First Annual College of Arts and Sciences Conference

BY VICTORIA MESCALL
Circulation Manager & Staff Reporter

On Wednesday Feb. 8 the Sacred Heart University College of Arts and Sciences held its inaugural Conference.

The College of Arts and Sciences Conference, or CASCon, is a series of presentations held in the University Commons discussing a variety of topics that range from vampires, aquariums and the Bible. According to the Sacred Heart website, "the conference seeks to emphasize the interdisciplinary nature of faculty scholarship and reaffirm the College’s commitment to undergraduate research."

This is the first annual CASCon. "CASCon reflects the College of Arts and Sciences’ deep commitment to intellectual inquiry, lifelong learning and social responsibility," said Dr. Robin Cautin, Dean of the College of Arts and Sciences on the Sacred Heart website. "This inaugural conference is an important instantiation of our College’s mission, which is founded in both the Liberal Arts and Catholic intellectual traditions."

The presentations each ran an hour in length and featured three to four professors from different departments across the college. Each room held a faculty presenter panel and a moderator, facilitating discussion between presenters and students.

In a press release about the event, the university said that CASCon was designed to showcase the work of Sacred Heart faculty from multiple disciplines and to reaffirm the College’s commitment to undergraduate research.

One of the most well attended presentations was titled, "Vampires, Super Villains, Teenage Girls, and other Scary Things: Popular Culture in the Lives of Millennials." Professors Andrew Miller, Lori Bindig and Dr. Sally Ross from the School of Communication and Media Arts collaborated to show how these haunting things tie together.

Professors and students attended each of the sessions from other branches of the College of Arts and Sciences.

"Although I’m not presenting, I’m here to support my colleagues," said Dr. Gary Rose, professor and Chair of the Department of Government, Politics and Global Studies. "The collaboration and discussion between professors of different studies carried over into the other presentations as well.

"I came to see my catholic intellectual traditions professor Brent Little from the Department of Catholic Studies," said sophomore Joseph Leo. "It is interesting to see the type of research he does outside of the classroom."

The idea behind the conference was to link the work of the faculty of the College of Arts and Sciences with real life application for students. "I came to see the bio presentation and I thought it was really good," said sophomore Juliana Manno. "Most people don’t normally pay attention to the environment, so the presentation brought a lot of hidden problems to light."

Another presentation came from the department of psychology, entitled "Psyched Out," which spotlighted how a positive growth mindset effects children’s intellectual success.

"I came to see my psychology professor Dr. Brent Little from the Department of Psychology," said sophomore Lauren Mattiace. "It is interesting to see the type of research he does outside of the classroom."

Future CASCon events will bring similar feature features back. "Engage, learn, and explore the possibilities," said Cautin.
The Sacred Heart Spectrum

February 15, 2017

Her comment during the hearing that schools should allow guns in order to protect students from grizzly bears was honestly strange and embarrassing.

- Professor Bill Youmans

Appointment of Betsy DeVos Sparks Controversy

BY ROBERTO ROJAS
Staff Reporter

On Tuesday, Feb. 7 Elizabeth DeVos, also known as Betsy, was confirmed as the Secretary of Education for President Donald Trump's administration.

The confirmation of the Michigan-based Republican came after Vice President Mike Pence broke a 50-50 tie between members of the Senate, according to the Associated Press. DeVos became the first cabinet nominee confirmed with a tie vote in Senate history.

The appointment of the 11th overall United States Secretary of Education made her the first woman to become the head of the United States Department of Education since Margaret Spellings in 2005. She also became the third woman overall to hold the title ever since its inception in 1979, according to the Associated Press.

During the vote, all 50 Republican Party senators voted for DeVos while 46 Democrats, two Republicans and two Independent Party senators voted against her, according to the Associated Press.

"I am committed to working with everyone and anyone," said DeVos in a press release following her appointment. "From every corner of the country, from every walk of life, from every background and with those who supported my nomination and those who did not — to protect, strengthen and create new world-class education opportunities for America's students," she said.

Following her appointment, she expressed through social media her reaction.

"I appreciate the Senate's diligence and am honored to serve as the Secretary of Education," said DeVos on her official Twitter account.

Her confirmation did spark controversy. Some felt DeVos wasn't the ideal person to lead the education system due to her answers during her Senate hearing.

"Not only is she not qualified for the position, but she has also consistently undermined public education," said sophomore Ivan Denny. "That in itself could be a severe disconnect from the nation's population."

Dr. Bill Yousman, the director of Media Literacy and Digital Culture Graduate Program at Sacred Heart University, is a strong critic of DeVos. He said that her inexperience, apathy and statements could be a major concern for various American families.

For some critics, DeVos lacks the experience and background in the education system that her predecessors have had, as well as her stance on helping private schools more than traditional public schools.

"I think her appointment is something to be deeply concerned about," said Youmans. "She has never worked in public schools, she never attended a public school, and she has never sent a child to public school. Furthermore, she supports policies that are hostile to public education. She supports taking funding for public schools and diverting it to private schools that are not accountable to the wider public."

