Professional Development Job Fair

Even though the fairs may differ in size, they all possess a similar goal to "strengthen our relationships with local companies and to encourage businesses to continue to recruit Sacred Heart students," said Michael Tewrago, director of career and cooperative internships.

Wednesday's fair was a business casual event open to all Sacred Heart students. Many made connections on LinkedIn and others received information about how to strengthen their resumes.

For many students at the event, this was not their first career fair.

"Last semester I went to a career fair and it was very helpful in searching for internships and job opportunities for the future. I have one interview coming up very soon in about a week that I am looking forward to," said junior Paul Panaita.

While this career fair was geared towards local companies, there were also graduate programs looking for students interested in applying. One representative from UCONN Health was available to answer questions about the school of medicine and inform students about the opportunities available.

"I'm looking for people interested in medical or dental fields. In order to get in, you have to have a competitive resume. We have a lot of summer internships that would give research experience to those planning on applying to medical school later," said Kerion Wilson-Evans of Inline Plastics.

Graduate students also utilized the available resources at the fair to make new connections and gain a better understanding about which careers fit there current and future degrees.

"I got a lot of leads from these fairs and it made me realize how many choices I actually have," said Connor Finn, a graduate student at Sacred Heart.

The Center for Career Development offers a variety of resources to guide all students into the professional world.

Even though the fairs may differ in size, they all possess a similar goal to "strengthen our relationships with local companies and to encourage businesses to continue to recruit Sacred Heart students," said Michael Tewrago, director of career and cooperative internships.
The Sacred Heart Spectrum

News

Title IX Lawsuit

BY MACKENZIE RIZZO
Staff Reporter

On Feb. 26, the families of three female Connecticut high school runners filed a lawsuit which seeks to block transgender athletes in Connecticut from participating in female athletics. They argue that allowing athletes with male anatomy to compete is depriving them, and future female athletes, from achieving athletic titles and scholarship opportunities, according to AP.

According to AP, a lawsuit was filed against the boards of education in Bloomfield, Canton, Cromwell, Danbury and Glastonbury, as well as the Connecticut Association of Schools-Connecticut Interscholastic Athletic Conference. The lawsuit is directed toward Title IX, a federal law passed in part to create equal opportunities for women in education and athletics.

The Alliance Defending Freedom, a conservative nonprofit organization, is representing the three students: Alanna Smith, a sophomore at Danbury High School; Chelsea Mitchell, a senior at Canton High School; and Selina Soule, a senior at Glastonbury High School.

Smith said, “Mentally and physically, we know the outcome before the race even starts. That biological unfairness doesn’t go away because of what someone believes about gender identity.” She believes that all females “deserve the chance to compete on a level playing field.”

Terry Miller and Andraya Yearwood, two transgender sprinters, are the center of the lawsuit. According to the lawsuit, these two athletes have combined to win 15 girls state indoor or outdoor championship races since 2017, outperforming their female competitors. The American Civil Liberties Union will represent Miller and Yearwood in court.

Raymond Mencio, the Director of Club Sports, Fitness and Recreation at Sacred Heart University, said, “I believe this is a great debate to have so that we can further our education and understanding of the situation. The NCAA has developed a very detailed inclusion policy for transgender athletes. Yet, I believe that we need to continue having constructive discussion so that we can continue to enhance how this situation will be handled to offer a positive experience for all participants.”

According to Transathlete.com, Connecticut is one of 17 states that allowed transgender high school athletes to compete without restrictions in 2019.

“I believe there is place for everyone in collegiate sports, regardless of what makes each of us different. Too often, we are scared of what we aren’t accustomed to, but we all need to open our hearts and minds to everyone,” said Mencio.

Several students were asked to comment on this topic, but all declined. The Associated Press contributed to this article.

Community Theater Needs Funds

BY AMY PETROVICH
Staff Reporter

In May 2019, Sacred Heart University purchased the Fairfield Community Theater located on Post Road about 15 minutes from campus. The Media Arts Department along with other departments within the university are aiming to restore the theater.

The theater will be turned into a space where both the Fairfield community and Sacred Heart students can enjoy.

The theater is partaking in fundraising efforts in order to maintain and embrace the historic value of the building. Funds are being raised through the Sacred Heart website.

“We recently started an awareness and fundraising campaign to generate some excitement that the project is really moving along, and that construction is actually starting. In fact, part of the perks of fundraising is giving the donors some preopening memberships to any events going on in the season,” said Bill Harris, the Director of the SHU Community Theater.

The Theater has existed for almost a century now, and with the help of Sacred Heart and the community, this landmark will be preserved.

According to Cinema Treasures, “The Community Theatre was a twin screen movie theater located in downtown Fairfield, Connecticut. Opened circa 1923 as a vaudeville house, it changed to an all film format in 1929. The theatre was renovated in 1933 which included the sealing off of dressing rooms, the construction of a balcony, and a neon tubed Art Deco marquee.”

The marquee is one of the well-known features of the building sitting at the front to welcome all guests inside. Sacred Heart intends on keeping these historic pieces intact.

