

A Conversation with Provost Robin Cautin

BY BRENDAN WILLIAMS & CHANTAL EL CHAIB
News Editor & Staff Writer

On Feb. 24, The Spectrum and Student Government (SG) hosted a conversation with Provost Robin Cautin in the Martire Forum. For students, it was an opportunity to ask questions, and for Cautin, it was an opportunity to hear directly from the student body.

The first question asked was one Cautin even admitted to not knowing herself when she was an undergrad. What is a Provost?

"Provost literally means chief academic officer. I work very closely with the president and I oversee all things related to academics," said Cautin. "Technically, I am a vice president of the Sacred Heart cooperation in legal terms. It is a huge responsibility and I really enjoy it."

Since being announced provost at the end of October 2021, Cautin has been busy focusing on taking on new tasks and challenges. One of those tasks is leading the strategic planning process for the university from 2023 to 2028.

"I think Sacred Heart has a great story, and now we are at a critical juncture nearing our 60th anniversary," said Cautin. "The challenges are many however, I do believe Sacred Heart is poised to take them on."

In addition to leading the strategic planning process, Cautin will also focus on expanding the center for teaching and learning, which will now be available for both faculty and

students.

In the expanded center, she said students will be able to advance and excel with tutoring. Meanwhile, faculty will have the opportunity to learn new teaching strategies and how to use different digital tools in the classroom.

"We hope in the coming years to develop a more robust professional development around teaching for faculty, but also continue to develop programs to enhance students and maximize their success in the classroom," she said.

Another student asked, "What should a student do if they are struggling in a class?"

"If you're struggling, the one thing to not do is nothing. Too often students hunker down, not seeking advice or guidance making them fall further behind," said Cautin. "First, go to office hours, meet with your instructor, don't be afraid to say, 'I'm struggling', be specific and be proactive."

"So many faculty I've spoken to really appreciate it when a student can initiate that process and not wait. There is so much respect in realizing that you need help," she said.

Cautin then posed a question for the students, "Each college has an associate dean for student success. How many of you know who that person is in your college?" she said.

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Sorting fact, disinformation after Russian Attack on Ukraine

BY ASSOCIATED PRESS

KYIV, Ukraine (AP) — Associated Press journalists around Ukraine and beyond are documenting military activity during Russia's invasion. With disinformation rife and social media amplifying military claims and counterclaims, determining exactly what is happening is difficult. Here's a look at what could be confirmed Sunday.

WHAT ARE THE LATEST DEVELOPMENTS?

Huge explosions lit up the sky early Sunday south of the capital, Kyiv, where people hunkered down in homes, underground garages and subway stations in anticipation of a full-scale assault by Russian forces.

Flames billowed into the air before dawn from an oil depot near an air base in Vasylkiv where there has been intense fighting, according to the town's mayor. President Volodymyr Zelenskyy's office said another explosion came from the civilian Zhuliany airport.

Videos posted on Ukrainian media and social networks showed Russian vehicles moving across Kharkiv and Russian troops roaming the city in small groups. One showed Ukrainian troops firing at the Russians and damaged Russian light utility vehicles abandoned nearby.

Russia claims its assault on Ukraine is aimed only at military targets, but bridges, schools and residential neighborhoods have been hit.

ANNOUNCED BY RUSSIAN AUTHORITIES:

— President Vladimir Putin ordered Russian nuclear forces put on high alert in response to what he called "aggressive statements" by leading NATO powers. The directive to put Russia's nuclear weapons in an increased state of readiness for launch raised fears that the crisis could boil over into nuclear warfare, whether by design or mistake.

Continued on Page 2...

The Martire Turkey

BY MEGAN HARKINS
Staff Writer

It's not Thanksgiving, but at Sacred Heart University, turkey is on the mind of many students.

If you have been driving down Park Avenue or walking to the Martire Center for the Liberal Arts, you have most likely seen the infamous wild turkey.

The turkey has become the talk of Sacred Heart as many find it to be an inconvenience. The "Mar-Turkey", as many students refer to it, can be seen hanging around the house on the corner of Park Avenue and Old Town Road.

"I live right by where he hangs out, so he is often just in my back or front yard. He is a bit of an inconvenience because he likes to chill on top of our cars and he's just in our way a lot," said senior Cam Ward. "I haven't had too many issues with him, but he does often hold up traffic on Old Town Road when he is in the street which makes it difficult to pull out of my driveway or cross the street."

Although the turkey has been a problem for several students, many find it to be humorous. An Instagram page has been created that



The infamous Martire Turkey standing in the middle of Park Ave.

Contributed by Sean Morin

includes videos and pictures that students send in, detailing their "Mar-Turkey" sightings.

"The turkey has become the new mascot for Martire," said sophomore Brigid Pearl.

Many are curious to know if the university is aware of the turkey and want to know why the animal stays in one area each day.

Executive Director of Public Safety and Government Affairs Gary MacNamara says he has been in contact with Fairfield Animal Control.

"They have indicated that the turkey remains in the area because there must be a food source," said MacNamara. "We are also discussing options with the State of Connecticut Department of Energy and Environmental Protection to see if there are options to relocate the animal. Our concern is that the turkey is impeding traffic and may get struck."

Although Public Safety wants to relocate the wild animal, many students do not want to see him go.

"I understand why the school would want to relocate the turkey, but I don't think they should because he keeps my walks to Martire interesting and I am always wondering if I am going to see him or not," said sophomore Jessica Waldron.

As Sacred Heart continues to speak with Animal Control on what to do about the turkey and how to deal with the inconveniences, they offer some advice on how to stay safe around the turkey.

"Give the turkey space, and do not chase it while the Connecticut Department of Energy and Environmental Protection considers options," said MacNamara.



The Turkey has also been spotted sitting on top of cars.

Contributed by Sean Morin

News

Sorting fact, disinformation after Russian Attack on Ukraine

BY ASSOCIATED PRESS



A Ukrainian soldier inspects a damaged military vehicle after fighting in Kharkiv, Ukraine, Sunday, Feb. 27, 2022. AP NEWS

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—The Russian military said it blocked strategic cities along Ukraine's coast as it pushed its offensive in the south. They said Russian troops fully blocked the city of Kherson on the Black Sea and the port of Berdyansk on the Azov Sea and that Russian forces also took control of an air base near Kherson and the city of Henichesk on the Azov Sea.

