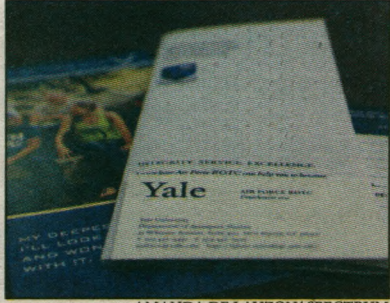


FEATURED NEWS



AMANDA DE LAUZON/SPECTRUM

CADET BIG RED

SACRED HEART PARTNERS WITH YALE FOR AIR FORCE ROTC.



KATHRYN ANDES/SPECTRUM

BLUE BOX, RED BUTTON

DO YOU FEEL SAFE ON CAMPUS?

TWEETS OF THE WEEK

@olive_shaw

"I just sat in front of the trash can at the Dunkin drive thru for at least 30 seconds wondering why no one was taking my order"

@megkeane_

"nothing screams sacred heart senior more than standing in line at outtakes and making eye contact with a classmate and simply shaking your heads at each other"

Sacred Heart Introduces Mobile Access

BY VICTORIA MESCALL & LAURYN MCNAIR
Editor in Chief & Staff Reporter

Mobile Access is a new way for Sacred Heart students to gain access to classrooms, buildings, and their residence halls using their cell phones or smart watches.

All SHU students are required to carry their SHU Card on their person at all times, but this new campus feature would allow students to unlock doors on campus using Bluetooth technology for key card access within a given proximity.

"Mobile Access is strictly optional and designed for convenience, which is why there is a charge for it," said Bryan Palmer from Access Controls. "For doors that are outside of buildings, Mobile Access has a long range of function that stretches ten to fifteen feet away from the door so students will not have to pause and pull out an ID to gain entrance."

According to the SHU Mobile Access page of the Sacred Heart website, "You don't need to launch an application or interrupt what you are doing on your phone in order to gain access to a door. SHU Mobile Access does not replace your SHU Card, but it provides a convenient alternative since most people have their phones at hand at all times."

Mobile Access is available for all campus residence halls, the Main Academic Building, Melady Hall, the Ryan Matura Library, the Pitt Center, the West Campus East and West Buildings and Guest House, and the Center for Healthcare Education.

When issued, mobile credentials are tied to the individual phone registered and are non-transferable and non-refundable. If a student changes or replaces their phone, they just purchase a new mobile access credential. The cost of the credential is ten dollars.

The campus response to the new feature has been positive, but there has been some concern for student safety.

"I think the mobile access is a good idea," said junior Maheen Qureshi. "But I think it should be free, just as the shuttle app is, and the blackboard app. It's a tool that should be given to the students to make their days and transactions run smoother."

"I think mobile access is a bad idea because it is duplicating a key. Someone could steal your phone and get into your room, as if you lost your key. Having a lesser amount of keys gives you lesser room for error," said junior Kyle Horsa.

"I think that there is abuse of all systems, so you can't be worried about every little thing," said senior Pat Faria. "But I think it's dumb

that you have to pay for the service, even though I understand the university is a business. Why charge college students?"

The app is called HID Mobile Access, and it can be downloaded from the iTunes App Store, Google Play Store, or from the link in the global email to the university community.

"Students can set the app features to only work using a passcode or a touch ID," said Palmer. "It has been used for a couple years corporately even Netflix uses it. And it is very safe and secure."



MOBILE ACCESS APP

SACRED HEART HAS A NEW WAY FOR STUDENTS TO ACCESS CLASSROOMS AND DORMS USING BLUETOOTH TECHNOLOGY.

Addiction's Effects on Loved Ones

BY ERIN COONEY
Staff Reporter

On Wednesday, Feb 27, Liberation Program's CEO John Hamilton spoke to the Sacred Heart community regarding the effects addiction has on loved ones. Following Hamilton's speech was a mother-daughter duo who opened up about the daughter's struggles with addiction.

The colloquia was held in a completely full University Commons. Alcohol and Drug Intervention and Prevention Specialist Janice Kessler opened the event by discussing why people take drugs. The stage then turned to John Hamilton who spoke on the topic of addiction as a whole.

Hamilton emphasized the difference between being an addict and merely doing drugs.

One-time drug use does not necessarily mean that tragedy will strike, but those who are initially uncomfortable in their own skin are the most concerning cases. These people will take drugs to disconnect, and often have mental health disorders as well.

A statistic Hamilton shared was that there are 175 Americans that die each day due to a drug overdose, and when alcohol is factored into the equation, the number of deaths rises to 415.

The acronym CRAFFT acts as a self-assessment tool for your risk of addiction. It's a series of questions concerning substance abuse:

C - Car: Have you ever been behind the wheel while drunk or high?

R - Relaxed: Do you drink or use drugs to relax?

A - Alone: Do you drink or smoke alone?

F - Family & Friends: Are they concerned about you facing addiction?

F - Forget: Have you ever forgotten things due to drugs

or alcohol?

T - Trouble: Have you ever been in trouble for your actions or consumption of drugs or alcohol?

If the answer to two of these questions is yes, the risk of addiction stands at 40%. With three "yes" answers, the level of risk rises to 63%.

After Hamilton discussed addiction with the audience, the mother-daughter duo explained and emphasized the effects of addiction on loved ones with their personal, first hand account.

Young adult Allie Carnan opened up to the listeners about her drug addiction. Carnan came from a "normal" home in a "normal" neighborhood, but as she highlighted in her speech, addiction does not care about normal.

Carnan's older brother and relatives faced addiction issues, but she never thought it would be her being charged with twelve felonies and issued a nine month prison sentence as a result of substance abuse.

"My addiction stemmed from years and years of untreated mental health disorders," said Carnan. "I didn't even know I had anxiety."

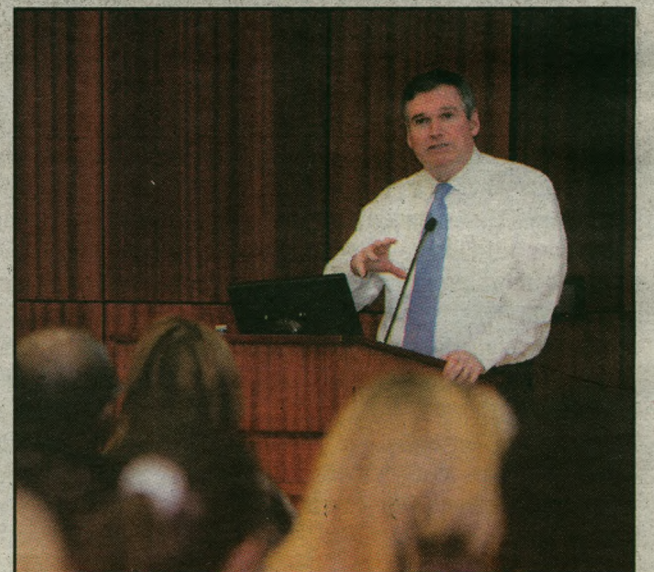
Carnan started by smoking weed, then transitioned to prescription pills, and followed shortly thereafter with steady cocaine usage. "I would not remember my trauma, or feel anxiety or depression. I could go to class without any problems when I used it," said Carnan.

After college, Carmen's life fell apart because of her addiction. After multiple rehab sessions and recovery periods, she managed to sober up and is currently working at a nonprofit organization in Norwalk that works to enhance the mental health of drug addicts.

Carmen's mother then came to the stage and shared her experiences and emotions regarding her children's battles with addiction.

"The rug was ripped right out from under me. I felt guilty, wondering what I did wrong," said Allie's mother. "Why did they not listen to me?"

"The mother and daughter that spoke almost brought tears to my eyes. Their story was told so truthfully that I could feel the emotion. I appreciated hearing both sides to addiction present in a family," said junior nursing major Vincina Bivona.



SACRED HEART PHOTOSHELTER

JOHN HAMILTON, PICTURED ABOVE, SPOKE TO AN AUDIENCE ABOUT THE EFFECTS OF ADDICTION.

News

Gov. Lamont's New Budget Proposal Receives Mixed Reactions

BY CHARLES PEACOCK
Staff Reporter

Connecticut's new governor, Democrat Ned Lamont, offered a new budget plan on Wednesday. Its intent is to modernize the state's sales tax base by imposing a 6.35 percent levy on a long list of goods and services. It also proposed highway tolls as way of funding transportation and takes steps to stabilize the state's pension systems and make government more efficient.

The wealthy businessman-turned Democratic politician said he hopes the initiatives in his two-year, \$43.1 billion tax-and-spending plan, coupled with input from the Democratic controlled General Assembly, will finally address Connecticut's stubborn budget deficit challenges.

Lamont's message has received mixed reactions from lawmakers, especially Republicans who voiced their concern on his choice to impose a sales tax on everything from legal services and haircuts, to child car seats and vegetable seeds. While this plan retains the existing sales tax exemption on food, it eliminates it for newspapers, textbooks, campground rentals, non-prescription drugs and selection of other items and services.

