Coronavirus Outbreak

BY GIAN CAPOLINO
Staff Reporter

The coronavirus has infected over 40,000 people across the globe. According to the Associated Press, a vast majority of the cases are located in China, but now over two dozen other countries have also reported cases of the illness.

The coronavirus is the name of a family of flu-like viruses that were first reported last month in Wuhan, China, but the disease has rapidly been spreading across the globe. As of Feb. 9, there have been more than 900 reported deaths from the coronavirus according to the Associated Press.

The first case of person-to-person spreading of the virus in the United States was reported in Chicago on Jan. 30, but the virus is not currently seen as a threat to the public.

Dr. Nagi Ellek, director of the Illinois Department of Public Health, said to the Associated Press, “The risk to the general public remains low. This person-to-person spread was between two very close contacts, a husband and wife.”

The Associated Press reports that there are currently 11 confirmed cases of the coronavirus in the United States, and Sacred Heart University has informed the university community about the virus. In a campus-wide email sent on Jan. 30, Dean of Students Larry Wieck informed members of the university that “the risk on campus and to the general American public is considered low at this time.”

However, Sacred Heart is still doing its part in ensuring the safety of everyone in the Sacred Heart community. “The coronavirus seems to be under control in the United States, so I am not really concerned about it, for now,” said sophomore Megan MicShane.

Even though the virus may not be a threat yet, Sacred Heart is not taking any chances. “The university is working with local public health officials to monitor the situation, and we are following all health protocols issued by the Center for Disease Control (CDC),” said Wieck.

Scientists and researchers are scrambling to put together potential vaccines to cure the virus, but according to the AP, experts agree that even if the process goes well, any cure for the coronavirus could take up to a year before it is ready for widespread use.

For now, those infected with the coronavirus have been placed under strict quarantine in an attempt to prevent the disease from spreading further. Health professionals believe that the coronavirus is spread in a similar way to the flu, mainly through tiny droplets from coughs and sneezes by those that are infected. The coronavirus also has similar symptoms as the flu, including fever, coughing, wheezing and pneumonia.

Countries around the world are also taking actions regarding travel to prevent the coronavirus from further spreading. According to the Associated Press, several nations, including the Philippines, the United States, Japan, Singapore and Australia, have imposed restrictions or full travel bans on people coming from China. The World Health Organization, along with China, has criticized these travel restrictions.

While the coronavirus does pose an immediate threat to the university community it was provided with information on ways that they can stay healthy in light of this ongoing situation.

In his campus-wide message, Wieck said, “We are reminding all members of the campus community to take a number of preventive measures to fight against the potential of the flu and coronavirus including: basic hand hygiene, sneezing and coughing into your elbow to avoid the spread of germs and visiting the health center or a doctor if you are feeling sick. In addition, if you haven’t done so already, it is suggested that you get a flu shot as soon as possible. The health center currently has a limited supply of vaccinations available for students.”

Even though the university is working to keep the community informed and safe, some students are still concerned about the threat that the virus presents. “I am still worried about the coronavirus because there is not yet a cure, and it has now been brought to the United States,” said sophomore Joseph Kieran.

The Associated Press contributed to this article.

SHU Online Nursing: Ranked One of the Best

BY THEOPHILUS EKIYOR
Contributing Writer

Sacred Heart University’s online programs for bachelor’s and master’s degrees in nursing have been recently recognized as one of the best in the nation by U.S. News & World Report in their 2020 best online programs guide.

This year, U.S. News & World Report, added five brand new master’s-level rankings of online nursing specialties. For its Online Masters in Education Program Ranking, Sacred Heart currently ranks number nine in the country.

According to U.S. News & World Report, the schools are ranked based on a formula that takes into account faculty credentials and training, expert opinion, student engagement, services and technology, and student excellence.

Sacred Heart’s Dr. Susan L. Davis, RN, and Richard J. Henley College of Nursing offers wide access to online education, such as an RN to BSN program and an online master’s program which offers four different specialities. These include Family Nurse Practitioner, Clinical Nurse Leader, and the online Doctor of Nursing program.

The university’s wide range of online degree programs gives unprecedented access to continued education in the nursing field.

Dr. Karen Bause, Associate Dean of online programs, said, “We have the full collection so to speak of degree programs. A student can be someone who’s already a nurse and get a bachelor’s degree, they can go on and get a master’s degree, and they can go on to get their doctoral degree, and that’s all available online.”

Sacred Heart gives nursing students the opportunity to further their education entirely online. “Based on their goals, they can start with the BSN and go all the way up to the DNP and they can do it all online at Sacred Heart,” said Dr. Bause.

Sacred Heart believes that providing access to continued education is important, especially in the nursing field, as oftentimes nurses are working in the field and are trying to establish themselves in the world. Dr. Bause believes that access to education is paramount to success in the nursing field.

“Having access really opens up the door of opportunity to students who would not have that access. They’re working, they have families, and their private life, so the online platform gives them an opportunity to fit in their studies where it makes sense,” said Bause.

