



# THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

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## The Use of AI in Education

BY COURTNEY CHURCHILL  
Staff Writer

Artificial intelligence (AI), friend or foe?

AI, an application computer system that can perform tasks normally requiring human intelligence has prompted controversy and concern, especially within educational institutions. However, AI has also defied the odds and proved to be a beneficial application for Sacred Heart University's College of Arts & Sciences and SHU's School of Computer Science & Engineering.

The programs partnered to launch a community-oriented program, Project Limulus, that applies AI to track horseshoe crabs in the Long Island Sound. The late Jennifer Mattei, who was a biology professor notorious for her dedication towards conducting research and providing opportunities for students, founded this project in 1998.

This project has conducted research for 25 years now and utilizes AI to perform a tag-and-recapture technique on horseshoe crabs to analyze their movement patterns and compare the data.

Samah Senbel, an assistant professor in the School of Computer Science & Engineering and a crucial asset to this project, has been working with students to develop a code for tracking the tagged horseshoe crabs, which is where AI comes in handy.

"The horseshoe crab project is a machine learning project. Machine learning is part of AI and the idea of using machine learning is to predict where we will find the horseshoe crab in a year," said Senbel. "No data, no machine learning. It's all based on previous data of the horseshoe crab movement in the last 25 years, that is the whole game of AI."

Senbel is not the only one applying AI to the classroom. Gregory Golda, a professor in the Communication and Media Studies Department said that he has used several AI tools thus far in his production class.

"The first was called Descript where you can actually edit video by editing text. It was a very interesting experiment and it's something that every student now has in their toolbox," said Golda. "It doesn't replace editing narrative films, documentaries or things with a great complexity, but it would do a great job on linear pieces like podcasts or interviews."

AI Chat Bots, such as the new tool ChatGPT which launched in November, are being used in the classroom, but are getting mixed reactions.

Sidney Gottlieb, a professor in Communication and Media Studies shared his position on the new artificial intelligence tool.

"I'm just now reading the first set of papers turned in during the new ChatGPT era, and they seem to be what they have always been," said Gottlieb. "That has always included

some fine papers that are insightful, knowledgeable, and effectively presented and others that may be irresponsibly reliant on sources or plagiarized."

This new application of AI has created two standpoints from educational institutions within the U.S. According to the Associated Press, ChatGPT has caused a sense of panic from many teachers and school districts have blocked access to the site. Other teachers have taken a

different route and used ChatGPT to make lesson plans for substitutes or to help grade papers.

"I think ChatGPT tempts some students to use it to do their work for them, and has created a climate of suspicion for teachers," said Gottlieb. "Right now, I don't feel at all confident that ChatGPT has great educational benefits and I'm more aware of the problems it poses, even when it's being used 'responsibly.'"

Sophomore Emma Grady opposes AI application in an educational setting.

"I think it's stunting student's ability to actually do research and learn how to turn that research into opinions on their own," said Grady. "I don't think AI is necessary because computers are replacing human intelligence."

Sophomore Caroline Miller spoke similarly of AI technology.

"I think AI might make people work a little less harder and I don't think that's a good thing because it's important to have a good work ethic when you leave here," said Miller.

While there are still mixed feelings about AI, it is a revolutionary technological advancement and could become more prevalent in the future.

"The fear of AI replacing humans in the workplace is real but as so many analysts keep saying, the humans most likely to be replaced are the ones who refused to implement these tools in the first place," said Golda.



AP Photo by Peter Morgan  
The controversial writing tool ChatGPT is pictured creating an essay prompt through Artificial Intelligence outside of a public high school in Brooklyn, New York.