“Where we’ve really gotten some additional opportunities is doing a lot of historic restoration now. We’re bringing back some of the design elements in the theater such as the stage, the original ticket booth, the concession stand, and most importantly, the iconic marquee,” said Harris.

The theater will be used to project films as it originally was, and will be an educational hub for Sacred Heart students interested in the film industry as well as Fairfield County youth.

“The theater is going to be SHU-powered, a good portion of the roles in the theater will be anywhere from volunteers, to graduate students, to a free-lance staff, to work study students, to internships. This is going to be a vibrant full spectrum business activity,” said Harris.

This theater has been vacant in the community, with the lights turned off since its official closing in 2011.

“I grew up in Fairfield and decided to stay in the community and attend Sacred Heart. I always remember driving down Post Road and seeing the Theater with its huge sign on the front,” said freshman Olivia Vadas.

I am so glad as a longtime and current member of Fairfield’s community that Sacred Heart was able to not only save the theater but turn it into something great where community members can enjoy it for years to come.”

With the theater’s dual purpose of both entertainment and education, it will surely be a place to remember in the community.

“We are planning to unveil it on Memorial Day after the parade in town, showing that the theater is not a black hole in the middle of town. It will be a vibrant, lit up space,” said Harris.

If you or anyone you know would like to donate to the SHU Community Theater restoration, please visit https://weareshu.sacredheart.edu/project/19140.
What sources do you use to get your news?

With so many sources to choose from, many students at Sacred Heart say they receive their news from the web.

"I read news on my phone because it's easier to have on me; it's easier access. I don't have to go anywhere to get what I need," said freshman Greta Pryce. Junior Emily Claus says she also finds phone-use more accessible when it comes to receiving news.

"It is way easier to access; there are daily updates on our phones," said Claus. Some students say they have other reasons why they prefer to receive their news from the web.

"I personally don't read print news just because it doesn't appeal to me," said freshman Madison Benevides. "I've never really been interested in print news."

In addition, Benevides said that she tends to be more attracted to news from the web-based on news titles she finds more interesting compared to print news.

"They have a way of saying the titles of an article to pull readers in," said Benevides. Few students say that they still make time to read print news, however, they tend to learn more towards news from the web.

"I do sometimes read print news. I read The Spectrum for the most part. I am more of a fan of the web just because it's easier to consume just because I'm always on my phone and I don't always have a newspaper in my hand or somewhere near me," said senior Brandon Ricketts.

Claus said she reads print news as well, but only on occasion.

"Occasionally, but I don't personally go out to get a newspaper," said Claus. Some students say they keep news apps on their phones to stay alert on what's happening in the world.

"I have the Washington Post app on my phone and I read the news articles on Google," said senior John G. Santiago.

Pryce said she has the Fox News app on her phone. Benevides and Ricketts said they both receive their news from Twitter. Students say they tend to stay away from certain news sources.

"I try to stay away from news on social media, many of those articles are unreliable," said Santiago. Some students say they are more open to any news sources.

"I was never close-minded about a specific form of news; I'm more open-minded about it," said Pryce. Some students said that they use news as a way to grow and learn more about the world around them.

Ricketts said the way he gets news has changed in the past few years because he needs to stay more up to date on things; he says staying updated helps him grow more as a person.

"I tend to go on Twitter a lot more and am more active on Twitter looking at the news that's going around, finding out about different aspects of people's lives and all things in that nature," said Ricketts.

"Extra Extra, Read All About It"

BY JARED MCCABE

Sacred Heart University is six weeks into the second semester with one more week left of lectures, classes, papers or exams before spring break from Feb. 29 to March 8. What are students doing this year for spring break?

Sophomore Katie Belmonte said, "I'm going to Orlando for spring break! I'm visiting the Disney parks, Universal, SeaWorld and Busch Gardens. I'm also spending time with my family that lives down there."

Freshman Bridget Sullivan is also going to Disney. Sullivan said, "I am excited to have quality family time and have a fun vacation in the warm weather."

Other students will be spending their spring break in Puerto Rico on a service trip. Freshman Jayla Bryant and a group of Sacred Heart students are hoping to help those who are dealing with different pressures. Bryant said, "Puerto Rico was heavily affected by Hurricane Maria in addition to other disasters. A group of us from Sacred Heart are traveling to Puerto Rico hoping to help with hurricane relief there. We are striving to give hope to others experiencing this hard time in their lives. This trip will help myself and others experience a different culture and grow as individuals."

On the other hand, some students have commitments on or off-campus for the week, practicing or playing with their sports teams.

Sophomore softball player Alyssa Gonzalez said, "For my spring break, I will be playing down in Florida with my team. A good portion of my break will be spent playing and enjoying the time I have with my teammates, but I will also have some time to spend with my family that's visiting. Overall, I'm excited for this break since it's my first time in Florida!"

The Sacred Heart softball team participates in a four-game tournament in Madeira Beach, Fla.
My Thoughts On Rob Manfred

LOUIS FREY
ASSISTANT NEWS EDITOR

Does MLB commissioner Rob Manfred like baseball? That seems to be a valid question with his actions this off-season.

