The second National School Walkout was held outside the Chapel on Thursday to remember the victims of gun violence. The event was meant to shed light on the school shootings that have occurred and to challenge the issue of gun control.

The walkout was organized last year after the Parkland Shooting, when a student killed 17 students at Stoneman Douglas High School. The walkout was in remembrance of the Sandy Hook shooting as well.

The Sandy Hook shooting occurred in 2012 when a gun man opened fire in the Sandy Hook elementary school, taking 26 lives. The tragedy hit close to home for many Connecticut residents at Sacred Heart, as the shooting occurred in nearby Newtown.

The event was held at 10am and it lasted 17 minutes, in honor of the 17 victims. Religious Studies Professor, Brian Stiltner, was the main speaker.

He talked about the importance of gun safety and how it is both a local and national issue. "What is most important to us is to pay attention and read the news," said Stiltner.

Towards the end of the walk out a moment of silence was held to honor the victims of both shootings. After the moment of silence, names of the victims were read off.

Since the shooting, Connecticut has passed stricter gun laws to improve safety and increased the police presence in schools and campuses across the state. Specifically, on Sacred Heart's campus you will often see Fairfield Police, as well as the universities Public Safety.

The Connecticut Supreme Court recently ruled that gun manufacturing companies can be held liable by lawsuits from victims families. In the past, Congress typically protected gun manufacturers from lawsuits.

A petition was passed around for Ethans law. This petition is an act for stricter gun laws and many people in attendance signed it. Ethan's Law was created because many gun owners were not required to have safe storage for their firearms. This resulted in many children being unintentionally shot and even killed. This law could potentially help improve gun safety and has already passed in some other states.

"I think the school walk out is a good idea for students to show their concern for their own safety in schools since they do not yet have the opportunity to vote, and it took a lot of courage to walk out especially since schools threatened to give out detention or suspend the students that participated in it," said Junior, Christine Marra.

"I think the walkout is an appropriate way to exercise freedom of speech under protest in a professional and polite manner," said junior, Taylor Mewhiney. "The walkout was absolutely necessary and sheds light on an urgent topic that tends to be neglected."

"I believe in the second amendment, but I also believe that people who own fire arms need to put them in a safe place that is locked up and unable to be accessible by the mentally unstable and children," said Marra.

"The policy needs to be stricter, mass amounts of Americans have weapons they don't need. In result of this it allows for others to have access to their firearms which causes far more tragedy than needed. There should be stricter qualifications in order to purchase a firearm," said Mewhiney.

Data Diode Day

This past Thursday Mar 14, the first ever Data Diode Day was held in the Martire Forum center. The event was hosted by Owl Cyber Defense and the School of Computer Science and Engineering at Sacred Heart University.

"This event provides an opportunity for our country's future tech innovators, cyber security professionals, software engineers, and computer science gurus to show off their smarts, win an internship, and earn recognition as a top tech student in the New England/ Tri-State area. Teams will be judged by and have the opportunity to network with some of the region's top tech and innovation companies (datadiodeday.com)."

This event gave undergraduate and graduate students with an interest in computer science, coding, IT systems and technology in general, and opportunity to showcase their skills.

Last year, a colloquium was held in conjunction with Owl Cyber Defense. Sacred Heart and the School of Computer Science and Engineering set up this past Thursday's event to further their relationship with Owl, with plans to make Data Diode Day an annual competition.

"This event is a great opportunity to showcase what our students can offer in the work force, and shows that Sacred Heart has talent," said Director of Cybersecurity Programs, Professor Sajal Bhattacharya.

Scott Coleman, director of marketing and product management at Owl Cyber Defense led the event with a brief explanation of what they do at Owl.

"Our products are designed to stay up and running, and they keep any organizations data secure with our state of the art diode technology," said Coleman.

Coleman went on to describe what exactly a data diode does. "A data diode is a one-way transfer of data that allows for unmatched cyber security," said Coleman.

Three teams comprised of students participated to come up with a new use case of a data diode. The focus was the healthcare domain, and how a data diode would benefit any aspect of healthcare technologies.

"The medical technology industry is one that is saving lives everyday, however some of these life saving machines can be easily hacked without the use of a data diode," said sophomore Cody Pfiffer, a member of team one.

The three teams came in with the goal of winning the three judges votes in order to secure a shadow internship with a department of their choice.

Dr. Irfan Ahmad of Virginia Commonwealth University, and Scott Coleman and Brian Romansky of Owl Cyber Defense judged the contest.

Each presentation lasted around 15 to 20 minutes, each containing different ideas for Owl's data diode and how it could benefit the technology within the healthcare realm.

After each team had presented, Avis Kapadia, Nicholas Sims, Nicholas Carta, Jonathan Spiro, and Mandar Shrivastav of team two took home first place for their use of data diodes in hospitals plan.

"I'm grateful and couldn't have won without the collaboration and efforts of my teammates," said junior Avis Kapadia.

Like Avis, sophomore Alex Pearl, a computer science major saw this as a great opportunity. "Overall, the networking aspect of this event was excellent and got us connected with future leads as well as having the opportunity at internships in the future," said Pearl.

The plan is for Data Diode Day to be held annually, following its first appearance this past Thursday, providing undergraduates and post graduates a great opportunity in the field of Computer Science and Engineering.
Cuban Officials Deny Causing Brain Illness

Members of the U.S. and Canadian embassies and medical teams working on their cases have theorized that the mysterious illnesses they have experienced since working in Cuba in late 2016 were caused by attacks from high-tech, microwave-based weapons.