It also eliminates the annual sales-tax-free week in August, imposes higher taxes on electronic cigarettes, and creates a 10-cent plastic bag surcharge. The plan rids citizens of an increased exemption from the personal income tax for Social Security and pension income. Lamont also proposed two options for electronic highway tolls: only for big trucks or for both trucks and cars.

"What troubles me about Lamont's budget is that I see very little on the spending side. All I've been hearing is 'tax this' and 'tax that,' but I'm not hearing enough in terms of spending and how were going to cut spending," said Sacred Heart Political Science Chair, Dr. Gary Rose.

Beyond this, Rose discusses the issue of balancing a budget by raising taxes and the problems that may surface.

"You can't balance a budget just simply by raising taxes, you have to also have a combined approach. On Ned Lamont's budget, it is not going to rectify what I think is an ongoing, growing problem in Connecticut," said Rose.

Lamont plans to implement this new sales tax law in the coming months and hopes that it will get Connecticut out of a "\$3.7 billion deficit over the next two years," according to Lamont. Dr. Rose believes that we as a state will remain over-taxed if this law is implemented.

"Connecticut is going to remain an over-taxed state, I think we are going to see more companies leave Connecticut or some who were thinking of coming, not coming. I don't see much in terms of economic growth coming in Connecticut largely because we have a democrat who believes that taxation is the answer," said Rose.

"The governor and state need to find a way to generate income and one of the ways to do that is to encourage small businesses with incentives to grow and provide jobs," said senior business major, Kevin Plant.

Lamont must also reach an agreement with unionized state employees about his

proposed pension changes, such as requiring cost of living adjustments to meet market returns and removing mileage reimbursements from pension calculations.

Sal Luciano, president of the Connecticut AFL-CIO labor umbrella group, said he was disappointed Lamont broke a campaign promise not to seek further give-backs from state employees while not asking the wealthy to pay higher income taxes.

"Instead of cutting retirement benefits, we hope the Governor will consider finding smart ways to balance the budget," Luciano said in a written statement.

The Associated Press contributed to this article.



NED LAMONT (LEFT), THE GOVERNOR OF CONNECTICUT IS LOOKING TO RAISE TAXES AND PUT TOLLS ON MAJOR CT HIGHWAYS.

Birthday Bag Fundraiser

BY LAURYN MCNAIR
Staff Reporter

Professor Jane Paley and her class at Sacred Heart University are working to keep birthdays an exciting and special time of year for young children. Paley believes every child should have something to look forward to on their big day.

Paley teaches Advertising and PR Practical Applications, a service-learning course that includes the creation and execution of a campaign to benefit a local population's needs.

"When we learned was that many families cannot afford a birthday cake for their children, we knew we had a mission! We have put together a 'Birthday Bag' containing cake mix, icing, candles, and a small gift," said Paley.

With this, Paley and her class started their Birthday Bag drive at the Bridgeport Rescue Mission Women and Children's Shelter.

"This semester, guided by SHU Campus Ministry and Volunteer Initiatives, we met with a representative from the Bridgeport Rescue Mission. We were all moved by the extent of the poverty right next door," said Paley.

"Children in the Women and Children's Shelter will receive a bag for their birthday, allowing them to have a birthday they never thought they could," said Gabriella Ruvo, a junior in Paley's class.

The class is hoping the service project will reach as many people as possible in both the Sacred Heart and Bridgeport communities.

"There are many worthy service programs here at SHU. We wanted to create something new and incorporate a small act of loving kindness with a sense of fun," said Paley.

Paley and her class would like to keep this service project all about the children in need.

"Donors can write a little note on the bag to personalize it," said Paley.

They would like to make each bag as special as possible.

"We are asking students, faculty, staff, parents and mass-goers to donate \$5 for each bag," said Paley.

"Doing something so small can make such a big impact on the lives of these children, which is all we could possibly hope for through this campaign. Everyone deserves to have a special birthday," said Ruvo.

Paley and her class will be holding table times outside of 63's and promoting it at sporting events along with the weekly masses in the Chapel of the Holy Spirit.

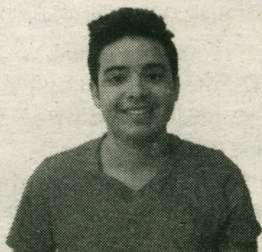
"Come on," said Paley, "what kid doesn't love birthday cake? Shouldn't every kid have one?"



PROFESSOR PALEY AND HER ADVERTISING AND PR PRACTICAL APPLICATION CLASS STARTED A BIRTHDAY BAG DRIVE FOR BRIDGEPORT RESCUE MISSION WOMEN AND CHILDREN'S SHELTER.

Perspectives

He Said, She Said: Bumming it vs. Dressing Nice



ROBERTO

I think it's easy to say that "confidence is key" and "dress to impress" are the standards to follow when trying to make a first impression or show your style, but it can't always be the case every day. What I'm trying to say is that there are just some days where you don't feel like showing off to the world and just putting in all that time and energy for another day. Just bum it out, you know? Honestly, there are just days where you have so many clothes and want to decide which different style to wear on a specific day, that you don't have to go all-out every day.

Of course, there are some exceptions where you really need to dress to impress. Perhaps it's for a job interview, a presentation, a special event, to impress a girl or boy, whatever it may be. However, there are just some days where you just want to wear a t-shirt and sweatpants to school and honestly, that matters much more than what people have to think about you.

I'll admit, when I wake up in the morning and try to figure out what to wear, I honestly care about wearing something that makes me look good, but is also so comfortable and I think the latter is just

as important as anything. This isn't to say that I would want to wear that t-shirt and sweatpants combo all the time; I like to switch it up and try something new. Be it a long-sleeved shirt and jeans, a sweatshirt and shorts if the weather is just right, or a hoodie and sweatpants. Every day is different.

Right now as I'm typing this, I'm wearing a sweatshirt and sweatpants. They are perhaps the clothes I most like to wear during the winter season due to how comfortable they are and how simple the style is. For me, it's a classic. They are the clothes that can fit any scenario during the day. From going to school, to going to the mall, going to the gym and then going to sleep - they work for anything!

We all have lazy days. We also have serious days, and that's perfectly fine. That self-care is really vital, and what you're wearing before the entire world is the first thing that people will notice about you. However, it doesn't hurt to get comfortable and wear what YOU like instead of going all-out. In the end, it's always about keeping your style.



ERICA

Confidence is the key to success. And personally, I feel most confident when I am dressed well and put together. Haven't we all heard of the phrase "Dress for Success"?

When I dress up in the mornings I instantly feel a boost of energy and motivation for the day ahead of me. I try my very best to get up every day before my classes with enough time to shower, wash my face, put on some makeup, do my hair, and pick out an outfit for myself.

Being a girl, this process of dressing up is definitely a little more in-depth with the addition of makeup and hair care. But I truly enjoy this time of self-care in my days. This routine of getting ready drives me to have a productive day and a positive mindset. There is just something about looking your best and feeling your best.

I have to admit, some days I would much rather wear a pair of sweatpants instead of jeans. But I have noticed, on days I dress down, I feel a much stronger urge to just crawl back into bed after class and take a nap.

Dressing comfy and not getting ready makes me feel much lazier and less

motivated. Don't get me wrong, I definitely have my occasional lazy days (especially when I have class at 8 a.m.). However, I like to push myself out of these lazy habits. Sometimes, we all need a comfy day, just in moderation.

I make my best effort to put myself together for classes and start my day on the right foot. When I am wearing an outfit that I love, I feel so much more awake and ready to tackle my day. I am much more likely to go out on campus and study, complete assignments early, meet with friends, cook, run errands, etc. when I am dressed up. So next time you would rather click snooze a little longer in the morning, I challenge you to get up, dress your best, and see where your day takes you.



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Perspectives

How Safe is Public Safety?

BY LAURA GREEN
Staff Reporter

Sacred Heart University's campus sits in between the towns of Trumbull, Fairfield, and Bridgeport. While many students spend most of their time on or around campus, do they feel like they are in a safe environment?

Freshman Chris Gale said, "Even though I live off campus, I would feel safer living on campus. Living on campus seems safer because you have to scan into every building and there are always so many people around who are able to look out for your stuff."

The university's Department of Public Safety provides students with emergency contacts, notification systems, safety escorts, and blue-light emergency call boxes around campus (although there are currently no call boxes on West Campus).

"I think Public Safety does a good job making sure everyone is safe. When you live in a dorm they get to know each kid, so they know if people who aren't usually there are there," said senior Jimmy Kalomiris.

However, not all students feel like their safety is the top priority on campus.

Sophomore Caitlin Olivetti said, "I think if Public Safety worried more about the safety of students instead of motor vehicle parking then everyone would benefit more from them."

As a commuter, junior Dylan Molster also takes precautions while he is on campus.

"I have a bunch of classes that are late at night and even though I trust Public Safety and people on campus, I get nervous with the idea of random people not from school taking stuff from my car," said Molster. "There are not really enough Public Safety officers in the parking lots."

Many upperclassmen tend to live off-campus their junior and senior year, like junior Drew Homola.