Sacred Heart’s online nursing school boasts a highly skilled and dedicated faculty and staff. Every professor in the online nursing program is a full-time professor and teaches only in an online capacity. Dr. Karen Bause believes the faculty’s expertise in online teaching is what sets the program apart.

“All of the faculty in our online programs are doctorally prepared, they’re all full-time, and they only teach in the online programs. They’re dedicated to online pedagogy,” said Bause.

The program is comprised of a diverse faculty hailing from all over the country, with a wide variety of skills, experience and expertise to go along with its diverse student pool.

Dr. Welton, a professor in the online program stationed in Iowa, said, “In the field of nursing, there are some things that are common and some things that are different in certain areas. Having diversity brings a wide variety of perspectives.”

Many potential students are attracted to the online program because they still get a sense of the Sacred Heart community through their online experience. This effort is displayed in smaller cohort sizes, on-campus residency visits, and its online advising program which pairs professors with students in the program.

Dean Mary Alice Donais of the College of Nursing said, “Whether our students are online, or on-campus it matters not. The philosophy of caring healing that defines the essence of the nursing program at the Davis & Henley school of nursing and the commitment from our faculty is the same.”
New Dean of Health Professions

BY BRYAN CASEY
Staff Writer

Maura Daly Iverson became the new Dean of the College of Health Professions as of Dec 30.

Iverson is a Physical Therapist and Behavioral Scientist/Clinical Epidemiologist with a primary focus in rheumatology and was former associate dean of Northeastern University’s Bouvé College of Health Sciences.

The university’s advancements attracted Iverson to the school.

"Sacred Heart is nimble and innovative and has a welcoming presence," said Iverson.

Research is very important to her, as her previous studies focused on rheumatological conditions.

"I began my research conducting clinical trials of exercise to determine which forms of exercise, and at what dose, are most effective to manage Rheumatoid Arthritis (RA), Systemic Lupus Erythematosus (SLE) and Osteoarthritis (OA)," said Iverson.

After her time studying Rheumatoid Arthritis, Iverson turned her attention to another research method which utilizes technology within a classroom setting. This work focuses on "the implementation of technology in teaching including the use of google glasses to teach clinical evaluation skills," said Iverson.

Iverson identified these new technologies at Sacred Heart and wishes to fully utilize these resources to improve the curriculum.

"I am looking forward to expanding student learning experiences, both locally, globally and virtually, through virtual reality, technology and interprofessional engagement," she said.

While Iverson has only been at Sacred Heart for two months, she has big plans to utilize other departments at the university to create a well-rounded program. This will allow health science students to gain a new understanding of their personal impact within the realm of medical care.

Iverson said, "I plan to expand the courses on spirituality and health care/wellness with new collaborations from the College of Arts & Sciences."

This cross-platform idea is unique, and Iverson wishes to further enhance the student focused program by adding new scholarship and study abroad opportunities.

"I do hope to develop strong relationships with donors to create scholarships for our students and to expand global learning opportunities, focused initially on our fantastic Dingle campus and later across the globe," said Iverson.

This student-focused passion for studying globally stems from her own experiences abroad. Iverson has lived in Denmark and Sweden on fellowships and was a 2016-2017 US Fulbright research scholar. This competitive scholarship is an honor to achieve, and Iverson looks forward to mentoring any Sacred Heart student interested in applying.

Although Iverson loves exploring and studying abroad, she always returns to her lifelong home of Boston.

"My parents met at an Irish dance in Southie. My mother was training as a nurse, and my father, a policeman. So, a typical Boston story."

The setting of Boston inspired her to take on an active lifestyle, sparking her love for swimming, sailing and participating in Dragon boat races.

Running is also one of her favorite hobbies, and in 1998 she ran the Dublin Marathon. Also, if Iverson decides to visit Ireland, she will always have a room on her family’s farm in Glenamaddy, Galway.

While Iverson’s love for exercise inspired her to pursue health sciences, there were other leading factors which motivated her. Iverson’s brother was ill as a teenager and he had to undergo physical therapy treatment. Upon witnessing her brother’s experiences, she wished to pursue the field of PT.

Other health science professors have commented on Iverson’s impact on the college.

Dr. Christopher Petrosino, a Physical Therapy professor said, "Iverson is creating new connections for the College of Health Professions in national and international health care networks which may prove very beneficial to the college."

Junior Health Science major Grace Aneese said, "Iverson has a background that I believe will really give the college an edge, as well as enhance our opportunities."

MAURA DALY IVERSO WAS NAMED THE NEW DEAN OF SACRED HEART UNIVERSITY'S COLLEGE OF HEALTH PROFESSIONS ON DEC. 30.

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-Daughter, Rachel Neu
BY JARED MCCABE  
Staff Reporter

The Lombardi Trophy was awarded to the Kansas City Chiefs at Super Bowl LIV on Feb. 2 at the Hard Rock Cafe Stadium in Miami. The game was played between the San Francisco 49ers and Kansas City Chiefs.

