

FEATURED NEWS

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**IT'S OKAY TO NOT
BE OKAY**


CRISIS COUNSELOR SPEAKS ABOUT
HER EXPERIENCE HELPING PEOPLE
WHO NEED IT.



ASSOCIATED PRESS

**"THE GREAT HACK"
COMES TO SHU**

PG. 9 -DOCUMENTARY ABOUT
CAMBRIDGE ANALYTICA ELECTION
SCANDAL WAS SHOWN IN MARTIRE
LAST WEEK.

 @SHUSpectrum

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YOU KNOW THE ANSWER
TO THIS RIDDLE:**

What has to be broken before
you can use it?

Horizons at SHU

BY AMY PETROVICH
Staff Reporter

Horizons, a nonprofit organization located at Sacred Heart University, is actively helping students in the local Bridgeport area advance their education. After opening in 2011, the organization is now home to students in grades K-8 who are all on a path to a higher education.

Horizons utilizes a selection system in order to determine which students from the local Bridgeport schools are eligible to join the program. Once selected, students join a six-week summer program filled with activities and one-on-one tutoring.

"When we select students, we do not just pick the brightest. Most of our students are two-thirds below grade level and have a large financial need," said Jamie Perri Horizons Executive Director. "Selecting classes is the hardest part of the job knowing that you're going to disappoint some children and their families."

The program itself focuses on teaching the students literacy, STEAM, arts, healthy living and swimming.

On their website it says, "Through the Horizons model, students achieve an average four months improvement in reading and math over the six-week summer session and a remarkable 91% of Horizons graduates attend college or other post-secondary training"

Horizons at Sacred Heart is just one of the 60 chapters of Horizons found throughout the nation. Horizons caters towards areas where there is a gap in available resources.

"An opportunity gap is very noticeable in Fairfield County. Bridgeport is severely under-resourced and our goal at Horizons is to cut that opportunity gap," said Perri.

The Horizons summer program costs around \$3,700 per student but completely covers that cost except a \$30 application fee for all students joining the program. It is able to cover tuition within their budget partially due to Sacred Heart allowing them full access to their facilities.

"Sacred Heart has given us such an incredible gift by letting us use their space and administration free of charge. Without their support we would not be able to do it," said Perri. "Sacred Heart's involvement in Horizons is something that students can truly be proud of."

Horizons is held within the Isabella Farrington College of Education at West Campus. Many grad students in the education master's

program apply to use Horizons for their practicum hours. Due to this, many undergrad students are unaware of the work that Horizons does throughout the community.

"As a Sacred Heart student, I was not aware of this program but I am proud that so many kids are being helped further their education," said sophomore Breanna Santos.

The program at Horizons goes beyond just teaching skills in the classroom. The students are also provided opportunities to participate in various outdoor activities and have access to an arts program where music and visual arts are taught.

"Horizons seems like such a great program, especially knowing that the community surrounding our campus is benefitting from it," said sophomore Claire McElhenny.

Horizons' goal of helping students gain more knowledge and critical thinking skills is not limited to just the six weeks they are provided in their summer program.

According to the Horizons website, "We make a 12-year commitment to all of our students who enter in Kindergarten. Once your child is accepted, your child will return every summer through high school."

Horizons is an organization that does not discriminate based on intelligence or income. They provide the students and children who need it the most the opportunity to grow.

"Kids are kids and they should get the same opportunities no matter what," said Perri.



SACRED HEART UNIVERSITY

NONPROFIT ORGANIZATION HORIZONS IS DEVOTED TO HELPING LOCAL BRIDGEPORT STUDENTS ADVANCE THEIR EDUCATION. THEIR CHAPTER AT SACRED HEART UNIVERSITY IS ONE OF 60 THROUGHOUT THE NATION.

Taft Break-In

BY GIAN CAPOLINO
Staff Reporter

On Feb. 6, at approximately 2:10 a.m., there was an attempted burglary at Sacred Heart's off-campus residence hall, Taft Commons, according to Edward Shea, the Deputy Chief of the Department of Public Safety. Taft is located at 225 Taft Ave. in Bridgeport.

In an email sent to the University community later in the day, Shea provided more details about the situation. According to the email, the Public Safety officer stationed in the area "observed two males pry the front door open and enter the foyer of the building" and the men quickly left the area after the officer confronted and questioned them.

