

FEATURED NEWS



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ASSOCIATED PRESS

GAGA FOR THE GRAMMY'S

THE 61ST GRAMMY AWARDS HIGHLIGHTED WOMEN IN MUSIC.

TWEETS OF THE WEEK

[@alexa_binkowitz](#)

- "Entry level job posting requirements:
 1) Bachelors degree that was acquired within the last year
 2) 7+ years of experience
 3) trilingual in only dead languages
 4) must be able to hold a handstand for at least 56 seconds"

[@jordannorkus](#)

"Happy Valentine's Day to everyone except for the couples who sit on the same side of the table when they go out to eat"

An App to Fuel Pioneers: Boost Ordering

BY ERIN COONEY
 Staff Reporter

On Feb 4, a new mobile app launched on campus aimed at improving the efficiency of on-campus dining. The mobile app Boost allows students to place their food order online and pick it up when the order is complete.

The program began with 115 students testing out the app for one week in late January. The test group responded positively to the app, allowing Boost to become available to all the following week.

"By placing your orders from your mobile device, say after class and on your walk over to Linda's, we can help cut down the lines. Both the lines to order and then to wait to pay can be bypassed by placing a using Boost Ordering," said Kayla Hawley, district marketing director for Chartwells at Sacred Heart University.

"There is nothing worse than running into Linda's or Outtakes and not being able to get something because the line is so long," said sophomore Ava Dagastino. "I also noticed with the app, so far my orders have been completely accurate. My food is exactly how I wanted it down to the side of chipotle mayo I requested, that is not always the case when you order on site."

"Students download Boost Ordering from their app store on their smartphones. After setting up an account, which includes adding your blackboard meal plan to the app's wallet, you can choose from multiple locations on campus," said Hawley.

"The app is so easy to set up, and is even easier to use. It is like Uber Eats but with your SHU card," said Dagastino. "You just go on the app, pick your food, include any changes or specifications, and then arrive at the chosen dining hall to pick up your food. Easy as that."

"As a sophomore, all of my meals are supposed to be eaten on campus due to my large meal plan, but I stopped eating on campus because of the constant wait. Now I am ordering almost every meal through the app," said sophomore Tatum Toppa.

"Some of our goals for Boost Ordering are convenience, order accuracy, and menu variety," said Hawley.

The students seem to be enjoying Boost, but so does the staff.

"Our staff is just as happy and excited as our students are. The

ordering process is simple to understand, and the fact that the orders are printed out for them helps them with accuracy," said Hawley.

"Globals, social media, and table displays with team of Student Interns has helped us spread the word and really talk to the students about the benefit of the app," said Hawley.

"I heard about the app through one of my teammates. He ordered a wrap and fries from Linda's in study hall then went and picked it up once we were out. I haven't tried it yet but using that app will save me a lot of time in the future. I'm happy they found a solution to their long lines," said junior Mike Wilen.

The app caters to all on campus dining facilities, such as Balanced Kitchen, JP's Diner, Linda's, Outtakes, the Library Cafe, and Einstein's Bagel Bros. The app also lists the pick-up times, the prices, and the calories for each item available.

"Who doesn't love skipping lines?" said Wilen.



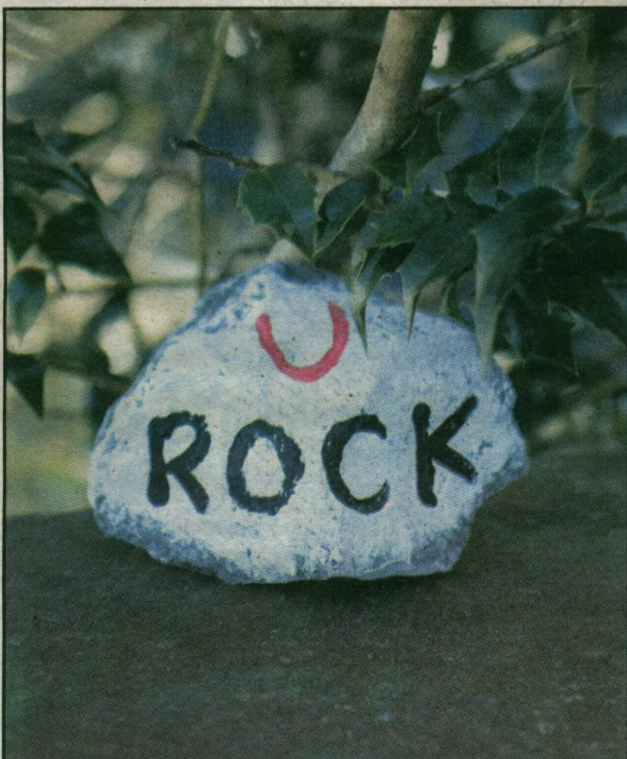
BRANDON RICKETTS/SPECTRUM

SACRED HEART LAUNCHED A MOBILE APP CALLED BOOST TO ALLOW STUDENTS TO PLACE FOOD ORDERS ONLINE AND PICK UP THEIR FOOD UPON ARRIVAL IN CERTAIN DINING HALLS.

SHU Rock Project

An Audrey Niblo Award Article

BY DEVYN KING
 Staff Reporter



DEVYN KING/SPECTRUM

THE SHU ROCK PROJECT IS SPREADING POSITIVITY AND MENTAL HEALTH AWARENESS AROUND THE SACRED HEART.

Senior Kay Kanakry has recently introduced a new way to promote positivity and college mental health awareness around campus through what she calls the shU ROCK

Project. It is a social media for social change campaign she created that spreads positivity on social media and around campus.

The focus of this project is to place rocks around different parts of main campus that are painted with the phrase, "U Rock".

If you are to find one of the 15 rocks, you are encouraged to spread the positivity by taking a photo of it and posting it on social media platforms such as Twitter and Instagram with the tag @shurock. There is then a chance to be featured on the shU Rock Project Instagram page.

"You can then either give it to someone to hide, or you can hide it yourself," said Kanakry.

Senior Matt Gutierrez, a student here at SHU, found one of the 15 rocks that are spread around main campus and posted about it to support the project.

"I think it is a cool and subtle way to promote mental health," said Gutierrez.

According to new research published by the American Psychological Association, "over one-third of first-year college students are impacted by mental health issues. The most common mental illness was major depressive disorder, with 21.2 percent of respondents experiencing lifelong symptoms, followed by general anxiety disorder, which affects 18.6 percent of students."

"I find that a lot of mental health issues start happening during this time in our lives, and I think it is really important to shed a light on that subject," said Kanakry.

According to Kanakry, the goal of this project is to get people to start talking about the subject of college mental

health, and for the rocks to continue to spread around campus even after she graduates this spring.

There are three other ambassadors for this project that Kanakry has recruited to help her make this campaign successful. Junior Devin Gavigan, Junior Tyler McGann, and Junior Hope LeCours. These students have all supported the project and taken part in painting the rocks, hiding them, and spreading college mental health awareness on social media and around campus.

They too have been personally impacted by the shU ROCK Project.

"The rocks stand as a reminder that our thoughts and feelings matter, like we're a part of something bigger," said LeCours. "It is a silent acknowledgement that we are one piece to a giant puzzle of caring, unique, empowering SHU students, that only wish the best for one another."

According to LeCours, the message of this project goes past just the rocks, but is rather how we treat ourselves, others, and the nurturing of our minds and feelings which we tend to neglect often. The rocks act as a reminder for this.