"If you are smart about keeping your stuff locked, like your windows and doors when you or your housemates are not around, then you should not worry. My housemates and I always make sure our cars and house doors are locked," said Homola.

Some students feel that campus is generally a safe place, but outside of campus is where safety may be in question.

Senior Jack Pardue said, "Most of the time I feel pretty safe around school, but I think that Main Street late at night can be sketchy. I do not really like going to food places like Merritt Canteen alone when it's late."

Courtney Charbonneau, a junior who lives in an off-campus house, experienced a break-in at her house two months ago before Christmas break.

"My roommates and I came home after class one day and noticed that our back door had been opened and the lock was messed up," said Charbonneau. "We immediately called

the police and they said they were not surprised that someone had broken in because they probably knew Christmas break was coming soon."

On Feb. 12, there were multiple break-ins at the University's Oakwood Apartment Complex. The break-ins and robberies at Oakwood included a stolen car and missing personal items from multiple cars.

"I can literally see Oakwood right from my house, so knowing people who have actually gotten things stolen from there is really scary," said junior Emma Sanders.

Sanders and her roommates have been taking extra precautions to make sure their house and cars are safe in the area.

"After hearing about the theft at Oakwood we decided it was time to finally set up our alarm system. We have always had one but I guess we needed to be scared into installing it," said Sanders.



KATHRYN ANDES/SPECTRUM

OAKWOOD APARTMENTS, PICTURED ABOVE, WAS THE SIGHT OF BREAK-INS AND A STOLEN VEHICLE IN FEBRUARY.

Off-Campus Dining

BY ALLY PLEZIA
Staff Reporter

If you were to eat off-campus for a good meal, where would you go?

For many Sacred Heart students, eating off-campus is a fun way to get a change of scenery and try local restaurants in the both the Fairfield and Bridgeport areas.

"When I choose to eat off-campus, it is because my friends and I want to splurge and have a nice meal after a long week," said senior Daniele Mascia. "Some of my favorite restaurants include Colony, Best Edibles, and Molto."

For some students, however, eating off-campus serves as a more convenient way to get any meal at all.

"I like the food around campus, but it's easier to grab a quick bagel at Upper Crust Bakery Cafe," said junior Kailby Schommer. "It's also hard to find parking normally, which is a huge factor."

Some of the local food establishments allow students to use their SHU cards and pay with their general money.

"Most of the places in downtown Fairfield do not take SHU cards, but when I go to more of the local places like Best Edibles, Upper Crust Bakery Cafe, or Fei Ma, I definitely take advantage of using my SHU general money," said Mascia.

In addition, some students struggle finding places to eat off-campus without having of a car.

"As a freshman, I have a hard time eating off-campus because we can't drive," said freshman Tyler Dymond. "We only have access to where the shuttle can take us, so I enjoy eating at Panera in the Trumbull Mall."

For that reason, Sacred Heart students often take advantage of their ability to partner up with places like Panera to fund-raise for clubs and organizations.

"As part of the Volunteer Programs and Service Learning office, we fund-raise at Panera in hopes of earning some donations for our mission trips," said junior Brendan Benitez. "Being that the trips can get a little expensive, it's cool to see how many people would take the opportunity to get away from the school food for a little while and buy a meal for a good cause."

"Not only does it give students an affordable night off-campus, but it raises money for upcoming events that are important to us," said Benitez.

For junior Victoria Bilotta, off-campus dining can be a fun alternative for special occasions.

"My friends and I tend to eat off-campus when we celebrate birthdays," said Bilotta. "It's fun to be able to celebrate at local restaurants instead of the usual 63's or Linda's."

For many students, eating off-campus is a way to take a break from the usual on-campus dining options, and a way of getting off-campus for a little while.

"Eating on-campus can sometimes get redundant, so it's nice to be able to choose a

different dining place and enjoy different food options around Sacred Heart," said junior Joey Zacchia. "It's a fun way to try some new foods and take a quick study break."



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Preserving your History

LOUIS FREY
FEATURES EDITOR

Baseball has always been my passion in life. With the start of the MLB regular season set to begin this month, I can't help but write about what it means to me. Baseball has been my passion since I was nine years old. Ever since then, I eat, sleep, drink, and breathe baseball. When I was a kid, all I wanted to be was a baseball player. Sadly, I was born with no athletic ability, so I had to settle and write about baseball instead of being the next great Yankee center fielder like I wanted to be.

When I realized there was no way I could become a professional baseball player, I knew I wanted to at least cover the sport. Whether that would be by being a sports journalist, sports analyst on MLB network, etc. I just knew I wanted to be a part of the baseball world in some way, shape, or form. So I did what any sports analyst/journalist would do; learn about the sport as much as possible.

When I was young and had all the time in the world, I'd watch every Yankee game and any other game I could possibly watch. I'd memorize my favorite player's stats, learn about baseball legends, and learn about the history of baseball in general. Right now, I can tell you Alex Rodriguez's season stats in 2007 off the top of my head. I can even tell you who played 3rd base for the Yankees in 1927, but I'm not going to bore you with the details (the 3rd baseman was Tony Lazzeri). It was safe to say that I was addicted to baseball and the Yankees when I was younger.

You could say that I had a slight problem back then. The only thing I was interested in was baseball. When winter would come around you know what I'd do? Count down the days until opening day. All I used to think about was baseball.

Today, I am still a fanatic, but luckily now I have other things to keep me busy. Such as now striding for my goal to be a part of the baseball world. Today, I still watch as many Yankee games that I can and keep up with stats. But my main objective nowadays is learning how to be a sports journalist. I currently write articles for a Yankees fan page on Twitter and, of course, write articles for Spectrum. I also follow plenty of sports writers and analysts on Twitter. My entire feed is all about sports. I not only do this for entertainment, but also to see and learn how they use social media for their work.

Today's sports journalists work around the clock. They're always on call to break the latest news in sports... and I love it. I can't wait to stay up all hours of the night when the latest big trade is going down. I can't wait to break a story at four in the morning even though most people won't see it until probably eight. I can't wait for all the sleepless nights and all the traveling to the games I'll be covering. Soon, I'll be saying goodbye to sleep. Oh well, sleep is overrated. All nighters are where it's at. Especially when you're staying up all night doing what you love. Let's hope I still love sports when I'm 40 as much as I do now.

Spring Cleaning

CAROLYN LISBOA
ASST. WEB MANAGER



I am currently flopped down on my living room couch, finally in the relaxation mode of spring break. As usual, I am clothed in too many layers to count, and freezing in what still feels like the dead of winter.

But this isn't an article about me complaining about the cold. At this point, the weather has gone back and forth enough times for me to be unbothered by the betrayal.

Regardless of whether spring is truly right around the corner, the concept of "spring cleaning" is inevitably about to surface this time of year. While I am religious about freeing up my physical space in the name of achieving a "spring clean", my mind is a far cry from decluttered. And as important as it is to maintain tidy surroundings, I thought I would try to see the concept of "spring-cleaning" in a different light, starting with my own mindset and attitude.

As a junior in college, I'm well past the discomforting reality of growing up. The idea that my future is so close is no longer unfamiliar. That said, I spend a good amount of time trying to navigate thoughts surrounding the uncertainties of becoming an adult.

Given the busy lifestyle of the average college student, it is easy to get overwhelmed by such thoughts. Academics, internships, extra-curricular activities and social lives among so many other things already bombard to the point where you can barely catch a breath. So, when it gets to be too much, you pivot.

I devote a lot of time to scrolling through my news feeds, laughing out loud while crying internally at endless memes along the lines of "my life falling apart" or "trying to get it together". After all, in an attempt to temporarily combat my anxiety, a boost of endorphins does the trick.

Why is it that we strive to be the best versions of ourselves while simultaneously tearing ourselves down at every step? I am a self-proclaimed queen of self-deprecating humor. Yet, I never considered how such behavior could more seriously impact the way I perceive myself.

In a world that tends to resort to making light of the qualities of self-worth and self-confidence, it takes real work to convince yourself of your worth. We too often end up reaching the dreadful, dead end of feeling "not good enough", and so we become discouraged. And in the process, we lose all willingness to take any real action to change our situation.

So, in the spirit of getting around to "spring cleaning", my goal is to take some time to sit down and be grateful for the person I am. I need to clear out the clutter of negativity that weighs me down from reaching my full potential. Most of all, I need to change my focus from the things I cannot control to the baby steps to bettering myself, within my grasp.

Maybe, if I refresh and reset my mindset, I can finally get down to achieving a real "spring clean".

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

Letters to the editor should not exceed 600 words and should be emailed to 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.

Features

Heart Challenging Hate

BY PAXTON MCLANE
Staff Reporter

Have you ever seen hateful rhetoric online? Maybe a racist post, or comments meant to belittle and demean.

Dr. William Yousman, a Professor in Sacred Heart University's Communications Department, is one of the four keynote speakers who was asked to speak in the Colloquia lecture series Heart Challenges Hate.

Heart Challenges Hate is a four-part lecture series, featuring four different keynote speakers from different academic departments. The topics include the psychological aspects of hate, hate in the media, hate and the first amendment and lastly hate in religion.

