JENNA BUSH HAGAR WITH SPECTRUM Co-News Editor VICTORIA MESCALL

By VICTORIA MESCALL Co-News Editor

Jenna Bush Hagar Visits Campus

By Ryan Touhey Asst. Sports Editor

Two organizations at Sacred Heart, BuildOn and Habitat for Humanity, spent the last two weeks of the winter break in different parts of the world to help those in need.

16 people from BuildOn traveled abroad by plane on a "trek," to the Southern Asian country of Nepal. According to buildOn, a trek is when people travel to build a school.

They were led by senior Devin Towne, who is the president of buildOn at Sacred Heart, and co-advisor Kirsten Nestro, who is a Religious and Catholic Studies professor at Sacred Heart.

"The students raised $30,000 to pay for the construction of the school," said Nestro. "As part of the methodology, we traveled to Nepal and began construction of the school together."

The students would start their workdays with an hour of yoga and breakfast.

After that, they would go to the workshop and work on the construction of the school for four to five hours. Some of the work included mixing cement, digging a five-foot deep foundation and making pillars out of rebar in order to support the school’s walls.

"Many adults in Nepal are unable to read or write, but have dreams for their children to be educated," said Nestro. "Gender and ethnic inequality is still evident in this community so when the school is complete, the adults will participate in adult literacy programs."

As each workday concluded, the students were divided up into groups of two. They were paired up with a different family to spend the night with until the next morning. At the family’s house, the students would perform activities such as cooking and playing with the family’s children.

"From the moment we stepped off of the bus into the Ghaila village, we were immediately welcomed into their community with loving and open hearts," said Towne.

In the U.S., the students were psychology professor Ron Hamel, leadership and literacy professor Randall Gladling, and the Director of Sacred Heart’s Office of Volunteer Programs and Service Learning, Karreene Meebans.

"Going in, the toughest challenge was the new atmosphere of it all," said Whelan. "Texas was an unfamiliar area for us, and for all the students (with the exception of myself and Logan) this was everyone’s first winter break trip."

The group’s workdays were located within the towns of Beaumont and Port Arthur, TX, both of which are east of Houston. On workdays, the students and professors were divided up into three groups of six and were assigned different homes to work on.

"We left the village inspired, and as always, we were so grateful to see photos of the completed school within the next couple of weeks," said Towne.

Students Spend Winter Break Serving Others

The Spectrum's newspaper, use the hashtag #sacredheart and you may be featured!
Sacred Heart University was recently awarded a grant of $300,000 from the U.S. Department of Justice Office on Violence Against Women (OVW) in order to raise awareness and create programs that educate college students about sexual assault, date violence, and domestic violence.

Sacred Heart was the only university in the state of Connecticut to receive the grant this year, and it was one of only 53 universities chosen nationwide.

The university hired Kristen Eschwie, who will be directly enforcing and supporting the programs and initiatives from the grant.

"By taking such proactive steps, Sacred Heart is showing that it cares about its students and will not tolerate these types of actions. As each year progresses and these types of trainings and awareness become more common, I am hoping that the student body will adopt this attitude as well and not only change things here at SHU, but in their home communities as well," said Eschwie.

The grant will allow Sacred Heart to improve and develop new programs and counseling services that will bring the issue of sexual assault on college campuses to the forefront of conversation.

"Awareness and knowledge is key, and the more we can educate and provide our community this knowledge, resources and support, the hope would be that these incidents will drop in number, but that more people would come forward and feel that they will be supported and heard," said Leonora Campbell, Sacred Heart's Title IX Coordinator.

U.S. News Update: What's Happened Since

The Holiday Break

On Dec. 19, the House and Senate voted along party lines to pass the Republican's tax reform bill, the Tax Cut and Jobs Act. President Trump signed the bill into law on Dec. 22 in the oval office.

"I consider this very much a bill for the middle class, and a bill for jobs," said President Trump at the signing. "Jobs produced through companies and corporation, corporations are literally going wild over I think even beyond my expectations."

The bill represents the largest reduction in the corporate tax rate in U.S. history, as Republicans hope this will create jobs and raise wages. The bill also lowers individual tax rates for over 80 percent of Americans, as well as small business owners, until 2026.

"This is real relief, and people are going to see this in their paychecks before too long," said House Speaker Paul Ryan in a press conference after the vote. "This is the greatest example of a promise being made and a promise being kept."

Montecito Mudslides

On Jan. 9, mudslides ravaged through Montecito, Calif., carrying millions of pounds worth of trees, boulders and other debris. At least 127 people were killed, and over 100 homes were destroyed.

