

FEATURED NEWS



CRISTIN O'CONNELL/SPECTRUM

CULTURE SHOCK

3rd Annual Multi-Cultural Showcase



SACRED HEART ATHLETICS

EN GARDE

Men's and Women's fencing traveled to the NEIFC Championship

TWEETS OF THE WEEK

@rachelg1212

"Jw what scenario resulted in Bath and Body Works lotion, a single Starburst and a handful of Smarties to be sitting on the ground outside the Chapel???"

@bridgeythorns

"I wonder what it's like to get a hug from @TheRock. Must be pretty nice."

@YaGirlLyd

"I'd trust the kids who create Quizlets with the life of my first born child."

UPCOMING EVENTS

- SCMA Photography Exhibit Opening Reception Martire-2nd Floor 4 p.m.-6 p.m.
- 3-1 Spring Break Begins!
- The SHU Mission and Vision U.C. Commons 11 a.m.- 12 p.m.

FAKE NEWS Or Not?

The Victims and Survivors of the Parkland Shooting are Crisis Actors

"Suspicion that students speaking to the media about the Florida school shooting that killed 17 were 'crisis actors' who had not really been there sparked hundreds of false claims online. Much attention was focused on David Hogg and Emma Gonzalez, who spoke repeatedly on national television about the Feb. 14 shooting at Marjory Stoneman Douglas High School in Parkland, Florida. The county superintendent, Robert Runcie, said Hogg and Gonzalez are 'absolutely students' at the school."

Source: AP News "Not Real News"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!

School Shooting in Parkland Sparks Conversation about Gun Control

BY EVAN DENNY
Staff Reporter

On Wednesday, Feb. 12, a gunman opened fire at Marjory Stoneman Douglas High School in Parkland, Fla. killing 17 people including adults and children. The tragedy sparked conversations among lawmakers and student activists about gun violence.

"Once again, we have experienced another senseless tragedy caused by an individual with apparent mental health problems such as depression, anxiety and deep personal feelings of a loss of identity or value," said Paul Healy, the Executive Director of Public Safety at Sacred Heart University.

According to the New York Times, the gunman carried a black duffel bag and backpack where he hid loaded magazines. He arrived at the high school in Parkland at 2:19 p.m. and pulled out a semi-automatic AR-15 rifle. He eventually discarded the rifle, a vest and ammunition in a stairwell and blended in with fleeing students to escape, said authorities.

After leaving the school, the suspect was arrested by the police without incident as he walked down a residential street at 3:41 p.m.

With this shooting, three of the 10 deadliest mass shootings in modern United States history have occurred in the last five months. The AR-15 rifle used in the attack was purchased legally at Sunrise Tactical Supply in Florida, according to a federal law enforcement official.

"This is a matter of common sense in providing improved mental health resources and sensible regulatory provisions for verifying backgrounds, training, age-appropriate restrictions for military/assault weapons and banning high-capacity gun magazines," said Healy.

The FBI received a tip last month that the suspect in the Florida school shooting had a "desire to kill," access to guns and could be plotting an attack, but agents failed to investigate. Florida Gov. Rick Scott called for the FBI's director to resign because of the missteps.

"My reaction was one of sadness coupled with frustration that an individual like this was allowed access to such a deadly weapon. When I heard that law enforcement had him under surveillance and visited his home many times and still didn't prevent him from owning this weapon, I just couldn't believe it," said Gary Rose, the chairman of the Department of Government, Politics and Global Studies at Sacred Heart.

Students, parents, teachers and neighbors in Parkland demanded Saturday that immediate action be taken on gun-control legislation.

"Because of these gun laws,

people that I know—people that I love—have died, and I will never be able to see them again," said Delaney Tarr, a student at the high school, to a crowd at the federal courthouse in Fort Lauderdale about 25 miles from Parkland.

"After all of this you become desensitized because it seems to be happening all the time. I feel that something needs to be done and I really like how the Parkland students are doing what they can to try and enact change," said junior Joseph Leo.

Lawmakers and the President have begun discussions about the issue of gun violence. Democrats believe that stricter gun legislation is the answer while Republicans are more focused on mental health and arming citizens.

"Every time a shooting happens we talk about possible solutions, but the people who can actually implement change never really discuss this issue in terms of policy. They fall back to their usual talking points which normally results in inaction," said junior Ryan Roberts. "I am not sure what the real solution is, but the time to talk about these issues is now."

Stronger background checks appear to be common ground for both political parties. In a tweet Tuesday night, Trump indicated his desire to strengthen the background check system, but offered no specifics. In a Twitter post, Trump stated "Whether we are Republican or Democrat, we must now focus on strengthening Background Checks!"

"It's such a difficult topic to analyze and understand. The issue has to be addressed through several approaches including better background checks, enforcing existing laws, mental health intervention, and a legal ban on assault rifles," said Rose. "The discussion has to begin at the ground level and work its way into stricter laws. Change will be dependent on the efforts of the millennial generation."

To ensure the safety of students at Sacred Heart, Paul Healy and his team at Public Safety have implemented many programs and protocols so that the community will be able to respond appropriately in the event of an act of violence on campus. These procedures include the Silent Witness Program for reporting suspicious matters, the Sacred Heart University Safe App and the Emergency Alert System (EAS).

"We are looking for our political and professional leaders to show statesmanship across the scope of this critical matter. The words 'accommodation' and 'compromise' should occur in the thinking of all leaders, thereby advancing the common good to protect the innocent," said Healy.

The Associated Press contributed to this article.

Delta Tau Delta Hosts White Ribbon Campaign



@SHU_DELTAS

DELTA TAU DELTA HELD THEIR WHITE RIBBON CAMPAIGN IN AN EFFORT TO STOP VIOLENCE AGAINST WOMEN.

BY NEIL GRASSO
Staff Reporter

James Craven sits in the Sacred Heart University computer lab, reciting lines to his speech and preparing pamphlets on a desk. As the philanthropy chair for Delta Tau Delta, Craven is in charge of running the White Ribbon Campaign, an international effort to stop violence against women.

"This is a great opportunity to get our message out that we will not stand for this on Sacred Heart's campus, or anywhere in the Bridgeport-Fairfield area," said Craven on the topic of domestic violence. "I know this event has done well in the past. A lot of people come out to support and take the oath against domestic violence, and I'm proud to be a part of an organization that supports this."

The White Ribbon Campaign was started in 1991 by an all-male group looking to speak out and work to stop male violence against women. The Toronto-based group was propelled into action after learning about the massacre of 14 women at the University of Montreal in December of 1989.

The Delta Tau Delta White Ribbon event hosted nearly 200 people on campus in the UC Auditorium this past Friday, Feb. 23. It was run in conjunction with the Center for Family Justice of Bridgeport, CT.

It consisted of multiple speakers including school representatives, local law enforcement officials, local government officials, and more.

The President of Delta Tau Delta, Arthur Natale, spoke on the topic of domestic violence at the event, saying "We, meaning all of the people in this room, are beacons of hope to the community around us. And while it is necessary to reach as large of an audience as we can, we must realize that it is the people in the shadows that most desperately need our help."

The event is a part of Delta Tau Delta's local philanthropy, which is raising awareness against domestic violence and sexual assault.

According to the Center for Family Justice's website, one in four women and one in six men are sexually abused in their

lifetime, and in 80 percent of cases the victim knows their attacker.

Regarding instances of domestic abuse, one person in the U.S. experiences abuse every nine seconds. One in four women have experienced severe physical violence by an intimate partner, and one in four victims of intimate partner violence are gay, lesbian, transgender or queer.

The Center for Family Justice's mission statement focuses on breaking the cycle of abuse and violence by providing services that create hope, restore lives, and drive social change through education and community collaboration.

Other speakers included Dr. John Petillo, President of Sacred Heart University, Fairfield Police Chief Gary MacNamara, and a survivor of domestic violence who wished not to be named for the safety of her family.

"To have a victim of domestic abuse with the strength to come speak and inform us about what she has been through and what she has overcome was truly an act of bravery," said Ashley Thomas, a sophomore who attended the event.

Chief MacNamara expressed support for the campaign by launching a new social media hashtag, #MenCareToo, to promote male awareness of female abuse in Fairfield and neighboring communities.

"It's heartening to see such a great turnout for an event that focuses on such an important issue," says Matt Devito, Vice President of Delta Tau Delta. "This is something that is much bigger than any individual member of our fraternity, and to see other people come to participate is great because it takes the combined effort of everyone involved to hopefully one day end this abuse."

For more information on The White Ribbon Campaign or Delta Tau Delta's local philanthropy, contact fraternity president Arthur Natale (natalea61841@mail.sacredheart.edu), philanthropy chair James Craven (cravenj5@mail.sacredheart.edu), or Center for Family Justice CEO and Executive Director Debra Greenwood (didonatod@mail.sacredheart.edu).

News

College Parties, Hookups and Happiness Colloquia

BY COLE BRUNI
Staff Reporter



LAUREN LOWTHER/SPECTRUM

SACRED HEART UNIVERSITY HED A COLLOQUIUM ON COLLEGE HOOKUPS, COLLEGE PARTIES, AND HAPPINESS. DR. JENNIFER BESTE SPOKE ABOUT HER EXPERIMENTS.

On Feb. 21, Sacred Heart University held a colloquium titled “College Parties, Hookups, and Happiness: What College Students Really Think.”

The discussion was hosted by the Department of Catholic Studies and featured author Dr. Jennifer Beste, Professor of Theology and Koch Chair in Catholic Thought and Culture at the College of St. Benedict.

Dr. Beste began by explaining experiments that she had organized utilizing students as her researchers. She sent them off to study the party habits of schools spanning 7 states, and then used that data to find the correlations between student perceptions of parties and hookups versus their realities.

What Dr. Beste found was that, while a minority of people were happy with things as they are, 9 out of 10 students didn’t enjoy the aspect of the “party scene.”

