

FEATURED NEWS



DEVYN KING/SPECTRUM

CUPID'S COMING TO TOWN

PEOPLE ARE BUSY PREPARING OR AVOIDING VALENTINE'S DAY



DEASHA BENT/SPECTRUM

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SACRED HEART'S KICKLINE TEAM IS TAKING THE SCHOOL BY STORM WITH THEIR PERFORMANCES

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New SHU Doctoral Program

BY ERIN COONEY
Staff Reporter

Sacred Heart University launched a Doctor of Education in Educational Leadership Program based entirely online. The program allows students to earn their Doctoral degree in three years time.

The program focuses on teaching students the necessary components required to possess social, emotional and academic leadership, also known as "SEAL." There are many Doctor of Education in Educational Leadership programs in the country, but none specifically focus on SEAL, making Sacred Heart's program one of a kind.

"What we're teaching our doctoral students is how to lead schools and school-districts from what we call a "whole-child" perspective. It is very sought after by communities looking to hire principals and superintendents," said Dr. Michael Alfano, the Dean of The Isabelle Farrington College of Education at Sacred Heart university.

"A doctoral degree is often required to work at the most senior levels within public school systems," said Alfano.

The program prepares students to handle trauma-sensitive schools and classrooms. The third year of the program includes "The Research Core," which is a series of classes that provides trained students with an opportunity to complete a Dissertation in Practice.

"We studied the market for similar programs in the state, and country actually, and found none at the doctoral level with a SEAL focus," said Alfano. "We were very excited about this finding because there is such a need for SEAL within our communities."

The online program allows professionals to pursue their Doctorate without having to regularly attend class in-person. "We're targeting very busy working educators and educational leaders working at the k-12 level. By offering the program online, students won't have to physically come to campus, except for a few exceptions: in order to enroll, participate and benefit from the curriculum," said Alfano.

"The online approach is a great idea because working adults will not have the time to physically attend class, and the program works around you which I like," said sophomore Madison Bird.

"For some graduates, they may have aspirations of someday leading a school or school district. The new doctoral program in educational leadership can help graduates reach that goal," said Alfano. "So, as you

can tell, it is possible for undergraduates to start their teaching careers here at SHU and then come back two additional times on their way to reaching the highest levels within the education profession!"

"My goal is to start off teaching in a classroom and then move on to administration. Now that Sacred Heart has a Doctor of Education in Educational Leadership Program, I will definitely apply for the program when the time comes," said Bird. "My ideal job is to become the principal of an inner city high school and turn it around. Mainly focusing on sending a large percentage of the children to college."

This program also allows graduates to use their Doctoral degree in a multitude of ways. Having a PhD can allow graduates to work with non-governmental or philanthropic organizations, as well as federal government policy research.

"We're confident that the program will be unique while simultaneously meeting a need," said Alfano.



BRANDON RICKETTS/SPECTRUM

THE FARRINGTON COLLEGE OF EDUCATION HAS LAUNCHED A NEW DOCTORAL PROGRAM

Startup Vietnam Colloquium

BY AMANDA DE LAUZON
Staff Reporter

"Raise your hand if you have ever been to Vietnam," said book author, entrepreneur and Sacred Heart University alumnus Andrew Rowan, as he raised his hand to a still audience.

"For the past four years, I have been working in Vietnam programs and activities supported by the governments of Vietnam, the United States, and Finland as well as private sector advocates (local and international investors, entrepreneurs, and developers) to further the development of the enterprise ecosystem," said Rowan on publishizer.com.

Rowan majored in Business Administration and minored in Political Science at Sacred Heart. He uses the information he learned from his former professors and experiences to follow his passion and now finds himself speaking at the Feb. 5 Human Journey Colloquia "Startup Vietnam".

"I would say the most important aspect of my experience at SHU was the service learning I did through Habitat for Humanity and C.U.R.T.I.S. week, which stands for community understanding and reflection through inner-city service," said Rowan "Looking back that made the biggest impression on me."

Rowan has written the book "Startup Vietnam: Innovation and Entrepreneurship in the Socialist Republic" which goes into how Vietnam has a booming new economy and a growth of startup businesses.

"I liked the colloquia because it was about something we don't normally talk about in school," said freshman Carly Niemiec. "It is interesting to learn about the businesses, cultures and economies of far-away places."

So, what makes Vietnam important? Over the past several decades, Vietnam and its economy have rapidly grown. This growth that Rowan followed to Vietnam can guide the way for students to follow in his footsteps.

"Andrew's experiences shall serve as an inspiration tale for our students who are looking to chart their own path in the world," said Todd Gibbs, Executive Director of Development and Alumni Engagement. "Andrew didn't go looking for a job in Vietnam, he followed a passion to learn about a different culture and the emergence or innovational and entrepreneurship in a governmental system and economy much different than ours."

Students at Sacred Heart have many options to study abroad, but learning that there are also opportunities to travel after college is important.

"I thought the colloquium was interesting because not only was the subject new to me but seeing it was led by a former Sacred Heart student really gave me hope for my

future," said junior Rebecca Lerner. "It's cool to see how far you can go if you just follow what interests you, no matter what it is."

"You as students are faced with many of the same questions Andrew was, what should I do? Where should I go? Andrew has the answer: follow your heart," said Dr. John Kikoski, Rowan's former teacher.

When it comes to throwing up your graduation cap, leaving Sacred Heart and finding your passion, Rowan has some advice.

"Try not to care what other people think. Have your group of friends, your confidantes that you can bounce things off of and then make a decision," said Rowan. "Do things that don't blend in."



AMANDA DE LAUZON/SPECTRUM

SACRED HEART ALUMNUS, ANDREW ROWAN GAVE A PRESENTATION ON HIS NEW BOOK "STARTUP VIETNAM: INNOVATION AND ENTREPRENEURSHIP IN THE SOCIALIST REPUBLIC."

News

Virginia Governor Northam Controversy

BY CHARLES PEACOCK
News Editor

Virginia Governor and Democrat Ralph Northam is facing criticism due to a controversial 1984 medical school yearbook photo leak.

About a week ago, a supposed photo of Northam and one of his former classmates surfaced. Within the picture are two men, one wearing a Ku Klux Klan robe and the other in 'black face' paint. Northam initially confirmed that he is in the picture but withheld as to which of the two he is.

However, Northam recently retracted his earlier comment and has denied the claims that it is he within the racist photo.

Ralph Shearer Northam, the 73rd Governor of Virginia, has served for little over one year now.

Political figures from both parties have called for the resignation of the current governor.

According to Associated Press, "Others said there was no question he should step down. Among them: Democratic presidential hopefuls Cory Booker, Julian Castro, Kirsten Gillibrand, Kamala Harris and Elizabeth Warren; newly elected Democratic U.S. Reps. Elaine Luria and Abigail Spanberger of Virginia; the NAACP and Planned Parenthood."

"In light of the denial, just resigning because of the accusations is not enough. I think you need more firm evidence in an investigation into whether or not he is in that picture," said Dr. Gary Rose, Professor and Chair in the Department of Government at Sacred Heart University.

Dr. Rose believes that Northam resigning would be the right direction to take in the eyes of the Democratic Party. Lt. Gov. Justin Fairfax of Virginia would succeed Northam if he resigned. Fairfax is also under fire due to sexual harassment accusations from a woman he was formerly associated with, but Fairfax wrote it off as a "political smear."

"For the benefit of the Democratic Party and for the benefit of Virginia, it would be advantageous for Fairfax to take that position. But at the same time follow through with the investigation on Northam," said Rose.

Like Professor Rose, some Sacred Heart students also believe that Gov. Northam should resign to avoid any further controversy.

"I personally think that he should resign," said senior education major Anthony Orzo. "Now that the picture has surfaced, it has left behind a digital footprint that can never be erased, therefore tarnishing his reputation and giving people reason to judge his character in a way so that can't be erased."

Black lawmakers said they met with Northam Friday evening, and said in a statement they appreciate his service. "But given what was revealed today, it is clear that he can no longer effectively serve as governor," the Virginia Legislative Black Caucus said. (AP)

Northam's response to this controversy is no more than at first confirming his being in the photo then denying it days later. Other than those regards, Northam has hid from the public eye since, according to AP news.

"I think that he should resign because as the Governor of Virginia he needs to hold

himself accountable and to a higher standard compared to your average Joe," said senior communications major Mike Marino.

Many are still unsure what the Democratic party of Virginia has planned for the future. President Trump tweeted earlier this week, "Democrats at the top are killing the Great State of Virginia. If the three failing polls were Republicans, far stronger action would be taken. Virginia will come back HOME Republican in 2020!"

This photo has led to much controversy, and Virginia's population, as well as the rest of the country, are still awaiting a clear response from Gov. Northam.

The Associated Press contributed to this article.



ASSOCIATED PRESS
VIRGINIA GOVERNOR, RALPH NORTHAM, PICTURED ABOVE, HAS BEEN GOVERNOR FOR ONE YEAR AND IS BEING ACCUSED OF BEING A PART OF A RACIST PHOTO FROM HIS YEARS AT COLLEGE.

Connecticut and Marijuana: Medicine or Recreation?