The series was created by Dr. Michelle Loris, the chair of Catholic Studies Department at SHU.

"We developed the series to respond with knowledge, reason, and dialogue to the current prevalence of hate crimes, violence, and bigotry that we are experiencing in America today," said Loris.

The lecture series is presented by the Office of Mission and Catholic Identity.

"We believe that Universities, particularly our University, whose Mission is rooted in the Catholic Intellectual tradition and the Liberal Arts, have a critical responsibility and role to play in sustaining a democratic society in which we maintain the open flow of ideas, the rule of law, acceptance of diversity, respect for human dignity and the common good," said Loris.

On Feb. 27, Yousman delivered his lecture to a crowd of both students and professors alike. His main message was a very simple one.

"Hate is reinforced in media messages, but the main point that I get across when it comes to hate and media, we shouldn't only think of it in extremist places," said Yousman. "My main message is yes, it's there, but it's also in what we consider mainstream media."

Since the technological boom in the last three decades it has never been easier to be exposed to messages of hate. However, hateful messages have been in media since its birth.

"I think it's always been the case to a certain extent, but I do think it's just as much the case now as it was in the past," said Yousman. "The technology gives people all new ways to disseminate and to create and distribute."

During the lecture, Yousman talked about hate from the KKK, to hate in mainstream media. An encapsulating lecture, both students and faculty alike were fascinated with Yousman's discussion.

Yousman hopes that the students who attended his lecture took away a key lesson about the importance of media when it comes to hate.

"People make a mistake when they dismiss the importance of media. Sometimes people will say that they aren't affected by the media or the news, but research shows that people really are strongly affected by the media we use," said Yousman. "The more we consume those kinds of messages the more we internalize those world views and start taking them for our own."

The remaining Heart Challenges Hate lectures are The First Amendment and Hate on March 27 in the Martire Theatre. The final Heart Challenges Hate lecture is Hate in Religion which will take place on April 24 also in the Martire Theatre.



PAXTON MCLANE/SPECTRUM
DR. YOUSMAN, PICTURED ABOVE, WAS ONE OF THE SPEAKERS AT A LECTURE ABOUT THE HATE RHETORIC IN THE MEDIA, THE FIRST AMMENDMENT AND RELIGION.

ROTC at Sacred Heart

BY AMANDA DE LAUZON
Staff Reporter

"You can tell your friends you go to Yale," said Dr. Gary Rose, Professor and Chair, Department of Government, Liaison to Yale Reserved Officer Training Corps. (ROTC), in regards to Sacred Heart's crosstown agreement with the Yale ROTC program.

On Feb. 27, Lt. Col. Holly Hermes from Yale Air Force ROTC, Detachment 009 came to Sacred Heart University to give information to students on the ROTC program, how they can join and what it takes to be a cadet in training.

Yale was one of the original universities to establish an ROTC program. When it returned back to the school in 2012 after leaving in 1972 it offered a variety of career paths in the Air Force. These career fields are in operations, logistics, support, medical, professional, acquisitions and special investigations.

According to the Yale website, the ROTC "...provides college students with the leadership and critical thinking skills needed to succeed as leaders for the Air Force and the nation."

"There's a lot of great opportunities if you jump on board and try military service first, it's never going to limit you in anything else you want to do," said Hermes.

Freshmen and sophomores in the program have three hours a week of ROTC classes while juniors and seniors have five. Along with this, everyone has weekly leadership labs and twice a week physical training.

Cadets have opportunities to earn scholarships for academic excellence, leadership and fitness tests and there are also summer trips they can go on.

Nursing students can also join the program and work towards a career as an Air Force nurse.

"The idea of working with military members and giving back first as a military nurse is something that many people wish they could go back and do," said junior ROTC participant, Gavin Thurlow.

Students going into other medical fields such as physicians or surgeons can use this program to not only teach them new skills but pay for their medical schooling.

"Anyone going into a medical school would apply to all the civilian med schools along with the military med school, see where they got in and then go to the most expensive one because we're paying," said Hermes. "When you graduate from med school you will be a physician as well as a captain."

So, what makes it difficult?

The students at Sacred Heart travel to Yale for their classes and wake up for their physical training that starts at 6 a.m. However, they do carpool and are given permission to have cars on campus. Along with this, they have early registration.

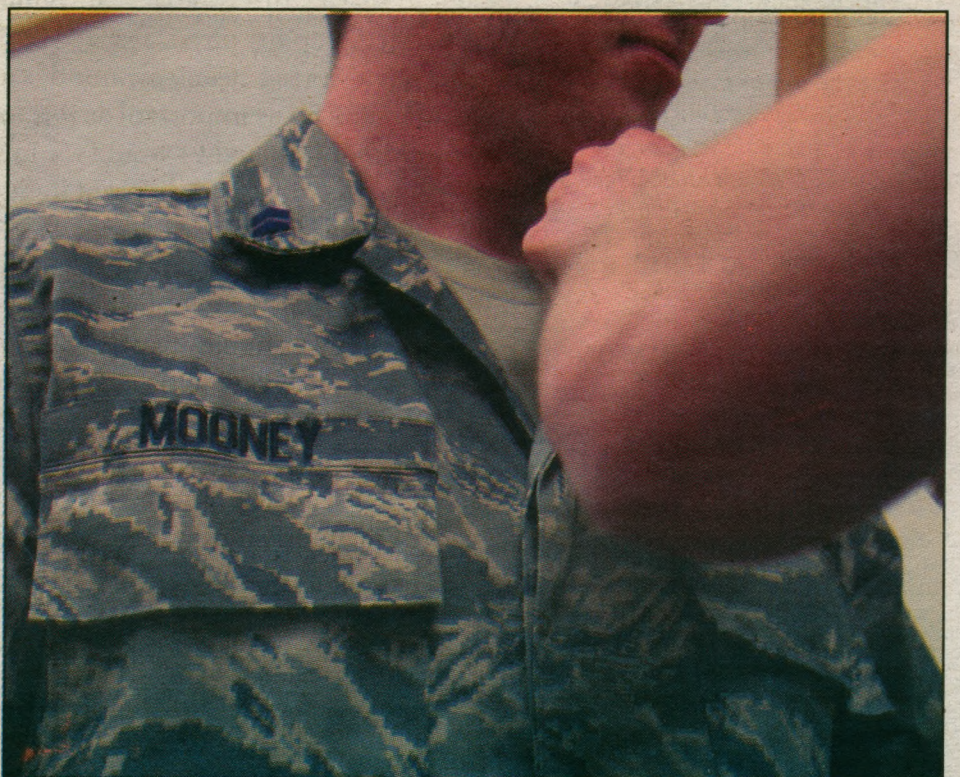
"It's a commitment to even just train with our program and it's not always easy," said Hermes. "The students who are successful are the ones who are mentally ready for that

when they start."

According to Yale's website to succeed as a cadet, one must "...have a positive attitude toward service, commit their time and energy and be willing to be part of a dynamic team."

For any freshmen or sophomores at Sacred Heart interested in joining the program, you can visit afrotc.yalecollege.yale.edu to learn more about the requirements and interview process.

"There is a lot that this program does and it is certainly one of the best programs America has to offer for the development of people," said Thurlow.



AMANDA DE LAUZON/SPECTRUM
SACRED HEART HAS AN ROTC AGREEMENT WITH YALE MEANING SACRED HEART STUDENTS CAN JOIN THE YALE'S AIR FORCE ROTC DETACHMENT.

Features

VEG Club Spotlight

BY DEASHA BENT
Staff Reporter

On Feb. 25, The Vegan/Vegetarian Enthusiasts Group, commonly known as The VEG, held one of their meetings. According to senior President Kayla "Kay" Kanakry, The VEG meets every Monday at 7:45 p.m. and encourages everyone to attend. The group currently has 14 members but is open to all.

"The VEG has a growing population and we intend to reach more students by hosting events in this year's Social Justice week and around campus," said Kanakry.

Kanakry brought The VEG to Sacred Heart in Nov. 2018 and has become more involved on campus. The group was brought to campus for other students who live a vegetarian or vegan lifestyle.

"The Vegan/Vegetarian Enthusiasts Group is a place where education and awareness of dietary needs in the SHU community can be addressed and brought to the dining table," said Kanakry.

The group is not exclusive to only vegan or vegetarians. The VEG is opened to all kinds of veggie eaters who have different dietary plans, including meat eaters. There also happens to be more than one type of vegetarian.

"Our members can be Vegan, Ovo-Vegetarian, Lacto-Vegetarian, Pescatarian, Paleo, Keto, gluten free, dairy free, egg free, kosher, peanut free, soy free, shellfish or fish free," said Kanakry.

The VEG has a mission to make the university's dining halls include more diverse, locally sourced, homemade, fresh plant-based dishes.

"We hope to educate the SHU community on what it truly means to have a plant-based lifestyle through colloquiums and campus activities which would, of course, involve great fresh food," said Kanakry.

According to healthyeating.sfgate.com, since becoming a vegetarian or vegan, eating plant-based foods can give you access to more energy.

