New Year New SHU
Additions to campus grab students' attention

BY ALANA MILLER
News Editor

The year of 2014 is bringing many exciting things to Sacred Heart University's campus. Many students returned after winter break to find some additions and improvements to campus. While getting off the Merritt Parkway, many students noticed how far the new academic building on the corner of Jefferson Avenue and Park Avenue has come. Although, the university broke ground on the building on May 7, 2013, recently the look of the building is becoming very easy to imagine. The outer structure is in place to house the John F. Welch College of Business and the Department of Communication and Media Studies. Construction workers are battling with the snow in order to get this building up as fast as possible. Once completed this building will be the largest academic building in the university's history.

"I think the new building is one of the things that made me want to come here," said freshman business major Zach Silva. "Sacred Heart already has a great reputation for their business school and the fact that they are putting more money into the program and this building is so exciting."

According to the plans, the building should be completed by the end of 2014.

"Seeing the construction of this new academic building is one of my main reasons why I continue my degree in business here," said Silva.

After passing the construction of the new academic building and driving into main campus, many students noticed how the Edgerton Center "facelift" is completed. Students are able to walk through the building into the main academic building without walking through multiple construction tracks. Along with the completion of the new Edgerton Center entrance and lobby, the shuttles were able to return to picking up students in front of the Edgerton, rather than outside Seton and Merton Hall.

"I think the shuttles are better back in the front of the Edgerton Center," said junior RSA of Seton Hall Joe Berry. "The freshmen can play or hangout in that road outside of Seton without worrying about the shuttles coming and public safety does not need to stand at the gates."

The final additions to campus that many students have noticed are the modern art statues. "Two long and tall statues have been added to campus. One is outside the new Edgerton Center lobby and the other is between the Chapel of the Holy Spirit and the Administration Building. These statues are brightening up the look of Sacred Heart and giving a more abstract appearance to campus."

"When I first saw the statues, I was wondering why they were there," said junior Alex Miccoli. "After a while, I got used to seeing them everyday and I thought they looked really good. They are a great addition to campus."

Along with the modern art statues, many students are beginning to notice something a little different when walking into the Pitt Center. A little over a week ago a new bench was placed outside the Pitt Center. Not only is it a bench, but there is also a statue of Sacred Heart's mascot, Big Red, sitting on the bench. Many students jumped on the opportunity to sit on the bench with Big Red and take a picture.

"I love the concept of the Big Red mascot," said sophomore Elias Gharis, "but, honestly, the concept scares me."

However, the Big Red statue is creating mixed emotions among the students.

"I feel it shows how strong our school spirit in Big Red is," said junior Sarah Collins.

Many students are embracing these new developments and looking forward to the future of Sacred Heart. With these multiple additions and improvements to campus, Sacred Heart is proving the year of the 50th anniversary as the best yet.
Father Jerry Announces Retirement

BY EMILY ARCHACKI
Asst. News Editor

The Sacred Heart University community was shocked and saddened when an email, sent on Jan. 21 by Dr. Michael Higgins, announced the retirement of Fr. Jerry Ryle.

"The whole thing took me completely by surprise," said junior Nick Gaulin. The email stated that Fr. Jerry, the Catholic Chaplain and Director of Chaplaincy for Sacred Heart, had made the decision to retire. The retirement becomes effective June 30 of this year.

"He has helped to define us as a community, established bonds with countless numbers on and off campus, and has worked diligently to secure the SHU signature as an inclusive and open place to be," said Higgins, Vice President for Mission and Catholic Identity.

Fr. Jerry has been the chaplain of Sacred Heart for the past five years. His presence is felt far beyond religious events for he is an active member of the community overall.

"I am very sad that Father Jerry is retiring and don't know how this campus is going to feel without his presence," said sophomore Lily DiPisa. "He speaks at every function that I'm at it seems, and it's like SHU is losing it's second masco." The impact of Fr. Jerry's presence and commitment can be found most evidently in the students he interacted with. Shown especially, through the gratitude expressed when talking about him.

"He is such a fixture here at Sacred Heart and I haven't known this school without him," said junior Liz L'Esperance. "He brings such a light wherever he goes and makes you feel welcome and he certainly brought that to Sacred Heart."

Fr. Jerry has always been a recognizable face in many ways here at Sacred Heart for what he does in and out of the chapel.

He was so connected to the community and in a way unified every single student on this campus together. Even if you didn't go to mass to hear his intriguing homilies, he still made your day even better with a 'Have a Blessed Day' in the hallway."

US Officials Cite Security Steps for Sochi Games

BY ASSOCIATED PRESS

Washington (AP)—Citing rising threats of violence at the Olympic Games in Sochi, Russia, U.S. officials said last Friday they are prepared to work with Russian security officials to help protect American athletes and the 10,000 American spectators expected to attend.

As host country, Russia has prime responsibility for protecting athletes and spectators. The opening ceremony is scheduled for Feb. 7, and U.S. officials are already in Sochi.

Defense Secretary Chuck Hagel said he and Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, have talked to their Russian counterparts about security for the Olympics, including the need to ensure protections for U.S. citizens.

"If we need to extract our citizens, we will have appropriate resources with the Russians to do this," Hagel said, noting the U.S. will have two warships in the Black Sea during the Games.

As of right now, the Russians have not requested any specific assistance or technology. We want them to know that if they need our help, we want to help," Hagel told Pentagon reporters.

Senior American officials said U.S. officials see the threats as troubling but not unusual for a high-profile event such as the Olympics. The senior officials, who spoke on the condition of anonymity because they were not authorized to speak by name, said U.S. officials are taking seriously all threats, with the safety and security of all Americans in Sochi seen as taking the "highest priority."