"I also personally believe that Kay, Devin, Tyler, and I, all four ambassadors, have made it our own personal initiatives to be there for anyone that needs it," said LeCours. "As a sense of comfort, somewhere safe that people can vent their issues, to be a friend, and to spread kindness as far as we can."

News

Omega Phi Kappa Annual Showcase

BY CHARLES PEACOCK
Staff Reporter

On Friday, February 15, Omega Phi Kappa (OPK) hosted their annual showcase in the Sacred Heart University Edgerton Center for the Performing Arts.

All proceeds from the event were donated to the fraternity's philanthropy to help inner-city children with their education funds and, "personal development as individuals," said Nicholas Frias, Director of Greek Life.

"This year's showcase is an opportunity for us as an organization to jump start our fundraising season. Every brother has a fundraising requirement, so over thousands of dollars is expected to be raised in honor of OPK," said Michael Stein, OPK's President.

"We will be having multiple brothers showcasing their unique talents on stage," said Stein.

The event was an open-performance talent show with performances from the brothers of OPK, students enrolled at Sacred Heart, as well as groups from the greater New York City area.

"The Omega Phi Kappa showcase event highlights that Greek life is more than just a social scene for students," said Frias.

Students, faculty members, and the friends and family members of the performers all attended the showcase.

"It is always a great turnout!" said, Stein

Senior Anthony Orzo appreciated OPK's dedication to their cultural background.

"Omega Phi Kappa's event is a great way for them to show their cultural background, having been founded in February during black history month," said Orzo.

"This event shows the pride they take in their diversity as a Greek life organization. It shows how people of different cultures, races, and ethnicities can collaborate as one in a fraternity."

"This event is a reminder of the commitment to positive change members of the Greek community can do, especially through fun and engaging programs," said Frias.

Frias encourages all of Sacred Heart's Greek social organizations to continue to promote their respective programs.

"These events highlight their overall mission, and it reminds the campus community and our local community that Greek social organizations are more than just social groups - they are filled with student leaders who are committed to making a change in the world around them," said Frias.

This year's showcase, which was dubbed the "Dream Showcase" in honor of Dr. Martin Luther King Jr., helped support Camp Hi-Rock, an organization with the goal of helping children to develop as individuals.

The camp's development objectives are to remind them of their self-worth and, "encourage them to enter the world ready to make a change," said Frias.

"I was glad to see everyone show love to a good organization and cause," said senior member of OPK Kendall Clark.

Kendall was one of the many members of OPK who performed in the event.

"I chose to rap on stage. It was so much fun to perform for all the people that came out, but also nerve-wracking," said Clark.

According to Stein, this fundraiser was brought back 3 years ago after a short hiatus.

"With such a great message and purpose behind the event, we look forward to continuing the tradition of this fundraiser," said Stein.



DEASHA BENT/SPECTRUM

OMEGA PHI KAPPA HELD THEIR ANNUAL SHOWCASE TO RAISE MONEY FOR THEIR PHILANTHROPY TO HELP INNERCITY CHILDREN.

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THE
CAMPUS LIFE
LEADERSHIP AWARDS

What are the CLLAs?

An award ceremony to recognize student leaders and their contributions to the Sacred Heart community.

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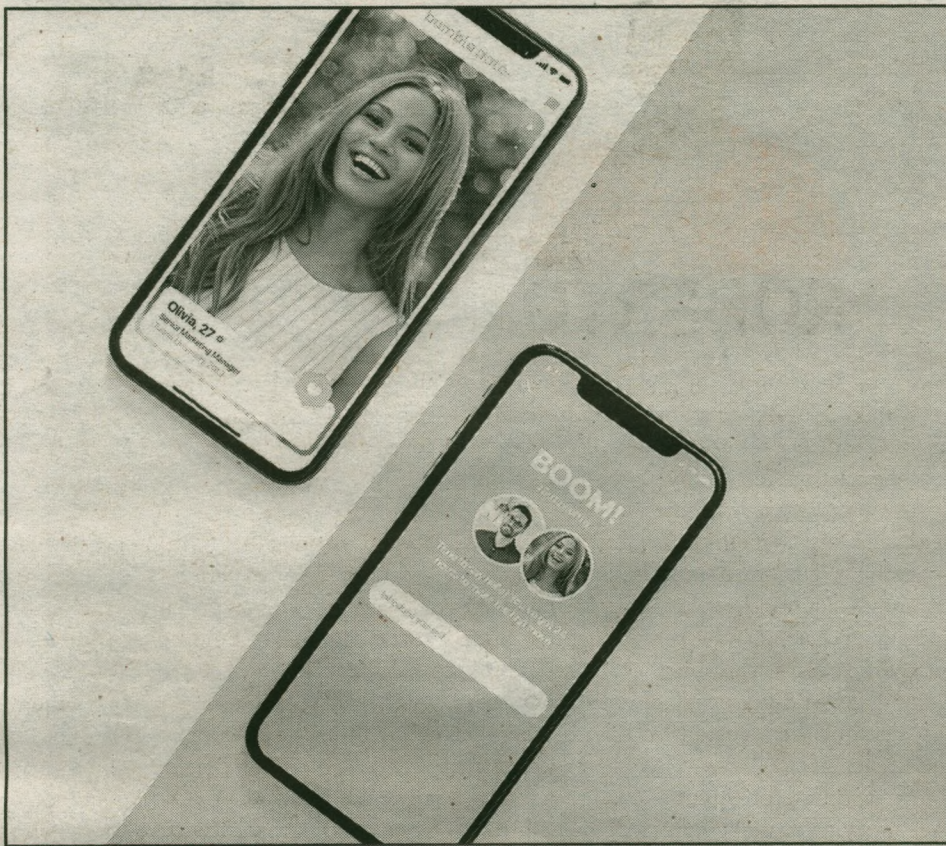
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Perspectives

Swipe Right on Dating Apps

BY ALLY PLEZIA
Staff Reporter



DATING APPS SUCH AS BUMBLE AND TINDER ARE BECOMING MORE POPULAR AND MORE STUDENTS ARE SACRED HEART ARE BEGINNING TO USE THEM.

Would students rather form new relationships in person or over the screen of their cell phone? For some students, dating apps have become a popular platform for meeting new people.

"As an experienced veteran of Tinder, I can conclude that dating apps can be very effective in creating relationships, especially in the college environment," said freshman Connor Rossi. "I feel that dating apps are actually best suited for college, as most students are a short walk away from meeting up with a match."

"The 'hookup culture' of college also makes dating apps very effective," said Rossi.

"Furthermore, those who have a tough time making friends can easily start conversations online and make friends there."

In addition, some students think that dating apps are becoming a new trend at Sacred Heart University.

"I think dating apps have become popular at SHU," said sophomore Ashley O'Connor. "I think it's because they have become a really big part of society and even more popular because social media is such a big part of our daily lives."

However, sophomore Jessica Delgrosso thinks that dating apps aren't necessary when trying to find your perfect match.

"Personally, I don't believe in dating apps," said Delgrosso. "I don't think you need an app to meet people that would spark an interest in dating."

"Yes, for some people it may be good and fun for them, but I think that I can meet people without it," said Delgrosso. "With the right place and timing, you can meet someone."

Also, some students believe that dating apps can be dangerous when meeting people over a screen of a cellphone or computer.

"Personally, I think dating apps can be a bit bizarre," said senior Katie Potter. Being that two people are behind a screen, you can never be sure that who you see is who you're actually talking to. They can be helpful in ways I'm sure, but talking to a stranger online and meeting up can sort of be dangerous."

For senior Ryan Roberts, dating apps don't seem to be the most honest way of getting to know someone.