ANNOUNCED BY UKRAINIAN AUTHORITIES:

—Ukraine says about 3,500 Russian troops have been killed during the invasion of Ukraine. Ukraine's U.N. ambassador, Sergiy Kyslytsya, tweeted Saturday that Ukraine appealed to the International Committee of the Red Cross (ICRC) "to facilitate repatriation of thousands of bodies of Russian soldiers." An accompanying chart claimed 3,500 Russian troops have been killed.

—Russian forces blew up a gas pipeline in Kharkiv, the country's second-largest city. Ukrainian authorities warned the explosion could cause an environmental catastrophe and advised residents to cover their windows with damp cloth or gauze and to drink plenty of fluids.

—Ukraine's top prosecutor, Iryna Venediktova, said Russian forces were unable to take Kharkiv, where a fierce battle was underway. The city of 1.5 million is located 40 kilometers (25 miles) from the Russian border.

—Ukrainian President Volodymyr Zelenskyy's office said Ukrainian and Russian officials sides would meet for talks at an unspecified location on the Belarusian border.

ANNOUNCED BY OFFICIALS ELSEWHERE:

—Laetitia Courtois, ICRC's permanent observer to the U.N., told The Associated Press that it could not confirm the Ukrainian claim that 3,500 Russian troops were killed because the situation in Ukraine was "a limitation for our teams on the ground."

—The United Nations' refugee agency said about 368,000 Ukrainians have arrived in Poland, Moldova and other neighboring countries since the invasion started Thursday.

Follow AP's coverage of the Ukraine crisis at <https://apnews.com/hub/russia-ukraine>

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BY BRENDAN WILLIAMS & CHANTAL EL CHAIB
News Editor & Staff Writer

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When not one hand was raised, Cautin realized there was a problem.

"There are a lot of people whose job it is to support you in your learning, an associate dean is your point person for student success. There is so much support for your success, but you have to know what's available," said Cautin. "We can do a better job of communicating with you who those resources are and how to get in touch with them."

"I feel like I've really been in situations and classes where I wasn't getting as much I could out of it," said senior Kaylee Bowman, SG Vice President for the Council of Clubs & Organizations. "Knowing administrative people like that is just helpful to better your education and better the school in general."

In addition, Cautin is also launching new efforts focusing on mental health.

"Faculty have expressed to me in various ways, over the past few months what can we do when we see a student is struggling emotionally," said Cautin.

Dr. James Geisler, Director of Counseling, will present initiatives and discuss mental health to all faculty on campus.

"We are basically helping and supporting the faculty in understanding these issues," said Cautin. "We are equipping them with the skills and confidence to support students."

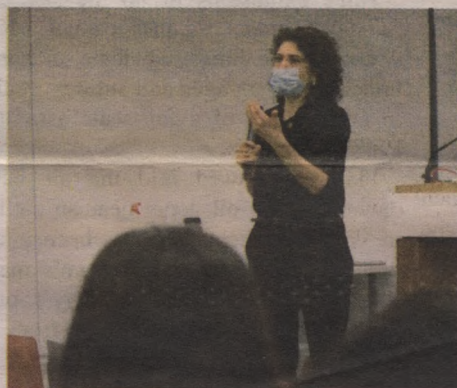
Cautin also emphasized that faculty, student bodies and school boards will continue to be engaged with diversity.

An initiative that Cautin established recently was the Diversity, Equity, Inclusion and Belonging advisory council (DEIB). The council consists of individuals from every division in the university, including faculty, staff and students.

Cautin said the school has hired an outside consulting group to help assess where Sacred Heart is with respect to diversity and inclusion, where the school wants to go and how they will get there.

"All these baselines are being established. There will be surveys going out to the entire community, including alumni and trustees, so stay tuned," she said.

Cautin hopes for more conversations like this in the future, along with even some



Contributed by Geraldo Torres

Provost Robin Cautin during the event

informal discussions to get to know the students.

Some students left the event feeling excited to have learned about the resources available, and even more optimistic knowing they have someone looking out for them.

"I love how just really cool, relatable and friendly the provost was. I don't think I would have ever reached out to her or thought about it beforehand," said Bowman. "She was really nice, so it was really special to learn about all the extra resources we have on campus because of her."

For others, the new initiatives are what they took away from the event.

"This event made me learn more about Provost Cautin's background and more of what her future vision for the university is, and how we are establishing more of the diversity, equity and inclusion on campus," said senior Benjamin Bello.

For one student, the event not only left them optimistic for the university's future under Cautin's leadership, but also left them thinking about a new possible career path.

"Prior to today, I did not know what a provost was, but now seeing what it is has opened my mind up to a potential career path that I never honestly thought of," said senior Samantha DeLiguori, SG Vice President for Finance.

"At the end of the day, my job is about students learning," said Cautin. "Are we delivering on our promise and are we providing you with varied and engaging impactful learning experiences, both inside and outside the classroom?"

The Cost of Housing

BY AIDAN DALY
Staff Writer

Where are you living next semester?

"I am extremely excited to get to live off-campus this upcoming semester," said sophomore John Sgro. "I enjoy a lot of things about living on-campus, but living off-campus gives a student a much better sense of freedom."

With the end of another school year approaching soon, many upperclassmen at Sacred Heart are looking for housing options either on-campus or off-campus.

"Every year we have about 20% of our upperclassmen living in SHU housing," said Greg Madrid, Director of Residential Life at Sacred Heart. "There's different reasons people would choose to live either on or off-campus."

According to the Sacred Heart website, freshmen and sophomores are required to live on-campus unless they live within 35 miles of the school. Additionally, students who wish to live here must place a \$500 deposit by March 11, which can be made either online, in-person or via mail.

However, there are still many students who would prefer to live off-campus despite some challenges to find housing.

"I waited too long to find a house off-campus and now it's becoming a real challenge," said sophomore Fritz Swingle. "At this point, there's not too many homes with enough rooms that fit my budget and are close enough to campus. I urge any rising sophomores to start looking for houses early in the year."

Housing has become somewhat costly and not only in local areas, such as Bridgeport and Fairfield, but all across the U.S. rent costs are rising.

According to the Associated Press, "Rental costs rose 0.5% in January from December, the Labor Department said last week. That may seem small, but it was the biggest increase in 20 years, and will likely accelerate."