Manfred has been under heavy scrutiny all off-season, but the criticism placed on him didn't start this year. Everyone knows his main goal since becoming commissioner has been to quicken the pace of play to attract younger audiences. He's been trying to do this since 2014 and failed.

Rules that he has put in place to speed up the game have been: batters to not step out of the box in between pitches, managers have 30 seconds to decide if they want to challenge a play or not, teams only have seven mound visits a game, managers are to tell the home plate umpire they are intentionally walking a batter instead of a pitcher throwing four pitches, and now relievers have to face a minimum of three batters in each appearance in this upcoming season. None of these rule changes have been effective as the average game time last season was 3 hours, 5 minutes, and 35 seconds long, longest game time in MLB history.

Here's the idea to get younger viewers. Instead of trying to speed up the nation's pastime, why not just do a better job at marketing the players? NBA and NFL is all over social media. Highlights from their game's superstars are posted immediately after they happen. Players are able to express themselves more in the NBA and NFL while they're on the court or field. MLB players aren't even allowed to wear what clothes they want to express themselves. Meanwhile fans of the NBA are buying the shoes LeBron James wears every night.

Now, as we approach spring training games this week, Rob Manfred's approval rating must be at an all-time low. After former Astro pitcher Mike Fiers told The Athletic about their trash can sign stealing scheme during the 2017 championship run, Manfred conducted an investigation of the Houston Astros from 2017-19. The problem? Teams around the league complained about the Astros actions long before Fiers enlightened the world. Why did Manfred and MLB wait for a former player to say something to start taking action?

"You have to understand usually when we get a report, there are no facts surrounding it. That's a difficult thing to deal with what's going on," said Manfred.

Life as a "Nark"

JULIA PIZZUTO
ASSISTANT A&E EDITOR

About a year ago now, I received an email from the assistant director of housing at Sacred Heart and immediately threw my phone across the room to avoid reading the contents. I had applied to be a Resident Success Assistant and was waiting for this email for months, but suddenly I couldn't bear to know the answer to the question I had done my best not to think about: did I get the job?

I spent my spring semester abroad in Dingle, Ireland, last year, so I had applied to be an RSA months ago and gone through the process with a small group of people who were going abroad as well. The challenge was to stand out not only when I applied, but enough that they would remember me when over 100 more people applied for the position in February.

My friend, who had been an RSA herself since the fall and was very confused at the fact that I had just checked my glass phone across our living room, convinced me to finally read the email.

I got the job and would be working with freshmen, and I could not be more grateful for the experience. But I would be lying if I said this first year has been what I expected on the day I accepted the position.

You expect to feel like you're helping people right away, and you do a little during those first few days when residents are experiencing the culture shock of moving to college: But then the excitement dies down, and you don't truly begin to see the difference you're making until later – for me it wasn't until near the very end of my first semester at Sacred Heart. To be there for everything a resident will come to you and say you're a great RSA, and thank you for helping people get through another day. You should feel happy that living in a dorm when most of your friends live off-campus can feel isolating, but you will learn to rely on a staff made up of some of the best people you'll ever meet. There might be times where you min out on something to talk to a resident, but it helps them get through another day. You should know that people will probably call you a nark, but you get over that quick. Everything that makes this job difficult is what makes it rewarding. The students are so creative and everything else you learn as an RSA all transfer easily to jobs or internships. But this is more than just a job; the people you meet are what will really change your life.
''An act of kindness would be someone being there for you whether it's a kind text, a compliment to brighten your day, or even a friendly smile.''
-Megan Acquavella
Staff Reporter

“Being kind is one of the greatest gifts you can give, it is a power which all of us hold. You never know what people around you are going through, good and bad, no matter how small your act of kindness may be it is never wasted. Kindness builds character and positivity allowing the world around you to be a better place.”
-Jessica Pedone
Staff Reporter

“Hold the door open for someone.”
-Shannon Szeefinski
Features Editor

“Kindness to me is when people help people just to see them smile. It gives me faith in humanity that there are still people out there who selflessly give themselves to others.”
- Kristen Cignarella
Staff Reporter

“With kindness we can all make this world a better place. The ability to be kind is something we all have in common.”
-Jill Amari
Contributing Writer

“Something that makes me feel good is going out of my way for others, and seeing that it truly makes a difference to them. It’s always nice to do for others simply to be nice, but knowing that it helped them get through something makes it even more worth while!”
-Deanna Reinhardt
Staff Reporter

-Mental Health Awareness

BY ANAYA VANCE
News Editor

In a college environment, mental health is a conversation that is not stressed enough. The university works to promote good mental health and has resources for the entire Sacred Heart University community.

Peter DeSalvo, a freshman of the Jack Welch College of Business & Technology and a member of the Rugby team, had suddenly passed away on Feb. 1. The university expressed its condolences to the family and informed students that they had their support and would provide resources to get through this difficult time.

As the university mourns the sudden passing of DeSalvo, the topic of mental wellness came to the forefront of everyone’s concerns. Reinforcing that there are resources to help with mental wellness and the well-being of students, faculty and staff.