A video of her Senate hearing caught the attention of many.

"She seemed completely unprepared during her confirmation hearing and her comment during the hearing that schools should allow guns in order to protect students..." said DeVos in a press release following her appointment. "That in itself could be a severe disconnect from the nation's population."

An immigrant rights group filed a petition to join the lawsuit declared by Washington and Minnesota, allowing travelers who had been prohibited by the ban's restrictions to enter the states.

"I was happy to hear about the appeals court ruling," said Dr. Gary Rose, professor and Chair of the Department of Government, Politics and Global Studies. "Whether or not it becomes necessary, and recent appointment Neil Gorsuch will most likely not be confirmed in time to take part in any consideration of the ban."

Following the public announcement of the circuit court ruling, President Trump tweeted from his personal account, "See you in court, the security of our nation is at stake!"

"I can't say whether the ban's review will make it all the way through to the Supreme Court, but I hope for the sake of our nation's unity the issue is sorted out before that becomes necessary," said senior Sarah Devine. "It's difficult to say that the executive order is for the sake of security, when the list of countries it targets seems completely divorced from the source of terror threats," said Dr. Steven Michaels, professor and Director of Assessment.

With the news of this ruling also comes wonder about the case moving all the way through the justice system, reaching the Supreme Court. The Supreme Court has a vacancy, and recently appointed Neil Gorsuch will most likely not be confirmed in time to take part in any consideration of the ban.

For most guys, they normally have a preference as to whether or not they want to grow their hair long. Although there are probably not many haircuts a guy can choose from, a guy’s hair is usually categorized into either short or long.

Guys that have short hair really don’t have to do much except comb it every now and then. Long hair, on the other hand, is a different story.

For the guys out there who prefer to grow their hair extremely long, you have two options, let your hair just flow or put it up in a man-bun.

For those who have long hair, you are just like me. As a girl, those really hot days in the summer along with working out at the gym could make us hot and sweaty.

Putting your hair up in a bun, ponytail or braids is a great way to cool off or to just look cute. During these times it’s normal for girls to wear their hair in ponytails or braids.

When girls have a bad hair day, most of the time we have a hairstyle known as the messy bun. It’s quick and easy to pull off and will get us out the door faster.

Now for men, man-buns are totally unnecessary. They just make the average guys look like u complete slo^., « j

The man-bun hairstyle. One just needs to put some effort into it beforehand so they do not look like a complete slo.

In this day and age, man-buns are everywhere in the media and magazines. Celebrities like Harry Styles, Leonardo DiCaprio, Tom Brady, Jared Leto, Chris Hemsworth, David Beckham and Jake Gyllenhaal have all tried to pull off this hairstyle at least once.

Overall, guys, although you have heard one standpoint on this popular hairstyle, whether or not you wear your hair up or down, I hope you feel confident with yours no matter what other people think.

Here we go again. A few week and another debate about fashion. This week’s debate is on the phenomenon that is the man-bun.

This is another debate that hits home because I once had a man-bun. You can tell by my Spectrum headshot that I had quite the luscious flow.

Growing out my hair was a very big decision for me. I guess my obsession with long hair began when I was a child.

See, I went to catholic school all my life and still do, obviously. However, throughout grade school and high school I had very strict dress codes that were enforced by some very harsh clergy members.

My dress code consisted of slacks, a button down shirt and a tie. I also wasn’t allowed to have facial hair or hair that went over our ears or over our collar.

I had to live with this for the first eighteen years of my life. I don’t know about any of you people, but I hate being told what I can and can’t do.

After high school all the dress codes went out the window and I was happy as ever. So, naturally I had to go all out.

I started to grow out all the hair on my body, yes all of it.

After a few awkward looks from the ladies, I decided to lose the facial but something about my long locks really made me impressed with myself.

This opened an entirely new world because I was never able to grow out my hair. As a result, I was on the look out for new hairstyles that worked for long hair.

Fortunately, I had to cut the bun this past summer.

Anyways, I decided to rebraid the man-bun. I was going to bring it back because I will be dammed if someone thinks I’m obsessed with Arcade Fire.

So I went with the bun and let me say it was glorious. If you aren’t a fan of the bun then you are just jealous and probably bald.

Unfortunately, I had to cut the bun this past summer.

Some businesses think that it looks unprofessional so the bun was taken down by the Man. All I have to reminisce about the bun is the photo of me in this paper.

**POET’S CORNER**

マイマザー にジュニアニコラス・ポンド

Creator of life, my life
Sweet and gentle as a breeze is her touch
Her smile so bright it lights up my heart
She is strong when I am weak
Her tears meet mine when I am sad and meek
She fills my spirit with pure love
Her confidence in me builds my soul
A teacher at every step sure and strong

Fill your life with joy and happiness
Do for others, lead the way
Steady and sure as an oak, my mother
Whimsical and unpredictable as a wave plays in the sun, my mother
A gift from God she says to me
Always there for me, my mother

“My Mother” by Junior Nicholas Pond
The Battle of the Music Apps

BY FAYE KENJIAN
Staff Reporter

With so many music apps, how are you supposed to decide which one is the best to use? Spotify, Apple Music, Pandora and Amazon are different ways that Sacred Heart University students can obtain their music.