The U.S. State Department has cut back on the number of embassy members stationed in Cuba ever since an October report detailing members experiencing hearing loss, weakened balance, concussions, and other ailments. At least 24 U.S. citizens were affected. U.S. investigators have not determined an official cause for the illnesses and Cuba denies any wrongdoing.

The officials said Thursday that they don’t dispute that diplomats became ill, but suggested that many of the cases consisted of ordinary illnesses that were erroneously blamed on a mysterious single phenomenon due to the high degree of public and media attention focused on the case.

Some of the U.S. victims have cited nausea, struggling to concentrate, or difficulty with common word recall, as other primary symptoms. Others felt vibrations or heard loud sounds, mysteriously audible in only parts of rooms, whereas others heard nothing of the sort.

As a student in a medical-related field, I’ve learned about the ethics that apply regarding experimental trial periods for new technology,” said Stephanie Pic, a junior nursing major. “These cases always require the permission of the participants. Whether this was the testing of medical or military technology, it is completely illegal, as it can potentially ruin the lives, careers, and families of those involved.”

Meetings between the U.S. State Department and Cuban officials have resulted in little progress in regards to determining a causation for the ailments experienced by the embassy official.

“You’re on foreign soil,” said David Rubincam, a former FBI agent who served in Moscow. “The quality of the information and evidence you collect is limited to what the host government will allow you to see and hear and touch and do.”

Sacred Heart University students were also quick to point out the danger that lies in the potential microwave weapon theory.

“If the theories regarding the microwave-based weapon are true, this is a straight up case of human rights being violated in the worst way,” said Mike Plunkett, a junior sociology major. “These people are there working in Cuba, some with their families, in an effort to represent their respective countries and to peacefully work on the relations between themselves and Cuba. They were completely vulnerable and subject to their working conditions. If true, this is very saddening.”

BY LOUIS FREY
Asst. Features Editor

Last Friday, Sacred Heart University’s Career Development Center held an internship fair at the Martire Forum.

The fair gave students the opportunity to get to know companies they might want to obtain an internship with. The companies that were there were Aflac, American Red Cross, Connecticut Institute for Refugees and Immigrants, Datto, Enterprise, Frontier Communications, Indus Group, Northwestern Mutual, RNN-TV, Save-A-Suit, SCS Direct, Techronic Industries, Vineyard Vines and TracyLocke.

“Sacred Heart is a university that we work very closely with, that we enjoy working with, and we have a lot of great students come from this school,” said Michelle Michelfelzenziger, Director of Internship Development for Northwestern Mutual. Vineyard Vines came to the fair because Mike Fritz, one of their employees is an alumnus from Sacred Heart and thought of no better place than SHU to pitch his company. Fritz said he’s looked for students who were eager, want to learn, want to take a little risk in their career, and someone who wants to try something new.

At the fair, companies were able to invite students to information sessions to learn more about the opportunities they have to offer.

A common characteristic companies were looking for in students is they’re passionate in the field the company is in.

“We want someone who’s passionate about the Red Cross mission and about helping people and helping investing in their community,” said Sarah Schoel, Director of Volunteer Services for American Red Cross.

Students thought the fair would be in good use for them.

“I think its good to network and get to hear the different opportunities the companies have to offer,” said junior Nina Catanzaro.

“The internship fair is a good way to see what’s out there and broaden my scope for jobs,” said junior Dan Marino.

Marino also said the fair helps people see what other companies are offering.

Junior Kristina Dindaldor and Catanzaro went to the fair because they’re looking for a summer internship.

Many students use the Career Development Center by meeting with counselors and working on their resumes and cover letters.

“I met with Corey Stocke in the Career Development Center and she helped me develop a professional resume with all my experience,” said Catanzaro. Others feel the center has got the ball rolling for their internship hunt.

“I used the center to update my resume and get that looking professional before I started my internship hunt,” said Marino. “They introduced me to the handshake system which I believe has accelerated my internship hunting process.”

Students thought the fair was for everyone in all fields.

“This should not only be helpful for me but truly helpful for other people from different fields,” said graduate student Meit Chaudhary.

Career development had no comment.

BY NEIL GRASO
Assistant News Editor

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Career development had no comment.
Perspectives

He Said, She Said:
Night Classes vs. Early Classes

ROBERTO

For about 15 years or so, the only schedule I had to always remember was during the hours of 8 a.m. or 9 a.m. and 2 p.m. or 3 p.m. That constant cycle of six hours of elementary and high school has been programmed to my brain for such a long time, that I wouldn't have thought it would be any different by the time I reached college. Once I turned 17 and enrolled at Sacred Heart, everything changed. Classes came at so many different times that I had to get accustomed to focusing on which one would work well based on my personal preference. Also, since I had started working an actual job by the time I reached college, it was all about catering to their needs more than it was to cater to my own. One of the results of catering to them was to pick classes that were later in the day to help them during the morning due to a lack of staff, which is why I choose evening classes.

During my experience over the last four years, I've come to realize that evening classes perhaps were a bit better than morning ones. This is because I would have much more time to do what I wanted to do in the day such as working, going to the gym, hanging out with friends, and just be much more productive. While those evening classes can be dragging due to the fact that you can't do the things that you want to during the evening, it's still a change that I had to become accustomed to. I don't recommend anyone reading this to pick 8 a.m. classes next semester because you want the entire day to yourself. I recommend everyone to just choose what you like best and makes you happy because of a certain class. Take what you want to take. Everyone is different, but having an evening class is something that I feel would be a good recommendation if you wish to have a bit more liberty during the beginning and start of your day.

