

## FEATURED NEWS



DEVYN KING/SPECTRUM

### LOVE THE LATTE

CAMPUS MINISTRY HOSTED AGAPE LATTE COMPLETE WITH LIVE MUSIC AND SPEAKERS





KATHRYN ANDES/SPECTRUM

### AN APPLE A DAY

AN AUDREY AWARD ARTICLE FOCUSES ON THE WELLNESS CENTER

## TWEETS OF THE WEEK

 **@GavinThurlow**  
"Feeling rich in college is reaching into you backpack and realizing you have more than just one pen"

 **@stephdesantis\_**  
"This whole 'I don't care I'm graduating in 3 months' mentality is really not getting me far"

# Law & Order: Oakwood

BY EVAN DENNY  
News Editor

William Plate is a sophomore who currently lives at the Oakwood Gardens Apartments, one of Sacred Heart University's off-campus housing options. He awoke on Tuesday, Feb. 12, to discover that his silver Mazda hatchback was missing from the Oakwood parking lot.

Public Safety and Bridgeport Police responded to the incident. Bridgeport Police opened an investigation into the matter, but it has not been resolved.

"I was more than surprised to see that my car was not in the spot that I had parked it in the night before," said Plate. "I contacted Public Safety who gained access to the surveillance video of the parking lot from the night before. From there, I watched as four men casually rummaged through every car in front of my building, including mine."

Plate filed a report to Bridgeport Police for his stolen car. His car was left unlocked and there was a spare key hidden in the car, making it an easy target for the criminals.

"I do not feel safe at Oakwood," said Plate. "This is mainly because Public Safety continues to prove that they do not do their job. They were not present for the burglary of my car, nor were they present for the multitude of other incidences of criminal activity at Oakwood since 2018."

Plate's car was found totaled at a scrapyards last week after it had gotten into an accident and was ditched on the side of the road. He visited it last Wednesday to collect his belongings.

"My car was entered around 4:30 a.m. and I found it around 9:30 a.m. with the glove box hanging open and my center console lock broken open," said sophomore Christopher Agor, another Oakwood resident. "I did not find anything to be stolen from my vehicle, I didn't really have anything in there of value."

Agor usually leaves his car unlocked because the locks get stuck when the temperature gets really cold. He only parks a few spots down from where the Public Safety officer is supposed to sit overnight.

"I contacted Public Safety and they came and inspected to write a report of the incident. I told Bridgeport Police of the incident but have heard nothing further," said Agor.

Jack Fernandez, Director of Public Safety, recommends that students take precautions to prevent incidents like this from occurring in the future. These precautions include making sure to always lock

your vehicle, don't leave valuable items visible in your vehicle, don't leave a spare key in the vehicle, and immediately report suspicious activity to Public Safety.

Public Safety is changing their security detail at the Oakwood apartments in response to this incident.

"Public Safety has increased its presence at both facilities. Overnight security will patrol both Oakwood and Pioneer Gardens during the overnight hours, 7-days per week," said Fernandez. "This security personnel will conduct patrols in a marked Public Safety vehicle and maintain a visible presence."

"What scares me the most is that even if Public Safety was present on that night, what could they have done?" said Plate. "Public Safety is completely unarmed and has no ability to fend off a criminal who could potentially have a weapon, let alone four criminals."

Oakwood had another incident at the end of the Fall 2018 semester. On Dec. 13, 2018, two Sacred Heart students were approached by a man driving a BMW. The man stole one of the student's cell phones and displayed a weapon when the student tried to get it back.

No injuries were reported from the incident and it is still under investigation by Bridgeport Police.

"We are working with Bridgeport Police to have more of a police presence as well as increased Public Safety patrols for Oakwood Apartments and Pioneer Gardens. Public Safety regularly conducts crime prevention programs and will [be] conducting programs for Oakwood and Pioneer Gardens residents in the near future," said Fernandez.

Sacred Heart's registration for housing takes place in April and with limited availability for students, Oakwood is an option for many.

"It makes me feel as if I live in the most unsafe dorm area on campus, compared to those of Bergoglio Hall and North (Christian Witness Commons)," said Agor. "I will be sure to have all my doors locked and would advise any students to not leave anything of high value in their cars overnight."

"Oakwood students should not be concerned with living at the Oakwood Apartments," said Fernandez.

The Public Safety Emergency Number is 203-371-7911.

# Winter Comedian Pete Davidson

BY CHRIS DOLAN  
Staff Reporter

On Feb. 24, Pete Davidson performed a comedy show at the Edgerton Center at Sacred Heart University.

When it comes to getting comedians to come to the university it is quite a process. The university has to go through many different steps to get someone to perform.

"We have a few talent agencies we work with to find out who is currently touring college campuses and whether they are in our budget. We were looking to bring a comedian to campus, and Pete was touring the area this winter, so we put in an offer to bring him to SHU and they accepted. Once the offer was accepted, we negotiated terms and a contract was signed," said Sara Helfrich, the Assistant Director of Student Activities.

The comedian is well known from appearing on the show, "Saturday Night Live." The show consists of skits that poke fun of every-day life and events happening throughout the world.

According to IMDB, the comedian incorporates many topics in his stand-up, including his father's death on Sept 11, 2001. He was devastated by this, but is able to make light of it in his act.

The first half of the show involved two of Davidson's friends who came out and performed. The comedians, Ricky Velez and Derek Gaines, talked about topics such as what life was like with kids.

"It was worth the \$5. My favorite comedian was Derrick Gaines because he was really lively and into it," said sophomore Elizabeth Turello.

Davidson came out as the third act of the show. He told a variety of jokes from how he did not know the university was catholic and how he thought the students would be in the hallways singing hymns.

"It was really funny, and I enjoyed how there was 3 different people with different senses of humor," said junior Kayla Williams.

Davidson talked about an experience in which he met the creator of "Rick and Morty", Dan Harmon, at a party. The experience was ruined for him because Harmon kept asking Davidson for drinks in the voices of the characters Rick and Morty. Davidson cannot watch the show anymore because he only pictures that moment when he watches it. Davidson still thinks that Harmon is a genius even if he cannot watch the show.

After Davidson was done with the jokes, he opened up a question and answer which allowed the audience to ask him questions.

During the Q&A, he talked about being the youngest cast member on "Saturday Night Live," and how any skit he is in he writes himself. Audience members also found out that he loves the shows "Big Mouth," and "Rick and Morty."

The event was popular with over half of the seats filled up and students buying tickets on the night of the event. When all the students came in and got settled, only a few lone empty seats were seen in the auditorium.

"I had never been to a stand-up comedy show before, but this show definitely made me realized how fun they can be," said junior Kaylie Schiowitz.

DAVIDSON

LIVE COMEDY SHOW:

PETE



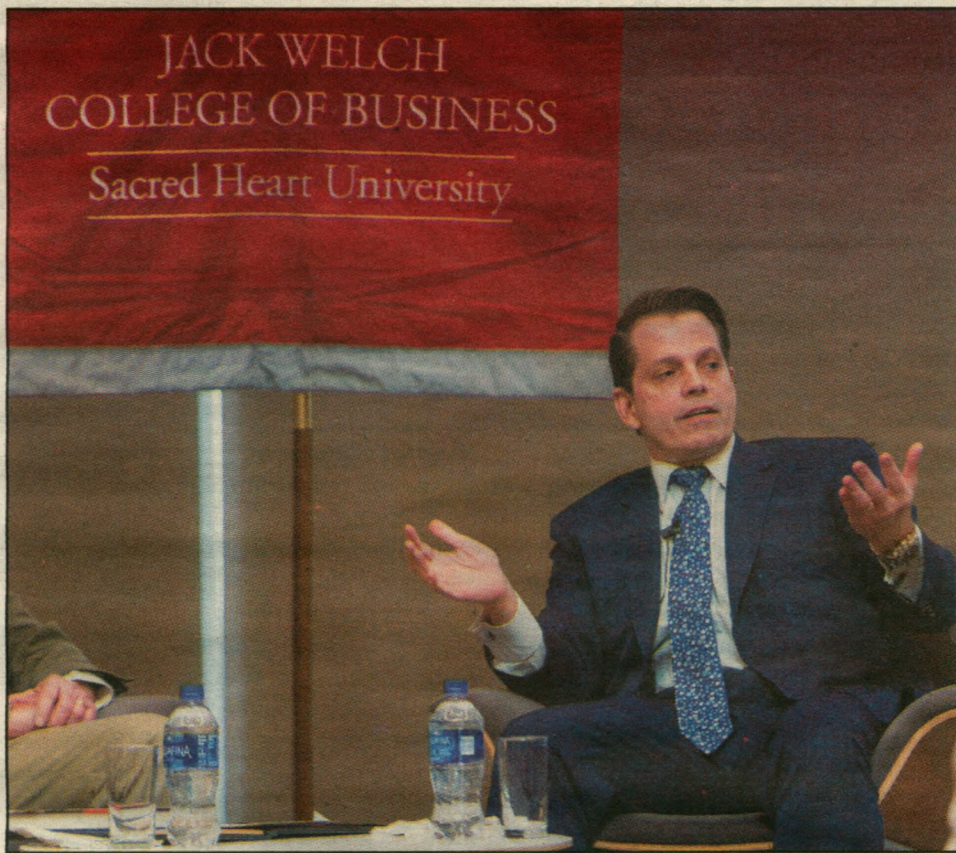


SACRED HEART STUDENT ACTIVITIES  
COMEDIAN, PETE DAVIDSON, PERFORMED AT SACRED HEART UNIVERSITY. DAVIDSON IS WELL KNOWN FROM HIS WORK ON SATURDAY NIGHT LIVE.

# News

## Meeting “The Mooch”

BY NEIL GRASSO  
Asst. News Editor



ANTHONY SCARAMUCCI, FORMER WHITE HOUSE DIRECTOR OF COMMUNICATIONS, VISTED SACRED HEART.

Former White House Director of Communications Anthony Scaramucci paid a visit to Sacred Heart University on Mon., Feb. 18, to speak with students and faculty members.

Scaramucci was introduced by Executive Director of Athletics and close friend Bobby Valentine.

Members of the crowd gathered in the Martire Theatre to watch a short preview of Scaramucci's documentary, titled "Mooch," before listening to a short interview conducted by the Dean of the Jack Welch College of Business, Dr. John Chalykoff.

Students and faculty members then had the opportunity to engage in a question and answer segment with the man who many today recognize simply as "The Mooch."

During the interview segment with Dean Chalykoff, Scaramucci discussed his early life, his background as the founder of the Skybridge Capital hedge fund, and his interactions with former president Barack Obama.

He also provided the crowd with a recap of his infamous 11-day stint as White House Director of Communications for current president Donald Trump.