## HEY SENIORS!

### COUNTDOWN TO GRADUATION:

# 60 DAYS

## LOCATIONS NEWSPAPER RACKS

**Hawley Lounge**  
(next to stairs)

**CHE**  
(inside by front doors)

**Library**  
(inside front doors)

**West Campus (West Building)**  
(first floor lobby)

**West Campus (East Building)**  
(outside Cafe Rosso)

**Thea's Abbey**  
(lobby)

**Melady Hall**  
(inside front doors)

**63's**  
(outdoor glass doors)

**Martire**  
(first floor by the main staircase)

**Spectrum Office**  
(in the SCMA Wing)

**Curtis Hall**  
(inside the front doors)

**Linda's**  
(first floor)

**Pitt Center**  
(inside front doors)

**SC Wing**  
(first floor near 63's and Edgerton)

**Pio's Kitchen**  
(inside front doors)

**WATCH THE PIONEERS IN ACTION:**

**WEDNESDAY 3/15:**  
**WOMEN'S LACROSSE**  
VS. FAIRFIELD AT 3 P.M.

**THURSDAY 3/16:**  
**SOFTBALL DH**  
VS. STONY BROOK,  
FIRST GAME AT 2 P.M.

**FRIDAY 3/17:**  
**BASEBALL**  
VS. STONEHILL  
COLLEGE AT 3 P.M.

**SATURDAY 3/18:**  
**M/W TENNIS VS.**  
**WAGNER COLLEGE,**  
STARTS AT 6 P.M.

# News

## Train Derailment in Ohio

### UPCOMING EVENTS ON CAMPUS

**THURSDAY 3/16:**

**TAP PRESENTS 'MOON  
OVER BUFFALO'**

**IN THE LITTLE THEATER  
AT 8 P.M.**

**FRIDAY 3/17:**

**SHAMROCK SHAKES AND  
DIY BRACELETS**

**IN THE THIRD FLOOR OF  
LINDA'S. BEGINS AT 6 P.M.**

**PRIDE'S QUEER FORMAL  
TABLE TIMES**

**AT WEST CAMPUS UC205,  
STARTS AT 12 P.M.**

**SATURDAY 3/18:**

**PERSONALIZED  
BOOKMARKS**

**THIRD FLOOR OF LINDA'S  
AT 5 P.M.**

**SUNDAY 3/19:**

**SHU/SLAM**

**AT THE EDGERTON,  
STARTS AT 8 P.M.**

BY EMMA GRIMES  
Staff Writer

On Feb. 3 around 8:55p.m., a Norfolk Southern freight train derailed in East Palestine, Ohio. The train was carrying hazardous materials, causing it to become a high profile, politicized issue. The environment became dangerous for the health and wellness of both residents and animals.

According to the Associated Press (AP), the cause of the derailment of about 50 freight train cars was a mechanical issue with a rail car axle. Although there were no injuries at the sight of the wreck, concerns have been raised about the air quality, water quality, and a potential blast, causing officials to order an evacuation of local areas.

Some of the cars that were derailed were carrying Butyl acrylate, Ethylhexyl acrylate, and Ethylene glycol monobutyl ether; each substance poses a threat to the health of those in contact with it. In order to avoid a potentially dangerous explosion, officials intentionally released and burned vinyl chloride, another harmful substance.

Burning the substance has also caused the release of two gasses, hydrogen chloride and phosgene, as well as large amounts of black smoke.

"These trains carry several hazardous materials, fossil fuels, and environmental toxins, which can severely impact the environment if released in a wreck," said sophomore biology student Nicole Albert. "Ecosystems in today's world which are already suffering from industrialization cannot afford to take on any more hazards such as toxins released from train wrecks."

Since the derailment, residents, officials, and politicians have expressed concern as to how the wreck has been handled by the Biden Administration and Secretary of Transportation Pete Buttigieg, leading this event to go from a safety concern to a political issue.

"I'm not surprised at all that the train wreck and related problems for the residents of East Palestine, Ohio have become politicized," said SHU political science professor, Dr. Gary Rose. "Virtually every

catastrophe these days is politicized and used by both parties for political advantage and I'm disappointed that this is now the norm."

According to AP News, former President Donald Trump, who visited the site of the derailment, criticized the federal response to the derailment. Trump visited the wreck prior to Buttigieg, leading many to feel that responses have been delayed, despite the risk this event posed to the public.

Republican politicians have used the Biden Administration's response as leverage in campaigns, accusing them of being neglectful to the local community in the aftermath of the derailment.

"The criticism is deserved because of the tepid response by not only the President but also by Pete Buttigieg," said Rose. "The apparent lack of concern deserved criticism."

Despite this backlash, there are some steps the government has taken to ensure the safety of residents in the area. AP News reported that the U.S. Environmental Protection Agency (EPA) is monitoring the air and testing homes for vinyl chloride and hydrogen chloride, neither of which has been found yet.

Three senators from Pennsylvania and Ohio are also pushing for more safety regulations for railways as a result of this incident, and other

recent derailments, according to AP.

Norfolk Southern, the company that owns the freight train involved in the incident, is also under scrutiny. There has been no reported evidence that the train crew was at fault for the derailment. The investigation is still ongoing, and there has been speculation that this could have been prevented.

"I believe that the derailment could have been prevented," said sophomore health science student Lauren Radi. "With all of the technology today and the number of materials being transported daily, we should know how to avoid accidents like this by now, especially when it includes potentially harmful substances."

The derailment has caused concern for not only local residents, but people all over the United States. Norfolk Southern and government officials are working to gain back the trust of citizens through statements and action to help those who have been affected.



AP Photo by Gene J. Puskar  
Pictured are the remains of a Norfolk Southern freight train that derailed in East Palestine, Ohio and contaminated the area with hazardous material.

## Roald Dahl Rewritten

BY JESSICA BALOGH  
Staff Writer

Controversy surrounds the novels of famed children's author Roald Dahl as they are being reviewed and revised to make them more acceptable to a modern audience. According to Variety, Publisher Puffin U.K. is releasing "The Roald Dahl Classic Collection," which has the author's original texts, along with the publication of newly released copies for young readers with these alterations.

Dahl is the author of classic stories such as "Matilda," "Charlie and the Chocolate Factory," "Fantastic Mr. Fox," and "James and the Giant Peach." Dahl's stories have been loved and cherished by many readers for decades with several adaptations put to screen.

"Dahl wrote unique worlds and stories, along with having his own language in the characters he writes," said sophomore English and Theater Arts major Joe Dunn. "The stories have nice messages and they're not obnoxious while also not afraid to do things that kids might not understand right away."

As reported by Variety, Publisher Puffin feels a sense of responsibility for its young readers and the content they consume. The Roald Dahl Company sees these new iterations as assurance that "Dahl's wonderful stories and characters continue to be enjoyed by all children today," according to The Guardian.

These new editions include alterations in some language pertaining to weight, mental health, gender and race. The Roald Dahl Company and Puffin collaborated with Inclusive Minds, which works to make children's literature more inclusive and accessible when reviewing Dahl's works.