"Personally, I have never used any of the commonly known dating apps but I understand why people find them appealing," said Roberts. They can be a great way of meeting people who share common interests and you can really narrow down exactly what you are looking for."

Some common dating apps that students use are Tinder, Bumble, and Hinge. These apps allow people to find a match over a screen.

"However, I have never used any of them because I feel like people tend to lie on these apps and that can lead to a very awkward situation when you actually meet the person," said Roberts.

Among society, dating apps have become a virtual resource in connecting with people nearby, but for senior Jill Wroth, connecting with people is more authentic when meeting them in person.

"Dating apps were never my thing," said Wroth. "I have always believed in the old-fashioned way of meeting someone and just letting things fall into place. However, I can see how people might use today's technology in their advantage and meet people through social media."

The Countdown to Spring Break

BY LAURA GREEN
Staff Reporter

What are you doing for spring break?

Senior Kyle Lawrence said, "I am going to Nashville for the week with all my friends from school. I am excited for this trip because it is going to my last spring break and all of us together will be a great time."

"I have never been to Nashville, so going to a new city will be really fun. Also, I am going to a Predators game, which will be cool," said Lawrence.

In addition, junior Nicole Amalfitano will also be going away this spring break.

"I am going to Florida to visit one of my friends from home. Seeing her will be awesome because I have not seen her in so long," said Amalfitano.

"Other than seeing her, I am really excited for the beach and some warm weather," said Amalfitano.

While Florida is a popular location for spring break, another hot spot is Las Vegas. That is also where you will find junior Kayla Hanrahan.

"I think this spring break will be the best one yet," said Hanrahan. "I just turned twenty-one, so being able to do everything in Las Vegas will be an awesome experience."

"I am most excited for just going to a new place, I have never been to Vegas, but have heard great things about it," said Hanrahan.

Some people are able to go away, but others are celebrating spring break by just staying home with their families and friends.

Junior Matt Wielk, who is on the lacrosse team, will be staying at school.

"Since I play lacrosse my team will be at school all break. We have three games so at least we won't be doing nothing. It's definitely not the beach, but we make the most of it," said Wielk.

"Even though I am not going home, being able to take a break from school work will be nice, and usually we do some sort of team bonding during the week, so that will be fun," said Wielk.

In addition, another Junior that will be staying home this break is Dylan Molster.

"I am going to study abroad this summer in Luxembourg and I am saving my money for that trip, so I will just be working at home over break," said Molster. "Of course I would rather be away with my friends, but I think saving money will be worth it."

"My favorite part is just being able to relax and see my dog. I love my dog and not seeing him every day is hard, so over break it is nice," said Molster.

Sometimes instead of going away students will stay home and work, like sophomore Caroline Murphy.

"I am going back to my job at J. Crew. I worked there over the summer and liked it so

figured I would go back and get some extra money," said Murphy.

"My favorite part of going home will be the homemade food," said Murphy. "My mom is a great cook, so having her food will be nice compared to the school food."

Sacred Heart University's spring break is from March 4 to March 10.



SACRED HEART STUDENTS ARE MAKING PLANS FOR SPRING BREAK INCLUDING VOLUNTEER TRIPS, WORKING, AND VACATIONS.

Perspectives

They Said: Mac vs. PC



TYLER

I use a PC, for no other reason than that PCs are what I've always used.

When I was in second grade, way back in 2004, my elementary school got its first-ever computer lab: a room of about twenty clunky desktops, complete with floppy disk drives, ball mice, 800x600 resolution screens, and tower consoles that ran Windows XP. These were the first computers I ever used. In that lab, I learned how to type, how to use Word and PowerPoint, how to edit images in Paint, and (when the teachers weren't looking) how to mess with the system preferences.

So I was basically raised on Windows. It was years before I heard of Apple, and it wasn't until sixth grade that I saw a Mac. My middle school had this padlocked cart of new MacBooks, but it was one of those situations where we had fancy technology that we didn't actually need – for computer assignments, we always used PCs – so the only thing those Macs were good for was playing this weird “educational” videogame called Spore.

Spore was weird, but I thought the Macs themselves were just plain bizarre. The way that files and apps were organized and named was totally foreign to me. My artsy friends took to Macs quickly, but I couldn't be bothered with the newfangled things; I had no desire to relearn how to use computers when I was already adept at using PCs. So I pretty much avoided Macs entirely, until I took a film class my junior year of high school – and that's

when I understood what the big deal with them was.

The difference was explained to me thus: Macs are for artists; PCs are for cubicles. When it comes to things like digital illustration and video and sound editing, Macs are far superior. PCs, on the other hand, are better geared toward business applications: essentially, all of the things that you would use Microsoft Office for.

Counterintuitively, it would seem, PCs are the more customizable computers; you can do more things with a PC, you have more operating system options than just Windows, and you can basically build them to suit your needs. Apple systems, by contrast, are very restrictive. They don't leave as much room for customization or development. At first glance, that might seem to put Apple at a disadvantage, but Apple products are also far less susceptible to viruses and malware as a result.

Honestly, though, I can't really say whether I think one computer is better than the other. It depends on what you intend to do with them. I am a writer by trade, which means I spend a lot of time using Word, and I think Word is better suited to PCs – so I'm inclined to stick with those. I bet gamers would also pick PC. But ask any one of my musician, filmmaker, or graphic designer friends, and I'm sure they'll side with Mac. Or then again, maybe they'll just tout Adobe's Creative Suite.



ROBERTO



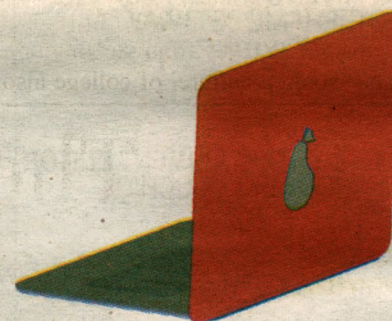
For a majority of the time that I've owned a laptop or a computer in general, the main ones were general PCs such as Dell, HP, or Acer. They were the ones that my parents were able to afford and that it was just something I had to deal with, being accustomed to Windows desktops and whatnot. However, that all changed once I reached my senior year of high school. As I was preparing to head to college within a year's time, I felt like it was time for a change and that's when in 2014, I got my first Mac: a MacBook Air. I instantly fell in love with it and it was so refreshing to make that swift change from Windows to an OS. On top of that, all the basic apps that came with the Mac at the time were wonderful given that I already had various Apple products such as an iPhone and iPad, so being able to connect all that towards my own computer was great.

Once I was able to head to Sacred Heart the following year, it's become such a useful tool and I can say with the deepest honesty that I have not regretted the choice of owning a Mac. As someone who wants to keep with the times and be absolutely tech-savvy with whatever it may be, my MacBook has allowed me to do my work in the best and most organized way possible and I couldn't be more thankful for it.

Through and through, just the whole idea of having a MacBook, especially in

the field of study that I'm in at school, all the software needed be it in Adobe or any type of digital editing software has allowed me to use the tools I have, either in the internship that I'm in or in the classes and soon to be jobs that I will hopefully get in the future, the experience and great help that my laptop has provided me has been something one of kind in my opinion.

I don't want to make it sound like a PR pitch or anything like that, but I generally believe that if you switch from a PC to a Mac or if you're just getting a new computer period, I highly recommend Apple. Of course, I'll have to switch my own laptop after having it for more than four years, but if I had to choose my next one, I'm providing my loyalty to Team Apple and getting a new Air or Pro laptop.