"It was 11 days, not 10 – I want people to know that," joked Scaramucci. "I don't want people cutting 9.2% off of my total time in office."

Scaramucci detailed his contributions to the investigation of former White House Chief of Staff Reince Preibus. He publicly accused Preibus of leaking confidential information concerning the President in a phone interview with *The New Yorker* in July of 2017.

Scaramucci also emphasized his distaste with the current state of the political spectrum. "I think that as a whole, we are too focused on left versus right, whereas we should be focused on right versus wrong," said Scaramucci.

Scaramucci answered questions regarding Trump's Twitter usage, Trump's chances to be reelected in 2020, and his personal investment strategy moving forward.

"You'll notice Trump uses these nicknames for opposing candidates to create very strong first impression images. They were very effective during the campaign," said Scaramucci on Trump's Twitter strategy. "However, I disagree with his modern usage of the platform today."

Scaramucci went on to state his personal belief that Trump had good chances heading into the 2020 election based on the current state of the American economy.

"Historically speaking, unseating a president in a rising economy is nearly impossible," said Scaramucci.

"I thought it was a really interesting to hear someone that seemed to have a neutral political perspective," said Connor McLaughlin, a sophomore business management major.

"Before the talk, I expected it to be very hateful toward Donald Trump. However, I instead learned a lot about the campaign and how Trump used social media to win the election. Overall, it was very informative."

"I was very intrigued during the question and answer portion," said Robert Glidden, a sophomore sports management major. "It was cool to see The Mooch give us some insight into his personal economic beliefs as well as some of his first-hand experiences with members of Wall Street and White House personnel."

The first 50 students to arrive at the event received a copy of Scaramucci's latest book, titled *Trump, The Blue-Collared President*. A book signing and short meet and greet followed the event, where students took pictures with and got the chance to speak directly with "The Mooch."

## Amazon Pulls Out of New York Headquarters

BY PATRICK MOORE  
Staff Reporter

New York City lost a potential deal that would have landed an Amazon Headquarters. The plan was to place the headquarters in Long Island City, located in Queens, but was abruptly cancelled because of the backlash Amazon received.

The original plan would have Amazon build a \$2.5 billion headquarters and created around 25,000 jobs for NY. This deal would give Amazon close to \$2.8 billion in tax breaks, which angered the public.

In pulling out, Amazon said they looking for a replacement location "at this time." Amazon officials said they plan to spread the technology jobs that were slated for New York to other offices around the U.S. and Canada, including Chicago, Toronto and Austin, Texas. It will also expand its existing New York offices, which already have about 5,000 employees.

The list of grievances against the project grew as the months wore on, with critics complaining about Amazon's stance on unions and some Long Island City residents fretting that the company's arrival would drive up rents and other costs.

"Even though I feel Amazon is a great company, I truly do not think Amazon is ready to take on New York. I have lived on Long Island my whole life and I feel that if Amazon moved in, it would hurt our lifestyle," said junior Nick Collins, an economics major. "Amazon would end up hurting the Long Island culture".

While some people thought the deal was flawed, others could see both sides.

"I'm personally torn on this because on one hand if Amazon were to have went ahead with their plans and created HQ2 in New York, then they would have added an immense amount of jobs, opportunities, and diversification to the area," said junior Mike Barnych, a marketing major. "However, on the other hand, with Amazon backing out of their plans, the locals avoided the possibility of a spike in the cost of living."

The reason why Amazon pulled out of the deal is not clear. Amazon stated in a press release that "a number of state and local politicians have made it clear that they oppose our presence and will not work with us to build the type of relationships that are required to go forward."

Many politicians in New York have mixed opinions on the matter.

In a joint statement, Democrats said that "offering massive corporate welfare from scarce public resources to one of the wealthiest corporations in the world at a time of great need in our state is just wrong".

"I'm not looking to negotiate a better deal [and] I am against the deal that has been proposed," said Democratic Senator Michael Gianaris.

The goal for Governor Andrew Cuomo is to land a future deal with Amazon and to "not to burn any bridges".

The mixed opinions on the topic does not give a clear answer whether a future Amazon deal will occur.

"I was flabbergasted," Mayor Bill De Blasio said. "Why on earth after all of the effort we all put in would you simply walk away?"

*The Associated Press contributed to this article.*



AMAZON HAS WITHDRAWN FROM A POTENTIAL DEAL WITH NEW YORK CITY THAT WOULD HAVE BROUGHT THEIR HEADQUARTERS TO THE CITY. PICTURED ABOVE: JEFF BEZOS, AMAZON'S CEO.

ASSOCIATED PRESS

# Perspectives

## She Said: Cardi B vs. Nicki Minaj



**STEPHANIE**

Cardi B has won the hearts of people. It may be not so much for her rap skills, but for her personality and honesty. She is not one to hide anything from her fans and literally keeps it real 100 percent of the time. This is why I feel that people can't stand the fact that she has a huge following with loyal fans.

However, the argument of whether who is better: Nicki Minaj or Cardi B, is an old argument to me. I feel that now we are in the days were being entertaining and likable is more important than the initial talent you have. Which is something I feel that Minaj lacks and has only become apparent with the rise of Cardi.

Before Minaj got involved with rap beefs with other female rappers such as Remy Ma, and Lil Kim, she was always the one to come out on top because the former rappers where pretty much "has-beens." Minaj was able to comfortable sit on her throne as being the top, and basically only, female rapper for most of her career until Cardi came up around 2017.

Initially, I felt that Minaj didn't see her as a threat until the numbers showed otherwise. Cardi was actually making singles that were making it to #1 on the charts, meanwhile, Minaj hadn't come out with an album in years, and when she did (Queen) it didn't really do well, and she was not happy.

She went on to attack any and every person and reason why her album did not debut at number one. To me, all I saw was a person that is not ready to get off her throne and pass the crown to someone who is clearly ready to take it.

Meanwhile, Cardi is thriving! Her music is doing well, and her relationship appears to be too (though we know this ends up not being the case, but still).

She got married to Migos' rapper Offset and had their beautiful daughter Kulture. Besides him, Cardi is an all in one package deal. She has minimal talent that she can actually be taken seriously as an artist. That means she can only get better with the right coaching. She is transparent and has been from her days on "Love and Hip Hop," talking about her past as a stripper and being in a gang, all the way to her pregnancy and Offset cheating on her. On top of it all she is just plain likable and relatable.

This is something that I don't feel that Minaj has ever been since she started her career. Minaj never gave me the idea that she was a nice person. That didn't really matter back then, because her talent was all that mattered. But now, when you have people like Cardi, who can do well and may have less talent, she needed to be something more than what she already was, which wasn't much else than that.

As Cardi continues and other rappers continue to grow, she has shown that she is not only an unlikable person but feels entitled to get what she wants, because of who she is.

Cardi, on the other hand, is just going day by day and seems to be grateful for the opportunity she has. This humbleness she possesses will continue to win over anybody that listens to her and will keep her relevant as time goes on.



**MARIA**

The Nicki Minaj and Cardi B debate sparked due to the two females in the same rap industry group, fighting dirty and playing dangerously. I come to you, the reader, to address the profound career Nicki Minaj has built which should be incomparable. Regardless, of Cardi B and other female rappers, Nicki has climbed the music ladder earning her the queen title. As college kids, we are witnessing the rise of Cardi B's career. Whereas, we have grown up with Nicki Minaj, watching her career flourish.

As a middle-schooler, I would bump the song "Super Bass" and "Moment 4 Life". During the early 2010s, we witnessed Nicki evolve her brand as "THE pink Barbie." She launched a national community of girls who were a part of her Barbie dream.

In her early rise, she bumped with rhythm, bass, and fire lines. She's a smart and talented woman, which is evident since she is apart of the Young Money label. Let's not forget the anthem "Bedrock," which we would innocently sing in the car: "I love your sushi roll hotter than wasabi" for our parents to turn it down in horror as to what type of sushi roll their children were naively referring to. What can I say? This song was a hit in our middle school time.

After debuting with Young Money, Nicki went through phases of different wigs and characters, encouraging self-representation. She branded herself with Pink Friday. Everything was pink. Her fan base grew exponentially, and other artists wanted to collaborate with her. Such as

Beyoncé; if Beyoncé wants to collaborate with you, then you've basically made it.

Focusing on Nicki's self-made success, she writes her own rap. Her latest album Queen features the song "Barbie Dreams," where she freestyles and grills other artists. She later is on The Late Night Show with Stephen Colbert, where she is given the challenge to freestyle. Stephen provides one line, and Nicki creates her verse. She's no cookie-cutter rapper; her raps are creative and bold. Regardless of who her competition is, she is not backing down nor losing listeners. She calls the shots in her own success making her the rightful queen of rap music.



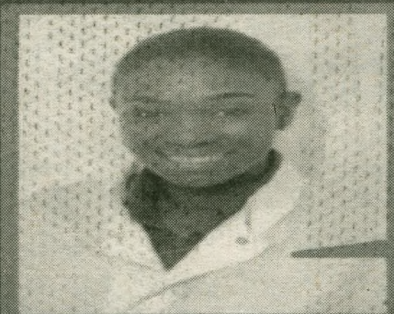
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# Perspectives

## How Do You Earn Your Extra Bucks?

BY NIKKI ZINER  
Staff Reporter

It's a Monday afternoon. You've had classes all day and maybe an athletic practice or extra-curricular meeting on top of that. Do you rush to your work shift in an hour, or do you go home and begin working on your never-ending homework assignments?

For sophomore Regan Lynch, her school days seem never-ending.

"On a typical day, I go from back-to-back block classes, to being a nanny for a family in Westport. I then go straight from nannying to my extracurricular meetings," said Lynch.

However, freshman John Zevzavadijan, wanted to adjust to his first year at Sacred Heart before finding a job.

"It has definitely been a hard adjustment," said Zevzavadijan. "First, you come to college and have to do this whole transition. Then to balance a job, extra-curricular activities, and all of the work load from classes seems impossible."

Many students find that the best way to earn extra money is by having work study jobs on campus. The bi-weekly pay helps students pay for their books, rent, or shopping sprees to the mall.

Sophomore Shayna Finocchiaro earns her paycheck working on campus.

"I work in Human Resources for SHU. I help with filing, copying, and work with confidential documents. The tasks I learn through my work study look great on my resume because it allows me to have an extreme eye for detail and a reputation of a trustworthy employee," said Finocchiaro.

For some students, their paycheck comes out of scholarships or grants that they get through their financial aid package, or sports scholarships.

"As a Division I athlete on the football team, my scholarship pays for everything except room and board. Being a Residence Success Assistant allows me to basically go to school for free," said sophomore Don Rappoccio.