When her research students asked if a subject was truly happy, only 15 percent gave back a definitive yes answer. Many binge drank and acted promiscuously as a means of fitting in, rather than for enjoyment.

“I know that I may not be happy all the time,” said sophomore Robert Glidden. “Parties are just a great way to take your mind off of things for a while.”

Dr. Beste explained that as part of her study, she posed a question to students: what would it be like to meet Jesus at a college party?

The exercise was meant to make the subject think about what it means to be truly human. She proceeded from there to talk about the similarities between the way college culture views parties and the three temptations of Jesus in the Bible.

Another main point of her talk was about the necessity of self-love. Dr. Beste talked about the importance of accepting one’s qualities, even if they aren’t exactly perfect. She talked about how students hunt for perfection, when in reality humans are imperfect beings.

Dr. Beste ended the program with a chart outlining the pros and cons of party culture today, especially noting how students today dread showing emotions. This stems from an intrinsic fear of appearing weak to their classmates, and being ostracized.

“I was thrilled to see so many students attend Dr. Beste’s colloquium,” said Dr. Michelle Loris, chair of the Catholic Studies Department. “Her work on the college hook-up culture is very important. Her work, which is based upon undergraduate student accounts of the college social and sexual culture, shows the dehumanizing effects of the hook-up culture, and presents, as counter to the hook-up culture, what constitutes more authentic sexual freedom, happiness and fulfillment.”

World News: Here’s What You May Have Missed

BY ALEXA BINKOWITZ
Editor-in-Chief

Kentucky, United States

Over the weekend, powerful storms destroyed properties and delivered heavy floods to the central and southern United States. Four people have died as a result of the storm, which included severe thunderstorms, high winds, and tornadoes.

In Kentucky, two men were found dead in cars that appeared to have been swept away from flooded roadways. Also in Kentucky, a woman died after a tornado struck her home. In Arkansas, a man was killed after his trailer home was blown into a pond.

Meteorologists expect another storm system to sweep across the Mississippi Valley and reach the Ohio and Tennessee Valleys later this week. Flood warnings and advisories are still in effect in the central and southern United States, including some areas of Indiana, Kentucky, Missouri, Ohio and Tennessee.

Parkland, Florida

On Feb. 14, 19-year old Nikolas Cruz stormed into Marjory Stoneman Douglas High School in Parkland, Fla. shooting and killing 17 people.

Cruz used an AR-15 rifle, shooting in the high schools “Freshman Building” for six minutes.

Cruz arrived at the school via Uber, wearing a Stoneman Douglas ROTC polo shirt, and fled the scene disguised by the crowds of students running out of the school buildings. Cruz then went to a nearby Subway and then to a McDonald’s, until he was arrested nearly a mile away from Stoneman Douglas. Cruz is now in jail and is charged with 17 counts of premeditated murder. He is currently awaiting trial. According to Broward County police and people close to Cruz, he was reported to the police numerous times for aggressive behavior and for inappropriate comments and posts on social media, but almost none of those tips were acted upon by the sheriff’s office of the FBI.

Since the shooting, survivors of the ordeal have taken to social media demanding gun reform and control. Specifically, Stoneman Douglas students Emma Gonzalez, David Hogg, Cameron Kasky, Sarah Chadwick, and Jaclyn Corin have accumulated hundreds of thousands of Twitter followers, have appeared on CNN and the Ellen DeGeneres Show, and have organized the #NeverAgain and The March for Our Lives movements. Multiple companies and business have stopped their partnerships with the National Rifle Association (NRA) in support of the gun control movement. The investigation on the shooting is still progressing.

Syria

The Damascus suburb of eastern Ghouta in Syria suffered intense bombardment on Sunday, Feb. 25. Syrian forces backed up by Russian warplanes dropped multiple bombs, killing hundreds of people within days.

More than 520 people have been killed and 2,500 wounded since the bombing began last week. The Syrian regime is targeting terrorists inside the suburb, but the rebel groups

in the area have been firing mortars, causing dozens of deaths and injuries. The United Nations voted in favor of a resolution to the hostility, calling for a 30-day ceasefire.

Papua New Guinea

Authorities in Papua New Guinea are assessing the damage after a magnitude-7.5 earthquake struck the Pacific country early Monday.

The US Geological Survey said the quake hit at 3:45 a.m. local time (12:45 p.m. ET Sunday) near Porgera, northwest of the capital Port Moresby. It was 35 kilometers deep.

It estimated that the quake could have been felt by more than a million residents, with approximately 40,000 exposed to “violent” shaking. The Pacific Tsunami Warning Center said that a destructive Pacific-wide tsunami was not expected.

Pyeongchang, South Korea

The 2018 Winter Olympics have come to an end in Pyeongchang, and the American team will return home with 9 gold medals, 8 silver medals, and 6 bronze medals for a total of 23 medals. However, the Norwegian team came out on top, bringing home a total of 39 medals, 14 gold, 14 silver, and 11 bronze.

The Associated Press contributed to this article



KEY	
Color	TITLE NAMES
●	KENTUCKY
●	PARKLAND, FLORIDA
●	SYRIA
●	PAPUA NEW GUINEA
●	PEYONGCHANG, SOUTH KOREA

Perspectives

Is Pizza Healthy?

SHE SAID

GIOVANNA..



As an avid health nut with a fried food soul, I find this week's topic very appetizing.

Pizza is the Italian staple that has been Americanized into our country's weekly diet. You can top it with what you want, slice it up and share with some friends. However, is this classic Friday night meal healthy?

While this can be answered simply by pulling up the nutrition facts, I believe that it is possible to make a healthy pizza. Now, I will stop myself there because I am sure you are already thinking, "Make a pizza healthy? Why in Paula Dean's name would you make anything so indulgent healthy?"

So I am kindly asking you to sit back grab a slice and explore all of the options when it comes to enjoying pizza.

Traditionally, pizza is topped with tomato sauce and cheese... lots and lots of cheese. While, tomatoes are packed with vitamin C and cheese is a great source of calcium, the fat content weighs out the health benefits. That being said, traditional pizza does not provide you with the nutrients that you would need to successfully hit your daily green goal. I am sorry, I know that the facts can be painful.

Yet, a solution to this would be to experiment with making your pizza! Alternate pizza crusts and toppings could make this classic treat a go to meal that will up your health game.

A popular Pinterest recipe is a homemade cauliflower crust. If you are too lazy to make the crust yourself, the holy land that is Trader Joe's has a frozen option that will still let you top the pie with anything you like.

If you don't want to stray from a traditional pizza crust then toppings are the way to up your game. After your crust of

your choice is prepared and ready to be topped, it is time to pack on the veggies! Spinach and ricotta cheese is one of my favorite options. A great way to change this up is to buy fat free ricotta and be very liberal with the spinach! Personally, I like white pizza best, but adding some tomato sauce too will bring in the traditional pizza style while sneaking in some extra veg.

Now that you know some new ways to bake a pizza that your body will thank you for, it is time throw out all of my health knowledge and defend the greasy goodness.

Pizza is not just a meal, it is a snack, is a 3am treat and most importantly it is breakfast, especially after a night of chilling in the refrigerator.

For many years I embarrassingly bloated my pizza by crumpling up a handful of napkins and patting away all of the flavor goodness that dripped from my pie. However, I have recently returned to motherland and I am now loading up on my pizza grease and all of the health benefits that come with it.

Pizza has a very important place in my heart. While, it is one of my favorite foods, it is also the food of my heritage. Recently, I took a DNA test and discovered that I am 72.5% Italian.

So, denying pizza as an important element on the food pyramid would just be wrong. However, the other 27.5% knows that my health is important and that greasy food is not a way to love my heart... but is a way to love my soul.

So eat that 6th slice. Whether it is jam packed with veggies or dripping with grease, take a slice and remember that there are some nutrients in there... somewhere.

HE SAID

ANTHONY..



History has spawned some great debates for humans to dive into. There's the issue of pro-life vs. abortion, the topic of where we all come from, and much more. However, there is perhaps only one question that will never have a final answer: is pizza healthy?

This one gets me good, particularly because I never really had a true stance on it...until now.

When we came up with this question as a 'he said/she said' topic, I knew it would be good. There's no way that everyone would feel the same on it, and yet those who have an opinion on the matter seem to feel their opinion is the only option. Very well. We're here to keep the debate going.

Okay. Now that my long, borderline pointless introduction is coming to a close, let's get to business.

My official take on the matter is that I think pizza is healthy. You've got bread, tomato sauce, and cheese. Are there artificial products in some of those ingredients, depending where you go? Maybe. Will any such artificial ingredients kill you? Unless it was made with seriously contaminated water, century old tomatoes and cheese from a poisoned cow, I doubt it.

Don't get me wrong—I have nothing against healthy foods. Food is food. If it's good, I'm going to appreciate it. That's why I'm definitely not on the side of the aisle that attempts to claim pizza isn't a healthy food.

Another great thing about pizza is that it's a natural moneymaker. Whether by way of a pizza shop business, or by monetization through appreciation, people can make some good money off it.

As a recent example of a pizza success story, let's take a look at the President and Founder of Barstool Sports, Dave Portnoy. Also known as "El Pres" or "Davey Pageviews," Portnoy lives up to the latter

nickname by creating some of the internet's most hilarious and creatively satirical content, in my opinion. One of his more recent ventures has been exploring the pizza review game. Since relocating from Boston to New York, Portnoy has vowed to try every slice in New York, and he's been trying at least one from a different place every day for the past couple of years. It's part of a video series called "One Bite with Davey Pageviews," and he stated in an interview with Men's Health magazine that he's even lost weight during this tenure of daily pizza reviewing. Who would've guessed that? Definitely not the pizza cynics.