BY MACKENNA LAMPHERE
Staff Reporter

On Feb. 6, Connecticut state senators revealed legislation which would legalize recreational marijuana. This comes two days after the state's Public Health Committee listened to a testimony to use medical marijuana to treat opioid withdrawal.

The bill that was introduced by senate Democrats on Wednesday and would allow adults 21 and older to have possession of up to a one ounce of marijuana and a limited number of marijuana plants.

The goal of the bill is to make profit by making it legal to grow, sale, and tax marijuana. Democrats predict a tax on marijuana would generate up to \$70 million in the first year and potentially more than \$150 million annually afterward for Connecticut.

Gary L. Rose, Chair of the Department of Government at Sacred Heart University, said, "As long as recreational marijuana is illegal according to federal law, then Connecticut should not legalize this drug for recreational purposes. There is little doubt that it is a gateway drug to more serious drugs plus this is not the best way to raise revenue for a state budget."

Senate President Martin Looney says legalized marijuana is "already on our doorstep," referring to neighboring Massachusetts. He says the drug should be treated like other adult products — regulated and taxed.

According to the CT Post, members of the legislature's Public Health Committee heard testimony from Brian Essenter, a medical marijuana consultant, during a public hearing on Feb. 4, about President Pro Tempore Martin Looney's proposed bill to add opioid use disorder and withdrawal as conditions that qualify for the palliative use of marijuana.

"Getting clean is a very long, lonely and harsh journey," Essenter said. "No one has ever died due to an overdose of cannabis."

According to the Trump Administration it has taken the lives of more than 300,000 Americans since 2000. Over the years, it has worsened to the point where in 2017 President Donald Trump declared a national public health emergency.

Brian Hogan, Program Coordinator for the Film and Television Master's Program at Sacred Heart, was a medical marijuana business owner in California for seven years.

"I am for legalization; I am for liberty. The government, whenever it tries to control human behavior in areas that have no victim (like pot use), oversteps its own original design. Government was invented to protect liberty, not to criminalize plants," said Hogan.

In fact, there have been many studies that support the use of marijuana to help in treating glaucoma. As of recently, it is believed that medical marijuana could help with opioid withdrawal.

"Medical marijuana serves a useful purpose for patients and I have no problem with states learning from one another with regard to what can help people in pain. This is a

totally separate issue compared to recreational marijuana," said Rose.

Americans views of marijuana and other drugs have changed over the years.

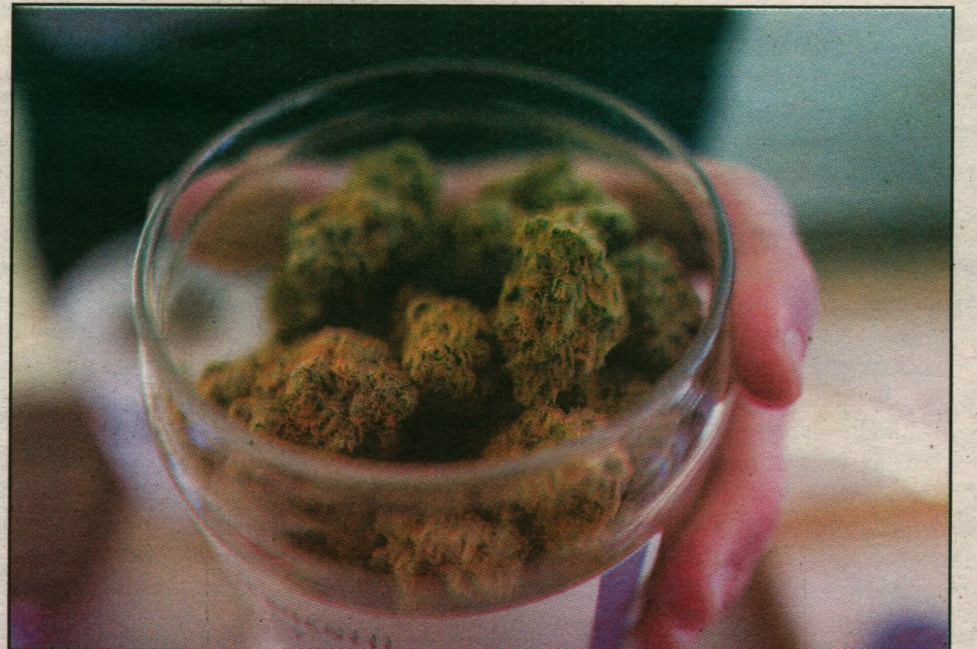
Senior Renee Brien, a health science major said, "I feel that if recreation marijuana is legalized it may detract support for medical marijuana. I do believe, however, that Connecticut's financial situation is absolutely horrendous and legalizing recreation marijuana could generate a lot of revenue for the state."

According to the CT Post, legislative leaders said they feel it is way too early to say if the new recreational marijuana legislation will pass or not.

State Rep. Vincent J. Candelora, R-North Branford, says there are too many possible unforeseen consequences if the state approves retail sales.

"Let's have a conversation within our behavioral health industry, our schools, with our police force, to give input on a better bill," Candelora said.

The Associated Press contributed to this article.



ASSOCIATED PRESS
CONNECTICUT SENATORS HAVE RELEASED LEGISLATION THAT WOULD LEGALIZE RECREATIONAL MARIJUANA.

Perspectives

He Said, She Said: Moe's vs. Chipotle



I think it's time to end this debate once and for all. The long-awaited answer to the question, "Which is better, Chipotle or Moe's?" is one that ponders the minds of many, including myself for a time, until my eyes and stomach were opened.

To understand what I'm talking about, you will really need to experience both restaurants respectively, as there are pros and cons to both. But after that experience however, it should be without question, that Moe's is the clear champion.

Unpopular opinion? Yes. Is it false? No. There will always be space in my stomach for Chipotle and I'll never forget the good times we had. Being serenaded at Chipotle by that hipster playlist that they put on loop, sitting in those awkward metal chairs or at those weird two person booths that are way too close for comfort.

Moe's however, was love at first bite. There can only be so many broken Chipotle burritos on your plate until you finally suck it up and just walk into Moe's and get a Stack. It will not only come out right every single time, it will also satisfy you.

You get exactly what you want from a restaurant when you go to Moe's; food, water and atmosphere.

From the moment you walk into Moe's, the feeling is just different from Chipotle. The doorbell rings upon entry and then you are greeted by a roaring, "Welcome to Moe's!" from pretty much the entire staff, making you feel welcomed as an actual guest.

After that, you follow the trail guided by those red-carpet ropes leading you to the vastly superior menu. Their menu

includes almost everything that Chipotle has to offer, as well as the Stack and a few other surprise appearances.

Now one of these surprises is probably the greatest thing you can order at Moe's. It's something that Chipotle has foolishly tried to copy in the past, but have failed miserably in their efforts.

Ladies and gentlemen: their cheese, even though we all like to say it in Spanish because it's a Mexican restaurant and it sounds cooler that way. Their queso is just so good, it'll change your life.

They call it "Moe's Famous Queso" for a reason and on their menu. It is described as, "Liquid white gold. With bottomless chips. End of story". Now that is a fact.

I would bathe in this Queso. I've never been somewhere, where a side, not even more like a condiment, could be so good that it makes you want to go back and get the actual food itself. It's a concept that blew my mind and still does every time I sink my teeth into my food there.

In our hearts, we all know this to be true yet still many will defend their once beloved Chipotle. I mean, once there's a vine that says, "Chipotle is my life" it's hard to deny that statement, even though we know the truth.

If you haven't tried Moe's, you're in luck because there is one located in the Black Rock Shopping Center, right off Black Rock Turnpike in Fairfield, which is technically closer than chipotle.

Again, you really must try both to understand the weight of this debate, but once you go to Moe's, there's no going back.



Chipotle or Moe's? That is always the question that comes up between my friend group. Half of us normally say Moe's while the other half says Chipotle.

I personally always liked Moe's better than Chipotle until recently. When I was a huge Moe's fan I used to crave the food all the time and look forward to "Moe's Mondays" every week.

In high school, my softball team would always head to Moe's after our practices and games. My signature meal at Moe's would be a quesadilla with lettuce, cheese, chicken, rice and queso. Before coming into college, I never had Chipotle because where I lived there were none around me. I always heard my friends talking about how good it was but I never got to experience the food for myself.

Many organizations across college campuses do a Chipotle fundraiser which encouraged me to go and test it out. I remember the first meal I tried at Chipotle was a burrito bowl with chicken, brown rice, peppers and onions, cheese, lettuce, and mild salsa. My immediate reaction when I tasted the bowl was "WOW".

There is something about Chipotle bowls that makes me not feel guilty after eating one. However, with Moe's I feel like it is healthier. Personally, I think the chips at Chipotle are much better than the ones at Moe's. Chipotle's chips have a hint of lime juice on them which makes them so amazing. However, one item that I like better at Moe's would be the queso. Although I do love Chipotle more, their queso does not compare to Moe's queso.

I was in disbelief that I had not tried

Chipotle until I got to college. I look forward to receiving emails that some organization on campus is doing a fundraiser at Chipotle because it gives me an excuse to go and get some good food. In addition, I love how supportive the company is towards helping organizations at our school raise money. I would choose Chipotle over Moe's any day.