Additionally, there are other challenges associated with living off-campus according to Madrid.

"What a lot of people don't realize when deciding their housing plans is that the price you pay to live in Sacred Heart housing will always be the same, whereas the price of renting a house can change," said Madrid. "Things like electricity and heating are important things to consider since in a house, you can forget to turn the lights off and be charged for it, whereas on-campus, you don't have to worry about those things."

"Not dealing with Public Safety staff also makes a difference since, if you do make an unhealthy choice, there is a chance of a higher consequence," said Madrid.

Despite this, students, like graduate student Matt Hefferman, have experienced both the positives and negatives of living on and off-campus and prefers the latter.

"I've experienced living both on-campus and off-campus at Sacred Heart and I've found that there are benefits to both options, but I personally think having your own house can be a much more fun choice," said Hefferman. "Living off-campus not only gives you more freedom, but helps a person develop the required life skills that are necessary for growing up."



For Sale sign in front of house

AP NEWS

Perspectives

Kanye's Social Media Rant: Ye or Neh

BY ASHLIN HALEY AND SAMANTHA INGRAM
Perspectives Editor & Staff Writer

Rapper Kanye West has been spamming social media with details of his personal life. According to Unwritten, his social media rant started on Feb. 4, when he began to post against his ex-wife Kim Kardashian and her decisions involving their children. Simultaneously, Kanye pleaded to get their family back together. As stated by Okayplayer, Kanye later continued to post against anyone associated with Kim's new boyfriend, Pete Davidson. He posted text screenshots between the two, pictures with Davidson's face crossed out and rants insinuating that Davidson will never have a relationship with him and Kim's children.

Since then, Kanye has addressed his concerns on social media and deleted posts from his rant. According to the Wrap, Kanye states, "I've learned that using all caps makes people feel like I'm screaming at them. I'm working on my communication. I can benefit from a team of creative professionals, organizers, mobilizers and community leaders."

Some students said they have followed the news about him on social media.

"I did read them and heard talk about them. On the surface, his rants seemed funny just because of how ridiculous they were and how I couldn't believe he was actually posting these things," said sophomore Isabella Fabbo.

Kanye's posts concerned some students.

"I think he decided to take his issues online because he is in the public eye and knew that it would get a lot of attention," said junior Kelsey Neary. "I don't think this is a good way to communicate because it is bringing in so many other people that do not need to be involved. Personally, I think the issue between him and his ex-wife should be kept private."



Instagram, @kaynewest
Kim Kardashian and Kanye West posing together at an event.

Kanye also involved other famous artists in his posts. As reported by the Wrap, Kanye removed artist Kid Cudi from his album Donda for being associated with Davidson, "Just so everyone knows Cudi will not be on Donda because he's friends with you know who."

Some students believe he made the posts without receiving advice.

"I feel like his PR Team didn't know any of this. Kanye's been doing these types of things for a while," said junior Isabel Magrina.

According to Unwritten, many individuals suspected that Kanye's social media rant was rooted in his bipolar disorder, as Kim Kardashian has revealed his struggle with it in the past. Kanye himself has stated that he experiences manic episodes and since this has been a reason for past internet outbreaks, it is stated that fans wondered if he was relapsing again with his mental health.

His posts caught the attention of many, with some students agreeing that these instances are interesting to follow.

"We never see a lot of celebrity drama publicly like that. And I honestly just think it was entertaining for most people," said Fabbo.

According to Capitalfm, Kim Kardashian wishes "to keep their private matters out of the spotlight, so it's no wonder she hasn't directly

publicly addressed her ex-husband's latest rant, but she did cryptically respond to his outburst through a simple social media caption."

Some students acknowledge how Kanye's rant has made others feel.

"As a public figure, his loved ones and PR team have a responsibility to keep him off social media. I can't imagine how Kim feels right now. I know Kanye struggles with bipolar disorder, so I really hope he can get the help that he needs," said junior Anatasia Colagreco.



Instagram, @kimkardashian
Kim Kardashian's and Kanye West's children from left to right North, Chicago, Psalm, and Saint.

Spring Break is Back

BY FIONA YOUNGS
Staff Writer



Instagram, @_outer_banks_traveler
Outer Banks, South Carolina is a great place to travel to for Spring Break.

What are your plans for spring break this year? After not having a break last year, plenty of students decided to make plans for this break whether it be a trip or spend quality time with friends and family.

"I am planning on a small vacation with some friends for a couple days during the week of break," said sophomore Irene Katehis.

School is not the only thing some are looking forward to taking a break from.

Sophomore Julia Fischer said, "I'm hoping to go on vacation with my friends to not only get away from schoolwork, but the cold weather also."

Others do not have plans to travel, but plan to spend time at home and enjoy time off.

"During my break, I will spend time with my family," said freshman Antonia Zandel.

Whether traveling or just staying local, many students are happy to be able to relax and recharge.

"Covid or no covid, taking time away helps my mind take a break and enjoy life in the moment without stressors," said sophomore Alyssa Merk.

According to an article in the Washington Square News, "Time away from work or school has real benefits for a person's mental health."

Some students are looking forward to letting their minds kick back and relax during break.

"I am excited to give my brain some time off from school to allow it to recharge and be ready to tackle the second half of the semester. It is a much needed mental break," said junior Julianna Tyznar.

Some students are looking forward to the leisure that comes with being on break.

"I just want to relax and be able to do things with my friends and family without worrying about having any kind of assignments due," Fischer said.

Some students feel that one week off is a sufficient time to recharge.

"Although the one-week breaks do go by insanely fast, I do think it makes a difference," said Fischer. "I think it's a good thing to be able to look forward to having a break and be able to plan to go away or spend time with your family."

On the other hand, some feel that a week break is not long enough.

"I think that we should have a longer break than just one week. I feel like one week isn't long enough especially for college students to recharge and fully relax," said Zandel.

While many students find a week to either go by too quickly or just not be enough time off in general, most are appreciative to have any time off at all, especially this time of the year.

"Yes, one week, even one day I feel is necessary for college students. Especially when it comes to the demands of your major, sometimes a break is all we need to regroup, refocus and reset," said Katehis. "I think this is a good time to have a break as well because it allows students to have a break before midterm exams."