Now, admittedly, I would agree with one if one were to say that a diet of pizza couldn't possibly lead to weight loss. However, only one slice per day? No problem. If I stuck to a generally clean diet and threw in one slice of pizza each day, I'd still feel like Hercules. (I do, however, eat way too many chicken wings and cheeseburgers to achieve such status in the foreseeable future, but that's another story.)

Basically, pizza in moderation is 100% healthy to me. That implication of moderation just goes for anything, in my mind. I'm sure if you eat a certain amount of vegetables you can hurt your body.

In fact, I just researched to see if it's possible to drink too much water and found that, yes, it is. It's called water intoxication. People just aren't built for excess.

If you come across someone who tries to argue that pizza is unhealthy, dish out this argument. Say, "Tomato sauce. Bread. Cheese.... Will those ingredients kill you?" The answer is no, and your case is closed. Congratulations. You just won an argument, and at the same time probably gained the perfect motivation to go get a slice of pizza.

WHAT ARE YOU DOING OVER SPRING BREAK?

"I'll be heading south on a cruise to enjoy the sweet sensation of warm weather and sand between your toes. There's nothing like a little vacation in the middle of winter."

- Senior Brandon Roth



"I'm gonna go to orlando and get tanned."

- Sophomore Christopher Sause



"After spending the last three spring breaks sitting at home, going to the dentist and watching Netflix until my brain rots, my friends and I are going to Punta Cana for 5 days and I can't wait."

- Senior Danielle Guth

"I'm not really doing anything for spring break other than catching up on sleep."

- Sophomore Paxton McLane



"I'm literally staying at home."

- Junior Melanie DaSilva



"I'm going home to see my family then I'm going camping for the rest of the break. I'm also going on a mystical experience in the woods to talk to the tree gods."

- Senior George Ferris



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Perspectives

Wacky Weather: What's Causing It?

BY DEVI BRIDGEMOHAN
Staff Reporter

Despite the recent snowfall, the northeastern United States is expected to have spring-like warmth surge back in.

Students are shedding off their jackets and brining back their spring garments for the warm weather.

The results of this year's Groundhog Day showed that we'll have six more weeks of winter. With these recent weather changes, it seems questionable if our famous groundhog, Punxsutawney Phil, really did see his shadow.

The question is then raised: what's the cause of this wacky weather? Could it be global warming? Or is it because spring is just right around the corner?

"I think it's global warming because it was such a drastic change in such a short amount of time," said sophomore Rosheika Vaughan. "It shouldn't be so hot in February; it's still winter."

Recent weather reports show that the highs are in the 50s and 60s. Usually the high temperatures in Connecticut during these months are in the 30s and lower 40s, according to

rssweather.com.

This surge of spring-like warmth across the East is expected to provide temperatures more akin to May rather than the end of February.

Sophomore Nazique Eaddy even dared to challenge if the change of weather was caused by another powerful factor.

"I think the government is controlling the weather and that it was fake snow," said Eaddy. "How does this all happen? It's the government and global warming."

According to global warming statistics gathered by nasa.gov, the planet's average surface temperature has risen about 2.0 degrees since the late 19th century.

Freshman Greg Lynch offered his opinion on the possible causes of global warming.

"Global warming is caused by increased use of coal in energy creation," said Lynch.

Junior Jake Mazza attributes global warming to another classic reason.

"It's a result of the large increase in fossil fuel usage over time," said Mazza.

Global warming is a change that is heavily driven by increased carbon

dioxide and other human-made emissions into the atmosphere, according to climate.nasa.gov.

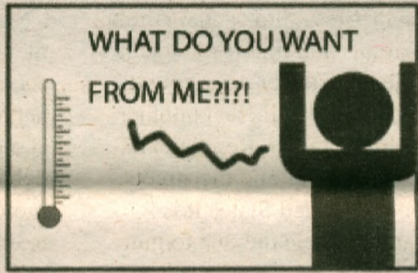
Globally, about 36.2 billion metric tons of carbon dioxide was emitted in 2016. Ironically, 2017 was among the hottest years on record, according to Scientific American. Since then, it's only been getting hotter.

2017 was just a glimpse of how intense the weather has become. Hurricanes like Harvey and Irma were some of the most devastating natural disasters in recent history.

Hurricane Harvey was a Category 4 hurricane that hit Texas on Aug. 25, 2017. According to the Natural Hurricane center, Hurricane Harvey caused \$125 billion in damage, making it the most costly hurricanes in U.S. natural disaster history.

13 million people were affected in Texas and other states like Louisiana, Mississippi, Tennessee and Kentucky. As of Oct. 13, 2017, at least 88 people have died from the storm, according to texastribune.org.

With statistics to back up a trend of rising global temperatures, we can only speculate as to how Earth's natural landscape will fare in the coming years.



Spring Break Word Search

N C X A D W G E I U S H D T T U Q I X V X Q G K T G K M H S
 X O R A X Y O L S N U X J E S Y O B X G A M C S I X Y Z H X
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 G O D F K M L H J K P M C J L Y W W P T X R V I L E A Y L B

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|----------|---------|---------|-------|----------|--------|
| AIRPLANE | COLLEGE | HOTEL | RELAX | SPRING | TRAVEL |
| BEACH | FREEDOM | MARCH | SHU | SUNSHINE | TAN |
| VACATION | BREAK | FRIENDS | OCEAN | SLEEP | |

POET'S CORNER

By Tyler Lascola
Junior

I Am (An Ode)

I am the steady beating heart,
 Indocile waves that never rest.
 I am soft-spoken at the start,
 And always seem to end up
 stressed.
 I am odd spondees made discreet,
 Mid trochees treading in re-
 verse.
 I am the foot that taps the beat,
 Beloved of pentameters.

By Kathryn Andes
Freshman

3/20/17

Peanut butter cup wrappers
 wrinkle under our thighs
 We hide under the stars
 and roll in the soft summer grass
 The moon and sky shine above
 And the fire burns bright beneath
 Hand in hand we stand by the
 river
 Looking at our tiny teenage re-
 flections
 We throw love stones into the
 water,
 And spark flames to floating lan-
 terns
 Each splash draws another set of
 sore eyes closer.
 Baiting them with your cheeky
 banter.



Do you want to see your poetry
 in print?
 Send your work to
 Giovanna Gatto:
 gattog@mail.sacredheart.edu
 with the piece, the title, and
 your class year.

Editorials

meetTHESTAFF

EDITOR IN CHIEF
ALEXA BINKOWITZ
2018

MANAGING EDITOR-EDITORIAL
GIOVANNA GATTO
2018

MANAGING EDITOR-MULTIMEDIA
BRYAN KELLEHER
2019

COPY EDITOR
ALEXA KOBER
2018

COPY EDITORS
KEELY MCCARTHY
EVE PAPA
2020

COPY EDITOR
ZACH FESTINI
2018

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Gun Violence: "We Have Met the Enemy and He is Us."

BY KEN MYSOGLAND

On a recent drive into school, my stepson and I switched from listening to ESPN and moved to CNN. Gunshots instead of jump shots. Another school shooting.

We reviewed; "Tell a faculty if you see anything suspicious...remember the kid that got expelled, if he comes back, tell the teacher immediately...text if you need anything." At the drop off, my suspicious eyes scanned the parking lot. When I arrived at work, I called the school, spoke to an administrator to confirm how secure the building was and when the new cameras were going to be put into place.

Then I asked myself, "How did we get here?"

Our grandparents had drills to prepare for air raids. As a youth, I grew up in the Midwest where we practiced protecting ourselves from tornadoes. Now we need drills for active shooters.

What is the answer? Arm everyone? Arm no one? More intensive background checks? How does one debate a Constitutional right? Can we ever fully amplify common sense? Is it the gun or the person with the gun? Is this a mental health issue or one of deviance? What role does the family play?

150,000 students have experienced gunfire on their campus since the Columbine shooting in 1999. Add to that number the faculty, parents and first responders. In each shooting since that day, wounds re-open when the news hits that another school has been the target. Remember, concerts, movie theatres and the streets.

Each day in the United States it is estimated that 96 people die due to gun violence. Embedded in that number are 7 children and teens who lost their lives. A toddler shoots someone weekly when they gain access to a firearm.

Our country now is at a crossroads. Yet, haven't we been here before? We are outraged and saddened. Traumatized and mobilizing. Unfortunately, also posturing.

We have the right to bear arms. We also have the right to be protected from

violence. One side says the problem is the gun. The other side, the person with the gun. Today is a call for vigilance

Is gun violence the result of those with a weapon who have a mental illness? Experts disagree on the answer. Peer research indicates those with substantial mental illness are more likely to commit violent acts.

One set of studies shows that 59 percent of the mass shootings that took place since 1900 were the result of a person who had either been diagnosed with a mental disorder, or showed signs of a serious mental disorder prior to the incident. Yet only one third of those individuals actually received help for their conditions prior to the attack.

If we believe mental illness is the root, do we as a society truly understand how to recognize mental illness? What stigmas are attached here? Do we know who to contact? How do we make treatment accessible and affordable to everyone?

A 2016 academic study found that only 4-5 percent of gun violence was associated with serious mental illness alone, as the single factor of the violence.

Keeping this in mind, what are the other factors which lead to these unspeakable acts? Early childhood trauma? Bullying? A dysfunctional home? Substance use?

Will race play a role in how we decide the gun debate? Is it easier to look at a shooter who is Caucasian and say the issue is one of "mental health"? What if the shooter was a person of color? Would the debate change and the act looked at as one more "deviant" in nature? It takes courage to enter into this conversation.

Does the gun debate simply center on a weapon inappropriately in the hands of a person prone to violence?

A recent poll indicated 97 percent of Americans are now in favor of establishing a universal background check. What do you think this should include? A review of all calls to law enforcement pertaining to a particular person? Perhaps a review of school records and interviews with family

members? What would you say about your neighbor if asked? You might ask how long a check would take. I can already hear the opposition. I would then ask them, how long should it take to save someone's life?