"I think as long as some sort of research process is going into editing the language of past books and that edits serve to make the books more inclusive, then I don't have a problem with those changes," said Jill Amari, a December 2022 English graduate of SHU, who is now a tutor. "However, I also think the original versions should remain available because we can always learn from the past."

According to The Guardian, one change includes the description of the antagonist Augustus Gloop from the novel "Charlie and the Chocolate Factory," which was originally published in 1964. The description of the character changes from "enormously fat" to just "enormous."

Another change involved the character Miss Trunchbull from "Matilda", in which her description of being a "most formidable female" became a "most formidable woman," as reported by First Post.

Words that Dahl used in a comical sense such as "crazy" and "mad" have also been emitted from these new copies.

"I think that we have an issue with many 'classic' or old texts and media that represent things that seem inappropriate. However, we cannot sanitize literature any more than we can totally sanitize the world," said Dr. Emily Bryan, a professor in the English Department. "And if we do that, we will throw a lot of wonderful things out with the bad."

According to the Guardian, Booker prize-winning author Salman Rushdie called the editing of the novels "absurd censorship." U.K. Prime Minister Rishi Sunak also opposed the



AP Photo by Andrew Burton  
Three of Roald Dahl's famous books displayed at the Barney's Store in New York (left to right: Matilda, Charlie and the Chocolate Factory, and James and The Giant Peach).

modification of these novels.

According to First Post, some others do not agree with the uproar surrounding these controversial changes. Best-selling author Andy Griffiths sees these slight edits as logical and justified as they do not go against the fundamental story.

Roald Dahl himself was quite the controversial figure with antisemitic comments made throughout his lifetime, as reported by First Post.

"Howsoever repulsive an artistic legacy may be, it is the truth of a writer or an artist, and it seems much more appropriate – and honest – to address directly and in an uncensored circumstance which is abhorrent in the art and learn and grow morally and ethically from that," said Dr. June-Ann Greeley, a professor in the English Department.

# Features

## New Degree to Pursue: School Counseling

BY DANIELLA BALDINO  
Staff Writer

There is a new Master of Arts in School Counseling (MASC) starting at Sacred Heart University this summer, 2023. It will be offered by the Isabelle Farrington College of Education & Human Development (FCEHD). The course will be online, except for two on-campus residencies.

According to a SHU press release, this is a 60-credit hour program that combines real world experience and 21st century curriculum to prepare social justice advocates and leaders who are proficient, ethical, effective, and data-driven school counselors to support Prekindergarten (PK)–12 students across the areas of educational growth, college and career preparation, and social-emotional growth and development.

Sandra (Sandi) Logan-McKibben, School Counseling Program Director, has been developing the curriculum since 2020.

“We built the program, so it not only earned state approval, but it also is situated for national accreditation with the Council for Accreditation of Counseling and Related Educational Programs,” said Logan-McKibben. “Our program was created to serve a national audience as soon as we can.”

The SHU press release explained that this program includes on-site residence experiences lasting two weeks that are completed by students on campus. The first residency takes place in COU 520, the first term of the program for the student, and the second residency takes place in COU 610.

The program’s courses use Blackboard’s learning management system and offer both synchronous and asynchronous instruction. Students will complete fieldwork requirements totaling 800 hours (SC 550, SC 560, and SC 570) in PK–12 school settings during the program’s final terms (across from state-specific requirements).

“SHU students now have an opportunity to pursue a degree option that helps support students, families, and school staff in promoting well-being and success,” said Logan-McKibben. “Our goal is to offer curriculum and facilitate learning experiences that prepare the next generation of school counselors to handle the multi-faceted role and daily challenges in the quest to best serve Kindergarten-12 students, families, and communities.”

Incoming freshmen who apply to the Bachelor’s-Master of Arts in School Counseling 4+2 Dual Degree Program are simultaneously admitted as undergraduate and graduate students in the program. Students who enroll in the 4+2 MASC Dual Degree program accomplish their undergraduate degrees in four years and their master’s degrees in school counseling in two years.

“I believe that this program offers a great option to students that want to be in the field of education or counseling but are still unsure what direction they want to go in,” said sophomore Brianna Russo. “This gives them another choice for a possible major that

they may want to pursue in the future.”

The purpose of the SHU Farrington College of Education’s Master of Arts in School Counseling is to prepare educational leaders to make a difference in their global community.

“I want to take the knowledge, experience, and insight that I have gained over the last 20 years to build a dynamic and innovative program that offers the knowledge, experiences, and dispositions necessary to be an effective school counselor in today’s schools and communities,” said Logan-McKibben. “It is exciting to see my mantra [Advocate.Collaborate.Educate.] continue to carry with me throughout my career journey and I could not be more thrilled about this exciting program developing the next generation of school counselors who are leaders and advocates for students, families, and the profession.”

To learn more about the online MASC, visit <https://www.sacredheart.edu/majors--programs/school-counseling---ma/> and if you have further questions, you can email: [schoolcounseling@sacredheart.edu](mailto:schoolcounseling@sacredheart.edu)

Sacred Heart University School Counseling contributed to this article.



Contributed by Sacred Heart University  
Sandra Logan-McKibben and a Sacred Heart student discussing the new Master of Arts in School Counseling program that is coming to SHU this summer.