"Fourth quarter was fun because I was on the edge of my seat," said sophomore Matt Kane.

The Chiefs were down by 10 points and quarterback Patrick Mahomes rallied his team to a comeback win 31-20.

"It was good all around. I like how the Chiefs won it in the fourth and came back just like they did in all of their playoff games," said Kane.

Many students say that Mahomes was a notable player in this game.

"For someone who enjoys natural talent, watching all the hard work of Mahomes pay off was rewarding to watch. Coming short in his MVP year last year proved to be the motivation he needed to come out this year and take what was his," said sophomore James Johnson.

The Super Bowl has become equivalent to a holiday for many.

"What I traditionally do for the Super Bowl would be guess the halftime and end game scores along with some boxes that we make up," said sophomore Chris Margrafis.

"We also like to order a lot of wings, pizza and mozzarella sticks from Hurricane Wild Wings. Personally, during the Super Bowl, I like to wear my favorite football jersey which now has become a tradition for me."

Many students say that the Super Bowl commercials add excitement to the game. Some commercials that aired during breaks were for Doritos, Hyundai and Hulu.

Sophomore Jeremy Miller said that Google released an emotional and powerful commercial.

"The Google commercial was definitely the best. It really made me think about all the benefits that technology can do for people that are sick. People always try to focus on the negatives brought on by technology but this commercial really made everyone watching quite emotional and showed the positives technology can have on families," said Miller.

Super Bowl LIV had high expectations for some.

"In all honesty, I only remember last year’s game because my team, the New England Patriots, won. This year I didn’t really care who won because my team was not playing. I thought the 4th quarter was crazy, especially with the 49ers failing to score when it seemed they had the game under control," said sophomore Josh Phillips.

Last year’s game between the New England Patriots and the Rams was the lowest scoring Super Bowl game.

"For starters, this Super Bowl was a complete turnaround from last year’s snooze fest," said sophomore Brendan Larson. "I think the game itself, with the comeback added in, made it one of the better ones in recent memory. I wouldn’t know where to rank it all-time, but it was definitely one that was worth the watch."

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Weekly: Eli's Stonebridge 42%, Brownies 61%, Cupcakes 25%

NBA: New England Patriots 58%, Kansas City Chiefs 25%

Polls: Dunkin' Donuts 61%, Starbucks 39%, NFL 75%, Horror Movies 33%, Rom Coms 67%

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THE SPECTRUM PUTS WEEKLY POLLS UP ON ITS INSTAGRAM STORY ABOUT SACRED HEART UNIVERSITY STUDENTS' PREFERENCES. FOLLOW @SHUSPECTRUM TO PARTICIPATE!
Cupid or Stupid?

BY RIEANNA FLORES
Staff Reporter

SACRED HEART UNIVERSITY STUDENTS CAN PURCHASE VALENTINE'S DAY PACKAGES FROM THE CAMPUS CONCIERGE FOR $10 AND CAN EVEN HAVE THEM DELIVERED AROUND CAMPUS.

Who will you be spending Valentine's Day with? Many students on Sacred Heart University's campus say they are trying to plan their Valentine's Day.

"I'll be spending it with my closest friends. We call it 'Valentine's Day.' We'll get dinner and hang out because they are the people closest to me and they're the people that show me the most love," said senior Tracy Nguyen.

Other students say they do not have plans.

"Honestly, I have no idea. I mean I don't have anyone in particular that I want to do anything with so I'm probably just going to be chilling," said junior Anthony Boeteng.

Some students say they have a more specific, casual plan.

"I'll be spending Valentine's Day with a good friend of mine and we're going out to a nice dinner," said senior Angelina Sobon.

Giving and receiving gifts on Valentine's Day is another subject for some.

"I do enjoy getting spoiled on Valentine's Day because it makes me feel loved and appreciated, but I also like giving gifts to others to have them feel appreciated as well," said Nguy.

Boeteng also enjoys getting gifts on Valentine's day.

"I feel like as a male, I tend to go out of my way for a lady, so it's appreciated when it's the other way around on that day or even any other day," said Boeteng. "I enjoy giving them too, but when I receive them, it's outside the norm."

On the other hand, some individuals like the aspect of a surprise.

"My favorite part of gift giving is the surprise behind it. I think it's beautiful that someone can give you a gift because it reminds them of you. I think the act of gift giving is even more special for that reason," said Sobon.

While some students may agree that Valentine's Day is meant to be a day dedicated to treating and appreciating your loved ones, many believe it to be part of a marketing scheme.

Senior Jonathan Danzak says Valentine's Day is definitely a Hallmark holiday.

"In general, I don't think you should need a holiday to have an excuse to treat someone you love. I also think that the holiday can come with a lot of pressure and unrealistic expectations. So, I do not enjoy the commercialized aspect of the holiday," said Danzak.

Junior Danielle D'Avanzo says you should make that person feel loved every day.

"I think it is sweet to dedicate a day to someone you love, but at the same time you should make this person feel loved every day, therefore, it might be a marketing scheme," said D'Avanzo.