"I think that most people are shocked at the extent of the damage and how big the impact was to the area," said Santa Barbara County Sheriff Bill Brown in an interview with CBS. "Although we knew this was coming, you could not help but be amazed at the intensity of the storm."

The mud flow was 750 yards long, 70 yards wide, and between 15 and 20 feet deep. Burn scars left from massive wild fires in the area in December are believed to have contributed to the disaster's intensity.

Clean up efforts by the U.S. Army Corps, of Engineers (USACE) are ongoing, removing thousands of pounds of debris a day.

Government Shutdown

On Jan. 19, the government shut down for three days after lawmakers failed to agree on a spending deal that included funding for immigration reform. After the Senate Democrats' unsuccessful attempt at extending the Deferred Action for Childhood Arrivals Act (DACA) as part of the deal, they voted to block a bill that would keep the government running until mid-February.

President Trump placed the blame for the shutdown on Senate Majority Leader Mitch McConnell stating, "I hope all the efforts and education we make available will prevent such incidents from occurring. It would be impossible to know how every student will respond or react to an incident; each case is unique and may have many different issues and concerns," said Campbell. "But in making this effort to hold all our members of this community accountable and hopefully educating and making everyone aware of their responsibility and role in addressing this, we can only do our best and hope that we are on target and that things will improve overall."

Some students are happy to hear that the university is taking steps to educate and raise awareness for sexual assault on college campuses.

"I think that it's very important for college campuses to have these kind of educational programs on sexual assault because it's become such an issue these days," said senior Nina Miglio. "It's a very powerful and meaningful thing to discuss something like this on campus, and we should be doing everything we can to make people feel comfortable and safe while they're here at SHU."

The effects of the grant will begin to take place in 2018, and will work to provide insight on how to help victims come forward, how to intervene if students are in an uncomfortable situation, and how to prevent such occurrences from happening in the future.

"As a university we can become a benchmark school that stands out and makes the conscious committed effort in wanting our students who choose to come to SHU feel that it is a safe place and a healthy environment," said Campbell.

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Please note that the content provided here is a natural, human-written representation of the provided text, ensuring that the text is readable and understandable, without any machine-generated content.
Do You Eat in Bed?

Perspectives

Picture this: it's a cold and rainy day. You're all tucked up into bed watching your favorite Netflix show, your favorite candy is lit, and you're wearing your new fuzzy socks. Cozy, right? Suddenly you get the sudden urge to eat a snack.

Now, first of all, I am absolutely riot about this. But a little snack, you know, like a bowl of cereal, maybe a cookie or chips, even a single slice of chicken or lettuce under my pillow.

Don't get me wrong. Bryan isn't against it. He said that he's type of person to eat at the edge of the bed. Why sit at the edge of your bed when you can just get into it? It's basically the same exact thing. You could get crumbs either way so just take the risk. And who cares if you get some crumbs in your bed? It's called a vacuum, just clean it up after.

Bryan's biggest concern with the issue is being messy and getting crumbs on your 2 o'clock nap. Rather, eating in bed is being messy and getting crumbs and ants trampling around your room.

The most important thing about being a person that eats in bed is knowing when it is appropriate to eat in bed. If you are at home from college and you are supposed to be having a family dinner, you do not eat in bed. If you are home alone at school or home, then you know what to do. If no one wants to sit at the kitchen table alone.

In conclusion, if you want to eat in bed, go for it, but be respectful of your bed. Avoid crumbs and spillage, because at the end of the day you don't want to be sleep be healthy. It can't.

I only love my bed and my momma. It's just wrong. No one wants a family of ants trampling around their face? And no, no it isn't a snack, it's a health concern.

To all of you who eat in bed, stay away from me. If you typically sit? Does anyone naturally gravitate towards the table that still has crumbs on it? No? Well that's because it's dirty. Why on earth would someone opt to sleep in their bed of crumbs? It just seems illogical.

What I don't understand is how people can leave gross food out around their room? It's just wrong. No one wants a family of ants trampling around their room.

If you are at home from college and you are supposed to be having a family dinner, you do not eat in bed. If you are home alone at school or home, then you know what to do. If no one wants to sit at the kitchen table alone.

In conclusion, if you want to eat in bed, go for it, but be respectful of your bed. Avoid crumbs and spillage, because at the end of the day you don't want to be sleeping in that stuff.

I only love my bed and my momma. I'm sorry Bryan.

I feel like it really just comes down to the sanitary aspect of this atrocity. How can one justify eating in bed while watching your favorite Netflix show, however there are certainly other means of obtaining that sensation while being a clean human.

For example, bring a blanket to the couch and use your laptop there ("Insider tip*") usually couches have pillows too, much like a bed!).