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Senioritis 2.0

STEPHANIE PETTWAY
CO-A&E EDITOR

I always associated the term “senioritis” with being a high school senior who didn’t want to do work because all they wanted to do was graduate and go to college. They were simply ready to start a new chapter of your life and getting through that last stretch of senior year was agonizing.

Now, what I didn’t associate “senioritis” with was being a senior in college.

I didn’t think that an adult could allow themselves to feel just as lazy as their high school senior-self did.

Yet, here I am.

Here I am, procrastinating doing my work, not wanting to go to class, having difficulty focusing, and wanting nothing more than to walk across that stage and get my degree and starting my post-graduate career.

However, the senioritis I felt being the 18-year-old graduating high school vs the 22-year-old graduating college is that now I have a lot more at stake.

This time things are much more real.

My decisions hold so much more weight than they ever have, which sucks, but I guess this is what adulthood is, which also sucks.

But in the midst of all things that suck, and how even though I’m feeling the laziest I have ever felt in my either life, I know I won’t give up.

I didn’t give up and then I most definitely won’t now.

For the same reason that I have way too much to lose and knowing that in completing this last stretch I will be accomplishing something that not many people in my family have done; which is

to actually go to and finish college.

And yes, this is a lot of pressure, but I try not to think about it because even though many people in my family have not finished college, many have gone on to be successful in their own right. So, my success won’t be measured on the degree I get, but rather in the whole accomplishment of graduating college.

So, I know I have to keep pushing and even in those moments when I don’t want to go to class, or don’t want to do my work, and would much rather get a drink with my friends, I have to finish.

I just wish that during this tough time, where it is taking ever ounce of my being to do anything, which includes writing this; I wish I had someone else to tell me that college senioritis was a thing!

Because I really didn’t think it was!

Now, would it have made a difference in whether I had known about it before or not?

Probably not, but it would have taken away that initial guilt.

So, to the rest of the Class of 2019, if you are feeling like you are ready to throw in the towel; that you are over doing anything and everything work related, just think about why you came to college.

Think about that high school senior you once were. The one that was so eager to start the next chapter of their life. Now, think about how far you’ve come and where you are going once it is all said and done.

Senioritis is as real as it has ever been, and though it’s hard to deal with, it also just shows that you are ready to turn the page and start a new part of your life.

Do Drugs

EVAN DENNY

NEWS EDITOR

Drugs have an unnecessarily negative stigma surrounding them. It’s almost like the words “SAY NO TO DRUGS” are burned into our brains from hearing the same speech over and over. Yet, I find it so fascinating how little we try to see the positive effects of drugs.

For those of you who don’t do drugs: Congratulations! You don’t exist. For starters, let’s look at the definition of a drug. “A drug is any substance that, when inhaled, injected, smoked, consumed, absorbed via a patch on the skin, or dissolved under the tongue causes a physiological change in the body.” Yes, I got this from Wikipedia.

There’s an elephant in the room called cognitive dissonance that everyone falls victim to. It’s funny to hear people say “I don’t do drugs,” yet they’ll wake up and take whatever prescription they’re on, followed by an unhealthy dose of caffeine, maybe even some nicotine from a JUUL.

And if it’s Friday night, most people are bingeing on some form of ethanol, whether it’s beer, wine, liquor, or any combination of the three. Yet, even the people who drink copious amounts of alcohol don’t seem to realize it’s a drug. It boggles my mind when people say “I don’t do drugs” while shotgunning a beer. That’s a pretty neat talent right there.

When we think of the word “drug,” we normally don’t think of all the things we normally consume; we think of cocaine, methamphetamine, heroin, opioids, etc. I could mount a pretty sound argument that food is a drug, but part of the definition (on Wikipedia) states, “a drug is any substance (other than food)...” They got me there.

We don’t think of the drugs we use every day. Allergies acting up? Pop a Zyrtec. Stomach pain? Tums. Headache? Advil. Hotel? Trivago.

Often times we refer to tools as extensions of ourselves, devices to aid us with a task or function. Drugs are very similar to tools. They are devices that aid us with tasks or functions. Some people can’t even function normally without drugs.

Schizophrenics take antipsychotics to deal with the symptoms of the illness. People with depression take SSRI’s to increase

their levels of serotonin. People with panic disorder may take benzodiazepines like Xanax to calm themselves down.

Caffeine is a stimulant and one of the most widely used psychoactive drugs, but you probably don’t really think of it as a drug because you use it so often. You drink caffeine to increase your productivity and wake up. Some of you can’t even function without your coffee. You know who you are.

Everyone does drugs to some extent. For the three of you out there who live entirely through photosynthesis and don’t interact with the physical world, you’re either high or delusional (probably both).

One of the reasons I decided to rant about this topic was my learning about the opioid epidemic. As a society, we’ve gone ahead and done the same thing we do with every other drug: we demonize it. The opioid crisis is a problem, but that doesn’t mean opioids are necessarily at fault.

Many people who suffer from chronic pain require opioids to maintain their wellbeing. Yes, opioids are over-prescribed. But, just maybe, the people prescribing the drug are doing so without the wellbeing of their patients as their top priority. Perhaps, the pharmaceutical companies who manufacture these drugs found that there’s a profit to the market.

One of my favorite videos to help understand drug problems and addiction is called “Addiction,” by Kurzgesagt. If you haven’t heard of these guys, go check them out on YouTube.

They state that 20% of American troops in Vietnam were using heroin. When they returned home, 95% of them stopped using heroin. It’s almost like people use drugs to deal with their problems. Who would’ve thought.

Maybe instead of saying no to drugs, we can try to look at things from a different perspective. Drugs are like tools. We can use them for good or for evil. Instead of assuming drugs are used for evil, I want people to try to see the good they can do.

But hey, I’m not a doctor, I just take pictures. I guess what I’m trying to say is don’t do meth, take your vitamins, stay in school, and try to get eight hours of sleep every night, kiddos.



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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

Black Student Union Celebrates Black History Month

BY PAXTON MCLANE
Staff Reporter

There is a new multicultural club on campus. The Black Student Union (BSU) was established fall of 2018 and currently includes over a dozen members of Sacred Heart University's African-American community. The club meets bi-weekly on Wednesday night's in SC 234A at 8 p.m. Their advisor is Professor Butler-Sweets.

"Black Student Union was established to help create a safe space for everyone in the African American community here at Sacred Heart, to come together and support one another," said sophomore Dominique Price, the BSU Secretary.

Feb. 1 marked the beginning of Black History Month. To senior, President and co-founder of the BSU Nacyla Wiley, Black History Month is an important reminder of the accomplishments of the African-American community.

"Often times in America, so much importance is placed in the school system of U.S history without really honing in on the entire history of America," said Wiley. "Many of the inventions you know and love were created by African Americans, whether it be the doors that make elevators open by the push of a button or the super soaker water guns you loved playing with as a child. There are so many things."

As a member of the executive board, Price has been with BSU since it was established on campus. She hopes for the organization to gain recognition on campus.

"Our President, Nacyla, as well as our Vice President, Justina, worked very hard to bring this club to campus and as part of the E-Board, I am happy to help achieve this goal and many more," said Price.

Black History Month was first established by African-American educators and students at Kent State University in 1969. It was created to celebrate the accomplishments of the African-American community. However, Wiley believes that Black History Month is a result of society's shortcomings.

"As a result of not celebrating the beauty of diversity on a regular basis, we try to fit it all into one month. Every day, we should be actively informing ourselves on black history and striving to be more aware," said Wiley. "Black History is American history; in my eyes they are not different. That's why I believe it is so important because it is definitely an undervalued topic in the American education system."