Some students enjoy Spotify because of how accessible it is and how it caters to a college student’s budget.

“Spotify is very user-friendly and easy to navigate,” said sophomore Kyle Caufield.

The best part about Spotify is that I can download and listen to it on the go and that means I don’t have to worry about using data after spending the student price of $5 a month,” said junior Marissa Gurler.

Spotify Premium, which is Spotify’s monthly paid option, has aspects that cater to the everyday college student. Without the student discount, Spotify Premium is $10 a month.

Spotify also has a free app that can be used on your phone, which is similar to the other free music app Pandora.

Both apps have set playlists that you can pick from. You can also pick your own playlist by searching an artist or genre.

After this, you do not have any control over your song choices or the amount of skips. To receive unlimited skips or no advertisements, the user must pay for the upgraded plan.

Apple Music is another app that some students are using as well. It is pre-installed in the iPhone and it could be used for $9 a month.

Apple Music does differ from iTunes. Apple’s iTunes is based on their users buying each song individually.

Some students prefer Apple Music because of its exclusive features and offers.

“Like using my Apple Music because it makes its own radio station that has new enjoyable music to listen to,” said junior Sabrina Sadler. “Also, since artists sign contracts with Apple Music, a lot of artists newest music comes out first on Apple music and this way, I can be the first person to hear an artists new songs with this app.”

Discover People: Facebook’s New Feature App

BY DANIELLE LAPIERRE
Staff Reporter

Is Facebook becoming the new online matching medium? Facebook has created ways for their users to stay connected with features such as Messenger.

One of the newest features they plan to have is “Discover People.” This matches Facebook users with other users they might want to be friends with.

The new feature will be located under the Explore tab on both the desktop and smartphone app. Should the user decide to engage in this feature, Facebook is given permission to use many aspects of their profile.

According to Mashable.com, “Discover People” accesses 25 different categories such as sports, food, networking, animals and pets, hobby & leisure and travel.

Some students find this new feature creepy and unsettling.

“Virtual reality needs to stop growing because it is getting weird,” said junior Estee Deschamps.

According to Forbes.com, Facebook has had some privacy concerns as of recently regarding issues of privacy settings that not all users understood. They later found out that much of their information has been public without their knowledge.

Facebook also had a feature called “People Nearby,” which gives out exact locations of its users.

It has since eliminated this feature, but the feature “Friends Nearby” is still available.

Tinder and Bumble are apps that also use your information and location to match you with people to talk to.

“Many college students decide to start using these apps because they find it easier to meet people this way as opposed to in person.”

“I like the idea and feel it would be a better feature for college students and you can make friends going into your years at school,” said sophomore Christie Wojciejewski.

One feature in “Discover People” is matching your interests to certain events around your area.

These events also include lists and profiles of the people going. A user can see who is attending and can friend request and connect with others in this event.

Many students think that the feature is a good idea if you’re looking to meet people around campus.

“I would use it to meet new people at school, but I probably wouldn’t use it at home or anywhere else,” said Wojciejewski.

Other students feel that the feature would work best if they were looking to meet people who are outside of the campus area.

“I feel like at Sacred Heart everyone kind of knows everybody so it would be cool to see that someone likes something the way I do,” said junior Gabrielle Diaz. “It is kind of creepy though.”

According to TechCrunch.com, Facebook has been testing “Discover People” exclusively in Australia and New Zealand since last year.

They have plans to bring the feature to the United States sometime in 2017.

The Squatty Potty or Notty?

BY MICHAEL MARINO
Staff Reporter

In 2011, the Edwards family invented the Squatty Potty toilet stool because they were having colon issues, according to squattypotty.com. Having always been concerned with their health, they wanted to find an inexpensive solution.

As described on their website, The Squatty Potty is designed to get the user into the proper squatting position, thus allowing them to excrete waste more efficiently.

However, not everyone is quite convinced that the Squatty Potty is actually beneficial.

"I would need to see evidence of someone dying from poor posture in order to agree that this is something that needs to be focused on," said Solomon. Others believe that the stool could potentially help.

"If people buy it and feel like it’s helping them, then I’m all for that," said sophomore Sean Boyle."Initially, I thought that this product was very strange, and I would never buy an ‘As Seen on TV’ product. The Squatty Potty appeared on the television show, "Shark Tank" on Nov. 2, 2014. Lori Greiner invested in the company and helped turn it into a multi-million-dollar industry.

"I think that it’s kind of weird, but if it’s beneficial to people then I’m okay with it," said sophomore Kyle Cauflifd.
Why Optimism Isn’t So Weak

ANTHONY SANTINO
CO-NEWS EDITOR

At 21 years old, I’ve experienced a great deal of change in my life. With that, I have come to learn that as time goes on I’m going to encounter much more. Growing up, I was very into sports and still am. I play college tennis at least five days a week and follow most major sports. I’ve also played basketball for most of my life and still hit the court every now and then. However, I gave up my NBA hoop dreams once I realized how uncommitted to playing defense I was in high school.