MELANIE

When it comes to school, not many of us like to wake up early, including myself. However, in the debate between morning classes and night classes, I definitely would choose morning classes. Here at Sacred Heart University, I had the opportunity to play for the school's Division I soccer team for the past three and a half years. With that being said, we had practices extremely early almost every single day, so we were restricted with which class times we could register to take each semester. Since I was restricted with time slots for classes, I would be awake for soccer practice for as early as 6 a.m. and end my day with classes as late as 7:30 p.m.

Every semester when I walked out of class at 7:30 p.m. I wondered what it would be like if I could take all of my classes in the morning, and then just enjoy the rest of my afternoon and night. Well luckily for those who play a sport that has a fall season, your second semester senior year you do not have to worry about your sport's practice schedules since you are officially done playing. As sad as I was for my season to end this past fall, I could finally test my theory to see how it would feel to take all morning classes, and I was right. Even though no one likes to wake up early for an 8 a.m. class, being done with classes as late as 2 p.m. really makes a difference for me. I am able to then take the day to focus on my homework, go to the gym, and even have some sort of a social life! I used to enjoy sleeping in to 11 a.m. every day, but I quickly realized that half of my day was over at that point. With soccer taking up my entire morning, it felt like I slept in until 11 a.m. because then half of my day was over when I started everything I needed to do. So, there you have it, morning classes really aren't that bad. They actually prepare you for the working world with getting up early every single day. Morning classes rock.

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Keeping Up with Celebrity Gossip?

BY NIKKI ZINER
Staff Reporter

"I do not follow most of celebrity pop culture but when it comes to professional athletes, I'm all about it," said Sullivan.

Junior Drew Homola also does not care for your typical celebrity gossip.

"I am not really into celebrity gossip. I usually just look at what is going on on Barstool Sports Center," said Homola.

From the Kardashians to Shawn Mendes, many students follow celebrities to always be on top of what is happening in their lives.

For junior Nicole Grotto, "My recent celebrity obsession is Shawn Mendes. I like to think I am up to date on his life from his Instagram pictures and stories. I even get notified whenever he posts," said Grotto.

Snapchat and Instagram were the two popular choices for where students got their celebrity gossip from.

"For me, waking up in the morning, or even before I go to bed, I watch E! News, Daily Mail, and People on Snapchat, as well as other media blogs on Instagram," said Hanrahan.

Junior Emma Sanders said she always tunes into her favorite television stations to see what is going on.

"For me, waking up in the morning, or even before I go to bed, I watch E! News or TMZ to see what has been going on that day," said Sanders.

As major media personalities, the Kardashians are always making the headlines. Scandals between one of the sisters, Khloe Kardashian, and her on-and-off again NBA star boyfriend, Tristan Thompson, have been filing newstands for the last couple of weeks.

Jordyn Woods, a public figure known for being Kylie Jenner's best friend was recently accused of having an affair with Tristan Thompson.

"I followed the Tristan Thompson and Jordyn Woods scandal because I wanted to be able to see if it would affect the way Thompson played in his upcoming games," said Sullivan.

Students such as Grotto are on the Team Khloe end of the scandal.

"I followed the scandal just to hear what lies Jordyn had to say. Once a cheater always a cheater. Khloe deserves better than Tristan," said Grotto.

Hanrahan mentioned how she was shocked by how much the story blew up overnight.

"I remember going to bed seeing one or two small stories about it. And then the next day waking up to everyone in school talking about how crazy it all was, and not being able to look anywhere without seeing something about it," said Hanrahan.

"At the end of the day there is no better gossip than celebrity gossip. Especially when there is lots of tea to be spilled," said Sanders.
The Sacred Heart Spectrum

Editorials

March 20, 2019

Think about the concept of a close knit community. How many people could say that they come from somewhere that they cherish so close to their heart? And then make their way to college and have the same exact feeling. I come from a small town in Westchester, New York; Mount Pleasant. As a matter of fact, I actually live in the hamlet of Thornwood, that’s how small it is. My high school wasn’t even named after my town because of the four hamlets that came together to create Westlake High School.

I grew up in a household where my parents taught me to do nothing more than the most for the people I surround myself with. Someday those people you surround yourself with will eventually do the same for you.

My father was a staple figure of my community and was someone many people looked up to. As I got older, I was able to realize the effort he had on many people’s lives. He was the kindest and most selfless man I have ever known and am proud to call my father. Both my father and mother taught me the true meaning of giving back to a place or people that mean so much to you. Giving back your time, and most importantly, not expecting any credit for what you do for everyone else around you.

In my college search process, that was something I primarily looked for. A school where there were endless opportunities to get involved, and have that same feeling I got when I walked through my hometown.

Luckily, I have had the opportunity to attend Sacred Heart University to create my own legacy and be a part of another close knit community that I am so very proud to call my second home. A huge part of a close knit community are the people that come with it. Right when I stepped on Sacred Heart’s campus my junior year of high school, I knew this is where I would end up.

The friendships that I have created here will last a lifetime and a half. People that I know will be there for me through every step of the way and have been there for me through every second of the three years I have been lucky enough to have known them.

I came to my Sacred Heart tour with my Mom, Dad and younger brother Robert. When we were in the William H. Pitt Center, the tour guide had asked if anyone had aspirations of being a Division I athlete. My younger brother was a freshman in high school at the time. He was the only one who raised his hand.

Now, Robert is a freshman at Sacred Heart playing Division I football. Once he committed, my parents, my older brother and the rest of my family saw that as a sign that this was meant to be a second home for us. A place where we could grow and experience this tight knit community.

I am so very proud to be a part of two amazing communities that I am able to call my home.

Thank you, Dad, for giving me the reason I have such a strong passion for close knit communities. I will never forget the mark you left on not only my life, but everyone else’s. This one is for you.