Spring break this year is giving some a sense of normalcy, as last year there was no spring break due to COVID-19.

"This semester does feel different in a lot of ways, especially for spring break. This feels like the first time in a while where things are more normal and it's acceptable to travel and do things over the break," said Fischer.



Samantha Ingram, Staff Photographer
Junior Francesca Compagno planning her spring break getaway.

Features

National Eating Disorder Awareness Week

BY JILLIAN REIS
Staff Writer

Feb. 21 to Feb. 27 was National Eating Disorder Awareness (NEDA) Week and to spread awareness, Sacred Heart University hosted two events that talked about the different aspects of eating disorder awareness and how they can affect college-aged students.

The first event was coordinated by Sacred Heart counselors Kathleen Early and Michelle Pagnotta and took place on Monday, Feb. 21. The event featured eating disorder coach and NEDA representative, Orianna Laflamme.

"I started building a relationship with Orianna last year," said Early. "We were really trying to find ways to support more students and be able to have more conversations surrounding eating disorders."

During the presentation, Laflamme talked about her time working with the National Eating Disorder Awareness organization and her own experience with suffering from an eating disorder.

"After the birth of my second son I decided to go on a diet and I never chose to have an eating disorder, but an eating disorder chose to have me," said Laflamme. "What we do know is that eating disorders are non-selective and my diet crossed the line."

According to a study conducted by NEDA, "Those who dieted moderately were 5x more likely to develop

an eating disorder, and those who practiced extreme restriction were 18x more likely to develop an eating disorder than those who did not diet."

The second event of the week was moderated by the director of the human clinical nutrition program, Prof. Patricia Grace-Farfaglia, and featured a panel of experts who talked about the different kinds of eating disorders and how they affect college students.

Prof. Lisa Smith, a psychology professor at Sacred Heart, was the first of these panelists and gave a general overview of some of the most commonly diagnosed disorders as well as the different types of treatment. According to Smith, the three most commonly diagnosed eating disorders are anorexia nervosa, bulimia nervosa and binge eating.

The second panelist was Brianne Brathwaite, a dietitian nutritionist therapist. She talked about the good versus bad mentality in terms of eating and how people with eating disorders are impacted by this mentality.

"Feeling guilty for eating when you're hungry is like feeling guilty for breathing when your lungs need oxygen," said Brathwaite. "We literally have been taught to be ashamed of our basic human needs."

The final panelist of the event was Prof. Alicia Stannard, the assistant professor of exercise physiology. Prof.

Stannard focused her time on talking about the athletic perspective of eating disorders and the obstacles of athletes being able to recognize and treat their eating disorders.

The biggest takeaway of the week was that there are resources available for people who are suffering from an eating disorder, whether it be themselves or someone they know.

"Our counseling services are always available to the students," said Prof. Stannard. "Students who are on campus can utilize the resources we have here."

Apart from the counseling center at Sacred Heart, there is also the NEDA helpline that students can call to talk to someone about eating disorders.

If you missed any of the events during National Eating Disorder Awareness Week, there are still things students can do to spread awareness, such as participating in a NEDA organization walk or starting a NEDA chapter at Sacred Heart. Students are also welcome to volunteer for answering the NEDA helpline to help people who are seeking help for their eating disorders.

For more information on eating disorders, contact Sacred Heart's Counseling Center or go to the NEDA website at www.nationaleatingdisorders.org or call or text their helpline at (800) 931-2237.

Graduate Students Intern at NBC Covering Olympics

BY SAMANTHA MARANO
Staff Writer

Three Sacred Heart University graduate students in the communications program have spent the past three weeks interning for NBC Sports working to cover the 2022 Beijing Olympics.

These students worked out of the network's headquarters in Stamford, CT.

Shannon Szeffinski is now in the graduate program at SHU and getting her master's in Sports Communications and Media Program on the sports broadcasting track. Szeffinski interned for NBC, working as a digital production assistant for the 2022 Winter Olympics in Beijing.

"This truly would not have happened if it wasn't for Sacred Heart, and I know that sounds so cliché, but the whole journey started when I was applying for Tokyo Olympics when they hosted a recruiting event on campus. When someone from NBC sports came here and I had my initial interview with her, and that just started to get the ball rolling," said Szeffinski. "So from that kind of standpoint, Sacred Heart is the reason that it happened."

Szeffinski's first internship started with NBC covering the summer 2021 Tokyo Olympics, postponed due to COVID-19. This time around Szeffinski was able to work at NBC headquarters instead of the Marriot Ballroom in Stamford, CT.

Lucca Pla is a graduate student getting his master's in Journalism and Media Studies.

Pla spent his three-week internship working on NBC's daytime broadcast where he and the editing team would prepare sequences of all the Olympic events.

"The directors were awesome, people in the studio were great, people in the board room were great. I met Rebecca Lowe and she was incredible and such a great person," said Pla. "Everyone there was nice, and it was spot on. It was a great experience with great people and a lot of help."

Szeffinski worked her first two weeks of the internship from 7 p.m. to 7 a.m., and on her final week at the network, she worked from 10 p.m. to 10 a.m.

While Pla worked Friday to Sunday from 9 a.m. to 6 p.m., they would either come in between 4 a.m. and 6 a.m. - typically varying day to day.

"What prepared me was my senior year and I was working for the 'The Pulse' at SHU, and I did two courses with Professor Joseph Alicastro. It was the best class I've ever taken," said Pla. "What SHU does very well with the communication department is they have the facilities for us to do all these things you would find in big televisions studios."

The Olympics is seen as a life-changing event for world class athletes, but they are also just as impactful for those working behind-the-scenes.

"At first, it can be very intimidating. The people at the studio were good at teaching everything and making sure you understood what was happening," said Szeffinski. "The first time I walked by Laurie Hernandez and I was like how is this my life."

There were no serious restrictions that came with the internship. Because of the time difference between Beijing and the United States, anyone working at NBC was prohibited from recording in the studio since it had not aired yet in the United States.

These three graduate students have served as an inspiration for undergraduate



Instagram, @shannonszeffinski

Sacred Heart Graduate Student, Shannon Szeffinski, had the opportunity to intern at the 2022 Winter Olympics.

students who hope to gain the same experience.