All February long, Sacred Heart students have the opportunity to celebrate Black History Month. With over a dozen events, guest speakers, and movie screenings, every student on campus has a chance to join in Black History Month.

BSU is hosted a Black Inventors Exhibit, showcasing unique art pieces and memorabilia from across the nation on Feb. 18 at 5 p.m. in the UC. They are also hosting "My Black Is Beautiful: The Evolution of Natural Hair" a conversation taking place on Feb. 21 at 7 p.m. in UC 109; "March of Solidarity," campus wide on Feb. 26

and "Rep your Flag" on Feb. 28.

As the campus celebrates, BSU is trying to open up conversations about race with their fellow students.

"Black Student Union is necessary to begin to open up conversations about diversity and race that have yet to be discussed. Addressing certain ignorances and being open to ideas we may not even know we are willfully blind to is the first step toward progression," said Wiley.

"We must all come to an understanding that not one person knows everything and coming from different backgrounds disagreement is inevitable. Just because someone disagrees with you does not invalidate their perspective," said Wiley. "Small steps can be made to build this divide between communities with opposing views."



PAXTON MCLANE/SPECTRUM

THE BLACK STUDENT UNION HOLDS BI-WEEKLY MEETINGS AND ARE CELEBRATING BLACK HISTORY MONTH WITH AN EXHIBIT AND SPEAKERS.

Love Your Melon Kisses Away Cancer

BY AMANDA DE LAUZON
Staff Reporter

"Children who are fighting cancer need more than just medicine and treatment," said Julia Caiazzo, President of the Love Your Melon Club. "They need to be reminded that life is beautiful and worth fighting for."

Sacred Heart University's own Love Your Melon Club partnered with the Interfraternity Council to host its annual swab drive called "Kiss Away Cancer" on Feb. 14 in the University Commons. This event supports the fight against pediatric cancer. Many people came to the event and registered for the swab drive, as well as to show support for the club.

The main goals of this event were to spread the awareness, raise money for the American Childhood Cancer Organization, and to recruit people to sign up for the Be The Match Bone Marrow Registry.

According to the Love Your Melon website, their mission is "an apparel brand dedicated to giving a hat to every child battling cancer and supporting the fight against pediatric cancer." However, this apparel brand isn't all that the club stands for.

"LYM helps students reflect about their life experiences, about the differences in the community around them and how a simple act of helpfulness for another person can be super impactful," said Amanda Wagner, the LYM club Advisor. "The president embodies this concept perfectly."

"During her first year as President, Julia participated in the Be The Match Swab Drive for bone marrow donations," said Wagner. "Months later, she was matched with a patient in need. While she was nervous, she stepped up to the challenge wanting to provide the hope and support for someone in need."

The Be The Match Swab Drive isn't the only event they do throughout the year. Along with the swab drive, the club visits the Ronald McDonald Houses in various locations bringing the children care packages, homemade meals and participating activities with the kids and their families.

"There is no more rewarding and perfect moment then seeing the smile rise on the kids faces and knowing you personally made a difference," said Caiazzo. "These children are the real superheroes and they continuously inspire me to be better and do more."

The club works hard to help in any way to brighten up the day of a child that needs it.

"I'm interested in working in pediatrics and I would like to give anything I can to a kid or any person that needs it to live and this is amazing way of doing that," said junior Luciana Gizzo, after signing up for the swab drive. "If you have something to give to someone, why not give it?"

The Love Your Melon club meetings occur bi-weekly on Wednesday's at 9 p.m. in the Schine Auditorium. To see what the club is up to and when the meetings are, you can follow @shulymcrew on Instagram.

"This club, the president of it, taught me to love my life, live it full, and to remember the people standing next to you - don't take their time with you for granted," said Wagner.



AMANDA DE LAUZON/SPECTRUM

LOVE YOUR MELON PARTNERED WITH IFC TO HOST A BE THE MATCH EVENT TO ENCOURAGE PEOPLE TO REGISTER FOR THE BONE MARROW REGISTRY.

Arts & Entertainment

“Wicked” Set to Become Major Motion Picture

BY SAMANTHA O'DONNELL
Staff Reporter



ASSOCIATED PRESS

THE HIT BROADWAY MUSICAL “WICKED” IS BECOMING A MAJOR MOTION PICTURE, HITTING THE BIG SCREEN IN 2021. PICTURED ABOVE: IDINA MENZEL, THE ORIGINAL ACTRESS TO PLAY ELPHABA

Something good is happening in Oz.

The Tony Award winning smash musical, “Wicked”, has been picked up as a major motion picture. The movie is set to come into theaters on Dec. 22, 2021.

“This has to be better than those live musicals on TV,” said freshman Sarah Lindskog, who was referring to the recent live musicals that such as “Rent: Live on FOX and “Hairspray Live” on NBC.

The movie musical will be directed by Stephen Daldry, director of the movie “Billy Elliot,” and produced by Marc Platt, who produced many well-known movies, including “Legally Blonde,” and “The Other Woman.”

Stephen Schwartz, the original Broadway composer and lyricist, and Winnie Holzman, who wrote the original book for the staged adaption, are writing the screenplay for the movie.

Wicked tells the untold story of the witches of Oz, before Dorothy, from the “Wizard of Oz,” dropped in.

The audience follows the popular and beloved Glinda the Good Witch (originally Galinda, “with a Ga!”) and Elphaba, the Wicked Witch of the West as they arrive at Shiz University. They are forced to be roommates and, and eventually become friends.

Wicked opened on Broadway in 2003, and quickly became a worldwide phenomenon. “I fell in love with the storyline when I was twelve,” said sophomore Justyna Jablonska. “When I finally saw it live, I was blown away.”

The musical went on a North American tour, known as the “Emerald City Tour,” and opened on the West End in London in 2006, toured the United Kingdom and Ireland beginning in 2013. It also went on an international tour beginning in 2016.

Fans are excited to see their favorite musical on the big screen, but some are worried that the film will “stunt cast,” the movie to get non-theatre fans to go see it.

“Stunt casting” is when a production casts a very famous actor or celebrity in a movie, TV show, or even a Broadway show to gain publicity.

Ariana Grande has been tied to Wicked many times. She performed one of Elphaba's solos, “The Wizard and I” for the Wicked 15th Anniversary concert and has been rumored to join the Broadway cast many times.

“I wouldn't be happy if Ariana Grande was cast in the movie, but I feel like they might ask her,” said Lindskog. “They would want her because of her fame and the publicity she would bring.”

Although the show is adored by many, some fans are skeptical about it transitioning to the big screen.

“They cannot cut scenes out or change things like they did with the new ‘Beauty and the Beast,’ movie,” said Lindskog.

Fans of the musical already have an idea of who they want to play the two leading roles. “Lea Michele would make an amazing Elphaba,” said Cavalieri.

They also feel it is important to maintain the Broadway origins as they go to the big screen.

“When they make the move from stage to screen, they can't lose the stage roots,” said sophomore Isabel Cavalieri. “Broadway has to be incorporated.”

Milo Ventimiglia Honored by Harvard

BY NICOLA PAERG
Staff Reporter

“This is Us” star Milo Ventimiglia received Harvard University's 2019 “Man of the Year” award.

Ventimiglia is known for his role as Jack Pearson on the popular drama “This is Us” and for his role as Jess Mariano, Rory's bad-boy love interest in “Gilmore Girls”.