The incident is the latest of multiple incidents that have happened at or near the University's resident halls in recent years, but according to Shea, the attempted burglary at Taft is unrelated.

"There were some isolated, unrelated incidents that occurred last year near some university resident halls, but there have not been any ongoing patterns of crime," said Shea. "Public Safety works closely with the surrounding law enforcement agencies to monitor and track any incidents on, or near our facilities, or concerns that could potentially impact our community members."

The Department of Public Safety, as well as Bridgeport Police, are continuing an investigation of the incident.

"Based on the findings so far, we believe the attempted burglary at Taft was an isolated incident as there were no other recent burglaries or crimes around that area," said Shea.

According to the Department of Public Safety, the men were last seen walking towards Taft Avenue, and were wearing burly, dark winter coats and hoods. The Public Safety officers and Bridgeport Police who responded to the scene and checked the area were unable to locate the suspects.

Even though Public Safety is doing their best to ensure Sacred Heart is safe and secure, some students, including sophomore Jessica Gionta, are very concerned following the attempted break-in.

"The situation at Taft makes me feel very unsafe, especially because I'm going into my junior year next year and Taft is an option for junior housing. The break-in has caused my friends and I to strongly consider moving off-campus into a house close to the school rather than living in one of Sacred Heart's off-campus residence halls next year," said Gionta.

However, the Department of Public Safety believes that the students should not be concerned, as the procedures and safety measures currently in place were effective in

preventing the situation from escalating.

"Public Safety continually evaluates all university facilities and security procedures to ensure we are staying current and responsive to any changes needed. It is important that everyone understands the security systems in place at Taft Commons performed exactly as they should."

According to Shea, Public Safety has added door reinforcement plates to the exterior doors of Taft in order to help prevent the doors from being pried open. Members of the Department of Public Safety and the Office of Residential Life have also met to discuss the situation and are assessing if further actions need to be taken.

Other students, such as sophomore Abby Radwanski, do not seem very concerned about the situation.

"I am not too worried about the incident that happened at Taft," said Radwanski. "It seems like Public Safety handled the situation well and no students were harmed, we all just need to remember to be aware of our surroundings."

The Department of Public Safety gave a similar response to the situation, encouraging students "to be observant and practice safe procedures when traveling and to request safety escorts anytime they feel unsafe." Students should also call public safety or local authorities if they see or experience anything suspicious.

Public Safety has also asked that anyone who may have witnessed the suspects in the area, or has any other information about the situation to please contact Bridgeport Police at 203-581-5100 and reference case #111-112, or SHU Public Safety at 203-371-7995 and reference case #2002-00165.



APARTMENTS.COM

ON FEB. 6 THERE WAS AN ATTEMPTED BURGLARY AT TAFT COMMONS.

News

Black History Month Event

BY **BRYAN CASEY**
Staff Reporter

On Feb. 12, the Department of Performing Arts celebrated Black History Month. The event was held in the University Commons Auditorium with a display of music and dance.

The first seminar titled "Journey through the Underground Railroad" consisted of vocal performances from choir groups 4 Heart Harmony, SHUpermen and Blended Hearts.

Each choir performed traditional African American songs, including "At the River," "Give Me Jesus" and "Go Down Moses."

Sophomore choir member Ben Bello said, "The music made me feel like I was preaching and traveling at the same time. I felt that every song we sang sent a strong message about the journey of Harriet Tubman."

The final performance combined the choir's voices with a movie about Harriet Tubman's life. The movie displayed Tubman's voyage to freedom, while honoring many other historically important African American people.

"It was extremely moving, and it conveyed the sentiments of the struggle of slavery," said President John Petillo.

Following the choir performance, an interactive workshop was led by John Dankwa, a professor of music at Wesleyan University.

Dankwa was born into a royal family in the middle part of Ghana and came to America to pursue his love for music.

"I started drumming on the back of my mother. My dad was a drummer and his twin brother was a horn blower, so I grew up learning traditional music," he said.

Dankwa brought a variety of Ghanaian instruments for the audience to play. He compared the instruments to a family ensemble, the smaller drums being the children and the larger being the father, or the "big daddy."

Dankwa led the group in a warrior dance song used at festivals, funerals and other special occasions.

"It was really fun to learn about another culture's music," said junior Bridget Kelly.

Dankwa stressed the importance of how music can quickly create a community because musicians share the same goal of creating something beautiful. He also discussed how you don't have to necessarily be a classically trained musician to create music and that the most important aspect of African song is the rhythm or beat.