Now that I’m a junior in college and adulthood is quickly approaching, it often feels like crunch time. Thoughts of what I’m going to do for a living, or who’s going to stay in my life all used to be in the back of my head, but have now made their way to the front.

From exposure to evolving pop-culture and modern media, as well as from personal experience, I’ve recognized the power and importance of time.

Over time, trends shift, new people come into your life when you least expect it and your outlook might change drastically; for better or for worse. However, you learn and become stronger from it all.

Personally, I experience doubts and fears about what the future holds. I’m thankful that they are overpowered by hope and optimism.

It’s not easy for any of us in this world of uncertainty. Even the strongest people face situations that are out of their control. That’s why I’m grateful for optimism and the strength it provides.

Some might say optimism is blinding, but to that I’d argue that the future and its unknown is even more blinding.

With optimism, you could override your hesitations and take a leap into something great; you could work towards a goal that would seem unattainable without the help of positive thinking, even if you’re forcing that confidence on yourself.

The qualities and benefits optimism offers reaffirms one of my favorite expressions, “fake it till you make it.” The expression is more than a caption Chris Rock might use for an Instagram post; it’s the best way to make good things happen through uncertain phases of life.

Before I moved into Sacred Heart University my freshman year, I ordered posters for my dorm room walls. Nearly three years later, each room I’ve lived in at college has seen changes from the original lineup, but I’ve made it a point to always keep one. It’s a poster of Arthur Ashe, a tennis legend and one of the more inspiring public figures of the 20th century. The Ashe poster shows him hoisting a trophy and smiling. It also has a quote that reads, “Success is a journey, not a destination.” I truly value this poster and try to live by those words each and every day.

No matter what I do, where I am, or where I see myself going, I always remind myself that there’s no endpoint for success and no stopping because of failure.

Where will I end up? Only time will tell. However, regardless of where I go, I’m going to keep calling on the optimism that lies within me and follow my heart wherever my heart takes me.

Why I Am Not a Dog Person

CHRISTINA DIMAURO
ASST. FEATURES EDITOR

Did you know it’s easier to dance with a cat than with a dog? I often find myself picking up my cat and dancing around my living room and he will just accept it after a minute or two. No matter the size of the dog, they are probably the most difficult pets to dance with.

Cats can make toys out of anything: a shoelace, a piece of yarn or even a piece of raw spaghetti. This will entertain them until the end of the day. Dogs, on the other hand, need to be entertained with items you buy at a pet store such as frisbees, balls or ropes. You might be able to trick them with a stick every once in a while, but dogs need a variety of toys accompanied by a lot of attention.

On the other hand, dogs need to be entertained with items you buy at a pet store, such as frisbees, balls or ropes. You might be able to trick them with a stick every once in a while, but dogs need a variety of toys accompanied by a lot of attention.

Cats don’t need to go on walks. I dare you, try putting a cat on a leash and taking it for a walk. Cats like to bring home their prey and by treats I mean the mouse you didn’t know was living in your basement. They’re natural born hunters and they keep your house clean of any unwanted outsiders.

At the end of the day both dogs and cats love to cuddle with you on the couch. They are also good at giving affection when you need it most and will always have an unconditional love for their owner.

Even though dogs might hold a small place in my heart, deep down I will always be a cat lady.
Tell Us Your Story: Trevor Godston

BY CHRISTIAN COLON
Co-Copy Editor

Many freshmen typically focus on making sure their first year goes smoothly as they begin to get a taste of adulthood. For freshman Trevor Godston, his first year was a little different. It was composed of house hunting and contract signing—becoming a house owner at only 18 years old.

Originally from Southington, Conn. Godston’s interest in buying a house came after his desire to live off campus once he becomes a junior at Sacred Heart University.

“For once, I started to think it definitely makes a difference on campus because I was the one in control of my buddies income. This had to be one of my favorite moments as a business owner. Some of my football teammates were now working for me,” said Godston.

Godston called his business, TG Lawn & Snow. The TG stands for the first letters of his name, while lawn and snow describes the labor he offered during the summer and winter seasons. During the summer he mowed the lawn, while in winter he offered plowing and shoveling.

Godston said he had his most successful year as a senior in high school. He said he had about 28 jobs every week. If he wasn’t able to do them, he would send his full time employees to do the task.

“As he got close to his high school graduation, he decided to sell his business. He was ready to start off his college years. With the money he saved, he bought his Dodge Challenger the day after graduation. A year later he invested in his new home.

Godston is currently majoring in finance and economics. He is currently a brother of Delta Tau Delta, as well as the business fraternity Alpha Kappa Psi. He also holds the vice presidency for the Roncalli Hall Council.

Although he isn’t quite sure what he wants to do after college, he knows for a fact he doesn’t want to go back to manual labor.

“I might go into advising or management but I am not exactly sure what I would like to do. For now I will focus strictly on internships and my academics,” said Godston.

Dodge, Duck, Dip, Dive and Dodge

Less Than You Think (LTUT), a campaign that uses humor to show the negative effects of binge drinking, has returned to Sacred Heart University.