“I think that Milo Ventimiglia deserves the ‘Man of the Year’ award. His work in ‘This is Us,’ definitely came to mind as an impressive contribution to the entertainment industry. When I see him on television getting interviewed on a talk show or on YouTube, he seems very humble and that is a very admirable quality,” said senior Leah Van Tronk.

“This is Us” is a popular drama on NBC that debuted in 2016 and is currently in its third season.

Ventimiglia's character Jack Pearson was killed in a tragic house fire in season two episode 14; in which he went back inside the flame engulfed house in a heroic effort and suffered life threatening injuries.

“I am extremely happy that Milo won the ‘Man of the Year’ award,” said senior Rebecca Rutkiewicz. “He was personally my favorite boyfriend of Rory's in ‘Gilmore Girls.’ In ‘This is Us,’ when he plays Jack, he gets me emotional. He's just overall one of my favorite actors.”

Ventimiglia was the target of a roast lead by Elizabeth Mann and Mariana Sanchez Medina at the Hasty Pudding Theatricals ceremony on Feb. 8.

“I think he deserves ‘Man of the Year,’ because his character exemplifies the everyday man who's been through the ultimate struggles in life but has found a way to make those things relatable to the everyday person,” said junior Cassie Simonides. “The character is able to show people how real life actually is despite it being a television show.”

Hasty Pudding has awarded the “Man of the Year,” title since 1967. Other winners include Clint Eastwood, Christopher Walken, Tom Hanks, and Paul Rudd last year in 2018.

“There is no one more deserving for the ‘Man of the Year’ award than Milo Ventimiglia,” said sophomore Tyler McGann. “His role in the show ‘This is Us,’ as Jack Pearson demonstrates what a father figure role is all about. I cry happy tears during every episode.”

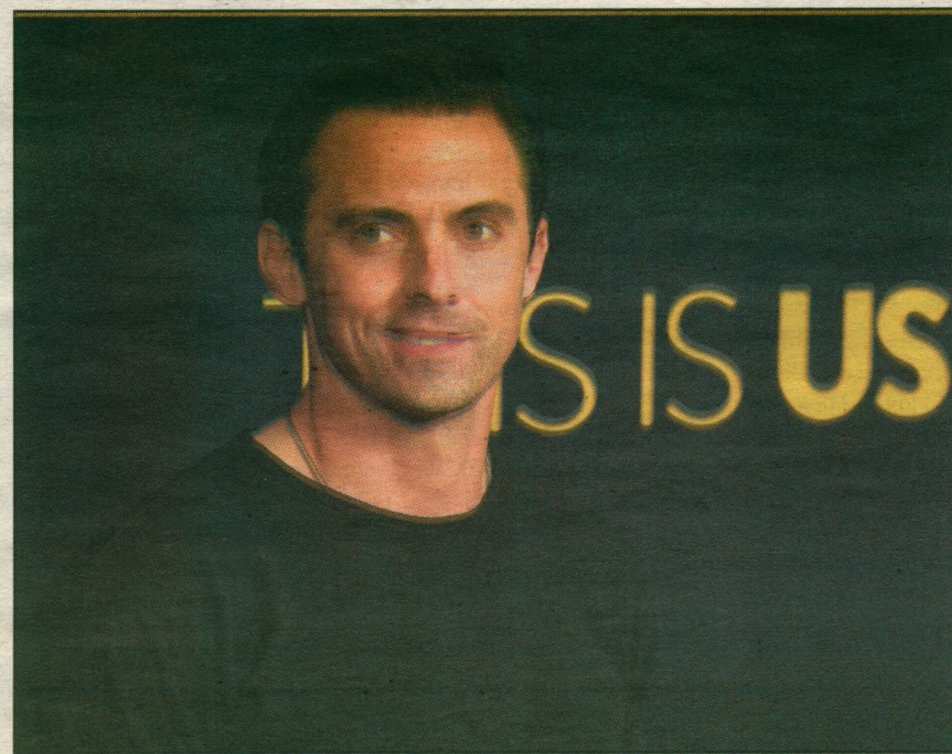
Ventimiglia previously starred in Fergie's music video for her hit single “Big Girls Don't Cry,” portraying her love interest.

“I am not that familiar with Milo Ventimiglia's work, but he does seem to be a worthy recipient for the award honored by Harvard,” said senior Sebastian Tonkovich. “He

has become fairly well known over the past few years and appears in the news quite frequently.”

People magazine reports that “This is Us,” directors intend to end the show within the next three seasons in a satisfying manner.

“I have thoroughly enjoyed that show since it first premiered and have been hooked on it ever since,” said Van Tronk. “Milo is the foundation of the show and his story as Jack Pearson is what keeps the viewers hooked as well.”



ASSOCIATED PRESS

MILO VENTIMIGLIA, PICTURED ABOVE, HAS BEEN NAMED HARVARD'S MAN OF THE YEAR BY HARVARD'S THEATRE COMPANY, HASTY PUDDING THEATRICALS.

Arts & Entertainment

Little Theatre Debuts "Ordinary Days"

BY CHRISTOPHER DOLAN
Staff Reporter

On Thursday Feb. 14, Sacred Heart's Theatre Program debuted their show, "Ordinary Days" in the Little Theatre.

"I really enjoyed the heartfelt story and the way the actors portrayed the characters. There was a great balance between comedic moments and serious moments," said sophomore Amanda Kane.

"Ordinary Days," revolves around four young adults as they go through life. The musical has something for everyone whether it is romance, laughs or surprise twists.

As opening night started, the cast and crew were nervous.

"It was a mix of both excitement and nervous energy. We've done this show so many times, so a lot of us have got it down. I had to keep myself on my toes so I was always on time for each of my cues, which was definitely the most nerve wracking for me," said assistant stage manager Liv Solomon.

Each of the characters has their own personality. Deb, played by Johannah Johnson, who is full of energy and always stressed; Warren, played by Jake Doble, who is always optimistic; Claire, portrayed by Courtney O'Shea, who is hiding a secret past; and Jason, played by Bradly Taylor, who is the hopeless romantic.

The actors mentioned that getting into the heads of their characters is not always easy.

"I think in the beginning it was difficult because it was not just handed to you but as we learned and came up with backstories it became more real," said junior Courtney O'Shea.

The audience reaction to "Ordinary Days," was positive, with everyone clapping and cheering at the end of each song. Throughout the musical, a mix of reactions could be heard whether it was laughs or crying depending on the scene.

"This show is phenomenal! Each actor tells their character's story in a beautiful way, captivating the audience and allowing us to go on their journey with them," said sophomore Michaela Vieira.

Despite the positive reactions from the audience, the musical did have its challenges during the performance.

"The challenge with this piece is keeping it honest. This is a show about ordinary people leading ordinary lives and it is hard to recapture certain moments," said senior, assistant director, Henley Soloman.

Other challenges involved the difference between rehearsals and opening night.

"It is always different because the dynamic changes a lot so we will have to get used to that. We are used to doing it in front of a crew. We have to see how our characters play with the audience," said junior Jake Doble.

However, there were things that went well according to the actors.

"The nice thing was that we knew the music right off the bat. We came in jamming," said senior Bradley Taylor.

With both positives and negatives, "Ordinary Days" had a successful night.

"The show 'Ordinary Days,' is really funny and filled with great music! The Theatre Arts Program always finds great talented cast members for all their shows," said junior Chris Conte.

"Ordinary Days," continues to play in the Little Theatre from Feb. 21-24, tickets can be purchased online at the edgertoncenter.org, or the Box Office.



