Congress to Campus Visit

On Wednesday Mar. 27, the Sacred Heart Institute for Public Policy and the Department of Government hosted Congressmen Robert Weygand, RI and Congressman Gil Gutknecht, MN on campus as part of the Congress to Campus Program. The congressmen spent two days at Sacred Heart visiting classes from political science, to media arts and criminal justice. The congressmen meet with students and professors, and answered questions about public service both from their time in their respective local legislatures and in the United States Congress.

"Congress to Campus brings together former members of congress and today’s youth to increase civic literacy and participation. A bipartisan pair of former Members are sent to college, university and community college campuses for two day visits," according to their website.

And after their busy day on campus, Weygand and Gutknecht sat down with "The Spectrum" to answer questions about Congress to Campus and their time in the U.S. House of Representatives.

"It doesn't get old," said Weygand. "Speaking with students who are interested in public service or public policy. If we can inspire them to a life of public service either as a public office holder or through volunteerism, that is extremely important for our society."

Congress to Campus visits provide an intimate setting for students to discover for themselves what participation in a democracy entails. But it is also a beneficial program for the congressional members.

"I always say that I feel like I get more out of these visits than the kids do," said Gutknecht. "I think former members have a lot to share. I think our stories can go beyond informing students I think they can inspire them. And maybe one of them will be inspired to run for public office someday."

Weygand highlighted that when he speaks to students, he asks if they are registered to vote, if they know who their local elected representative is, and if they have ever written their representative a letter. Because participation in democracy is active, not passive.

"We are apostles for democracy," said Weygand. "We believe in this kind of interaction. Even if you disagree with someone's opinion. You agree to disagree, and keep on going."

"In the Minnesota State Legislature, we had a rule that we enforced, pretty aggressively," said Gutknecht. "It was a violation of house rules to question the motives of another member. So, you couldn’t say ‘he only supports that because of his personal reason’. We didn’t get into personalities, we had real debates."

Congress to Campus aims to engage students and inspire greater democratic participation; whether it is in the arena of public service or as simple as voting.

"It is so wonderful to have two models of public service visit our campus. That’s why I’m so enthusiastic about this program," said Dr. Gary Rose, Chair of the Department of Government, Politics, and Global Studies. "I think the fact that these two gentlemen have served and that they’re still here serving the country speaks volumes about how committed they are. They are two models of public service who are demonstrating that service continues beyond elected office."

Social Justice Week

Social Justice Week is important because at the heart of our university, our core values recognize the dignity and worth of every human being, and they promote the common good of society," said Wendel.

Throughout the week, giving students a chance to get involved and learn about social justice issues. On March 25, events took place in the 63's hallway, put on by the VEG, La Hispanidad, and the GreenSHUs, organizations on campus.

La Hispanidad’s Co-President, senior Rachel Vogt said this year’s social justice week theme is activism, which was chosen due to the important role it plays in today’s climate and society.

"Social Justice Week is extremely important to me as a social work major," said Vogt. "As social workers, we fight social justice issues and advocate on our clients’ behalfs for equal opportunities, wealth, and privilege."

On March 26, an event called Blessed Are the Pure of Heart, For They Shall See God took place at Hall House at 3-6:30 p.m. Students were able to attend this event off campus.

On the evening of March 27, Campus Ministry put on a Paint and Pray night at the Edgerton Art Gallery, where students socialized, listened to music, and painted on their canvas. The theme is activism, which was chosen due to the important role it plays in today’s climate and society.

"Social Justice Week is extremely important to me as a social work major," said Vogt. "As social workers, we fight social justice issues and advocate on our clients’ behalfs for equal opportunities, wealth, and privilege."

Students then discussed how these works played a role in their personal lives.

"To me, social justice means going out into the community with an open heart and an open mind, and really embracing the meaning what social justice is," said sophomore Julia Antonacci, a Campus Ministry member. According to Annie Wendel, Assistant Director of The Office of Volunteer Programs and Service Learning, Sacred Heart offers a chance for students to continue staying involved outside of Social Justice week through weekly volunteer opportunities like serving in local food pantries, working with students in local schools, and assisting individuals in living centers.

"Social justice work is important because at the heart of our university, our core values recognize the dignity and worth of every human being, and they promote the common good of society," said Wendel.
Khalid Spring Concert

BY BRYANA CIELO
Managing Editor

On Fri. Mar. 29, popular R&B artist Khalid came to Sacred Heart for the annual spring concert, held in the William H. Pitt Center. The spring concert was hosted by the Student Events Team. Over 3,000 tickets were sold to undergraduates and guests who were eager to see him perform.

Khalid is a singer and songwriter signed with Right Hand Music Group and RCA Records. After releasing his first single "Location" in July 2016, his music hit the Billboard Hot 100 chart, where he began solidifying his music career.

Merchandise was being sold in the Pitt Center lobby, where students could purchase t-shirts and sweatshirts for his newly released summer tour, "Free Spirit". With his dancers by his side, he performed some of his most loved songs like "Eastside", "Better", "Young Dumb & Broke", "Talk", "Location", "Love Lies", and "OTW".