Students often forget that when they need help there are resources on campus that can help them in tough times. Fifteen percent of the total undergraduate population have made it a priority to seek counseling resources.

University counselor Priya Pandit said, “In the 2018-2019 academic year, our counseling center as well as counseling centers across the nation have seen an upward trend in the demand for services on campus.”

The counseling services provided at Sacred Heart are solely based on the relationship between that individual and the counselor.

Pandit said, “You and your counselor will work together to identify and change thought and behavior patterns. Counseling helps empower students to learn skills and develop strengths to approach obstacles as they arise.”

The counseling center provides services such as screenings, assessments, crisis services, group counseling, prevention programming and more.

According to sacredheart.edu, “We are a wellness resource for the entire Sacred Heart University community. The Counseling Center works with students to promote mental health. We also consult with faculty and staff on assisting students who need support, and provide resources for family and friends. Visits are confidential and easy to arrange.”

The counseling center is open Monday through Friday from 9 a.m. to 5 p.m. and appointments can be made with a counselor at 203-371-7955. 
Sacred Heart Orientation Leaders

BY SHANNON SZEFINSKI  
Features Editor

It is your first time staying over at Sacred Heart and you are fast asleep in an unknown dorm room. It is 6:30 a.m. and you jump awake to banging on doors and people chanting, “Sacred Heart wake up! Sacred Heart wake up!”

This is the traditional wake up that every student at orientation experiences while the orientation leaders yell down the hallways and bang on everyone’s door.

For incoming freshmen, the beginning of their transition to Sacred Heart can be unpredictable. Orientation leaders work to guide these students and their families to make the transition a smooth one.

To apply to be an orientation leader for this upcoming summer, you can pick up an application in the Student Life Office in Hawley Lounge by March 11. Once chosen, students will go through training which takes place the week before orientations begin.

“It was a great way to get to know my fellow orientation leaders and consisted of engaging activities that helped prepare us for this role,” said junior Alex Myers. “We participated in public speaking exercises, learned how to work in a team, and practiced being able to answer any potential questions from students or parents.”

Being a part of this program is more than simply planning and hosting freshman orientations. Orientation leaders play a role in immersing the new students into campus life during the First 50 Days event, which consists of an event taking place every day during the first 50 days of school.

“We do different kinds of activities that introduce students to the Student Events Team and Athletics, the Physical Therapy Club, Love Your Melon and Spectrum,” said junior Mae Archacki, Orientation Leader Co-Chair.

For many incoming freshmen, the orientation leaders are the first people they get to know at the university.

“I decided to become an orientation leader because they were my first introduction to Sacred Heart,” said sophomore Brian Ingegno. “Seeing the orientation leaders made me feel so welcomed to the school and it was something I wanted to do to make new students feel the same way I felt when I first came here.”

Sophomore Allie Miller will be applying to be an orientation leader for this same reason.

“I want to be a face that the incoming freshmen see and they know they can turn to for comfort and guidance,” said Miller.

While some students decided to become orientation leaders based on their own experience at freshman orientation, others applied as a way of getting more involved on campus.

ORIENTATION LEADERS ARE OFTEN SACRED HEART UNIVERSITY STUDENTS’ FIRST OFFICIAL WELCOME TO CAMPUS ONCE THE DECISION TO ATTEND SHU IS FINAL. TO APPLY TO BE AN ORIENTATION LEADER FOR THIS UPCOMING SUMMER, PICK UP AN APPLICATION IN THE STUDENT LIFE OFFICE IN HAWLEY LOUNGE BY MARCH 11.

“As a college student, it has helped me get involved, but that has also led into the real world by looking for opportunities and taking them,” said junior Justyna Jablonska, Orientation Leader Co-Chair. “That has honestly improved my life.”

For these students who are leaders on campus, the skills they learn can be translated into life after college.

“When challenges and opportunities come my way, I say yes to them and go through with them, so it’s definitely improved my leadership skills and interpersonal skills,” said Jablonska.

There is also a social aspect to being a part of this program.

“It allowed me to break out of my shell and meet so many new people that are now some of my closest friends,” said Murphy.

“There is also a social aspect to being a part of this program.

“ORIENTATION LEADERS ON MOVE-IN DAY.

FLIP TO THE FOLLOWING PAGE TO READ ABOUT OUR EDITOR IN CHIEF, BRYANA CIELO & MANAGING EDITOR, ERICA CONDON’S SENIOR PHOTOGRAPHY EXHIBIT

"As a college student, it has helped me get involved, but that has also led into the real world by looking for opportunities and taking them,” said junior Justyna Jablonska, Orientation Leader Co-Chair. “That has honestly improved my life.”

After being an orientation leader for a year, many students believe they learned more about themselves through the experiences they had.

“I’ve developed many leadership skills,” said sophomore Kayleigh Murphy, First Year Experience Assistant Coordinator. “I’ve learned more about time management and professionalism, but have also learned about the importance of compassion and empathy.”

For these students who are leaders on campus, the skills they learn can be translated into life after college.