As a tour guide for the university, sophomore Emilie Duckworth enjoys her job because of the happiness it brings her.

"For me, it never feels like working. I get to show perspective students my home away from home and that feeling is priceless," said Duckworth.

For many students, looking for a job comes with many factors. One of the most common factors is how they will get to their job.

"The best part about being an RA is that I live and work in the same building. I like assisting the freshman in their transition and everything that the job entails. Many of my residents are great kids and I always look forward to seeing them every day," said Rappoccio.

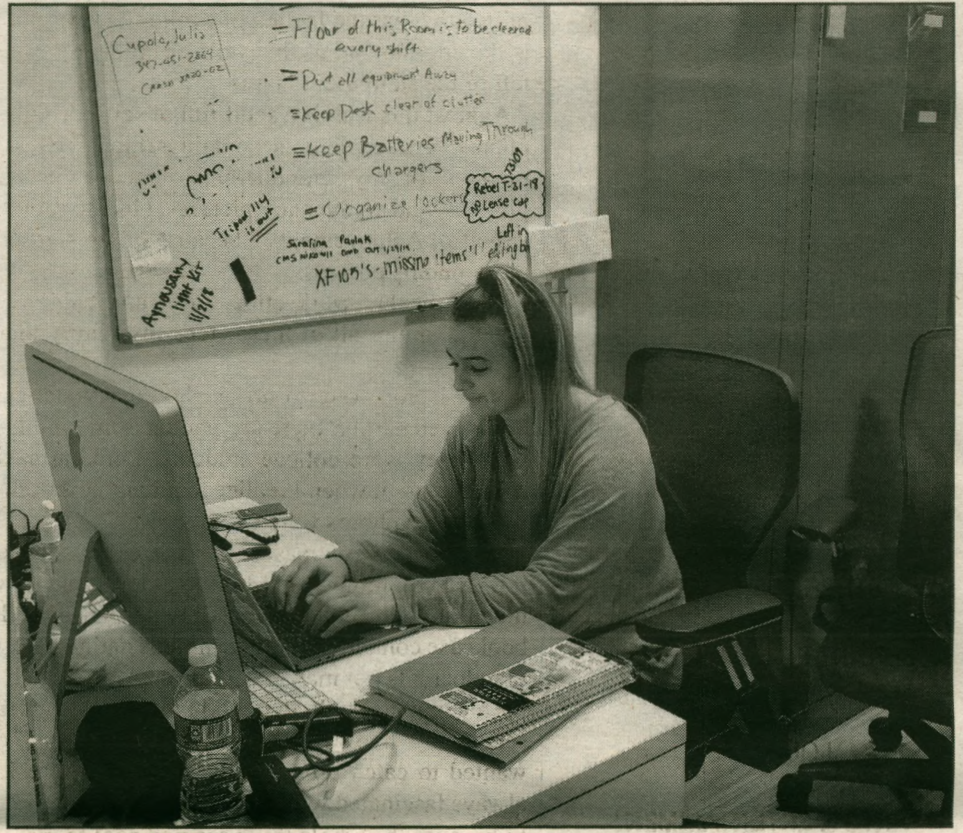
"Working on campus is extremely convenient, it saves me money on gas as well as time. I can now walk from my dorm and not have to worry about traffic," said Finocchiaro.

For others, students work throughout summer and winter break where they can have

easier transportation and more time to earn their extra money.

"I hope to get internship over the summer, and then possibly a job next year, as my funds seem to be going down the drain," said Zevzavadijan.

"I will definitely miss the kids I babysit for when I go home over the summer," said Lynch. "At the end of the day, I think all college students need the little bit of extra cash. It is better knowing that you do not have to worry about your card declining everywhere you go. Working in college is definitely one of the best decisions I've ever made."



TESSA KIELBASA/SPECTRUM

WORK STUDY JOBS ARE A COMMON WAY FOR STUDENTS TO MAKE A LITTLE EXTRA CASH. PICTURED ABOVE: ALEXA IRIZARRY, SOPHOMORE.

## Kaepernick and NFL Agreement

BY BRETT MALONEY  
Staff Reporter

The National Football League (NFL) agreed on a settlement with former professional quarterback Colin Kaepernick, and safety Eric Reid, to come up with a solution to ongoing grievances between the players and the league.

According to the Associated Press, "it remains unclear if the NFL admitted wrongdoing or how much money Reid, Kaepernick, or others may have received."

Sophomore Ted Yerardi believes that the settlement was a good decision by the legal system.

"He [Kaepernick] should be compensated for the money that was lost due to the collusion of NFL owners," said sophomore Ted Yerardi. "If he can actually compete and hold his own after three years, he should be able to play, but he was benched for a backup so I don't think he'll fit into any system."

Both Kaepernick and Reid filed collusion grievances against the league, saying they were blacklisted because of protests during the national anthem at games. Kaepernick has not played in the league since 2016, while Reid missed three games last season before signing with the Carolina Panthers.

"I personally don't think Kaepernick should be allowed to take the settlement from the NFL, because I don't believe what he stands for is true, and what he would be bringing to an organization is more than just football," said sophomore Michael Zawadzki.

With the issue resolved, the attention now turns to Kaepernick and whether he is able to get signed by an NFL team in the future.

"I personally don't think he's going to go to any team. A team has to be willing to go out on the line for him, and they don't know how their fans or the NFL will react," said junior Joseph Toci.

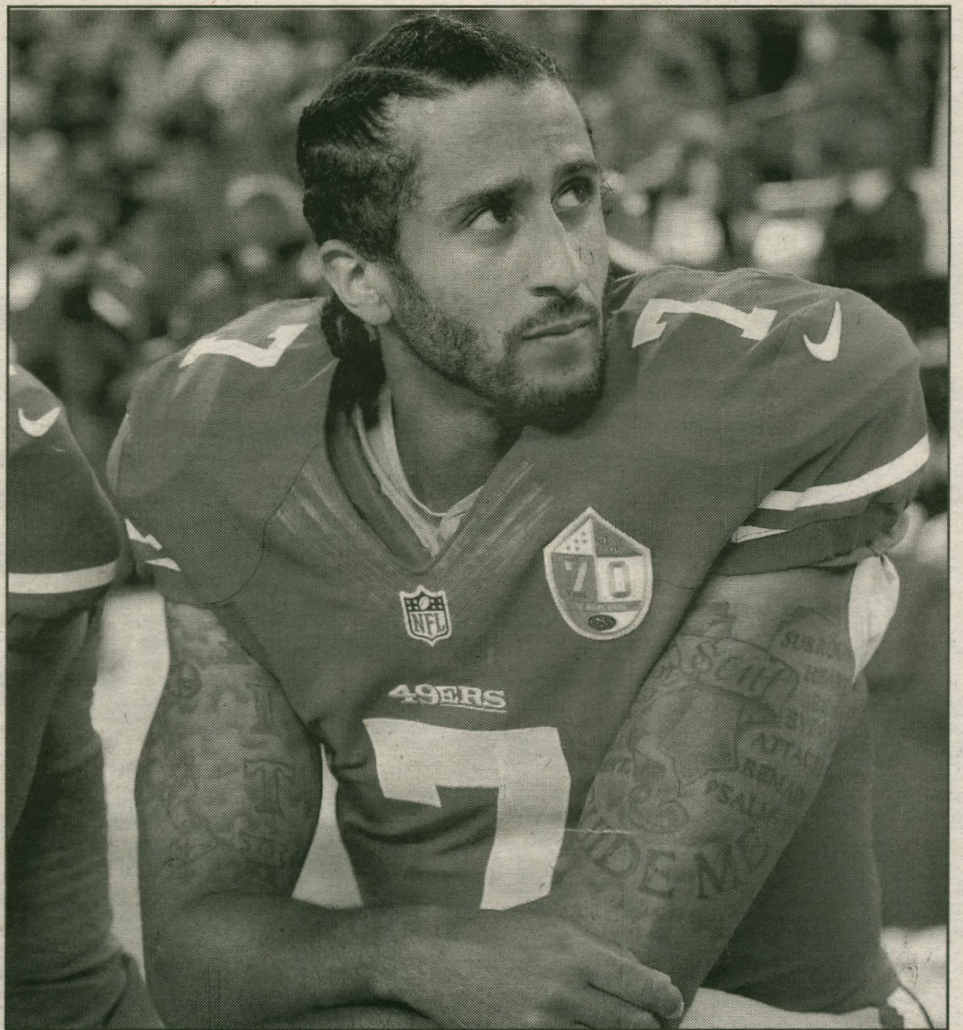
Freshman Michael Corcoran, who is a member of the Sacred Heart club football team, doesn't believe that Kaepernick should be making more money playing professional football.

"He started the controversy in the NFL, which I feel took away enjoyment of just watching the game as a whole," said Corcoran.

The situation between Kaepernick, Reid and the league has been spread out nationally. National Basketball League Hall-Of-Famer, Kareem Abdul-Jabbar, relayed his thoughts about the settlement.

"I think it's a win for Colin," said Abdul-Jabbar. "I think he wants to go back and start playing again. He had a statement that he had to make through his demonstrations, but he's a quarterback and I think he should be working."

The Associated Press contributed to this article.



ASSOCIATED PRESS

THE NFL HAS AGREED ON A SETTLEMENT WITH COLIN KAEPERNICK AND ERIC REID, ALTHOUGH IT IS UNCLEAR WHAT THE DETAILS OF THIS SETTLEMENT ARE,

# Editorials

## meet THE STAFF

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## Preserving your History

RYAN TOUHEY  
SPORTS EDITOR

The reason it all seemed cool to me was because it was a simpler time in life. To see the passing of time throughout these photo albums has been moving to me on the inside. It made me proud and thankful to be part of this family because I realized that my family has had so many memories over the course of time. It's like watching a television series or reading a book series from start to finish.

When it comes to sharing memories nowadays, I think people tend to take it for granted. We see pictures and photos all over social media that reflect on years in the past. However, good old-fashioned photography is the way to go for me.

Nowadays, photos can be edited thanks to things like Photoshop, so some things aren't what they seem to be. But having those photos in hard copy is truly a time machine. Heck, my grandmother still has a brochure from a cruise that her and my grandfather went on back in 1994 for their 25th wedding anniversary. That's how you preserve your history.

So, since I am a senior this year, I'm trying to preserve as much stuff as I can from my four years at Sacred Heart. One of the things I am doing is gathering copies of this newspaper. I am gathering them all up and storing them into a bin for safekeeping. I'm doing this not just because I want to show people how I am able to write, but to be grateful for what I've been given during my time in college.