Though some students see this holiday as a marketing scheme, some believe otherwise.

"I think it has to do a lot with the person you are. If you're a loving and caring person everyday, then it makes sense to celebrate Valentine's Day, but if you're a person who's not usually consistent and loving or caring to other people, yet all of a sudden you feel the need to show love because of a specific holiday, you're just following a cultural trend," said senior Marlis Prieto.
Everything Is Not What It Seems

MIKENZIE CARBONE
ASSISTANT SPORTS EDITOR

As a sophomore, I began contemplating the idea of studying abroad. I was not sure when at the time, but the thought of studying in a new and unfamiliar environment piqued my interests. I thought about the abroad application, the fears of being away from the university I was familiar with, the friends who were family, and the culture that I grew up understanding, which I did not realize would be so different. Little did I know that by applying, accepting to go, and stepping on that plane to head off to Rome for four months would be the most difficult and worthwhile experience of my life.

Studying abroad is a glorified experience that most people would express to be the best time of their life. This fact is true. There is nothing that can compare to traveling the world with your friends and experiencing a different culture with every new place you visit. What some fail to acknowledge are the difficulties that come with being in a new country, away from one’s normal lifestyle. A new country with a new culture is a step into an unfamiliar world. A new area across the world, a new language, and a new university. All things revolved around the word “new.” New was very terrifying at the time. Everything that was new to me led to negative thoughts about how much I regretted my choice of going abroad, and how badly I wanted to board a plane with the destination of home, to return to my regular routine.

But there were two significant people who were my backbone when I was down, upset, and ready to pack my bags up and call my parents to tell them I was on my way home to America. These two important people opened my eyes to the realities of life: everything in life is unfamiliar and new, no matter where you experience them, but that does not mean you give up. That meant this was a time to lean on those that would help me achieve all that I set out to do. This time was a growing period that I did not realize I needed, but that I cherish now as I look back on the memorizes and lessons learned.

This new realization encouraged the weak and insecure side of me to finish this experience and make the most of what I was able to endure at such a young age. I wanted to prove to myself that I may have struggled, but that those struggles would not stop me. Looking back on my four months I can say that I had the best time of my life, with a few bumps in the road. Those bumps were learning experiences that I had to go through to grow as a person in this unfamiliar and always changing world.

I encourage students to study abroad, even if they are weary, if the journey is right for them. Take a leap of faith head on, and enjoy what is ahead of you because once you return home you will wish to go back to the moments and memories that lie in a picture or video on your phone.

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

Letters to the editor should not exceed 300 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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Evolution, Posthumanism and the New Catholicity

BY DEANNA REINHARDT

On Feb. 5, Sacred Heart University welcomed guest speaker Sr. Ila Delio, Ph.D. in Pharmacology and Theology, recipient of a Templeton Course in Science and Religion Award, and Theology Professor at Villanova University.

Delio’s presentation, titled “Evolution, Posthumanism, and the New Catholicity,” brought light to the fluctuating evolution of society as it pertains to science, religion, and emerging technology. With this, Delio feels a necessity for the participation of students and their siblings with unique awards. "My brother and I won the award of 'Two Pears in a Pod' and that was so cute that we won and were acknowledged by SET of how close we are," said Cirollo.

Even though the Student Events Team hosts Siblings Day, they also get to enjoy the event with their own families. "A lot of us on the board bring our siblings too so it’s a lot of fun to have our family members to interact and play with," said Matyszewski.

There is a lot of planning that goes into putting on an event of this size for the Student Events Team. "We started planning over winter break, to get the idea for the theme and the slogan," said Matyszewski.

"One point of ours that really stuck with me was 'Contemplation maximizes consciousness.' I liked this quote because it can be easy to get caught up in life and not really be present and focused on what really matters. This is something that I hope to focus on in my own life. Even if not in a religious sense, I think it's important to think about things and understand yourself and others," said sophomore Joseph Rico.

Furthermore, this topic was rather poignant for college students who are experiencing their own time of transition, as it coincides with a similar world-wide growth. "Students are always on the technology, especially our phones. This presentation showed us how we as humans are transcending, and changing the way we think about ourselves," said sophomore Melaina Roberto.

"One of the most important points Delio made is that we need to think critically about our relationship to technology, which obviously plays a large part in the lives of many college students," said Catholic Intellectual Traditions professor Daniel Robert.

"She proposes that spirituality can provide a space in which we can appreciate technology's good aspects while at the same time not letting it take over our lives," said Robert.

Delio rounded out her presentation regarding evolution as a whole, and how it must be responded to by mankind. "Evolution has come to its end in terms of diversity. If we are to survive on this earth, the only way to move forward is to converge and unify. We are on the cusp of evolutionary convergence and we are fighting it tooth and nail. This is the only way forward and technology can help us," said Delio.

However, Delio also stated that technology and science without the "why" of religion can have a negative effect. "We have a new wholeness on the horizon, but it is awaiting a new understanding of a new relationship with god, a new type of worship, a new way of forming community, and without religion, I think AI has no real purpose. We can get smarter, we can move faster, but we won't know where we are going," said Delio.

