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 SHUCard 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," said Carmen 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 SHUCard, 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, Melody 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 Maleen Quevra. "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 Farias. "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."

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 colloquium was held in a completely full University Commons. Alcohol and Drug Intervention and Prevention Specialist Junice Kester 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.

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 Cara.

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 Vinicia Bivona.
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 a 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 rides 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 we're 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 Associated Press contributed to this article.

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, ice cream, candies, 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?"
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 when you just want to wear a 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 outside 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.

SHE SAID

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 hazier 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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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 and notification systems, safe spots, 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 you 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 Devy Homola.

“If you are smart about keeping your stuff locked, like your windows and doors when you are not around, then you are not worried. My roommates 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 Purdaue 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 roommate 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 senior 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.

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 Trumbull 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 Danielle 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 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 off-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 Zucchin. “It’s a fun way to try some new foods and take a quick study break.”

UPPER CRUST BAKERY CAFE, LOCATED IN TRUMBULL, IS A POPULAR OFF-CAMPUS DINING OPTION FOR MANY STUDENTS.
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 knew. That was going to be a part of the baseball world in some way, shape, or form. So I decided that any sports 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.

Baseball has been a part of me ever since I was a kid. Whenever I would watch a game, I would try to memorize as much as I could about the players, statistics, and the game itself. As I grew older, I continued to watch baseball and became more involved with it. Whether it was through writing articles, or just being a fan, I have never stopped being passionate about baseball.

I have always loved being able to watch the game and see the players in action. It’s such a unique sport that has so much history and tradition. Every game is different, and you never know what’s going to happen. The intensity of the game is unlike anything else, and it’s what keeps me coming back for more.

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-deprecation 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 all the things I have. I am a self-proclaimed queen of self-deprecation humor. Yet, I never considered how such behavior could more seriously impact the way I perceive myself.

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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 Youssman, 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, Youssman 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 Youssman. "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 Youssman. "The technology gives people all new ways to disseminate and to create and distribute."

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

Youssman 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 Youssman. "The more we consume those kinds of messages the more we internalize those world views and start taking them for our own."

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 will 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.
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 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 health.eating.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 out at as a vegan.

“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

Habitat for Humanity is a dedicated group of students who serve 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 volunteer 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, the board will decide on 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 Obraditis.

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.
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, it is very open to imagination.

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

BY ANTHONY DEL VECCHIO
Asst. A&E Editor

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.

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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.

For 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 "Purp" 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, which is written by Carmen Ejogo.

Detective Hayes' character arc 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.

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.

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.

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."
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 offenses," said graduate student Ghadeer Munshi, "He did not call the police to try to hurt the man, but tried as hard as he could to discover the reason for these offenses in order to help the troubled man change his life."

Catholic Intellectual Traditions (CIT) Professor Dr. June Gunn 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 tells 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 junior Ahmed Ashi. "A lot of our friends here in the USA embrace the Catholic Church, and the good priest in their midst becomes the price for the sins of others."

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 it's 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.

"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 in 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 possesses 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 display 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.

"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."
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 faced about balancing school and basketball during her time here, since she’s been a student-athlete her whole life.

“If [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 films,” 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.”

Men’s Volleyball Midseason Review

BY ANTHONY SACCONE
Staff Reporter

The Sacred Heart men’s volleyball team is in their first season under head coach Robert Bertucci. The Pioneers see 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 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.”
**Cheerleading Wins NECA Competition**

**BY DAN GARDELLA**  
Ass. Sports Editor

The Sacred Heart cheerleading team concluded their competitive schedule in 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. "I was a senior captain," 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 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 Championships. 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, lasts 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 Bryce Jones, "She takes our input for our jumps and stunts as well as the skill level we're at. Throughout the season, she's always pushing us. 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 practicing 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."  

**Men's Club Lacrosse: New Season, New Coach**

**BY RYAN TOUEY**  
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.  

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 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, defensemen Jack Sullivan, and midfielder Johnny Brown.  

Ketcham has also established a playbook for the season, which is something that the team "haven'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."  

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The Sacred Heart Spectrum Sports

March 13, 2019

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