Let's talk about access. In some states you can buy a gun at 18 years of age, yet at that age you cannot legally drink in that same state. Some say 18 years old is too young.

Yet we arm young men and women when they are 18 years old to defend our country. So what if we do raise the age to 21 years? Experts say the brain is not fully developed until you are 25 years old. Are our laws inherently in conflict with science?

Listen to the gun debate. We have forgotten about gun violence in the inner cities. Why? Does socio-economic class play a role in what lawmakers feel is important?

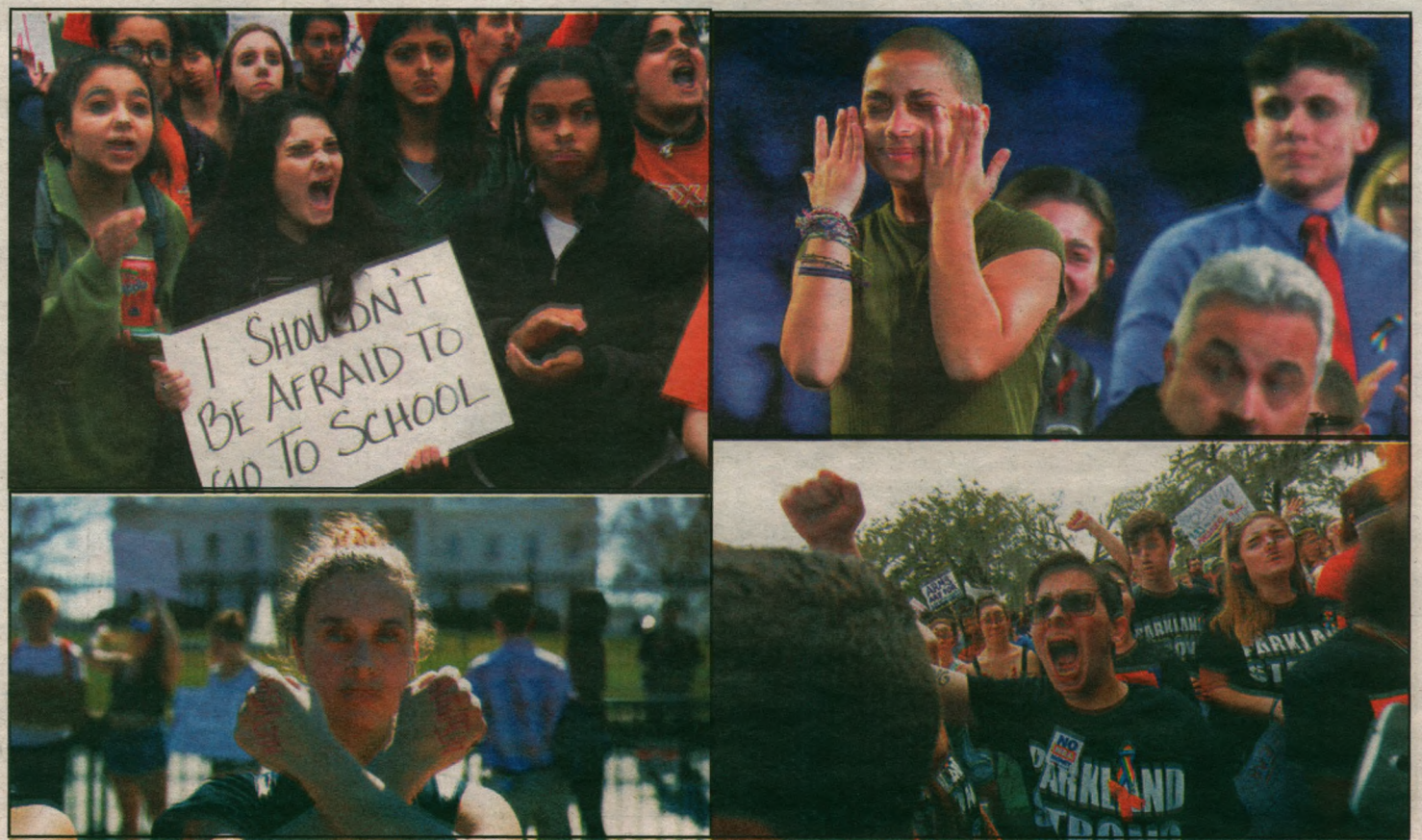
Again, courage is needed to raise this issue. Gangs have become the new families. Youth from broken homes search not to just belong in their communities, but simply to survive another day given the gun warfare which surrounds them.

In my hometown, outreach workers tell me 50 dollars can buy you a stolen gun and a box of bullets on the street. How did we get here? My Chicago Cubs won the World Series in the same year the City of Chicago experienced 762 gun-related homicides.

With heartache, this year we lost a youth to gun violence with whom I enjoyed a close relationship. What is his legacy? What is the legacy of the students, teachers, concert-goers, nightclub participants and all those victims of gun violence?

We have to solve this problem no matter what side of the debate you find yourself. Rhetoric and sound bites no longer work. "We have met the enemy and he is us."

Ken Mysogland, MSW, is an Adjunct Faculty member at Sacred Heart University who has taught Perspectives on Family Violence in the Social Work Department for the past 21 years.



The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

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Features

Tell Us Your Story: Mary-Elizabeth Sabo

BY NICHOLAS PANDOLFO
Staff Reporter

Mary-Elizabeth Sabo is a new Resident Hall Director (RHD) at Sacred Heart University in Scholars Commons, also known as J-Hill.

She has only been working here for three weeks but already has huge goals set for herself here. She not only wants to make an impact on campus, but also in the surrounding community.

On campus she loves the social aspect of Sacred Heart and wants to be involved in as much as she can. Sabo is Catholic, and loves attending church on Sundays along with all of the students.

"I wanted to go to a Catholic institution because I wanted to be a part of an institution that has the same faith and values as I do, it feels like a family," said Sabo.

Sabo is from Milford, Conn. but received both undergraduate and graduate degrees at Stony Brook University in Long Island.

For her undergrad, she double-majored in political science and theology. For graduate school, she studied higher education administration with a focus in student affairs, and her thesis was on bystander intervention and sexual assault.

She also ran a food pantry at Stony Brook because she wanted to help people that were in need.

At the start of her college career, she did not know what she wanted to do for a living.

One of the most influential reasons she wanted to work with students rose from a problem her roommate was having their freshman year of college.

Her roommate was being stalked by someone, and they even went as far as trying to run her over with their car. She went to Sabo for advice and to just talk about everything rather than going to a parent or Resident Assistant (RA) first.

After this incident, she knew she wanted to help students in need. She started by becoming an RA.

"People think that if you're in college you have it figured out, everyone struggles way more than you think," said Sabo.

She wants to advocate for people who can't talk about the hardships they go through on a daily basis, because nobody is perfect. A lot of people have a hard time due to a learning disability that nobody may know about, and she wants to help as many people as possible graduate.

"There is a common misconception that when an RA knocks on your door, you are in trouble," said Sabo. "They just want to hang out like regular people and they

want to make your life and college experience better."

Before coming to Sacred Heart, she worked at Roger Williams as a coordinator of resident education, which is similar to an RHD. She oversaw all Living Learning Communities and had an RA staff.

Her duties in Scholars Commons are to manage the facilities of the building, help the Resident Success Assistant (RSA) staff grow, select and train the new RSA's, and respond to emergency situations on campus.

"Sometimes I don't get enough sleep, but it's the best job in the world," said Sabo.

Sabo is passionate about what she does because she puts the students whom she works with before herself.

"My kids will never be able to get away with anything because I already have 500 of them," said Sabo.

Something else she is passionate about is the New York Mets; she was named so that her initials could spell out Mets (Mary-Elizabeth Theresa Sabo).

She also loves cooking and baking with her fiancé Tim, and she used to teach Sunday school at St. Mary's in Milford. This is something she says she wants to go back and start again this fall.



PHOTO COURTESY OF VICTORIA CAPUTO
VICTORIA CAPUTO, A SACRED HEART ALUMNA, GRADUATED IN 2017 AND RECENTLY RELEASED A BOOK CALLED "TRUST ME: THROUGH THE EYES OF A SURVIVOR".

Sacred Heart Alumna Victoria Caputo Publishes Book

BY OLIVIA DIGIROLAMO
Staff Reporter

On Feb. 22, the department of English held an event at Sacred Heart University for a newly published novel written by alumna Victoria Caputo.

This was held in the McMahon Commons presentation room, where Caputo read excerpts from her book "Trust Me: Through the Eyes of a Survivor."

Caputo's book is about mental illness. She informs the uninformed about the various ways to overcome mental illness through her own personal experience. The book is written from the perspective of a survivor.

Professor Sandra Young, who was once Caputo's professor, presented the introduction and welcomed her to the podium. Caputo's presentation was directed towards mental illness on college campuses. She discussed how to help friends who are struggling with mental illness and how to cope with mental illness.

"My hope and goal for today is to inspire you guys," said Caputo.

She also discussed the high dropout rates from colleges due to mental illness.

"I lost my step dad recently, and I suffer from mental illness. I came today because I can relate to Victoria and her book," said sophomore Reilly Owens.

Caputo acknowledged the stigma of people being resistant to asking for help. Caputo suggests using resources like the Wellness Center at Sacred Heart.

"I never want anyone to feel alone like I did," said Caputo.

She even offered her own email address to anyone who may need advice or have any questions.

"I know a lot of people who suffer from mental illness and I thought it would be interesting to hear about her journey," said sophomore Nicole Forest.

Caputo was diagnosed with clinical depression and anxiety when she was 13. She also attempted to commit suicide in 2013.

"I loved how open Victoria was with her own personal experiences. I learned how I could be there for someone and help them even though I may not know what they're going through," said sophomore Olivia Zwerneemann.