"I do everything I can. I practice yoga, run, lift, surf, rock climb, hike, kayak, skate. You can do everything, including changing your diet," said Kanakry.

According to sophomore Catherine Albo, the club's media chair, it also just depends on the food you eat that gives you energy as well.

"If I eat fried food, then I have less energy, but if I eat fresh vegetables, then I feel super refreshed and energized," said Albo.

Kanakry has been a vegetarian for 13 years, and once she reached her senior year in high school, she became a vegan.

"I eat everything you do, except I do not kill or use animals for any food. I also hate packaged and processed foods," said Kanakry.

Albo decided to become a vegetarian in the eighth grade.

"I decided to give up meat for lent because I wanted to eat healthier options," said Albo.

Afterwards, Albo wanted to see how further she could go without meat and has been a vegetarian for six years.

According to Albo, there are some interesting places in the area that she enjoys eating off campus as a vegetarian.

"Vegandale is a big event that provides lots of vegan options," said Albo.

There is also another place located in Southport, Conn. called Organica that is a great place for vegans and vegetarians because of its wide variety of plant-based options.

Freshman Linnea Caraballo, who has been a vegan for two years, suggests Bloodroot which is located in Fairfield.

"Bloodroot is more of a sit in restaurant," said Caraballo.

While Caraballo is a commuter, she makes the best of what she can find on campus.

"Linda's cauliflower pizza is good if you get it without cheese and the veggie burger, with no bun or the gluten free bun, is also really good," said Caraballo.

To get more students involved, The VEG has a social media account on Instagram that can give you some ideas if considering changing your eating habits.

"If you want to try some great meals, I would follow our Instagram @veg_shu," said Kanakry.

"Come to our meetings, for more recipes, we are creating a college friendly cookbook. We also will be hosting more Teaching Kitchen Events in Linda's, so even if you are not plant based, come check it out," said Kanakry.

Habitat for Humanity Spring Break Service

BY SARA TERPAK
Asst. Features Editor

Habitat for Humanity is a dedicated group of students who strive to help improve the local and national communities in which they are a part of.

Each chapter of Habitat works throughout the country by participating in collegiate challenge alternative spring break trips, to assist different habitat affiliates in their mission and to broaden their perspective on what it means to serve.

Visiting over twenty-three states, Sacred Heart University's chapter has planned four spring break trips this year attending three different states.

"Habitat for Humanity has always been an important aspect in my life and I was so excited to be able to continue this opportunity at my new home," said sophomore nursing major Claire Vreeland.

Habitat for Humanity of Coastal Fairfield County is an international nonprofit that has been transforming neighborhoods and building better lives. Whether people are interested in swinging a hammer, organizing a fundraiser, or serving on a committee, they are more than welcome to participate.

"I joined this club because I fell in love with the mission behind habitat and everything it stands for," said senior health science major Leah Van Tronk.

Besides going away on spring break trips, their volunteering consists of ten to fifteen work days throughout the year on Friday and Saturdays. These volunteer days include cleaning up the environment around Bridgeport, or food canning which is outside fundraisers, to raise money for the trips and the families.

"My goal is to try to push people to think differently. I have a great executive board of ten members including me, two advisors, and support of the university. This is truly a collaborative effort," said senior communications major Brendan Capuano.

Deciding where to go is a big factor. Habitat releases a list of locations; the board usually takes up to three weeks to decide where to go. They usually determine by calling up and asking questions, seeing what is around in the area. Most importantly which one is going to give the students the best opportunities.

"I love being able to give back to the community while building one. This club has opened my eyes to appreciate what I have," said sophomore business major Amy Obratiss.

The spring break trips include Hanover, Virginia and Cape Fear, North Carolina. New Bern, North Carolina and Fort Smith, Arkansas. There are about 65 students and faculty attending these trips.

"It's not about where you go, it's about the work and service that you do," said Van Tronk.

Each trip is a new experience. People will experience new challenges, make new friendships, go outside their comforter zone, and hear inspiring stories.

"I love working with the people who have never been on a habitat trip before. It's amazing to watch others grow," said Capuano.

The North Carolina trips are addressing housing needs after the hurricanes that just occurred earlier in the year. In Arkansas, they will be working on a "new build," meaning that the house has just been started. The group will be doing assignments like framing, raising walls, and roofing. However, the weather can be unpredictable, so the group may be painting and partaking in other activities in doors.

Three out of the four trips are being revisited to build. Virginia is a new location they will be travelling to. People are going to Virginia because there is a need in the community for infrastructure stability in the area.

Each trip is run similarly. Each work day on the trip is hard work. The students will wake up, go to work on the site, break for lunch, leave the worksite, and at the end of the day do a reflection on how the day went.

"Habitat is a wonderful organization that has touched the heart of many people, whether they be homeowners themselves or even the volunteers that help work on the homes. I will forever be impacted by Habitat for Humanity," said Vreeland.



HABITAT FOR HUMANITY MEMBERS SPENT THEIR SPRING BREAK TRIPS HELPING BUILD HOMES FOR THOSE IN NEED THROUGHOUT THE COUNTRY.

@SHUHABITAT INSTAGRAM

Arts & Entertainment

New Season of "True Detective," Airs on HBO

BY ANTHONY DEL VECCHIO
Asst. A&E Editor



HBO'S SERIES "TRUE DETECTIVE" RETURNED FOR ITS THIRD AND FINAL SEASON ON FEB. 24.

The season finale for the third season of HBO's hit drama series, "True Detective," aired on Feb 24, and after a season that was filled with mystery and hyped with anticipation, this final episode gave fans something we were all not expecting.

This season of "True Detective" was unique. Before diving into details, it must be known that there was a lot riding on this recent installment.

The series started with an incredible first season, championed by lead actors Matthew McConaughey and Woody Harrelson, who are now executive producers on season three. Then for season two, actors Colin Farrell and Vince Vaughn were brought in, but received mixed reviews.

So, the faith of the viewers was at stake; and now that the season has officially ended, I can confidently say that I'm here to stay.

Of course, no show can be truly without error, even though HBO gets very close. So, yes, there were ups and downs this season; which included a very weird mid-season drop off, where many scenes and plot points seemed underwhelming.

However, despite nit-picking, the third season of "True Detective" kept viewers interested throughout, offered a story that wasn't generic and even gave viewers enough

nostalgia of the first season, without ripping it off whatsoever.

Each season of the series follows a different case, at different points in time, each in a different part of the United States, while all being connected by this larger looming threat; some organization or cult of truly despicable people.

These people target young women, kidnap them, drug them and destroy their lives and the that of the families involved; a problem all too real in the world we live in today.

This season follows Arkansas State Police Department detectives, investigating a case of two missing children. This plot spans three different storylines; first, when the case starts in the eighties. Second, when the case is reopened in the nineties, and then lastly, when the case is turned into a true crime documentary in 2015.

We follow two detectives, Wayne "Purple" Hayes, portrayed by recent Oscar winner Mahershala Ali and Roland West, played by Stephen Dorff.

Ali's stellar performance is Emmy worthy and if he does win that award, he'll mirror Matthew McConaughey who won both awards in 2014-2015, for "Dallas Buyers Club" and "True Detective"

What makes this season different, is that even though we follow another duo, the show revolves around the mind and life of Detective Hayes and his wife Amelia Reardon; an Arkansas schoolteacher who also writes a novel about the events of the 1980 investigation, who is played by Carmen Ejogo.

Detective Hayes' character arch becomes just as interesting as the case he's working. The mixed time lines let us see him at different stages in life.

He starts out as young new detective, fresh out of recon in Vietnam, but mentally still there and then flashing all the way into his later years, as a grandfather who suffers from partial memory loss.

His doctor tells him he's fine physically and shows no signs of Alzheimer's or dementia, yet has something unknown, causing him to hallucinate and encounter ghosts from his past, which help him remember, but also forget.

This is what threw most people off. Instead of the case coming first, we truly focus on Hayes and the last episode proves that. We watch resolutions within the case occur, but not for Hayes and his condition.

Creator of the show, Nic Pizzolatto, who made his directorial debut this season, is also the showrunner and sole writer for the show and made it a point this season, to focus on the character of Hayes, making it a more personal and relatable story.

So, if you're looking for jaw dropping action around every turn, then yes, you're probably disappointed with this season and the way it ended; but if you want to follow a genuine story, that will leave your heart pounding and your mind racing, then you're ready for season three of "True Detective".

You can explore the entire "True Detective" series on HBO's streaming platforms.

Thuan Vu Shows His Art at SHU

BY SAMANTHA O'DONNELL
Staff Reporter

On Tues., Feb. 26, 2019, the Art & Design Gallery at Sacred Heart University held an opening reception for the "Thuan Vu: Windows and Mirrors" art exhibit.

The exhibit will be on display until March 9th, 2019 at the Art & Design Gallery in the Edgerton Center for the Performing Arts atrium.

It highlighted the work of artist Thuan Vu.

"I've been seriously studying art since high school as I attended an arts high school for half of the day and an academic one for the other," said Vu. "I received my BA from Centre College in KY and my MFA from Louisiana State University 1999."