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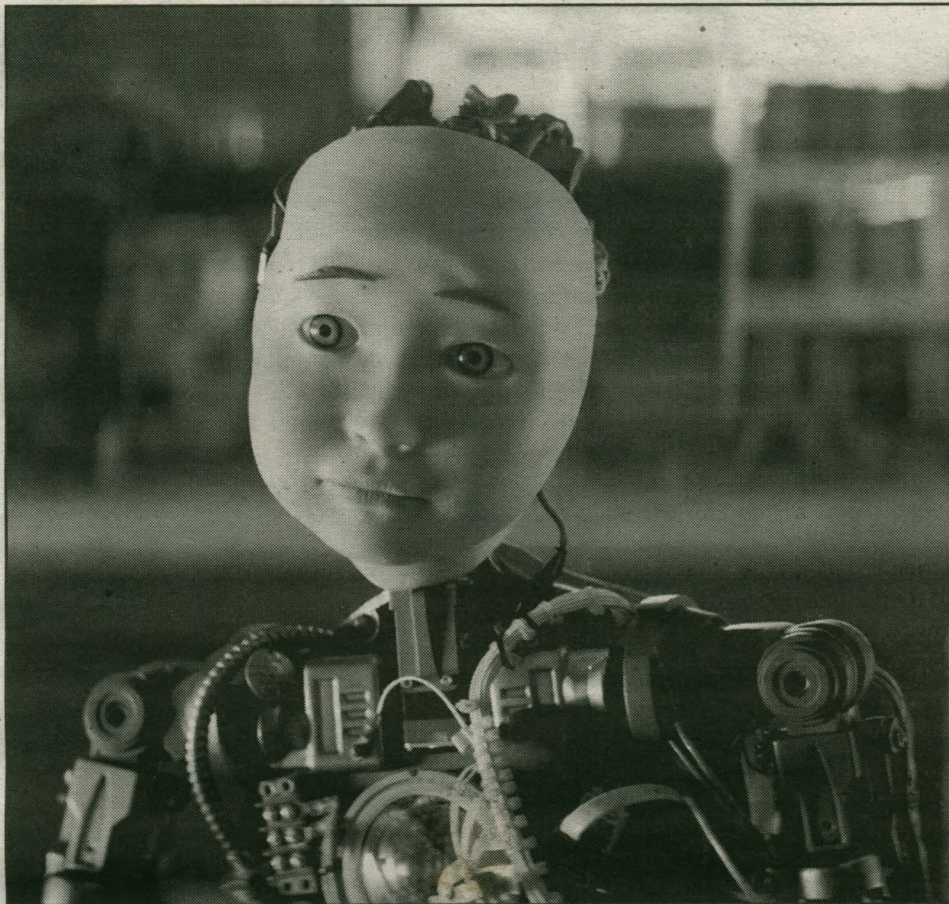
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Perspectives

Super Bowl: Football vs. Commercials?

BY BRETT MALONEY
Staff Reporter



ASSOCIATED PRESS

FOR SOME VIEWERS, THE SUPERBOWL IS A TIME TO WATCH THE NATIONS BEST COMMERCIALS INSTEAD OF FOOTBALL.

As many people look forward to the Super Bowl game itself, there are also some people who are more excited about the new Super Bowl commercials that are debuted each year. That was the case for sophomore nursing major, Ally Cipolla.

"I am not the type of person who normally watches football but I will always watch the Super Bowl for the commercials," said Cipolla. "My favorite commercials always come from Budweiser because they always include a dog. Although this year I was disappointed because the Budweiser commercial only showed horses, and no dogs."

For some students, they use the commercials during the Super Bowl as a detox from the game to get their mind away from the grueling action.

For sophomore Mitchell Kiernan, the commercials are just what he needs in order to relax during the game.

"I like the tradition of new commercials being introduced every year at the Super Bowl, especially being a Patriots fan. It is nice to get your mind away from the game for a little and watch the new commercials on the TV," said Kiernan.

"If I had to choose a favorite from this year I would say, my favorite commercial from the Super Bowl would have to be the Hyundai commercial with Jason Bateman. I found it to be extremely comical when they would have to take a pit stop on every floor to let someone out," said Kiernan.

However, the Super Bowl commercials were not all laughs for every student. Sophomore Cassidy Woods, had a tough time keeping it together during one of the commercials.

"I drew a few tears during the game, and not because of the Super Bowl itself. But my tears actually came from the commercial where the Chargers coach Anthony Lynn talked to first responders who saved his life after his car crash," said Woods.

Although some of the Super Bowl commercials brought out tears, there were some other commercials that students really enjoyed. Sophomore Kelsey Perretta really enjoyed the NFL 100 commercial.

"My favorite commercial from the Super Bowl hands down was the commercial about NFL 100. This commercial was easily my favorite because I felt it to be very cool how they brought the new, and old, stars of the NFL together as one," said Perretta.

Senior Ari Bruno was impressed with the first responder commercial from Verizon, but Bruno was not impressed with the game as a whole.

"I was really impressed with the first responder commercial from the 2019 Super Bowl. I think that honoring the men and women who save lives on a regular basis was inspiring to see. It was something different to see than what we usually expect from the Super Bowl commercials but provoked a positive change," said Bruno.

"Other than the Verizon and Bud Light commercials, none of the other commercials sparked an interest for me to watch intently. I thought that they were just as boring as the game was," said Bruno.

Is Valentine's Day overrated?

BY NIKKI ZINER
Staff Reporter

Does Valentine's Day give you butterflies in your stomach or do you think cupid is stupid? For junior, Courtney Charbonneau, she thinks that the holiday is overrated.

"Why do you need a day to show your significant other you love them," said Charbonneau.

Junior Nicole Amalfitano believes that Valentine's Day is a waste of money, especially when you are a college student.

"My boyfriend and I agreed on not doing gifts this year because we just stuck with the simple candy and a card instead of spending funds we both don't have," said Amalfitano.

Many students look at more of the sentimental gifts rather than the expensive ones due to their lack of funds from being a college student.

Junior Dylan Molster believes that the accessories associated with the holiday are getting too expensive.

"I don't mind Valentine's Day, I'm pretty neutral with it. I personally don't have to spend money on it but if people want to waste their money on boxes of chocolates and overpriced flowers that will die in a few days, then let them be them," said Molster. "As a college student, I try and prioritize my spendings on longer lasting items such as rent, utilities, or a new phone, not gifts that won't matter in a week."

Junior Erin Constantino referred back to what she has learned from being a marketing major.

"I do think Valentine's Day is a bit overrated, but as a marketing major, I've seen how people have turned this holiday into a must-have money driven holiday," said Constantino.

On the contrary, Senior Dani Karpiej, looks at the holiday as an excuse to go out to dinner. "I definitely do not celebrate Valentine's Day seriously, but I do like how it is an excuse to go out to eat and spend quality time with your significant other," said Karpiej.

A topic of discussion in February is often about what you will be doing on the day of love.

For Junior Emma Sanders, her Valentine's Day celebration will be pushed back a couple of days.

"My boyfriend goes to another college in upstate New York, so we will be celebrating Valentine's Day the following weekend," said Sanders.

"I have to work this Valentine's Day, but I plan on hanging out with my friends and maybe going out to dinner with my boyfriend after," said Constantino.

Many students plan on going out to eat with their significant other and then heading to

their favorite places in town for dessert.

"I plan on going to dinner with my boyfriend, nothing too fancy. Then we plan on going to our favorite ice cream place, Main Street Creamery," said Amalfitano.

For many students, the Valentine's Day celebrations do not just end on the day of.

"I hope he surprises me with a nice dinner and then maybe some flowers after, but nothing too much. It's hard spending money on gifts every holiday, because you always feel like there's always something you need to buy for," said Sanders.

A new way to spend the holiday that has been established over the past few years is called Gal-entine's Day, when you spend the day with your best friends.

"Valentine's Day is a day to spend with the ones you love, no matter what your relationship status is," said Charbonneau.

"At the end of the day, Valentine's Day is just another day of the year. You shouldn't have to prove your relationship status or love for one another just because it's a holiday," said Molster.



DEVYN KING/SPECTRUM

VALENTINE'S DAY IS RIGHT AROUND THE CORNER AND THE STORES HAVE BEEN PREPARING FOR THE ONSET OF SHOPPERS, WHETHER THEY LIKE THE HOLIDAY OR NOT.

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**I have FOMO****ERICA CONDON**

PERSPECTIVES CO-EDITOR

Growing up, I always felt like I needed to be involved in everything and go everywhere. I was just the type of person who never wanted to miss out on any opportunities.

One day, I was introduced to the word FOMO: the Fear Of Missing Out.

I was shocked when I first heard about FOMO. There was finally a word to describe my feelings of always wanting to be involved.

Have you ever turned down plans because you were too tired, but as the night went on, you completely regretted staying in? Watching Snapchat videos and pictures of the plans you turned down. Anxiously wondering what you are missing out on. Wondering what is happening and being said without you there. That is FOMO.

It may sound silly, but FOMO is something that I always struggle with. The worst is when I am faced with two plans and I need to decide between them.

I am always extremely indecisive because I wish that I could be in two places at once. However, we all know that cannot be the case.