"Music is something that brings people together, it does not matter your skills, we just all come together to make merry. It helps to build each other. It does not matter if you are a stranger or not; everyone can come together," said Dankwa.

Students identified this message and agreed with the importance of creating a community.

"He was very inspirational because he brought a different aspect of his culture to Sacred Heart and allowed us to form a community through music," said junior Giana Rodriguez.

"John's performance made me realize that other cultures are not so different from each other, in a musical sense it was an amazing experience," said freshman Jordan Bower.

After the workshop, Dankwa commented on the importance of Black History Month

and the necessity to remember those who had an effect on African American history.

"Freedom is something that we don't have to toy with. If you have freedom, you can find your voice. It is very important that those who were brought here are remembered. And it is important to remember the heroic deeds of those who were brought from Africa," said Dankwa.

Sacred Heart's Center for the Performing Arts will be holding two more events during Black History Month. Chelsea Tipton, conductor of the New Haven symphony orchestra, will be coming on Feb. 19 to hold a special orchestra rehearsal and Gospelfest will be held in the Chapel of the Holy Spirit on Feb. 22.



BRYAN CASEY/SPECTRUM

ON FEB. 12, THE DEPARTMENT OF PERFORMING ARTS CELEBRATED BLACK HISTORY MONTH. THE EVENT WAS HELD IN THE UNIVERSITY COMMONS AUDITORIUM.

Accelerated Bachelor of Science in Nursing Program

BY **CELIA ZEVON**
Staff Reporter

Starting this May, the Davis and Henley College of Nursing at Sacred Heart University will be introducing its Accelerated Bachelor of Science in Nursing (BSN) program.

This is a 15-month program for students with an existing bachelor's degree, said Assistant Professor and Director of the First Professional Degree Program, Professor Michelle A. Cole.

"Students can apply to this program after completing a bachelor's degree in another area of study after completing the required pre-requisite courses, within the past five years. In the First Progression Degree Program (traditional BSN program), students are accepted into the program without previously earned bachelor's degree," Cole said.

Dean of the College of Nursing Mary Donius said that the program will consist of traditional nursing programs as well as CIT 202, providing students with the eligibility to take the NCLEX (National Council Licensure Examination). The program is going to be fast-paced and condensed while offering the same opportunities as the traditional nursing program.

"Students will have clinical experiences similar to students in the First Professional Degree Program but in an accelerated format. They will have nursing labs, high fidelity simulation and clinicals within various healthcare settings. In addition, students will have the opportunity to apply for global clinical immersions to complete part of their required clinical hours," said Cole.

There is a great deal of interest nationwide in second-degree acceleration programs.

"Current students and alumni have contacted us knowing our reputation, to see how they can come back and do a nursing program," said Donius.

The College of Nursing will enroll 30 students each year for the accelerated program, and ten of those seats will be saved for Sacred Heart graduates.

"The faculty adapted our current curriculum to meet the accelerated program format," said Cole. "Since our First Professional Degree Program is well developed and organized (and successful), the transition to the accelerated program was format adapted using the strengths in our current First Professional Degree Program."

Sophomore Casey Winant is currently enrolled in the College of Nursing.

"I am proud to be a nursing student at Sacred Heart because it provides an excellent education with a strong support system of professors and students," said Winant.

Nursingusa.org said that the national passing rate for the NCLEX-RN (Registered Nurse) is 72.1%. According to Sacred Heart's website, the class of 2018 had a pass rate of 100% on the NCLEX-RN.

Sophomore Colleen Bertolini said, "The College of Nursing prepares students to take

the NCLEX by having the Pharmacology and Foundations of Professional Nursing tests in the style of the NCLEX. Many people when taking the NCLEX for the first time are thrown off by this style of testing, however, by starting this style of testing sophomore year, the Sacred Heart College of Nursing prepares its students on how to take this test."

Cole said that applications are due on March 1, 2020 and from there applications will be reviewed on a rolling basis until the program reaches capacity.

"This is an exciting opportunity for individuals who earned a bachelor's degree to enter the field of nursing. Our program's unique, year-round format will guide you to develop the skills and knowledge you need to provide the highest quality nursing care to patients in a variety of clinical settings. I would encourage interested candidates to learn more about the second-degree Accelerated BSN program by contacting the Undergraduate Admissions office," said Cole.