Vu has been a professor and professional artist since then. He currently is an associate art professor at Southern Connecticut State University, according to the university's website.

He is a Vietnamese-American artist whose work reflects on themes of growth, integration, and reconciliation according to his personal statement from his website.

"These paintings combine Eastern and Western traditions of depicting nature to describe a space that is as much emotional as it is physical," said Vu in his personal statement. "These spaces, created through a combination of memories, photographic references, and my own imagination, mirrors the refugee experience of re-creating a sense of home."

Many students and faculty members attended the opening exhibit.

"The New World (Maroon 2) is my favorite piece from this exhibit," said Budres. "It is very open to imagination."

Vu incorporated darker tones into his piece, The New World (Maroon 2). He used a warm palette to paint an impressionist view of looking up at the sky.

"My favorite piece is The New World (A Clearing No. 2)," said freshman Daniel Guarini. "It reminds me of laying under a shady tree."

The New World (A Clearing No. 2) is a piece that replicates looking up past trees towards the sky. Vu uses light blues to represent a bright and clear day.

"You get the perspective of looking upwards at the sky," said Budres.

As for Vu, he cannot choose a favorite piece.

"Each one of the pieces has something about them that I enjoy," said Vu. "In each, some parts may be more successful than others, but I know that every work is a marker of where I was trying to go and where I actually was when I painted it."

In the beginning of his development in becoming a painter, Vu turned to art as an outlet for many personal issues.

"It became a way for me to dwell on something, feel it, intellectualize it, aestheticize it, and then produce it outwardly," said Vu. "In time, it became something that I simply

had to do. The making and thinking about art is now just a part of me. Even if I wasn't paid to do it, teach it, or earn money selling it, I'd still be making work."



A STUDENT LOOKS AT THUAN VU'S ART WHICH WAS SHOWCASED IN THE EDGERTON ATRIUM ON FEB 26.

STEFAN AYANIAN/SPECTRUM

Arts & Entertainment

Review: Offset "Father of 4"

BY STEPHANIE PETTWAY
A&E Editor

Offset: One third of the "Migos," Cardi B's Baby Daddy, and also a father of 4. Now, I will preface this by saying that I like the Migos. I never really listened to any of their music before "Culture I," but once I listened to the singles off of that album (and the album as a whole), they were a rap group that I could actually support in the current state that rap is in today.

Now does this necessarily influence how I view each of the member's solo albums? Not so much.

Though I will also add that I feel the "Migos," as a group is where each artist is at their strongest, but not really as individuals. Maybe as features, but they usually get overshadowed by the artist who is featuring them or by other artists featured on the song (unless its Quavo, who is the strongest individual feature artist of the group).

Now, over the past year, each member has released their own solo album with Offset being the last and in my opinion the best of the three.

Quavo, and Takeoff's albums were good but forgettable in my opinion. This is not to say that Offset's will be forgettable as well, but I will say that the songs are "sticking" with me more than the songs on his counterparts.

"Father of 4," allows for listeners to learn a bit about Offset, or at least that he seems to struggle when it comes to being a father.

In the opening album titled song, "Father of 4," the rapper speaks on how he has made some mistakes with some of his kids and their mothers. He shares about being young and broke child to missing birthdays and just overall missing out on parts of his children's lives. He then goes on to how he is trying to do better and how he has to support them and that everything he does is for them.

This song starts off, and sets the tone, with a spoken word by rapper Big Rube, which is in the perspective of Offset. He talks about what we get from him is real but that he is more than the mistakes he's made.

This makes the track so strong because it lets us into the mind of Offset, making it seem more genuine and sincere and that he is aware of what he has done, apologizes for it, and is ready to do better in the future.

In the song "Came a Long Way," and my personal favorite, it ends the album just as strong as it started. From starting the album off with an apology, this ends it with the clear reflection of his life.

He acknowledges how he came from hard times which lead him to deal drugs and commit robberies and how he never thought rapping would get him to where he is now.

This song also captures the skill that Offset actually possess which is something we don't get to see often.

After listening to the 16 tracks on this album, I can say that as a whole it is something you would expect from him musically, however, lyrically there are some songs that dis-

play exactly what Offset is trying to show us, which is that he has so much more to offer and that he is striving to be better than he was before; as a father and a rapper.



OFFSET, A RAPPER USUALLY ASSOCIATED WITH THE GROUP MIGOS, RELEASED HIS OWN STUDIO ALBUM CALLED "FATHER OF 4."

YOUTUBE

Catholic Studies Film Series Screens Calvary

BY NICOLA PAERG
Staff Reporter

The Sacred Heart Catholic Studies Film Series showed the movie "Calvary" starring Brendan Gleeson on Feb. 26 in the Schine Auditorium.

This film portrays the life of a priest (Gleeson) in Ireland who is threatened to death while in the confessional with a parishioner.

"What I liked about the film is the priest's reaction to the man's confession," said graduate student Ghadeer Munshi. "He did not call the police or try to harm the man, but he tried as hard as he could to discover the reason for these threats in order to help the troubled man change his mind."

Catholic Intellectual Traditions (CIT) Professor Dr. June-Ann Greeley is actively involved with the Catholic Studies department. She suggested the film for screening and moderated the event.

"The film 'Calvary,' is a film that was shot in Ireland and tries to explore the abuse crisis that is engulfing the Catholic Church today," said Greeley. "It is telling a story that includes the townspeople who have had an abject loss of faith, an angry rejection of the Church, and the good priest in their midst becomes the price for the sins of others."

There were a total of seven students that attended and two students stayed through the duration of the film to support the series program.

"My wife and I are Muslim people who really enjoy learning about other religions," said said junior Ahmed Ashi. "A lot of our friends here in the USA embrace the Catholic religion, so it is a good thing to learn about and understand."

Many CIT professors allowed this film to count as a colloquium that the students could view then write a response to receive credit.

"I am taking the Human Journey CIT course and attending this movie counted as one of our colloquia requirements," said Munshi. "When we heard that the movie is going to be about a priest, we expected to see a story of justice, religious affairs, and humanity."

The department shows films periodically throughout each semester to give students another perspective to connect with the core topics of the CIT course.

"The Catholic Studies Dept. shows films because very often, films offer creative and imaginative expositions of the CIT," said Greeley. "Film is another platform for expressing and reflecting on key issues, ideas and concerns of the CIT."

Students that attended did so to fulfill their colloquia requirement.

"What I did not like about the film is that they tarnish the reputation of priests," said Ashi. "Priests are human and they might commit mistakes which we have to expect, but we need to respect them no matter what."

The Catholic Studies Film Series will continue to screen different movies throughout the semester.

"Sins of omission can be as damaging as sins of commission. The themes of forgiveness and justice haunt the film," said Greeley. "And, like all great films, it offers no final answer and leaves it to the audience to decide for themselves."



JANICE KESSLER PICTURED ABOVE, SPOKE ABOUT THE FILM "CALVARY" SHOWN AT A RECENT CATHOLIC STUDIES FILM EVENT.

BRANDON RICKETTS/ SPECTRUM

Sports

Erin Storck Named to Google Cloud All-District 1 Team

BY JACK RAVITZ
Staff Reporter

Four-year Sacred Heart women's basketball player and graduate student, Erin Storck, received an honor on Feb. 21, as she was named to the Google Cloud Academic All-District 1 team. The award recognizes the nation's top student-athletes.

According to Athletic Communications, Storck, who is now a two-year starter for the basketball team and averaging 10.5 points per game on the season, is the first Pioneer in history to win the award.

Initially, Storck wasn't aware she had won it.

"Coach Mannetti called me and informed me of the big accolade that it is, and then I saw it posted on social media," said Storck. "I was just honored and happy because my hard work paid off."

Storck, who is from Commack, N.Y., views the award as a great memory she and her family can have when looking back at her overall college experience.

"It's a great achievement for my academic and athletic career," said Storck. "The award is a good representation of the work that I've put in both on and off the court."

Head coach Jessica Mannetti said that Storck is the best representation of what a Pioneer athlete should be.

"She [Storck] does a tremendous job bringing unbelievable energy and effort, and will never let anyone outwork her," said Mannetti.

Storck is a marketing major, and as a freshman she enrolled in a program Sacred Heart offers called the "Four Plus One." This particular program caught Storck's eye and it was one of the reasons she decided to enroll at the university.

Storck completed the program a year ahead of schedule and graduated early as

a result of it.

"Coming into college I knew I had a lot of credits, but in my first year, I didn't know I was going to graduate that quickly," said Storck. "It wasn't until my sophomore year that I really pushed myself to make sure I could graduate in a year."

Storck has never been fazed about balancing school and basketball during her time here, since she's been a student-athlete her whole life.

"It [school and basketball] keeps me organized as well as making me good at prioritizing. I'm on such a strict schedule in terms of going to practice, lifts, class, meetings, and film," said Storck. "With the short amount of free time that I have, I can dedicate it to doing my school work and studies."

Mannetti loves the competitiveness Storck has within her and sees it as a strong factor contributing to her success.