Caputo was open about her experiences in her book as well as at the book signing presentation.

According to the National Alliance of Mental Illness (NAMI), 50 percent of college students rated their mental health below average or poor. NAMI also reported that one in four college students were reported as having suicidal

thoughts.

"A lot of people close to me suffer from mental disorders, so this talk was very helpful and gave me a better understanding on how to help those around me who are suffering" said sophomore Olivia Bucci.

Caputo suggested qualities like being a good listener, paying attention to the ones suffering, and never telling them to get over it. She also emphasized to never be afraid to call a professional for help. An individual has a legal obligation to call a professional if they think their friend is going to hurt themselves or others.

"They say everything happens for a reason. I survived my suicide attempt for a reason, and if the reason isn't to save other's lives than I don't know what it would be," said Caputo.

Caputo concluded the night with a poem from her book.

"Through happiness, I have smiled. Through sadness, I have cried. Through loss, I have coped. Through adversity, I have overcome. Through life, I will continue to live. Through it all, I will survive," said Caputo.

Victoria's book, "Trust Me: Through the Eyes of a Survivor," can be purchased on Amazon or at the Sacred Heart Bookstore.



PHOTO COURTESY OF MARY-ELIZABETH SABO
MARY-ELIZABETH SABO IS THE NEW RESIDENCE HALL DIRECTOR FOR SCHOLAR COMMONS.

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Features

New Moo-phoria from Ben & Jerry's

BY AUDREY NIBLO
Staff Reporter

Do you love Ben & Jerry's ice cream? Do you feel guilt every time you eat the ice cream? Well, you are in luck because the ice cream company has come out with a new 'light' ice cream in several different flavors.

In a new venture, the company has joined the ranks of Halo Top, Breyers Light and Turkey Hill Light to meet the demands of their consumer base.

Other low-calorie ice cream competitors sit well above Ben & Jerry's, with their calorie ranges running from 200 to approximately 330 calories. The only other competitor that comes close to Ben and Jerry's in calorie count is Turkey Hill.

"Why change something that is already good? It is nice that they are adding something new," said senior Daniela Dessi.

In an age where staying healthy is of high importance, 'light' ice cream is a welcome alternative to the high in calorie and additive normalcies that line grocery store freezers these days.

"Ben & Jerry's light ice cream? Ew," said junior Gloria Perkins.

The company is known for offering a variety of ice cream flavors and creating new products to sell to consumers.

Just last year, Ben & Jerry's announced the Pint Slices, their alternative to an ice cream sandwich.

"I would buy any Ben & Jerry's ice cream," said sophomore Jaqueline Toback.

The company is also known for its ice creams being laden with bits and pieces of cookie, brownie, or any other decadent treat you may desire, mixed in with either chocolate or vanilla flavor.

"All of their ice cream is amazing," said freshman Mariah Concannon.

In the three-flavor line that Ben & Jerry's has released, consisting of Chocolate Milk and Cookies, P.B. Dough and Caramel Cookie fix, the ice cream giant delivers on most of the same goodness expected out of a normal pint.

The big difference between a regular pint and a light pint, is the calorie count. It has most of the same ingredients as your average carton of Ben and Jerry's ice cream, the only difference is that when it comes to Ben and Jerry's light, it's 140 calories per serving, while the regular carton runs upwards of 200 calories per serving.

"I would be willing to try their new ice cream," said senior Alyxandra Bailey. "I love having a chunky ice cream, but I often find myself buying products like Halo Top or Arctic Zero because of the health factors."

According to the Ben & Jerry's press release, "We stayed away from sugar substitutes and sugar alcohols."

By avoiding the use of particular ingredients, the company demonstrates a motivation to provide an honest product for all of their customers.

According to a review from TheImpulsiveBuy.com, "The textures of the chocolate and vanilla ice cream bases are not as creamy as regular ice cream, so when they melt, they do so cleaner and quicker. As for their flavor, the chocolate one tastes like full-fat Ben & Jerry's chocolate ice cream, but not with the same punch. The vanilla one is somewhat lacking in flavor."

If you were expecting for this new line to taste just like the standard fare that Ben & Jerry's has had for years, this may not be for you.

A review from junkbanter.com said, "Ben & Jerry's Moo-phoria is a strong launch for fans of the brand who frequently avoid it for its high fat and calorie count. All three pints are in the same tier, and each has different strengths: P.B Dough has the best mix-in, Caramel Cookie Fix has the most mix-ins, and Chocolate Milk & Cookies has the most variety."



TOP: AUDREY NIBLO/SPECTRUM. BOTTOM: BEN AND JERRY'S WEBSITE
BEN AND JERRY'S RECENTLY RELEASED NEW ICE CREAM FLAVORS THAT ARE 140 CALORIES PER SERVING COMPARED TO NORMAL OVER 200 CALORIES.

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Arts & Entertainment

Multicultural Council “Shocks” Audience with its Annual Dance Showcase



JUSTIN LOWE/SPECTRUM

SACRED HEART'S MULTI-CULTURAL COUNCIL HELD THEIR ANNUAL DANCE SHOWCASE TO PROMOTE DIVERSITY AND SOCIAL AWARENESS.

BY CRISTIN O'CONNELL

Staff Reporter

In celebration of Black History Month, Sacred Heart University's Multicultural Council presented its 3rd Annual Multicultural Dance Showcase, “Culture Shock,” on Wednesday, Feb. 21.

The showcase was hosted by three Multicultural Council Executive Board members: senior President Schilde Petithomme, senior Vice President Brittany Richards and senior Public Relations Chair Betheny Stevens. “SHU Multicultural Council promotes diversity and social awareness. We want students to feel they are a part of something, even if you are a minority,” said Richards.

The showcase featured performances by DJ Fire, Southern Connecticut State University's Caribbean Student Association and Organization of Latin American Students, Iota Phi Theta, Irish Step Dance Ensemble, a solo Scottish dancer and the Sacred Heart Dance Ensemble.

“It was a great show. It was different. Some people may not see it like so, but the big picture is that the variety of cultures in the room got to express their self and be comfortable doing so in a judge-free

room,” said senior CJ Parvelus. “We need more stuff like that on campus so those kids don't feel out of place on this campus. Overall great show and vibe.”

The Edgerton Center for Performing Arts was filled with students, friends and family ready for a night filled with dancing. The show began with music playing and dancers dancing down the aisles, waving flags representing Jamaica, Brazil, the Bahamas, Puerto Rico, Haiti, Dominica, Dominican Republic, Trinidad, Tobago and many others. Other cultures that were represented in the show included Ireland and Scotland.

“Amazing showcase of beauty, talent and love for all cultures,” said junior JT Spellman. “Truly a joy to be a part of.”

“Culture Shock” also featured poets, singers, and a fashion show put on by Southern Connecticut State University's “Face Models.” Senior Shindler Auguste sang a song in Haitian Creole called “Laglwaw,” which translates to “Your Glory.”

“It was an amazing experience on stage,” said Auguste. “The energetic vibes from all the cultures

really enhanced my performance.”

There was also a raffle during the showcase, but when the numbers were called, no one had the winning ticket. Instead the Multicultural Council got audience members out of their seats and let them dance battle it out to Cali Swag District's “Teach Me How to Dougie.”

“The importance of sharing different cultures is that it brings people together and it makes no one feel left out, it is like a family unit,” said Petithomme and Stevens. Petithomme said that is what makes “Culture Shock” so important, and it is what she wants audience members to take away from the event.

“The importance of an event like this is it gives awareness of cultures they never heard of, so they don't laugh, they won't look at us strange, and they get a little piece of it,” said Petithomme. “Basically we want to have a melting pot at Sacred Heart and let everyone know that we are one at the end of the day, no matter what the color, what the race, what the ethnicity. At the end of the day we can all come together and learn about one another's cultures.”

“Trial by Fire: Lives Reforged”

BY LINDSEY MCCARTHY

Staff Reporter

On Feb. 21, the School of Communication and Media Arts (SCMA) partnered with Vision Project to present Megan Smith Harris's Academy Award qualifying film, “Trial by Fire: Lives Re-forged.”

The screening displayed the stories of burn survivors and how they reclaimed their lives, followed by a panel discussing the film and its meaning.

Vision Project, a non-profit organization that began in 2004, works towards producing material to educate and bring awareness to various social issues through documentary photography, investigative journalism, as well as video and multimedia.

The President of Vision Project and Coordinator of Multimedia Journalism, Professor Richard Falco, expressed why he helped build this company.

“What I have realized is the business of news was changing drastically,” said Falco. “I saw it going in the wrong direction, so I made the decision to create an organization that would be a non-profit, where we could create the content that I thought was important, then publish or promote them.”

Vision Project has chosen to focus on three main topics over the next few years: healthcare, hunger or food, as well as the environment and energy.

“They're the major issues of our time,” said Falco. “Sources of information are quickly fading into this polarization, I think we consider ourselves to be content providers.”

“Trials by Fire: Lives Re-forged” follows the stories of seven different burn survivors and how they overcame the accidents they went through.

“We try to do things that will have a real impact on the world, that we've done some good for the world,” said Bill Harris, executive producer of the film.

The variations of each person's story demonstrated the journey they had to go through to get to where they are today. “[After interviewing hundreds of burn survivors, we] recognized each person's strength of character,” said Harris. “They

showed to us you can overcome almost anything.”

One of the seven stories in the film was of a young boy named Connor who tried to start a fire in his family's fire pit. The fire imploded and engulfed him, burning over 90% of his body.

He was placed into a medically-induced coma for over three months. Once he awakened, he slowly began to strengthen and heal to the point of having his life back.

Like the others who are featured in the film, Connor showed he is more than just his scars, inspiring many of those who have watched the film.

“The untold stories of these survivors is something you don't think about,” said graduate student Genesis Aquino. “You don't realize how in-depth their stories are.”