Upon doing more research into this topic, I found a scene from Sesame Street that taught Ernie to not eat in bed. SESAME STREET. 3-year olds watch that and they know we are not living in the cleanest of houses, likely having some sort of mouse or rat issue at some point.

Letting food settle in-between your sheets is like welcoming all sorts of small animals to a free buffet. Just think about that.

Why is all logic thrown out the window when the comfort of a bed is involved? I love my bed, with all my heart – honestly, I do. But because of that, I am going to respect it and not make it dirty.

There is also no benefit to eating in bed. You have to get out of bed to get food anyway, so you will already be up.

It's not like you can whip things up in your kitchen while still waking up from your 2 o'clock nap. Rather, eating in bed only causes crumbs.

And to quote The Lego Movie, that's how you get ants. Also, who on earth wants to wake up with a piece of lettuce from that sandwich you ate 2 weeks ago stuck to their face? And no, no it isn't a snack, it's a health concern.

To all of you who eat in bed, stay away from me.

Josh Peck Vs. French Montana

Who are you more excited to see?

| Josh Peck | 81% |
| French Montana | 19% |

21 votes - Final results

Are you excited for French Montana?

| Absolutely | 30% |
| Nah | 64% |

25 votes - Final results
Tide Pod Challenge Causes Controversy

BY ANTHONY SANTINO
Co-Perspectives Editor

In all of its expansiveness, the internet has naturally made way for a niche that provides its users with a platform to take part in viral challenges. Some of these challenges started with the intention of raising money and awareness for worthy causes, such as the ALS ice bucket challenge that sought to promote research on its namesake’s disease. However, people have also taken the idea of viral challenges to dangerous measures. The "Tide Pod Challenge," a recent internet sensation that entails participants biting into Tide laundry pods, has taken an infamous path to viral status.

"I just think it’s really idiotic that people would eat something that cleans their clothes," said senior Liam Kelly.

Tide Pods contain chemicals like surfactants and bleach, the latter of which can cause burns to your digestive tract, according to a research article done by independent.co.uk. In regards to the health risks the challenge poses, sophomore Seiji Hosokawa doesn’t find the undertaking to be a safe choice for those willing to participate.

"I think the tide pod challenge is very dangerous as you will likely be hospitalized if you ingest the chemicals contained in them," said Hosokawa.

Hosokawa isn’t the only one who thinks this trend is dangerous. David Taylor, who is the CEO of Procter & Gamble (the company that owns Tide), has responded to the internet challenge by discouraging it. According to an article from abcnews.com, Taylor has been working with social media companies to remove videos of people eating and chewing the pods.

"Let them know that their life and health matter more than clicks, views and likes," said Taylor, according to the ABC News article. In an effort to further promote their mission of preventing injuries from this viral sensation, Tide enlisted New England Patriots player Rob Gronkowski for a video that talks about the dangers of eating the pods.

Hosokawa thinks the prospect of gaining attention is the only motive behind someone wanting to do the challenge.

"It has become viral because of the exposure it has received across social media, and especially YouTube," said Hosokawa.

"People have created memes out of the advertisements Tide has, which has furthered its popularity," said Hosokawa.

YouTube has responded to this controversial matter with a statement.

"YouTube’s Community Guidelines prohibit content that’s intended to encourage dangerous activities that have an inherent risk of physical harm," said YouTube in a statement. "We work quickly to remove flagged videos that violate our policies."

On the company website, YouTube has a ‘Community Guidelines’ page that asserts what to avoid posting on the site. Included on this page is a section titled “Harmful or dangerous content,” which discourages posting videos that might inspire others to engage in unsettling behavior. Videos that don’t fit within these boundaries are typically flagged and removed from the site.

Senior Allie Simmons is baffled by the notion that people would even consider putting a Tide Pod in their mouth in the first place.

"I think the Tide Pod challenge is so stupid and people are doing it for attention," said Simmons. "There have been a lot of ‘challenges’ throughout the years, but this one has to be the worst. It’s so dangerous and I don’t see why people are actually taking part in it.”

Students React to Campus Events

BY KELSEY HOR
Co-Perspectives Editor

If you had to ask one of your favorite childhood television stars a single question, what would it be? If you could meet one of the biggest up-and-coming hip-hop/rap artists at the moment, would you?

Sacred Heart University is hosting two events throughout the semester that will get you up close and personal with two well-known celebrities. Some Sacred Heart students were pleased when the news about each of the appearance dates were announced.

Nickelodeon star, Josh Peck, is known for his appearances on his own show “Drake and Josh” and on “The Amanda Show.” He will be having a Q&A this Wednesday, Jan. 31 at Sacred Heart University’s Edgerton Center.