French Defense Minister Jean-Yves Le Drian, who was alongside Hagel for a Pentagon briefing, said France also has received no request for assistance from the Russians and added: "If the question is do we have the intention to ensure the protection of your citizens that might have problems in Sochi, the answer is yes."

In an updated travel advisory late Friday, the State Department said the U.S. continues to monitor potential terrorist threats in Sochi, noting a series of recent bombings and other incidents that have occurred in Russia. The State Department urged Americans traveling to the Olympics to register in advance and to remain vigilant while in the country.

"There is no indication of a specific threat to U.S. institutions or citizens, but U.S. citizens should be aware of their personal surroundings and follow good security practices," the travel warning said.

The travel warning also warned that foreigners could face jail, fines or deportation for violating Russia's new laws banning gay "propaganda" to minors.
Senior Nostalgia

BY DANA MALTESE
Editor-at-Large

Walking through the doors of the science wing knowing exactly what classroom to head to and sitting down to hear the professor call attendance on the last first day of class ever is a surreal feeling. For many seniors at Sacred Heart University, realizing that come May there will be no more tests, homework, and late night hours of studying can be a scary feeling. These four years have gone by in a blink of an eye.

"I can’t believe how fast the last 4 years went. I still remember freshman move in day at Seton Hall," said senior Samantha Guleserian.

For many members of the class of 2014 time seemed to fly and this last semester is a time to seize the moment.

"It’s sad," said senior Chesta Cappelli. "As a freshman I remember being so excited to start this chapter of my life and now looking back as graduation quickly approaches I would do anything to go back and start it all over."

For many seniors, it is the friendships they have made while pursuing a career that have made their time here memorable and will be one of the hardest things to leave behind. "I have made amazing friendships that I know will continue after SHU, but it’s sad knowing that everything is about to change," said Guleserian.

Most students live with their best friends while living at school. For many seniors, there will never be another occurrence where as a young adult they can live with their best friends without the stress of work and paying bills and all that comes with adulthood.

"As excited as I am to join the real world, I am going to miss college more than anything," said senior Maddy Murcott.

Keeping close friendships while transitioning from high school to college is hard enough, but the pace of the real world can keep it hard to keep the closeness of college friendships when students are used to living and learning side by side with their friends.

Other seniors are going to miss the opportunities college life has given them.

I had [the opportunity] to get involved and meet new people. I visited so many places and met so many people in college, which was one of my favorite parts. I’m going to miss being able to just pack up and go on a weekend trip or a sorority convention," said Murcott.

College years are a time of immense self growth and in the end it is scary to know what is next. For some it will be more schooling, but for most it will bring a new lifestyle of working consistent hours and having fewer moments to enjoy time with friends.

The good news is there is still a couple months left to be a senior and to make the most of the last moments. It is good to be aware that an end is coming in order to make the most of these last couple months.

"I have made amazing friendships that I know will continue after SHU, but it’s sad knowing that everything is about to change," said Guleserian.

Music speaks volumes

MARKSAYS...

Music is one area of life where I have never felt the need to sacrifice. What I mean by that is I have all three Vampire Weekend albums, both Tame Impala albums, the first two Grizzly Bear albums and Arcade Fire’s newest LP alongside Beyoncé’s two most recent records, her sister Solange’s recent EP, Grimes’ newest album and Sky Ferreiro’s album.

I grew up in a house where it was just as normal to hear The Beatles as it was to hear Cyndi Lauper, or Hall and Gates versus Sade. My parents brought me to a vast catalogue of different concerts growing up from B.B. King to Sheryl Crow.

All that said, it has always been instilled in me that when it came to the music I was never an artist background, platform, or genre but rather about the artistry and their sound. I never once doubted an artist growing up because of their gender or audience. I am an English major and also an aspiring writer, so personally the lyrical content of an artist or group is just as important as their musicianship. I find that when an album is combined with the right lyrical content and a sound that compliments it, that is when superior music is made.

A goal I have in mind for my professional career would be to launch a respected and credible music review website that could maybe one day evolve into a magazine like Rolling Stone. With an ear for different and sometimes wrongly deemed “unpopular” music, I think that highlighting these artists would help introduce them to more people.

One of the most interesting things to me about music is the idea that so much of it is so drastically different yet it is still easy to recommend different artists to people because they may have a very similar taste in a specific genre. I always recommend new songs that I think that my friends and family would enjoy based on the music they listen to every day.

I also try to avoid illegally downloading my music, especially for artists that I listen to a lot. I am more inclined to purchase an entire album rather than just a few singles. Albeit popular music, a lot of artists and bands will purposefully thread specific songs and sound in order to create a cohesive and interesting project.

I am also possibly the sole person left in this world that still buys CD’s at my local Best Buy, and I am okay with that if it helps the artist continue their vision. Driving back and forth from school and work and home, one of the few things I truly enjoy is throwing in a CD and spending the drive listening to something that someone has poured hours of work and passion into. I love music.

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Music is powerful. It’s incredible how music can seep under a listener’s skin and actually alter how they are feeling. It’s a captivating language of authority.

Maybe I am a music snob but music is important to me. I have spent the better half of my days dissecting bands in their entirety. I listen to their albums, buy their vinyls, watch their interviews, live shows, read up on their wiki pages and really get to know them. I have this theory that if I know all the middle names, favorite foods and hometowns of a band’s members I will be able to connect with their music on a deeper level.

I love exploring and discovering obscure music and really getting into them. When these artists get popular it does make me a little upset. I feel like a piece of me is being exploited on Mix 98.5.

To me, music conceptualizes the human experience. I don’t seek out music just because I think I will look “cool” for listening to it. I have never had to alter my music taste to fit a mold. Besides, describing music as “cool” completely undermines it. Music exists to represent the universality and depth of human nature.