"For her, technology represents certain kinds of challenges but more importantly an opportunity to embrace a new vision of what it means to be human and be Christian," said Robert.

Delio also stressed that God is whole and the center of all things within the realm of the world. This point resonated greatly with the students and allowed them to better grasp the overall message of Delio's presentation.
Theta Phi Alpha Mid-Year Recruitment

BY MARY KACZMARSKI
Staff Reporter

Theta Phi Alpha is currently holding their mid-year recruitment in hopes of welcoming more girls into their sorority.

The Gamma Rho chapter was founded at Sacred Heart University in 2009. Theta Phi Alpha’s national philanthropy is hunger and homelessness awareness. The Gamma Rho’s local philanthropy includes disability awareness. The chapter works closely with the Bridgeport Rescue Mission and Dylan’s Wings of Change.

“Spring recruitment is different from fall because we recruit informally,” said sophomore Lindsey Rosania, recruitment and public relations chair for Theta Phi Alpha.

Informal recruitment is less strict and is less of a time commitment. Another big difference is that, unlike formal recruitment, potential new members are not required to visit every sorority; only the one that they are interested in that is holding an informal recruitment.

According to sacredheart.edu, “The sisters of Theta Phi Alpha strive to increase numbers with women that uphold our values of justice, wisdom, faith, truth, honor, and loyalty.”

Sororities are not required to host mid-year recruitment; it is up to them. Theta Phi Alpha has always held both fall and spring recruitment.

“Theta Phi Alpha nationally recruits all-year-round to provide constant opportunity for women to find a place in greek life,” said junior Alexis McCartney, president of Theta Phi Alpha.

Mid-year recruitment is more informal and gives potential new members more time to think about their desire to become involved in a sorority. Some potential new members may find mid-year recruitment less overwhelming than formal fall recruitment because it is shorter and less people are involved.

“We believe the fall may not be the best time for someone to join a sorority,” Rosania said. “It can be a lot coming into freshman year and jumping right into a sorority.”

“Going through mid-year recruitment allowed me to see what Theta Phi was all about, and they are super friendly and caring; they are a very well-knit group and I’m glad I got to experience that,” said freshman Amanda Meza, a potential new member.

Theta Phi Alpha is hosting multiple events for potential new members to come and meet their sisters. Among these events includes a game night, a pizza party and a paint night. You may also find them doing table times in the main academic hallway outside the Market.

“The sisters of Theta Phi Alpha feel like their organization is their home away from home and each and every one of their sisters has a special friendship that will stay with them forever.”

“I went through recruitment in Sep, 2018 as a freshman and joined because I felt like I could be the most genuine version of myself with the sisters of Theta Phi Alpha,” said Rosania.

McCartney said, “I joined Theta Phi Alpha in the fall of 2017 because this organization felt like my home away from home.”

According to sacredheart.edu, “Each organization was created for the betterment of the greater community and human development and the Gamma Rho chapter strives to increase the change with as much support as we can give.”

If you are interested in joining Sacred Heart’s chapter of Theta Phi Alpha, contact

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Recap of Super Bowl LIV Halftime Show

BY JULIA PIZZUTO
Assistant A&E Editor

J. Lo opened her portion of the show with her 2002 song "Jenny from the Block." Her performance, like Shakira’s, featured large group dances throughout. To follow were several other Latin aspects to the show, including elements of the dances and J. Lo wrapped in a Puerto Rican flag. The performance also featured guests J Balvin and Bad Bunny, the latter of whom rapped entirely in Spanish.

According to AP News, the performance moved some U.S. Latinos to tears. Many of them took to social media to praise the awareness the duo brought to Latin Americans. Near the end of J. Lo’s half of the performance, her 11-year-old daughter, Emma Maribel Muñiz, appeared on stage to sing the Bruce Springsteen song “Born in the U.S.A.”

“I loved how she brought her daughter on stage,” said freshman Sophia Sipple. “It showed her singing potential at such a young age.”

During Muñiz’s performance, cameras tilted upwards for a birds-eye-view of a purple and yellow cross in honor of the passing of NBA legend Kobe Bryant. The Los Angeles Lakers-colored cross was only on screen for a matter of seconds, though, Garvey said, “I did not notice that [the flag] at all.”

Freshman Gregory Allen said he heard there would be a tribute to Bryant, but thought the tribute should’ve been given more visibility, saying, “I thought it was going to be more noticeable.”

Freshman Abigail Lupinacci said, “I think it’s good they did that because other people died in the crash besides Kobe and his daughter.”

J. Lo exhibited pole dancing skills during the show, which produced varying reactions. “I wasn’t expecting the whole pole thing, I just wasn’t expecting her to do that on live TV,” said Allen.

“I think in today’s world I wouldn’t call it inappropriate, but I guess if a 12-year-old was watching . . .” said sophomore Jacob Liebert regarding J. Lo’s pole dancing and the featured dances. “I feel like everything is about being body-positive today.”