SACRED HEART THEATRE ARTS PROGRAM

THE THEATRE ARTS PROGRAM IS PERFORMING "ORDINARY DAYS" IN THE LITTLE THEATRE FROM FEB. 14-24.

Grammy Girl Galore

BY BRANDON RICKETTS
Staff Reporter

On Sunday, Feb. 10, The 61st Annual Grammy Award ceremony took place at The STAPLES Center in Los Angeles, CA.

Hosting this year's awards for the first time, was 15-time Grammy award winning recording artist, Alicia Keys. It made her the first female to host the Grammy awards in over a decade since Queen Latifah in 2005.

Along with hosting, Keys also performed a tribute to the "Power of Music." Keys performed songs such as Juice WRLD's "Lucid Dreams", Roberta Flack and Fugees "Killing Me Softly With His Song", Ella Mai's "Boo'd Up", Lauryn Hill's "Doo Wop (That Thing)" and more.

"Alicia Keys is an idol of mine and to see her do what she did in hosting and performing it was as if she could do no wrong," said junior Jade Bunkley. "I loved everything she did with the ceremony and the recognition she gave multiple artists in her cover of their songs on the pianos."

Viewers felt that this year's ceremony gave recognition to women in the music industry.

"This year's Grammy awards felt like a celebration of women in music," said Bunkley. "I loved the recognition the women got with winning or sharing a great deal of awards, it made me as a woman feel more important, empowered and appreciated."

During the ceremony, women won a multitude of awards including best R&B performance for H.E.R.'s song "Best Part" (Ft. Daniel Caesar). As well as album of the year for Kacey Musgraves album, "Golden Hour."

Aside from the representation of women at the Grammys there was controversy surrounding the nominations. Multi-platinum recording artist, Drake, went on to give a subliminal speech, sharing his opinions about the Grammy nomination review committee.

"We play in an opinion-based sport, not a factual based sport... This is a business where sometimes, you know, it's up to a bunch of people who might not understand," said Drake.

He ended his speech by saying, "If there's people who have regular jobs who are coming out in the rain and the snow, spending their hard earned money to buy tickets to come to your shows, you don't need this right here (referring to his Grammy award), I promise you."

"Drake had the best speech by dissing the Grammys for his Grammy acceptance speech," said Thomas Kourebanas. "It was a breath of fresh air that someone as seasoned as him was honest about how unimportant the Grammys and award shows in general are becoming. It's losing the prestige that made it a staple of pop culture."

Artists such as Eminem have expressed their dislike and refusal to attend the Grammys ceremony because dominant artists come up short in winning Grammy

awards that are well deserved.

"I did not know who the girl who won album of the year was but apparently she has good music according to my roommate," said Bunkley.

The Associated Press contributed to this article.



ASSOCIATED PRESS

ALICIA KEYS HOSTED THE 61ST GRAMMY AWARDS AND WAS THE FIRST FEMALE HOST SINCE 2005 WHEN QUEEN LATIFA HOSTED.

Sports

Men's Ice Hockey Entering Final Stretch

BY ASIA MCCRAY
Staff Reporter

The Sacred Heart University men's ice hockey team are in the final stretch of their regular season. They have won six of their last seven games, and their record in conference play is 12-10-2, good for fifth place out of 11 teams in the Atlantic Hockey Conference.

Head coach C.J. Marottolo, has credited the team's record due to their chemistry.

"There's a big belief within our team right now that we're able to handle adversity within a game no matter when it might hit," said Marottolo. "We've become mentally stronger to deal with situations in a game and believe in each other that we are going to get it done at the end of the night."

The team began this stretch on Jan. 29, when they defeated the University of Connecticut, 2-1. They then took two games against Robert Morris from Feb. 1-2, two against Niagara from Feb. 8-9, and a split against Rochester Institute of Technology from Feb. 15-16.

For senior defensive captain, Liam Clare, the key for the team has been trusting one another.

"The two biggest things have been our work ethic and commitment to play for our teammates in the locker room," said Clare. "It really has been a 'next man' up mentality, in that we feel confident and we can compete any night with whoever is dressing for the game."

The team has seven juniors and seniors on their roster who have embraced the leadership role in guiding the underclassmen.

"The upperclassmen have been great and we've been trying to lead by example and show how to play the right way and the results have been showing for us," said senior Michael Crocock. "We're not satisfied yet though, and we're going to

need the underclassmen down the stretch to reach our end goal."

Marottolo expects his upperclassmen players to be the best role models they can be for the underclassmen on and off the ice.

"Our seniors have done a great job creating the culture that we want for our group, they are very experienced, so they are able to help our younger guys navigate the tough times," said Marottolo. "Their leadership at all levels has been tremendous and without them, we wouldn't be able to continue on the path that we are on right now."

First-year forward Austin Magera said that the team's success goes back to their struggles.

"We started off with some ups and downs, but as the season has progressed, we've stuck to a workhorse mentality and have been playing the hockey we want to play, and Coach has emphasized that as of late," said Magera. "With the season coming down to grind time, we want to continue winning and putting ourselves in the best possible situation to make a run at the Atlantic Conference championship and ultimately play in the NCAA Tournament."

The team has their final home game of the season on Feb. 22, against Army West Point, in what will also be their Senior Day. Along with Clare and Crocock, the team will also recognize defenseman Mike Lee, forwards Stephen Hladin, Zach De Concily and Jackson Barliant, and goalie Brett Magnus.

After that, they'll hit the road for their final three games of the regular season. They'll go to Army the next day, Feb. 23, and will end the season with a two-game series at American International College in Springfield, Mass. Those games will be on Feb. 28, and March 2, respectively.



SACRED HEART ATHLETICS

FRESHMAN AUSTIN MAGERA, PICTURED ABOVE, ADMITS THAT THE TEAM HAS FACED SOME STRUGGLES BUT IS WILLING TO WORK THROUGH THESE CHALLENGES.



SACRED HEART ATHLETICS

JUNIOR ANA CONTRERAS HAS HER FOCUS ON INSTILLING A POSITIVE VIBE FOR HER TEAM THIS SEASON.

Women's Golf Spring Season Preview

BY JACK RAVITZ
Staff Reporter

The Sacred Heart University women's golf team begins their spring season in Kiawah Island, SC, on Feb. 24, for their first tournament.

Head coach Matthew McGreevy, is looking for the team to improve from their fall season, which ended at the SHU Fall Invite on Oct. 22.

"The fall season was a learning process," said McGreevy. "We are a relatively young team and we used the fall to find our footing and identify our strengths and weaknesses."

The team consists of seven golfers and three of them are underclassmen, two freshmen and one sophomore. Senior and captain Chelsea Sedlar, earned All-NEC First Team honors for her performance during the fall. Her focus in the spring is to motivate the rest of her teammates.

"We have used this offseason to evaluate our results from the fall," said Sedlar. "There are things we as individuals need to work on and we have to reevaluate our swing and our mental attitude. We are all looking forward to attacking the spring season and giving it our all."

McGreevy is hoping that the team helps out Sedlar in finishing her career at Sacred Heart on a high note.

"She [Sedlar] has never finished outside of the Top-3 at the conference tournament, winning her freshman year and losing in a playoff her sophomore year," said McGreevy.

Along with Sedlar, the team will look to junior Ana Contreras to help lead the team. Contreras has focused on instilling a positive vibe for the team throughout the season.

"I'm excited to see where this team is going," said Contreras. "We were all working hard during the offseason with the main goal to prepare for the conference tournament."

McGreevy has stressed the importance of not trying to do too much to his team for the season.