Whenever I can't make it out somewhere, my friends will always joke and say "Erica definitely has the worst FOMO right now."

However, I am not the only person I know who considers themselves to have feelings of FOMO. In college, I always hear my friends say they are having FOMO when they can't make it out to a party.

College is an extremely busy time in life where students are faced with balancing school work, jobs, and a social life. In reality, you won't be able to attend every party or gathering, you may need to stay in and do homework some nights. This is where FOMO comes into play with many college students like myself.

I mean, who actually wants to stay in because of homework when you know you could be going out and having fun with your friends?

Although I believe that it is extremely important to experience as much as possible at this time in my life, I also understand that it is not the end of the world if I miss out on a party or dinner plans.

I am a "live in the moment" type of person, I am constantly aware of how short and precious my life is. The people I have met in life and the amazing opportunities I have experienced so far are the reason I have FOMO.

I don't see FOMO as a bad thing, my FOMO reflects my eagerness to live life to the fullest. I know that life has a lot to offer and I never want to miss out on any experiences that come my way.

The other day I came across my horoscope and it summed up my feelings of FOMO perfectly. It said, "Fascinated with the world around you, you are extremely curious, with a constant feeling that there is not enough time to experience everything you wish to see and explore."

With this Piece**NEIL GRASSO**

ASST. NEWS EDITOR

Warning: this piece takes a dark twist.

I am twenty years old. Most of my days here at college are spent drowning in either work, schoolwork, athletics, or what is left of my pathetic attempt at a social life. Sometimes I drown in all of them at once, which leaves me with some great moments of reflection. How did I get here? Were things better at another time in my life?

I got here by my own doing, and while I would not necessarily say that things were better when I was younger, I can certainly say that they were less stressful.

The term childhood is often associated with words and phrases that promote a message of positivity and opportunity. Phrases such as "childhood wonder" and "childhood innocence" come to mind.

Indeed, my own childhood was one filled with curiosity, excitement, learning, and joy.

However, some children experience a childhood that is all but stripped away by the corruption of evil-minded sexual predators. (This is what I warned you about).

I would like to draw attention to the issue that has been plaguing this country for decades; sexual abuse of children.

The sexual abuse of children is a topic that has received varying levels of coverage over the years, some more notable than others.

You might remember NBC Dateline's "To Catch a Predator" series with investigative journalist Chris Hansen - the show that captured the potential dangers of online predators.

Time after time, episode after episode, older men would come to a house with the intention of engaging in sexual intercourse with a minor. This encounter would occur after days, sometimes even weeks after chatting online with a decoy posing to be a young teen in an online chatroom. Thankfully, when these individuals show up to the house, they are nabbed by police officers in dramatic fashion as a part of a sting operation.

"Hansen vs. Predator", a spin off series managed by Hansen himself on the Crime Watch Daily Network, features an episode that takes place right here in Fairfield, Conn. It even features former Fairfield Police Chief and current Sacred Heart University Executive Director of Public Safety Gary McNamara. I highly recommend the program.

However, it is important to note that this coverage only provides a small window into the dark world that is childhood sexual abuse. In some cases, instances of high-level organized crime have allowed for mass sexual exploitation of minors in various regions across the country. I have previously covered the sexual abuse that occurred within the Catholic Church; a story that initially received massive recognition after the Boston Globe's investigative unit known as "Spotlight" covered it in 2003.



Other instances of massive child abuse in the United States have received far less recognition.

"Boys For Sale" is a 1981 documentary that covers the sexual abuse, child prostitution, and pedophile rings that raged in Houston, Texas during the 1980s. In the film, University of Texas Professor Tom Philpott retells first-hand accounts of sexual abuse of young boys, as well as provides some equally disturbing statistics on the matter.

"In Houston I give the figure - based on what I think to be prudent calculations, upwards of 350 boys are killed deliberately, because of this," said Professor Philpott in regard to the abuse. "Many more die of drug overuse, malnutrition, suicide, etc. The national toll per year is in the thousands; kids die violently because of this."

More recently, documentaries such as 2013's "Tricked" follow human trafficking groups that systematically recruit and brainwash young girls into the prostitution industry.

The similarities between the tactics used by the sex traffickers in the film and the child predators featured in the aforementioned programs are astounding.

According to the National Center for Missing and Exploited Children (NCMEC), 25,000 children were reported to be runaways in 2017. Of those 25,000, it is believed that one in every seven boys became a victim of child sex trafficking. The average age of a child sex trafficking victim is 15 years-old.

Now for a question I'm sure you all have if you've bothered to read this far - why am I writing about this?

When I think about the person who I am today, I accredit my childhood experiences almost entirely. Childhood is a time when learning, growth, development, and curiosity can all prosper simultaneously as long as the child in question is raised in a safe and nurturing environment.

Luckily, I was a child who got to experience playing sports alongside my father. I went to music classes with my mother as a toddler. I grew inseparable from my younger brother over the years.

Above all else, I was loved and cared for by a community of friends and family members that put my well-being as a top priority while I was still young and vulnerable to the many dangers that are present in the outside world.

Within an editorial, I have the chance to talk about something that matters to me. I have the chance to express myself and my interests. With this piece, I hope to speak up for those who were silenced during such a precious time in their lives.

For those children who are currently suffering at the hands of their abusers, and for those who have lost their lives as a result of the abuse, I pray for their souls to find peace.

Fiat Lux, Neil

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

Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Kickin' It with Kickline!

BY DEASHA BENT
Staff Reporter

Sacred Heart University Kickline coach Samentha Samuel has been coaching for 15 years. Starting at a high school on Long Island, she decided to continue her passion here at SHU.

"I started coming to the open houses during Columbus Day weekend, Veteran's Day weekends, and believe or not I found that the demographics of the students that attend Sacred Heart University, are also from Long Island," said Samuel. "Kickline is becoming more rampant and so well known in New York, but mostly Long Island, so a lot of those students stressed interest at SHU. So, it made sense to only stress interest of what was also back home."

If you need a better image of what Kickline looks like, Samuel compared it to "the Rockettes back in New York City."

She then went into a bit more detail about this exciting team.

"It is a culmination of high kicks, sometimes a lot jazz series or palm motions," said Samuel.

While they may not be performing on stage in New York, they do just as an amazing job at the Pioneers men's basketball game and plan on branching out to other sports events like football.

Since Kickline became an exciting new team on campus, the team spirit is what keeps the girls going.

"I think with team camaraderie, anything can happen," said Samuel.

From that same high school, this year's team captain, Senior Lauren Garizio, came to SHU hoping to bring Kickline to the field. She stressed the importance of the team's overall spirit since it has started.

"I think our team has a really good relationship, everyone is really close. We get dinners together, we hangout outside of practice, and everyone will help each other with school work. A lot of girls here are nursing majors, so they'll help the younger girls," said Garizio.

While on Kickline, nobody gets left behind. According to Garizio, they'll "work with each other one-on-one, and keep running it until it's muscle memory."

"We're all so close. The first practice, we all didn't know each other but then we all started getting to know each other and we're kind of like sisters now," said freshman Kaitlin Pontes when asked what her favorite aspect of Kickline was.

Pontes also believes that Kickline helps her when it's included in her class schedule.

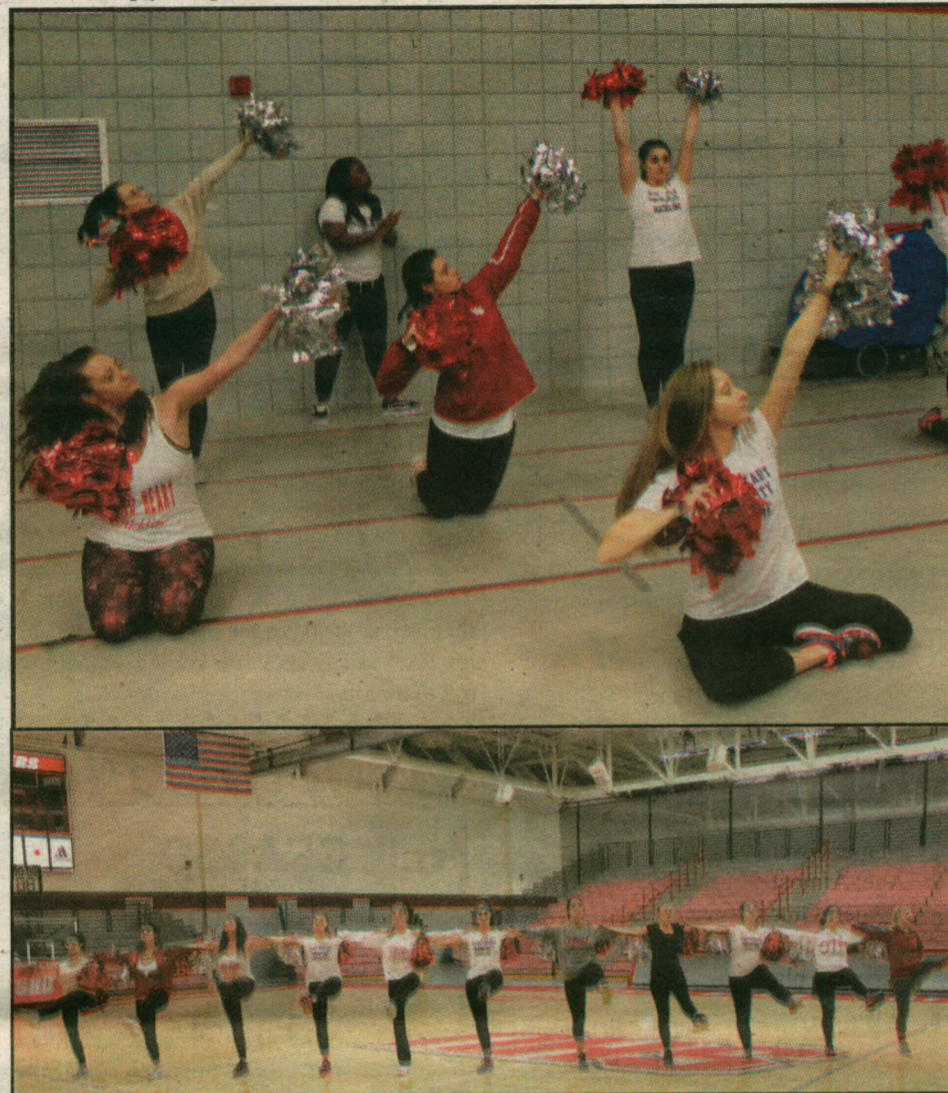
"It is actually really good, because sometimes when I'm not doing anything all day, I feel like I need to do something and it actually helps me," said Pontes. "It helps having other people on the team help me with my school stuff."