"After hearing about students who got the opportunity to intern for such a huge company like NBC gives that warm feeling that in three to four years that could be me,"

In the February 23, 2022 issue, the article "Viva Las Senior Week" was wrongly accredited. The writer of the Features article was staff writer Valentina Massoni.

Spotlight

AUDREY'S CORNER

a place for kindness & reflection

Student Author's Book About Mental Health and Recovery

EXCERPTS BY KATHRYN TENEYCK
Author of "Too Much"

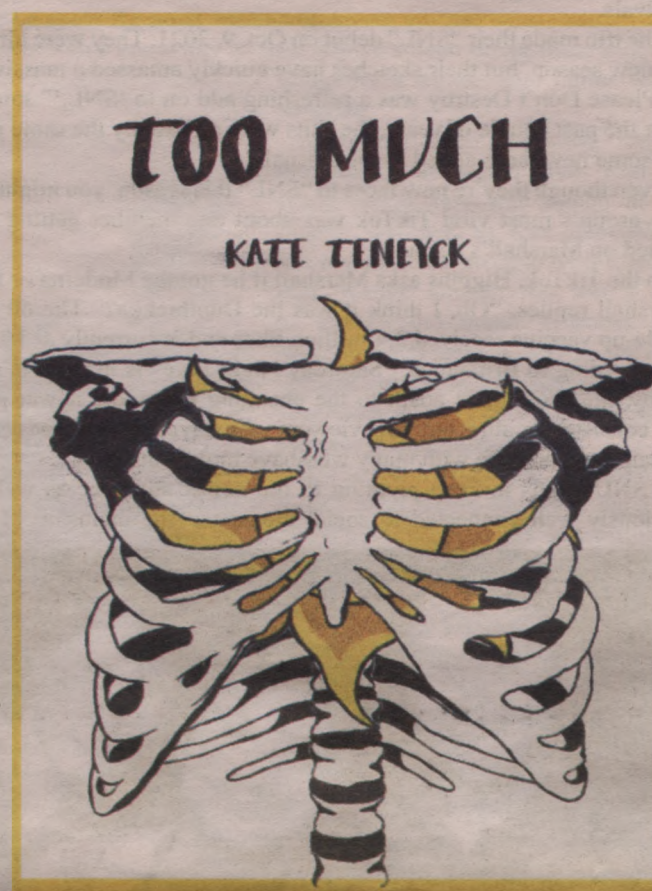
This week, Sacred Heart is spreading awareness about eating disorders. Art is a powerful tool used in the recovery process of all traumas. Below is poetry from Sacred Heart student Kathryn Teneyck's book "Too Much" in which she writes about mental health and recovery.

Glass Heart
By Kathryn Teneyck

in place of her heart
there was simply a sun
with brilliant golden light
that seeped out her ribcage and onto the world
but behind the sun
there lived a stoic glass heart
blood pulsed through the iron veins
of her glass heart
it's funny.
how something so strong can run through something
so fragile
the glass was filled with standing water
you could see straight through the glass
to thick vines of iron veins
the glass was covered in hairline fractures
so delicate that from a far they were undetectable
but if you looked up closely
you could see that the glass has spider webbed
and the water was leaking out
just mere drops at a time

Loss of Control
By Kathryn Teneyck

she needs to feel
in control
of everything, of something,
of anything.
needs to feel like she gets
a choice
that she can right all the
wrongs
and not only right them
but that she can right all the
wrongs
right now.
Her brain is screaming "let go"
and she knows she should.
but she keeps desperately
grasping
to the control she never had
and her OCD keeps preying
on her never-ending cycle of
out of control



Teneyck's book "Too Much" can be ordered on Amazon.

English Club Celebrates Black History Month

BY JONATHAN PITCHER
Staff Writer

The English Club celebrates

◆ Black ◆
History Month

Enjoy student readings from
Black American writers

Monday, February 21st
2:00 - 3:30
Martire Forum

On Feb. 21 in the Martire Forum, the English Club celebrated Black History Month. Speakers read various poems and passages from Black writers so that students could learn more about the lives of African Americans and the struggles they encounter within the United States.

"It is important to uplift minority voices and perspectives, as voices are being censored," said junior Kailey Blount, president of the English Club and copy editor for The Spectrum. "Books and poetry by Black authors are a great

way to face and how they want better for their children.

"It's a really important event because right now a lot of books by minority voices are unfortunately being banned," said Blount.

As of January, some states have started to prioritize education and have put effort into banning and censoring material that they deem as "explicit."

According to the Associated Press, in January, when Georgia lawmakers began meeting, "The top two issues are likely to be efforts to ban or block obscene materials from school websites and libraries and to regulate what schools can teach about race."

"The reality of the truth scares a lot of people," said senior Cameron Ward. "The viewpoint of Black authors may not be pretty because the reality they faced was brutal and harsh. By allowing children to read books by Black authors containing violence, I think it would be worse to attempt to forget this part of unfortunate history."

While Sacred Heart offers a wide variety of novels, some students still feel like the readings should be diversified within the classrooms.

"I am not currently reading any books by Black authors here at Sacred Heart, but I would love to because it would help me learn more about their culture," said freshman Sam Cuniff.

Other students feel that some of the topics that are taught in the classroom do not directly relate to Black authors and should not be prioritized.

"It is not always the professor's fault that their readings don't contain enough Black authors as there may not be enough books to read by Black writers that relate to the topics being taught within the classroom," said freshman Jordan Greene.

Many students say that diversifying what they read in the classroom depends heavily on the professor.

"I think some professors do a good job at diversifying their literature," said senior Meghan Bradley. "I am currently in a healthcare class and my professor does a great job at having us read articles and stories from diverse points of view."

While some students may or may not be exposed to diverse literature by their professors, students who are exposed say that it can open their minds to different perspectives outside of their own.

"We can expand our education to a perspective that we may not be familiar with as we give Black authors a chance to have their voices heard," said Cuniff.

way to bridge gaps we may have."

One excerpt from the event was "Mother to Son" by Langston Hughes, a story about a mother retelling her own struggles to inspire her son to keep going no matter what life throws at him. It emphasizes the struggles that African American parents have had

Arts & Entertainment

Please Don't Destroy this Article

BY SARA COSTA
Staff Writer

Knock knock. Who's there? "Please Don't Destroy." "Please Don't Destroy who?" Please Don't Destroy, is a comedy sketch trio made up of Ben Marshall, Martin Herlihy and John Higgins. According to the comedy group's website, they are currently writing and making videos for "Saturday Night Live," as well as performing at multiple comedy festivals.