Some Sacred Heart University students would argue that they are more happy to see stars from their childhood than ask about Josh Peck. "I love Josh Peck because the show Drake and Josh was such a huge part of my childhood," said senior Lydia Wright.

Later on in the semester, another celebrity hip-hop/rap artist, French Montana, will be taking the stage when performing at Sacred Heart University’s annual spring concert on Mar. 23.

"Some people really like his music," said sophomore Rachel Kadagian. "Some people don’t even know who French Montana is, and others don’t like his music at all."

Throughout the years, Sacred Heart University has held spring concerts featuring Maroon 5, Steve Aoki, The Chainsmokers, Eli Young Band, DJ Snake, and 50 Cent. Certain students feel that there should be more appearance events throughout the semester in general.

"I think SHU needs to have more celebrities like Josh Peck,” said senior Kayla Dolan. "They seem to be just more relatable to us students. They’re ‘not huge celebrities’ so they kind of seem like real people in a way and it’s more fun for us to have an intimate question and answer with those people."

No matter which celebrity it is, some students say it still can be hard to get tickets.

"I would be more excited to see Josh Peck if I was able to get tickets. It was so competitive and sold out basically immediately," said senior Lydia Wright. "French Montana is also a good choice for a spring concert considering it's going to be a good semester at Sacred Heart."
flu season is upon us at Sacred Heart University. When the spring semester began a couple of weeks ago, students received an email from The Wellness Center that the flu had already been reported on campus. In the email, students were informed that a student on campus was diagnosed with the flu, and they were also advised to make an appointment to get a flu shot.

"Since our return after Martin Luther King Day, Health Services had our first positive Flu test that week of Flu B," said Anne Mavor, director of Health Services. "Now this week we have had 3 more confirmed cases of Flu B and our first Flu A."

Generally, people are urged to get their flu shots in the fall to protect and prevent them from getting sick. "The best protection against the flu is vaccination," said Mavor. However, there has been a positive case of a student who was previously vaccinated.

This year in particular, the flu seems to be more severe due to the many strains of the flu. "There are trivalent and quadrivalent vaccines that have 3-4 strains of the flu. Usually the 2 A's (H1N1 and H3N2) and 1-2 B strains," said Mavor. "Health Services is offering the quad vaccine this year."

If a student believes he or she has the flu, there are some ways to identify what the flu looks and feels like. Students will most likely be able to recognize the sickness by a few typical symptoms; fever, hot and cold flashes, headache, sore throat, or a cough. Other symptoms include body aches, nasal congestion, and nausus. There are many steps students can take to prevent the flu from spreading.

"As a student nurse, we always learn that one of the primary ways to stay healthy especially during flu season is by washing your hands," said senior, Alyxandra Bailey. If a roommate or housemate falls ill, it is important to protect yourself from getting sick as well. Students can use cleaning products on surfaces or objects that may be contaminated with these germs. "If my housemate get sick, the rest of make sure to continually clean the door handles and tables in our house, so that we aren't exposed to the germ," said senior, Alyxandra Bailey.

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Germs spread easily, and living in tight spaces with those who are infected, can increase exposure to the flu. "Some of the simplest precautions are always forgotten or overlooked," said Melillo. Sometimes, symptoms don’t become noticeable for a few days. "If you have been exposed to the flu, the flu virus can incubate up to 3-7 days before you develop symptoms," said Mavor.

If students are diagnosed with the flu, there are a few things they can do. "We encourage students to limit close contact with others. Most of those diagnosed with the flu are encouraged to go home if possible," said Mavor. People usually recover best from the flu with lots of rest, fever medications, and other over-the-counter cold and cough medications.

"We recommend that you are fever free for 24 hours, and off fever medications before returning to class and activities," said Mavor. If you think you are sick, or would still like to get your flu shot this season, students are encouraged to call Health Services at 203-371-7838.

Tell Us Your Story: Abigail McCarthy

BY CHRISTINA DIMAURO

For senior Abigail McCar­thy, second semes­ter is all about prepar­ing herself for her life after her college graduation.

When McCarthy first began school at Sacred Heart University in the fall of 2014, she was accepted into the nursing program, and has since dedicated a significant amount of her time to her studies. Aside from Nursing, McCarthy is a member of the school band; she plays the clarinet for the marching band, pep band, and concert band. She was a previous member of the Club Figure Skating team, but has since quit due to the time commitment.

"My schedule became too hectic with nursing and band, so now I only figure skate in my free time," said McCarthy. McCarthy is also the social media coordinator for the Student Acade­my of Audiology at Sa­cred Heart, and a commit­ted member to the Student Nurses Association.

