School Shooting in Parkland Sparks Conversation about Gun Control

By Evan Denney
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 shooter was identified by 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 care 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 mistakes.

"My reaction was one of sadness and frustration that so many young people were slain by this individual like this was allowed access to such a deadly weapon. When I heard that law enforcement had him under surveillance and yet he went home many times and still didn't prevent him from owning this weapon, I just couldn't believe it," said Gary Rosner, the Director of the Department of Government, Politics and Global Studies at Sacred Heart.

"We are looking for our political and professional leaders to show uncommon goal in the scope of this critical matter. The words 'ac- commodation' and 'compromise' should be considered in the thinking of all politicians. Everyone must be ready to change to the common good to protect the inno-

Delta Tau Delta Hosts White Ribbon Campaign

By Neil Grasso
Staff Reporter

James Craven sits in the Sacred Heart University computer lab, reciting lines to his speech and preparing papersheets at a desk. As the philanthropist chair for Delta Tau Delta and 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.

"If this event has done well in the past. A lot of people come out to support the cause 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.

"It's such a difficult topic to ana-
lyze ourselves across 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 procedures in order to ensure the community will be able to respond appropriately in the event of an act of violence on campus. These processes include the Silent Witness Program for reporting suspicious matters, the Sacred Heart University Center for Family Justice's mission statement for focusing on breaking the cycle of abuse and violence and providing services that create hope, restore lives, and drive social change through education and community collaboration.

President of Delta Tau Delta. President of Delta Tau Delta, Arthur Natale, spoke on the topic 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.

"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 needed in today's world."

"We must continue to discuss this issue in terms of politics, on the ground level and work to stop male violence against women.

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

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 beacon of hope to the community around us. And while it is necessary to be a voice to as many people 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. Featuring instances of domestic abuse, one person in the U.S. experiences abuse every nine seconds. One in four women has experienced severe physical violence by an intimate partner, and one in four adultimate 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.

For more information on The White Ribbon Campaign or Delta Tau Delta's local philanthropy, contact philanthropy chair President James Craven (cravenj5@mail.sacredheart.edu), or Center for Family Justice CEO and Executive Director Debra Greenwood (didonatoj@mail.sacredheart.edu).
College Parties, Hookups and Happiness Colloquia

BY COLE BRUNI
Staff Reporter

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 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 terrorising 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.
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Peyongchang, South Korea

The 2018 Winter Olympics have come to an end in Pevyongchang, 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

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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 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 weights 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 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 masking 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 to throw out all of your health knowledge and defend the greasy goodness. Pizza is not just a meal, it is a snack, a 3am treat and most importantly it is breakfast, especially after a night of chilling in the refrigerator.

For many years I enthusiastically boasted my pizza by crumbling up a handful of napkins and pasting away all of the flavor goodness that dripped from my pie. However, I have now returned to mother loaded sauce 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 or 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 just packed with veggies or dripping with grease, take a slice and remember that there are some nutrients in there... somewhere.
Wacky Weather: What's Causing It?

By Devi Bridgemoohan
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 bringing 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 Nazique Eaddy.

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 automobile usage over time," said Mazza.

Global warming is a change that is affecting every aspect of our natural landscape. From rising global temperatures, we can only speculate as to how Earth's natural landscape will fare in the coming years.

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

Connecticut during these months are the highs are in the 50s and 60s. Rodicko Vaughan. "It shouldn't be so warm in February; it's still winter."

Recent weather reports show that 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.

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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.

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Globally, about 36.7 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 National 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.

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February 28, 2017

The Sacred Heart Spectrum

Editorials

**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...and 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 date, wounds re-open when the news hits that another school has been the target. Remember, concerts, movie theaters and the streets.

Every 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 recent report indicated 97 percent of gun deaths are 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.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum is a member of the Student Press Law Center and will protect the identity of anyone who requests it. As a youth, I grew up in the Midwest where we practiced protecting ourselves from tornadoes. Now we need drills for active shooters.

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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.
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 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 know, 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 oversees all Living Learning Communities and has 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.

A lot of people have a disability that nobody may know about, so that her initials could be helpful and give me a better understanding on how to help those around me who are suffering,” said Sophomore Olivia Bucci.

Sabo 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 it all, I will survive,” said Caputo.

Caputo’s book, “Trust Me: Through the Eyes of a Survivor,” can be purchased on Amazon or at the Sacred Heart Bookstore.

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 Keily Owen.

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 Zwememann.

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,” said Victoria Caputo, a Sacred Heart Alumna, graduated in 2017 and recently released a book called “Trust Me: Through the Eyes of a Survivor.”
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.

“I would buy any Ben & Jerry’s ice cream,” said sophomore Jaqueline Toback.