Run by the Sacred Heart University Health and Wellness Center, LTUT is a student run, six week program, that was first started at The University of Alabama.

Sacred Heart first adopted the program in 2014 and has returned for the 2017 spring semester.

On Feb. 6, LTUT hosted a dodgeball tournament at the William H. Pitt Center to kick off their first week of events.

“It was a great time. It’s good to get the school together and have some fun,” said freshman Michael Porco.

Students participated while members of LTUT refereed games and helped the tournament run.

“I had a lot of fun. A lot of people came out for a good cause. It was a good time,” said junior Frank Raia, who was a part of the winning team.

The LTUT members were also impressed with the turnout and the competitive atmosphere throughout the tournament.

“I think it’s a really good turnout. I’m so glad everyone came to support our campaign,” said freshman Sara Chow.

LTUT began this semester’s campaign on Jan. 30 with a preliminary test, which included in-class surveys that were given around Sacred Heart classrooms.

The following four weeks will include events such as the dodgeball tournament, a Valentines Day table by Out and coffee in the library followed by the post test to wrap up the campaign.

“I worked on LTUT when it came to SHU when I was a freshman,” said senior Julia Chiappetta. “When I heard it was coming back, I knew I wanted to be part of it again.

I’ve been on the planning committee since September. I think it definitely makes a difference on campus because we were well known for our posters and our events.”

The LTUT campaign has also been to other campuses around the country. Some include, Mississippi State University, University of Cincinnati, The College of Mount St. Joseph and Orange Country schools in California.

“I do believe that the LTUT campaign has made a difference across campus. Students are more aware of what drinking causes and the issues that can arise from it,” said junior team member Savannah Lobo. “We have been able to take the purpose of the campaign to reality. We wanted Sacred Heart students and community to understand that drinking is something that should not be taken lightly.”

Alcohol and drug specialist Janice Kessler, who works at the Wellness Center, said the reason they decided to go with this campaign was because it is a student driven social media campaign that is aimed at raising awareness about the negative social consequences of binge drinking and it encourages students to make more responsible decisions when they chose to drink.

LTUT will be hosting their next event at the Webster Bank Arena on Saturday, Feb. 18 with the men’s hockey team playing against Bentley.

“The dodgeball event went so well and that was only our first of many events to come. I feel confident that we will get our message across. I hope that by the end of the campaign, students know the definition of binge drinking and have the tools to avoid it,” said Chiappetta.

Managing Editor Jessica Chaloux contributed to this article.
An Inside Look into New York Fashion Week

BY FALLEN BEVINO
Staff Reporter

Once a year, fashion's top designers, models and brands come together in New York City for New York Fashion Week. New York Fashion Week (NYFW) is a place to see a sneak peak at the newest and upcoming collections of the top designers around the world. Between the end of January and the middle of February, NYFW happens in New York. While Men's Fashion Week took place Jan. 30 to Feb. 3, the women's took place from Feb. 9 to Feb. 15.

"Men's fashion week is more laid back and relaxed and the attire is much less fancy than what you would see at the Women's Fashion Week," said senior Tori Romano. "The women's is immensely hectic, with a focus on street style. The models, and those attending, are extremely dressed to impress. The women's show is more about who is at the show, rather than the actual show."

Romano interned at The Impression, a fashion magazine based out of Weston, CT. "I aspire to work for a corporate fashion company doing digital marketing. Through this internship, I hope to gain more knowledge about the fashion industry and how to build a magazine," said Romano.

Senior Marissa Tozzi also interned at The Impression and has been there since the end of her sophomore year. "I love Fashion Week. Attending it for the past two years has given me great memories and experiences. I am so grateful to have been able to attend the shows and getting to experience that fast-paced environment," said Tozzi.

The Council of Fashion Designers of America (CFDA) sponsors Men's Fashion Week in New York. The Impression is affiliated with the CFDA, which allows Impression staff, including Tozzi and Romano, to go to Men's Fashion Week.

"We were granted all-access to the Men's shows. We were given passes that got us backstage and in all the shows. My job was to hand out magazines as people went to and from shows," said Romano.

Tozzi has been to more than one Fashion Week. "I enjoyed the men's show a little better only because I got to see more shows. Women's is much stricter in regards to who attends. For those shows I had to do more outside work, like handing out our company magazines all over the city during the shows," said Tozzi.

Men's NYFW included shows such as Billy Reid, Carlos Campos, N. Hollywood, Todd Snyder, Raf Simmons and Represent.

There are some familiar faces that won't be returning for the women's show such as Tom Ford, Tommy Hilfiger and DKNY, according to The Independent.

The Independent predicts that some familiar faces will be in the crowd such as Marc Jacobs, Victoria Beckham, Adam Selman and Jeremy Scott.

The New York Fashion Week looks to set the tone for fashion for the upcoming 2017 fashion. "I don't usually follow Fashion Week closely, but I'm looking forward to seeing what Kanye has in store. He's such an interesting and extravagant individual; you truly never knows what he'll do next," said sophomore Olivia Wunder.