After the screening, Harris was joined by a panel of Sacred Heart faculty and spoke about what they thought and answered questions from the audience.

The panel consisted of Falco, Associate Professor of Social Work Bronwyn Cross-Denny, Associate Professor of Theology and Religious Studies Dr. June-Ann Greeley, and Interim Executive Director of the Office of Global Affairs Christina Gunther.

Each professor provided insight that specifically related to his or her field, which implemented a thorough discussion between the panel and the audience.

“It is truly inspirational,” said Greeley. “People who overcame or are overcoming unimaginable odds are living lives of hope and new-found meaning.”

Some audience members felt connected to the survivors' stories.

“We respond to the things people shouldn't have to see, but like those survivors, we live with what happened too,” said Assistant Chief of the Fairfield Fire Department Schuyler Sherwood.

Vision Project's next film screening will be about dogs assisting those with autism, and is said to be released in April for National Autism Awareness Month.



LINDSEY MCCARTHY/SPECTRUM

THE SCHOOL OF COMMUNICATION AND MEDIA ARTS PARTNERED WITH VISION PROJECT TO PRESENT MEGAN SMITH HARRIS'S ACADEMY AWARD QUALIFYING FILM, “TRIAL BY FIRE: LIVES RE-FORGED.”

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Arts & Entertainment

“God’s Plan” For Drake is to Give Back

BY MARISA TACHÉ
Staff Reporter

How would you spend almost \$1,000,000 on creating a new music video for your latest hip-hop single? Would you travel to a different country, show yourself living the life of luxury? Would you donate all the money to individuals less fortunate than yourself?

Canadian rapper Drake chose to give back in the music video to his latest hit single, “God’s Plan.”

Drake was given an exact budget of \$996,631.90 by his label for the video and decided to travel to Miami and give it away to help those in need of financial support.

“We gave it all away,” wrote Drake in the video. “Don’t tell the label...”

Some of the things Drake did was hand out stacks of cash to individuals on the street, present a scholarship check to a pre-dental student at the University of Miami, purchase full carts of groceries for families at a local grocery store, donate a check to the City of Miami Fire Department and more.

The music video to “God’s Plan” demonstrates how Drake made a positive impact through his donations to community members in Miami who are financially struggling.

Not only did Drake touch the lives of the individuals whom he directly impacted, but he has also impacted his fans who are proud of the efforts he

has made as an artist: to not just make music, but to give back and help those who are less fortunate than himself.

“I think the music video is really great. There aren’t many rap artists using their platforms to convey a positive message nowadays,” said sophomore Elija Brown. “Although there are a handful of artists who do, most of the time it’s just lyrics that glorify drugs and violence... but because it has a good beat we listen. With that being said, it’s refreshing to see someone like Drake who influences such a vast demographic of people, to promote decent works, acts of charity, and getting an education.”

Many of Drake’s fans express that they are continuously stunned by his efforts to give back and continue to create great works of music.

“Besides the fact that I think Drake is the GOAT (Greatest of All Time), I think that the fact that he spent all his money on other people says a lot about his character. There are so many celebrities and musicians out there with more money than Drake that should be doing the same thing,” said junior Patricia Anen. “Many celebrities should take advantage of the money they have and give back to others, just like Drake.”

The music video to “God’s Plan” has been trend-

ing on social media and most of his fans reactions to both the single and the video have been positive and uplifting.

“The video was so good it made me and my roommate cry,” said freshman Avi Affitto. “I honestly don’t know one person that didn’t like the video or love the song.”

According to Billboard, “God’s Plan” is the fastest single to climb to No. 1 on the Mainstream R&B/Hip-Hop Charts since 1999. With over 75 million streams in the US alone, “God’s Plan” is causing record-breaking numbers in the R&B/Hip-Hop genre.

Since the release, “God’s Plan” has consistently stayed at No. 1 on both the Hot R&B/Hip-Hop Songs and Hot Rap Songs charts.

“‘God’s Plan’ is another hit by Drake, but it is also an answer for society,” said junior Nick Simmons. “As stated in the song, ‘and still, bad things, it’s a lot of bad things,’ we live in a society where we are surrounded by bad things. Drake took the question posed to the industry on what he is going to do to give back, and made the effort to not just donate to a charity, but to physically go into the city and give directly back to the community in Miami... and that’s God’s Plan.”



DRAKE DONATED \$1 MILLION TO MEMBERS OF THE MIAMI COMMUNITY WHO ARE FINANCIALLY STRUGGLING IN HIS NEW MUSIC VIDEO “GOD’S PLAN”.

LEFT: STEPHANIE DOHENY/SPECTRUM, RIGHT: AP EXCHANGE

Round 3 of TheatreFest

BY ABIGAIL FRISOLI
Staff Reporter

“I believe TheatreFest is what makes our program one of the best in the country,” said senior Patrick Robinson, who is the New Works chair of the Theatre Arts Program.

The Princeton Review ranked Sacred Heart University’s Theatre Arts Program as the 18th Best College Theatre Program in the country. One of the reasons why the program is gaining recognition is through its celebration of new works.

TheatreFest is a yearly playwriting festival which takes place through the fall and spring semesters, and it is open to all current undergraduate students on campus.

“[Every show in TheatreFest] is completely written, directed, stage managed, acted [and] produced by undergrad SHU students,” said Robinson.

The festival consists of three rounds: The first round, “Reader’s Theatre,” focuses on script development and all of the shows are read in front of a live audience. Shows that make it through to the second round, “Black Box Staging,” are performed to a live audience with limited technical aspects and simplified sets and staging—without the use of props, costumes or a set. From there, whichever shows have shown the most growth throughout the different stages receive a budget and become fully produced productions.

The shows that go through the TheatreFest process are chosen by the Theatre Arts Program Director, Jerry Goehring. Nineteen shows were submitted this year. After “Reader’s Theatre,” nine of the nineteen shows advanced to the second round, and then two advanced to the final round: “An Immigrant’s Story” by senior John Hartnett and “Artificial Heart” by senior Edward Feeley.

Directed by Arts and Entertainment Editor for the Spectrum, senior Jordan

Norkus, “An Immigrant’s Story” tells the story of a young Irish immigrant named John as he makes the expedition from Ireland to New York in the 1800s. Focused on love, family and finding your way, this piece showcases the challenges that face those who set sail toward finding a new home.

“‘An Immigrant’s Story’ is a tale which celebrates family and determination,” said senior Zachary Lane, who plays John in the production. “An Irish immigrant comes to America with absolutely nothing other than his will and hope to make a new life for himself, while supporting his family.”

Directed by Robinson and musically directed by Steve Musitano, “Artificial Heart” is the first musical ever to be submitted into TheatreFest. The musical is adapted around the music of American singer-songwriter Jonathan Coulton, who granted Feeley permission to use his work.

“I was able to find specifics of the plot through his music,” said Feeley.

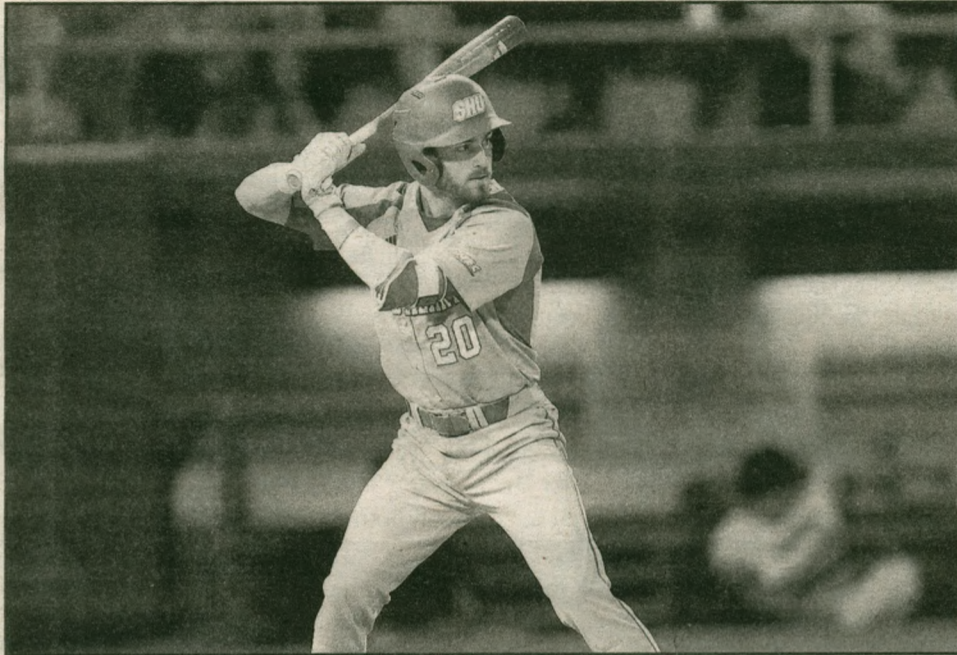
The show is a “jukebox musical”—a musical where the story is written around pre-existing songs. This story revolves around a young man named Cole who is struggling to live his life with an artificial heart, as the name suggests, and follows how he and his closest friends adapt to the new “norm.”

“Grief can make you make interesting choices,” said Feeley. “I knew I wanted to make a musical for a while, but I didn’t really think of this story until I was dealing with a death in the family.”

“An Immigrant’s Story” and “Artificial Heart” are free and open to the public, and will run the weekends of April 20-22 and 27-29 in the Little Theatre. Each production will get its own weekend.

Sports

Nick Restaino's Inaugural Season as Baseball's Head Coach Underway



SACRED HEART ATHLETICS

THE BASEBALL TEAM'S SEASON STARTED ON FEB. 23 AT NORFOLK STATE UNIVERSITY. THEY WON 9-3.

BY LAUREN LOWTHER
Staff Reporter

Nick Restaino has taken charge as the new head coach for the Sacred Heart baseball team.