Some felt that the performance served as a comeback for Shakira, who has not had a chart-topping song since the 2000s.

“She just reminded us who she is,” said Garvey. Many Sacred Heart students had a positive reaction to the performance overall.

“You really can’t go from Maroon 5 to J. Lo and Shakira,” said Garvey, comparing this year’s half time show with last year. “I thought it was absolutely amazing, 10 out of 10, stellar!”
By Christian Colon
Staff Reporter

For this year’s spring concert, the Student Events Team (SET) will present rapper A Boogie Wit Da Hoodie featuring DJs/producers Two Friends.

The concert will be held in the William H. Pitt Center on March 27. Tickets for the event are available for purchase starting today in Hawley Lounge. The tickets are $25 per student. There is a limit of one ticket per student. If available, general admission tickets will go on sale on Feb. 13 for $50 each.

Many students look forward to the spring concert held during the second semester. Around 4,000 people are expected to attend this popular event.

Planning for the concert starts at the beginning of each academic year. “In the fall we start looking at who is touring that could line up with limited Pitt Center days,” said Sara Helfrich, assistant director of Student Activities.

After seeing what dates the Pitt Center is available, SET reaches out to an agent with a list of names of artists touring colleges. That list is then run through student opinions and an agent is signed.

“The signing of the contract can take up to two months but once that is done we announce it and figure out ticket sales,” said Helfrich.

There is also a lot to be planned into the finances of the event because of its large scale. The costs cover aspects including the stage, performer, security, food, cleaning and staff apparel.

“Ticket prices have increased to deal with high costs and to improve the performances each year,” said Helfrich.

The members and planners of SET aim each year to improve the experiences of the people who attend the annual concert.

One of the biggest differences this year will be the concert will open with an opening act and headline. Helfrich said that this offers greater variety and may bring in a larger audience.

SET hopes to create an experience that can appeal to fans of both performers. A Boogie Wit Da Hoodie’s two most popular songs are “Look Back At It” and “Drowning.” A Boogie is also featured with a variety of artists, such as Roddy Rich and 6ix9ine.

Two Friends are a DJ group who are most known for taking popular songs and mashing them together to make their own original remixes. These remixes are called “Big Bootie Mixes” and have 16 volumes. The 76th studio album, “Lover.”

While I am excited for A Boogie, I am even more excited to see Two Friends,” said junior Mark Bosse.

Taylor Swift: Miss Americana” Documentary

By Kali D’Agostinis
Contributing Writer

On Jan. 31, pop singer-songwriter Taylor Swift released her documentary, “Taylor Swift: Miss Americana.” Directed by Lana Wilson, the film was shown in select theaters across the country and is now available on Netflix.

The streaming service described it as a “raw and emotional and revealing look” into the different periods of her career.

It debuted at the 2020 Sundance Film Festival on Jan. 23, days prior to it being released.

It allowed her to tell her story on her own terms.

The film touches upon Swift’s shift in Kanye West’s controversial interception of Taylor Swift’s acceptance speech when she won the Video Music Award in the Best Female Video category for her song “You Belong with Me” in 2009. Camoos take place throughout the film with artists like Brendon Urie from the band Panic! At The Disco, who is featured in Swift’s song “ME!” Other appearances include producer Jack Antonoff, boyfriend Joe Alwyn, actor Teddick Hall and her well-known cats, all of whom have contributed to Taylor Swift’s career and personal life throughout the years.

In the documentary, when revealing she suffered with an eating disorder, the “Shake It Off” singer explains that it “helped her to come to terms with herself.” While getting candid about the topic, she revealed that a photo taken at an unflattering angle would cause her to “just starve a little bit”.

Clips throughout her career appeared to have professional anchors, actors and public figures diminishing the pop-star for being “too skinny” and looking “unhealthy” within society.

Taylor Swift also opens up about the way society wanted her to appear and how she felt the need to fit certain standards and stereotypes. But the film shows the singer breaking that barrier to become her true self and not what the people want her to be as a person in the spotlight.

Throughout her career, Taylor Swift was known for the breakup songs she produced for her fans and the film touches upon the hate and controversy she would receive from the public due to many relationships. Through this narration, the documentary showed the way Swift would process the criticism and hate from individuals who didn’t agree with her image as a female.

“Taylor Swift: Miss Americana” shows the singer’s transition and growth as she gets older and more mature when facing the controversial spotlight as a pop star in today’s era.

“I’ve been a fan of Taylor Swift since her very first album. After seeing her grow through this documentary it makes me look forward to her upcoming work even more now,” said junior Brenna Leonard.
Sports

Women’s Lacrosse Season Underway

BY JOSEPH SCIANCEPOLE
Staff Reporter

With their 2020 season underway, the Sacred Heart women’s lacrosse team will look to improve on a 2-14 record, with 1-6 in NEC play in the 2019 season.