Following the concert, he tweeted:

The True Cost of Skipping Class

BY ALLY PLEZIA
Graphics Editor

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He Said, She Said: Texting vs. Calling

I think throughout my life, I've always been a bit of an introvert as opposed to an extrovert. Now, I wouldn't say that would be either a good or bad thing, but when it comes to certain things, I feel as if doing the simpler things in life are much better for me than going all-out. So when it comes to texting and talking on the phone, I would have to pick the former over the latter.

I think texting makes us more accessible. We have the ability to contact anyone we please at the palms of our hands. Trying to speak to whomever we want is easier via a text — or even on any type of social media, to be fair. I think when you want to speak to someone in-person, it's so different because you're able to open up much more and try to express yourself in a way that via texting isn't possible. I think speaking to someone on the phone should only be for certain occasions, such as something urgent, like an interview, or if you're in a relationship and want to speak to your significant other. When I do talk to my friends on the phone, it's usually to remind them I'm at a certain location, but even then, I would still prefer texting because of its simplicity. I'm not against talking on the phone, by all means, but I think it's better to text someone to hang out or talk about certain things. I think this because our generation has become so used to it, it's become second nature for us to text someone rather than call them. It may seem basic, but I think speaking on the phone should be reserved for special and more important moments, which wouldn't be as simple to express like via texting.

Pick up the phone, give them a call. It'll go a long way. In my opinion, a text message doesn't do much. You could text anyone. It has no meaning or emotion put behind it. A phone call could make that one single person's day. There is nothing in life like being able to hear someone's voice that you haven't seen in an extremely long time.

Being that I am a college student, I know that my mom appreciates a phone call much more than a simple text. Texting is just impersonal. Think about the person on the other line, their emotions and what they're feeling. A facetime works, too. You get to see their face. But for some, like my grandparents, they don't have iPhones and have access to video chatting their grandchildren while we are away at college. They will always finish a phone call with saying, "Thank you for thinking of us. I loved hearing your voice." It always makes their day. I'm one of those people that simply just enjoy the comfort of hearing my loved ones voices.

The human quality to communication is lost over text. You forget how to communicate with other people while using your voice. Sometimes picking up the phone and giving a call will even get the point you are trying to make get across more quickly. It is a more effective way of communicating with individuals under any given circumstance. In this day and age, people would much rather just shoot a text to the person that they have to get in contact with. But that just doesn't make much sense to me. Why waste your time typing it out, waiting for a response, and not even getting a full understanding as to the point someone is attempting to make?

How about those people who have their phones on "Do Not Disturb"? Those people won't even receive a notification that you texted them until they open their phone. If something is urgent, two phone calls will let the phone call go through even if the recipient's phone is on that setting. Getting in contact with someone during a very serious event is crucial. Even if the phone is on vibrate, there is still an ongoing vibration when calling that could potentially get the person's attention. A text message will only vibrate once.

Pick up the phone. Give them a call. You'll miss those voices one day, I promise that.

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CONTACT US
I am from Massachusetts, so it is harder to find an internship through the school since I am so far from home. I feel that the opportunities are lessened for those who do not live in Connecticut or New York,” said Joyce.

Another Massachusetts resident, junior Erin Constantino, went to the Center of Career and Professional Development for an extra hand in the challenging process.

“I know that finding a summer internship is harder for me because I live in Massachusetts but I worked hard with my advisors to be able to find one during the school year,” said Constantino. “As of right now, I have a sales and marketing internship at the Webster Bank Arena for the Bridgeport Sound Tigers. This experience is great because the arena is close by and I still get to work for a minor league team which puts me one step closer to the NHL.”

Sophomore Tom Lawless finds that the school gives students the structure that they need. “As a social work major, you have to complete 200 hours of an internship your junior year, and then another 400 hours at a different internship your senior year,” said Lawless. “So, by the time I complete my Bachelors in Social Work, I will have completed two different internships.”

Students like Joyce are still hoping that they can find more help in the future semesters. “I am hopeful that since I am only a sophomore, that by next year more internship opportunities will be available to me through the school,” said Joyce.

Another reason why students have trouble finding internships is the stress of the application and searching process. “As a second semester sophomore, I currently find myself so overwhelmed with extra-curriculars right now that an internship has not even crossed my mind. Thinking about applying for endless amounts of internships makes me go crazy,” said sophomore Ava Prospero. For many students balancing the process of finding an internship and keeping up with their school, the work load can be stressful at times.

“First, I was paranoid and putting aside going to career development to ask for help, but once I did I wished I went sooner,” said junior Meghan Tansey.

“I have mixed feelings about the internship process at Sacred Heart. I think the resources are definitely out there but you have to go find them yourself,” said Prospero.

Sacred Heart students often take advantage when the school has representatives from businesses come in for internship fairs or information sessions. “Without the help of the Center for Career and Professional Development I would not have been able to make the professional connections I have now,” said Tansey.

That One Shining Moment

For some people, the happiest time of the year is during the holiday season, but for others, the happiest time of the year is the first Thursday and Friday of the NCAA Basketball tournament. Sophomore Mitchell Kieman looks forward to this time every year. “It is the biggest thing that is happening in March. Four different TV channels have it on. It’s a big thing. It’s attention-grabbing because anyone could win and you’re either looking for your team to win for your bracket or rooting for the underdogs/Eye-popping for sure,” said Kieman.