Do I think we would all be better people if we just gave King Krule and Deer Tick a chance? Yes. The type of music you listen to changes your life and it is easy for me to say that those songs were a crucial part of a larger moment.

Publicly I don’t like pop music. I don’t enjoy the radio and country music thoroughly annoys me. I have decided that I need to give all music a chance and let people enjoy what they want to enjoy.

Music really is a beautiful part of our world. We all need to appreciate the miracle of its harmonies, rhythm and poetry. Call attention to how one song can be so amazingly complex and delightfully simple all at the same time. How beautiful the cello sounds, or a bass, or a keyboard. Value the uniqueness of voices. How each and every sound made is important and intentional. Appreciate how a song is sung in such a way that can never be replicated again in the same manner, by anyone. Appreciate the beauty of music.
Students comment on fitness trends

BY MARISA PAPA
Staff Reporter

Once the ball dropped signifying the start of the New Year, students began the start to another adventure: being healthy. Fitness classes, healthy eating, and new diet crazes have all been seen in the first few weeks of this year.

Junior Erin Dugan has been attending Zumba fitness classes at the Pitt Center a few times every week since the beginning of this semester.

"I love Zumba because the dancing doesn’t make it seem like exercising, usually I forget that I’m working out and instead I’m having a dance party with my friends," said Dugan.

Zumba is a recent exercise trend that has taken Sacred Heart University by storm. Zumba classes are composed of fast paced dancing and isolated body movements set to the tune of Hip-Hop and Latin music. There are several classes offered throughout the week, but workout hopefuls should get there early, due to the popularity of the classes.

Unlike the communal workout style that Zumba classes entail, the workout trend of Insanity offers a more private exercise experience. Known as "the hardest workout ever put on DVD," Insanity pushes your body to new limits. Mercifully, you get a break a few days in to recover.

Junior Sarah Loso has been doing the Insanity workout for over four weeks now. "The only problem with Insanity is that unless you are an extreme athlete, it is very hard to stick with the program—the people in the video are incredible athletes," said Loso.

Insanity is most effective if you eat right, limit your consumption of alcohol, and drink plenty of water. Loso has also seen major improvements in her physical strength and stamina.

"I was not able to do a single moving push-up when I started or a single set of in and out abs; now I can do multiple sets of each," said Loso.

Mindful eating is another means to achieve a healthy lifestyle. Many students have chosen to forgo school provided food, instead opting to cook a meal for themselves.

"I’m switching to healthier versions of foods I already eat and I’m eating less of the unhealthy food," said junior Declan Lynch. "Before I would eat chicken nuggets and chips and now I have whole wheat pasta with meatballs and a side salad."

This technique of using healthy substitutes for unhealthy foods is rapidly spreading. Junior Stephanie Nickerson said she puts "agave nectar instead of Sweet’N Low" in her Jasmine tea.

Due to increased health initiatives, the Pitt center has seen many new faces. Junior Lindsay Seppala regularly went to the gym last semester and has seen significant changes in the quality of the gym and her overall gym experience.

"The Pitt is incredibly crowded, they put up rules because everything’s been really messy due to the influx of new people—fitness classes have also increased in size," said Seppala.

It is necessary for students to arrive at the gym early in order to get a spot in the fitness classes or utilize a machine.

What did you do over winter break?

LIZ BENNETT I first went home to Alaska to celebrate Christmas and then I went on a training trip with my swim team.

EMILY NUNES I went on a Mission Trip to Mississippi with the Scared Heart delegation.

JULIANNE O’HARA I interned on a movie set called Handicapped Stall.

SHANNON RICK I watched TV and spent time with my family.

ALEX MCCOURT I worked at Friendly’s.

DAN JACKSON I got my wisdom teeth taken out.

ELEANOR DANNA I ran a marathon.

CHRISTA CAPPELLI I went to Ireland.

ERIN MCGUINNIGLE I saw the Radio City Rockettes.

ERIN DUGAN I watched Netflix and took a lot of naps.

LINDSAY SEPPALA I hung out with my boyfriend.

CHRISTIAN DALE I went to Canada to visit my family.

NICK JANNETTI I caught up with friends from home.
Before each winter break begins, I make it a priority to choose a few books that interest me that I could spend time diving into while I am home relaxing. Typically, I am a sucker for James Patterson books and any kind of love story, but as I was looking at the popular reads section in Barnes and Noble, I came across the book “I am Malala.” I had briefly heard on the news about this young girl and how she was advocating for women’s education in the world, but I did not know about her journey of how she got there. Her journey has been anything but smooth and, at one point, nearly fatal, but this girl was making a difference in the world and I had to find out more about her.

October 9, 2012 may sound like an ordinary day for most. I was attending my classes for the day and living my life as I would during a typical school week. But 16-year-old Malala Yousafzai on the other hand was targeted by the Taliban and shot directly in the head while riding a school bus home with her female classmates. She miraculously lived through this horrific event and has since shown her strength and passion for education in the world. Malala has received many awards in recognition of her advocacy such as the Pakistan’s National Youth Peace Prize and the International Children’s Peace Prize both in 2011. She is also the youngest person ever to be nominated for a Nobel Peace Prize and was one of four runners-up for Time magazine’s Person of the Year. Not once has she let what has happened to her slow her down from advocating for women’s education and nor once has she listened to no as an answer.

The point that I am trying to make is that we need to take the word “no,” lightly. What do I mean by this? If a door is shut in front of us and we are passionate about something, we should not take no for an answer. No should not be the determining factor as to why something cannot be done. Malala is the perfect example of that. The Taliban nearly made it impossible for her to study and she had to hide her books in fear that someone would find out that she was attending school, but she took the risk anyway. We all have dreams. If we look past the no’s that may be thrown at us on the journey to our dreams, we can be on our way to achieving greatness in our own lives and making a difference in the world. As Malala stated in Time Magazine, “They only shot a body but they cannot shoot my dreams.” Be passionate about what you are setting yourself out to do and your dreams will become a reality.