Club Spotlight: Gay/Straight Alliance

BY TESSA KIELBASA
Staff Reporter

The Gay/Straight Alliance Club (GSA) at Sacred Heart University has been striving to provide members of the LGBTQ community, and their supporters, a safe and comfortable place since 2000. The club's goal is to provide a safe haven and start a conversation about the LGBTQ community on campus.

"Its really important for us as a minority group to have a voice, but also to have similar people to relate to," said GSA president junior Rachel Zacharczyk.

There are chapters of the Gay/Straight Alliance all over the country in middle schools, high schools and colleges.

The Gay/Straight Alliance at Sacred Heart helps promote diversity and raise awareness for the LGBTQ community. The club also promises to fight for social justice issues.

"Because Sacred Heart is a Catholic university, it is important to stand up for social justice," said Connolly.

Hanging GSA on Sacred Heart's campus helps promote diversity and raise awareness for the LGBTQ community. The club also promises to fight for social justice issues.

"The thing about GSA is that it is a celebration of who they are," said junior Libby Connolly.

Having GSA on Sacred Heart's campus helps promote diversity and raise awareness for the LGBTQ community. The club also promises to fight for social justice issues.

"Because Sacred Heart is a Catholic university, it is important to stand up for social justice," said Connolly.

GSA achieves that by starting the conversation about the problem within today's society.

The Gay/Straight Alliance meets on Wednesday evenings every week and has an active membership of about 25 students.

For more information contact Rachel Zacharczyk at zacharczykr@mail.sacredheart.edu
The Dance and Choir Programs' Upcoming Events

BY LAUREN FINAN
Staff Reporter

On Feb. 15 the Sacred Heart University Dance Program will be performing during the Multicultural Showcase at 7 p.m. "This showcase will represent several different styles of dance and hopefully give the audience a sense of unity. Dance is a universal language that speaks to us all," said senior Kayla Plitnick.
The showcase will have performances such as salsa dancing, African jazz, Caribana and Irish step dancing. The production will represent all different cultures that are celebrated at Sacred Heart. The dancers have been practicing for four hours a week, every week, since returning from winter break. "I am excited to share the stage with so many talented students and to showcase our differences through the art of dance," said Plitnick.

This show gives Sacred Heart students the ability to represent the other cultures and diversity within our campus.
The dance numbers are not just choreographed by professors. Students are also greatly involved in choreographing specific routines as well.
Brothers of the Omega Phi Kappa Multicultural Fraternity will be performing in the show with "The Enlightenment 95 Step Team.
"The routines were created in a group effort. At practices we try out new ideas and once we find something we like, we build on top of each segment in stages. Each and every member is equally as important as the last," said junior Omega Phi Kappa member Nick Rivera.

The next event within the performing arts department is the choir program's "Gospel Fest" taking place on Saturday, Feb. 18.
The "Gospel Fest" Choir Concert will contain different groups for entertaining the audience. SHU L.O.V.E., Liturgical Choir and Pioneer Choir will all be performing at the university's concert. Professional gospel singer Clarissa Sinceno will be the concert's guest soloist.
"Gospel Fest" is essentially going to be what it's called; authentic Gospel music. The music is very spiritual, deep and soulful," said senior Jane Kenney. "It's definitely sure to be a moving, fun, and inspiring performance."
The singers have been rehearsing two times a week to perfect their songs and melodies that they will be performing for the concert.
"We have rehearsal twice a week in SHU L.O.V.E. and are constantly working on blending together to sound like one voice," said sophomore Annie Wilson. "This is really what the group is all about, standing together as one. It's a group of strong supportive women with appreciation and respect for singing. It has become one of my favorite choirs at SHU and continues to teach us how to be better singers as well as better people," said Wilson.
"Gospel Fest" will be the first concert of the spring semester.
"The audience should expect a concert filled with classic gospel tunes such as 'The Storm Is Passing Over,'" said Wilson. "Each song will take on a different style of gospel and it's sure to take everyone to church."
Migos, Ed Sheeran and John Mayer Release New Music

BY JULIUS BROWN
Staff Reporter

ED SHEERAN PERFORMS ONE OF HIS HIT SINGLES "SHAPE OF YOU" AT THE SHRINE AUDITORIUM IN LOS ANGELES.

Since the beginning of 2017, John Mayer has announced a tour and artists Migos and Ed Sheeran have had chart topping singles. Migos released their album “Culture,” on Jan. 27. Drawing from the success of their hit single “Bad and Boujee,” the Atlanta natives began the new year with a 13 track studio album, a project that managed to earn Quavo, Offset and Take Off their first number one album on the Billboard 200. Featured guests on their new album included DJ Khaled, Travis Scott, Quavo Mane, 2 Chainz and Lil Uzi Vert.

By mixing gritty lyrics with mellow instrumentalis, Migos takes fans on a journey of their rise to success. “They definitely surprised me with their growth from making mixtapes to now a full length album,” said senior Justin Calitro. Other students reacted to the creativity of the new release. “The Migos ‘Culture’ album was a creative project that was thought out by three of hip hop’s rising stars. This album was filled with melodic and well thought out songs that lead you on a journey from bandos upbringing” said senior and “Banter with the Brothers” radio show host, Carl Kenmer.