Even after finishing seventh last season, co-captains Cassie Cesario and Elizabeth Small still can take some positive outcomes from their experience last year, and translate the motivation to this season.

“It was a rough season, but each game had either the offense playing well or the defense was playing well, so taking all of those good moments and transferring that to this season is key,” said Cesario.

“Our willingness to work and our willingness to win is something positive to take from last season,” said Small, who was second on the team with 33 ground balls and 24 draw controls last season.

Small was second in the NEC, and 16th in the country in caused turnovers per game with 2.13, described the bright spots she saw from the defense last season that will hopefully continue in 2020.

“This season, I think we need to be more controlled and more disciplined in the way we play. We were really aggressive last year which helped cause turnovers and we made good defensive plays which we need to carry into this year too,” said Small.

Totaling 37 points on 23 goals and 14 assists, Cesario highlighted what it’s going to take to improve this season on the offensive side of the ball.

“Work together more would be a positive for the offense. When everyone is flowing together it’s easier to make plays,” said Cesario.

For head coach Laura Korutz, in her 20th season with the Pioneers, the depth and experience her team has this year is something she is excited about.

“We have a great deal of experience coming back at all positions. We had a lot of underclassmen contribute last year so we’re looking forward to seeing their continued growth,” said Korutz.

One of those underclassmen who contributed a lot last year is sophomore Lydia Werlau, who set a SHU rookie record with 45 points on 38 goals, and seven assists. Werlau is looking to improve on her stellar season where she earned All-NEC second-team honors.

“I would love to improve on my first season and produce enough to make the All-NEC first team,” said Werlau. “Having a lot of returners is good as well as first-years who will make a big impact on the offensive side and it has been easy for me to have a strong connection to my teammates.”

Talking about the upcoming season, Cesario emphasized the squad’s preparation and sets the team’s expectations higher than what the NEC preseason poll has them at, which was seventh.

“We have been working together more and working harder at practice and the goal is to have this hard work paid off by making the playoffs,” said Cesario. “We definitely want to make the conference playoffs this year, Liz and I made it our freshman year and I feel like this year’s team is better than the one from a few years ago.”

Korutz knows what it takes to lead the Pioneers to the NEC playoffs, leading SHU to 12 conference playoff berths with three consecutive NEC titles from 2008-10.

“We want to compete in everything we do... that includes our practices. Our mindset and mentality has to always be about that,” said Korutz. “For me, we need to take it one practice at a time, one game at a time and work on consistently getting better each day.”

The team opened their season in defeat. The team fell to Bucknell 18-9 in Lewisburg, Pa., on Feb. 8. They look to grab their first win on Feb. 15 against Monmouth.

Men’s Lacrosse Season Preview

BY COREY PICARD
Staff Reporter

The Sacred Heart University men’s lacrosse team kicked off its 2020 season on Sunday at home against the University of Hartford.

The team was recently ranked third in the Northeast Conference (NEC) East Division preseason poll. The players, however, are not focused on the ranking.

“Whether we were ranked first or last was never really our concern coming in,” said junior captain Logan Liljeberg. “The 45 guys on our team. What we believe in and who we believe in, that’s really the only thing that matters.”

This belief is echoed by head coach Jon Basti, as well, who tells his team it matters more where you finish rather than where you start.

Senior captain Austin Pavone thinks the team’s focus has been on making progress collaborating as a team.

“With the conversations we’ve had this year, I think we’re incredibly confident going into the season,” Pavone said.

Despite losing two All-New England players, Max Tuttle and Joe Saggese, to graduation, the team feels their hard work and depth will put them in a position to succeed.

“We have a lot of guys that have stepped forward and have improved so greatly over the last year, I think the fact that we have so much depth is a tremendous, tremendous asset to us,” said Basti.

Basti also made it clear that replacing players of their caliber is not the goal.

“A team is multiple people working together to be successful. That’s more than one guy, that’s more than two guys,” said Basti.

Along with Liljeberg and Pavone, Basti looks to fifth-year Simon Quas, senior Jake Lindahl, and senior Brooks Dutton, to lead the way.

“We’ve never had five captains before. I thought five guys deserved it. They were all chosen for specific reasons. They all bring a different leadership ability to the team,” said Basti.

He credits the emphasis on putting the team’s success before individual success, a category in which the captains excel.

“They are willing to be unselfish for the betterment of the team. When you have that in your leadership, it’s difficult for anybody else to not follow that,” said Basti.

While an honor, the title of captain did not change the mentality of these leaders.

“Even last year, when we weren’t captains, we still had a voice. Everybody has input on this team,” said Liljeberg.

The team’s culture is a major reason for its success. This culture has been passed down through past captains, like Tuttle and Saggese and beyond.

“They’ve done a really good job of learning from the people before them,” Basti said.

The team also lost its offensive coordinator, Mike Chanenchuk, after two years in the role. Coach Chris Doctor joined the SHU staff after many years at Lafayette College and Penn State University.