Donius said that if prospective nursing students have questions that they can contact her and she can put them in contact with herself, faculty, or staff to discuss a future in nursing.

"I would like to thank the faculty, students and alums that have promoted the reputation of nursing at Sacred Heart, and created buzz about our nursing program," said Donius.



MARIA CIPRIANO/SPECTRUM

THIS MAY, THE DAVIS AND HENLEY COLLEGE OF NURSING AT SACRED HEART UNIVERSITY WILL BE INTRODUCING ITS ACCELERATED BACHELOR OF SCIENCE IN NURSING PROGRAM.

Perspectives

How Do You Watch TV?

BY DANIELA CESPEDES
Staff Reporter

For some students at Sacred Heart University, streaming services are appealing with their discounts and packages that are targeted towards college students.

"The student deals are what attracts me the most about streaming services. My Apple Music membership comes with Apple TV," said sophomore Paolo Samin.

According to Apple.com, a student membership costs \$4.99 a month and comes with Apple TV+.

Cable has become less popular among some college students.

"I used to watch all the shows on the cable services provided by the school. Now, I do not since I'm no longer attracted to cable," said junior Frank Alfano.

Sacred Heart provides students with free cable for those residing in campus housing. According to the university's web page, under cable TV and telephone support, some of the channels they offer include CT News and other local news channels, a variety of sports channels, and other popular television networks such as TLC, and E! Entertainment.

Although the university provides cable access to any student living in campus housing, some feel that their cable packages are not enough.

"I used to use the school's provided cable but, it wasn't that good. They just have basic channels. I don't feel a need to use it anymore because I have streaming services available to me," said junior Thomas McKenna.

Some students prefer the convenience of streaming services.

"I like streaming services because I can watch the shows I want on my own time, rather than waiting for it to come on a cable channel," said sophomore Jessie Wells.

Netflix and Hulu provide their users with original content that is not seen on any other platform.

"I like that each streaming service has its own shows, for example, Netflix has its own Netflix originals. They also have their own TV shows that do not air on cable," said McKenna.

Most students agree that some of their favorite streaming services include Netflix, Hulu, Apple TV, Disney+, and Amazon Prime Video. For some students, their most-watched shows include "All American," "911," "Game of Thrones," "Black Mirror," "Family Guy" and "Chopped."

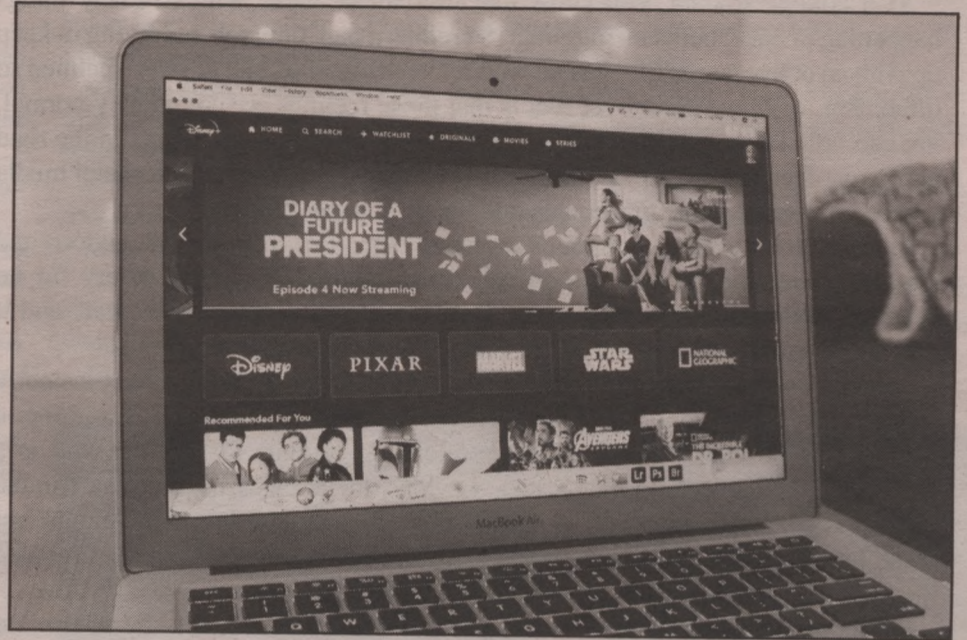
When it comes to cable, both Wells and McKenna said that the only thing that attracts them to cable is that cable airs some of their shows before they appear on their streaming services.