“I personally root for whoever is winning in my bracket, but I know people root for the underdogs because that’s another element that makes it exciting. It’s the biggest thing in college sports history. Everyone makes a bracket, from celebrities, to the president, to my parents,” said Kieman.

Sophomore Tyler Walsh also watches March Madness very closely, but he is mostly engaged for the upsets like most casual college basketball fans. “Unless you already have a favorite college basketball team, I think everyone tends to root for the upset, like last year when University of Maryland, Baltimore County, took down Virginia. The fans loved it,” said Walsh.

“It definitely depends on who you ask. Personally, it’s not a huge deal, but I do enjoy making brackets and watching the games. Fanatics on the other hand, this is their favorite time of the year,” said Walsh.

Freshman Brian Rice believes that gambling is also a huge reason as to why March Madness is so attractive. “I think March Madness is extremely popular among people, especially in the day and age of social media. Also, it is popular among younger and older people due to many popular bracket challenges that can often be won for money,” said Rice. “The NCAA tournament is very appealing to fans because it gives every college team that makes it a chance to have one shining moment. It is the culmination of hours of tireless work, practice, bus rides, and passion. I think that getting to the national tournament is a huge accomplishment and winning it is even bigger,” Rice also said.

For some, March will be the only time they watch college basketball, just like for sophomore Lindsey McSweeney. “The only college basketball games I watch are the games during the tournament, and I don’t really care who wins, but I did pick Duke because I think they have the best chance of winning,” said McSweeney.

There are also the fanatic fans who have their favorite team that they watch all year long, and once March rolls around, they are hoping their team can hoist that National Championship trophy. That can be said for junior Mike Zawadzki.

“My favorite team is North Carolina and I watch as many of their games as I can, but naturally every year, regardless of how they play, I will make a bracket where I have them winning the whole thing. This year in particular I think they have one of the best chances to win the national title, which made my national champion pick an easy one,” said Zawadzki.
Playing For Yourself

DAN GARDELLA
ASSISTANT SPORTS EDITOR

For those who know me personally, I tend to change my answer for the question "What is your favorite sport?" on the daily. At this time of year, there's no question that college basketball is what takes over my daily life. Especially once the calendar hits March.

My fondest memory of college basketball was when my mom took me and my sister to Madison Square Garden to watch her alma mater, Villanova, play Tennessee in the 2011 NCAA Championship. Fast forward seven years later, I had the opportunity to stand on the same court where I fell in love with the game.

I was always wowed by the professional basketball players and just how it all came to life from that first day. The big arena, which was filled to capacity, was something I had only seen on video games prior to that day.

Just four months later, I was back at the Garden to watch Kemba Walker begin what was a historic run as he led UConn to five wins in five days at the Big East Tournament, and later led the Huskies to the National Championship. Fast forward seven years later, I had the opportunity to stand on the same court where I fell in love with college basketball as a reporter, and watch the same Villanova program cut down the nets after winning the 2018 Big East Tournament.

March holds a special place in my heart when it comes to my love for sports as well as sports journalism.

So why am I bringing up these memories? It relates to an internal question I have that not everyone agrees on: which is better - college basketball or professional basketball?

When I was growing up, my parents preferred watching college basketball rather than watching the NBA simply because, "They had more to play for." I was always wowed by the professional basketball players and just how athletic they were. But win or lose, they had salaries they were guaranteed. College athletes play for the pride of themselves and as well as the school they play for.

Since I started covering college basketball my freshman year of college, I have had the pleasure of creating relationships with student athletes and watching them first-hand as their seasons progress. But at the end of each season, I see something that isn't seen as much in professional basketball. Sadness. Only a small percentage of college athletes get the opportunity to play basketball at a professional level.

When their season ended in upsetting fashion, I saw players that I had formed relationships with distraught and simply heartbroken that their season was over and some players were moving on. This sort of thing always tugs at my emotions.

During the NCAA Tournament, you see the heartbreak for the players whose seasons, or careers, are over. It is the one part of the sport you hate to see, regardless of who you are rooting for. It doesn't matter where they play or who they play for, the game is the same and it sucks whenever it ends.

So, when someone asks me which is better, there is no question that college basketball reigns supreme.

APRIL SPORTS WORD SEARCH

April 3, 2019

The Sacred Heart Spectrum

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The Editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encourage and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length. Letters to the editor should not exceed 500 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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When I first walked onto the Sacred Heart campus, I remember being stunned by its beauty. Back in 2016, there was no healthcare building, no JP’s Diner, and no Toussaint. The Martire building had just opened, as well as Bergoglio Hall. It was the first year both of those buildings were being used. I vividly remember the cherry blossoms on the way up to the Pitt Center from my first tour. Seeing students socializing through the glass at Linda’s gave me the confidence that I would find my people here, even as a scared high school senior. All I wanted was to feel comfortable with wherever I chose. I instantly felt as if SHU was the place for me.

“Being a business student, my favorite place on campus would probably be the Martire Center. I’m always in the building either for class, studying, and working on group projects,” said senior Alex Colucci. “One of my favorite things about the building is the fact that every time I walk into the building, there’s always a familiar face.”