The trio made their "SNL" debut on Oct. 9, 2021. They were hired as "SNL" writers for the new season, but their sketches have quickly amassed a massive fan base.

"Please Don't Destroy was a refreshing add on to 'SNL,'" said senior Patrick Coyne. "For the past couple of years, the skits were all usually the same people, so it was nice to see some new faces added to the arsenal."

Even though they're new faces to "SNL" this season, you might have seen them before. The group's most viral TikTok was about one member getting vaccinated, which was posted on Marshall's account.

In the TikTok, Higgins asks Marshall if he got the Moderna or Pfizer vaccine, to which Marshall replies, "Oh, I think it was the Dumbrekka?" The 60 second skit about their made-up vaccine received 3.4 million likes and is currently at 19.6 million views.

According to Britannica, "Saturday Night Live" is in its 47th season and as the years go by, the show must adapt to the changing times and newer generations. "The show has consistently attracted new viewers who have entered that demographic group while remaining a favorite with many who have moved out of it."

"'SNL' needs to keep pivoting to the newer audience as well, younger viewers are obviously well connected to social media but the inclusion of Please Don't Destroy,



Instagram, @pleasedontdestroy

The cast from left to right, Ben Marshall, John Higgins, and Martin Herlihy



Instagram, @pleasedontdestroy

Please Don't Destroy in the SNL sketch, "Martin's Friend."

brings the TikTok crowd to TV," said Prof. Gregory Golda.

Though most of the content of the show is live, Please Don't Destroy is pre-recorded content.

"Personally, I prefer pre-recorded skits, it's funnier to me and usually better quality than something that is live," said Coyne.

Pre-recorded scenes and skits are developed to be synchronized perfectly, while live skits have a more authentic factor.

"I prefer live skits over pre-recorded ones. It's more fun to see the comedians acting on the fly," said junior Anastasia Colagreco. "Hearing the laughs of the audience and seeing cast members sometimes breaking character is what makes it so good."

The Lonely Island was a previous comedy trio that wrote and starred in 'SNL' skits.

"I remember as a kid really loving Mr. Bill segments, and then in the '90s, Robert Smigel's animated segments," said Golda. "And you can't forget Lonely Island, which laid the foundation for PDD's pre-recorded digital films."

According to Mud Magazine, many have called Please Don't Destroy the "successor" to active musical-comedy troupe, The Lonely Island. Please Don't Destroy has, in only a couple of months, proved its approach to comedy is different.

"I like Please Don't Destroy, to an extent. They're funny, but they just aren't as funny as Kyle and Beck, or like any of the cast members I grew up watching," said Colagreco. "They're fun to watch, but I feel like what they do has been done before. I think nepotism is a big reason they are on the show."

Martin Herlihy is the son of former 'SNL' writer, Tim Herlihy. He has helped write multiple Adam Sandler films, such as 'Happy Gilmore' and 'The Wedding Singer.'

John Higgins is the son of Steve Higgins, another former writer for 'SNL.' You may recognize him as the current announcer of 'The Tonight Show Starring Jimmy Fallon.'

You can catch Please Don't Destroy on the upcoming episodes of 'Saturday Night Live' every Saturday night at 11:30 p.m. EST on NBC.

A Video Game Comes to Life

BY JESSICA FONTAINE
Staff Writer

Sony Pictures' action-adventure film "Uncharted" was released on Feb. 18 and stars actors Tom Holland and Mark Wahlberg.

According to the film's website, the newly released movie is based on PlayStation's series of treasure hunting video games. It follows Nathan Drake, played by Holland, and Victor "Sully" Sullivan, played by Wahlberg, who team up to travel the world, searching for a \$5 billion fortune and Drake's long-lost brother, Sam Drake.

The film also stars Antonio Banderas as enemy Santiago Moncada, Sophia Taylor Ali as Nate's partner Chloe Frazer and Tati Gabrielle as villain Jo Braddock.

"It's based off of a video game series, which means that they can expect to see some viewership from an older gamer demographic," said junior Nikolas Falco.

According to PlayStation's website, the "Uncharted" series gives players a cinematic experience where they can uncover mysteries and travel through various environments. People can portray Drake and Frazer as they search for lost treasures.

According to Insider, movies based on video games often fail commercially and critically. "Uncharted" has a 40% Rotten Tomatoes critic score, but a 90% audience score and debuted well at the box-office.

"Basing it off of such an iconic series means that there's added pressure based on the expectations of gamers due to their nostalgia with the series, meaning that basing a movie off this title makes it hard for this movie to live up to the hype," said Falco.

Previously, Holland starred as Peter Parker in the three newest "Spider-Man" films: "Homecoming," "Far from Home" and "No Way Home." He also portrayed the damaged son of a disturbed World War II soldier in the drama film, "The Devil All the Time."

Despite having popular actors like Holland in "Uncharted," some people believe that the film will fail because it won't meet video game players' expectations.

"I personally doubt it will because Hollywood ruins everything it touches," Falco said.

Further, critics argue that the film differs significantly from the video games, according to Screen Rant. For example, the games portray Drake as cocky, but he is naive and timid in the film.

The "Uncharted" games and film give Drake and his brother differing backstories. According to the "Uncharted" Fandom Page, the games show Sam Drake being imprisoned and disappearing during an adventure, but the film shows Sam Drake leaving Drake behind at the orphanage they lived in, breaking his promise to return and rescue him.

The film also introduces Santiago Moncada and Jo Braddock as new characters who were not in the video games. According to Forbes, Moncada, aided by Braddock, competes with Drake and Sully for the treasure that he believes is rightfully his because his family funded the Spanish Inquisition.

In addition, journalist Elena Fisher, who works with Drake and marries him, is left out of the film. This led viewers to believe that there will be an "Uncharted" sequel where Fisher appears.

Although many people have negative opinions on certain films because they expected them to match the video games or books they originated from, others enjoy films simply because their favorite actors are in them.

"The fans would like the movie because Tom is a lovable actor," said junior Gediyon Prince. "I don't think there's a lot of pressure to make good movies based on video games."

Despite mixed reviews on "Uncharted," Holland said in an interview with Game Informer, "I am really grateful for the opportunity that Sony has given me and it's been a wonderful adventure so far."