Some students say the future of cable does not have a long time stamp and they believe the number of users will decrease.

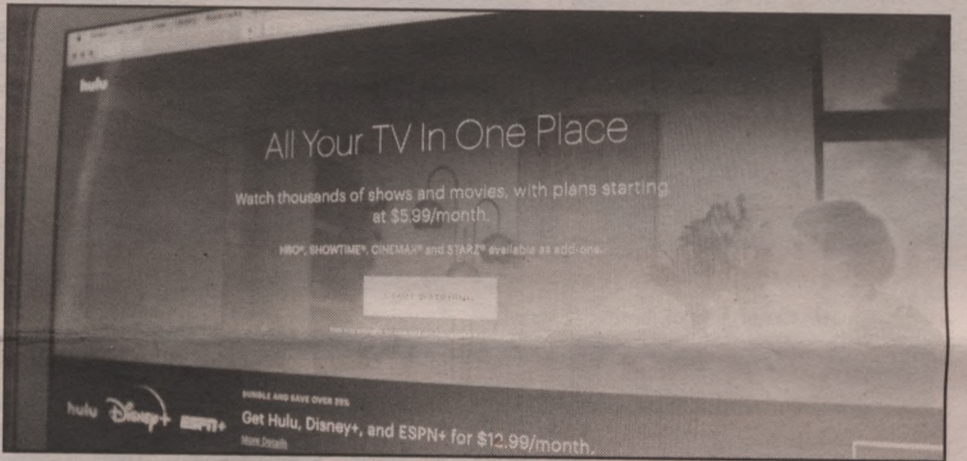
"I think cable TV is going to be outdated, and eventually will really only be used for live events, news and weather. However, television shows and movies will not be featured nearly as much on TV. I think this is already being seen with several companies opting for the customer to 'only pay for the channels they want,'" said Belluche.

On the other hand, some students say the future of streaming looks more promising.

"It's going to progress and there are going to be more services, but the ones right now are going to increase their costs," said Samin.



CABLE HAS BECOME A LESS POPULAR WAY TO WATCH TELEVISION AMONG COLLEGE STUDENTS. PICTURED ABOVE: STREAMING SERVICE DISNEY+.



SOME STUDENTS PREFER STREAMING SERVICES BECAUSE THEY CAN BINGE SHOWS INSTEAD OF WAITING FOR THE NEXT EPISODE TO COME OUT. PICTURED ABOVE: PRICING FOR THE ONLINE STREAMING SERVICE HULU.

In With the Old

BY JACKIE CHAMPOUX
Staff Reporter

Retro trends and fashion styles from past decades have become popular again for some students. These include bell-bottom jeans, mom jeans, jean jackets, turtlenecks, chokers, scrunchies and others. How have these trends resurfaced in today's culture?

"People get bored of what's current or they want more creative styles, so they look to past decades for inspiration, and right now, the 'retro era' is an era that resonated with our generation," said sophomore Becky Cyr. "It's not even like I'm wearing what's retro anymore, it's just what's in."

Many students on Sacred Heart University's campus say they approve of these retro trends making a comeback.

"I've always wanted to live in the 80's and 90's, so I think it's cool that trends are making its way back into our society," said sophomore Morgan Luciani.

"I'm happy that some of these older trends are coming back. I think it is interesting. I am definitely a fan of it because I get bored of today's styles," said sophomore Tara Lennon.



MEGAN ACQUAVELLA/SPECTRUM

PICTURED ABOVE: MORE STYLES FROM PAST DECADES ON DISPLAY AT FOREVER 21.

Walking around Sacred Heart's campus, you will see students participating in the current trends.

For example, Cyr said, "I like the whole vintage jean vibe. My mom used to wear Wranglers and she thinks it's hilarious that I wear them today."

Sophomore Daniel Rodriguez said, "My style is 80's influenced, so I am not surprised that trends like that are coming back. I like a lot of the trends."

"I think one of my favorite retro trends coming back into style would have to be turtlenecks and bell bottom jeans, not necessarily together," said sophomore Ellen Micallef.

As for jeans, Lennon said, "I definitely think my favorite is boot cut or extra-flared jeans because I didn't think those were going to come back in style."

Vintage style fashion is also making a comeback. This term refers to something carrying certain nostalgic value.