The Phone Takeover

GINA D’AMICO

PERSPECTIVES EDITOR

Wake up... check my phone... go to class... check my phone... eat... check my phone... go to class... check my phone... go to class... check my phone.

The ongoing cycle of checking my phone continues to get worse each day. One habit that I have noticed to gradually get worse in my life is how much time I spend on it. I hate the fact that I am always checking my phone to see if somebody texted me or snapchatted me, but it has now become natural for me to always look at my phone after I do something.

Lately, my friends and I talked about how different things would be if we did not have phones. Would people socialize differently? Would we be so worried about missing out on the more important things in life. My friends and I are very guilty of always wanting to snapchat something funny, post photos of our outfits, or food but why do we need to post everything? My mom always asks me those questions and I am finally realizing that not everything needs to be posted or shared with people. I have now been limiting time spent on my phone and starting to enjoy making memories in person.

Phones becoming such an important part of our lives today makes me think of how difficult it would be to actually live without one in today’s society. From texting, calling, checking emails, and checking social media, phones are a huge part of our day to day life.

Although I am extremely guilty of being on my phone all the time, I feel as though they do distract us from some of the more important things in life. My friends and I are very guilty of always wanting to snapchat something funny, post photos of our outfits, or food but why do we need to post everything? My mom always asks me those questions and I am finally realizing that not everything needs to be posted or shared with people. I have now been limiting time spent on my phone and starting to enjoy making memories in person.

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By Devyn King

Staff Reporte

After 20 years of being a part of the New York Police Department, Anthony Papa retired as a Lieutenant from the Bronx Detective Bureau, changed his path and is now a professor at Sacred Heart University. He shares the knowledge he has learned over the years as an officer to students on campus majoring in Criminal Justice.

According to Papa, being a part of the NYPD was a great experience. He had the opportunity to see and do a lot of different things, gain significant experience, meet a lot of people, and form many good relationships with other officers on the force that he is still friends with today.

Papa went to law school in New York during his time as a NYPD officer because he knew that after 20 years, he could retire from the police department, and wanted to have a job lined up.

"I became a tactics instructor in the police academy for a couple of years, and that gave me a state certification. With that state certification, I started teaching for private security firms in N.Y. part time," said Papa. "Security guards need a certain amount of professional hours in the classroom, so I would go teach some of the classes on law, or whatever they needed me for."

The firm that Papa worked for after he retired eventually went out of business, leading him to becoming an instructor at a college in Westchester, New York, where he was Chair of Department in Criminal Justice. He then began teaching at Sacred Heart University in Sept. 2010, and was appointed in Nov. 2018 by the Dean to Program Director of the Graduate Criminal Justice program.

"In having that experience, you can relate to a lot of the material and it keeps it interesting in the class," said Papa. Student evaluations on professor Papa have proven that his personal experiences are beneficial to their learning and make the class more interesting.

"I liked how he made the information relatable to us and used actual examples of his experiences," said Freshman Lexi Kavarsky, a student that took Intro to Criminal Justice with Professor Papa. "The real-life examples he used in his lessons helped me remember the information I was being taught."

Papa's most memorable experience working in the NYPD was the time of 9/11.

"That was a day like no other. When the building collapsed it was horrendous and very scary. We thought more planes were coming in. I know people that died there, and I was very fortunate," said Papa.

After two days, he was moved to the Bereavement center and began to collect DNA to identify the bodies lost when the buildings collapsed.

"The most positive thing that has come out of this is the friendships I have made over the years, and experiences I have gained," said Papa.

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Alpha Tau Omega "Laughs for Awareness"

By Amanda De Lauzon

Staff Reporter

On March 11, ATO, the fraternity that came to Sacred Heart University at the beginning of this year, hosted their first event, "Laughs for Awareness." All of the proceeds from this event went towards the fraternity's philanthropy, The Will to Live Foundation.

This comedy show created and hosted by O'Donnell consisted of three acts from three different Greek organizations competing for $100. The performers were ATO's Intramural Chairman Will Pesek, from Theta Phi Alpha's Briana Rauchfuss, and Beta Theta Pi's comedy duo Matt Andrianus and Steven Lucero.

The winners from Beta Theta Pi won $100 towards their philanthropy and ATO raised $500 towards their own.

ATO's philanthropy, The Will to Live Foundation, is an organization that brings awareness to suicide prevention in teens and young adults.

"To me, it touches home. In my home town, I lost my quarterback, a cheerleader and a wrestling partner to suicide," said junior and president of ATO, Scott Miller.

According to the Connecticut Courant, "In 2017, 11.5 in 100,000 Connecticut residents, 75 percent of them male, died by suicide. It was a record 402 deaths by suicide, up from 388 in 2016."

"I believe that a fraternity choosing mental health is significant because it begins to dismantle a lot of toxic masculinity that has taught men to hide their emotions in fear of being perceived as weak," said O'Donnell.

So why a comedy event?

"Comedy for some can be something that gets them through the hard days," said Miller. "Sometimes the saddest people are the ones who want to make everyone laugh and feel happy. I believe that having a comedy show complemented this belief greatly."

"I liked that the show was funny and lighthearted but still brought attention to serious issues that aren't talked about enough," said junior Jessica Wagner. "Also, it's always funny to see someone get a shoe thrown at them for making fun of Long Island."

The winner, Beta Theta Pi, had a comedy routine about where Sacred Heart students are from and the difference between them. Jokes were made about Connecticut, New York and New Jersey. One audience member even got so defensive about his hometown, that he jokingly threw a shoe at the performer.

The show had a lot of audience participation and people even played a game where they had to tell dad jokes while trying not to laugh.