"Having other people there with you not matter what. If you're ever going through stuff, you can always talk to them," said Pontes.

If this has at all seemed exciting enough and the urge to get involved comes up, don't worry! Kickline is open to all members of the SHU community. It's just as simple as

writing an email.

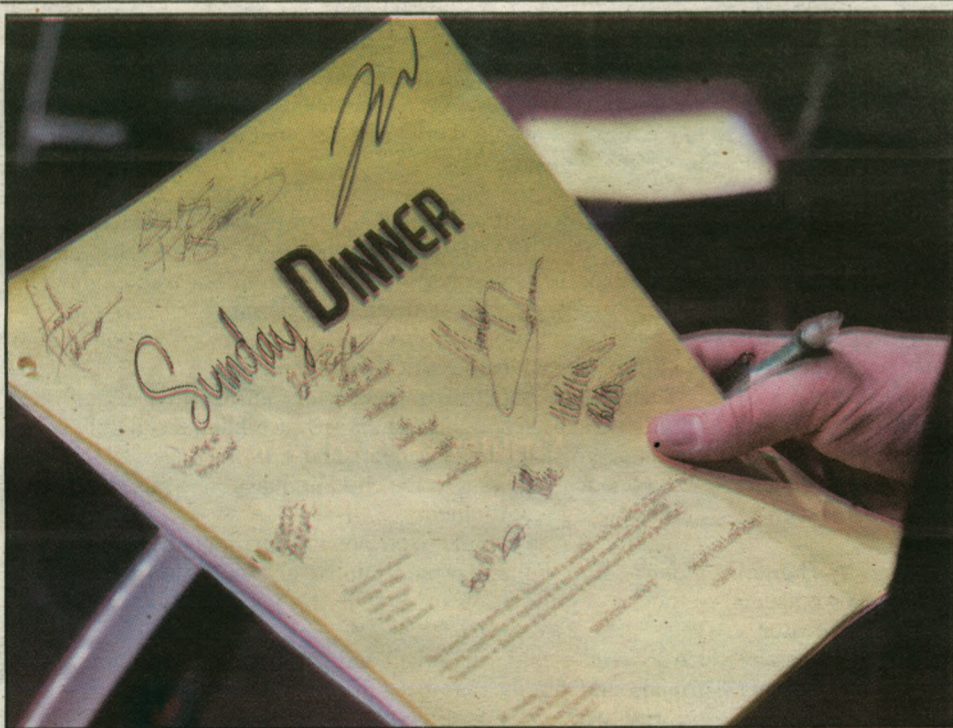
"I urge [students] to contact me via email. I can be reached at shukickline@gmail.com and I'll keep you updated to when tryouts are," said Samentha Samuel.



DEASHAE BENT/SPECTRUM
THE SACRED HEART KICKLINE TEAM PERFORMS AT BASKETBALL GAMES, DEMONSTRATING THEIR HIGH KICKS AND JAZZ MOVES.

Time For "Sunday Dinner"

BY KATHRYN ANDES
Staff Reporter



KATHRYN ANDES/SPECTRUM
AIRING ON FACEBOOK AND YOUTUBE, "SUNDAY DINNER" WILL BE AIRING IN FEB. 2019. THE NEW SHOW IS BEING PRODUCED, WRITTEN, DIRECTED, AND PERFORMED BY SACRED HEART STUDENTS.

Hungry for a new show to binge watch? "Sunday Dinner," airing on Facebook and Youtube this month, is a web series about a dysfunctional Italian family. Created, written and Directed by Junior and theatre arts major at Sacred Heart University Justin Weigel, the show is sure to satisfy your craving.

"The show revolves around the Petrillo clan; Vinny (the father), Angela (the mother), Janice (Angela's sister), Frank, Marisa, Olivia, Lyndon Hilliard (Olivia's fiance), and Ivan Ratamir (Marisa's boyfriend)," said junior Justin Weigel theatre arts major.

This is Weigel's first web series production and is loosely based off of his own family.

"My family inspired the show, but it really boils down to my grandparents, those two are at the heart of the show. Way too many of the plot lines and things the characters say

are directly from them," said Weigel.

Although he does not have plans to create another show, people are humored by the content of "Sunday Dinner".

"So many people ask me where I come up with this stuff and they start bursting out laughing when I tell them it's all real," said Weigel.

Weigel's job aspirations after graduation are to write for "Late Night" with Seth Meyers.

Junior and management/ theatre major, Andrew Patino also worked on the show with Weigel as the producer.

"My job is to create a marketing plan for the show as well as keep everyone on top of their tasks. I do my best to make it a smooth process from start to finish," said Patino.

Patino has produced shows at Sacred Heart before, three this year alone including "Reefer Madness", "Importance of Being Earnest", and "Hair".

"I have produced various shows here for the Theatre Arts Program. For all of those productions, I have a base to work from. For this show, I have to do everything from scratch. I think that this is an opportunity that better reflects producing in the real world," said Patino.

Patino's goal is to continue to produce shows, to work on the business end of Theatre and to become a producer.

"I really want to be able to perfect this craft," said Patino.

Junior media arts major at SHU and actress in "Sunday Dinner", Rose McKenna plays a main role as Janice, Angela's sister.

"Janice is the definition of a pot stirrer, she's a spit fire and says just about whatever she wants," said McKenna.

McKenna has been acting for a long time and would absolutely act in another show created by Weigel and produced by Patino.

"I started acting when I was in the 4th grade and I have had such a strong passion for it ever since. However, this is the first time I'm acting on camera so I'm excited to see where this goes!" said McKenna.

There are many actors and actresses involved in "Sunday Dinner" alongside McKenna. Bradley Taylor as Vinny, Tori Vacca as Angela, Rose McKenna as Janice, Greg Argenio as Frank, Marisa Tache as Marisa, Rebecca Radisic as Olivia, Henley Solomon as Lyndon Hilliard, and Matt Henshaw as Ivan Ratamir.

Although Sacred Heart was not involved in the creation of the show, Weigel wrote it for "Theatrefest", a student written playwright festival in the Theatre Arts program.

"SHU being the collaborative and encouraging environment it is, threw its support behind us and said go create!" said Weigel.

Features

Remaining Paws-itive

An Audrey Award Article

BY BRYANA CIELO
Managing Editor

Audrey Niblo, was a strong believer in the bonds that animals can create with their owners. She believed the love and support provided from a pet was very important. She often spoke about the love she had for her own dogs and the support they gave her.

Animals are just as warm as humans. Most of the dogs and cats I know are actually sweeter than most people I know, because they love to nurture. Pets can be the most fantastic type of support you'll ever have. No matter what you're going through, they will be there. No judgment, no opposition, just unconditional love. Sometimes, there's nothing anyone can say. All you need is someone by your side to sit with you and show support.

That's really what true friendship is. Having a pet by your side can be the solution after a long day, your smile in the morning, and what you look forward to going home to at the end of the day. My dog is my best friend and is the support I need every day.