As I embark on my last semester at Sacred Heart I have started to get asked the age-old question that makes my stomach get a queasy feeling and my heart starts to race, that question of course is “What are you doing after graduation?” If it wasn’t enough to worry about the last classes and projects I have to finish as a second semester senior, I now have to worry about what is next on the horizon. For my class of 2014 peers and I, the real world is fast approaching and the scary thought of no more comfy classroom to come back to in the fall is no longer there, not to mention the race to land a job is upon us.

My future-obessed-planner-self that comes out when posed with these types of questions knew that this time period would quickly come and I set myself up to have an internship just for this very reason. Networking is one of the most important aspects of trying to land a good job. I don’t know if it is our society or the metropolitan area that I was raised in, but I feel the pressure of the competition before I even began to look and apply for jobs. My mother’s friends all report back to her when who and so’s daughter or nephew landed a job with a well-known company. It isn’t enough anymore to get a foot in the door, but rather right out of the gate college graduates are the entry-level professionals.
On Jan. 5, 2014, 19 Sacred Heart University students traveled to Lucedale, Mississippi through Volunteer Services. Since 2005, Sacred Heart has been sending students down to assist with Hurricane Katrina relief. The students who went to Mississippi this year were the ninth delegation to go down.

The group of students started fundraising at the beginning of the school year. The students had a goal of $13,000 to reach before the flight left on Jan. 5. They reached their goal with the help of friends and family.

Before the trip, most of the students did not know each other. These complete strangers, all put under one roof together for a week to build someone a home, quickly developed close friendships with one another.

“I went with a group of mostly strangers and by the end of the week had a new family,” said senior Tyler Duhamel.

Since only five of the 19 students were returning, most students did not know what to expect. On their first day in Lucedale, the students went to their first work site. Despite the below freezing temperatures, nothing could stop them from working hard.

“Our first workday was very unique in comparison to anything I’ve ever experienced because it was below freezing. I think everyone’s work ethic and perseverance even when we were all so cold really proves how determined we are to the mission of Habitat and how grateful we all are to have had this experience,” said sophomore Emily Albers.

The work site was buzzing with different projects. Some people were cleaning up trash, while others were cutting trim for the inside of the house. Another group was hammering away at the siding. No matter what someone was doing, they were always doing it with a good attitude.

“It was really cool to see how much work we did each day, and by Friday I was excited to see how much progress we made throughout the week,” said sophomore Tim Demers.

A normal work day started at 8 a.m. going straight through until 5 p.m. Many of the students were so caught up in their projects that they would not even stop for lunch or would work past 5 p.m. just so they could finish what they were doing before the day was over.

Once the workday was over, the group would go back to where they were staying were fed by the local church. Many nights they had different types of southern food which was something different than what they are used to.

“A couple families had us for dinner every night, and everybody we met made us feel more and more at home because they were all so welcoming and comforting,” said freshman Chris Bonvino.

After dinner the students would have a reflection. They talked about how the day went, what their favorite and least favorite parts of the day were. Afterwards, the students would participate in a bonding activity. This part of the night is where the students reflected on why they were down there helping others who are not as fortunate as they are.

Smiles and laughs filled the week. As the days wore students worked on different projects such as wall building, sheet rocking, painting, and spackling. As the week came to an end, many of the students wanted to stay longer. They started to call Mississippi their home.

On their last day, the group drove to New Orleans, Louisiana to meet up with Robert Green, a New Orleans native who lost everything he owned from Hurricane Katrina. He shared with the students stories from that day.

Duhamel said, “Knowing the work we were doing would help others made it that much more worth while. By the end I felt that I left my heart in Mississippi.” Duhamel.

Students Reflect on Early Graduation

BY NATASHA KLINOFF
Asst. Features Editor

While most seniors are beginning their final semester at Sacred Heart, some students have taken an alternate route by graduating after the fall semester. Graduating early gives students extra time to prepare for the future.

Erin Marley, Media Studies major, graduated in the fall and is starting an internship in March at NBC Sports.

“I came in freshman year having already decided I was going to be a Media Studies major. I took all classes that applied towards my degree,” said Marley. “Because I did that, everything just kind of fell into place. Many people think that graduating early is too challenging. I found that with time management and hard work it was not difficult to complete my requirements a semester early.

Some fall graduates jump right into the professional world while others take the semester to enjoy the free time and prepare for the next step.

“It gives you a chance to relax and enjoy yourself while everyone is still in school. Because I graduated early I feel like I have given myself more time to work on the job search before the summer when everyone else will be,” said Marley.

Fall graduates have the option to walk in May and to participate in other alumni events throughout the spring semester. Although they must leave behind friends, teammates, and professors, the early graduates save money and time.

This is a trend that has been increasingly popular across the nation. Students who can complete their course requirements a year or semester early save thousands of dollars. Graduating with less debt is certainly a motivator for some students.

Maurice Vallejo graduated with a major in Biology and a minor in Chemistry.

“Aside from saving my father extra money I did not have any real reason for graduating early at first, but as time passed I saw that it was actually a benefit for my post undergrad career,” said Vallejo.

Vallejo took Advanced Placement and honors courses in high school and was able to utilize them as college credits when he came to Sacred Heart.

“After going through my freshman year and meeting up with my advisor I saw that it was this actual possibility and that I was actually a semester and a half already ahead of my class,” said Vallejo.

AP and honors credits from high school can assist students in early graduation, as long as the credits match the requirements of the university. Courses can also be taken over school breaks in order to get ahead academically.