“When challenges and opportunities come my way, I say yes to them and go through with them, so it’s definitely improved my leadership skills and interpersonal skills,” said Jablonska.

There is also a social aspect to being a part of this program.

“It allowed me to break out of my shell and meet so many new people that are now some of my closest friends,” said Murphy.

“You’re going to learn so much about yourself and find out about what you’re passionate about,” said Archacki.

“You’re really going to become part of a community with the other orientation leaders and find a group of people that will always have your back and can support you.”
"Does Social Media Make You Happy?"

By Deanna Reinhardt
Staff Reporter

If you have ever found yourself struggling with overuse of your phone or have even experienced a change in mood from something seen online, perhaps you would benefit from this discussion.

On Feb. 19, author and professor Donna Freitas spoke to the Sacred Heart community in the University Commons, which was packed to full capacity by students and administration. Her presentation was titled, "Does Social Media Make You Happy?"

Freitas’ motivation was the extreme dependency of society on the social media platforms of today.

In addressing this topic, Freitas concluded through her research that it might not always be the case that one’s life isn’t as ‘cool’ or as ‘fun’ as other people’s, but it is because of certain topics that we went over during our meetings that I apply the skills that they have learned in classes into real-life scenarios. By having the practice questions, we also like to do fun activities to learn about the constitution and its not essential for law school but it does cultivate a deeper interest in the study of law,” said senior Dafne Franco, the club’s president.

Another aspect of the Pre-Law Club is that they review and discuss famous cases and learn what went well and what didn’t during those cases. It gives the students the opportunity to see things that actually happened and figure out why certain decisions were made over others and they can use those real-life examples in their future work.

"We dedicate each meeting to one section of the LSAT exam. In between the days of practice questions, we also like to do fun activities to learn about the constitution and better understand the rights we have," said Prof. Gary Rose, the club’s advisor.

According to sacredheart.edu, "Participation in the club will provide students with the opportunity to learn more about the field and prepare them for their futures.

"If you have ever found yourself struggling with overuse of your phone or have even experienced a change in mood from something seen online, perhaps you would benefit from this discussion.

"The club consists of students who intend to go to law school and who appreciate debating and reviewing contemporary legal issues," said Prof. Gary Rose, the club’s advisor.

"Although it is not a requirement to be a pre-law student to join this club, the main focus of the club is preparing for the Law School Admissions Test (LSAT) and for future careers in law.

"We can relate to this because we spend so much time on social media and our phones. Many of us get very distracted from our work, which can be frustrating as college students. It is not always easy to free yourself from your phone, and you struggle to get your reading done, or your conversations keep getting interrupted with all of your friends or with your significant other," said Freitas.

"Additionally, we do other activities to learn what evidence would be admissible in court and learn what went well and what didn’t during those cases. It gives the students the opportunity to see things that actually happened and figure out why certain decisions were made over others and they can use those real-life examples in their future work.

They also have occasional guest speakers who are professionals in the law field and talk to them about different cases along with giving them advice.

During club meetings, members discuss different cases, different career paths within law, and study mock questions to prepare students to take the LSAT.

"I would tell someone who is on the fence about joining the Pre-Law Club that if they are not sure if being a lawyer is a career they want to pursue then they should definitely join. Being in the club could teach the student if it is for them or not," said Franco.

Freitas described the initial anxiety experienced by her students at the thought of having to unplug for such a prolonged period of time. However, at the culmination of the experiment, students didn’t seem to mind the detox and actually found the experience to be freeing and allowed them to build better real-life connections.

Freitas advised that taking a break from social media not only has the power to free your time, but also could lift your mood and increase the number of positive in-person interactions that you share daily.

The presentation ended with Freitas’ overall advice to the audience to understand that someone’s virtual life isn’t necessarily their real one, and to limit usage, which in turn will help to minimize the addiction and dependency that’s running rampant through society.

“I hope I made you think a little bit about your own relationship with your devices and social media,” said Freitas.
SACRED HEART UNIVERSITY STUDENTS HAD THE OPPORTUNITY TO TALK TO "CAPTAIN MARVEL" DIRECTORS ANNA BODEN AND RYAN FLECK VIA VIDEO CHAT.

What would you ask the directors behind one of the Marvel films if you had the chance? Sacred Heart students had the opportunity to do just that on Feb. 20. "Captain Marvel" directors Anna Boden and Ryan Fleck discussed their experience in the filmmaking industry and working for the Marvel Cinematic Universe, or MCU, during a video conference call in Sacred Heart's Martire theatre. Attendees included students from both graduate and undergraduate media programs, and a limited number of other members of the Sacred Heart community.

For senior Theatre Arts and Media Arts double major Andrew P eloquin, the event was an exciting opportunity. "I saw it as a way to really kind of gain insight into the real world, the real business, and see what they would give for advice," said P eloquin.

The event is presented by SHU's Film and Television Master's program, or FTMA. Adjunct Professor James Barnes met the director duo about 15 years ago at Sundance Film Festival, long before their Marvel fame. "I want to use all my contacts to let people know what it's like to be in the industry," said Barnes.