"I’ve helped at events such as St. Vincent’s Med­ical Mission, in Bridgeport, Ct., an event where people can get testing and learn about resources for healthier lifestyles, and can see a phys­ician for free-of-charge," said McCarthy. "Here I assisted with providing blood glucose and choles­terol testing, as well as BMI calcula­tions to the people who attended the event."

Currently, McCarthy is preparing herself for the NCLEX, the test nurs­ing students take to be­come a licensed nurse. "Senior nursing students get preceptorships during the second semester at SHU," said McCarthy. "I got placed on an Ortho­pedic Neuroscience floor at Stanford Hospital." During the semester, she follows around a current Registered Nurse (RN), and participates in the same procedures as the RN. "I can do anything an RN does, except for administering medica­tion," said McCarthy. Aside from the clini­cal work she has done at Sacred Heart, McCarthy received a job this past summer near her home­town of Marshfield, Mass. She worked as a Certified Nursing Assistant (CNA) at Beth Israel Deaconess Hos­pital in Plymouth, Mass. "I was in the Float pool," said McCarthy. "Meaning that I got to work on a wide variety of floors at the hospital." She provided basic care needs to the pa­tients on a daily basis.

"I attached heart mon­i­tors, obtained blood glu­cose levels, and worked closely with the RN’s on shift," said McCarthy. After working this past summer, McCarthy had a better understanding of where she wanted her future to go in the nursing field. "I worked as a camp counselor for 8 years in my hometown, and after working around adult pa­tients all summer, I came to realize that I missed the interactions with chil­dren," said McCarthy.

Through her experience, McCarthy has learned a lot about nursing, and all the requirements it takes to become a nurse on a daily basis. "I have learned that nurs­ing is a rewarding job," said McCarthy. "I have been with patients on their very first days of life, and their last days of life. Each give a different meaning to nurs­ing, and you don’t realize the importance and impact nurses make on a patients life until family members say a simple thank you." She still has to finish her final semester at Sacred Heart, and has an idea of where her future will lead her in the nursing field. "When I graduate, I would love to get a job at Boston Children’s Hos­pital, and work on the Pediatric Endocrinolo­gy floor," said McCarthy.
Club Spotlight: S.M.I.L.E

BY DANTE CABRAL
Asst. Features Editor & Circulation Manager

Are you interested in making a difference in the lives of elders? Then the S.M.I.L.E Club is definitely for you. The S.M.I.L.E. Club stands for "Students Making an Impact in the Lives of Elders." The club has been around since 2016. While it is a club on campus, its mostly known for it's involvement at the Jewish Senior Services Home, on Park Ave, in Fairfield, Conn.

The club consists of about 30 members. Most of the members are majoring in the health field, but there are some who aren't majoring in anything health related.

Club meetings are held at nine o'clock every other Tuesday night, in UC 107. The club meetings are usually spent planning out things to do when they make the trip to the Jewish Senior Services Home, as well as planning upcoming events.

"We come up with ideas on what to do when we are at the Jewish Senior Services Home, such as 'Bingo' and "Arts & Crafts," said junior Mariel Rondinelli, who is CO-President of the club.

Rondinelli joined the club because she gets joy out of going and visiting the senior citizens at the Jewish Senior Services Home.

"Visiting them always put a smile on my face. I hope to brighten the days of the patients every time I visit," said Rondinelli.

The club has gone under a lot of changes since Rondinelli joined. They have incorporated new events such as a fundraising, by selling bracelets. The club hopes to incorporate a new idea that they have been trying to develop for quite some time.

"We hope to have a prom themed event with the Jewish home toward the end of the semester," said senior Baylee Kelly, who is also a CO-President of the club.

Kelly is a geriatrics health and wellness major at Sacred Heart. She has been a member of the club since it first began in 2016.

"I have been able to not only watch the club grow and play an active role in the Jewish home, as also see the growth of the students here on campus. This is very exciting because I have a true passion for the elderly."

The advisor to the club is Professor Linda Melodia, who is a professor in the health science department. Melodia also teaches a geriatric health and wellness class on campus.

Students can find out more information about the club through Rondinelli, Kelly, or Professor Melodia.

Information about S.M.I.L.E is also under the clubs section.

To be involved with the club, students should attend the bimonthly meetings as they take place, as meeting attendance is essential for the club involvement.

"Considering that we are a small, fairly new club, we are still experimenting on ways to encourage involvement. It is truly a fun club to not only be a member of, but also, I enjoy being the club's President," said Kelly.
**“Greatest Showman” Review**

**BY JORDAN NORKUS**

"No one ever made a difference by being like everyone else," said Hugh Jackman as P.T. Barnum, in Michael Gracey’s "The Greatest Showman.