During the spring semester, Vallejo is shadowing multiple dentists for observation hours. Without the demands of a class schedule, Vallejo is able to commit his time to getting into dental school.

“I have worked hard academically all my life and this time that I have now is somewhat of a break for me until I continue to fulfill my career. I am extremely happy with my decision,” said Vallejo. “Right now it is almost like going to college except without the classes. I think it is a great way to end my SHU career.”

Jessica Davenport, a recent graduate of the Welch College of Business, graduated a whole year early to get an edge on a tough job market.

“Graduating as an undergraduate from the Welch College of Business in 3 years was something I decided to do my freshmen year and has been the best decision of my life- although it meant taking classes every vacation break and summer session,” said Davenport.

For some students like Davenport, working extremely hard is worth the result.

“Taking the initiative to strive to be someone different was the exact reasoning I made my decision,” said Davenport. The professional world is competitive enough, so being a young professional will be even more of a competition, but trying to get ahead by distinguishing myself will hopefully help me as a young woman in business.”
Sasha Caldwell Receives MLK Scholarship

BY TAYLOR LANE
Features Editor

On Jan. 26, Sasha Caldwell received the Person-to-Person MLK Scholarship at the MLK breakfast banquet at West Rocks Middle School in Norwalk, Conn.

"Person-to-Person is a volunteer-driven, community-based agency that, through a sharing of goods and services, responds to their neighbors who lack basic necessities and resources to improve their lives," said Caldwell.

Person-to-Person provides services in four areas: emergency assistance, such as food, clothing, and financial assistance; the Shapiro Services, the Shapiro Services Program, and holiday programs.

Because of Caldwell's outstanding involvement in school and the community, she was selected to receive a $1,000 scholarship for each year of college, prior to attending Sacred Heart. Caldwell, feeling grateful already for her scholarship, was surprised when she was selected for the MLK award.

"I was actually unaware that I was even in the running for an additional scholarship, so the phone call came as a huge shock and left me quite speechless," said Caldwell.

For the MLK award, Person-to-Person annually selects 2 students (one from Stamford and one from Norwalk) to receive an additional $1,000.

The recipient can choose what he/she wants to do with the money. For Caldwell, it was an easy choice.

"I knew from the start what I was going to do with the scholarship. I am saving the money for when I attend graduate school for a masters in social work," said Caldwell.

Caldwell has an impressive resume that includes a GPA over 3.0, volunteering for various organizations, and maintaining the position of Color Guard Captain at Sacred Heart. She will graduate in May with a major in English and a minor in psychology. Caldwell spent time as a scribe for students who were unable to take notes during class because of a handicap.

Caldwell was the Student Coordinator of MI Alumna Mentoring Program, and has volunteered at Homes for the Brave, Sterling Silver House, Camp Friendship, and T jgers which is a color guard group for individuals with special needs. Caldwell is also the Ritual Chairperson for Theta Phi Alpha sorority where she continues her service to homelessness awareness, and disability awareness.

Accompanying Caldwell at the MLK Breakfast Banquet was Executive Director, Cici Maher and Scholarship Committee Chairperson, Marie Radcliff.

When Caldwell was presented with her award, she got the opportunity to meet Senator Bob Duff. Later that day, Senator Duff tweeted a picture and said Caldwell has "a bright future ahead."

There was a time in Caldwell's life when she did not know what her future would look like.

"I honestly never thought about going to college when I was younger. I didn't even know there was an education system after high school. No one in my family went to college until my older sister attended the year before I did," said Caldwell.

Now she looks back at how far she has truly come.

"To grow up not knowing how important college really is, and to realize how much I have accomplished, is somewhat surreal," said Caldwell.

Caldwell has planned her bright future, starting with her degree.

"My long term goal has always been to open my own community center. At first, I was looking for a career pathway to help bring me to my ultimate goal so I was going to school to get a teaching certification. Than this year I realized I didn't want to teach. I honestly just want to help people and that is when I decided that getting a masters in social work would be the best way for me to help people and ultimately open my community center," said Caldwell.

As a student who has always been involved with volunteering, Caldwell owes a lot of her success to Volunteer Programs at Sacred Heart.

"It all goes back to the reason why I want to open a community center. I haven't lived the best life and the only reason why I am where I am today is because of all the programs I have been grateful to get into, like Person-to-Person. I hold volunteering very dear to my heart because I want give back as much and even more than I have received in my life," said Caldwell.

Caldwell encourages everyone to get involved.

"This organization truly cares about helping its neighboring cities, and each and every person who comes to them looking for help. I cannot deny that there are many helpful programs out in the world, but I have not seen or heard of a more hard-working group who encompasses each person as family than pPP [Person-to-Person]," said Caldwell.

Caldwell continues to help others in need with her sorority and other volunteer opportunities.

Sarah Dewolf Represents the Women of the College of Arts & Sciences

BY NADIA JOURABCHI
Staff Reporter

In honor of Women's History Month, Sacred Heart chose female students to represent each of the colleges. Many universities have special programs to highlight exemplary women on campus for the month of March. Sarah Dewolf has been chosen to represent the College of Arts and Sciences. Dewolf was selected as a female who has been successful in her undergraduate career and is a model student for other women.

Dewolf was surprised and glad to represent her college of study.

"[It is a big honor considering the size of the college and the amount of majors it encompasses," said Dewolf. "Dewolf's resume makes her a standout student."

Dewolf is in her junior year studying biology while minoring in psychology. She is also involved in many extracurricular activities. Dewolf is a executive board member for both the Theatre Arts Program and Choral Program. She also works as a supervisor for the Phonos.

"It's very gratifying to be recognized for the hard work I've put in throughout the years, and hopefully I can serve as an inspiration for other students to get involved and do their best," said Dewolf.

Dewolf is most proud of the studies she has been able to participate in as a part of her undergraduate studies in Biology.