## Tired of Dining Hall Food?

BY GERALDINE PAGLIA  
Staff Writer

For the students at Sacred Heart University, eating off-campus is a treasured privilege. On any given day, you can find groups of friends discussing their favorite places to eat and planning for the upcoming weekend.

“My favorite places to go eat are at The Sitting Duck, Metro Kitchen, Little Pub, Flip Side, and Romanacci’s,” said junior Hannah Baker.

With the bustling towns that surround Sacred Heart, the options are endless. There is something for everyone in Fairfield County.

Junior Madissen Aligo said, “My favorite thing about eating off campus is having a bigger variety of food.” That is why eating off-campus has become a popular option for many students looking to break away from the average college dining hall experience.

Whether it is the long lines or the lack of variety, SHU students always are in search of something different and exciting.

For those without a form of personal transportation, the shuttles go to downtown Fairfield on Thursdays, Fridays, and weekends.

Junior Allison Santoro said, “When I lived on campus, we would Uber to these places because they are not too far, but now that I live off campus we tend to drive.”

Even walking a few blocks down Main Street will take you past numerous cafes and eateries which offer quick bites and affordable prices. Some even have delivery services available, so you do not have to leave your dorm room.

If going out is not an option due to budget restrictions or other reasons, there are plenty of ways that students can still enjoy off-campus food without breaking the bank. Many local stores offer discounts and deals on items.

Your SHU ID is even valid at select restaurants which allows students to gain discounts and alleviate the stress of paying for the meal.

Boca Oyster Bar in Bridgeport, Colony Grill in Fairfield, The Cheesecake Factory in Trumbull, and Viva Zapata in Westport are just some of the options where students can use their IDs. The complete list of restaurants can be found on the SHU website.

The fan-favorite restaurants include Fairfield Social, The Sitting Duck, and Flip Side.

“Each time I try to order something different, so I can try a new thing,” said Santoro.

The Sitting Duck is a small business that has been open for over fifteen years and has become renowned for its unique atmosphere, delicious food, and friendly service.

Fairfield Social, with its comfortable lounges and extensive menu options, has plenty of snacks available like chips and salsa as well as some delicious desserts such as its famous warm cookies served with ice cream.

The Flip Side is in the heart of downtown Hartford. This eatery has been turning heads since it opened its doors earlier this year. The menu features classic American cuisine, all made from locally sourced ingredients whenever possible.

The atmosphere which each of these restaurants provides gives students the opportunity to relax and share a meal with their friends which is a unique experience from the regular dining hall.

“My favorite thing about eating off campus is getting to have one-on-one time with my housemates and other friends. It is a place where we can sit and chat for a while and really catch up,” said Hannah Baker.



Instagram, @romanaccipizza

A spread of Italian dishes from pizza to pasta is available for dine-in, pickup, and delivery at Romanacci’s on Madison Ave.



Instagram, @cheesecakefactory

The Cheesecake Factory at the Trumbull Mall is a student favorite for off-campus dining.

**Fairfield Social**  
*Kitchen and Bar*

**Dinner Specials**

*Appetizer*

**ZUCCHINI FRITTES 9.95**  
Fried zucchini strips with a side of marinara

**CALAMARI ALLA LUCIANA 12.95**  
Sautéed calamari, house lemon aioli

**MOZZARELLA CAPRISE WITH AVOCADO 12.95**  
Mozzarella with tomato, avocado, olive oil, and basil

**CHEF'S SOUP OF THE DAY 8.50**

*Pizza*

**HAWAIIAN PIZZA 14.95**  
Classic Hawaiian pizza, Back cut ham with pineapple

**BROCCOLI AND RABBIT PIZZA 14.95**  
Our Homemade pizza dough with broccoli rabe and sausage

**PIZZA ALLA VODKA 14.95**  
Vodka sauce and breaded chicken with our homemade pizza dough

**PENNY AND MASHED POTATO PIZZA 14.95**  
Our Homemade pizza dough with green and mashed potato

**PIZZA ALLA ROMANA 14.95**  
Our Homemade pizza dough with honey figs, prosciutto, and fig jam

*Entrees*

**FETTUCINI ALLA BOLOGNESE 20.95**  
Fettuccine pasta served with meat bolognese sauce

**LOINSTEAK RAVIOLI ALLA ROMANA 22.95**  
Loinsteak ravioli served with pork sauce with parmesan

**LINGUINI & CLAMS 20.95**  
Linguini with clam sauce served with red sauce or white wine sauce

**CHICKEN PARMESAN 20.95**  
Crispy breaded crusted chicken breast served with pecan pasta in tomato sauce

**T-BONE STEAK 32.95**  
Grilled T-bone steak served with vegetables of the day

**GRILLED BRANZINO 25.95**  
Grilled sea bream served with vegetables of the day

**RED TROUT 25.95**  
Sautéed red trout in a pink peppercorn sauce served with the vegetables of the day

*Desserts*

**TRIFLE - CHEESECAKE - FRESH BOSTON CREAM PIE**

Instagram, @fairfieldsocial

The specials for this week at Fairfield Social, located on Post Rd.

# Audrey's Corner



## Women's History Month Creative Work

This week Audrey's Corner celebrates Women's History Month with creative work from talented student writers. Angelica Zacarola shares her poem "Natural" and Jessica Fontaine shares her short story "Two Windows."