Although his musical stylings are different from Migos, Sheeran has also contributed to the start of 2017. According to Billboard, Sheeran was the first to debut in the Top 100 with two singles at number one and two on the charts. Sheeran gave fans a glimpse of his upcoming project with “Shape of You” and “Castle On The Hill.” These two songs are on Sheeran’s upcoming album “÷” is set to release on March 3.

Continuing his mathematical album concept, “÷” aims to show fans a different side of Sheeran. “It’s a different side of him, he is more outgoing in his music” said junior Kim Labady. Following the release of his album, Sheeran will begin touring. According to MTV News, he will be going on tour in the U.K., Ireland, Europe, Mexico, Central and South America. No North American tour dates have been released yet.

Another artist releasing music in 2017 is John Mayer. Mayer announced “The Search for Everything World Tour” on Jan. 30. According to Billboard, Mayer’s first tour since 2014 is set to start at the Times Union Center in Albany, N.Y. on March 31. The tour spreads across eight different countries, beginning in North America and ending in Europe.

To support the upcoming tour, Mayer also released a four track EP on Jan. 20 titled “The Search for Everything: Wave One.” The EP debuted at No. 2 on the Billboard Hot 100, edged out of the number one spot by The Weeknd’s “Starboy.” “John Mayer has been around for a long time and has made some really good projects,” said senior Christiano Lopes. “I am excited to see where his music goes in 2017.”

Stranger Things Have Happened Than This Series Continuation

BY JOSEPH DURANTE
Staff Reporter

On Feb. 5, fans of Netflix’s science fiction-horror series, “Stranger Things,” received a surprise when the teaser trailer for season two aired during Super Bowl LI.

It opened with what looked like an eighties-era TV commercial before showing a montage of scenes from season two. The show is about a young boy who mysteriously disappears. The boy’s mother, a police officer and his friends must attempt to confront the terrifying forces in order to get him back.

“I have been watching since the day ‘Stranger Things’ aired on Netflix,” said junior Alexandra Angola. Some students believe “Stranger Things” is much different than today’s other series on television and online streaming.

“What people tend to like about ‘Stranger Things’ is that it pays homage to classic horror and science fiction films from the 1970s,” said junior Hunter Hatleb. “I want to see what happens to Eleven, who is the woman heroin to the show,” said Hatleb. “I feel that the wait is not too long because the producers want the show to live up to the hype and if it fails, then I am done with the show.”

“Stranger Things” earned high praise from critics for its first season and received a Golden Globe nomination for best drama series. Winona Ryder was also nominated for a Globe for her turn as Joyce Byers.

“I thought it was a very pleasant surprise since I was not expecting a Netflix Original Series to be captivating and suspenseful to the degree where it left you wanting more each episode” said senior Peter Siegel. Other students and fans of the show were disappointed when they found out they have to wait longer than expected for the next season.

“When I saw the preview for season two I was very excited because I just finished season one and I had a lot of unanswered questions,” said junior Gabriele Fernandez. “But when I saw that it was not going to air until Halloween, I was very sad that I had to wait so long.”

Some students are in preparation for “Stranger Things,” by rewatching the first season.
Hockey’s Nylen Nominated for Hobey Baker Memorial Award

BY NICHOLAS TROIANO
Staff Reporter

Sacred Heart University men’s hockey senior co-captain Mitch Nylen has been nominated for the 2017 Hobey Baker Memorial award. The prestigious award is given to the nation’s top player.

Nylen has played 28 games for the Pioneers this season, producing four goals and 11 assists in his senior campaign.

Growing up in the non-hockey town of Atlanta, Ga. it was tough for Nylen’s skills to be seen at a young age. This was until he moved to Massachusetts, where he was finally able to put his abilities on display.

“When I moved to Massachusetts, I realized that I had what it took to play college hockey,” said Nylen.

From this point on, Nylen’s talents were never questioned, but it was his work ethic that lead to him being successful at the college level.

“Mitch wouldn’t be the hockey player he is today without his excellent work ethic. The hours that he put in over the summer have definitely translated to success on the ice this season. He has consistently been a top defenseman for us and his continued work ethic will propel him to succeed at the next level,” said senior co-captain Evan Jasper.

This hard work and positive impact has his teammates and coaches rooting for him to take home the Hobey Baker Memorial award.

“Mitch is a great candidate for the Hobey Baker. Nylen has played a huge role for Sacred Heart over the last four years and each year he has shown vast improvements. With every success that our program has had, much can be attributed to the talent and hard work of Mitch Nylen and what he brings to the table for this program,” said Jasper.

Coach C.J Marottolo also has high praise for his senior co-captain.

“Mitch is a terrific skater with great mobility and a powerful stride that stands out in terms of his physical traits. He loves to compete and he is a selfless teammate. He plays with confidence and poise,” said Marottolo.