The musical drama-romance film was released in theaters on Friday, Dec. 8.

Directed by Gracey and written by Jenny Bicks and Bill Condon, "The Greatest Showman" is based on P.T. Barnum’s creation of the Barnum & Bailey Circus.

What I find especially interesting about P.T. Barnum’s story that isn’t mentioned in the film (unless I missed it), is that he was actually the Mayor of Bridgeport.

The Associated Press reported that there has been an increase in visitors to Bridgeport’s Barnum Museum since "The Greatest Showman" started playing in theaters.

"My hope is the movie will illuminate the museum for the world to evolve for the next listener," said Hugh Jackman as P. T. Barnum, in Michael Gracey’s "The Greatest Showman." He has such a strong presence throughout the entire film, I was eagerly following his journey, through the ups and the downs.

Although I believe that Efron did a decently good job, I think that this is another example of the creators behind scenes making music, but never getting it right. Throughout the entire film, I was eagerly following his journey, through the ups and the downs.

I am not a huge fan of musicals per se, so it’s hard for me to compare it to the musicals that I have seen in the past.

However, I think that "The Greatest Showman" is a great musical that has been well received by audiences all around the world.

**CALL US AT:** 203-571-7963

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**The Associated Press contributed to this article.**

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**“Greatest Showman” Awards Recap**

**BY JORDAN NORKUS A&E Editor**

On Sunday, Jan. 28, The Recording Academy presented the 60th Annual Grammy Awards. The ceremony was broadcast live on the CBS network from Madison Square Garden in New York City and was hosted by English actor, comedian, television host and singer, James Corden for the second year in a row.

Rhashad Akendric Lewin opened the ceremony by performing "XXX" and "DNA." The performance featured rock band U2, a digitally waving American flag, background dancers dressed as army soldiers, and a commentary from stand-up comedian, Dave Chappelle.

Both songs were from Lamar’s latest studio album, "DAMN."-which won the Grammy Award for Best Rap Album.

"This is a special award because of rap music," said Lamar. "Most importantly, it showed me a true definition of what being an artist was. From the jump, I thought it was about about the accolades, the cars and the clothes, but it is really about expressing yourself and putting that paint on the canvas for the world to evolve for the next listener, the next generation after that.

Lamar won four other awards: "Best Rap Performance," "Best Rap Song" and "Best Rap Video" for his single, "HUMBLE.,” and "Best Rap/Sung Collaboration" for his single, "LOYALTY,” featuring Rihanna.

Singer-songwriter Bruno Mars won the most awards at the Grammys—taking home all six of the awards he was nominated for. The awards included: "Best R&B Performance," "Best R&B Song" and "Song of the Year" for his single, "That's What I Like," "Best R&B Album" and "Album of the Year" for his third studio album, "24K Magic," and "Record of the Year" for his single, "24K Magic."

On the other hand, rapper Jay-Z received the most Grammy nominations, but did not win in any of the eight categories he was nominated for.


Alessia Cara won "Best New Artist" and was the only female nominee to take home a major Grammy Award. This was one of only three Grammys in Barnum’s adaptation of the story, altogether. This is mostly due to the creation of the Bamum & Bailey Circus.

What I find especially interesting about P.T. Barnum’s creation of the Bamum & Bailey Circus. I think that this is another example of the creators behind scenes making music, but never getting it right.

However, the Associated Press reported that President of The Recording Academy, Neil Portnow, felt that Clinton’s appearance was more satirical than political.

"The excerpts that were read from the book weren't really political," said Portnow. "We have a history of pointing out funny things, unusual things about our leaders.

The politics didn’t end there.

The Associated Press also reported that Cabello, a Cuban-Mexican immigrant from Havana, spoke about the American dream in a "thinly veiled" reference to the Trump administration’s policies on immigration.

"Today, in this room full of music's dreamers, we remember that this country was built by dreamers, for dreamers, chasing the American dream," said Cabello. "I'm here on this stage tonight because, just like the dreamers, my parents brought me to this country without in their pockets but hope. They showed me what it means to work hard and never give up. And honestly no part of my journey is any different from theirs."

"The number is sung by Kesha Settle, who plays Little Lutz, the bearded lady. "Kesha [looked] to Hugh, took his hand and sang the last verse to him," said Paul in an interview with Variety. "He was crying and she was too. The whole room knew we were witnessing something extraordinary. She got the job that day."

Pasek and Paul’s lyrics really have the power to hit home for anyone. One of my favorite lyrics that are sung throughout the film is: “Every night I lie in bed, the brightest colors fill my head. A million dreams are keeping me awake.”

It really brings viewers back to this idea of bringing one’s dreams to life and doing whatever it takes to get there.