Natural  
By Angelica Zacarola

for the first time  
in eight years  
i have decided  
to not wear makeup to class because i finally realized (though i swore i was)  
that i am not wearing it for myself.  
i'm wearing it for Tyler  
because maybe he will hold the door for me and when i say "thank you"  
he will be hooked in  
by my forcefully lifted lashes that  
bring out my honey brown eyes  
and can draw him in  
like a moth to a patio light.  
i'm wearing it for Dr. Baker  
who might think i'm more driven  
or more intelligent  
than the girl next to me  
who chose to be herself  
in the comfort of her skin and sweatpants rather than what the industry wants her to be.  
i'm wearing it for the comments  
made by family members  
who are disappointed in the fact  
that i'm not bringing a new man in through the back door every weekend  
and they tell me to be presentable because "you never know who is looking".  
maybe i am wearing it for myself but not because i want to  
but because i want to be seen  
as better than i really am:  
a finished painting  
who knows her place in the world.

Two Windows  
By Jessica Fontaine

This is a story of 2 women. They don't know each other, but maybe they will soon enough. Even if they had met, they wouldn't think they were alike at all. But they have so much more in common than they could ever imagine.

Woman 1 lived in a small town in Wisconsin. Every morning she woke up sick, too sick to eat breakfast and even too sick to get out of bed. And no one was there to help her. She was fatigued and uncertain. If she didn't even have the strength to take care of herself, how could she take care of... never mind. Woman 1 was angry: angry that her life became something she couldn't recognize, angry that she couldn't afford to fix her car so she could drive to Iowa or Illinois, angry that her boyfriend left her because he had the choice to, he had the choice not to deal with this but she didn't. She was alone. Well, except for the... never mind. Woman 1 took extra shifts at the restaurant, to get ready for something she didn't want. As she swept up the floor, she put her hand on her stomach and looked out the window, hoping things were different.

Woman 2 lived far away from woman 1. She woke up every morning, feeling weak, humiliated, demoralized. She had to drop out of school. She couldn't go back, because he was still there. She trusted him, but he shattered that trust and walked away because he... never mind. Everyone thought that she just wanted to be the center of attention, that she made up some story to ruin this person's life. Well, guess what? His life wasn't ruined. He's still in school, captain of his team, friends with everyone. He even took all the friends that woman 2 used to have. They believed him instead of her. Her life was ruined. Not by what she said, but by what happened. By the fact that she wished that something better happened that night other than... never mind. She sat on her bed and looked out the window, hoping things were different.

You know how I kept saying "never mind?" Well, that's what these two women have in common.

Growing up, it's all they were told. And now, it's worse. Whenever they opened their mouths to speak, to cry, to scream for help, all they heard back was "never mind." Their cries are dismissed, their needs ignored, their lives forever altered. But maybe they don't have to be alone. I hope that one day, when woman 1 looks out her window, she sees woman 2, and woman 2 looks back at her, and they share a brief moment of silent unification. Without saying anything, they'll just know. They know it's a tough world for them. But it sure makes it a little less tough, to know they have someone to experience it with.



# Spotlight



## Shannon Szefinski A Passion and Career Intertwined

BY ROBERT FINIZIO  
Head Content Editor

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Graduate student Shannon Szefinski is the second-year graduate assistant (GA) in the Sports, Communication, and Media (SCM) graduate program. Szefinski also graduated from Sacred Heart as an undergraduate in 2021, where she served as managing editor of the Spectrum Newspaper, as well as a senior producer for the Pulse Television show.

Szefinski is a helping hand to her classmates in the SCM program and undergraduate students in the School of Communication and Media Arts (SCMA). Her role also includes helping professors in the classroom, assisting guests from outside the university with the studio and control room in the Martire building, and taking on a large role in the preparation and production of live sports broadcasts for Sacred Heart athletics including football, basketball and hockey.

"I am someone that people look to (for help)," said Szefinski. "I really need to know my stuff so that not only I know it, but I can help others understand it too."

Professor Brian Thorne, a graduate professor in the SCM program, works alongside Szefinski.

"I don't know if I have ever met anyone with a better work ethic than Shannon, and I don't say that lightly," said Thorne. "She is just overall the perfect kind of person that you want to collaborate with."

Shannon Torres, a graduate student and the assistant director of production at Sacred Heart, has been friends with Szefinski since they met as undergraduates.

"She's caring and light-hearted," said Torres. "She's not a person you can put into words. She cares a lot and that is what makes her special." Growing up, Szefinski's interests levitated towards the world of sports, including watching the Olympics and her favorite team, the New York Yankees. The love for sports was a large factor in deciding what degree she would pursue at Sacred Heart.

"My dad would always say 'Whatever you were meant to do in life, it goes back to what you were interested in when you were seven or eight years old,'" said Szefinski.

Upon coming to Sacred Heart, Szefinski was introduced to a welcoming environment.

"When you walk onto campus, it feels like a home," said Szefinski. "You feel like you're supported and you feel like you're being lifted up by the people around you."

Szefinski was offered a job right after graduation, but turned it down to pursue the SCM program and the GA role. Nearing graduation, Szefinski's mindset about going into the workforce has changed.

"Not only being a part of graduate school but also being a GA gives you a whole other experience," said Szefinski. "Now I can honestly say 'I'm ready,' and itching to get out there and start working."

For Szefinski, work has never truly felt like work. Much of her free time is spent working broadcasts, editing, and filming content by choice, not by force.