I'm grateful to be able to grateful, which may sound confusing. However, gratefulness is a gift and it's all about having an appreciation for something. It's when you are able to look back with a big smile and not having any second thoughts or regrets. It's as pure as can be.

That feeling boosts confidence and instills a positive mentality within yourself. But gratefulness involves maturation and living in the moment. I don't feel that social media has that power the way photographs or remnants of the memory do.

When it comes to preserving history, do it in a way where you can physically hold an item your own two hands. We don't have forever on this earth.

However, if an item remains in good condition through the course of time, it may end up in the hands of your great-great-great grandchild one day. And that's what history is all about.

Since I was a kid, I've been fond of keeping memories fresh and alive as best as I can. This desire has steadily grown stronger throughout my life due to my frequent visits to my grandparents' house in Staten Island, N.Y. My grandparents' house has a special place in my heart because it's one of the few places that I am able to visit that contains residue older than me.

The feeling whenever I enter that house has always been the same. It's as if I'm walking through a museum of family history. And if there is any person on earth who has spent five plus decades archiving family history, it's my grandmother.

If you were to walk into my grandparents' house, the first thing you'd see in front of you would be a creaking old staircase with a railing that has the feeling of a rolled-up piece of paper. The railing is the edge to one of the walls of the living room, which is to the left of the staircase.

Against this wall is a shelf full of self-portraits and family group photos. These pictures contain senior high school and college pictures of my grandparents' nieces and nephews, wedding pictures, and anniversary pictures. I like to refer to this shelf as the, "Shelf of Achievements," because of the significance that each of those photos possess.

They display work ethic, love, and enjoyment, clearly, and I greatly admire all of these steps my family members have taken in their lives.

Now if you were to go up the creaky staircase that I had just mentioned earlier, there are photos of my mother, uncle and aunt, when they were college students. Looking at them now, I can't help but laugh when I realize that I am now at the age they were at when these photos were taken.

But the biggest treasure for me at this house, and I think it's sad that my mother and brothers don't take advantage of this as much as I do, is a bookcase, which is located in the den. This bookcase contains countless albums dating back to 1969, when my grandparents got married at 22 years old, which is how old I am.

Breezing through these albums is mesmerizing because I'm seeing my family grow up right before my eyes. I've always wanted to catch up on what I missed before I was born. I have always fascinated with what my parents, aunts and uncles grew up to because the whole thing seemed cool to me.

## Kuch vs. Kaner: MVP

GRAHAM O'DWYER  
NEWS EDITOR

It took me about 20 years to realize that I wanted to write, specifically about sports. Some know what they want to do since they were kids, others figure it out somewhere along the way

Hockey is one of my favorite sports, so I figured why not write another hockey article? Here it is:

The Hart Memorial Trophy is awarded to the league's MVP. Here are the top two Hart Trophy candidates and their 2018-2019 MVP resumes:

1. Nikita Kucherov – Tampa Bay Lightning

Tampa Bay have quite the team this year. The Lightning currently sit atop the NHL standings with 98 points, well clear of Western Conference leaders Calgary and basically everyone else. One of the reasons why Tampa Bay is as good as they are is because of the play of Nikita Kucherov.

The sixth-year winger from Russia is playing the best hockey of his career. Kucherov leads the NHL with 100 points in 62 games; an average of 1.61 points per game. Boasting a league high 70 assists on the season, Kucherov's ability to create is arguably the best in the league. He leads the NHL in goals created, goals created per game, and total goals on-ice for. He also leads the league in assists per game, at 1.13 per game, the only player averaging over one assist per game this season.

An argument against Kucherov's most valuable player status is that he plays on the best team in the National Hockey League. Over the past few seasons, Tampa Bay has built a powerful roster and have constantly been contenders, even favorites, in a competitive Eastern Conference.

The "they play on the best team" argument usually isn't the strongest. Kucherov has continuously improved throughout his six career years with Tampa Bay. His point totals each season have increased and is currently in the midst of his best season yet. Yes, Tampa Bay theoretically would still be a playoff team without him, but take Kucherov off the Lightning roster and the East most likely becomes a more even playing field.

2. Patrick Kane – Chicago Blackhawks

The Chicago Blackhawks, a team that includes the likes of

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Letters to the editor should not exceed 600 words and should be emailed to [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu). The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.



multiple Stanley Cup winners like Jonathan Toews, Duncan Keith, Brent Seabrook, Corey Crawford, and of course, Patrick Kane, were in dead last in the NHL. The Blackhawks had a playoff percentage as low as 0.05, following a 7-3 loss to the San Jose Sharks on Dec. 16 (via [sportsclubstats.com](http://sportsclubstats.com)). Since Jan. 20, the Hawks have won ten of thirteen and won seven in a row during that stretch.

Currently, Chicago sits three points back of the Minnesota Wild for the final Wild Card spot in the West. The West has been a bit of a disappointment in terms of the quality of teams within the conference, as even sub-500 Vancouver are only three points back of that final spot as well.

Despite allowing a league high 232 goals at this point, Chicago has relied heavily on outscoring opponents as of late. Patrick Kane is a big reason why the Blackhawks have come back to life. Patrick "Showtime" Kane is riding a 20-game point streak and showing no signs of slowing down just yet.

Kane is enjoying possibly the best season of his career. Considering Kane finished with 106 points and won the Hart Memorial Trophy, Art Ross Trophy, and Ted Lindsay Award during his 2015-16 campaign, having a better season seems tough.

As of Jan. 23, Kane is second in points with 93, behind only Nikita Kucherov, second in goals with 39, fourth in assists with 54, and also leads the NHL in goals created, goals created per game, and even strength goals. Kane is on pace for 52 goals, 72 assists and 124 points, according to NBC Sports. Those would all be career highs for Kane.

The case for Kane is similar to last year's Hart winner, Taylor Hall of the New Jersey Devils. Hall basically carried the Devils to the eighth seed in the Eastern Conference with 93 points, but unfortunately for New Jersey, that meant they had to face Tampa Bay in the first round. They lost that series four games to one.

More than likely, Kane's focus right now is on winning and continuing his hot play. If Kane can keep up with Kucherov and, more importantly, lead the Blackhawks to a playoff berth, his MVP case becomes much stronger.

# Features

## Wellness at SHU

An Audrey Niblo Award Article

BY KATHRYN ANDES  
Staff Reporter



KATHRYN ANDES/SPECTRUM

THE MAUREEN HAMILTON WELLNESS CENTER IS AVAILABLE FOR COUNSELING FOR SACRED HEART STUDENTS.

According to the American Psychological Association, 61% of college students who are seeking counseling report having anxiety, 49% report having depression, and 45% report feeling stressed.

Students at Sacred Heart University who seek counseling also report feeling this way. Students identified a variety of stressors they felt at Sacred Heart. One sophomore said the biggest one was the pressure to be perfect, while another said she struggled with homesickness.

“From September 2017-May 2018, we saw 673 individual clients with a total of 3,478 appointments. The number of crisis calls increased from 11 to 44 over the course of the year,” said Karen Flanagan, the Wellness Center’s Coordinator of Peer Education.

The Maureen Hamilton Wellness Center offers counseling, health services, alcohol and drug services, and S.W.E.E.T. peer educators. S.W.E.E.T. stands for student wellness education and empowerment team.

“I advocate for better lifestyle habits and am someone on campus that you can always rely on; may it be to talk, or ask some questions about healthy lifestyle practices, I am truly here to support my fellow students in any way I can,” said freshman Jenifer Rodrigues, a S.W.E.E.T. Peer Educator.

In addition to being educators, S.W.E.E.T. holds events for students during the semester to relax and destress from academics.

“The peer education program (S.W.E.E.T.) provides a variety of programming for students including therapy dogs twice a month. There is a colloquia-two coming up next week about opiate awareness. S.W.E.E.T. also provides programming in residence halls about alcohol, stress, sleep, relationships and various other topics,” said Mary Jo Mason, the Director of Student Wellness Services.

For some students, other positive choices can help with stress whether or not they also seek counseling.

“The best advice for dealing with stress is to find a hobby, like exercise or watching a tv show, speaking with a friend or family member, or participating in a fun event that can help release stress hormones and improve overall happiness,” said Rodrigues.

One sophomore, who asked not to be named for privacy, said the counseling center was very effective and gave great advice when it came to time management and self care.

“When we compare the improvement of students coming to our Counseling Center to those going to centers nationwide, our students improve at a significantly higher rate than at other schools, especially in the area of depression and anxiety,” said Flanagan.

However, two sophomore students, who also requested anonymity, said they wanted to see the same counselor more often, not a different professional for every session, as to avoid the need for an introductory meeting at each visit.

According to the Center for Collegiate Mental Health, “between the fall of 2009 and spring of 2015, the number of students who visited campus counseling centers increased by more than 30 percent, while college enrollment climbed just 5 percent.”

Located next to the freshman dorm, Angelo Roncalli Hall, The Wellness Center is open 9 a.m. to 5 p.m. on weekdays. Appointments can be scheduled online through the counseling center website, or by contacting the Wellness Center at 203-371-7955.

For certain students who are unavailable or uncomfortable meeting with a counselor in person, there is a virtual center for women available on the Wellness Center website that provides aid and support for those struggling with sexual assault, education and empowerment, and sexual and gender based violence.

## Agape Latte- Annie Wendel

BY DEVYN KING  
Staff Reporter

On Feb. 21 at 8 p.m., Campus Ministry hosted guest speaker Annie Wendel, Assistant Director of Volunteer Programs & Service Learning, for the first Agape Latte event of the semester.

Wendel presented her talk, “Rooted in Faith,” in Linda’s at Sacred Heart University. She then discussed the challenges she faced during different phases in her life. Some of her big life transitions included adapting to Providence College and learning to ground herself in the fast-paced environment of a college.

“On a college campus that offers nearly every opportunity to get involved, at that point it also leaves less time for leisure, time for yourself, time for reflection and time to just be,” said Wendel.

Agape Latte is a coffeehouse-style speaker series through Campus Ministry. They hold events twice a semester.

“Live music is provided by someone from the SHU community, along with free coffee and cookies, and trivia and prizes,” said Devon McCormick, Campus Minister. “It is an incredible night that provides a welcoming atmosphere for people from all walks of life to come together for a night of fun and conversation surrounding faith of all types.”

At this specific event, Mike Fritz provided live music the first half hour, while students and faculty socialized, drank coffee, and ate baked goods provided by the university.

The audience then participated in the trivia game that took place just before Wendel started speaking. Students were asked questions relating to Wendel, such as where she went to graduate school, which service-learning program she is going to this week, and the month and year she started working at the University.

If the questions were answered correctly, prizes such as water bottles and headphones were awarded.

Wendel began her speech by interacting with the audience. She had everyone stand up and form a yoga pose with her.

