’s nice to see all the hard work that we did in the fall and in the spring finally pay off,” said senior Kate McNicholas. McNicholas realizes the importance of practice and credits all of the extra hours they put in as a key to success.

“The system may change, but the product doesn’t,” said Reed.

“The main reason why the team has been so successful this season is because of the amazing chemistry we have together. Our club softball team is a family, everyone gets along and everyone supports each other whether it is on or off the bench,” said head coach Ray Mencio.

“Along with the chemistry and cohesiveness, the team has strengths in other areas that include hitting, pitching and fielding. “We are very balanced and perform well in all areas, this gives us confidence as a unit because there isn’t one area we really struggle in,” said Mencio.

“Mencio along with the girls on the team believe that they have what it takes to make a deep run in the regional tournament. “We truly work as one unit, and have such chemistry with each other that anything we put our mind to is possible. All we can do is hope for the best and play with our heads held high and nothing can stop us from being number one,” said senior Alexa Cozzarelli.
Sports

Football Team Preps for Season With Spring Game

BY JACK SULLIVAN
Staff Reporter

On April 8, the Sacred Heart University football team had their annual Spring Red Versus White scrimmage. Coach Mark Nofri and his team prepare for the 2017 fall season with this as their last event open to the public. The teams were split with offense wearing red and defense in white. Although they were split into their respective teams, the guys were just happy to be out there playing football again.

"It's April 8, we got work to do," said Nofri. "It's a process and we got work to do and we got to do it to get ready for the season."

Immediately when they hit the field, the team was ready to show the crowd how hard they have been working this spring.

"I loved the energy and I loved the comradery of the guys," said Nofri. "I like our senior leadership and some of the freshmen and showing us what they can do this spring."

The scrimmage was split into different parts throughout the day. The team started off with combined team warm ups. Then they had a red versus white scrimmage with 11 versus 11 play and also a split with the seven on seven play to look more closely at certain positions and how the guys match up.

"The kids pull for one another and they are competitive," said Nofri. "We talk about it all the time, to be a good football team we have to be a good player, you got to have team chemistry and be emotional and that is one thing the guys did today."

Upcoming junior quarterback Kevin Duke participated in the spring game as the QB1 for the red team.

"We came out and we battled and it didn't go our way," said Duke. "Defense came out and played well and the offense didn't execute well enough. It is a good thing though because it's a spring game and we have the summer to clean things up before August."

Duke isn't looking for accolades or high personal statistics this season, it's just about him and his relationship with his team.

"I want to go out there, play my hardest, have fun, and be out there playing with the guys," said Duke. "I want our guys to understand that at any moment the game or play can be taken away from us and that we need to execute the way we want to win."

At the spring scrimmage, the captains of the 2017 season were announced.

Duke was one of the captains selected. Upcoming senior Kevin Barry, fifth-year senior Ose Imeokaria, senior CJ Paravelus and junior Andrew O'Niell were also awarded this leadership role for their team.

Becoming a captain and obtaining a leadership role for the team was a goal that Duke had.

"It's an honor in itself, being the guy on the team that wants to lead the team, and this season that's what I am going to do," said Duke.

Sacred Heart won back to back conference titles in the 2013-14 season, and that is one of Nofri's goals for the upcoming season.

"I would like to win the NEC title again and get my third, and bring another one home," said Nofri. "I want to see my kids do well on and off the field, I want us to be a smart, disciplined football team."

Nofri takes pride in his team and what they stand for, as well as the legacy of the team.

"I want people to know that Sacred Heart is not a one or two year wonder team," said Nofri. "I want us to be consistent and be a winning team in the NEC and have my kids represent Sacred Heart the best they can."

Equestrian Team Competed at Intercollegiate Horse Shows Association Zone 1 Finals

THE SACRED HEART EQUESTRIAN TEAM FINISHES IN THIRD PLACE OVERALL AT ZONE 1 COMPETITION AT MOUNT HOLYOKE COLLEGE. THE TEAM EARNED 34 POINTS, FALLING TWO POINTS BEHIND THE UNIVERSITY OF RHODE ISLAND. MOUNT HOLYOKE COLLEGE FINISHES IN FIRST WITH 41 POINTS. JUNIOR MELISSA DANDER WILL CONTINUE ON TO NATIONALS IN KENTUCKY FOR INDIVIDUAL OPEN FENCES AFTER WINNING FIRST PLACE IN HER RESPECTIVE CLASS. AS WELL, DANDER WILL BE CONTINUING TO THE CACCHIONE CUP FINALS AS ZONE 1, REGION 5 HIGH POINT RIDER.
Sacred Heart Baseball Looks to Turn Around Slow Start to Their Season

Sacred Heart Athletics