I believe that one of the most important things about a college environment is feeling that you are accepted and that you belong. I recognized SHU as a campus unlike any other. But I got the feeling of love and acceptance from the minute I stepped onto campus. My dad put it best when he said he felt like everyone on campus wanted to give him a hug.

“My favorite spot on campus is the couches in Bergoglio next to the fireplace,” said senior Emily Walker. “Because it’s cozy and it feels like home. I lived in Berg for two years, and I loved every minute of it.”

That sense of love and acceptance has been with me always, no matter how stressed I am. And those stress levels can get pretty high, because, let’s face it, we’re college students.

Every part of this campus is special, but there are places that stand out to me most. I’d have to say that my favorite part of campus is the field between the chapel and the library.

“I think the perfect place on campus is West Campus. The building is beautiful, and the remodels have been outstanding. A lot of the time, it’s quiet, which helps me to do my best work. The lights make me feel calm,” said junior Jessica Wenz.

My most favorite memories are beautiful days in the spring, laying down a blanket with my roommate, talking about all of our favorite memories from our years here at SHU. Taking one look at the chapel takes my breath away, and being able to spend time at the center of campus is something I love the most.

“My favorite spot is the little conference room on the third floor of the Martire business side. It’s a sick room done and I can get all my work done there,” said sophomore Darius Souza.
Features

Art and Design Art Exhibition

BY AMANDA DE LAUZON
Staff Reporter

“We have to use the right side of our brain, so many problems in our life require creative thinking,” said Mary Treschitta, MFA, MA, Chair/Assistant Professor of Art and Design at Sacred Heart University. “Art and design must be incorporated in our schools, in our workplace and in our own personal lives.”

The Art and Design program at SHU just hosted their student art exhibition which opened March 23, in the Art and Design Gallery and will run through until April 3.

There were a variety of categories, including foundation, digital illustration, intermediate graphic design, advanced graphic design, intermediate illustration, advanced illustration, painting, digital publishing, interactive 2D animation and motion graphics.

Some of the winners include Juliana Rybchynska, who won first place for foundation, painting and intermediate illustration and second place for intermediate graphic design. Also, Jared Spellman who won first place for interactive 2D animation and second place for advanced graphic design.

The winning projects done by art students in the program were determined by five judges, Mike Abate, Maria D'Amore, Chris Bolzano, Chris Nazzaro and Judy Downs. These judges are alumni of Sacred Heart that graduated anywhere between 5 and 15 years ago.

According to the Sacred Heart website, “The Art & Design department prepares students to become artists and designers who are knowledgeable, educated, compassionate, responsive to social and civic obligations, and able to respond to an ever-changing world.”

The program averages 40 to 60 students and offers three concentrations: graphic design, illustration, and studio art. These are offered as minors as well.

All three of these concentrations, however, take similar foundational courses. These include multiple courses in art history along with Design: Visual Organization, Design: Color, Digital Design Basics, and Drawing I.

“These students see themselves as artists but they don’t really know a direction and they don’t have the skills yet to visually communicate,” said Treschitta. “Through the foundational courses and the laying of information one semester at a time they build a really strong foundation in the arts.”

The Art and Design program is now under The School of Communications, Media and the Arts, along with Communication Studies, Digital Communication, Media Arts, and Theatre Arts.

“We will do a lot more interdisciplinary sharing of classes within The School of Communications, Media and the Arts,” said Treschitta. “I hope to see the program incorporate more available courses in packaging, branding, augmented reality, and artificial intelligence.”

So how will this connection between communications and art and design work?

Courses like graphic design, branding and advertising will start to work together under the umbrella of The School of Communications, Media and the Arts. Students will be taught how to make logos and use their artistic skill in the communications field.

“Graphic design and advertising go hand in hand. You’re able to create something that’s unique, different, and that your desired audience can connect with,” said junior, advertising and public relations major, Gabriella Ruvo.

“Graphic design utilizes various components that can set their ads apart from the average ones.”

Blind Date with a Book

BY LOUIS FREY
Asst. Features Editor

On March 21, Sacred Heart University’s Ryan Matura Library kicked off its first Blind Date with a Book event.

SHU’s library marketing committee created this event to promote the library in a new and different way.

“The goal of this event was to bring students into the library and to show that it’s more than just a study space,” said User Services Librarian Kimberly Macomber.

For the event, the library staff made their own covers for the books. This kept the titles a mystery so that the students and faculty didn’t know which book they were choosing.

However, the staff didn’t leave the participants totally in the dark with their book covers.

“We took a few clues from the book; whether its fiction, biography, nonfiction, and just a few other major themes from the titles. Then we added our own original art pieces to put on there too,” said User Services Assistant Sharaya Smith.

The staff also wanted to show the variety of books the library has.

“You walk upstairs and glance at those stacks of books and all you see is book after book after book, without seeing what is really there,” said Macomber. “So, the staff each had to pick at least three books that they had read, liked, and thought that our students would like to give them a variety of what we actually own.”

Participants of the event were able to choose from fiction, nonfiction, graphic novels, juvenile, history, and philosophy books.

After participants read their books of their choosing, they were able to rate their “date.”