Sports

Beijing Hosts 2022 Winter Olympics

BY ROBERT FINIZIO & KENDALL VERSFELD
Sports Editor & Staff Writer

For the second time in the 21st century, the Olympic Games were held in Beijing as the 2022 Winter Olympic Games took place in the capital of China from Feb. 4 to Feb. 20. Beijing had previously hosted the Summer Olympics back in 2008.

According to the Washington Post, nearly 2,900 athletes competed at the games this year with 224 of these athletes representing the United States of America (USA).

Team USA took home 32 total medals, which put them at number five among all countries that competed. Norway led with 37 total medals which marked the ninth time in Olympic history that Norway has led in the medal count.

Despite the many Americans who medaled, there were a few athletes who did not meet their expectations, including Mikaela Shiffrin, a world champion alpine ski racer who represented Team USA.

"The pinnacle of the last four years of work is over now and it did not really go that well for me," Shiffrin told CNN. "However, you can fail and not be a failure."

Shiffrin crashed in three out of the five events she competed in, including slalom, the giant slalom and the combined alpine skiing. She failed to medal in the other two as well.

Team USA's men's curling team also missed a trip to the podium as the defending gold medalists were defeated by Great Britain in the semifinals on Feb. 17.

"There were many surprises in this year's Winter Olympics," said Senior Lauren Weinstein. "I found myself cheering for the U.S. curling team and was disappointed when they left without a medal."

John Shuster, a member of the curling squad, tried to put this year's Beijing experience into perspective.

"I told myself before we came here, if we prepared well, played hard and played great, had great attitudes and enjoyed being here with our teammates, like, whatever happened was going to be just fine," Shuster told Sports Illustrated.

One of the more notable success stories that came for Team USA was 22-year old figure skater Nathan Chen, who secured the first gold medal for America in figure skating in 12 years, according to CBS.

"It's about coming in with gratitude, with respect for what you do, respect for what all the other athletes do," Chen told CNBC. "Every single one of us deserves to win."

Three-time American gold medalist Shaun White announced his retirement from snowboarding just days before the 2022 Winter Olympics, according to CBS.

"I just want to thank everyone for watching," said White via Twitter. "Everyone at home, thank you. Snowboarding, thank you. It's been the love of my life."

There were also some local athletes participating in Beijing. Snowboarder Julia Marino, who is from Westport and went to high school in Trumbull, took home a silver medal in snowboard slopestyle. Also competing was short track skater Kristen Santos, who is from Fairfield and went to Fairfield-Warde High School. She was just two laps from finishing on the podium in the 1000m, but unfortunately lost momentum and finished in fourth. She also crashed in the semifinals of the 1500m.

Next up will be the 2026 Winter Games hosted by Milan and Cortina d'Ampezzo, both cities located in northern Italy. The Olympic games had last been held in Italy back in 2006, when Turin hosted the Winter Olympic Games. This will be the first time an Olympic Games has been hosted by two cities.

NFL Head Coaching Carousel

BY JAKE CARDINALE
Contributing Writer



AP News

The Former head coach of the Miami Dolphins, Brian Flores.

Every offseason, several teams in the National Football League (NFL) make coaching changes. Whether because of retirement or a firing, there is seemingly a never-ending carousel of coaching jobs available immediately following the end of each NFL season.

This offseason, there were nine teams that made head coaching changes. Those teams were the Miami Dolphins, Minnesota Vikings, Houston Texans, Jacksonville Jaguars, New York Giants, Chicago Bears, New Orleans Saints, Las Vegas Raiders and the Denver Broncos.

One firing that made headlines was with the Miami Dolphins and their former Head Coach, Brian Flores. The Dolphins fired Flores after three seasons and a 24-25 record, including a 9-8 season in 2021.

"Flores's tenure ended controversially," said sophomore Ethan Dubrosky. "We're going to see what really went down when the lawsuit begins in the courts."

Flores has filed a lawsuit against the Miami Dolphins, Denver Broncos, New York Giants, as well as the NFL, arguing that he was fired by the Dolphins last month and was not hired by the Giants earlier this offseason because of his race.

Minority representation in coaching positions has been a hot topic in and around the NFL recently as only 2 of the 32 head coaches in the NFL are African-American. According to NBC, 71% of the players in the NFL are African-American.

"Unfortunately, I'm not surprised with this side of racism," said sophomore Justin Alter.

Flores was able to find a job in the NFL for this upcoming season as he was hired by the

Pittsburgh Steelers as a defensive assistant and linebackers coach. This is notable because Steelers head coach Mike Tomlin is one of the two black head coaches in the NFL.

The Dolphins ended up hiring Mike McDaniels as their new head coach. McDaniels has worked as an assistant coach with the San Francisco 49ers since 2017 and was their offensive coordinator in 2021.

"I am excited for the Dolphins after hiring McDaniels. He is a highly talented offensive mind who will provide a needed spark to the offense. The players also seem to enjoy the hiring," said Dubrosky.

The other head coaching vacancies were filled by Nathaniel Hackett (Broncos), Lovie Smith (Texans), Doug Pederson (Jaguars), Josh McDaniels (Raiders), Dennis Allen (Saints) and Matt Eberflus (Bears).

Some hirings got significant praise, such as the Giants hiring of Brian Daboll and the Vikings hiring of Kevin O'Connell.

"I thought [hiring Daboll] was a very wise decision because he's worked with our GM in the past, so that will help them build chemistry, which is really good for our franchise because that is what we really need," said sophomore Molly Jacob.

O'Connell was the offensive coordinator for the Los Angeles Rams the past two seasons, and is coming into Minnesota as a Super Bowl champion after the Rams defeated the Bengals in the 2022 Super Bowl.

"I love the [O'Connell] pickup," said Alter. "I think it's really good for the Vikings. We are talking about the offensive coordinator that won the Super Bowl."

Some hirings were not as well received.

"Doug Pederson won't be enough to save Jacksonville from itself. It's doomed to fail just by the nature of the Jaguars organization," said Dubrosky.

The Giants have also hired two female coaches this offseason, according to the New York Post. Laura Young was hired as the director of coaching operations and Angela Baker was hired as an offensive quality control coach.