B eden reached out to Boden and Fleck almost a year ago now. He said they had originally attempted to find a date for this session during the fall 2019 semester, but it was pushed to the spring due to the directors' busy schedules. Barnes led the first half of the event, interviewing the directors on their experience as young filmmakers, their work on films and television, and "making it big.

Boden and Fleck have worked together for 15 years now, with their roots in independent film. They completed their first film, "Half Nelson," before they even had an agent. They have collaborated on several films since then, including "It's Kind of a Funny Story" and "Mississippi Grind."

"We started our first two movies with stories we wanted to tell. We had something we wanted to say," said Fleck, on their inspiration in the early days. During the session, the pair explained "Captain Marvel" was unlike any work they had done in the past. For the indie director duo, it was a moment they did not expect.

"I never thought I would make superhero movies," said Boden. "But I always loved Marvel movies. "Captain Marvel" is one of 23 MCU films, with another set to be released in May this year. It required an extensive amount of equipment and people—something Boden and Fleck did not always have ready access to in the independent field.

"It was probably the hardest movie we've had to make because there's just so many people involved," said Fleck, on the making of their latest film. "As fun as it was, at the end of the day, it was also the toughest."

"Captain Marvel" has over $1 billion total worldwide gross, making it not only one of Boden and Fleck's most successful works, but also among the top 10 highest grossing Marvel movies.

The Great American Trailer Park Musical

THE GREAT AMERICAN TRAILER PARK MUSICAL was different from other shows done at the university in terms of style, costumes, choreography and director.

"Well this is nothing like I have ever done before. I have been involved in many shows throughout my four years here and I have never done anything like this before," said senior Justin Weigel.

This is Jonathan Stahl's second time directing at Sacred Heart University since the performing arts production of the "The Fantasticks" in 2015. Stahl has worked as a director since 2009 and has worked alongside Sacred Heart's musical director Leo Carusone in the past as well.

"I have worked with Leo before and I have much love for him, and the students at Sacred Heart are hardworking and willing to go the extra mile," said Stahl.

"I wasn't sure walking in because I have only worked with Leo Carusone and Gerald Goebbing, but it is refreshing to work with someone new," said senior Tori Vacca.

The production also had conflicts before opening night due to sickness. The production was originally planned to open on Feb. 13. It was then pushed back to Feb. 20 due to four cast and crew members coming down with the flu and other serious illnesses. This affected ticket sales for the four shows that were cancelled and resulted in an additional matinee performance being added to the Sunday performance on Feb. 23. The effect of the cancellations gave more time to rehearse and prepare for the next weekend with five sold-out shows.
Justin Bieber Drops New Album: “Changes”

BY KALI D’AGOSTINIS
Contributing Writer


The album is comprised of sixteen tracks and one remix with American singer-songwriter Summer Walker. His two latest singles, “Intentions” (featuring Quavo) and “Yummy,” also appear on the tracklist.

Prior to the release of the album, fans had the opportunity to preview many of the songs from episodes of his self-produced docu-series, “Justin Bieber: Seasons” on YouTube. Bieber also labeled “Changes” as an R&B piece rather than his usual pop sound.

“Changes” is Bieber’s first album in five years, following his 2015 album, “Purpose.” Bieber also labeled “Changes” as an R&B piece rather than his usual pop sound. The album features several collaborations with artists like Post Malone, Kehlani, Clever and Travis Scott.

The week following the release of “Changes,” Justin Bieber guest-hosted on “The Late Late Show with James Corden,” which involves the process of “Changes” along with the struggles that occurred along the way such as Bieber’s struggle with Lyme disease, depression and drug-addiction. It also touches on the lighter side of his life, including a more intimate look into the relationship between him and his wife, Hailey Baldwin.

“Changes” reflects on the journey through his recent marriage to Baldwin and being in the honeymoon phase without complications, along with the stability he has found through his relationship. During his last tour, he cancelled the remaining shows to deal with his mental health. He was not seen on stage again for five years.

Recently, Bieber announced he’ll be hitting the road for his “Changes” tour, which begins in Seattle on May 14.

The song “Changes” includes lyrics such as “I’m going through changes / Doesn’t mean that I changed.” This preaches the surrounding idea that the 25-year-old has battled a lot, but it isn’t changing who he is as an individual, and it seems to be the motto throughout the project.

Since the release of “Changes,” it has officially been declared his seventh number one album. This includes the two additional albums, “Journals” and “Believe Acoustic,” which are not labeled as studio albums.

The week following the release of “Changes,” Justin Bieber guest-hosted on “The Late Late Show with James Corden,” which involved segments like “Carpool Karaoke” and “Spill Your Guts or Fill Your Guts.”

“Justin’s new album shows a new side of him and I’m so excited that he’s back,” said junior Emily Zizzadore.
Anosike Recored Breaking Cimino Chosen For Junior E.J. Anosike scored his 1,000th career point on Feb. 15 against Long Island University (LIU). In the game, Anosike also grabbed 22 rebounds, setting a SHU Division I program record.

Anosike has increased his point, rebound, assist and steal averages in each of his three seasons at SHU. He credited this continuous improvement to his mentality.