"We did the best that we could with the cards that we had and I feel that the event was as good as a first event can be," said Miller. "In the future, I see another comedy show with more acts possibly in the Edgerton Theater."

The fraternity will continue to grow and support suicide prevention and mental health in their events to come.

"We're 25 men who wouldn't normally be together," said Miller. "We are brought together through one goal and that is growing ATO to be the best fraternity that it can be."

---

Alpha Tau Omega held their first philanthropy event supporting the Will to Live Foundation.

"My ATO brothers are different, but different in the best way possible," said junior and philanthropy chair of Alpha Tau Omega (ATO), Liam O'Donnell. "None of us fall into the typical mold for what most people think a frat guy looks and acts like, and all of us are very passionate about everything we do."
March 20, 2019

The Sacred Heart Spectrum

Features

Graduate Student Advisory Committee

BY PAXTON McLANE
Staff Reporter

THE GRADUATE STUDENT ADVISORY COMMITTEE PLANS EVENTS SUCH AS GRAD NIGHT AT REDS, PICTURED ABOVE, ON CAMPUS.

Sacred Heart University's graduate program is home to over 5,000 students. The graduate program has a unique task of offering these students social events and assistance in their academic programs. The graduate program created the Graduate Student Advisory Committee (GSAC). GSAC is a unique committee unlike any other at SHU. Kathy Dilks from the office of Graduate Student Affairs is in charge of overseeing this unique committee.

"Students aren't necessarily voted on, it's a voluntary advisory committee. For example, if three graduate students wanted to be representatives for, say, the School of Communications, we would take on three people, if five people wanted to be representatives, we would take on five," said Dilks.

Dilks describes GSAC as a cross between the Student Events Team (SET) and the undergraduate Student Government. They are in charge of both planning events for graduate students and making sure that they have a direct line to the Graduate Affairs Department, this way students can voice their concerns or opinions.

"My role is that I report to the Dean of students, so there is an advocacy piece. Then we also have the student life piece. Students really do attempt to decide how their events are run. They have a say in what they need," said Dilks.

Dilks noted that the needs of graduate students aren't the same as the needs of undergraduate students. SHU has a large number of graduate students that are international, representing many different countries and cultures. These students have their own voice through GSAC in various programs. This has resulted in GSAC hosting events for cultural holidays such as Diwali and Holi. GSAC also accomplished the establishment of the Muslim prayer room on campus. GSAC has also helped graduate students fix issues in the classroom.

"There was a group who were in classes all day in this one particular new campus that we had, and there were no outlets. They came to me and their representative said, 'Kathy, is there anything we can do?' And yes of course, we installed outlets," said Dilks.

A portion of all graduate student tuition goes to GSAC in order to fund their events and projects. All graduate students have the opportunity and are encouraged to utilize GSAC.

Brenda Bryant, one of the representatives from graduate social work program, has utilized the full potential of GSAC.

"The GSAC community has provided SHU graduate students with an opportunity to socialize, network and experience their campus in a low cost and fun way. GSAC sponsors trips to Boston, NYC, as well as activities such as Grad Night at Reds and the annual Grad Gala," said Bryant.

GSAC is hosting an upcoming grad's night at Reds on April 5. The organization's big event of the year is coming in the middle of April. The Graduate Student Gala happening on April 13 will be held at the Trumbull Marriott.

"It has been a great way to keep involved even in graduate school. When most campus programs are only for undergraduates, it's a nice way to continue to be part of the SHU community," said Eugene McDonagh, a representative from the Graduate School of Education.

Greek Life: A Forever Family

BY VICTORIA MESCALL
Editor-in-Chief

Being part of a Greek brotherhood or sisterhood is special. Greek life finds you when you don't know you're lost, heals you when you don't know you're hurt, is bigger than you when you're content being small, and loves you when you don't know you need it.

Greek letters represent so much more than a club or a group of people who get together on the weekends. No matter in what negative light popular media paints fraternity and sororities, brotherhood and sisterhoods mean so much more than that to their members.

"Brotherhood is knowing an unbreakable bond between people who have mutual support and loyalty and respect for one another," said JT Such, a freshman brother of Pi Kappa Phi Fraternity. "Our Greek life here at Sacred Heart helps build relationships and personal character."

When I joined my sisterhood, Alpha Delta Pi, I found my 2 a.m. phone calls. They are the people I reach out to in the dead of night when I find out good news, like when my cousin found out she was expecting a baby. And my sisters are the people I call when I desperately need someone to pick up the phone - when someone you love is hurt or sick, and you need someone to be there to tell you it is going to be okay.

In my sisterhood I found the people who I have supported through their endeavors. When sisters get recruited for other athletic programs and transfer schools, you learn the rules of their sport so you can go support her up in the stands. When a sister gets a full ride to law school, or another gets engaged to the love of her life, sisterhood is about being there for each other no matter the circumstance. This includes times of triumph and tragedy.

"Sisterhood and Greek life means to me the genuine acceptance of individuality," said Jordan Frederick, president of Theta Phi Alpha. "Our sister Audrey really was the purest form of that ideology. She loved and accepted everyone - faults and all."

Sisterhood is a place where one can be comfortable in times when they are dressed up to go out, and times when they are in their PJs or sweatpants and no makeup.

Brothers and sisters are people who live for each other.

"With every ounce of her being, Audrey truly inspired Theta Phi Alpha to embrace that message with open arms. Theta Phi Alpha focuses on its individuals, accepts them for who they are, and inspires them to be even greater versions of themselves. I got to see Audrey do exactly that, she joined us with a kind heart and truly grew wings and flew. She is always and forever a true Theta Phi Alpha woman," said Frederick.