"I love what I do so much," said Szefinski. "They always say, 'If you love what you do it is never work,' and that is genuinely what I feel."

Dr. Andrew Miller, the director of the SCM graduate program, has an office that is adjacent to Szefinski's cubicle in the Martire building.

"What happens is that everybody walks by her (cubicle) and they're constantly asking her questions," said Miller. "It is incredible because she has an answer for all of them. She does it with a smile and she does it effortlessly."

Szefinski will come out of Sacred Heart with six years of schooling, three different degrees in media studies, and according to Thorne, an infinite amount of opportunity in the future.

"I believe the future for Shannon holds amazing things," said Thorne. "I could imagine her being a director or technical director for some of the biggest sports shows on television."



Scan this QR code to recommend a member of the community to be one of our Spotlight members; students, staff, faculty/professors, and administration.



# Arts & Entertainment

## The Pogues Journey Continues

BY ALANNA WUNSCH  
Staff Writer



The hit Netflix show's cast pictured celebrating following the announcement of a fourth season at the Poguelandia event.

Instagram, @obx

really great job keeping you on the edge of your seat, I never know what is going to happen next," said junior Teresa Andersen.

The mysterious drama set in the Outer Banks of North Carolina, focuses around the Pogues all going on a treasure hunt linked to the disappearance of John B's father. The term Pogues refers to the working-class teenagers who come from modest backgrounds and struggle to make ends meet. Despite their economic challenges, they share a deep bond and are always there for each other, no matter what.

On the other side of the island there are the Kooks, or the wealthier teens who are portrayed as the main rivals to the Pogues. After Sarah and John B. cross paths, her loyalty to the Kooks cracks and she joins the Pogues. The show follows the class issues, heartbreak, relationships and unexpected turn of events that the tight-knit group of teens face in order to uncover the truth.

"Each season has its own plot and every season ends with a new twist that keeps people coming back," said sophomore Nicole Renganeschi.

The unpredictability and complexity of the show has captured audiences for the past three years.

"Outer Banks" season finales always end in a cliffhanger or shocking twist. The newest

The popular Netflix show, "Outer Banks," has officially been renewed for a fourth season.

Before the third season was release on Feb. 23, it was announced that the fan-favorite teen drama had another season in the works. The show starring Chase Stokes as John B., Madelyn Cline as Sarah Cameron, Rudy Pankow as JJ, Jonathan Davis as Pope and Madison Bailey as Kiara has quickly become a staple in many households.

"This show does a

season of the show ended quite explosively. Tragedy struck and fans were left in shock as the season concluded.

"The eighteen month jump between the two character deaths was a lot to process. In the new season, I'm also really interested to see the dynamic between the Kooks and the Pogues now that the Pogues have been honored and credited by the town for finding El Dorado," said junior Lilly Wilson.

At their "Poguelandia" event, the cast and crew celebrated the release of the third season, as well as surprising the crowd with the announcement of a fourth season. In a press release regarding the event and big announcement, Netflix explained that there is plenty in store for the Pogues next season.

"The Pogues are enjoying the adventure of a lifetime, and now we get to map out more twists and turns as the joyride continues into season four of Outer Banks," Netflix said.

More details about the new season and its release date will be shared at a later time.

"I am really interested to see what is going to happen with all of the couples and their new adventures they are going to take on," said junior Molly Teeter.

"Last season was amazing. There were so many twists and turns that I wasn't expecting so I'm excited to see what the rest of the series has in store," said Andersen.

"I think this show just reminds you what it's like to be a kid. While they deal with very serious stuff, they still have fun as teenagers. Everyone has their story, what you see is what they choose to show, not always the truth. The show is a great watch to get you through the winter and into a summer mood," said sophomore Tori Miller.



Instagram, @obx

An official poster for season 3 of Outer Banks featuring lead actor Chase Stokes as John B. Routledge.

## "Mom, I Don't Want War"

BY NICHOLAS RUBANO  
Staff Writer

When you imagine a child's drawing, do you usually imagine a sunny sky, or maybe a puppy, or a picture of them with their family scribbled in crayon? This innocent art is not the reality for all children in the world, as many children do not share the same safety as their counterparts in other nations.

The Ukrainian National Museum in Chicago showcased a recent exhibit titled "Mom, I Don't Want War," which ran from Jan. 20 to Feb. 28. The installation explored the ongoing struggle in Ukraine through the eyes of children, according to Window to the World Communications (WTTTC), Chicago.

The art collection, which also featured pieces of photography, is mainly focused on the exhibition of drawings made by children growing up in an active war zone. The exhibit not only shows the works of contemporary Ukrainian children, but juxtaposes the art with that of Polish children made during World War II.

The exhibit was made possible through a partnership between Consulate General of Poland in Chicago, the Polish Museum of America and the Consulate General of Ukraine in Chicago.

The visual works are accompanied by live musical performances by The Academy of Music of the Paderewski Symphony Orchestra and the Ukrainian Vocal Group "Elegia."

Many people are acknowledging the striking similarities between the art of the Ukrainian and Polish children, and how it highlights the universal fear and uncertainty of growing up in such an environment, reports WTTW.

"Creating art throughout a time of serious war is such a tragically beautiful thing. It's nice to see how art can comfort people, especially children, while also preserving history that is happening in real time," said junior Chris Conte.