"He tells us, 'Give it your all,'" said Sedlar. "He reminds us to put our bad rounds in the back of our minds and focus on the bigger picture. Conference play is where we make a stand and show the rest of the teams that we want the title," said Sedlar.

By following this message every day, McGreevy believes the team's scores in tournaments will improve, which will also lead to individual performances raising as well.

"I truly believe everyone can improve their scoring average and tighten up some things that will make our spring very competitive," said McGreevy.

When it comes to picking who goes out and competes for the team in the first tournament, McGreevy likes to go with the hot hand from the fall in the hopes of carrying some of that momentum over.

"We use our spring trip in Florida to evaluate everyone and set the baseline for the rest of the spring season," said McGreevy.

The Edwin Watts/Kiawah Classic goes on for three days, until Feb. 26. Sacred Heart will face teams such as The Savannah College of Art and Design, Butler University, Quinnipiac University and Western Carolina University.

Sports

Club Ultimate Frisbee Competing in First Tournament

BY CHRISTIAN RODRIGUEZ
Senior Staff Writer

From Feb. 23-24, the Sacred Heart club ultimate frisbee team will be competing in their first ever competitive setting at the "Bring The Huckus 10," tournament, in Vineland, N.J.

At the Tournament, Sacred Heart will be playing the Penn State B team, Ithaca, the Princeton B team, and the State University of New York Buffalo. The first day will be pool play determining the seeding for Sunday's elimination rounds.

This is the first time Sacred Heart Ultimate Frisbee will be playing United States Ultimate (USAU) sanctioned events and will be competing in the College Series Championships beginning in April, according to Club Sports.

"This is our first season playing as a registered team in the league, but this is our second year being a club sport at Sacred Heart," said junior co-captain Joe Samilenko.

During practices, the team has implemented offensive styles to prepare for the upcoming tournament in New Jersey.

"The intensity has increased and everyone is realizing what this sport takes. You know it's not just a regular game you play in the backyard," said graduate student and co-captain Evan Sigouros. "It incorporates skills from all types of sports from basketball to soccer to football, and it's very new, too, so we're giving people the chance to learn it."

Head coach Tom Barnouw has been involved with ultimate for over 30 years. According to Sacred Heart club sports, Barnouw became a two-time ultimate world champion in 1997 and 2002, and is a nominee for the USA Ultimate Hall of Fame.

"Being that he played professionally and did very well, we see what works in a more professional setting instead of before when we didn't have a coach," said senior Joey Leo. "Before, it was just us all of the kids on the team and doing what we knew and what we've learned, but now having someone who has actually done it professionally is better than we could ever try to do without him."

Last year, the team was primarily run by students. But with the addition of Barnouw this season, the program is looking to grow competitively.

"The main goal is to introduce these guys to throwing, catching, and cutting skills, which are the basic elements of the game," said Barnouw. "Hopefully, I have the underclassmen for a number of years and we get better as a team."

Along with the competitive spirit, Barnouw also teaches the importance of having fun and learning.

"Our goal is to learn what it's like to play in a competitive setting against other universities and getting comfortable in that environment," said Barnouw. "I'm very competitive so winning is something I obviously want us to do, but for this first tournament, I'm more concerned for these guys to appreciate the experience and see the team build their ultimate IQ."

For anyone who is interested in joining the team, you can visit the club sports website and go on the club ultimate frisbee page where you can see the team's and Barnouw's information and email; barnouwt@sacredheart.edu. You can also ask questions and contact the team captains.

Evan Sigouros - sigourose@mail.sacredheart.edu

Joe Samilenko - samilenkoj@mail.sacredheart.edu

Josh Belluche - belluchej@mail.sacredheart.edu



ALLY PLEZIA

THE ULTIMATE FRISBEE TEAM WILL BE COMPETING IN THEIR FIRST COMPETITION FEB. 23 AND FEB. 24 IN NJ.

Women's Lacrosse Season Beginning

BY ANTHONY SACCONI
Staff Reporter

The Sacred Heart University women's lacrosse team is set to open up their 2019 season on Feb. 22, as they will welcome New Hampshire to Campus Field.

In 2018, the Pioneers finished 2-14 overall, and 2-5 in Northeast Conference (NEC) play.

Senior co-captain attacker Caroline Speicher expects a bounce-back season for the team.

"We expect to redeem ourselves from last season," said Speicher. "We did not have our best season last year and we are hoping to both improve and compete this year. We have already made a lot of progress and we are looking forward to games starting soon."

Head coach Laura Korutz wants the Pioneers to play a faster paced style this season.

"Our transition from our defensive end to our offensive end has always been an area of concern for us," said Korutz. "We have really focused on getting the ball up the field quicker this offseason from our defense to our offense more efficiently."

The offensive attack is led by senior co-captain Hannah Wise, who led the team with 33 goals last season.

"I'm now at a new position, so it has challenged me to do different things on the field as I am now looking to feed the ball more. I'm also working to challenge my defenders a little bit more," said Wise. "When teams watch film on me they will see me playing high on the offense, but now that I am playing low they will have to defend me in a different way."

The defensive side of the ball will be led by senior co-captain Olivia Mittleman.

"One of our main goals as a defense is to stick together as a unit. We want to stay strong through adversity and support each other as much as possible," said Mittleman. "Communication is also a big focus this year, just making sure we're all on the same page throughout the season."

This year's defensive unit will be one of the younger groups that the Pioneers have had in recent years.

"Our defensive unit is young, relatively speaking. They've stepped up immensely, and I'm extremely proud of them," said Mittleman. "I think if I can continue to support them, but at the same time hold them accountable, it will create a really cohesive defensive unit."

The underclassmen will be counted on to contribute to the team's success this season.

"We have some really good freshmen who we think are going to earn some playing time this season," said Korutz. "They have done a good job of coming in and really pushing the upperclassmen and fitting in well."

According to Sacred Heart Athletics, the team averaged around eight goals per game and 10 in conference play last season.

"In order to be effective, our offense needs to utilize our lacrosse IQ in stressful game situations," said Speicher. "Our offensive unit works really well together and we need to continue doing this in order to accomplish our goals."

Wise trusts her teammates and their capabilities as the season approaches.

"We are ready to prove to the NEC and to the NCAA that we aren't a team that is going to be taken lightly," said Wise. "We had a rough year last year, but now we are ready to



SACRED HEART ATHLETICS

THE WOMEN'S LACROSSE SEASON WILL OPEN ON FEB. 22 IN A HOME GAME AGAINST NEW HAMPSHIRE.



SHU SCORES



	1	2	3	4	F
Bryant	14	13	6	24	57
SHU	15	30	7	15	67

Women's Basketball

	1	2	F
Bryant	54	50	104
SHU	48	57	105

Men's Basketball

	1	2	F
LIU Brooklyn	47	45	92
SHU	36	48	84

Men's Basketball

	1	2	3	F
ST. Michael's	1	0	0	1
SHU	1	0	3	4

Women's Ice Hockey

	1	2	3	F
SHU	0	1	3	4
ST. Michael's	0	0	0	0

Women's Ice Hockey

	1	2	3	F
SHU	0	0	0	0
RIT	0	2	0	2

Men's Ice Hockey

	1	2	3	OT	F
SHU	0	1	2	1	4
RIT	0	1	2	0	3

Men's Ice Hockey

	1	2	3	4	F
SHU	6	5	5	2	18
Furman	2	3	2	4	11

Men's Lacrosse



ALLYSON MURPHY, PICTURED ABOVE, SCORED A CAREER HIGH OF 15 POINTS AGAINST BRYANT UNIVERSITY ON FEB. 16.