Greek life is the place where you can come and not be judged for what you look like, who you love, or where you come from. Sacred Heart's Greek community is a place of unconditional love and loyal and lasting sisterhood and brotherhood. It is a place I am lucky to call home.
Annual Irish Dance Showcase

BY JOSEPH BRAUN
Staff Reporter

On March 14, the Performing Arts Department held its annual Irish Dance Showcase in the Edgerton Center. The showcase featured the Irish Dance Ensemble, The Claddagh dancers, who performed various routines that displayed their talents and skill level.

The event kicked off with the singing of the National Anthem by Nora Stevens. The dancers then took the stage as they kicked their legs in precision, dancing to the upbeat tempo. Each dance that followed was different from the one before.

"As a dancer myself, I like to see different styles of choreography. There was something different and unique during every dance that I really enjoyed," said freshman Olivia Samenez.

The showcase also featured beautiful costume design throughout each performance. Every costume displayed authentic Irish roots to reflect the dance's theme.

"I loved the outfits," said freshman Tara Keating, "Seeing a different outfit every time a new group of dancers came on stage was very refreshing, it was like every dance had a different theme to it."

The event had numerous energetic pieces as well as slow numbers that were performed by the dancers. Upbeat songs ranging from "Despacito," by Luis Fonsi to "Honey Fm Good," by Andy Grammer.

"The variation in music was cool to see," said junior Lexy Incontro, "The fact that they incorporated modern day music, while also keeping a rich Irish theme really left me on the edge of my seat."

The dancers were not the only people who displayed their dancing abilities during the event. The woman's concert choir directed by John Michniewicz, sang "Raise Me Up," by Josh Groban and a traditional Irish song called, "The Sky and the Dawn and the Sun," by Celtic Woman.

"Vince is one of the most captivating dancers I have ever seen, seeing his ability to perform always puts a smile on my face," said junior Sidney Choothesa.

The love for Irish step and the culture was shown with every performance that took the stage. The Claddagh Dancers proved their dedication and passion in each dance.

"It's an extremely appealing team due to the fact that we not only have a great team bond, but we do multiple performances throughout the year," said team captain, senior Virginia Clark.

Nicki Minaj Cancels Another Tour Date

BY ELISHA BROWN
Contributing Writer

On March 9, Nicki Minaj cancelled another one of her tour dates while on tour with rapper Juice Wrld.

This is the second time the rapper has canceled a concert at the last minute. Many of her concertgoers had already arrived at the arena in Bordeaux, France when they were informed that the concert would not be happening. In February, her concert in Bratislava was also canceled due to alleged technical difficulties.

Minaj proceeded to post on her Instagram story in an attempt to explain to her fans that lack of electricity is the reason she had to cancel her concert. She also addressed her fans on Twitter and said, "Why would an artist cancel a show and lose money? What for? When they are already in the building, dressed, etc. The artist is just as mad as the fans when a show cannot go on. I love seeing my fans; Nothing can stop me."

Fans replied to her tweet with overwhelming support and understanding while others expressed their discontentment.

Commentators seem to be split about whether Nicki Minaj is lying or telling the truth about why her show was canceled. Hosts of the hit pop culture podcast that reaches over $5 million listens, "Grizzly and Kid Fury of "The Read," suggested the cancellations were because of low-ticket sales.

One student felt torn about whether or not to believe Nicki Minaj or to believe speculation about low-ticket sales.

"I just think it would be such a diva move if she really did cancel because of low ticket sales. They couldn't have been that low. Maybe, it was just a number she was not used to or it was just lower than her last album's tour. If that's the case, then she's being ungrateful because people are still coming out in large numbers," said sophomore Amy Stoyer.

Others have expressed similar concerns.

"Tours are how artists make a lot of their money. Therefore, I would hope she really did have a technical problem. Otherwise, why would you cancel a date and lose money; like she said," said senior Giselle Thomas.

Minaj has six tour dates left in March, including one today in Esch-sur-Alzette, Luxembourg. Her last stop on her European tour is Geneva.
"Captain Marvel," Stars 1st Female Lead in MCU

BY CHRISTOPHER DOLAN
Staff Reporter

On March 8, the film Marvel's "Captain Marvel" hit cinemas worldwide. The movie is about an alien race known as the Kree and their war against another alien race known as the Skrulls.

The film specifically focuses on a Kree Warrior by the name of Vers, played by Brie Larson. After crash landing on earth after a mission gone wrong, she finds out that everything she thought she knew was a lie. With the help of a young Nick Fury, played by Samuel L. Jackson, she looks to find out about her past that she has forgotten and learns more about the Galactic war that she is involved in.

Students went to see it the week it premiered and found it to be enjoyable.

"I actually enjoyed the movie a little more than I thought I was going to. I expected it to be maybe a little blander. It wasn't exceptional. It was definitely very good and paced very well, also was only about two hours which I appreciated," said junior Kevin Doyle.

According to The Associated Press, the film is one of the highest grossing films led by a woman. It made $153 million domestically and $455 million globally within the first weekend of its release.

"Captain Marvel," is not the first female lead super-hero film to hit theaters. In 2017, DC Comics released "Wonder Woman" which made over $103.3 million in its debut weekend, according to The Associated Press.

"Wonder Woman," and "Captain Marvel," have made history in the film industry with their female lead movies.

Students enjoyed the female lead character and believe it is a step in the right direction for Hollywood.

"I believe the 'Captain Marvel,' film was brilliantly filmed and satisfactory in its choice of a female lead. Although the storyline was quite vague, I enjoyed the cinematography this film captured and its capability of bringing a viewer, such as myself, into an alternate universe," said sophomore Meghan McKay. "Seeing a female as a lead role in an action film is rewarding and satisfying. I am thankful for the adjustments Hollywood is beginning to embark on in involving females and changing industry standards."