"I recently completed studies in the biology department to determine the harmful effects of small concentrations of lead on the developing minds of embryos still in the womb, even 12 years old," said Dewolf.

She has also participated in studies regarding the harmful effects of BPA, a chemical found in plastics. Dewolf put her plug in for safety.

"Check your water bottles and make sure they say BPA free," said Dewolf.

In the psychology department, Dewolf has helped with a study on the stress level of captive river otters in facilities like Beardsley Zoo in Bridgeport, CT and the Maritime Aquarium in Norwalk, CT.

Dewolf's diverse experiences at Sacred Heart have given her a unique perspective on the world. This recent achievement has made her reflect on the women who came before her.

"I'm excited to study science because for many years women made great strides in scientific research, but were rarely given recognition for all of the accomplishments they made," said Dewolf. "To be a woman scientist in the 21st century, so many opportunities are provided to me that successful women before me were never given. It gives me an overwhelming sense of gratitude."
ARTS & ENTERTAINMENT
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Stop. Grammy Time!

BY KAT LINDSAY
Asst. Arts & Entertainment Editor

With the 56th Grammy Awards premiersing on Sunday Jan. 26, students around campus were really excited about what to expect from the performances, hosts, and results. Sunday evening at 8 P.M., the show kicked off with an unforgettable yet simple performance by Beyoncé, and husband Jay Z.

Though the night started off with a big bang, the rest of the evenings events did not sizzle out from there.

"The whole night was a build up of incredible performances, each adding to one another," said senior Maryanne McGorty. "It was an amazing night showcasing some of the best talent in the music industry today."

As awards were announced, some students watching were amazed by the results.

Junior Paul Falcone was very surprised by some that took home awards, as Jay Z called his Grammy trophy, "a gold sippy cup" for his daughter, Blue Ivy.

"I was astounded by some of the winners, especially Daft Punk," said Falcone. "I have actually never heard of them before but I was quite surprised to hear them be the winners."

One favorite that won in every category they were nominated for was the French electronic duo Daft Punk. The group took home record of the year for their album, "Random Access Memories."

Though it was a great success for the pair, some students were not too excited with the results. "I don’t think Daft Punk should’ve won as much as they did," said junior Megan Atkinson.

Junior Tony Saia was very impressed by one artist, and her success in particular.

"I thought it was impressive that Lorde won so much at such a young age, and won over the people she looks up to," said Saia.

In her acceptance speech, Lorde was completely shocked and amazed that she won.

Although awards were a big part of the ceremony, the performances really outshine all aspects of the evening; and students could not stop talking about their favorite Grammy moments.

Students like junior Lindsay Clouse really enjoyed the more intimate performances. "My favorite performance was Billie Joe and Mikey way’s for the 4/20 tribute by Bothy Bros.," said Clouse. "I liked it because it was just a low-key performance and it nice to hear a real artist."

Another incredible performance of the night was from the remaining members of The Beatles, Paul McCartney and Ringo Starr teaming up for a very memorable Grammy moment.

Senior Vinny Ebean tuned in Sunday evening for this performance alone. "I thought Paul McCartney and Ringo Starr getting back together to perform at the Grammy’s was not only a historical moment, but an enjoyable one. Music has no age and we saw it come alive again at The Grammys," said Ebean.

Senior Terrance Doyle really enjoyed some of the combined performances. "Kendrick Lamar and Imagine Dragons performance was a good blending of genres," said Doyle.

Other students as well fell under the spell that the combination of Lamar and Imagine Dragons presented on stage as well as other combination pieces.

"Imagine Dragons was one of my favorite performances and I also really enjoyed Sara Bareilles and Carole King’s performance together," said junior Alex McCourt.

Students were really buzzing about a lot of the performances, especially Macklemore and Ryan Lewis’ performance of hit single ‘Same Love’ featuring Mary Lambert.

"The whole performance sent chills up my spine. First of all it’s been one of my favorite songs since it came out but the fact that they married off about 3000 couples during the song was amazing," said senior Julianne O’Hara.

"Musical performances are supposed to send emotion, chills, and tears to the audience and I think they did just that."

Though many students agreed, others found the duo’s performance, and theatrics to be a bit much.

"I mean the obvious answer is the Macklemore one, but I honestly feel like they’re turning a song with a good meaning into a cash cow," said Doyle.

With an evening traditionally focused around song/album awards for all the artists, it was really the performances that seemed to take center stage this year.

COMMUNITY THROUGH MUSIC

BY JEFF DALEY
Arts & Entertainment Editor

Fate is defined by Merriam Webster dictionary as “a power that is believed to control what happens in the future.” It is possible that fate controlled the Sacred Heart University band’s experience this January when they toured Italy.

Early in the fall semester, Sacred Heart Band Director, Keith Johnston started planning the tour to Italy. On Oct. 14, fate gave Johnston a push in the right direction when the band performed at the annual Columbus Day Parade.

"From 42nd Street on up, they stage all the different groups on the side streets. So we’re hanging out there and there was an Italian band from Italy that was staged in the same block that we were," said Johnston.

Working around the evident language barrier, Johnston exchanged his contact information with Sergio Belardi, conductor of the Italian band from Italy. "I called up the travel agency and they said ‘contact these guys,’ to see if they would be willing to host us for a concert and it ended up working out," said Johnston.

After arriving on Tuesday morning, Jan. 7, Johnston, along with more than 50 band members were able to enjoy the touristic attractions Italy has to offer before their first concert on Thursday, Jan. 9.

"Our first concert was on Thursday in a little town called Albano. It was very nice. First the local band played some stuff and they were very good and then we played. It was a nice audience, a real nice house, and then we came back. The next day we did the Vatican in the morning and then we left for this little town called Faleria," said Johnston.