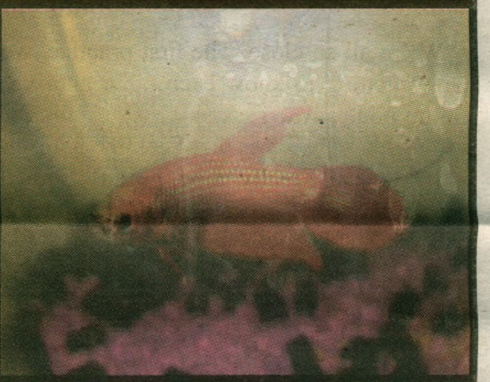



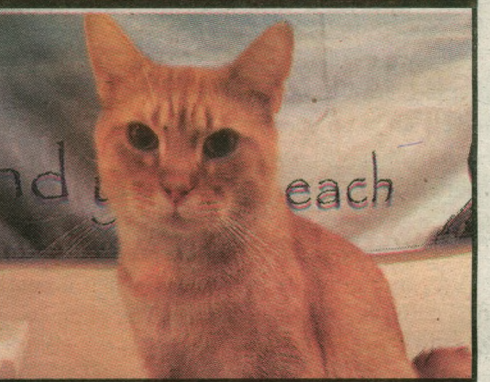

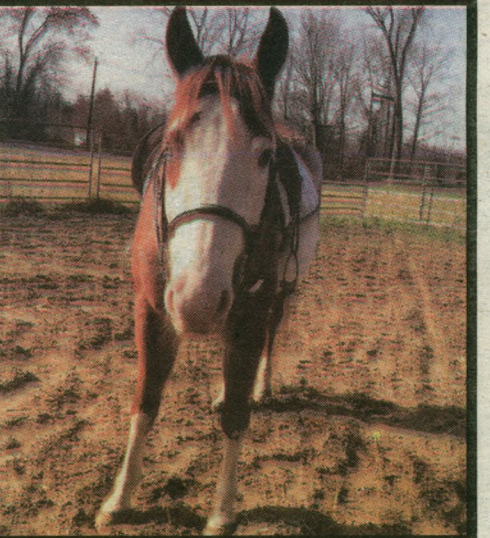
"Students report that they often feel overwhelmed with how much they have to do and

with the pressures of college life in general," said Karen Flanagan, the Peer Education Coordinator at the Sacred Heart Wellness Center. "We bring therapy dogs to campus to provide an easy opportunity to take a purposeful break from the daily stress that they are experiencing."

Stress is a built-in factor of life. It's always going to be there. There will always be something. But when college comes around, there is more to do than ever. So much to balance. Being able to juggle classes, clubs, and having a social life is more difficult than one would imagine.

"Our goal is to remind students that finding time every day for self-care can have a positive impact on their ability to manage stress and their overall sense of well-being" Flanagan said.

Life can get overwhelming, but having a pet by your side can be incredibly helpful to deal with stress. At the end of the day, all I need is to cuddle up next to my puppy.

<p>Name: Sebastian Age: Almost six years Owner: Prof. Alla Schlata Favorite things/hobbies: He loves to be loved, to learn new things, and to try play with squirrels by offering them his toys. Why I love my pet: He has the most genuine smile on his face when I come home from work.</p>		<p>Name: Paulie Age: 13 years Owner: Amanda Magno Favorite things/hobbies: Going for long walks, playing with squeaky toys, barking at other dogs and eating a lot of chicken! Why I love my pet: He always puts a smile on my face and I look forward to seeing him every time I go home!</p>	
<p>Name: Gwen Age: Almost 3 months Owner: Grace Fleishman Favorite things/hobbies: Escaping her cage and playing with paper towel rolls. Why I love my pet: Gwen lights up my day. I love coming home to see her excited to play! She is so energetic and always wants to be around people.</p>		<p>Name: Trishy Fishy Age: Five months Owners: Abigail Frisoli, Ashlyn Ibarra, Cassidy Baldauf, Amanda Amiano Favorite things/hobbies: Ignoring her food, pretending she's dead, and trying to jump. Why I love my pet: She is Abby's first pet ever and she has always wanted a fish!</p>	
<p>Name: Rocky Age: 12 years Owner: Erica Condon Favorite things/hobbies: Sunbathing and eating tuna. Why I love my pet: I love Rocky because he always follows me around and is my napping buddy.</p>		<p>Names: Tiger (right) and Lily (left) Age: 13 years Owner: Prof. Mark Mascia Favorite things/hobbies: Lounging, sleeping, complaining, and purring. Why I love my pets: Because they are very sweet and loving cats!</p>	
<p>Names: Asuka and Rei Age: 12 years Owner: Emma Schwartz Favorite things/hobbies: Eating snacks, cuddling and exploring. Why I love my pet: I love them for an endless amount of reasons but one being: we are there for each other!</p>		<p>Name: Harley Age: 2 years Owner: Chelsea Sedlar Favorite things/hobbies: Sleeping, eating, playing with shoe laces Why I love my pet: He has such a loving personality. The first thing he does when I come home is run over and give me a hug. He always makes me laugh.</p>	
<p>Name: Taco (Left) & Smores (Right) Age: Nine and a half years Owner: Melanie DaSilva Favorite things/hobbies: Taco loves to run around the backyard chasing birds, barking at the mailman, and laying on Melanie's head when she tries to sleep so she can play with him more. Smores likes sleeping, running into things by accident and looking out the window. Why I love my pet: They are crazy, but everyday is something new with Taco and Smores is the best snuggle buddy and I love them both!</p>		<p>Name: Willow Age: 12 years Owner: Tessa Kielbasa Favorite things/hobbies: Eating, babysitting the baby goats, and playing with zippers. Why I love my pet: I love her because she's the light of my life and I love her more than I will love any other human</p>	

Did you submit a photo of your pet but don't see it here? You can find more submissions our website at shuspectrum.com

Arts & Entertainment

The (Halftime) Show Must Go On

BY BRANDON RICKETTS
Staff Reporter



ASSOCIATED PRESS

ADAM LEVINE OF MAROON 5, PICTURED ABOVE, PLAYED AT SUPERBOWL 53 WITH TRAVIS SCOTT AND BIG BOI.

Super Bowl 53 was a hard-fought battle between the New England Patriots and Los Angeles Rams.

"The game wasn't very exciting, as it was a defensive game, but as the saying always goes, 'defense wins championships,'" said sophomore Eugene Figueroa.

A crucial part of the Super Bowl outside of gameplay and commercials is the halftime show. This year's halftime show featured performances from Maroon 5, Big Boi, and Travis Scott.

"I think Maroon 5 did their thing for sure. Travis Scott's performance on the other hand was questionable, I didn't really like his set." said senior Justin Ricketts.

There were mixed reviews on whether the artist should have accepted the opportunity

to perform.

"I think Travis Scott taking the Super Bowl halftime performance after all the Colin Kaepernick issues was a cold move for the community," said Ricketts. "Now, for business he made the right move if his focus was to feed his family. As for the rap community, they've expressed their disliking to his agreement to perform amidst the Colin Kaepernick protests."

There was controversy pertaining to Colin Kaepernick's attempt to stand up to (or rather kneel down against) racial injustice in the United States during National Anthems in the 2016 preseason, which led to his dismissal and choice to opt out of his contract on Mar. 3 2017.

Before this era of solo and feature performances during halftime, there was a span of college marching bands and tribute performances.

Michael Jackson took the stage for his first NFL Super Bowl halftime performance at the Rose Bowl in 1993 which shifted the pattern for future halftime performances.

Since Michael Jackson's halftime performances, there has been an evolution of performances from big artists in the music industry. Artists ranging from Patti Labelle, Diana Ross, and Janet Jackson to Beyonce, Bruno Mars, and Katy Perry.

Some Sacred Heart students feel that one of the most memorable halftime performances was by Katy Perry during Super Bowl 49.

"Katy Perry absolutely flourished throughout her whole set," said junior Sindi Collaku. "Nobody will ever forget how Left Shark stole the show during her 'Teenage Dream' and 'California Gurls' set though."

Left Shark was one of the dancers dressed in a shark costume that was in the routine for both songs and appeared to dance outside of the choreography that the other dancers were doing.

Another memorable halftime performance, according to students, was M.I.A. during Super Bowl 46, where she gave the middle finger to the camera for a few seconds of her performance.

According to CBS Sports, M.I.A. was later sued by the NFL for millions of dollars after the performance.

"M.I.A. flipping her middle finger was controversial, which is why it was so much more memorable," said Figueroa. "Memories are created with some of the most spontaneous things that draw people's attention and words."

Swing into Valentine's Day with SHU Choir

BY JOSEPH BRAUN
Staff Reporter

How are you celebrating this Valentine's Day? No plans? No problem. On Feb. 14 the Sacred Heart University choirs will be hosting their first annual "Mid-Winter Night's Swing" performance.

"The theme is a big band, New York speakeasy – a 1920s feel," said head of the choir program, John Michniewicz. "I think it's going to be a very fun event. It's definitely going to be a party atmosphere and I look forward to it."

The choirs that will be singing in the concert are Liturgical choir, Blended Hearts, SHUpermen, and 4 Heart Harmony.

Senior Stephanie Doheny, student president of choir operations and Features Editor for The Spectrum, is looking forward to the event.

"I sing in Blended Hearts," said Doheny. "We are singing some really fun songs! One is titled 'Java Java,' and the other is 'Ain't Misbehavin.'" Both songs are upbeat, and we have a great time singing them."

Doheny is just one of the many seniors that will be graduating in May.

"Performing in this concert is very important to me because it is my last first concert of a semester in the choir program," said Doheny. "It's hard to imagine that in a few months, I'll be singing in my final performance at Sacred Heart."

Preparation plays a huge role when it comes to each the concerts, and the experience that they give to the audience. The choir program makes sure they put on the best show possible, and that requires painstaking work.

Along with the music, the program also supplies its own props and decorations that fit the theme.