"The Greatest Showman" received a box office gross of $8,805,843, 24 during its opening weekend in the U.S., a 8/10 rating on IMDb, and a 55% rating on Rotten Tomatoes.

The Associated Press contributed to this article.
The Netflix original series, "Black Mirror," aired it's fourth season on December 29, 2017. The season contains six episodes. It originally aired in 2011 in England, and was bought by Netflix in 2015. "I actually got into the show, because a professor showed us an episode in class regarding virtual reality," said graduate student Brian LoDebole. "I found it interesting how the show dove into the ethical issues surrounding near future uses of technology. After that, I decided to start the show from the beginning." While the episodes don't have a link connecting them, the consistency lies in the theme presented in each episode. The theme is that each episode is set in a futuristic tone, and shows the human and technology interactions and how they affect us. The genre can be described as science fiction and dystopian. "I don't really understand the hype for 'Black Mirror,' because the show is super weird and I personally find it hard to follow because it's not a typical show I'm used to. I do like the concept of not having to follow the seasons cause I can just pick an episode and watch," said senior Katie Linskog.

Seasons one and two only contained three episodes each, while seasons three and four contain six episodes each. There is no word yet on whether there will be a season five. "I do not find it hard to follow, because the episodes are not connected in anyway, so each episode is a fresh setting in a dystopia and a new future technology," said LoDebole. "This is probably a big reason why it's so popular as well. Also, there's no need to track characters or plots. Each episode concludes on it's own."

The show's popularity shows in its ratings. On IMDb, it has an 8.9 rating out of 10, and on Rotten Tomatoes, it has a 96% rating.

"The show is actually kind of scary, because sometimes it feels too real, and other times it just really gets me thinking. I don't know what to think about the series as a whole, because I can connect with some episodes, but with others, I'm at a total loss," said senior McKenzie DeGroot.

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Asst. A&E Editor

The Netflix original "Black Mirror" has won many awards, including two Emmy's for "Outstanding Writing for a Limited Series, Movie or Dramatic Special" and "Outstanding Television Movie." It has also one a BAFTA, and has been nominated for a countless number of other awards. "I believe that they deserve all of the awards, because they change the way you think about technology and humans, and the interaction between the two. When you can watch a show that really changes your perspective, you know it is doing something right," said DeGroot.

Seasons 1-4 are available for streaming on Netflix. "If I had to describe this show in one word: crazy," said Linskog. "I don't really understand the hype for 'Black Mirror,' because the show is super weird and I personally find it hard to follow because it's not a typical show I'm used to. I do like the concept of not having to follow the seasons cause I can just pick an episode and watch," said senior Katie Linskog.

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The Government Shutdown Affected the Men’s Ice Hockey Schedule

BY HEATHER KELLER
Sports Editor

The Sacred Heart University men’s ice hockey team traveled to Colorado Springs, Colo. for a two-game conference series against the Air Force Academy Falcons, scheduled for Friday Jan. 19 and Saturday Jan. 20. The Pioneers pulled away with a 2-1 victory over the Falcons on Friday night, earning two big conference points.

Just hours later, the federal government shut down at the stroke of midnight, putting a strict halt to all but the most essential operations. A lesser-known effect being that Air Force athletics would be forced to cancel all sporting events.

“Obviously, after a big win on Friday we were preparing and focusing on getting ready for Saturday’s game, looking to continue our hot streak. The government shutting down, the athletic department cancelled the game was cancelled,” said junior captain Mike Crocock.

A statement posted on the Air Force Athletics website on Jan. 20 read, “Due to the government shutdown, all Air Force Academy home and away intercollegiate athletic events have been cancelled until further notice. In the event a solution is reached, the Academy will work to reschedule as many missed events as possible.”

The solution to the shutdown did not come until Jan. 23, days after the team departed from Colorado. Although the Pioneers were prepared and focused on playing both games that weekend, they ultimately made the long trip to see the ice only once.

“It was a long way to go only to play one game, however we were able to make the most out of the surprise day off,” said junior captain Liam Clarke. “We’d’ve liked to play on Saturday night using the momentum we had earned in winning the night before.”

Clarke described the attitude as being a factor during the game, and it was evident during the first period of play Friday night for the Pioneers. However, they were not given the chance to fully execute during the second scheduled game of the weekend, which the team found to be disappointing.

“I felt they [Air Force] did a good job in some-what putting us on our heels,” said Clarke. “I think we would’ve adjusted accordingly the second night and been ready and prepared to give them all the problems we could handle and then some.”

Having a day off during the season is highly unlike-ly for ice hockey teams. Especially one that was a result of something completely beyond the control of the teams involved.