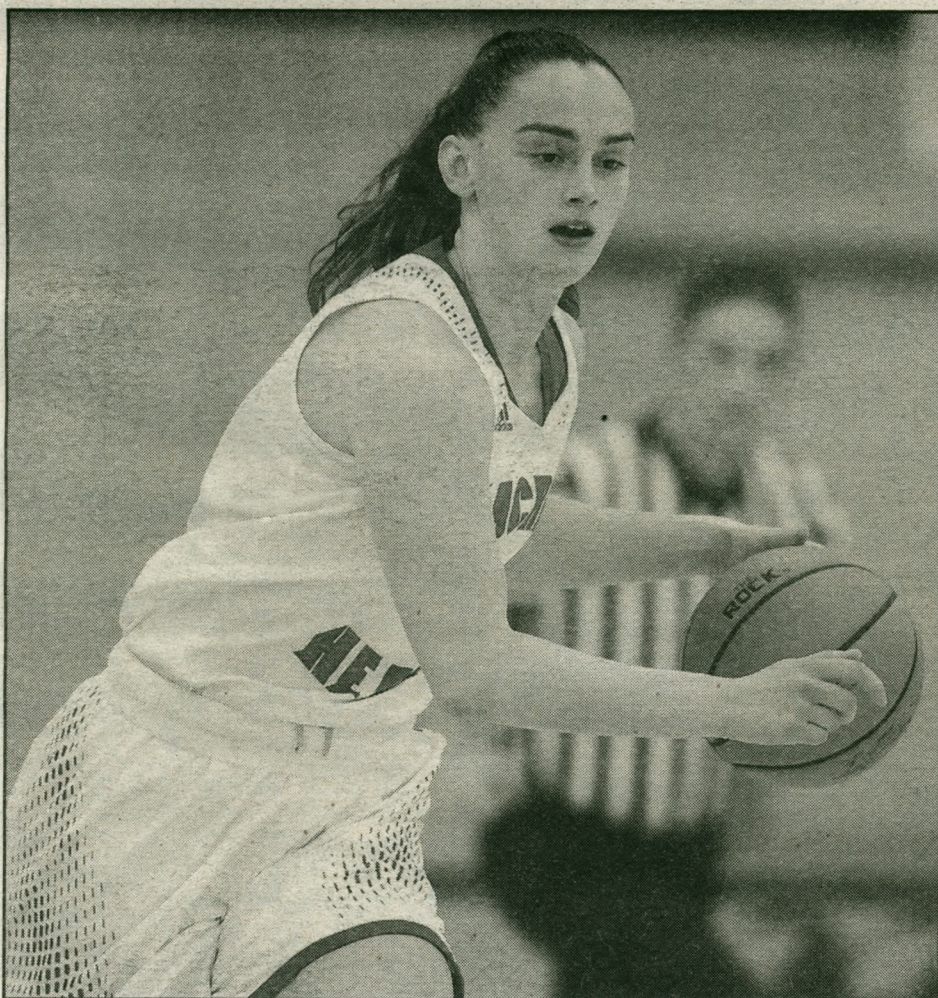
"She always wants to be the best. She will not settle for second or third or anything other than first," said Mannetti. "She'll turn walking up the stairs into a race."

When it comes to the future, Storck doesn't exactly know what her plans are, but because of the foundation she has built, she is looking forward to it.

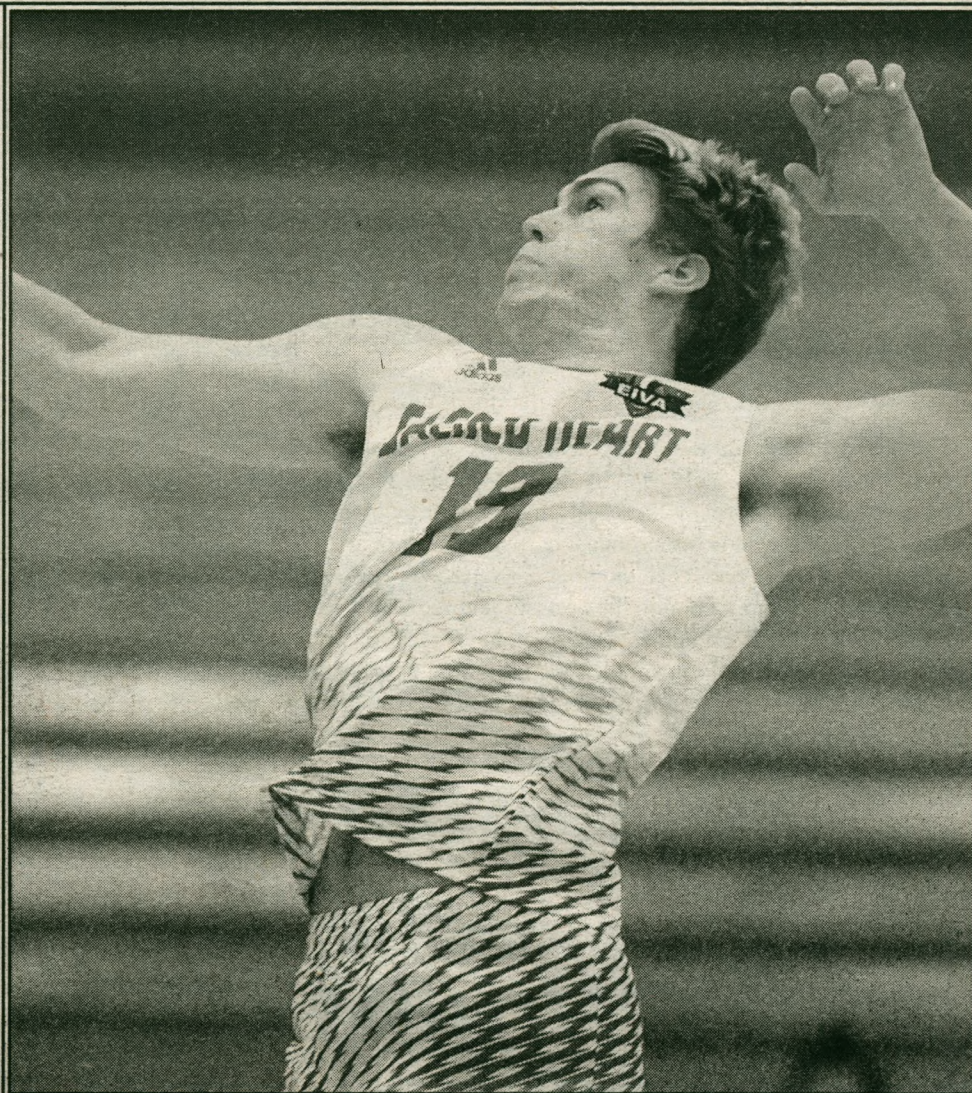
"I'm going to continue to pursue any opportunity that comes my way," said Storck. "I believe my basketball career will end here. But again, I'm excited for what the future holds."

Although Mannetti is sad to see Storck leave, she wouldn't mind working for Storck in the future.

"It's been an honor of mine to have been able to coach Erin," said Mannetti. "She's certainly left her mark on this program in so many positive ways."



GRADUATE STUDENT ERIN STORCK HAS BEEN NAMED TO THE GOOGLE CLOUD ACADEMIC ALL-DISTRICT 1 TEAM.



SACRED HEART ATHLETICS

MENS VOLLEYBALL ARE IN SIXTH PLACE IN THE EASTERN INTERCOLLEGIATE VOLLEYBALL ASSOCIATION. PICTURED ABOVE: EMERSON WAUMANS, GRADUATE STUDENT.

Men's Volleyball Midseason Review

BY ANTHONY SACCONI
Staff Reporter

The Sacred Heart men's volleyball team is in their first season under head coach Robert Bertucci. The Pioneers are 2-10 throughout their first 12 games of the season, and are currently in sixth place in the Eastern Intercollegiate Volleyball Association (EIVA).

Bertucci is proud of the way the team has battled in their matchups.

"The level of competition has been really good and these guys have competed against everybody. We are within two points of anybody," said Bertucci. "Moving forward, I see us getting better each and every time we play."

Graduate student co-captain Emerson Waumans has embraced Bertucci's coaching style and strategies this season.

"Coach Bertucci has a great coaching resume and the team has benefited from having him at the helm," said Waumans. "He has been encouraging, pointing out several different areas that we have grown both individually and as a team."

The team has been working on tightening up certain areas of their game, and senior co-captain Tom Wisniewski has noticed the improvements.

"I believe our team has improved a lot from the beginning of our season. We have worked on improving our passing and serving for the past several weeks," said Wisniewski. "The key thing, really, is for our team to keep playing together. We're starting to build confidence in each other and are playing much better as a team."

The offense flows through senior setter Noah Ricchetti, who leads the team in total assists on the season with 288.

"I've gotten so many assists because our hitters have become better this year," said Ricchetti. "With good hitters, it takes some pressure off the setter because you can

deliver them a non-perfect ball and they will still find a way to score, and that's what our guys have done."

Bertucci has high demands of this year's senior class to lead the team both on and off the court.

"It is on our senior class to carry the team on their shoulders," said Bertucci. "What really stands out to me is their experience level, and the athleticism of the group and what they are capable of accomplishing."