"The irony of history repeating itself is pretty jarring in this exhibit. Seeing that children in Poland suffered the same realities as these kids in the Ukraine is so upsetting, seeing that people continue to put innocent lives

in the middle of international disputes," said Conte.

Also present at the exhibit

were members of the legion of Young Polish Women, offering words of support to those affected by the war and sharing their contributions to aid refugees of the war.

Aside from the awareness of day-to-day struggles of Ukrainian citizens that exhibit has garnered, the museum is also finding ways to support the nation financially.

All donations collected by the museum go directly to the Ukrainian Women's Association of America, an organization dedicated to providing Ukrainian children with happy and healthy childhoods. The organization is currently supporting the City of Goodness in Chernivtsi, Ukraine, a facility that provides shelter and care to victims of the war.

Partially motivated by the success of the exhibit, the Ukrainian National Museum in Chicago has fundraised over \$100,000 thus far, reports WTTTC.

Junior Grace Posillico said, "There is something so powerful about seeing the war through the eyes of kids. I'm sure the exhibit is even more moving in person, but the concept itself reminds me how kids' lives are being affected by this every day. It's heartbreaking."

"There is something comforting in the fact that something beautiful can be made of this suffering, and that the art is able to raise relief funds for those affected by the war," said Posillico.

According to ABC7, although the exhibit itself has run its duration, the art was preserved in the Polish archives via the "Mom, I Don't Want War" portal, along with the art presented from the World War II period. The portal has received 13,500 images so far.



Instagram, @uimachicago

Artwork at the Ukrainian National Museum in Chicago condemning Russian President Vladimir Putin for his war on Ukraine.



Instagram, @uimachicago

Peaceful yet Powerful art up for display at the Ukrainian National Museum in Chicago.

# Sports

## Congrats to

### Women's Basketball for winning the 2023 NEC Title!

BY VICTOR DIPIERRO  
Staff Writer



Instagram, @sacredheartuniversity  
The SHU women's basketball team celebrates after defeating FDU to win the NEC championship.



Instagram, @sacredheartuniversity

Freshman guard Ny'Ceara Pryor has led the way for the Pioneers all year long; bringing home the NEC Player of the Year, Defensive Player of the Year, and Rookie of the Year awards in a single season.

There is no denying that last year's season didn't go as planned for Sacred Heart University (SHU) men's baseball team, who finished with an overall record of 12-41. Although they are only six games into their 2023 campaign, there is a different feeling surrounding the team this year.

On Feb. 24, the team traveled to Virginia to take on Virginia Commonwealth University (VCU) in a three-game series. SHU would go onto sweep VCU and post a shocking 29 runs across three-games.

Sam Mongelli, a senior infielder, played a huge role in securing the sweep for SHU and is a major catalyst for the team's early offensive success.

"I feel very comfortable in the box and I'm seeing the ball really well," said Mongelli. "It stems from the preparation in batting practice and the intensity my teammates bring from the dugout. Their energy gives me the ability to grind out at-bats and find a way to get on base."

Over the three-game stretch versus VCU, Mongelli went 3-6 from the plate in the first game, 5-5 in the second game, and 4-6 in the series finale.

"As long as our offense keeps producing, we have the potential to have a great year," said Mongelli. "However, I try not to look too far into the future. We had a great weekend versus VCU, but it means nothing if we don't continue to show up and put in the necessary work to get better day in and day out."

SHU's early success can also be attributed to their new head coach, Pat Egan, who was hired this past August.

"The transition into my new role at Sacred Heart has been great," said Egan. "It didn't take long for me to realize that

we have a really great group of guys on this roster. We have 17 seniors and graduate students combined, so to have an older team that is eager to win has helped quite a bit."

Although SHU found themselves in an 0-3 hole to start the year, the players never lost faith in coach Egan, and he never lost faith in them.

"I don't like losing," said Egan. "I was upset that we didn't really play our brand of baseball to start the year. Before our matchup versus VCU, I challenged the guys to be tougher. I want to develop an identity where we play our brand of baseball and let the scoreboard results figure themselves out."

Joe Emerson, a graduate student and one of the captains on this year's team, helped his team establish the identity that coach Egan felt was needed.

"It's a great honor to be named captain for the second year in a row," said Emerson. "Having the opportunity to do something special is really exciting. We didn't achieve many of our goals last year, but with an older crowd this year, we are all on the same page. We want to win."

Emerson, a leader on the field and in the clubhouse, credits coach Egan's work ethic for helping get his teammates fired up.

"Coach Egan is an awesome guy," said Emerson. "What stands out to me the most is the passion and commitment he brings. From day one you can see the investment he put in every single one of us. As much as we want to win and play for each other, we want to play for him just as much. Not only does he make us better baseball players, but he makes us better men."

Sacred Heart Athletics contributed to this article.

### Women's Wrestling Competes at Nationals

BY CRISTIAN MARTINEZ  
Staff Writer

"This past weekend was quite the experience being able to win a regional title my freshman year," said Sacred Heart women's wrestling freshman Aaliyah Payne-Parris. "The feeling at the end of my final match had me at a loss for words as I realized I was going to Nationals."

After winning their regional championships, the women had nine qualifiers for nationals, an improvement over last year when they had just four.

Last year, sophomore Madison Sandquist lost her weight class, but still qualified for Nationals. This time around, she is heading back to Nationals with her weight class title.