"A lot of hard work and preparation goes into every concert that the choir program puts on. We want to make sure we sound as best as possible. All of the students working on this concert have especially been working hard on all of their solos and intricate melodies," said Doheny.

Keep your eyes open, and your noses too, before the concert because there will also be a reception in the UC with different kinds of tasty food items.

"In the UC we are having a reception before the concert for families and students. We have a French fry bar, cock tails, frizzy flappers (pineapple drinks), cookies, cupcakes, and chocolate cover pretzels, so make sure to bring your appetite," said Michniewicz.

Along with the choirs and band, Sergey Dementyev, a professional ballroom dancer will also be dancing in the concert. Dementyev is part of the World Dance Sport Federation.

This concert will be the first of its kind for the choir program.

"Traditionally, we had concerts that the audience would just sit and watch, but this concert will have a very interactive concept behind it, and I look forward to seeing how it goes," said Michniewicz.

The concert will take place in the Edgerton Theatre at 7:30 pm. Doors open at 7:00 pm.



CHRISTOPHER DOLAN/SPECTRUM

SACRED HEART'S CHOIRS ARE BUSY PREPARING FOR THEIR "MID WINTER NIGHT'S SWING" CONCERT, WHICH WILL TAKE PLACE ON FEB. 14.

Arts & Entertainment

Ariana Grande Makes Billboard History

BY NICOLA PAERG
Staff Reporter

Ariana Grande made history as her two latest singles debuted at number one on Billboard's Hot 100 chart.

According to Billboard, "Thank U, Next" and "7 Rings" skyrocketed to the top of the charts almost immediately after the two songs were released.

I think Ariana Grande is very deserving of the recent accolades she has received," said senior Justin Squarzini. "Over the past five years, she went from being one of the smaller artists to, in my opinion, one of the top three female artists that are currently popular right now."

This is the first time an artist debuted at the number one spot on Billboard's track list with two of their releases.

"I think Ariana Grande is a young singer with an amazing voice who deserves all the recognition she gets. She works so hard and the outcome is exactly what she deserves," said sophomore Ashley Gerckens. "I am inspired by her bravery and strength after all she has been through the past couple years."

Billboard reports that Grande is one of five artists to achieve a multitude of number one singles on their charts in addition to Drake and Justin Bieber, but is the only one to debut at number one, twice in a row.

"I've never heard anyone say that they dislike her songs. I think 'Thank U, Next' was a total hit, and I still love jamming to it. I haven't heard '7 Rings' too many times yet, so I can't form a personal opinion on it, but overall I enjoyed the song," said senior Bella Goddard.

The singer has had 34 Hot 100 chart singles since 2013.

"I like the song 'Thank U, Next' because of its intended meaning, but I really don't like '7 Rings' because all she is singing about is that she bought her hair," said senior Tommy Taranto. "I could go out and buy some hair too, but that doesn't mean I am going to make a hit single about it."

Billboard reports that Justin Bieber was the only other artist close to reaching this honor but fell short as his hit "Sorry" only reached number two on the leaderboard.

"I like Ariana Grande. Of course, she's been in the news recently for a couple of her past relationships," said Squarzini. "Her most recent hits 'Thank U, Next' and '7 Rings' are the hottest songs out right now and seem to always be on the radio."

Grande released her new album, "Thank U, Next," on Feb. 8. Both of her recent hits are featured on it.

"I love her songs 'Thank U, Next' and '7 Rings' because they are confidence boosters for women," said Gerckens. "They basically say that we don't need a man and that we can get anything we want if we work hard for it."



ARIANA GRANDE'S NEW SINGLES, "THANK U, NEXT" AND "7 RINGS," BOTH DEBUTED AT NUMBER ONE IN THE BILLBOARDS HOT 100 CHART.

Netflix's "Russian Doll" Blends Horror and Comedy

BY SAMANTHA O'DONNELL
Staff Reporter

"Russian Doll," premiered on Netflix on Feb. 1. The show was created by Natasha Lyonne, Amy Poehler and Leslye Headland.

Lyonne is no stranger to Netflix originals. She appeared in the hit Netflix show "Orange Is the New Black," where she played inmate Nicole Nichols. She received an Emmy nomination in 2014 for her role.

"She was definitely the strongest actress on the show," said sophomore Erica Allocca.

Fans of Lyonne seem to have no qualms with her taking on this role. The sentiments are similar regarding Amy Poehler's directing.

"I have never seen Poehler in a serious light or in any dramatic roles," said sophomore Rebecca Radisic. "I have also never seen anything she has directed. But I think it's cool when actors direct shows and movies. People underestimate them, but they know how things will play out on set because they've been around it and worked with all types of directors before."

This is not Amy Poehler's first time directing a TV show.

Many know Poehler from her leading role on the popular sitcom "Parks and Recreation," on which she played deputy parks director and city council woman Leslie Knope. Poehler directed three episodes of the TV show: "The Debate," "Article Two," and "Gryzzlbox."

She also directed the TV movie "Dumb Prince," and, most recently, the movie "Wine Country."

"Russian Doll" follows a young woman named Nadia Vulvokov who is in a sticky situation. Nadia finds herself reliving her 36th birthday party over and over again, dying every time. She has to figure out how to stop the cycle from repeating itself.

The show has received a positive reception from its audience. On the popular review website, Rotten Tomatoes, the series has a 98% approval rating. Rolling Stone's television reviewer Alan Sepinwall gave the series four and a half stars out of five.

Although the show has received a slew of positive feedback, there are some naysayers.

"The plot seems very similar to 'Happy Death Day,'" said freshman Carrie Camara.

"Happy Death Day" is a popular horror film that was released in Oct. 2017. The movie follows a college student who gets murdered on her birthday and relives the day over and over again. The protagonist has to find the killer and stop her death to break out of the cycle.

"It is very similar," said Allocca, "they just took the same concept and made it into a show."

Movie buffs might also recall a much earlier use of time loop trope in the 1993 comedy "Groundhog Day," which stars Bill Murray as a weatherman who must bemusedly relive the titular holiday until he makes the right change in his life.

With the trope having been implemented so many times in the past, some students

have opted out of watching "Russian Doll" — especially since "Happy Death Day 2U" (the sequel to "Happy Death Day") is hitting theaters this month. These students are more inclined to keep up with a familiar franchise than to get involved with a new one. The sequel follows the same plot line as the original movie.

What separates "Russian Doll" from "Happy Death Day" is the suspense. "Russian Doll" has the plot develop over eight episodes.



NETFLIX'S NEW SHOW, "RUSSIAN DOLL," STARS NATASHA LYONNE, PICTURED ABOVE, AS NADIA VULVOKOV WHO DIES ON HER 36TH BIRTHDAY AND IS FORCED TO RELIVE THE DAY OF HER DEATH OVER AND OVER AGAIN

Sports

Without Luckie, Softball Still Sits At the Top

BY DAN GARDELLA
Asst. Sports Editor

The Sacred Heart University softball team was picked to finish atop the Northeast Conference (NEC) in the NEC preseason poll. Last year, Sacred Heart finished 10-8 in conference play, good for second best in the league.

"I'm really proud of these guys, especially the seniors," said head coach Pam London. "We set out three years ago to really change the culture of this team and they absolutely did that. The last line in our mission statement is, 'be the team again that is respected and admired,' and I think a unanimous number one pick by the coaching staffs of the NEC proves that they have accomplished that goal."

Following last season, former head coach Elizabeth Luckie retired after 29 seasons at the helm. By her side for the entire time was London.

"I've been with her [Luckie] for 30 years," said London. "She's been my best friend for 30 years and we just worked."

According to London, the largest factor in the changing of the culture was the ability to hold each other accountable.

The Pioneers are picked ahead of conference powerhouse St. Francis U., who have won the past two seasons along with winning 35 straight conference games. In their two matchups last season, the Red Flash won 2-1, and 1-0.

"You remember how close you were, and you remember how bad you felt to not win it," said London. "I know they are playing with a chip on their shoulder."

One of the reasons Sacred Heart

accomplished what they did last season was due to their pitchers, specifically seniors Kristen McCann and Emily Orosco. According to Sacred Heart Athletics, McCann and Orosco combined to win 25 games and strikeout 389 batters.

The team has not let the top ranking get into their head.

"We use the ranking to push each of us harder and get better every day," said McCann.

During this offseason, McCann has worked on tightening her pitches. With her and Orosco nearing the ends of their college careers, the team is looking to develop the underclassmen pitchers by giving them reps in games.

"We are going to utilize them [pitchers] a lot in non-league games," said London. "We are going to get their feet wet and really get them some action so they're ready for next year."

With the loss of Luckie, London still has the opportunity to work with pitching coach Jen Russell, and assistant coach Betsy Harvey, both of whom have played under London.

The Pioneers begin their season on Feb. 15, as they participate in the Gardner-Webb University Tournament, which takes place in Boiling Springs, N.C. They do not have a home game until March 20.

"I'm looking for confidence in them [the players]," said London. "They know how to play this game and they know how to play together. That's what I want to see."

Women's Bowling Prepares for Tournaments



SACRED HEART ATHLETICS

THE SACRED HEART BOWLING TEAM IS BUSY PREPARING FOR THEIR NEXT TOURNAMENT, FEB 22-24 IN SINKING SPRING, PA. PICTURED ABOVE: TORI BOUGHTON, JUNIOR.