"I'm not surprised because our generation is very forward-thinking, like we aren't afraid to try new things and if the style works then it sticks," said sophomore Claire Leville.

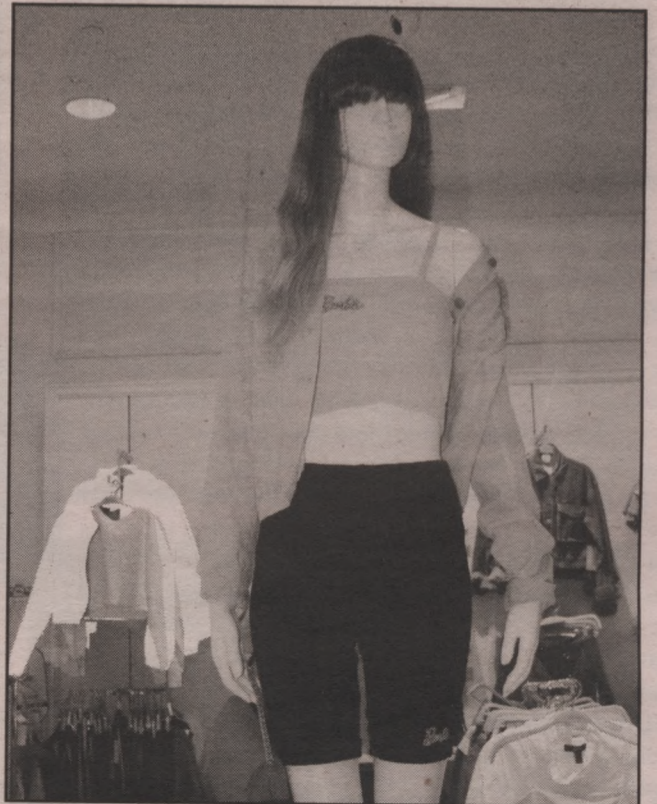
Sophomore Matthew Block said that he thinks these retro styles are bringing back culture and simplicity.

"We have trends and then they go out of style and then come back into style with a relevant twist on what used to be popular in past decades," said Micallef.

As many students have accepted the retro styles making a comeback, some do not approve of them.

Leville said that she was not personally participating in the trends besides wearing scrunchies.

She said, "I don't want to have to buy new clothes to fit in."



MEGAN ACQUAVELLA/SPECTRUM

RETRO TRENDS FROM THE 80'S AND 90'S ARE BECOMING POPULAR AGAIN FOR MANY SACRED HEART UNIVERSITY STUDENTS. PICTURED ABOVE: A MANNEQUIN FROM THE STORE FOREVER 21.

Audrey's Corner

It's Okay to Not Be Okay

BY ROSEMARIE CAPORALE

Mother of Dom Caporale and Crisis Counselor

As a college student, you know that life can be hard. With so many things happening at once, between juggling 18 credits, a part-time job and trying to keep up with an active social life, it is no wonder so many of us feel so overwhelmed so often. But, what we don't ever feel is that those feelings are completely normal. We can only keep up with so many distractions, setbacks and bumps in the road before we feel like we are drowning. It is even more difficult when social media makes you feel jealous, inadequate and the need to be "perfect."

But, we aren't perfect, and that's perfectly okay. It is okay to feel anxious and stressed. It is okay to stay in bed and watch Netflix. It is okay to cry for no apparent reason. It is perfectly okay. Just be yourself, left yourself "feel" and it will all be okay. And, know that there is always help available.

Sometimes simply talking to someone, even a complete stranger, can instantly improve stress and mood. As a trained crisis counselor for Crisis Text Line, a lifeline that provides 24/7 free and confidential support for anyone who is having any kind of crisis (simply text "HOME" to 741741 from anywhere in the U.S.), I know firsthand. It can be hard to share private thoughts and feelings, but it can be a lifesaver. I have listened to many people in all sorts of pain, reminded them of their strengths, and helped them keep moving in a positive direction.

By simply texting "HOME" to 741741 at any time of day, for any reason, no matter how big or small the crisis, it can help. It can be anything from having text anxiety, bullying, sexual abuse, depression, loneliness, to having suicidal thoughts. As a crisis counselor, I have validated everything from a texter's emotions after a relationship ending, to coping with an eating disorder, to creating a plan to stay safe with a texter who was self-harming.