On March 29, they had to return their books and had the opportunity to give feedback to the library.

For future events that the library holds, they would like to use new tactics to get more interest from the Sacred Heart community.

“To get the information out earlier I’ve been working more with social media to hopefully put that out there as well,” said Smith.

Participants enjoyed the new event.

“I thought that the event was fun and an interesting way to read, whether it is to find something new to read or to get back into reading,” said senior Exercise Science major Cassandra Poteau.

Catholic Studies professor Dr. Jennifer Reek said the event was playful, creative, and fun.

“I thought the book covers were a clever way of describing what the book was about in a few words and pictures,” said Poteau.

Reek said the covers were intermediate illustration and bets that the staff had fun making them.

Although the event was a success, a few participants believe the event can be improved.

“I think the event could be better with more promotions throughout the school, so students would be about to know about it. In addition, there should be an extension on the blind date so students can have the chance to learn about the event and participate,” said Poteau.

Macomber said 70 books were chosen by the staff and about 20% of them were checked out by students and faculty.
The Theatre Arts Program (TAP) will be putting on their annual spring musical from April 4 to April 7. This year, TAP is taking on the 1960s rock musical, "Hair."

"Hair" is about a group of hippies who want to spread peace and happiness into the world," said sophomore cast member, Olivia Portillos. "The shows conflict arises when one of their tribe members, Claude, gets drafted into the Vietnam war."

"Hair" explores ideas of identity, global responsibility, peace, and community. The show remains as relevant as ever as it examines what it means to be young in a changing world, according to the Edgerton Center for the Performing Arts official website. The cast is eager to show a live audience what they have been working on for the past four months.

"I am so excited," said sophomore cast member Emma Trimmings. "Rehearsals are rough, and since we are so close to opening, we have been having 15-hour rehearsal days. We need all that time because the show is so big."

Since the musical features a close-knit tribe, the cast has connected with one another during the process. "The cast has really bonded over activities and through the rehearsal process," said sophomore assistant stage manager Erica Alloca. "They are a family just like the tribe."

Sophomore Rebecca Radics plays tribe member Sheila Franklin, who is a relatable character in the musical. "Sheila is a college freshman at New York University and definitely the most grounded of our tribe members," said Radics. "I think there is more consistency in my performance with Sheila than with the other characters."

"Sheila is a mix of pragmatic, caring, and motherly personality in herself." Senior Henry Solomon talks about what it is like being the leader of the tribe as George Berger. "He is youth, life, freedom, and expression. He is the kind of person that cannot be tamed or put in a box. He is so confident and not afraid to be himself and I've learned so much from him," said Solomon. "It has been a privilege to play this role, a role originally traditionally played by a white male. For the first time, we're exploring the depths of this character from the perspective of someone who is black. This challenge has made the experience so much more interesting and has revealed to me that regardless of our skin color, once we get past all that stuff, we are more alike than different.""Hair" features well-known songs, including "Aquarius," "Frank Mills," "Good Morning Starshine," and "Easy to Be Hard," sung by Radics. "Easy to Be Hard" is a rare classic, a well-known song from 1969, "said Radics. "I want to do the song justice and play Sheila as honestly as I can."

Cast members share what their favorite songs are in the production. "My favorite song is definitely 'Electric Blues,' the act two opener," said junior cast member Jamie Fitzgerald. "It is super energetic and a lot of fun!"

"Hair" will be performed at the Edgerton Center for the Performing Arts on April 4-6 at 8 p.m., and April 7 at 3 p.m. Tickets can be bought at https://web.ovationtix.com/trs/pt/998710.

Join the Tribe in Annual Spring Musical "Hair"

The Human Journey Colloquia Series Presented a "Celebration of Women Composers" in the Chapel Where the Band and Choir Performed.

On March 25, The University Band and Human Journey Colloquia Series presented their concert "A Celebration of Women Composers" in the Chapel of the Holy Spirit. The event featured the Wind Ensemble, the Blended Hearts chorus, the Women's 4-Heart Harmony choir, and the SHU-merren. Each piece performed was composed by female artists to highlight the talents of women composers.

"This is a concert we have been wanting to give for a long time," said Band Director Keith Johnston. "Tonight's concert is about celebrating the great music contributions that all of their tribe members, Claude, gets drafted into the Vietnam war."

"Hair" features well-known songs, including "Aquarius," "Frank Mills," "Good Morning Starshine," and "Easy to Be Hard," sung by Radics. "Easy to Be Hard" is a rare classic, a well-known song from 1969, "said Radics. "I want to do the song justice and play Sheila as honestly as I can."

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THE THEATRE ARTS PROGRAM'S SPRING MUSICAL, "HAIR," WILL OPEN ON APRIL 4 AND RUN TILL APRIL 7 IN THE EDGERTON THEATRE.

By Kristin Burnell

Co-Editor

The opening number was a great start to the concert. I was very impressed by how the band sounded right from the beginning," said junior audience member Mary Magliozzi. The second piece performed was titled "Spring Festival" and composed by Chen Yi. "Weigala," written by Bae Weber, was the third song performed during the night, an audience favorite. "I enjoyed the third song the most because it was played so beautifully and there were more soft sounds throughout the piece," said senior audience member Julia McLaughlin.