“Tree pose was an inspiration for what I wanted to highlight tonight. Yoga is not only a physical and mental way to you to connect with your body, but it also helps you to be spiritually grounded,” said Wendel.

She brought up her experience abroad in Australia where she taught at a local school. Being abroad impacted her life and helped her to view the world in a new way.

Wendel met a Dominican priest named Jim, and shared with the audience the new perspective he gave her on living in the moment and experiencing life as it happens rather than always anticipating.

Sophomore Jared Morris was personally impacted by Wendel’s speech.

“The speaker impacted me by informing me that there are different ways to connect to myself besides acute events. The accumulation of events in my life all come together to change me progressively despite never having a defining moment, just like Annie was discussing in her speech,” said Morris.

According to McCormick, people can get involved by becoming a member of the Agape Latte Student Board, which is the group that selects the speakers, organizes the event, and runs the whole show.

The next Agape Latte event this semester April 11. The guest speaker’s name has not yet been released.



DEVYN KING/SPECTRUM

ANNIE WENDEL, THE ASSISTANT DIRECTOR OF VOLUNTEER PROGRAMS AND SERVICE LEARNING WAS THE GUEST SPEAKER AT AGAPE LATTE ON FEB. 21.

# Features

## SNA Bone Marrow Drive

BY DEASHA BENT  
Staff Reporter

On Feb. 22, between 10 a.m. and 3 p.m. in the University of Commons, The Student Nurses Association hosted a Bone Marrow Drive. The goal of the SNA, overall, is all about helping the community and those in need. SNA is an organization of Sacred Heart University student nurses, they enjoy their time being a member while helping out others, like sophomore Michaela Viera.

"It's a lot of fun. It's very rewarding because we have a lot of opportunities such as the bone marrow drive and we are able to help out," said Viera.

In 2018, the SNA hosted a bone marrow drive and successfully found a match for a fellow Sacred Heart alumnus, Michael Limosani's father.

"Last year, we were approached by one of our alumni, who was a bone marrow participant. That's how it really became important to us," said Dr. Eileen Yost, Clinical Assistant Professor in the College of Nursing.

Volunteer chair sophomore Courtney Ebert said that getting the word out and advertising was going to be the greatest challenge.

"I knew that the event would take place, but I didn't know what it was all about. So, having to advertise for the event was kind of a challenge for me," said Ebert.

Last year, the SNA was able to collect swabs from 200 people and was able to find a donor that matched DNA with Limosani's father.

Since then, the organization decided to work closely with the Deutsche Knochenmarkspenderdatei company or DKMS, which is a German donor program according to [www.dkms.de/en/about-dkms](http://www.dkms.de/en/about-dkms).

According to the president of SNA, junior Erika Borrás, this company created an opportunity for SNA that was helpful to the cause.

"Through this company, we were able to allow an alumnus of Sacred Heart to receive bone marrow," said Borrás.

While in 2018, the idea of the drive was to help an alumnus's father, SNA decided to take the initiative and help more people listed in the bone marrow registry from DKMS.

"If you match with someone who is on the bone marrow recipient list, then that is who gets the bone marrow," said Yost.

According to Borrás, it is nothing like drawing blood. To find if you are a match, the procedure requires three swabs from the mouth, which are collected.

"You can just stop by for five minutes to come, just to swab your mouth. So, to donate bone marrow it's a little different than donating blood. You're not actually getting pricked or anything like that, it's just a simple swab of the mouth," said Borrás. "They [SNA] take that mouth swab, you fill out information about yourself on a little iPad, and then your swab gets sent to the bone marrow registry."

To learn if you are a match, the company will contact you via email or call.

"Later on, if they need you and if they find that your DNA is a match for somebody

who needs a bone marrow, you'll go through a procedure to donate," said Borrás.

A couple of students at the drive, like sophomore Julia Antonucci, have already registered to donate and are waiting to learn if they are a match for a person in need.

"I registered to donate because I think that it's a really good cause and being personally touched by cancer and other blood cancers and disorders, it's just important to be available to do it," said Antonucci.



DEASHA BENT/SPECTRUM

THE STUDENT NURSES ASSOCIATION HELD A BONE MARROW DRIVE TO EXPAND THE DONOR REGISTRY. PICTURED ABOVE: RIGHT, TRISHA SIGNORELLO, SOPHOMORE AND LEFT, LINDSEY RODGERS, SOPHOMORE.

## Education of Service

BY LOUIS FREY  
Asst. Features Editor

On Wednesday Feb. 20, Sacred Heart University held the Education of Service colloquium.

The Education of Service presentation was brought about by Professor Marie Hulme.

"This event came about after I had Professor Hulme last semester as a teacher. She saw the contribution that three of the veterans were making in her CIT class and asked me if I had any ideas for a colloquium. That's how the Education of Service was born," said Jake Mazza, a senior Sacred Heart student and Air Force veteran.

Other speakers at the colloquium, along with Mazza, were Navy veteran Skirmantas Gomez, and Marine veteran Cody Puricello. They each spoke about important life lessons they learned during their time of service.

The colloquium began with the veterans speaking about their experiences with leadership and discipline. Mazza wanted students to learn the benefits of having veterans on campus. He needed help getting that message across.

"Skirmantas and Cody were both great guys who I believe have better stories than I do since they have had to overcome so much. They also came from different branches of the military which is extremely important to me," said Mazza.

Gomez said he decided to speak for this event because he likes to represent his veterans and to make sure that the community is aware of veteran issues and things they go through on a daily basis. This way they can have a more rounded knowledge of what veterans go through on a daily basis.

"I strongly urge those of you who shy away from being a leader in certain situations to really just give it a shot. You're not only helping yourself, but you're helping out people underneath you when you're a good leader," said Puricello.

Gomez taught the lesson of the importance of mental health and looking out for others who may be struggling. He said for those who are showing signs of poor mental health to pay attention to them; even if they're pushing you away.

"If you have anybody like that, contact them, say hi to them. Regardless of how many times they shut you down because I guarantee you, they are the ones that need the most help," said Gomez.

The veterans also spoke on the importance on going abroad and learning about other cultures.

"Understanding other cultures makes you appreciate your life a lot more. It makes you appreciate the finer things in life," said Mazza.

Puricello said he hoped students take a positive message from the colloquium.

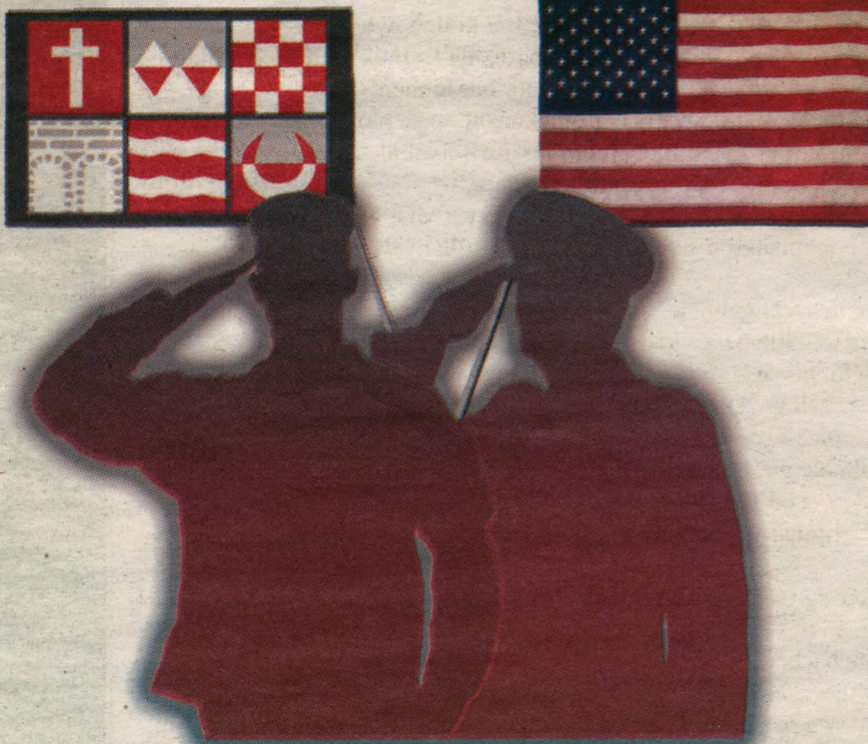
Students that attended did just that.

An important aspect sophomore Greg Lynch learned from the colloquium was to "keep pushing. You'll always get success if you keep trying and working at it."

Sophomore Bailey Devaney said what she took away from the speakers was how they talked about reaching out to people.

Other students learned from the colloquium that mistakes are a part of learning.

"You never make a mistake in life. You just learn from an experience," said Pioli.



ALLY PLEZIA/SPECTRUM

A COLLOQUIA CALLED "EDUCATION OF SERVICE" WAS HELD ON FEB. 20 AND FEATURED THREE VETERAN SPEAKERS FROM DIFFERENT BRANCHES OF THE MILITARY.

# Arts & Entertainment

## Sidney Choothesa Captures the Beauty of Dance

BY CHRISTOPHER DOLAN  
Staff Reporter



CHRISTOPHER DOLAN/SPECTRUM

SIDNEY CHOOTHEA, JUNIOR, LOOKS AT HER PICTURES WITH A STUDENT WHO ATTENDED HER SHOWCASE ON FEB. 21. CHOOTHEA'S PHOTOGRAPHY FOCUSES ON DANCE.

On Thursday Feb. 21, Sacred Heart University held a photo exhibition for junior Sidney Choothesa in the at the Matire Business and Communication Building.

The event had friends who praised Choothesa for her hard work.

"I am really proud of my friend Sidney who created this whole art display. It is crazy how she can capture so much beauty and put in a single photo; as well as express her own opinions and what goes in her mind through photos," said sophomore Jenna Brabazon.

Choothesa is in Digital Photography, which is an introductory class for photography students. The class is taught by Professor Richard Falco, Coordinator of Multimedia Journalism and Communications.

Falco has been teaching for thirty years, with a total of ten years at Sacred Heart. He had many different students to choose for the exhibition, but Choothesa stood out.

"If you look at Sidney's work, the work of dancers. It is a beautiful view into the life of a dancer and what they do. The images she has created are so beautiful. They are really well composed, well thought-out. This is her first photo class which amazed me," said Falco.

Falco was impressed with the advancement that Choothesa has made in a short amount of time. "I always see a progression. When they come in with uncertainty, the ability to overcome the technical things and then move it to a level of aesthetics where it's about vision and she arrived at that unbelievably quick."

Choothesa chose to focus on what she was passionate about, which was dancing. The photographs captured the dancers lives.