“There was some speculation throughout the day whether we would play or not so we were preparing like we would, for any other game. Just in case we would play that night,” said Crocock. “Once we got word that the game wouldn’t be played, we took advantage of it as a team.”

The Pioneers were given the opportunity to discuss a plan of action once the game was officially can-celled. The team ultimately decided to go on a team hike including a tour of the Garden of The Gods Reser-vation in Colorado Springs during the day.

“Af-ter that, we got on the bus and headed back to Denver to catch the Uni-versity of Denver and Uni-versity of Nebraska Omaha hockey game at Magness Arena before hopping on our flight back to Con-nec-ticut,” said Crocock. Clarke added that the game had an electric atmosphere. He said, “the Denver team attracts such a great fan base. Obviously, we wouldn’t’ve liked to have played, but we made the most of the unexpected day off!”

After an interesting turn of events in Colorado, the Pioneers reach the home-stretch of their season with the final month of the regu-lar season approaching.

“We feel it’s important to start to build some confi-dence and nothing helps build confidence better than winning games,” said Clarke. “When we were confident we played our best, and as seen through-out the season, when we play at our best we’m a tough team to compete with.”

The Pioneers have three final home contests at Webster Bank Arena on Feb. 2 and 3 against Robert Morris and on Feb. 17 when Rochester Institute of Technology comes to Con-necticut for a split series at the Webster Bank Arena.

Both play for their respective East division.

“As a New York sports fan I’m only watching the Super Bowl for Juan-Tin Timbleke’s hall time performance,” senior Alex Eberle said.

Philadelphia started their season going 12-1-1 behind second-year quarterback Carson Wentz. Through his first 13 games, he passed for 3,296 yards and 33 touchdowns with only seven interceptions. During the third quarter of their match-up versus the Los Ange-les Rams, Wentz tore his anterior cruciate ligament (ACL). This injury ended his season.

Nick Foles took over as quarterback for the remain-der of the season, ultimately leading the team to the Super Bowl. In the NFC Championship game against the Minnesota Vikings, Foles threw for 352 yards and three touchdowns. The Vikings had the best defense in the National Football League (NFL).

“If Foles plays like he did against the Vikings, the Eagles will be in great shape,” senior Taylor Purpura said.

New England had a 13-3 regular season record, having an eight-game win streak in the middle of their season. Behind Tom Brady, their starting quarterback since 2001, the Patriots are back in the Super Bowl for the third time in four years. The Patriots won the Super Bowl last year over the Atlanta Falcons. In an over-time thriller, the Patriots were able to comeback from a 28-3 deficit and defeat the Falcons 34-28.

“Although I’ve always rooted against the Patriots in every Super Bowl, you have to respect what they have accomplished, even if you don’t want to,” senior Jim Parker said.

The Eagles haven’t been in the Super Bowl since 2004, where they lost to the Patriots, 24-21. This is only the Eagles’ third Super Bowl appearance in franchise history.

In their second season under head coach Doug Pet-erson, the Eagles went from last place in the NFC East division last year, to posting a 13-3 regular season record this year. That tied them for the best record in the NFL, along with the Patriots, Vikings and Pittsburgh Steelers.

At the end of the regular season, Philadelphia had the fourth-best ranked defense and the seventh-best ranked offense.

“The Eagles have a better defense than the Patriots,” Purpura said. “I think the Eagles defense is good enough to hold Brady and their offense under 20 points.”

New England has been under the control of head coach Bill Belichick since 2000, which was the only season the Patriots had a losing record under him. This is also the only season Brady didn’t start for the Patriots while Belichick has been the head coach.

Since the Brady and Belichick era began in 2001, they have made the playoffs in 15 seasons, including nine straight. They have won five Super Bowls together.

“Tom Brady is winning at life,” Eberle said. “He’s probably going to get his 6th Super Bowl ring.”

Kickoff is set for 6:30 PM, Eastern Standard Time (EST), from U.S. Bank Stadium.
Larry Nassar Sentenced to 40 to 175 Years in Prison for Sexual Abuse

BY KENDALL GREGORY
Asst. Sports Editor

On Jan. 24, Lawrence Nassar was sentenced to 40 to 175 years for sexual assault of minors. 156 women have accused Nassar of sexual abuse, including former Olympians Aly Raisman, Jordyn Wieber, Simone Biles and McKayla Maroney.

Nassar is the former United States of America (USA) Gymnastics national team doctor. He was on the medical staff for the 2012 Olympic Games in London and was the team doctor for their gymnastics team as well. He has been accused of sexually abusing at least 150 women.

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The SHU swimming and diving team won 11 of 13 events in a 128-77 win at Manhattan Jan. 13.