The Blended Hearts and 4-Heart Harmony Women choirs then joined the Wind Ensemble for a group piece entitled "The March of the Women." The SHU-merren joined the groups with the powerful number "Malala." The message of this song made it special for some choir members to present.

"My favorite piece in the concert to perform was the wonderful piece about the story of Malala," said Gillotti.

According to the program notes for the concert, "Malala" is a song that is based on the book "I Am Malala: The Girl Who Stood Up for Education and Was Shot By The Taliban," by Malala Yousafzai with Christina Lamb. Yousafzai was born in Pakistan and used her voice to speak against the Taliban's ban against girls going to school. She was shot in the head in 2012 when going home from school and survived. She continues to fight for justice.

"The powerful story of Malala and her determination to have equal rights for women in the Middle East and the consequences she had to overcome I feel is so powerful and more people should learn her story," said Gillotti.

Dr. Jane-Ann Greetly served as a narrator throughout the song, giving background information about the message of the musical piece. "I had not heard about Malala's story until listening to the song inspired by her. The song was emotional and opened my eyes to the issues women face in other countries," said McLaughlin.

The last three musical pieces featured just the Wind Ensemble with their renditions of "Women of the Podium March," composed by Virginia Allen, and "Rhythm Stand," composed by Jennifer Higdon, as well as "Crown of Thorns," written by Julia Giroux. McLaughlin's last piece showcased instruments individually and as a group to build loud and soft tones.

"My favorite song of the night was the last one. It was very intense but remarkable," said Magliozzi. "The band did not miss a beat and I truly enjoyed listening to them perform!"
BY ANTHONY DEL VECCHIO
Asst. A&E Editor

Between streaming services and traditional movie theaters, there’s no lack of options for entertainment. Mike Gioulakis, whose resume includes “It Follows” and M. Night Shyamalan’s “Split,” Pixar movies and Marvel movies available to Disney alone, they’ll have enough support methods of streaming and the various other services available.

“Us” is exceptionally shot and written, with a twist that demands a second viewing. I personally feel some of the comedy, though well-written, was poorly placed. In multiple scenes, it made the horrifying and scary situations less scary, and in turn made me take the film not as seriously. However, twice now Peele has confidently shown us what he can do as a filmmaker. He is showing us that he is going to do things a different way – his way.

That’s why it might not make sense to us, because that’s how he made it. I’m not sure if he even knew what he wanted, but I know it was a lot to handle. That’s what I thought his intentions were from interviews prior to the release. After seeing it myself, I feel like he goes too far trying to express a message and winds up sacrificing a solid story. Many questions go unanswered in the film. We as viewers like to know everything that is going on, but Peele does not give us that satisfaction, which I also believe is him speaking to a larger point, on life itself.

I commend Jordan Peele for this very interesting work of art. If he’s looking for another Oscar nod, I think “Us” can earn a nomination or two, but it is just not of that same winning caliber. I would personally give the film a rating of 6/10. Though ambitious, I feel like Jordan Peele is only just starting to hone his talent as filmmaker and there is better work to come. “Us” currently stands with a 94% for critic reviews, a 70% for user ratings on Rotten Tomatoes, and a rating of 7.4/10 on IMDb.

BY CHRISTOPHER DOLAN
Staff Reporter

On March 20, Walt Disney Studios announced that they closed a $71 billion deal with Fox entertainment.

Now that Disney and Fox have completed their deal, Disney will own even more of the movie industry. With the companies now merged, Disney will own 35-40 percent of box office sales, according to the Associated Press.

“The takeover of Disney is a bit concerning. There is an argument to be made that they are becoming very dominant in the movie department, with all the Marvel movies being released. The addition of Fox just stockpiles the stockpile of movies they can now produce,” said sophomore Trevor Moore.

Other students believed there was no need for concern.

“Personally, I don’t think that Disney has too much power, even with its acquisition of Fox. Although it’s purchasing media companies constantly, it’s not quite monopolizing the entertainment industry,” said junior Dan Marino. “While it’s highly anticipated Disney+ streaming service may dramatically alter the market for entertainment, I don’t think it’s inherently a bad thing, especially considering the abundance of alternative methods of streaming and the various other services available.”

Students believe Disney’s purchase of Fox Studios allows them to compete against streaming companies such as Netflix and Amazon.

“I absolutely think they could take on the bigger services. I think, considering all the Netflix movies and Marvel movies available to Disney alone, they’ll have enough support from consumers to take on, or even surpass, services like Netflix,” said Marino.

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The Associated Press contributed to this article.
Women’s Bowling wins NEC Championship

BY ASIA MCCRAY

Staff Reporter

The Sacred Heart University women’s bowling team won the program’s fourth Northeast Conference (NEC) Championship title after beating Mount St. Mary’s on March 24 in the NEC Tournament.

According to head coach Becky Kregling, the team’s tournament run was unexpected because of presaison rankings. “It was one of those years where we weren’t expected to win, so it’s actually a different feeling,” said Kregling. “It’s been a long season with a lot of work on and off the lane, so it’s cool that it actually fell together in time.”