"I chose to photograph dancers because that is my life and I can comprehend it very well. I know what to say to my models and how to manipulate them to make the movement look a certain way when captured. I wanted to capture beautiful lines as well as movement and beautiful shapes," said Choothesa.

When she is not photographing dancers, Choothesa becomes involved in dance in other ways.

This includes participating in dance herself as well as teaching it at the Connecticut Dance Conservatory in Stamford, Connecticut. She is also part of the Dance Community at the university.

As the event came to close, people still came by to give their praise to Choothesa.

"I came to this exhibition and it one of the most beautiful exhibitions I've seen. Sidney is one of my closest friends and it is something very creative and I honestly believe that she has a lot of talent and she will go places," said freshman Francisco Viera.

## Caught in "The Act"

BY BRANDON RICKETTS  
Staff Reporter

Are you ready for a new true crime series to binge watch instead of homework or chores? Well, the true crime series "The Act," premieres on Hulu on March 20.

The show will feature the true story of Gypsy Blanchard, a 24-year-old woman who brutally murdered her mother on June 14, 2015.

According to Hulu, the motives behind the murder was a toxic relationship stemming from the abuse and control of Gypsy Blanchard, played by Joey King, by her mother Dee Dee Blanchard played by Patricia Arquette.

Dee Dee suffered from Munchausen syndrome which causes a parent to create fictitious illnesses and ailments for their child.

"To think that a mental condition like that exists is scary and eye opening that some people are basically slaves to the mental condition of a figurehead in their lives," said junior Thomas Dooner.

"The Act," has been marketing the star power of Arquette and King in this true crime series.

In the 42 second teaser posted on YouTube, that has gotten over 4 million views on Hulu's official channel, Arquette is seen tying King to the bed as well as grinding up medicines to pump into King to help aid with her fictitious ailments.

"After watching the trailer, the show did appeal to me because I love true crime shows, especially based on true stories," said sophomore Jessica Teixeira. "I actually prefer it on Hulu better, but I have all of the video streaming services."

For those who are unfamiliar with the two stars, Arquette, who made her film debut as Kristen Parker in "A Nightmare on Elm Street 3: Dream Warriors," in 1987 will star as Dee Dee Blanchard.

Along with her role in "A Nightmare on Elm Street 3: Dream Warriors," Arquette also starred in movies such as "Stigmata," and "Boyhood."

King is best known for her lead role in the 2010 film "Ramona and Beezus," along with her features in movies such as "Quarantine," and "Reign Over Me," with Adam Sandler.

King has also done voice-over work for "Horton Hears a Who!" "Ice Age: Dawn of the Dinosaurs," along with her guest appearance in the series "Ghost Whisperer."

Netflix original series "The Ted Bundy Tapes," was released on Jan. 24. Hulu releases "The Act" as a Hulu original which draws speculation of competition between the two releases.

"I saw all the marketing for "The Ted Bundy Tapes," and it excited me for the show, I had never been informed of "The Act," until today," said Dooner. "I immediately felt like Hulu was trying to fire back and keep up with Netflix."

With the release of the "The Act" slowly approaching, the questions that may be asked are, will this series cause a rise in subscriptions for Hulu and build its popularity, will this truly rival Netflix original "The Ted Bundy Tapes," or will it be of no comparison?

"True crime series are my favorite I have yet to watch the Netflix original, but I will surely watch both in order to form a fair opinion on the both of them," said junior Aliyah Muhammad.



HULU

"THE ACT" IS BASED OFF THE TRUE STORY OF A WOMAN WHO MURDERED HER MOTHER IN 2015 AND WILL BE AIRING ON HULU IN MARCH.



# Arts & Entertainment

## Drake Celebrates 10 Year of "So Far Gone"

BY JOSEPH BRAUN  
Staff Reporter

On Feb. 13, rapper Drake announced via Instagram that he would be re-releasing his mixtape "So Far Gone," to streaming services and released it on Feb. 15.

This was to commemorate the ten-year anniversary of the original release from 2009. Fans of the rapper recalled popular songs that they liked when it first released.

"'Best I Ever Had' was the first Drake song that I fell in love with," said freshman Nick D'Amato. "The mixtape 'So Far Gone,' was a defining one for me, it really made me a fan of Drake's work.

Due to it being available on streaming services like Apple Music and Spotify, fans had instant access to the mixtape upon the release, in addition to those that couldn't listen to it originally.

"Re-releasing the mixtape was the right move in my opinion," said freshman Phil Ferranola. "It was a smart move because now more people can listen to it and enjoy it. It had great music on it, which needs to re-discover by a younger audience."

The mixtape features songs with Trey Songs in "Successful," Lil Wayne in "Uptown," and Santigold in "Unstoppable." These songs were enjoyed by fans who had the opportunity to listen to the mixtape again after ten years.

"It was cool to see just how far Drake has come as an artist," said junior Ryan Wilkens. "I remember when this mixtape came out ten years ago. I can still hear some of the similarities that is in his music."

Some feel that it was a risk to re-release old music but due to the loyalty of fans, it would only be positive reactions.

"I think there is always a risk when it comes to re-releasing old music, what if your fans don't care about you and your music anymore?" said junior Kevin Kopf. "With Drake though, it's different. He has been on top of the rap game for more than 7 years now. Whatever he puts out, I'm confident that his fans will receive it with open arms.

"So Far Gone," is in the top 10 of the Billboard 200 charts and marks the tenth top 10 album for him.



ASSOCIATED PRESS  
DRAKE, PICTURED HERE FROM THE GRAMMY'S, RECENTLY ANNOUNCED HE IS RE-RELEASING HIS MIXTAPE "SO FAR GONE"

## Oscars Recap

BY KRISTIN BURNELL  
A&E Editor

On Sunday, Feb. 24, the Academy of Motion Picture Arts and Sciences presented the 91st Annual Academy Awards.

The awards ceremony was broadcasted on ABC from the Dolby Theatre in Los Angeles. This year marked the first time in 30 years that the ceremony featured no host.

Former American Idol singer, Adam Lambert, and Queen opened the show with a rendition of "We Will Rock You" and "We are the Champions". The performance was honoring "Best Picture" nominee "Bohemian Rhapsody" as well as the life of the late Freddie Mercury.

Regina King won the first award of the night for her performance in "If Beale Street Could Talk". Among other nominees for the "Best Supporting Actress" category included: Emma Stone, Rachel Weisz for "The Favourite," Amy Adams in "Vice," and Marina de Tavira for "Roma".

For "Best Supporting Actor," the nominees included: Mahershala Ali for "Green Book," Adam Driver for "BlacKkKlansman," Sam Elliot for "A Star is Born," Richard E. Grant for "Can You Ever Forgive Me?" as well as Sam Rockwell for his role in "Vice." Ali took home the win for the night.

As the award ceremony continued, history was made in numerous categories. Ruth Carter became the first African-American female to for "Costume Design" in her work for "Black Panther". The film was also the first Marvel comics movie to be up for nominations at the Oscars.

Lady Gaga also took home her first Oscar for "Best Original Song". She won alongside Mark Ronson, Anthony Rossomando and Andrew Wyatt for their song, "Shallow" which is featured in "A Star is Born".

Gaga and costar Bradley Cooper performed the hit song later on in the night, which was praised by audience members with large applause. Both Cooper and Gaga were nominated for their work in "A Star is Born" for "Best Actor" and "Best Actress," respectively.

Olivia Colman won the award for "Best Actress" in her work for "The Favourite." Other nominees included: Yalitza Aparicio for "Roma," Glenn Close in "The Wife," and Melissa McCarthy for "Can You Ever Forgive Me?" as well as Gaga.

Nominees in the "Best Actor" group included: Christian Bale for "Vice," Willem Dafoe for "At Eternity's Gate," as well as Rami Malek in "Bohemian Rhapsody," and Viggo Mortensen "Green Book" as well as Cooper. Malek took home the award for his portrayal of Freddie Mercury.

Malek's win wasn't the only award that "Bohemian Rhapsody" won this year. The movie also was awarded three other Oscars for "Film Editing," "Sound Mixing," and "Sound Editing." This marks the most wins for a single movie for the year.

"Roma" also had three big wins for "Best Director," "Best Foreign Language Film," and "Cinematography".

The final and most monumental award of the night was "Best Picture". The category had some big competition with nominees such as: "Black Panther," "BlacKkKlansman," "Bohemian Rhapsody," "The Favourite," as well as "Greenbook," "Roma," "A Star is Born," and "Vice".

Actress Julia Roberts announced the winner for "Best Picture" awarding it to the film, "Greenbook". This outcome did bring up controversy to some people in Hollywood. Spike Lee, winner for "Best Adapted Screenplay" in "BlacKkKlansman," made his

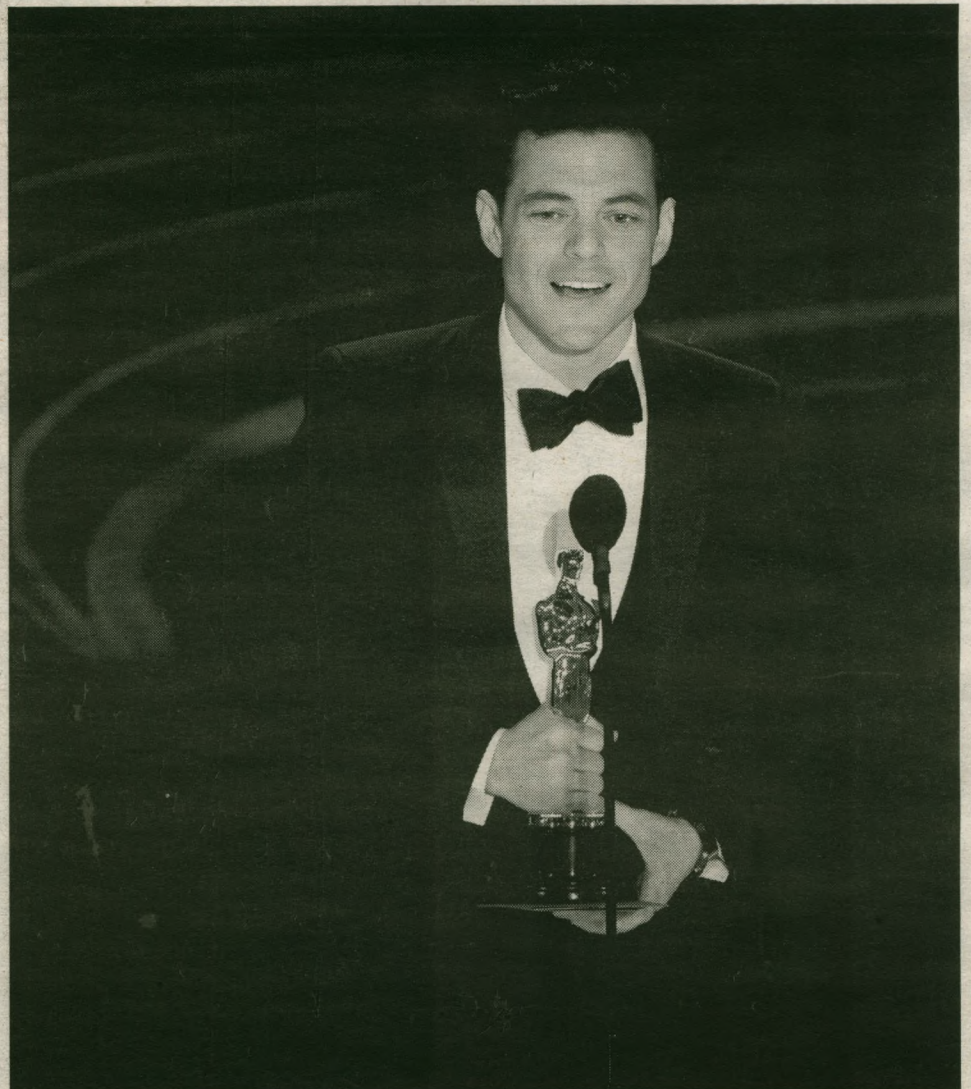
opinion clear when asked about "Greenbook" winning Best Picture.