“Mitch embodies exactly what the Hobey Baker award exemplifies. He has tremendous character both on and off the ice and he is one hell of a hockey player.”

The entire Sacred Heart men’s hockey program is honored by the nomination, including Nylen himself.

“It is a huge honor to be nominated, it came as a shock to me but it’s sort of a satisfaction to have all your hard work and dedication recognized. Winning the award would be a perfect ending to my college career,” said Nylen.

As Nylen finishes his final season with the Pioneers, he is getting the recognition that he has worked his whole life for. Nylen’s impact has been felt by his teammates and the coaching staff.

Fan voting for the Hobey Baker Memorial Award ends on March 5. At that point it will be known if Nylen has won the award.
Sports

Women's Bowling Looking for Strong Finish
High-Ranked Pioneers Hoping for Postseason Success

BY RYAN TOUHEY
Staff Reporter

The Sacred Heart University women's bowling team is currently one of the top ranked teams in the nation. With their season down to its final two months, they look to improve.

The National Ten-pin Coaches Association Poll (NTCA) ranked Sacred Heart tenth in the nation during its February poll. According to its website, the NTCA is a promoter of NCAA Women's Bowling. Being ranked in the Top-10 was among Sacred Heart's main goals that they had hoped to accomplish this season.

"It's great to be ranked," said senior Amanda Tyrrell.

"We've worked really hard for it because once you've reached the eight, nine, or ten-level, you get to be called a bubble-team for Nationals."

Sacred Heart was ranked fourteenth by the NTCA for its preseason poll. The season started off with the team winning their SHU Bowl for the Cure Tournament for the first time in its three years of existence.

"Winning that is a great start to the season because you also have the ability to have single-winners as well. We do have a singles-tournament after the team tournament," said Tyrrell.

Sacred Heart went 14-4 during October, which included them finishing second at the FDU NJ Jamboree. Senior Sarah Rhodes was the team's highest singles finisher for the tournament, and felt that the Jamboree proved the team's unity.

"That was kind of the start-off to our NCAA competition," said Rhodes. "We definitely started on the right foot, coming in at second in a tournament where top teams in the nation were competing as well."

Sacred Heart was ranked 11th by the NTCA in November. When conference play started in December, the team took off. They won the first Northeast Conference Tournament on the weekend of Dec. 2, by going undefeated with a 10-0 record against their conference rivals.

"It really cemented how great of a team that we know we are, and we just happened to prove it that weekend," said Tyrrell.

Sacred Heart went 9-6 in January, Sacred Heart started off February by travelling to Houston, Texas to compete at the 2017 SFA Jacks Invitational. The tournament was held on the weekend of Feb. 10 and consisted of many of the nation's top bowling teams. These included Arkansas State, Tulane and Stephen F. Austin State University, who are the defending National Champions.

The tournament teams were divided into two pools, The Purple Pool and the White Pool. Sacred Heart was a member of the White Pool, along with fellow Northeast Conference member, LIU Brooklyn.

"It's a strong field. It can make or break you," said Kregling.

Sacred Heart's next matchups will be at the Northeast Conference Tournament on Feb. 25 and 26 in Elmwood Park, N.J.

Men's Volleyball Set for Big Season

BY MARK MORALES
Staff Reporter

The Sacred Heart University men's volleyball team is 7-1 in their last eight games. Their most recent win was on Feb. 5 against Lincoln Memorial, which they won 3-1. With that victory, the Pioneers win streak is at four.

The team has yet to play on the road this season.

Home court advantage is not only important, but it helps the team.

"When we're home, we have so much more down time, we can relax and plan out our days. Whereas when we're away, we're doing work, team things most of the time," said senior Christopher DeLucie.

Increased energy has helped the Pioneers during their win streak.

"It's definitely helped us get into a rhythm so that we can kind of find a cycle of what we need to do in the warm-up and definitely help us find a casual cool environment instead of having to do it on the road and figure things out in an uncomfortable spot," said senior Doug Dierma.

The Pioneers attributed a lot of their success to their head coach, Gregory Walker.

"First I would definitely attribute it to Coach Walker coming in and having a plan and running a system he feels is our best chance of succeeding," said DeLucie. "Just with the beginning of our season we see that the system that Coach Walker has been putting together is working, we have been succeeding."

The Pioneers have their first conference away game on Friday, Feb. 17 against Saint Francis University. When asked about how they will continue their win streak on the road, the men preached practice and hard work.

"It's just going to come down to if we keep working hard in the gym. From preseason to now we have been working really hard. Everybody's been coming in focused and that's obviously showing on the court," said Ayzenberg.

Last season held many injuries and the team hopes to not be hindered with so many this season.

"I know coming out of last season we had a lot of health issues and injuries. The team wasn't at full strength," said DeLucie.

So with the new season underway and everyone healthy, the 2017 men's volleyball team has high expectations.

"I feel like we match pretty well with the conference this year. If we continue to work hard in the gym I feel like we can compete with almost anyone going at a high level and hopefully do something big this year," said DeLucie.
Sacred Heart University senior, Eduardo Zardo, striving for another win to keep the winning streak alive.