On March 23, the team took on Fairleigh Dickinson in the second round of the NEC Tournament at Howell Lanes in Hamilton, N.J. According to Athletic Communications, the Pioneers came from behind to force the Knights into a best-of-7-baker tiebreaker, where SHU won 4-3.

Redshirt junior Rebecca Armand knew her team’s season wasn’t going to end, regardless of the outcome of the match. “Our matches are double elimination, so winning the first one means you at least have two more matches left,” said Armand. “We always go back and forth with wins and losses against them, but it was just nice knowing that no matter how we bowled against Fairleigh Dickinson, we weren’t getting knocked out of the bracket just yet.”

Each bowler has focused on their individual craft to make the team better throughout the season. Sophomore Rachel Bamford works on her weaknesses in order to improve the team results. “I am always working on my release so I can improve on getting behind the ball more. I’ve been working on that for years because I know every little bit I get better will help in the long run,” said Bamford.

“I do my own drills and focus on what I need to work on individually so that I can perform better when it’s time to bowl with the team,” said Sophie Jones.

Sophomore Colby Jones says she remains calm and thinks about the advice she has received from her coaching staff. “During my pre-shot routine, I think about what Becky and Rich have told me to do, whether that is making a move or throwing it better. I try not to overthink it, and one way I accomplish that is singing a song in my head,” said Jones. “Another way to not overthink is just getting up on the lane and going.”

Jones also believes that outside of individual work, the team’s chemistry as a whole, from start to finish, played another huge role in their successes during the NEC tournament. “Over this past weekend, everything just clicked. We have been working hard all year to try and achieve the goal of calling ourselves ‘NEC Champs’ and making it to the big dance,” said Jones. “We always made sure we supported each other, knowing we are better bowlers than what was shown on the monitor.”

According to athletic communications, both Jones and Bamford received conference honors. Bamford was named to the All-NEC First Team and Jones was named to the Second Team.

“I knew I had bowled better stats-wise, but I didn’t know I was going to make it,” said Bamford. “From last year I knew I wanted to do better, so when I got the news, I was really excited and honored.”

This was the first time Jones received an all-conference accolade. “It was a pleasant surprise and honestly quite unexpected that I was picked for the second team. Knowing that I was picked showed me that I have what it takes, not only for myself, but that I have been a productive member of my team,” said Jones.

Bamford put the championship game away with her punch out during the team’s tiebreaker. “At that moment in time, I wasn’t looking at our score or our opponent’s score, so I didn’t know I had to punch out. I knew I needed something, I told myself to just execute and the punch just fell my ‘way’ and so I got up again and just kept going,” said Bamford.

The team’s next match will be in their sixth National Collegiate Athletic Association Tournament appearance, where they will take on Caldwell University in the opening round on April 6. The match will be played at Millboro Lanes in Millboro, Del.

SEAN HOEHN, SENIOR, HAS BEEN CHosen BY THE NATIONAL COLLEGE ATHLETIC ASSOCIATION TO REPRESENT THE NORTHEAST CONFERENCE IN THE SECOND ANNUAL 3-ON-3 NATIONAL CHAMPIONSHIP.

Sean Hoehn Competing In 3-on-3 National Championship

BY ANTHONY SACCONE

Staff Reporter

Senior guard Sean Hoehn of the Sacred Heart men’s basketball team has been selected by the National College Athletic Association (NCAA) to represent the Northeast Conference (NEC) in the second annual 3-on-3 National Championship. The tournament is scheduled for April 5-7, and will be played at Minnesota’s Mall of America.

Last year’s tournament was won by the Big Ten conference which consisted of players from Ohio State University, Indiana University, and The University of Minnesota.

The tournament consists of teams of seniors who have exhausted their college eligibility. In the tournament, all 32 Division I conferences will be represented. “Once I found out I was picked to represent the NEC and Sacred Heart in the tournament, it was an honor,” said Hoehn. “There are some really big names that are going to compete in the tournament and it will be a really good way to measure up against these teams and show them smaller conferences like ours are just as good.”

In his senior season, Hoehn averaged 17.9 points per game, and shot 47.4% from the field. Hoehn posted double-digit points in 28 of the Pioneers 32 games this season. The three-point shot was a key to Hoehn’s game as he shot 40.6% from three-point range.

Hoehn was named to the National Association of Basketball Coaches (NABC) All-District First Team, as well as being named to the All-NEC First team. “I wouldn’t be where I am without my teammates. They always put me in a great position to play my game,” said Hoehn. “We started to play really well once we played together. That’s when my individual accolades started to really show.”

Hoehn finished his career with 1,366 career points and 185 three-pointers, which is seventh all-time in program history. “You can’t even put into words what Sean has meant to the team, and the way he has led the program these last two years is pretty special,” said junior teammate Kinnon LaRose. “Sean is a great guy and a great leader and I think that transcends onto the court and the team really feeds off that.”

Sacred Heart head coach Anthony Latina had high praise for what Hoehn has meant to both the basketball program and the school. “By having a young team, Sean really showed the young guys what it takes to compete at a high level through his ethic and leadership,” said Latina. “Sean is how we want all our student athletes to end up. He worked for everything he got and he represented our program and our university in a first-class manner.”