Lee stated backstage at the show to reporters that he was on his sixth glass of champagne mentioning "you know why".

In regards to "Greenbook's" win he commented that he loses "every time somebody's driving somebody". This is in reference to the films plot line. When he was asked about the movie winning the award Lee said, "Next Question".

Despite some controversy, the show proved quite historic but did have a decline in viewers. Nearly 20.6 million people tuned in to Hollywood's biggest night, this is about 6 million less than last years 26.5 million viewers.

The Associated Press contributed to this article.



ASSOCIATED PRESS  
RAMI MALEK ACCEPTS THE AWARD FOR BEST PERFORMANCE BY AN ACTOR IN A LEADING ROLE FOR "BOHEMIAN RHAPSODY" AT THE OSCARS.

# Sports

## Track & Field: Christian Turner Receives Honors

BY DAN GARDELLA  
Asst. Sports Editor

On Feb. 16, senior thrower Christian Turner threw his way to the top in this season's Northeast Conference (NEC) Championship at the Ocean Breeze Athletic Complex in Staten Island, N.Y. He won the shot put competition along with placing sixth in the weight toss.

According to Athletic Communications, he threw the shot put 16.51 meters, which was a personal best. His shot put throw was also the only throw to surpass 16 meters among all competitors. The throw was nearly a full meter farther than the second place finisher.

"I think shot was a little more gauged at, and then weight was something that clicked," said Turner.

Turner's official weight toss distance was 15.33 meters.

Sacred Heart track and field head coach Christian Morrison said that Turner threw the shot put very well on the Friday of the competition, which helped him become the second seed. It was then the senior "rising to the occasion," that helped him outperform his opponents.

In previous years, Turner battled through injuries that prevented him from performing at his full ability and even missing significant time.

The difference between practicing and playing when fully healthy, and playing while battling an injury is significant according to Turner.

"You are able to do the work at the end of the day, but it's just at the level that you're able to do it at," said Turner. "Instead of being able to run through your

sprint workout, you are following near the end and you're not going as fast as you could."

Along with the level of performance being reduced, Turner also said that when battling injuries, he loses his momentum in terms of consistent training and workouts.

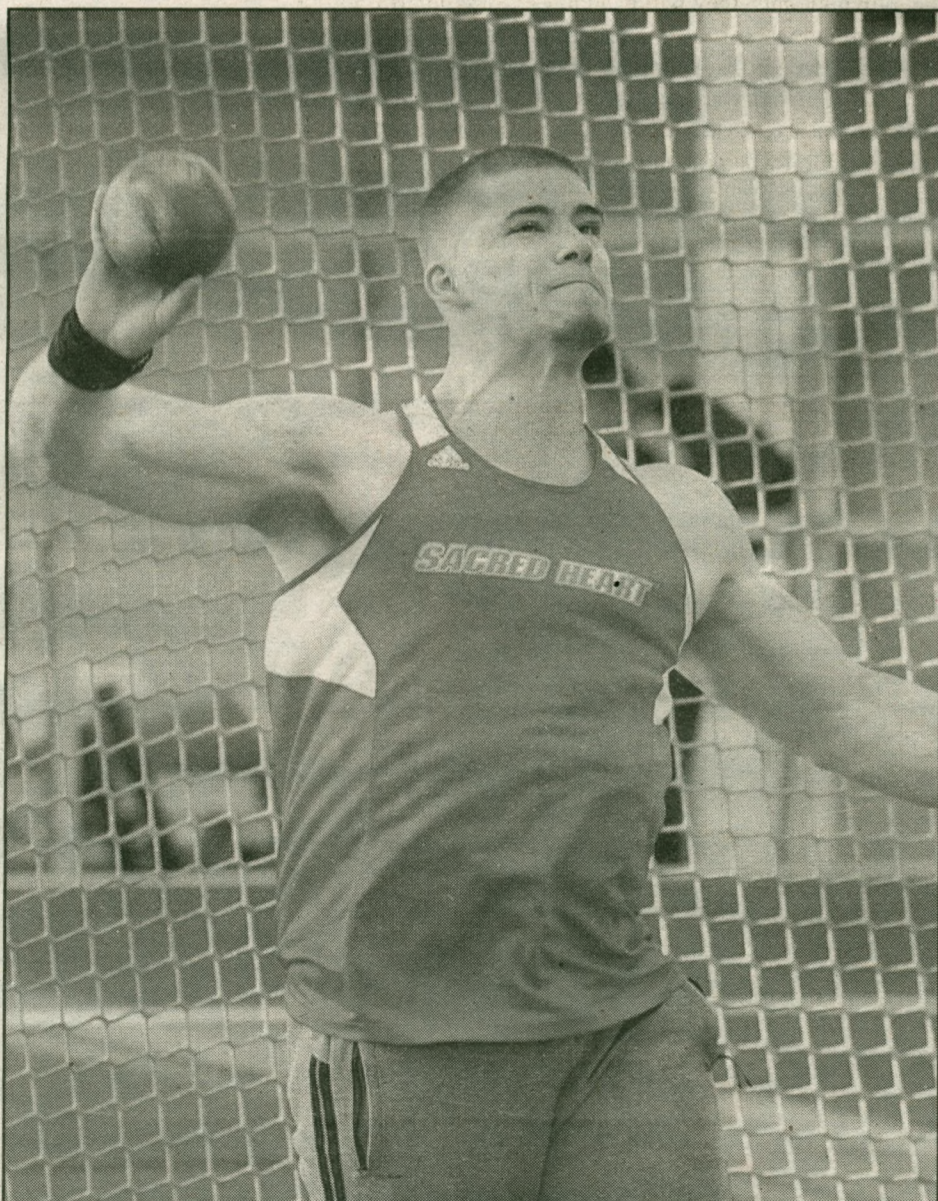
"It's a nice feeling to win, but it gets you ready for the next big meet. It's 'That's cool, great accomplishment, what's next?'" said Turner. "IC4A's is next, and I am really trying to make the top eight."

The IC4A Championship is one of the oldest National Collegiate Athletic Association track and field competitions in the United States. It will run from March 1-3 in Boston.

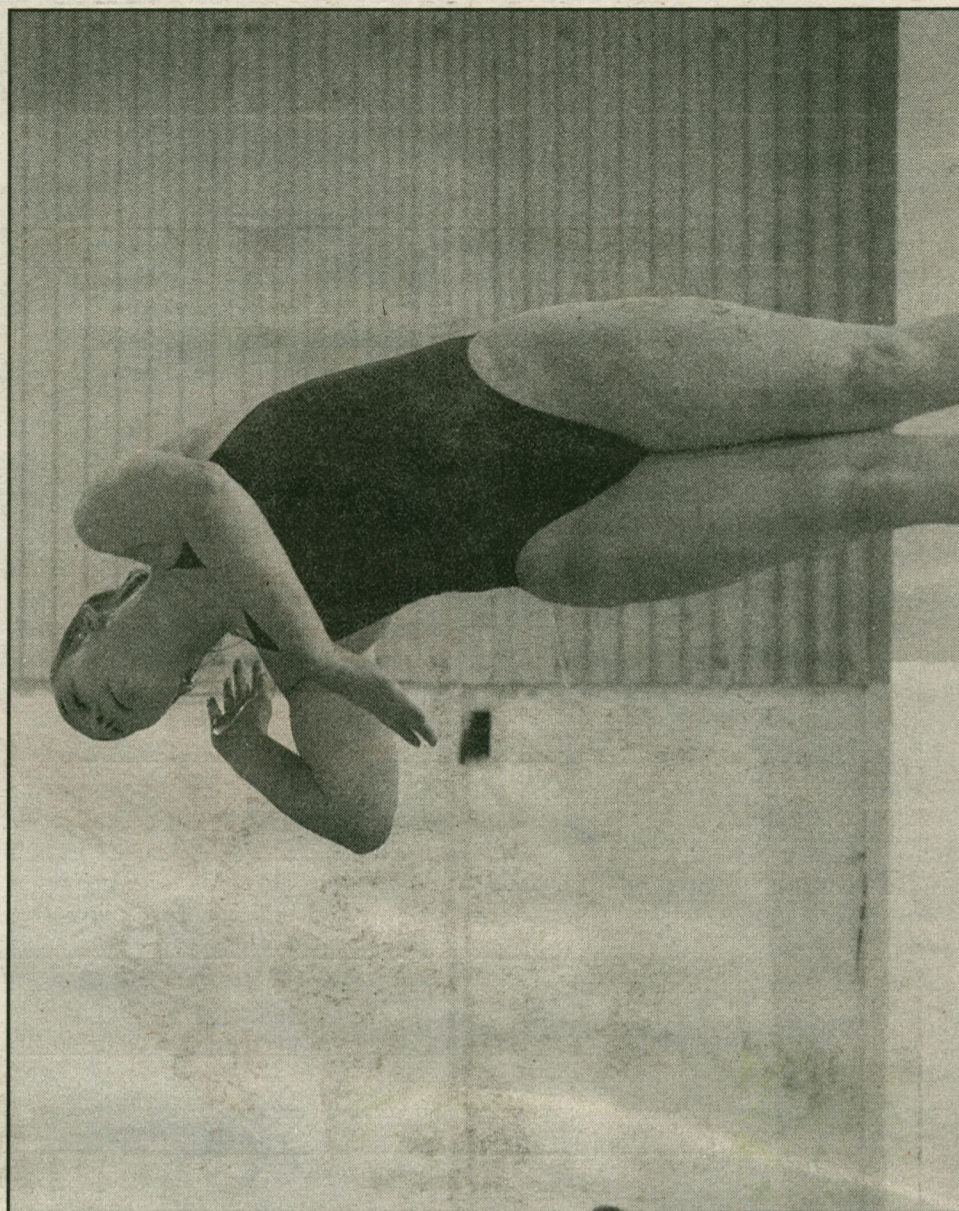
"You don't take anything personally," said Turner. "It's business at the end of the day. As long as you keep the mentality that 'I did what I could', that's in the past, and you move forward."