He is replacing Nick Giaquinto, who had coached the Pioneers for the last 29 years. Restaino had been the Assistant Coach and Recruiting Coordinator for the Pioneers for the last three seasons.

"I had the great opportunity to learn from coach Giaquinto who is a tremendous man, mentor, friend, and leader," said Restaino.

Senior captains Cody Doyle and PJ DeFelippo are excited and optimistic about the new coach and the season.

"It has been an easy transition for us because he has been on the staff for three years," said Doyle.

Prior to coming to Sacred Heart, Restaino served many different positions in other baseball programs.

He got his start as assistant coaching at Lehman College and Manhattan College. He then went to Fordham University for 13 seasons, serving seven of them as the head coach. Lastly, he served as the hitting coach for Southern Connecticut State University (CCSU) before joining the Pioneers.

"We have a good relationship with him and he relies on the seniors to provide him with feedback," said DeFelippo. "He has had previous head coaching experience, I think he will do a really good job and we expect he will take us to new heights."

Doyle is excited to finally have the season underway. They travelled to Virginia to play three games during the weekend of Feb. 23-25.

The season officially

began on Friday, Feb. 23 as they took on Norfolk State University. The Pioneers won the season opener 9-4. While on the Virginia road trip they faced Stony Brook University on Saturday but were unable to secure a win, falling 7-6. They lost to Iona College on Sunday, 6-5.

As the transition into his role as head coach of the Pioneers continues, Restaino is focusing efforts on specific aspects of the game for the 2018 season.

"We are going to focus on three main areas which are pitching, defense and hitting," said Restaino. "If we can do all three well, we can expect to win a lot of games."

He has a lot of confidence in the team's ability to succeed on the field this season.

"I think we have best catcher in the league in Cody Doyle," said Restaino.

Doyle led the Northeast Conference in throwing out base stealers, having a 53.3 percentage in 2016. He had 35 starts during the 2017 season, had a .266 batting percentage and a career-high 17 runs batted in (RBIs).

With the new season, new freshmen are added to the team's roster. For the 2017-2018 season 10 freshmen are in the lineup.

"I don't know if we are deep in experience, but we are certainly deep in leadership with DeFelippo and Doyle serving as captains," said Restaino.

DeFelippo has accomplished a lot for himself and the team. In 2017, he was Northeast Conference (NEC) Player of the Year. He also led the team with a .315 batting average, 44

RBIs, a .443 slugging percentage and a .396 on base percentage (OBP).

DeFelippo feels really good about the team chemistry this year.

"Everyone gets along really well. There is a lot of respect between the players and coaches," said DeFelippo.

The Pioneers have two rivals who they will be keeping a close eye on this season. Last season, Central Connecticut State (CCSU) won the NEC title for the 2016-2017 season, while Bryant University won the NEC title during the 2015-2016 season.

"Both teams have been very successful. They have strong talent and coaching staffs," said Restaino.

Alongside team goals, DeFelippo also has a personal goal set for himself as a senior.

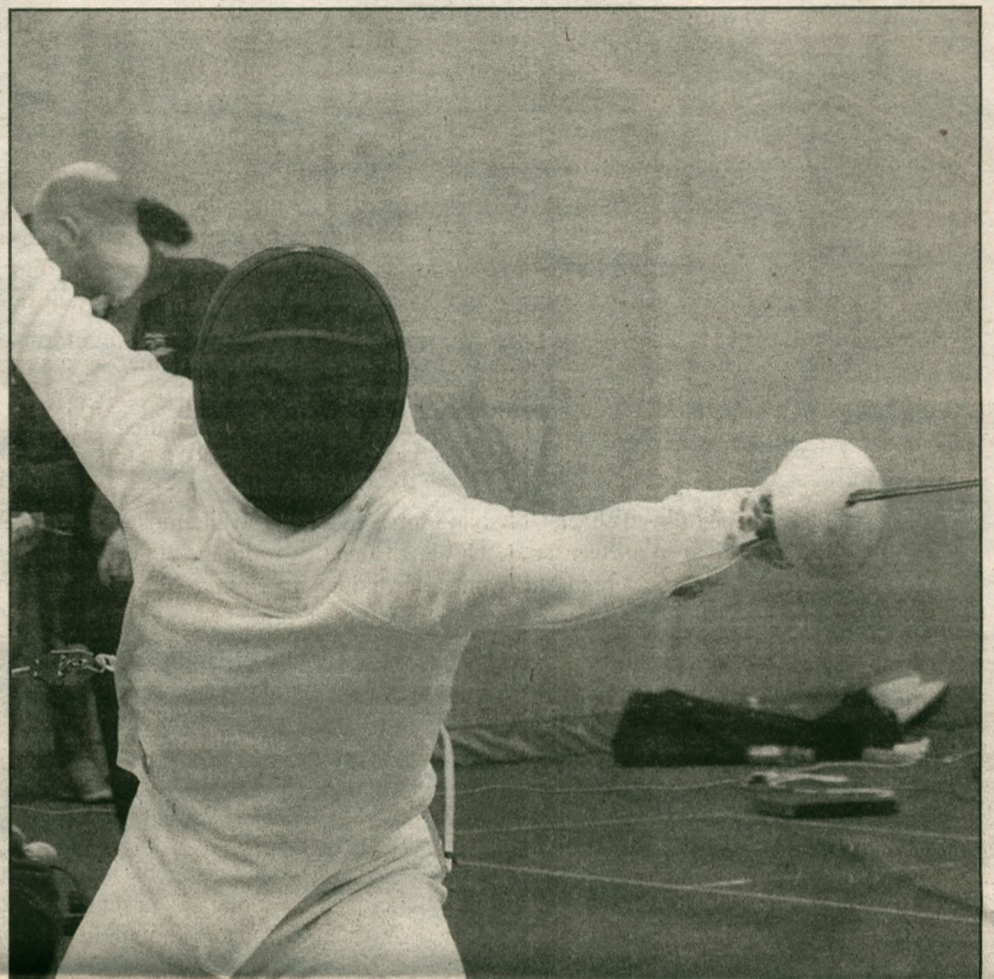
"Definitely want to walk out of here with a NEC Championship ring," said DeFelippo.

Restaino has a lot of faith in the team's ability to succeed this year and is excited about the season.

"We need to have a winning record, qualify for the tournament, and then take home the championship," said Restaino. "It's important to not only develop the players on the field but also through the classroom, community service and being strong individuals off the field."

The Pioneers will travel to Baton Rouge, La. this weekend as they take on Southeastern Louisiana University, the University of Toledo, and the 23rd ranked team in the country in Louisiana State University.

Fencing Competes at NEIFC Championships



SACRED HEART ATHLETICS

THE SACRED HEART FENCING TEAMS TRAVELED TO SOUTH HADLEY, MASS. ON SATURDAY FEB. 24 FOR THE NEIFC CHAMPIONSHIPS.

BY CHRISTIAN RODRIGUEZ
Staff Reporter

The Sacred Heart University women's fencing team finished in second place and the men's team finished in third at the NEIFC Championships at Mount Holyoke College complex in South Hadley, Mass. on Saturday, Feb. 24.

Junior epee fencer Dante Centeno had high ambitions going into the tournament, which was to come home with the first-place medal.

"The main goal I have going into the NEIFC tournament is coming home with the gold medal," said Centeno. "After coming in third last year and losing by one touch, it motivated me to work even harder to get to the goal I've been working for. Practicing hard every day, I feel that I have a good shot at getting it."

Head coach Yury Molchan, who is in his second season at Sacred Heart knows that this is a perfect tournament for the team to win titles in preparation for the regional tournament which takes place on March 11.

"I know this an important tournament for the university because we will be competing against other teams in the Northeast Conference and we will fight for the title," said Molchan.

Men's fencing was tied for first in the squad competitions in the epee and foil squad events and seventh in the saber squad event. As a team total, the men's fencing team won 65 of its 88 bouts falling behind second place Massachusetts Institute of Technology (MIT) with 67 victories and first place Vassar College with 72.

Centeno was the best placed epee event finisher for Sacred Heart finishing in fifth place and right after him in sixth was freshman epee fencer, Nicolo Cerninara.

The two fencers from Sacred Heart who walked home with medals were, from the men's team, freshman foil fencer Lucas Wetmore and from the women's team, freshman epee fencer Daria Rudakova who both earned a bronze medal.

Rudakova missed the finals falling short in the semifinals by one touch in a 15-14 decision to Rose Husley-Vincent of Vassar College. In the other events, junior Hasoni Austin finished in fifth-place in the saber event and senior Bailey Patridge finished sixth in the foil.

The women's team was able to record a team total

76 wins out of 112 bouts falling second to MIT's 93 wins out of 112 bouts.

The fencing team is also looking ahead in their season as they're seeking to get some of its fencers into the National Collegiate Athletic Association (NCAA) Championship via qualification at the regionals tournament.

"We will bring 18 people for this tournament in Boston, nine women and nine men," said Molchan. "There are three spots open for the women to qualify for the NCAA championship at the regionals and two spots for the men's side."

The NCAA Northeast regional tournament will take place on March 11 at Brandeis University in Waltham, Mass. where the fencers are looking to extend their season into the national tournament.

"Hard work and consistency is the main thing I believe will be needed. Working hard from the first match all the way to the last will be a must do, winning every match and being consistent is also a must. I've faced all the same people throughout the season, and I am going into regionals feeling very confident," said Centeno.

Sports

Track & Field Finishes Indoor Season

BY NORANOEL NOLAN
Staff Reporter

The Sacred Heart University men's and women's track and field teams traveled to Staten Island, N.Y. on Feb. 16 and 17 to compete in the Northeast Conference (NEC) Championship.

The women's team was just shy of taking home the NEC title for the fifth year in a row. The Pioneers finished the championship in second place with a total of 106 points, falling three points shy of Long Island University (LIU). As for the men, they placed sixth out of eight teams in the meet, with a score of 66 points.