To members of the band, this was the most memorable part of their trip. "My most memorable part was definitely when we went to the town of Faleria. The entire town gathered to welcome us in the piazza before our concert waving American flags. Their band performed the Star-Spangled Banner in addition to the Italian national anthem as “la Majorette” spun batons and danced for us," said senior Mike Nigro.

Junior Mary Ann Awah, blogged about the band’s tour to Italy and described her experience of the welcome in Faleria. "We pull into the town square and the whole town is there. The band is lined up, the color guard is dancing, and all the village’s children were waving American flags. How absolutely amazing is that. People, from a different country, had a wonderful welcome for us where honor us and everyone. We were all in shock. I was told to calm down so many times because I was screaming. We get off the bus and we are all taking pictures. They’re cheering and Keith is talking to the mayor. I felt like I was in the opening ceremonies of the Olympics. Then the band started playing our national anthem. It’s an amazing once in a life time experience, having people from another country play your national anthem for you," said Awah.

The town of Faleria’s welcome not only provided an amazing feeling, but an eagerness for the Sacred Heart band to play for their hosts that night for the feast of San Giuseppe.

"My adrenaline was pumping and two things were going through my mind: (1) this is amazing and it will probably never happen again, and I need to save this moment in my mind for the rest of my life and (2) we have to play the best we ever played in our lives. We have to rock it. We need to give these people a show," said Awah. "After all they are doing for us, the least we can do for them is leave everything on the stage and play like we never have before. And we did."

After the bands performed separately, they squeezed together in the town’s church; built in 1258 and performed together.

Together, the bands performed the hymn of San Giuseppe, the U.S. National Anthem, and the Italian National Anthem. Despite the language barrier, both bands harmonized. "It was cool to see how much can bring people together, even from across continents," said sophomore Michael Guadiscio.

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PHOTO COURTESY OF ANDY KOLAR

SACRED HEART BAND PLAYING IN THE CHURCH OF FALERIA.
Television doesn’t just stop at sitcoms and dramas, though. This winter and spring there will be plenty of reality television for those who love competitions and dating game shows.

ABC’s “The Bachelor” is back for its eighteenth season with the former professional soccer player, Juan Pablo Galavis, starring as the “bachelor.” American Idol is also back for its thirteenth season looking for America’s next big singer, with Jennifer Lopez, Harry Connick Jr. and Keith Urban as judges.

“Juan Pablo is so good looking and down to earth on the show,” said freshman Christina Sialiano.

Television is also welcoming some brand new series to American audiences.

HBO premiered a new detective drama series “True Detective” starring Matthew McConaughey and Woody Harrelson and “Looking” a new show that follows the lives of three gay men in San Francisco starring Jonathan Groff, both on Jan. 12. Jimmy Fallon will take up Jay Leno’s residency on one of America’s most popular television programs, “The Tonight Show” on Feb. 17.

With so many good shows to look forward to over the next few months, television could see some of its most celebrated shows continue to prosper and some of its brightest new shows build new and enthusiastic audiences. School work may be put to the side in order to keep up to date with what television has in store for the spring.
Super Bowl Betting Boom

By Associated Press

Las Vegas (AP) — With the Super Bowl approaching, fans are talking trash, buying snacks, and, more than ever, placing bets.

Fans bet an unprecedented $99 million on the Super Bowl last year, and the Nevada gambling industry expects to break the record again Sunday, barring a snowstorm. Nevada sports books collected record amounts of football wagers during the tail end of 2013.

All of this is changing the role of the humble sports book, which casinos used to see as a low-profit perk that kept customers from going next door.

"It's not just an amenity anymore; it's not just icing on the cake, it's part of the meal," said Jay Kornegay, who runs the LVH sports book. "We've seen crowds like we've never seen before.

Professional gamblers and oddsmakers alike attribute the rise in wagering to the increase in televised games, and the increasing ubiquity of sports analysis.

Amateur gamblers are more likely to bet on a game they can watch, because the emotional journey is part of the fun.

The proliferation of sports podcasts, blogs and websites, as well as the debates that rage on social media, have all made fans feel more educated and confident in their opinions, according to Kornegay, who spent last week furiously working with four staffers to figure out hyper-specific data points like the number of receptions Denver running back Knowshon Moreno is likely to have.

Proposition wagers, in which gamblers bet on elements of the game aside from the final score, account for as much as 60 percent of Super Bowl bets in Nevada.

Johnny Avello, who runs the luxurious sports book at Wynn, where the chairs are made of fine leather and the carpet is thick enough to pass out on, believes the stigma is also falling away from the pastime.

Avello, who speaks with a Goodfellas-type Brooklyn accent even though he grew up in upstate New York, says this is the biggest change he’s seen in the past decades.

"Even Al Michaels on (Sunday) Night Football will say, 'Wow, they covered the spread,'" he said, grinning in disbelief.

When casinos figure out how to attract fantasy sports players to the Strip, profits may soar even farther.

Some of this growth was hidden by the recession. People scale back on gambling before other discretionary spending, and the handle—the total amount of money wagered—plummeted in 2009. It was the only fiscal year of the past ten that saw a decline in sports betting.

Odds makers believe the previous Super Bowl record, set in 2006, would have been upended years before Super Bowl weekend, selling table service and luxurious suites, don't expect to get so much as a free bottle of water at the sports book. At Wynn, a customer has to bet $150 before the book will think about giving out a drink ticket.

Books remain less profitable per square foot than table games, where the house always wins. An oddsmaker's goal is to neither win nor lose on the games, but to get equal money coming in on both sides — and clean up in commissions.

This commission, also known as the vigorish or juice, amounts to about 4.5 percent of the handle at most Strip sports books.

Don't wring your hands for the sports books, though. They've only lost twice on the Super Bowl in the past 20 years.