"I just keep working and trying to get better every day," said Anosike. "I try to be the best version of myself every day. I just try to be better than I was yesterday." Head coach Anthony Latina credits Anosike's elite work ethic as a reason for his successes.

"When you work like he does, you don't ever want to put a limit on how good you can be," said Latina. Since Anosike became team captain, Latina believes his work ethic has extended to the rest of the team. He is thankful that Anosike is there to help create a team culture of hard work and commitment.

"There are plenty of teams where your best player isn't your hardest worker, but it always works much better when your best player is your hardest worker," said Latina.

Anosike's career game did not go unnoticed by the team.

"Most people take great joy in seeing his success because they know it's not given, it's earned," said Latina. "I would say everyone was very happy for him and proud of him. As a coach, I'm proud of him because that came with a lot of time, effort, commitment, and sacrifice."

Anosike's sacrifice has been a major source of his success. He has increased his cardio, changed his diet, and adjusted his sleep schedule in order to maximize his potential.

"It's things of that nature, that most college kids aren't willing to sacrifice. He does it without hesitation," said Latina. When he learned he had reached 1,000 career points, Anosike was surprised. He did not expect to reach this feat so quickly.

As for his rebounding in the LIU game, Anosike was not focused on individual accomplishments.

"I just felt like every possession was a game of its own," said Anosike. "As long as you're scoring and winning the game, that's all that really matters." He was not aware of the record-breaking performance. He simply wanted to win the game.

"It was a big game for us, a must-win," said Anosike. "It was whatever it took to win." Anosike is currently averaging 11.3 rebounds per game. ESPN reported that this average places him eighth in the NCAA, and first among guards.

"He deserves all the success that he's gotten," said Latina. "Hopefully the best is yet to come, for him and for the team."

The men's basketball team wraps up their regular season play this week with home games against St. Francis (NY), on Feb. 27, and LIU, on Feb. 29.

Cimino Chosen For Connecticut Select Sacred Heart Rugby flanker Anthony Cimino (sophomore) was just recently selected to compete for the brand-new Connecticut Selects program this upcoming spring.

According to the Sacred Heart Club Sports website, the purpose of the Connecticut Selects is to promote Connecticut Rugby and its talent pool by playing other select teams in front of Major League Rugby scouts and organizations.

This will give Cimino the opportunity to play in front of Major League Rugby scouts and compete with other Mid-Atlantic talent.

The Connecticut Selects is a recruiting team that is part of a brand-new development league established by Old Glory DC, the Major League Rugby team that represents our nation's capital. This league is a way of allowing for a more direct and fair way for collegiate and semi-professional rugby athletes to be recruited by Major League clubs.

Cimino is just one of three collegiate athletes to be selected to the Selects for the spring season, where the majority of his teammates and competitors will be older and more experienced than him.

Anthony is not threatened by playing the role of the young rookie.

"I feel like I can gain a lot of knowledge and a lot of experience with new guys. A lot of the guys are between 27 and their 30s,...it is going to bring a new aspect to the game," said Cimino.

One of the most influential people in Cimino's rugby career has been his head coach David Lyme. Lyme played a big role in introducing Anthony to rugby, and the idea of trying out for the Selects this year.

"He was a huge part in getting me to Sacred Heart," said Cimino. "He's keeping trying to grow this program and we're all very grateful for all of the work." Lyme views Cimino as a key part of the team since his arrival on the team.

"A great asset to the team, more so than anything, and his off the field abilities outweigh his on-field attributes," said Lyme. "He is a great guy, terrific leader, he's respectful, and he leads from the front." Anthony will have to balance his workload this spring as he will be both a full-time Division 1 Sacred Heart X-Men and a Connecticut Select.

"It's going to be a little tough, the X-Men have practice every morning of the week, and the Selects have practice on the weekends, as well as games in DC, Massachusetts and New York," said Cimino. "It'll be difficult, but I'm not too worried with all of the support. I have from the X-men, they've got my back." Cimino will not be alone in representing Sacred Heart on a larger scale, as an alumnus Jonathan Gryzescyk will also be playing alongside him. According to the Sacred Heart Club Sports website, Gryzescyk is also a member of the Fairfield Yankees Rugby club in Connecticut.

According to the Sacred Heart Club Sports website, the Connecticut Selects will have four matches this spring against other select teams throughout the Eastern side of North America. The Connecticut Selects first match will be against the Old Glory DC Selects on March 8th in Washington, D.C.
Swimming and Diving Competes in NEC Championships

BY BRYANA CIELO
Editor in Chief

The Sacred Heart women's swimming and diving team competed in the Northeast Conference (NEC) Championships from Feb. 19-22 in Long Island, NY. The NEC Championships were the culmination of a 13-meet regular season, facing in and out-of-conference opponents between the months of October and February.

One of the most storied careers in the history of the program. I'm proud to be part of the student athlete's journey."

Overall, Sacred Heart's team placed sixth out of nine teams, with Bryant University taking first place for the third year in a row. The Pioneers scored a total of 277 points throughout the weekend.