Major contributors for the women's team were graduate student Akuadasuo Ezenyilimba, and seniors Kate Svensen, Lindsey Lucas, and Tara Connelly.

Ezenyilimba, a thrower, won her first NEC individual title by more than one meter, firing her best throw of the season of 18.40m. She was followed by teammate, senior Jenna Rothermel, who took home the silver with a personal best of 17.23m. Both Ezenyilimba and Rothermel had Eastern College Athletic Conference (ECAC) qualifying throws (16.40m).

On the track, Svensen won the Most Outstanding (Distance) Track Performer, as she claimed her first career wins in the 3000 and 5000-meter run. She stopped the clock with a time of 10:02.82 in the 3000, and 17:20.03. in the 5000. In the 3000 meter, Lucas followed close behind earning the silver medal crossing the finish line at 10:04.95, while Connelly took the bronze finishing in 10:07.47.

That moment was one of head coach Christian Morrison's favorite and most memorable of the championship. The trio of Svensen, Lucas, and Connelly swept the 3000-meter, accomplishing what no other Sacred Heart women have done in program history.

"It's very rare for one team to sweep the medals in any event," said Morrison. "We've only done it once before. Our men swept the 60-meter hurdle medals in the 2011 indoor championship."

There were some stand out performances by the men's team as well, including athletes placing in multiple events during the championships.

Senior Trevor Guerrero repeated his 2017 indoor performance, earning two individual titles in the 800-meters and the mile. Guerrero also ran the mile leg of the 5th place distance medley relay and a leg on the 6th place 4x400 relay.

Senior Michael Kearns and junior Christian Turner also placed in two events at the meet. Kearns placed 3rd in the weight throw and shot put. His best mark is currently 15.92 meters. Turner took 6th in the shot put with a best throw of 14.64 meters and 5th in the weight throw with a best mark of 14.71 meters.

With a close loss to LIU, the Women's track and field team is determined to win the

outdoor NEC Championship in the spring.

"Coming off of this past championship, it is definitely disheartening that we did not win," said Connelly. "We've won the past four years, however I know every girl gave it their all and brought positive energy to the arena. We will take this loss as a learning experience and get ourselves fired up to win Outdoor NECs."

The Pioneers will compete next at the Eastern College Athletic Conference (ECAC)/ Intercollegiate Association of Amateur Athletes of America (IC4A) Indoor Track & Field Championship. The teams will travel to Boston College for the meet on March 2-4.



TREVOR GUERRERA, SENIOR, EARNED TWO INDIVIDUAL TITLES IN THE 800-METERS AND THE MILE.

Lebron vs. Laura Ingraham

BY KENDALL GREGORY
Asst. Sports Editor

On Feb. 16, Fox News journalist Laura Ingraham attacked LeBron James on live television for his and other professional basketball player's political opinions. This segment on Fox was called "Jocks on Politics." She most notably told James to "shut up and dribble."

"No matter how far you have come as an African American man or female, someone will always try to figure out a way to let them know that you are still beneath them," said James.

Kevin Durant joined James to do a segment for James' all-digital sports programming network, UNINTERRUPTED. This network is done through YouTube and features podcasts, documentaries, and videos that are done through the perspectives of professional athletes. The specific series that Durant and James voiced their opinions about the social injustices going on in America is called "Rolling With The Champion."

Cari Champion conducted the interview with James and Durant as she drove them around Akron, Ohio. Champion is a journalist who has worked for the Tennis Channel and ESPN2's First Take. She is currently an anchor for SportsCenter.

James' comments come in the wake of social injustices, especially racism, stemming from The President. James and Durant, both professional basketball players, have used their platform as some of the top professional athletes in America to speak out against these social injustices.

"When you have a platform like this, that's when you give your two cents and maybe even more than that," said James.

Durant, a small forward for the Golden State Warriors, agreed that their platforms allow them to speak up and represent those that cannot.

"My voice is a little bit stronger than it was before," said Durant. "Now I need to start thinking about stuff that empowers and affects people in a great way."

Ingraham was not a fan of what the two basketball players and Champion had to say. She claims that James' "ignorant" comments are due to the fact that he left high school a year early in order to join the National Basketball Association (NBA).

"Must they run their mouths like that? Unfortunately a lot of kids and some adults take these ignorant comments seriously," said Ingraham. "It's always unwise to seek political advice from someone who gets paid \$100 million to bounce a ball."

Ingraham's comments came just before the NBA All-Star weekend. Her remarks became one of the biggest story lines associated with James that weekend.

"I wish she had fact-checked because I did graduate high school," said James in an interview posted by Sports Illustrated. "The best thing she did was to help me create more awareness."

Despite being a professional basketball player, James still deals with racism. In May of 2017, James' Los Angeles home was vandalized. Someone had written a racial slur on the front gate to his house.

"I shouldn't be numb to the racist comments," said Champion. "I shouldn't be numb to the behavior."

The head coach of the San Antonio Spurs Gregg Popovich, was the latest to speak out on Ingraham's comments. In a pre-game interview on Feb. 25, Popovich explained that no one can tell a person who, what, or when to talk about a topic that matters to them. This came before the Spurs' matchup with James and the Cleveland Cavaliers.

"He should continue to speak out on social issues," said Popovich. "He possibly has more impact off the court."



CLEVELAND CAVALIERS' LEBRON JAMES (23) DRIVES PAST SAN ANTONIO SPURS' KYLE ANDERSON IN THE SECOND HALF OF AN NBA BASKETBALL GAME IN CLEVELAND.

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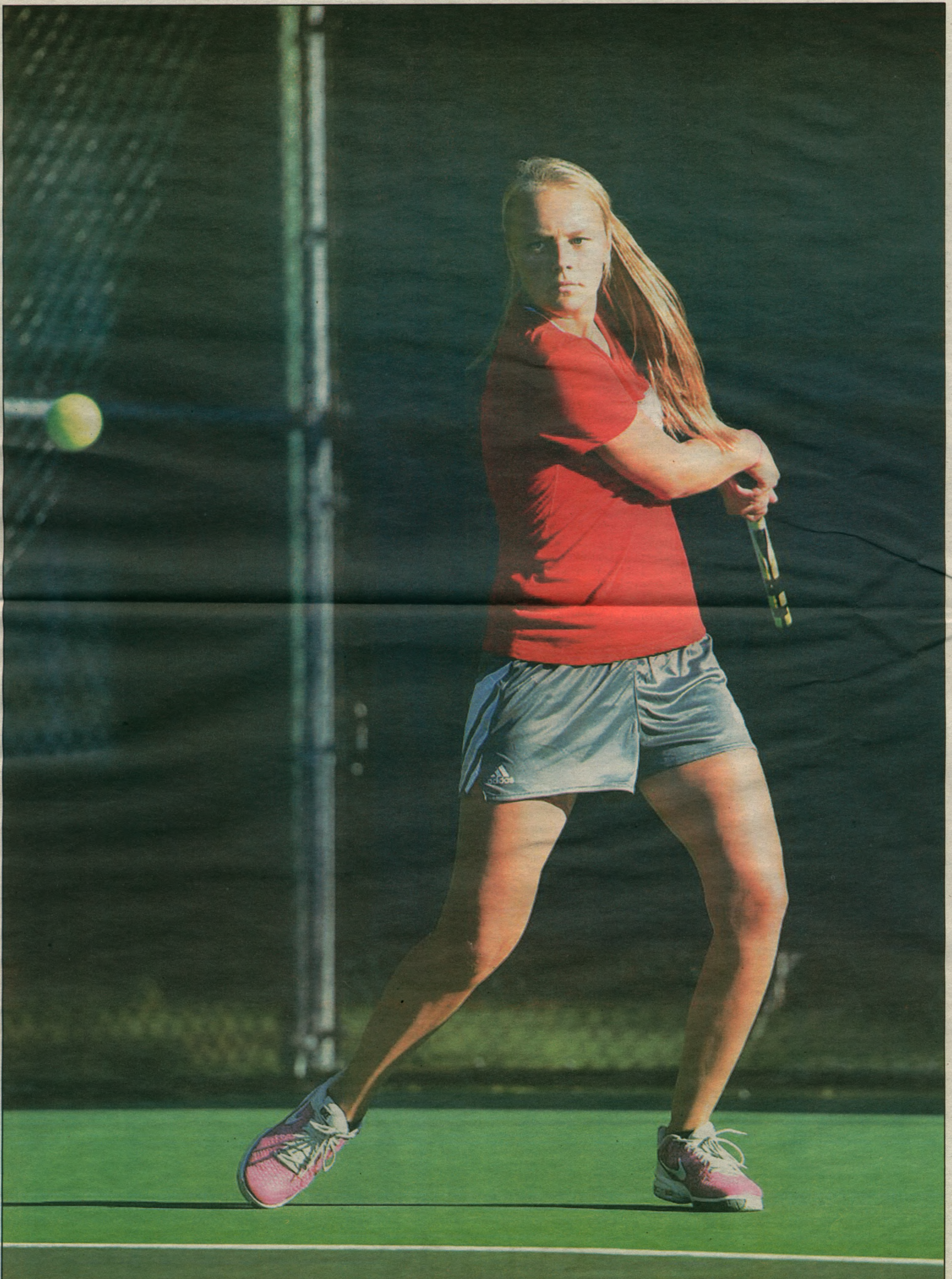


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Sports



SACRED HEART UNIVERSITY ATHLETICS
THE SACRED HEART UNIVERSITY WOMEN'S TENNIS TEAM FELL 6-1 TO SIENA ON FEB. 10 AFTER TAKING A 6-0 VICTORY AT DOUBLES ONE AT THE START OF PLAY. PICTURED: OLIVIA PODSIEBSKI, JUNIOR.