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.

“All of their ice cream is amazing,” said freshman Mariah Concanon.

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-phony 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.”
Multicultural Council

"Shocks" Audience with its Annual Dance Showcase


The showcase was hosted by three Multicultural Council Executive Board members: senior President Schmide Petithomme, senior Vice President Brittany Richards and senior Public Relations Chair Betheney 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 Parveus. "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 Parveus. "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 "Lagwa Wi," 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 Doogie."

"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 you 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."

"It was a great show. I hope to see more events like this in the future," said senior Vice President Schmide Petithomme.

"This has been a great experience," said junior JT Parveus.

The Multicultural Council got everyone not only dancing but also to new-found meaning.

"People who overcame or are overcoming unimaginable odds are living lives of hope and new-found meaning," said Assistant Chief of the Fairfield Fire Department Schuyler Sherwood.

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 should have to see, but like those survivors, we live with what happened too," said Assistant Chief of the Fairfield Fire Department Schuyler Sherwood.

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BY CRISTIN O'CONNELL
Staff Reporter

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 us to 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 Brewnyn Cross-Denny, Associate Professor of Theology and Religious Studies Dr. June-Am Greesey, 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.

Multicultural Council's next film screening will be in April 2018, and is said to be released in April for National Autism Awareness Month.
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 your self 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 traveled 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 Elia 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 trending 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 Afflitto. “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.”

### 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 Theater,” 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 Theater,” 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.
Nick Restiano’s Inaugural Season as Baseball’s Head Coach Underway

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

BY LAUREN LOWTHER Staff Reporter

Nick Restiano has taken charge as the new head coach for the Sacred Heart baseball team. He is replacing Nick Giaguinto, who had coached the Pioneers for the last 29 years. Restiano 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 Giaguinto who is a tremendous man, mentor, friend, and leader,” said Restiano. Senior captains Cody Doyle and DJ DeFilippo are excited and optimistic about the new coach and the season.

“We have had an easy transition for us since he has been on the staff for three years,” said Doyle. Prior to coming to Sacred Heart, Restiano served many different positions in other baseball programs. He got his start as an assistant coach 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 DeFilippo. “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 traveled 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.

“At the transition into his role as head coach of the Pioneers continues, Restiano is focusing efforts on specific aspects of the game for the 2018 season,” said DeFilippo. “We are going to focus on three main areas which are pitching, defense and hitting,” said Restiano. “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 Restiano.

Doyle led the Northeast Conference in throwing out base stealers, having a .703 success rate in 2017. He had 35 starts during the 2017 season, had a .266 batting average, 34 runs batted in (RBIs) and a .396 on base percentage (OBP).

DeFilippo 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).

DeFilippo 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 DeFilippo.

The Pioneers have two rivals who they will be keeping a close eye on this season. Last season, Central Connecticut State University (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 Restiano. Alongside team goals, DeFilippo also has a personal goal set for himself as a senior. “Definitely want to walk out of here with a NEC Championship ring,” said DeFilippo.

“The main goal I have going into the NEC tournament is coming home with the first-place 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 Mokhan, 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 Mokhan.

Men’s fencing was tied for first in the squad competitions in the epee and foil events and seventh in the sabre 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 placer epee event finisher for Sacred Heart finishing in fifth place and right after him in sixth was freshman epee fencer, Nicolò Cermi, nara.

The two fencers from Sacred Heart who walked home with medals were, from the men’s team, freshman foil fencer Lucas Wettore and from the women’s team, freshman epee fencer Darja 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 Haasini Austin finished in fifth-place in the sabre 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 regional 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.

“There is a lot of work and consistency in 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.

Fencing Competes at NEIFC Championships

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 third at the NEIFC Championships at Mount Holyoke College complex in South Hadley, Mass. on Saturday, Feb. 24.

Junior epee fencer Dante Restaino had high ambitions for the 2016-2017 season, had a .266 batting average, 34 runs batted in (RBIs) and a .396 on base percentage (OBP).

Central Connecticut State University (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 Restiano.

Alongside team goals, DeFilippo also has a personal goal set for himself as a senior. “Definitely want to walk out of here with a NEC Championship ring,” said DeFilippo.

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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.
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 Connolly. 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 Rohrmeier, 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 Connolly 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 Connolly 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 standout performances by the men's team as well, including athletes placing in multiple events during the championships.

Senior Trevor Guerrera repeated his 2017 indoor performance, earning two individual titles in the 800-meters and the mile. Guerrera also ran the mile leg of the 5th place distance medley relay and a leg on the 6th place 4x440 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 Connolly. "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 team will travel to Boston College for the meet on March 2-4.
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 Podsielski, junior.