"Captain Marvel," was also released on National Woman's Day.

"I think Marvel did a good thing by releasing the movie on National Women's Day because it shows that the company takes notice to these things and to bring a female super hero into the picture is amazing," said junior Dominic Ferranola.

On March 14, Marvel released the official trailer for the upcoming movie, "Avengers: Endgame," which features Larson's character. "I didn't think Captain Marvel was a great film, but it was definitely fun to finally have a female lead in the MCU (Marvel Cinematic Universe) and I'm looking forward to seeing the role that Captain Marvel will play in the upcoming Avengers: Endgame," said Associate Professor of Communication and Media Studies, Sara Ross.

In the mood for something new? The library has just the thing for you. A blind date...with a book!

From Thursday, March 21st through Saturday, March 23rd, come to the library and select your blind date. Hopefully, you can find the perfect match. Each book will be wrapped in paper with some hints about the content. Do NOT open! Take your date to the circulation desk, check it out and take it home to get acquainted. Give it at least 1 hour of attention before you "dump" it for another.

There will be a "Rate Your Date" slip in each book. Let us know how your date went. Return the slip to the library to be entered into a drawing on Friday, 3/29/2019.
Men's Lacrosse Players Selected In Major League Lacrosse Draft

BY ASIA MCCRAY

On March 9, the 2019 Major League Lacrosse Collegiate Draft, presented by Cascade, took place in Charlotte, NC. Seniors Max Tuttle, Joe Saggese, and Landon Kramer of the Sacred Heart men's lacrosse team were each selected in the draft.

Saggese, who plays attack, and Kramer, who plays defense, were both selected by the Dallas Rattlers. Tuttle, who is a midfielder, was selected by the Denver Outlaws. Saggese was the 44th overall pick in the fifth round, and Kramer was the 62nd overall pick in the seventh round.

Tuttle made program history as he was drafted sixth overall in the first round. According to Athletic Communications, Tuttle is the first player to be a first-round selection. Tuttle is from the Outlaws' home state of Colorado. He hails from Castle Rock.

"It's exciting and it's definitely an honor, but I wouldn't be here if it weren't for any of the guys who I've played with," said Tuttle. "I used to go to those games as a kid, so it's a cool opportunity for me." Head coach Jon Basti believes his players stand out because of their commitment to the team and dedication to being great leaders.

"They have done a tremendous job of putting the team first and realizing that they'll be successful if the team is successful," said Basti. "We are a blue-collar group of guys who will do anything for each other to win those games."

Currently, Sacred Heart is on a four-game win streak. In that span, they've defeated Providence, Stony Brook, Castle Roek, and Howard. Tuttle is the first player to be a first-round draft. "We [Sacred Heart] still have that one goal of winning NEC's first and being the best team we can be," said Saggese.

Saggese was also excited when he first found out that Kramer had also been drafted by Dallas. "It's exciting to have someone I've known for so long come and play with me," said Saggese. "It makes me feel comfortable as I go into the next level."

Seniors Max Tuttle, Joe Saggese, and Saggese is glad to be able to continue their lacrosse career once this year comes to an end. "We [Sacred Heart] still have that one goal of winning NEC's first and being the best team we can be," said Saggese. "I don't think it's ever a question of how hard our team works," said Tuttle. "We are a blue-collar group of guys who will do anything for each other to win those games."

Basti believes his players stand out because of their commitment to the team and dedication to being great leaders. "They have done a tremendous job of putting the team first and realizing that they'll be successful if the team is successful," said Basti.

Currently, Sacred Heart is on a four-game win streak. In that span, they've defeated Providence, Stony Brook, Hartford and Robert Morris. Their next game will be against Hobart on March 23, at Campus Field.

Women’s Basketball Competes in NEC Tournament

BY ANTHONY SACCONE

The Sacred Heart women's basketball team competed in the 2019 Northeast Conference (NEC) Tournament as the second-seed. The Pioneers defeated Wagner College in the Quarterfinals, 68-51, but lost to St. Francis University in the Semifinals, 68-60.

The team finished with a regular season record of 19-12. The team's success was attributed to their balanced attack, which was carried them all year.

"The chemistry has always been great. We were able to get only get stops, but have five different players all score double-digit points," said head coach Jessica Mannetti.

"By celebrating each other, it has been really amazing in terms of the way our team chemistry really shows," said Mannetti.

Sophomore guard Adrienne Hagood saw a large improvement in the way the team played together, specifically at the defensive end of the floor.

"We worked on our communication. We also worked on a lot of defense and rebounding, which allowed us to play so well," said Hagood. "Our rebounding led to our transition offense, which is also really good."

According to Athletic Communications, Sacred Heart shot 54 percent on field goals during conference games. In the team's Quarterfinal victory over Wagner, three different players scored double digit points, and the Pioneers collected 24 rebounds as a team. Graduate forward Katherine Haines led the team with 21 points, redshirt senior guard Candice Leatherwood had 17 points, and junior guard Allyson Murphy had 10 points.

"I thought it was a great team win, and a great way to start off our post-season ambition," said Mannetti. "Wagner was hungry and they brought great energy. We knew this game would be a battle. We really did a great job starting off the game, and we had a commanding first half lead due to our defensive play and intensity."

Going into the Semifinal game against St. Francis, the Pioneers were ready for a close battle. Sacred Heart had split the two games they had played against the Red Flash during conference play.