And they have another advantage. While betting is becoming more popular, the physical books are becoming smaller. That's in large part because of the demise of one sport in particular: horse racing.

In days past, racing aficionados would hang around the books and watch contests from morning till night, with new ones starting every four minutes.

For the past decade, football has represented nearly half of the sports book handle, with most gamblers buying their tickets well ahead of the games.

"If you walk in to any sports book, 99 percent of the time the place is mostly empty," said RJ Bell of Las Vegas-based Pregame.com.

Anjelko Markobis, 22, is one of the rare young men who still like to hang out in that smoky, mahogany environment. He spent a recent afternoon at the Wynn sports book. He switched between watching a soccer game he had $100 riding on and monitoring the shifting Super Bowl line on a huge LED screen, bantering with his friends about whether he should have placed his bet when it was still at 1.5.

Markobis used to spend his free time with Blackjack, but now focuses on sports betting, placing three major bets a week.

"It's more entertaining," he said, "to watch a game than sit at a table."
Men's Basketball Drops Both Games on the Road

Robert Morris caught fire and took a 15-point lead into the locker room at halftime. It was the same story in the second half, as Robert Morris extended their lead to 32 points before the final score made the deficit only 26.

The 91 points that the Pioneers allowed is the third highest in a game this season. In the first half of games this season, Sacred Heart has been outscored by 122 points, a statistic they will have to improve upon as conference play continues.

"This weekend we learned that you have to come ready to play, first and foremost. If you come out sluggish or tentative at the beginning of games, teams will jump on you early, and in our conference, especially with this year’s talent, it won’t be easy to dig ourselves out of holes," r-junior Chris Evans said.

On Jan. 25, the Pioneers took on the Saint Francis Red Flash and got off to a quick start thanks to Evans, who finished the game with 18 points, as one of three Pioneers in double figures.

Freshman De’von Barnett chipped in 14 points and senior Mostafa Abdel-Latif nearly had a double-double, finishing with 13 points and eight rebounds. Gaetano added seven assists in the loss.

Evans got the Sacred Heart attack started with two quick buckets and the teams battled back-and-forth for the majority of the first half. But over the last seven minutes of the half, the Pioneers only managed to score twice while the Red Flash took control and had a one point lead at halftime, 34-33.

The second half continued as a back-and-forth battle, but the inability of Sacred Heart to get stops down the stretch coupled with clutch free throw shooting for the Red Flash, ultimately led to the Pioneers defeat.

As for Sacred Heart, a struggle this season has been free throw shooting. Although for the game the Pioneers were very effective (16-20), they missed two huge free throws in the last 1:38 of the game.

The Pioneers finally return home for the first time in two weeks taking on Wagner at 6 p.m. tonight. Sacred Heart dropped the first meeting with the Terriers just 10 days prior by three points.

"We need to get some big wins at home and carry over that success to road games in conference," Gaetano said.
Redemption For Women's Basketball

BY VINNY EBEANAU
Contributing Writer

Before the season started, head coach Jessica Mannetti and the Sacred Heart University women's basketball team were looking forward to playing in front of an electric home crowd to build momentum during games.

This past Saturday was no different as the Pioneers defeated NEC rival Wagner by a score of 63-46, in a game where redemption was clearly demonstrated against a team who defeated the Pioneers 12 days prior.

"When we play at home, we do a really good job of responding to the momentum that our fans generate," said Mannetti. "This was a redemption game, the whole week we've been working on the things we didn't do well the first time in our game plan execution and, I thought they responded as a team very well."

From the beginning of the contest, the Pioneers showed elevated aggression on both sides of the ball, especially on the boards and in the paint, totaling 50 rebounds on the night.

"It was a huge point of emphasis in our keys to win and, I think, because it mattered to us, we were able to execute putting a body on somebody every single time," said Mannetti. "I think that it looked like a much more cohesive defensive unit today with everybody making the contributions they need to make based on knowing personnel."

Aside from the growing tenacious defense and rebounding presence echoing from courtside, the Pioneers also showed flashes of speed running up and down the court with Wagner.

Junior guard Gabby Washington led the way for the Pioneers with 21 points, while freshman guard Adaysha Williams added 17 points, going 7-12 from the field.

"Yesterday [Friday], we had a low in practice, so we really needed to pick up the energy and it started in shoot-a-round today," said Williams. "We were just building on the momentum of each other, taking the game one play at a time."

Williams and the Pioneers extrapolated the right composite of skill to fend off any attempt at a Wagner comeback, reaching a game-high 20-point edge midway through the second half.

The team collectively prides itself on getting better as the season progresses, particularly on the offensive end in a new system.

"The offense was very stagnant in the beginning of the season because we were still learning it," said Williams. "Now, we're getting into the flow of conference, everything is starting to click. Hopefully, we keep propelling that into the later part of conference season."

PLAYERS of the WEEK

GABBY WASHINGTON

I LOVE WORKING SO HARD JUST TO SEE THE BALL GO IN THE HOOP.

HOMETOWN Mesa, Arizona
YEAR Junior
MAJOR English
SPORT Basketball, Guard
GOALS AFTER COLLEGE Attend music school to learn about artistry and production
STATS/AWARDS All-Preseason NEC selection: Back to Back 30-point games and NEC Player of the Week, 1/7

MOSTAFA ABDEL-LATIF

HOMETOWN Alexandria, Egypt
YEAR Senior
MAJOR Business Administration Management
SPORT Basketball, Forward
GOALS AFTER COLLEGE Play professionally overseas
STATS/AWARDS Career high 17 points 12 rebounds vs RMU

MAKING NEW FRIENDS AND TEAMMATES WHILE DEVELOPING MY GAME FOR THE NEXT LEVEL.