It is just as an exciting time for Hoehn’s teammates to see him compete in the 3-on-3 national championship tournament. “It’s going to be awesome. Sean is the best person to represent our school and our conference,” said LaRose. “Our team is really happy for Sean as he gets an opportunity to go out to the Final Four and play against all these good players.”

The champions of the tournament will receive a $15,000 prize, and they will also earn a spot in the USA basketball 3-on-3 national championship in May.

The goal is to go out there and win the tournament,” said Hoehn. “If we win I walk away with $25,000 cash just for playing a basketball game. What is better than that?”
Staff Reporter

BY NICOLA PAERG

The Sacred Heart University women's lacrosse team finished the first half of their season with a 1-8 record. The Pioneers are looking to make adjustments before the start of Northeast Conference (NEC) play.

In their first nine games, the team scored 50 goals with 23 assists. Head coach Laura Korutz feels that the team's mentality has affected the way they've performed in the season.

"In the beginning of the season, the team was playing tight and too worried about mistakes, which led to a lot of indecisions," said Korutz. "As a team, we need to play consistently on both ends of the field, have trust in each other, and control our effort."

Korutz believes the team has been able to improve against highly skilled opponents. Senior captain Olivia Mittelman acknowledges that the team is coming together and working as a whole to thrive for the rest of the season.

"In the past few games, our attackers have worked together really well and generated more shots giving us more opportunities to score. On the defensive end, we've really learned to move as unit as opposed to individuals," said Mittelman. "I'm really excited about the improvement, because we're playing our strongest heading into conference-play, which is exactly what you want to do."

Korutz said she is working on emulating the oppositions offensive and defensive styles of play when the second half begins. She sees it as an advantage for the Pioneers to be competitive in the conference.

The Pioneers are looking forward to playing against teams in the NEC, such as Bryant University.

"Bryant is our first official conference game this season. Playing them first will really help us set the tone for the season," said senior attack Hanna Wise. "They are one of our rivals and if we go out there and play hard, then we are setting ourselves up to win."

The game against Bryant will be played at home on April 5 with a 3 p.m. start time. It'll be the first game of a two-game homestand to begin conference-play. The second game of the homestand will be against Central Connecticut State University, which will be on April 7 for a 1 p.m. start.

"This is our third year as an official CrossFit affiliate and doing the Open and it is a worldwide effort," said Vidal. "At BRCF it is mainly about the community and getting people to step outside of their comfort zone. To compete a little, but have fun; to suffer together while doing the same workouts together."

The competition consisted of five workouts which were released and available to stream every Thursday night at 8 p.m. from Feb. 21 to March 25.

"As a first year coach here, I was really surprised by the students' dedication, granted that we are at a school gym," said graduate student and CrossFit coach Tyler Wakefield. "Usually student schedules are inconsistent so for them to have the ability to perform a high-stress work out in addition to the high stress that comes from being a student is very aggressive and I am impressed."

After each workout was released, the participants must have completed and submitted their scores into the CrossFit Games app by the following Monday at 8 p.m.

"The CrossFit Open is basically the way in which the CrossFit headquarters determine which athletes are eligible to compete in the CrossFit games every year," said BRCF head coach Channing Vidal. "It used to be a very competitive thing when there was a regionals division and it was the focus of the entire season to see who could score the best, who would go to regionals, or who would be selected and sent to compete in the games."

In order to submit an eligible score, the athlete had to be judged by a certified coach, which for BRCF was Wakefield.

"The process to become a judge includes taking the CrossFit judges course in order to be considered eligible for the official position," said Wakefield. "I got involved with judging the Open because one person from every affiliated box needs to be in charge of validating all of the participants scores."

There were a total of 11 athletes that paid to participate in the Open at the Big Red affiliate. Others who attended the classes completed the workouts without getting judged and scored.

"I am satisfied with my results as I placed in the 92nd percentile," said senior Rebecca Rutkiewicz. "In the future Opens, I will work on my gymnastic skills and will prepare by doing more chipper workouts to increase my lung capacity."

Anyone can pay the fee to participate in the Open and can complete the workouts at any affiliated box or gym.

All of the undergraduate and graduate students, as well as the coaches, that are associated with Big Red CrossFit had the opportunity to participate if they were willing to pay the fee.

"I have been a CrossFit athlete for about three years now and the open is something that I look forward to every year to test my mental and physical abilities," said senior Riley Casin. "I loved the workouts, especially because I was able to do all of the movements this year."

Big Red CrossFit has now begun their own annual "in house" open competition where the coaches have an opportunity to create a workout that is released on Fridays. It is conducted in similar style to the official Open as participants have a week to complete the workout and get officially scored.

"This is our first year as an official CrossFit affiliate and doing the Open and it is a worldwide event," said Vidal. "At BRCF it is mainly about the community and getting people to step outside of their comfort zone. To compete a little, but have fun; to suffer together while doing the same workouts together."
THE SACRED HEART UNIVERSITY CLUB GYMNASTICS TEAM SENIORS ON THEIR SENIOR DAY SUNDAY MAR. 31 AT THE TRUMBULL YMCA. LEFT TO RIGHT: BRIDGET NOLAN, ABBY BAYZATH, AND HANNAH RENNIE.