According to Athletic Communications, the team's defense has 92 total blocks on the season, with 40 of those coming during EIVA conference play.

"I see the most improvement in that area [defense], which is something that hasn't been a strong point of Sacred Heart volleyball in years past," said Waumans. "I have no doubt that Coach will continue to isolate our weaknesses and guide us in the direction of continued improvement."

The team's first EIVA conference win of the season came against the New Jersey Institute of Technology (NJIT) back on Feb. 22, as Sacred Heart defeated NJIT, 3-1. In the third set of the match, the team held NJIT to nine total points.

"In our big win over NJIT, I thought the biggest takeaway was our serving," said Ricchetti. "We have guys with the ability to score on the serve. In that match, the serves were in, and NJIT was struggling to handle them."

Bertucci likes the direction that the program is going in and hopes to see more progress being made by the team.

"We are getting better at being able to keep our composure," said Bertucci. "As long as we play within our abilities we will limit the unforced errors, and continue to compete and challenge our opponents on a daily basis."

Sports

Cheerleading Wins NECA Competition

BY DAN GARDELLA
Asst. Sports Editor

The Sacred Heart cheerleading team concluded their competitive schedule on Feb. 24 by capturing the Northeast Cheerleaders Association (NECA) competition, defeating in-state rivals Western Connecticut State University and Eastern Connecticut State University.

The win was the second year in a row that the Pioneers claimed the title. They beat the competition by 3.5 points.

"It's awesome," said head coach CJ Sereno. "Obviously, the girls have worked really hard. They started preparing from the moment we had tryouts, which are at the end of April. As a year round stop, competition never ends."

For senior Jaime Parkan, winning this year's competition not only brings redemption from previous results, but it allows her to finish her cheering career on a high note.

"For me, I've been cheering since I was 7 years old," said Parkan. "Being able to end on a good note after all these years that I've been cheering and it being such a big commitment was important."

Prior to the NECA competition, the team finished sixth in the Universal Cheerleaders Association, Universal Dance Association, College Cheerleading and Dance Team National Championship. The result stuck in Parkan's mind; she said that winning the NECA competition was a good bounce back from their previous performance.

The routine performed by the cheerleaders, which lasts around two and a half minutes, contains tumbling, stunting, and precision. It takes time for the routine of that length to be developed and practiced to perfection.

"In the beginning of the year, CJ makes up our whole routine," said junior Jayce Jones. "She takes our input too with stunts as well as the skill level we're at. Throughout the season, we build onto it. Things can change."

Sereno said that a lot of work is put in over the summer and the team spends the entire month of August preparing their routines. The "hard core time," according to Sereno, occurs from September through January, when the team

practices five times a week.

In competitions, the routine is performed only once and has little room for error. Sereno said it takes preparation, both mentally and logistically, to perform a routine to perfection.

"I always tell the girls that they have to take it one step at a time," said Sereno. "When you see the routines that they do, it's so much going on at once. But it really is broken down into one specific motion or walking a certain way. I always tell them to make sure they are breaking it down."

Since Nationals is the top competition of the season, the NECA allowed the team to breathe easier and excel.

"Overall, this past competition, we really excelled in our performance," said Parkan. "I wouldn't say a particular part was better because going into the competition, I was really confident in our team that we could hit the skills we've been doing. That's exactly what we did."

Sereno hopes to have the team cheer in one final competition this season at the end of March.

"The momentum never stops, it switches," said Sereno. "They know what the momentum is like up until they get to competition. Once competition season is over, you switch gears and you're now preparing for next season."



SACRED HEART ATHLETICS

THE SACRED HEART CHEERLEADING TEAM PLACED FIRST IN THE NEC COMPETITION FOR THE SECOND YEAR IN A ROW.

Men's Club Lacrosse: New Season, New Coach

BY RYAN TOUHEY
Sports Editor

The Sacred Heart University men's club lacrosse team began their season the weekend prior to spring break, from Feb. 23-24. They played three games, going 2-1 in the process.

The season opener against Fairfield University on Feb. 23, resulted in a 15-6 defeat. The other two games were played at Hofstra University in Long Island the next day, where Sacred Heart defeated Hofstra in overtime 6-5, and New York University, 7-2. Both victories were the first coaching wins for Ben Ketcham, who received the head coach position back in October.

"I was personally asked to take over the position after volunteering for the past three years as the assistant coach," said Ketcham. "It was just a natural fit for me to become the coach after the previous coach had left."

The previous coach was Ryan Hogan, who coached the team from 2016 to 2018. Both Ketcham and Hogan graduated from Sacred Heart in 2015 and were teammates on the club lacrosse team. Before coming to Sacred Heart, Hogan was a U.S. Marine.

Ketcham inculcates some of Hogan's coaching strategies into the minds of the players.

"Hogan was very diligent in his work and stressed attention to detail," said Ketcham. "It's a grind for us being a club sport, especially since we don't recruit, so we make sure we keep everyone engaged and happy and wanting to play."

Unlike Hogan, Ketcham is running the team without any assistant or volunteer coaches. He's looking to build a new foundation and hopes to continue coaching the team in the foreseeable future.

His main goal is to lead Sacred Heart back to the National Championship, which they haven't been to since 2013. Ketcham was a member of that team as a college freshman. The team was ranked eighth in the National College Lacrosse League that year, which, according to Club Sports, is the highest ranking they have ever received in their history.

"It was fun and quite a ride that season," said Ketcham. "We tried to stay as close as possible as a team and everybody wanted to hang out with each other, whether it was shooting after practice or getting together on the weekends."

Since he is the lone coach, Ketcham counts on his senior captains to reiterate drills, techniques, and strategies to the other team members. He also allows them to provide their own input. The captains consist of attack Clay Sweitzer, defenseman Matt Depietro, midfielder, defenseman Jack Sullivan, and midfielder Johnny Brown.

Ketcham has also established a playbook for the season, which is something that the team hasn't had in years past. He encourages the players to be creative by using game knowledge that they attained back in high school and beyond.

"I know one thing that I've never been able to do as a defender is score," said Sullivan. "Ben has said before, 'If you have an open shot take it,' and in one of the three games, an opposing player went off me and I spun around, and I took the shot and scored."

Sullivan credits Ketcham for giving him confidence to take the shot in the first place. Sweitzer and the attackers, on the other hand, have focused on playing looser.

"It's all about putting in new sets," said Sweitzer. "Working in that offense and putting in your own spin moves on the defenders is something that he [Ketcham] has been focusing on."

Ketcham and the players hope to raise awareness of the team around campus. They want people to understand that they do play in a competitive environment, and encourage anyone who is into lacrosse to come and join them.

The team's next game will be on March 23, where they will host the University of Massachusetts Amherst. After that, they'll host the University of Bridgeport on March 24.



RYAN TOUHEY/SPECTRUM

BEN KETCHAM, A SACRED HEART ALUM, HAS BEEN HIRED AS THE CLUB MEN'S LACROSSE HEAD COACH AFTER BEING AN ASSISTANT COACH FOR THREE YEARS.



SHU SCORES



	1	2	3	4	F
FDU	8	15	20	20	63
SHU	20	14	32	16	82

Women's Basketball

	1	2	3	4	F
Saint Francis	13	18	11	9	51
SHU	22	24	16	15	77

Women's Basketball

	1	2	3	4	F
ROBERT MORRIS	4	9	13	19	45
SHU	11	19	11	13	54

Women's Basketball

	1	2	3	4	F
MOUNT ST. MARY'S	19	5	10	12	46
SHU	12	16	5	20	53

Women's Basketball

	1	2	F
SHU	45	42	87
ROBERT MORRIS	22	41	63

Men's Basketball

	1	2	F
SHU	46	48	94
Saint Francis	31	53	84

Men's Basketball

	1	2	F
SHU	31	31	62
LIU Brooklyn	30	41	71

Men's Basketball

	1	2	3	F
SHU	2	2	1	5
American Int'l	1	1	0	1

Men's Ice Hockey

	1	2	3	F
SHU	1	0	0	1
American Int'l	1	1	2	4

Men's Ice Hockey

	1	2	3	4	F
SHU	2	3	6	6	17
Providence	3	7	2	4	16

Men's Lacrosse

	1	2	3	4	OT	F
SHU	3	2	4	2	1	12
Stony Brook	3	3	4	1	0	11

Men's Lacrosse

	1	2	3	4	F
SHU	3	4	5	4	16
Hartford	3	6	1	2	12

Men's Lacrosse

	1	2	F
SHU	1	1	2
Monmouth	10	7	17

Women's Lacrosse

	1	2	F
SHU	3	1	4
Vermont	9	7	17

Women's Lacrosse

	1	2	F
SHU	1	3	4
Manhattan	10	3	13

Women's Lacrosse



SACRED HEART ATHLETICS

THE SACRED HEART WOMEN'S LACROSSE TEAM FELL TO MONMOUTH, 17-2, AT CAMPUS FIELD ON FEB. 27. PICTURED ABOVE: CASSIE CESARIO, JUNIOR.