Lewis Sets Program Points Record

BY PAT KELLEHER
Staff Reporter

On Feb. 15, the women's hockey team capped off the regular season with their 13th consecutive victory in a 4-1 win over St. Michael's. In the victory, one person stole the show. Senior captain Jayne Lewis buried one of the four Pioneer goals and in doing so, set the school record with 140 career points.

In the 200-yard backstroke, freshman Casey Barrett took eighth place with a time of 2:06.94. She also placed 14th in the 100-yard backstroke, swimming it in 58.97.

The first diving portion took place on Thursday, with 1-meter diving. Sophomore Molly Martin earned fifth place. Also, Meghan McLaughlin placed seventh and Martin made her way onto the podium in 3 meter diving, earning third place in the diving portion on Saturday night. McLaughlin also made the top eight, earning seventh place.

When reflecting, head coach John Spadafina was happy with the outcome of the season. "The energy of the team was great. I was proud of how we performed, and our training paid off this year," said Spadafina.

With the end of the season, the team loses six graduating seniors: Victoria Catizione, Bryana Cielo, Shanna Haddow, Sarah Hensal, Nicole Rudis and Lauren Somers. Throughout their four years, they have contributed on and off the pool deck.

"I love how much the team cheers each other on, and as a graduating senior, I'm going to miss my second family," said senior freestyler Lauren Somers.

Spadafina said that the senior class has brought a lot to the team, and that they will be missed.

"It's had its ups and downs, it's definitely brought me some of my best friends and best memories. It has definitely taught me so many things I'll be able to bring into my career."

"I wouldn't change it for the world," said Somers.

Petrucelli sees a lot of potential for the Pioneers going into the 2020-21 season. "I see a lot of positive growth and opportunity for the student athletes associated with the swim and dive program. The ability to balance the rigors of academics and being a Division I competitive student athlete is an awesome responsibility and something students don't take lightly," said Petrucelli.

"It's been a great year," said O'Malley. "We have the team, we have the work ethic. No one would change it for the world."
A Month in Review with Bobby V: January

BY BOBBY VALENTINE
EXECUTIVE DIRECTOR OF ATHLETICS

The crack of the bat and thwack of a fastball landing in a catcher's mitt always means that spring is near. And that is something that I look forward to every year - even when we have a winter as mild as the one that we have been experiencing this year.

Spring is a time of growth. In past months I have written about the growth of our campus, but the growth of our students, as people, is the key to our mission here at Sacred Heart University. This comes to mind, because on Saturday we witnessed a wonderful example of this growth. In early February, our men's lacrosse team, through Team Impact, signed five-year old Colton to the team. Colton, who is battling leukemia, always has a smile on his face and brings his infectious energy to practice and games.

On Saturday, our men's lacrosse team and Chi Omega partnered with Make-A-Wish Connecticut to make Colton's dreams come true. He wished for a trip to somewhere warm, where he could see dolphins swim and become a pirate. Make-A-Wish, a tremendous organization, made those wishes come true and Colton and his family will soon be winging off to Florida. The friendships and memories that they are being created for Colton, his family and friends, and our students, will be the foundation of great things to come in the future.

Colton is just one example of the culture of giving that Dr. Petillo has fostered on the campus. It is a testament to the type of student that SHU beckons too, and the faculty and staff that nurture the passion of doing for others amongst our wonderful community.

Congratulations Cameron Croce on earning Most Outstanding (throws) at the NEC Indoor Championships. He dominated the weight throw, winning gold by nearly 1.5 meters, for his second career NEC individual crown.

Warming weather also means tournament time. I extend my congratulations to our women's hockey team on winning the NEWHA Regular Season Championship. While their season didn't end on the note they wanted, but that will not take away from a wonderful campaign.

Our bowling team, now ranked 13th in the country, won the NEC regular season championship with a 3-0 record in the final day of NEC competition on Sunday. They are now the top-seed as they look to defend its 2019 NEC crown, in late March. Our equestrian team has been the high-point squad in its last four regional competitions and stands atop the team standings with two events remaining.

The men's hockey team earned a first-round Atlantic Hockey bye and will host an Atlantic Hockey quarterfinal series March 12-15 at Webster Bank Arena. They are in the midst of one of the great seasons in program history and will need your support to continue that run.

Also, in the midst of one of the great seasons in program history, is our men's basketball team. They have two home games before you head out for spring break and are also on pace to host postseason play at the Pitt Center. Our women's basketball team is also battling, through many injuries, for a postseason berth. Both squads will host senior day on Feb. 29 at the Pitt Center.

I also want to thank the staff and students that have been part of producing our games to air on SNY. We have put football and basketball games onto the network, home the Mets, Jets, and all things New York sports. This is a testament to the hard work and dedication of our academic programs - enabling us to showcase our athletic programs on a network that can be found in 11 million homes. I take great pride each and every time I receive a text, phone call or comment from friends that they have seen our teams in action, and I look forward to growing this partnership in years to come.

Finally, I know that many of you have turned your focus to spring break. I wish you all safe travels and enjoyment wherever break may take you.

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