Mannetti said that the team knew what to expect heading into the contest because they had faced them two weeks prior at the Pitt Center on March 2. Sacred Heart won that game, 77-51.

"We have a great amount of respect for their team," said Mannetti. "The Semifinal matchup against St. Francis University, was played at the Pitt Center on March 14. Although Sacred Heart didn't get the win, their identity remained the same throughout the course of the game. Three different players scored double-digit points.

Leatherwood led the team with 21 points on the day, Haines had 14 points, and graduate guard Erin Stocke had 13.

"I just want to say, 'thank you,' to our fans," said Mannetti. "I think our Sacred Heart community has been a tremendous supporter of women's basketball. They [the supporters] genuinely fuel us."
Women's Rugby Hosts the 15s National Team

BY STEFAN AYANIAN
Staff Reporter

The Sacred Heart University women's rugby team was chosen to host three regional training sessions for the Women's Rugby 15s National Team on Feb. 17, March 10, and March 17.

According to USA Rugby, which is the governing body for rugby in the United States, the 15s National Team is comprised of some of the top rugby players in the country. The team is looking to represent the U.S. in the Women's Rugby World Cup Tournament in New Zealand in 2021.

Sacred Heart said that they, "were in the presence of greatness," and were able to see the differences between their practices and that of the National Team.

Freshman Sophie Hale saw this moment as an opportunity to try and imitate the way the National Team conducts their practices. The Pioneers saw players from the National Team make mistakes, but those mistakes did not hinder their practice.

"If we are able to incorporate what we see that the national team does in practice, we'll get better and it will be a great season," said Hale.

Some of the Pioneers have admired the National players and always tried to learn some of the skills they could use in future play.

"It's incredible, I wouldn't know how to describe it. It's a dream come true because these are the people I look up to everyday and the people I want to be like," said freshman Madison Gorrigan. "It's just an opportunity to learn more and grow and it's interesting to see that we can execute the same drills that they can."

Assistant coach Jennifer Salomon, watched all of the National Team's sessions and was impressed with the way they conducted their drills and their performance on the field. She felt that her team could understand what it means to play professionally.

"I think one of the best things that they [Sacred Heart] can learn and realize is that even at the highest level, they can focus on the basic fundamentals," said Salomon. "The National Team does the exact same drills that we do at practice and sometimes they make it a little bit more complex and it's not as intimidating when they go back and start the drills."

What Salomon appreciated the most was when the National Team's coaches gave guidance on communicating with their players while practicing new drills.

"It's interesting to learn from other coaches on how they explain different drills, concepts, or strategies," said Salomon.

"As coaches, it gives us another insight on how we can also explain to our students because not every student is going to be receptive to what we say and learn differently."

The Sacred Heart players and coaches feel that the future of the program is headed in the right direction of success and with the help and support they've gained during these practice sessions.

Men's Ice Hockey Season Ends in Atlantic Hockey Tournament

BY CAROLINE BOLLETINO
Contributing Writer

On Friday, the Sacred Heart men's ice hockey team had their 2018-19 season come to an end in the Quarterfinals of the Atlantic Hockey Tournament. They lost to Rochester Institute of Technology (RIT), in a three-game series, 2-1.

The two teams had faced each other during the regular season, on Feb. 15 and 16. Sacred Heart fell to them in the first game 2-0, and won the second game in overtime when Austhi Magara scored the game winning goal to clinch the win 4-3.

Last season, the teams faced each other in the Atlantic Hockey Tournament in the first round, and Sacred Heart took the series 2-1, with a game winning overtime goal by Jackson Buriiant, sending the team to Quarterfinals against Mercyhurst.

In this year's playoffs, Sacred Heart won the first game of the series 9-4, but then fell in the second game 7-3. The Pioneers struck early in the third game as redshirt junior forward Jason Cotton, scored a goal two minutes and 14 seconds into the game.

RIT tied the game in the second period, and the game remained that way until the 17:39 mark of the third, when RIT scored the go-ahead goal. They'd add another one for good measure, and hold on to win, 3-1.

"I think our team really showed resiliency this year," said junior defenseman Max Luuko. "Throughout a season there are plenty of ups and downs that a team goes through and I think, as a group, we managed the roller coaster ride that a hockey season is well."

Sacred Heart went 16-17-4 overall during the season and went 15-13-3 in conference play. They finished in fourth place in the Atlantic Hockey Association with 31 points. American International College, Bentley and Air Force were the three teams that finished ahead of Sacred Heart, with American International finishing at the top with 35 points.

Sacred Heart found the most success in February, going 7-1-1 for the month. They won four straight games during that month, which was part of a five-game win streak that stretched back to Jan. 29. This helped bring them to their best regular season finish since the 2009-10 season.

Sacred Heart will be bringing back some key players next season who will look to continue to step up. First-year forward Austin Magara was named to the Atlantic Hockey All-Rookie Team, as well as first-year goalie Josh Benson.

Magara led the team with 14 goals and 27 points. He is the only Pioneer to reach double-digits in the goal-scoring category. Magara was also selected to the Atlantic Hockey Third Team. He entered the Quarterfinal round with a plus-4 rating.

Benson played in 24 games for the Pioneers, with a 2.54 goals against average.

The team is looking to bring in some more key players through recruitment.

"When we stay disciplined in our structure in all areas of the game we find success so we need to continue to do that well," said Luuko.
The Sacred Heart Spectrum

Sports

THE SACRED HEART UNIVERSITY SOFTBALL TEAM DROPPED THE OPENING GAME OF THE MASON INVITATIONAL, FALLING 3-0 TO EAST CAROLINA UNIVERSITY. PICTURED ABOVE: KRISTEN MCCANN, SENIOR.