"I think it's phenomenal," said Jacob. "It's inspiring for me being a woman going into sports. It gives me that extra motivation that it is possible. It's not about your gender, it's about your love for the game."

Women's Ice Hockey Set for NEWHA Playoffs

BY ROBERT FINIZIO & ARLINGTON COOKE
Sports Editor & Staff Writer

After a 1-0 loss to Franklin Pierce University on Feb. 26, the Pioneers regular season came to a conclusion. The women's hockey team will now compete in the New England Women's Hockey Alliance (NEWHA) tournament as the number four seed.

Four years ago, Sacred Heart was crowned as the first ever NEWHA champion when they defeated Saint Anselm in the inaugural season of the NEWHA by a score of 3-1.

Despite an up and down season that finished with a 15-14-12 overall record, their 10-8 play in conference matches is why head coach Thomas O'Malley has high expectations for the squad.

"If this team plays to their potential they will have a good chance to win the tournament," said O'Malley.

Two players who have aided the success this season for the Pioneers just recently picked up NEWHA accolades as junior Alexa Ocel earned player of the week, and senior Frankie Sanchez took home goaltender of the week for the week of Feb. 15.

"It's always a great honor to be recognized in the NEWHA league," said Alexa Ocel. "It really speaks to the strength of all the forwards on the team as well because the points don't come through a solo effort."

As she suited up for her last regular season game, Sanchez made sure to leave everything on the ice.

"I have given it my all for this last shot," said Sanchez. "I am very excited for the playoffs, this is my last chance to win it all."

As a California native, Sanchez was worried that her parents would not be able to make senior night at the Sports Center of Connecticut in Shelton, but she was met with surprise on the afternoon of Feb. 26.

"It wasn't all that exciting for me, but I am very glad my mom was able to make it out and my dad will come to the playoffs next week!"

Another senior who has made an



Instagram, @shu_wih

Frankie Sanchez (left) and Alexa Ocel (right).

impact this season is senior Anna Klein. In the regular season, the Saint Paul, Minn. native amassed 36 points and 22 assists which were both league leading numbers.

"I am so overwhelmed with gratitude and love for everyone and everything that hockey has brought to me and I wouldn't change one thing about this experience," said Anna Klein. "In the past, I have always had upperclassmen to look up to to help me succeed, this year I had to push myself to achieve that same level of success."

Klein knows that the lessons she learned on the ice will stick with her, even after she hangs up the skates.

"I never expected to go through so many twists and turns and endure so many emotions over 4 years," said Klein. "This program has allowed me to be a leader for two years in a row and awarded me with skills that I will carry throughout my future life."

The Pioneers take on Post University on March 1 in the quarterfinals, in hopes of bringing home a second NEWHA championship.

"The playoffs are the best time of the year, especially playing in the NEWHA league where it's anyone's game on any given night," said Ocel. "It's like you can feel the competitive nerves in the air and it's a truly great experience."

Sacred Heart Athletics contributed to this Article.

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Between the Moments

EDIJE FRANGU

ASST. ARTS & ENTERTAINMENT EDITOR

Someone once told me that Taylor Swift's song "Last Kiss" feels like the time in your life when you no longer live with your siblings you once shared a home, life and everything with.

Now every time I listen to it, I sob.

My family has always been a little different; a special kind of close. My mom and her sister married brothers. My mom met my dad, which subsequently led to my aunt meeting my uncle, and the rest was history. You may think this is ordinary and maybe it is, but I always felt that it made my life just a little bit more special.

Let me paint the picture for you. We start with a three-bedroom modest house in the suburbs, and a family of three moves in. Not so long after that another family of three moves in, that's six people under one roof. Fast forward several years and another kid comes along, that's seven. A year after that comes another kid, that's eight. One more quick year after that, and we're finally at nine people in a three bedroom— and I emphasize—modest

house in a Connecticut suburb.

That may sound suffocating, impossible and even unnecessary, but growing up, I would not have changed it for anything.

Despite only having one brother, I have four siblings. Growing up together, side by side, and being the oldest made me who I am today. Not only were my days filled with the joys and tribulations of my life, but theirs as well. Watching them sleep, eat, question who they are; I was a presence in their lives.

My aunt, uncle and their three kids eventually moved out. Granted they moved into a house not even 10 minutes away, but it felt like the end of the world.

Today, I'm the one who left them behind, while I live on my own in my own house, figuring myself out. And now, as Taylor sings in her six-minute fix of nostalgia, I watch their lives in pictures in between the moments where I can be a presence in them again.

Long Distance Relationships

ROBERT FINIZIO

SPORTS EDITOR

For those who are reading this and may be struggling with a long distance relationship, I hope that this article can be of some guidance to you and help you find some healthy solutions. I first want to start off by saying that by no means am I an expert in this category and I am learning new things every single day. This will merely be a collection of the most important things that I have learned in my four year relationship with my girlfriend that have made me appreciate her more and get the most out of time spent away from each other. This is going to sound corny and cliché and probably overused, but the two most important facets of a healthy long distance relationship are communication and patience. With these two, you will not only learn so much about your partner, but you will learn to appreciate them more than you ever thought you could.

Good communication can make your life a lot easier. I don't think enough people understand this. It is funny and ironic that this is something that I struggle with even today, considering I am quite literally a communication major. Being communicative with your partner when long distance

you're mad about something, let them know! If you're upset with something, tell them! Although you may not be physically there to help the situation, you can still help over the phone and your partner will appreciate that you are taking the time out of your day to support them with whatever is going on in their lives. This promotes trust in a relationship and I can assure you that it goes a long way.



As the saying goes, patience is a virtue. The true key to patience is the ability to look at things in the long-run and be okay with your current situation. For my relationship, I know that although we cannot spend as much time together as we both would like to right now, we both can cherish the future when we will be able to get that time together we have been wanting. In my opinion, that is what makes the wait worthwhile. Looking at this from a different perspective, patience comes also in the form of being able to understand and tolerate whoever you are with. This means being there for them on their worst days and supporting them in times when you may feel overwhelmed with things in your life. It is with your patience and understanding that your partner will see

that you not only care about them, but care enough to put your own emotions and ordeals aside to help them out.

I hope that this snippet of advice comes useful to anyone who needs it right now. I will leave you with a verse from Corinthians that my mom has put up on our refrigerator:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud.....Love never fails: Corinthians 13:4

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