Morrison's plan for his athletes is to take them from where they started, or "Point A", and develop over the course of four years, like Turner has, to reach "Point B". Looking back on the full body of work, development is one of the words Morrison uses to describe Turner.

"Like most college students, he [Turner] has matured over his four years. He's probably applying his natural talent and ability at a more efficient and higher rate than he ever has before," said Morrison. "Over the course of his career, he made some pretty steady progress despite the injuries. He's doing what we hope most of our athletes do."



SACRED HEART ATHLETICS  
SENIOR THROWER CHRISTIAN TURNER THREW A PERSONAL BEST AT SHOT PUT, REACHING 16.51 METERS.



SACRED HEART ATHLETICS

FRESHMAN MOLLY MARTIN WAS THE FIRST DIVER IN NINE YEARS TO FINAL AT NEC'S.

## Women's Diving Season Recap

BY MELANIE DASILVA  
Sports Editor

The Sacred Heart University (SHU) women's swimming and diving team has more to the program than just backstrokes and freestyles. After losing their one and only diver on the team last year to graduation, the program gained four divers for the 2018-2019 season, along with a new diving head coach.

In Aug. 2018, head swimming and diving coach, John Spadafina, announced that Adam Vance would serve as the new diving coach for the Pioneers. Vance came to SHU after previously coaching at his alma mater, West Chester University of Pennsylvania.

"I was most excited for the enthusiasm felt throughout the entire team," said Vance. "I was also excited for the four freshmen on the team. We were able to start on a clean slate and set up expectations and goals for the season very clearly."

The four divers on the roster this year are freshmen Alexandra Bonanno, Molly Martin, Megan McLaughlin and Jessica Pianese.

"I am aware that a lot of the school doesn't know there is a swim team, and no one knows a thing about diving," said McLaughlin. "This has to be changed because I want people to be aware that all the girls on the team work so hard and push themselves every day."

Although the season ended after the Northeast Conference (NEC) Championship on Feb. 14-16, the divers progressed mentally and physically throughout the season.

"At the NEC's, having three divers score points for the team on one and three meters was a huge accomplishment for us," said Vance. "The icing on the cake was Molly Martin qualifying to the finals on the three-

meter board. She was the first diver in 9 years to final at NEC's."

Some of the divers came into the season with no prior experience.

"For me, I just started diving this past summer," said Bonanno. "I had a hard time learning how to dive backwards which ended up in a lot of smacks while entering the water. As the season went on, I feel like I progressed up to where my other teammates are at."

Vance noted that the Pioneers faced multiple battles this season due to injuries and learning more dives to be able to compete in a dual meet on one-meter and three-meter dives.

Vance said that diving is a mentally challenging sport. Each of the divers were able to step their game up mentally and physically at the NEC championship.

"A big struggle for me was keeping my confidence throughout the season," said Martin. "By the end of the season I am glad to say I was able to remain confident even when things didn't go as planned."

According to Athletic Communications, Martin placed seventh overall in the NEC on the three-meter with a score of 190.5, McLaughlin placed 10th with a score of 184.5, Bonanno placed 14th with a score of 133.85, and Pianese finished with a score of 123.15.

Both Vance and the first-year divers are excited to watch and be a part of the growing diving program at SHU and are already looking forward to next year.

"I am looking forward to increasing our depth at the conference level, some great incoming freshmen, and continuing our rising success with our returning divers for the 2019-2020 season," said Vance.

# Sports

## Men's Golf Season Beginning

BY ASIA MCCRAY  
Staff Reporter



SACRED HEART ATHLETICS

THE SACRED HEART UNIVERSITY MEN'S GOLF TEAM WILL HEAD TO DAYTONA BEACH FOR INVATIONALS ON MARCH 4, INCLUDING SOPHOMORE SAPTAK TALWAR.

The Sacred Heart University men's golf team is preparing to swing into action as they head to the Lonnie Barton and BCU Gary Freeman Invationals in Daytona Beach, Fla., on March 4.

According to head coach Matthew McGreevy, the team had a productive offseason in order to build chemistry. They are focusing on their individual skill work for the spring season, as well as preparing for the change of weather in Florida.

"We are very familiar with the course we are playing on. It is our conference championship course and we have been playing there for several years now," said McGreevy. "There are certain holes that will be key in having a good round, numbers six, 11 and 18 come to mind."

According to Athletic Communications, the team finished tied for eighth out of 90 individuals at their last fall invitational. Senior Hector Gutierrez said the team's spring season will be about staying focused and consistent.

"My favorite course to play this spring has to be our own, Great River Golf Club," said Gutierrez. "As a senior, I've enjoyed playing in it for the past four years and I'm definitely going to miss the challenging, yet fun layout."

The team plans out their approach to victory prior to each tournament they compete in. "For me, it's just seeing the shot that I want to hit and executing it," said junior Clifford Lindholm. "I try to have a short term memory when I'm on the course and I think that's an important part to playing great golf."

Each golfer has a different point of view on how they want to mentally attack the course.

"For me personally, it's just trying to get back into the groove because I am coming back from an injury I suffered from last fall, so it's been a while since I've played competitive golf," said freshman Saptak Talwar.

In a golf bag there are 14 clubs inside. The clubs perform certain tricks for different holes, and each member of the team has their own preferences as to which one they want to use, and when. Saptak said he prefers his putter, while Lindholm said he prefers the driver.

According to the golfers, the weather conditions during the golf match are very important and will also play a role on which club they use.

"It's all relative to the shot and the conditions. If it's windy, I will have to use different clubs from a yardage depending on if the wind is into or behind me," said Lindholm.

Aside from the weather and personal club choice, the main goal for the golfers is always to get their ball in the hole.

"I think the hardest shot is from the tees," said Gutierrez. "Unfortunately, not every tee shot lands on the fairway, so realizing that you need to test your skills by playing a shot you don't usually practice, makes those recovery shots challenging."

After the Pioneers return from the Lonnie Barton and BCU Gary Freeman Invationals, they will head to Grasonville, Md. for the Towson Invite from April 6-7, to continue their run for a championship.

"Our team's expectations have remained the same since the first day of practice. We're here to try and win a National Championship and that first starts with winning our conference," said Lindholm. "We have the talent to go all the way, it just comes down to executing it when the time comes."

## Baseball Season Underway

BY STEFAN AYANIAN  
Staff Reporter

The Sacred Heart University baseball team opened up their 2019 season in Winston Salem, N.C., from Feb. 15-17. They faced the 20th-ranked team in the nation, Wake Forest University, Georgetown University and Illinois University.

The Pioneers went 1-2 in the weekend, with their one win coming against Georgetown, which was also in walk-off fashion. Sophomore outfielder Isiah Daubon, hit a walk-off groundout to complete a comeback victory. The team was down 5-1 going into the bottom of the seventh inning, and proceeded to score five unanswered runs to eventually win it in the bottom of the ninth.

"We showed some resiliency when we were down four runs late in the game against Georgetown," said head coach Nick Restaino. "Good teams answer late and I liked that we came back and won."

Restaino has confidence in his players that they can compete at a higher level as the season progresses.

Junior pitcher Austin Markmann was impressed with the team's effort they put on at the plate during that weekend series.

"Offensively, I think we were able to string together a few good at bats in order to manufacture a few runs late in the game," said Markmann. "Personally, I think we have a good group of guys this year who are all pulling on the same rope."

Restaino said that the team's chemistry changes each year as players come and go. He believes that new chemistry develops and strengthens under heat and pressure.

"We're ready to play better baseball and I hope for some good weather," said Restaino.

After the season opening series, the team traveled down to Williamsburg, Va., to take on William & Mary in a three-game series from Feb. 22-24. They won the first game, 7-3, as the pitching staff allowed one earned run through nine innings of work. The second game was initially postponed and then was eventually cancelled due to inclement weather. The series ended with Sacred Heart dropping the other game, 12-3.

Sacred Heart was supposed to play Fordham in the Bronx, N.Y., on Feb. 26, but that game also wound up getting postponed. The team has two games in DeLand, Fla., this upcoming weekend against Georgetown and Saint Louis respectively.



SACRED HEART ATHLETICS

THE MEN'S BASEBALL TEAM, INCLUDING SOPHOMORE RYAN LAMAY, WON THEIR FIRST GAME AGAINST WILLIAM & MARY, AND THEIR SECOND GAME GOT RAINED OUT.



# SHU SCORES



	1	2	3	4	F
<b>CCSU</b>	16	9	7	14	46
<b>SHU</b>	26	18	9	20	73

**Women's Basketball**

	1	2	F
<b>CCSU</b>	35	31	66
<b>SHU</b>	42	38	80

**Men's Basketball**

	1	2	F
<b>FDU</b>	36	45	81
<b>SHU</b>	30	33	63

**Men's Basketball**

	1	2	3	F
<b>FRANKLIN PIERCE</b>	1	2	0	3
<b>SHU</b>	1	0	1	2

**Women's Ice Hockey**

	1	2	F
<b>SHU</b>	3	2	5
<b>New Hampshire</b>	4	12	16

**Women's Lacrosse**

	1	2	3	F
<b>SHU</b>	1	4	0	5
<b>Army</b>	0	0	0	0

**Men's Ice Hockey**

	1	2	3	OT	F
<b>SHU</b>	0	1	2	0	3
<b>Army</b>	1	1	1	0	3

**Men's Ice Hockey**

	1	2	3	4	F
<b>SHU</b>	3	1	3	4	11
<b>Boston U</b>	6	6	3	1	16

**Men's Lacrosse**

	1	2	3	4	F
<b>SHU</b>	3	3	3	2	11
<b>Fairfield U</b>	4	0	3	5	12

**Men's Lacrosse**

SACRED HEART UNIVERSITY

PRIDE, VISION, CHARACTER



SENIOR EMMA CARY GOT HER PERSONAL BEST TIME IN THE 5,000M EVENT, RUNNING 17:50.85 AT THE 2019 NEC INDOOR CHAMPIONSHIPS.