“We’re running a completely new offense than we did last year, which I think is going to be great for us,” Liljeberg said. “The more team-oriented offense emphasizes ball movement and getting all players involved. “We might not have two or three people putting up 60 points, but a lot of guys putting up 30 or 40 points.”

Going into their final seasons as Pioneers, Pavone and Dutton want to leave their mark on SHU’s men’s lacrosse team for years to come.

“Going into your senior year... you tend to push yourself a little harder. Looking back on my years here, I wish I had that same mindset my freshman year. That’s definitely something I want to instill in the younger guys coming in,” said Dutton.

The team continues their season on Feb. 15 against Bucknell.
Wrestling Continues Hot Streak With Dual Win

BY ROBBIE FINZIO
Contributing Writer

The Sacred Heart Wrestling team picked up two dual meet victories at home on Feb. 1 against Davidson and Cal Baptist. The Pioneers have now won the last five of six dual meets they’ve competed in prior to their Feb. 9 meet.

According to athletic communications, Sacred Heart’s first win of the weekend came from a 27-15 win over the Davidson Wildcats, and the battle against Cal Baptist came down to the last bout, led by junior Nick Palumbo at the 149-weight class.

Palumbo reflects on his thoughts on the mat as he came into the bout with SHU leading 18-17, and was able to win 3-1 by decision.

“I was a little nervous, but I knew I had to step up,” said Palumbo. “I couldn’t let my team down, so I knew what I had to do, just wrestle smart and get the win.”

Sophomore Rob Hetherman’s win by decision at 197, graduate student Gerard Daly’s win by decision at 141, and fellow graduate student Brandon Levesque’s win by fall at 165 as other key moments that contributed to the teams overall success.

Levesque picked up the win by fall over Cal Baptist, and a tech fall victory over Davidson. The graduate student continues what has been a successful season.

Levesque reflects on his mindset and focuses on preparation for the season.

“At this point it’s about maintaining what I’m doing and working on the stuff I need to work on,” said Levesque. “There’s some things I need to work on as the season progresses but just having a positive attitude and keeping the team on track is what is important.”

At 197, Hetherman has helped the Pioneers with four dual meet wins on the season, as well as an impressive performance at the Keystone Classic back in November.

“We have each other’s back and have a different mentality. The kids we have this year have a strong mentality where everyone wants to win. The starters that we have are just gritty, they want to be there, they want to succeed, they want to be the best they can be. I think this is a big factor in what we can accomplish this year,” Hetherman said.

The Pioneers have an overall record of 6-3, which marks the most successful season for coach John Clark to date.

“I started here two and half years ago and I had a vision for the program. It’s going exactly how I visualized,” Clark said. “I wanted it to happen in a nice fashion, but I understand in wrestling it takes time,” said Clark. “We were 2-10 my first year, 5-7 last year, and now were 6-3 to start this year, we will see how these last couple matches shake out.”

Clark adds that he has been very impressed with every wrestler on the team and that it took a team effort in order to win the dual meet.

The Pioneers will continue the dual meet season with a conference match against Columbia on Feb. 16 at the Pitt Center.

Women’s Track and Field Place Third

BY PAT KELLEHER
Staff Reporter

The women’s track and field team competed in the New England Championships on Feb. 1. The team received a third place finish in the 4x800 meter relay group, and sophomore Natalie Dubois took first place in the 1000 meter race.

With this being Dubois’s first career win in an event, she reflects upon earning the top spot at the meet and how she can build off this going forward.

“Winning my event at East Stroudsburg was pretty cool considering my freshman year I was not even close to winning,” said Dubois. “I was really happy with that progress because I took a gap year last year, and hopefully, I will be able to continue to get faster and keep up my confidence going forward.”

The Pioneers are three short weeks out from the beginning of the Northeast Conference Championships. Confidence and teamwork is vital leading up to the end.

According to athletic communications, four fellow Pioneers, seniors Bianca De Lucia, Jacqueline Thorne and Olivia Weiss along with junior Kaylin Ciesluk, crossed the finish line in a combined time of 9:13:54 in the 4x800 meter race in the New England Championships. This led to a third place finish, trailing University of Connecticut and University of Rhode Island.

“I believe the essentials to a successful 4x800 team is having a group of individuals who will push themselves above and beyond,” said De Lucia. “Running on a relay team is completely different than an individual event because now you have people relying on you even more than before.”

De Lucia, Thorne and Weiss went on to explain how chemistry within the relay group on and off the track sets them up for success with how much time they spend working out together during and after practice.

With the conference championships just a few weeks away, this means the end of the road for the seniors, who have been dedicated athletes to the program for the last four years. Finishing out strong and winning a conference championship is the number one priority for the senior athletes as they look to leave their mark and lead the program into a bright future moving forward.

“As we slowly approach our indoor winter track championship meet, we are thrilled to give it all that we have,” said De Lucia. “The other day I was discussing with the senior class that it feels like just yesterday we were running in our first track championship.”

The Pioneers’ next meet will take place on Feb. 15 as the team will compete in the Giegengack Invitational located in New Haven, Conn.
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