BY STEFAN AYANIAN
Staff Reporter

The Sacred Heart University women's bowling team competed in the Sunshine State Winter Classic in Orlando, FL, from Feb. 8-10. They finished in third place out of 14 teams, competed in 66 total games and accumulated 12,666 total pins, while averaging 191.9 pins per game.

In the individual standings, junior Tori Boughton finished fifth overall, knocking down 1,040 pins, while averaging 208 pins per game.

Stephen F. Austin State of Texas and the University of Nebraska were the two teams that finished ahead of Sacred Heart in the Tournament.

There are two more competitions remaining in the season for Sacred Heart before the Northeast Conference (NEC) Tournament, which takes place in Howell Lanes, N.J., from March 22-24.

Sophomore bowler Rachel Bamford, expects to win these competitions. She felt a different competitive atmosphere heading into the Winter Classic since the team bowled against different schools and athletes who they haven't played before.

"The NEC teams that we compete against, we see them all of the time," said Bamford. "We're close to them, so it's kind of a different level of competing when you go to other tournaments and you compete against nationally ranked teams that you don't see as often."

Bamford enjoys competing against the conference teams because of the bonds and friendships they build when they bowl against each other.

"This season, we've worked pretty hard on our game. We are a new kind of developing team because we lost six players

last year, so to be where we are now, I'd say we worked pretty hard to get there," said Bamford.

There's one graduating senior this season, captain Gabrielle Gontarek.

Throughout the changes in the roster, the team hasn't deterred their focus of entering these tournaments motivated and confident.

Redshirt sophomore, Julia Favata, is looking forward to seeing her teammates step up in these final tournaments and make it count in the heat of the game.

"I guess for the team, we get really competitive when we're at the tournaments. I expect us to try our best, even if it's not winning," said Favata.

The team is looking forward to using the younger bowlers for these upcoming tournaments in order to improve their skills and abilities to win games.

They look to build on the NEC meets in order to keep their mind focused on winning the conference championship and Nationals.

"I think more so with the NECs, we kind of hype each other up because it's our conference and we know the teams," said Favata.

Favata gives a lot of credit to the team's work ethic, since it's a young squad and in practice, they've worked a lot on drills to build on their strengths and raise their pocket percentage shots up to a level that will help them win games.

The team's next competition is their second NEC meet of the season from Feb. 22-24, in Sinking Spring, Pa. After that, they'll compete in the Columbia 300 Music City Classic in Smyrna, Tenn., from March 15-17.



SACRED HEART ATHLETICS

THE SOFTBALL TEAM HAS BEEN PICKED TO FINISH THEIR SEASON AT THE TOP OF NEC AFTER LAST YEAR'S SEASON OF 10-8.

Sports

Men's Lacrosse Opens 2019 Season

BY JACK RAVITZ
Staff Reporter

The Sacred Heart University men's lacrosse team began their season on Saturday by taking on Georgetown University in Washington D.C. Sacred Heart wound up losing 13-10.

The team is striving for goals in the 2019 season which include lifting up some hardware in May. This year's group of upperclassmen have already made some program history by making back-to-back postseason conference tournaments for the first time.

Senior co-captain and midfielder Max Tuttle, who became the first Pioneer lacrosse player to become an All-American in the 2018 season, said that preparation for this season began during the fall.

"The offseason sets the foundation for the whole year," said Tuttle. "If you have a terrible fall, you're not going to have a good spring."

The other senior co-captain, Joe Saggese, who led the team in assists last season with 43 (according to Sacred Heart Athletics), has made the freshmen his top priority this year.

"It's huge to have the team gel as one because there are a lot of newcomers who have come in and are slow to adjust to the pace of college lacrosse," said Saggese. "Once they see how much of a family we are, and how much we're there to support them, it's pretty easy for them to get into the groove of things."

Head coach Jon Basti also wants the freshmen to feel as comfortable as possible.

"At first, it's not even about playing lacrosse," said Basti. "It's about allowing them to be themselves and by doing that, it allows these new guys to adapt to our culture."

Basti said that the team relies on three things in order to help bring everyone together through the season; courage, grit, and resolve.

Practices began three weeks ago and Basti has liked the strides his players have made from last season.

"The energy has been consistent and I've seen us get better," said Basti. "Players have fixed mistakes and they're coaching each other instead of us always having to do it. They're doing it because they want each other to be great."

According to Sacred Heart Athletics, last season's team averaged 11 goals per game and nine in conference play. The defense caused 132 turnovers, while picking up a total of 460 ground balls.

"Offensively, the plan is to be as efficient as we can by using a fast tempo and consistently playing with a sense of urgency," said Basti. "Defensively, constant communication is key as well creating turnovers and causing havoc to our opponents."

The team has started 4-1 in the past two seasons, which has helped them reach the NEC Semifinals in both years.

"It's been cool the last two years making it to the Semis, and we think it's a great start

to where this program is heading," said Tuttle. "But at the same time, I think everyone's mindset and goals are to go a little further this year."

The team's next game is at 11 a.m. on Feb. 16. They'll travel to Philadelphia to take on Furman College at Radnor High School.



SACRED HEART ATHLETICS
MEN'S LACROSSE HAD THEIR FIRST GAME OF THE SEASON ON FEB. 9 AGAINST GEORGETOWN UNIVERSITY. THEY LOST 13-10. PICTURED ABOVE JOE SAGGESE, SENIOR

Fencing looking to Regionals and Finals

BY JOHN KAYWOOD
Senior Staff Writer



SACRED HEART ATHLETICS
THE FENCING TEAMS ARE WRAPPING UP THEIR SEASONS AS THEY PRACTICE FOR THE NEIFC CHAMPIONSHIP.

The Sacred Heart University fencing teams are heading into the final stretch of their seasons. The Pioneers have had NFC (Northeast Fencing Conference) Rookie of the Year's and Fencers of the Year's in the past who have led the charge for both the men's and women's squads.

Now a new group of rookies and veterans are leading the team into the NEIFC (New England Intercollegiate Fencing Conference) Championships and National Collegiate Athletic Association (NCAA) Regional portions of their schedules.

Senior epee Samantha Abbott, who took home the Rookie of the Year honors back in 2016, is looking to finish her senior year on a high note.

"This is my second year being captain, so I have a lot of experience of knowing about the details that go into practice and events," said Abbott. "It's definitely been a learning curve from freshman to senior year but I'm very appreciative for the opportunities I've been given."

The team practices, collaborates and ultimately works towards the same goal of placing in the top tier at NEIFC on March 2, to qualify for NCAA Regional on March 10. That all culminates with the NCAA Championships on March 21.

Three sophomore fencers hail from outside the United States; epee Nicolo Cerminara from Italy, sabre Amanda Fischer from Brazil and epee Daria Rudakova from Russia.

"It definitely creates a unique and diverse environment, that I think us as the fencing team can call as our own," said senior epee Ian Senerth. "Daria is very technical with her fencing and Nicolo has been training with Italian Olympians so they bring very interesting things to the table."

Recent experiences and finishes in past meets are what sophomore epee Troy Kapitzke looks at in order to come up with an attack strategy.

"I only lost one or two bouts out of the 14 I had in our last NFC meet, so I'm really proud of that performance and hope to continue that into the championship season," said Kapitzke.

Rudakova felt that both team's performances against Yale on Feb. 2, were season-defining moments.

"We really competed very well against their French grip team which our team hasn't seen too much of so far this year," said Rudakova.

Both teams intend to use their camaraderie and performances in previous meets to help propel them through the homestretch of the season.

"Fencing is a very small sport, so we can go to summer nationals, which is probably the biggest event all year and we are facing Olympians," said Abbott. "There are no major leagues for fencing; this is it; this is highest level."

As of publication time, both teams still have to compete in their final dual-meets of the season against Columbia University in the Bronx, N.Y., on Feb. 13.



SHU SCORES



	1	2	3	4	F
Mount St. Mary's	6	9	10	16	41
SHU	24	17	22	13	76

Womens Basketball

	1	2	F
Fairleigh Dickinson	25	38	63
SHU	29	40	69

Men's Basketball

	1	2	F
Mount St. Mary's	35	41	76
SHU	28	45	73

Men's Basketball

	1	2	3	F
SHU	1	0	1	2
Saint Anselm	5	0	0	5

Women's Ice Hockey

	1	2	3	F
SHU	0	0	1	1
Saint Anselm	2	1	2	5

Women's Ice Hockey

	1	2	3	F
SHU	0	2	2	4
Niagara	0	1	1	2

Men's Ice Hockey

	1	2	3	F
SHU	1	2	3	6
Niagara	2	1	0	3

Men's Ice Hockey

	1	2	3	4	F
SHU	3	1	2	4	10
Georgetown	2	3	5	3	13

Men's Lacrosse



SACRED HEART ATHLETICS

THE EQUESTRIAN TEAM HUNT SEAT WAS THE CO-HIGH POINT TEAM WITH UCONN AS BOTH TEAMS TALLIED 39 POINTS EACH. PICTURED ABOVE: ELISA PALMIER, FRESHMAN.