"I started wrestling in eighth grade, I was a swimmer for many years and my brother was the one who wrestled," said Sandquist. "Once I quit swimming my parents encouraged me to give wrestling a chance and the environment was so encouraging that I fell in love and stuck with it."

Payne-Parris won her weight class this year which was one of her two goals at the start of the season. The second goal was to win Regionals and get to Nationals.

"Winning my weight class after a bye in the semifinals made me feel thrilled as this was one of my goals at the beginning of the season," said Payne-Parris. "I was excited to be able to accomplish this goal and it also helped with us winning our team regional title."

Some players attribute their success to drive, commitment, and focus. Others also give credit to tips from coaches and fellow athletes.

"The key to success is discipline," said sophomore Jacklyn Smith. "I used to beat myself up in order to find the way to be motivated every day. I soon realized truthfully you are not going to be motivated every day. You have to develop discipline to show up on the days and under the conditions you may not want to."

Despite being in their second season as a program at Sacred Heart, the team is growing tremendously. They are a young



Instagram, @sacredheartwomenswrestling

The women's wrestling team photographed outside of the Pitt Center before heading to Nationals in Cedar Rapids,

program, consisting entirely of freshmen and sophomores, but were recently ranked tenth in the nation.

"I am nothing but proud of my team," said head coach Paulina Biega. "We have been working very hard from the first day of pre-season and it sure paid off. We finished the season undefeated in the region. The only four losses were to the top ranked programs in the country."

That feat won Biega the NCWWC Region 1 Coach of the Year award. In just two years of existence, she has led Sacred Heart to back-to-back winning seasons.

"It is a great honor which is a result of the efforts of the full team," said Biega. "They made it possible, and I am grateful for that."

The women's wrestling Nationals was held in Cedar Rapids, Iowa, on March 3. The team ultimately fell short, but were able to place seventh out of 37 programs.

The Women's wrestling team ended the season with five All-Americans. Sandquist and Smith won their second career honor and Payne-Parris has one her first honor. The other two to be named All-Americans are Cara Broadus and Alexandra Fitzgerald.

Sacred Heart Athletics contributed to this article.

### Full Speed Ahead

BY MARISA MUSACCHIO  
Staff Writer

Sacred Heart University's very own women's track and field team raced off to Staten Island and took the podium.

The 2023 Northeast Conference (NEC) Indoor Track & Field Championships commenced the weekend of Feb. 18 where the women placed fourth.

"I thought we had a really good championship," said head coach Christian Morrison. "The team brought a lot of energy and positivity to the competition. We got on a good roll early on and kept it going. This allowed us to finish higher in the team standings than most people were expecting."

By placing fourth, the team exceeded their predictions for this season which placed them in great spirits.

"I felt the team did a great job last weekend," said sophomore Jenna Engels. "I am proud to have placed fourth after being ranked fifth in the preseason poll."

One of the stars during their championship weekend was freshman Magdalena "Maggie" Brogioli. The first year won NEC "Rookie of the Meet" after finishing second in the high jump and fourth in the 60 meter hurdles.

"I was happy with my performance in high jump, placing second and jumping a season's best," said Brogioli. "Receiving this title was rewarding, it reminded me that all the hard work I've put into practice has been paying off and motivated me to continue working hard through the outdoor season."

The rookie's teammates believe she has been a great addition to the Pioneers early in her collegiate career. Her teammates feel that this title is well-deserved for Brogioli.

"Not only is she a great asset to the team, but she is a leader as well," said senior Kaylee Stenderowicz. "The future of the team will be bright with her leading the way."

Engels had a great weekend of her own, as well. She placed second in the pole vault, setting a new personal record of 3.56 meters.

"I am very proud of my performance this weekend as I have been progressing throughout the entire season, trying to hit a 3.66 meter bar," said Engels. "It was a tough competition, but I am proud of how I fought for the higher bars."

The Pioneers tended to favor the pole vault competition with four participants placing in the top six. The pole vault is one of the team's main focuses.

"The pole vault tends to be a weak event in the Northeast Conference, historically speaking," said Morrison. "I've worked to recruit talented pole vaulters, so we can exploit this weakness. This approach definitely worked to our advantage in this championship."

Stenderowicz's weekend was also successful, placing third in long jump and second in the triple jump.

"I was happy to finally get on the podium for long jump on day 1 which created good energy going into day 2," said Stenderowicz. "I was aiming for a first-place finish in triple jump, which I'll be striving for during outdoor."

Having done well at the NEC Championship, the team ended their indoor season the weekend of March 3-5 at the Eastern College Athletic Conference (ECAC) Championship.

Sacred Heart Athletics contributed to this article.

# Editorial

## A Fellow Pioneer in Need

To the Sacred Heart community,

Anna Burhmann, a freshman on the women's field hockey team from Germany, was in a severe skiing accident over spring break. Burhmann snapped her C6 and C7 vertebrae, resulting in permanent paralysis below her shoulders. Her close friend Kenzie Riccardi, a member of the SHU women's rugby team, started a GoFundMe page on March 7 to raise money for medical expenses, rehabilitation, and to fly Buhrmann's parents to the United States. According to the page, Burhmann currently is at a hospital in Denver receiving medical care. As of March 13, the page has raised nearly \$180,000 of the \$300,000 goal. If you would like to donate, please use the link below:

<https://gofund.me/10ac22e5>



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April 26, 2023

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