Through active listening and collaborative problem solving, any "hot moment"

suddenly becomes a "cool calm" for anyone in crisis. The significant thing to remember is that a crisis is any painful emotion that YOU need support with.

Life can be very intense and hard to deal with at times. But know that there are so many different national crisis resources available, just like Crisis Text Line, to validate that we are not alone in feeling the way we do sometimes. Just remember that a crisis is anything that is a crisis to YOU. So the next time you find yourself suffering from any painful emotion, there is support and it is okay.

**Text HOME
to 741741**

Free, 24/7 support at your fingertips

WWW.CRISISTEXTLINE.ORG

SPECTRUM'S WORDS OF KINDNESS

"For me I feel like kindness is something we all need in our lives to keep us balanced and positive. Kindness comes from having a good heart and it's something we can all use to make a difference in someone's life."

-Asia McCray
Assistant Sports Editor

"Someone taking a minute out of their day to ask me how my day is going always puts a smile on my face."

-Liz Kalfayan
Staff Reporter

"A little more kindness, a little less judgement."

-Jackie Champoux
Staff Reporter

"An act of kindness is reaching out to others and getting them to smile or laugh."

-Jared McCabe
Staff Reporter

"Kindness is something that should be natural and come from the heart, not something that is forced."

-Chris Dolan
Circulation Manager

"Kindness to me means to always be there for people in need. Also to be understanding and welcoming to others."

-Louis Frey
Assistant News Editor

"Kindness to me is something that requires near to no effort but can have such a huge effect on someone's day."

-Renee Viviano
Assistant PR Manager

"An act of kindness doesn't have to be a grand gesture, a simple smile can truly leave someone feeling loved."

-Amy Petrovich
Staff Reporter

Editorial

meet THE STAFF

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FACULTY ADVISOR
PROF. JOANNE KABAK



My Dream Interview

ASIA MCCRAY

ASSISSTANT SPORTS EDITOR

In the summer of 2019 I received one of the best jobs a future sports reporter could ask for and during that time one of my biggest dreams came true.

My job over the summer was to be a stats logger for the New York Liberty WNBA team. I had to run stats to executives during the games, interview players and coaches post game and after I would have scribe the quotes for a press release.

During my very first interviewing process I got to interview one of my favorite young basketball players named A'ja Wilson. This was my dream come true.

I've always wondered what it would be like to get to talk to such amazing athletes and to just be in their presence. It was an amazing experience and I was definitely star-struck when I met her. She was such a nice person and she loved that my name was also Asia just spelled differently.

I got to ask her a few questions about the game and about her personal goals as a rookie in the league. She gave me great responses and made me feel better as the interview continued.

I have never been so nervous to speak to someone in my life. But there I was standing in front of one of the greatest female basketball players ever to come out of the University of South Carolina.

I have big dreams of becoming a sports reporter and journalist one day. So for this to be my first career related job I was filled with excitement and eager to learn everything.

This job helped me start to get a true understanding of what it is like to be a real reporter in the sports industry.

The process of it all was so exciting to learn about. I honestly did not think so much went into something as simple as asking questions about sports.

I had to do research on the teams, their game stats, defensive and offensive stats plus personal stats of each player that I had to interview.

So knowing what I was talking about and why was very important. Athletes don't want to answer basic questions. They respect reporters who have knowledge of the game and their game in particular.

I worked my hardest during pre-games to know everything about Aja Wilson's game and their team as a whole. I wanted to approach the interview as best I could so she would respect me as a reporter.

As I mentioned before she was super nice and after she saw my name she joked about us being twins and instantly felt like we were cool friends having a regular conversation.

I think the best part of meeting her was that I got to see her as just a regular human being and not a superstar athlete. She didn't talk or act like an all star athlete. She was cool and down to earth.

It was a dream come true for me to interview A'ja Wilson last summer but really it was just me having a cool conversation about a sport we both shared a love for. That was the amazing part of my job that I could meet these amazing athletes, talk about something we have in common and just be normal.

I hope to work for the New York Liberty again this summer and hopefully get to have more good conversations with these amazing female athletes!

What Panhellenic Means To Me



MACKENZIE MAHER

ASSISSTANT PERSPECTIVES EDITOR

Panhellenic. Oftentimes this word can not be defined by many. Over my two and a half years here at Sacred Heart University I have been able to make my own definition of what Panhellenic means to me.

As a timid freshman starting off in a place with so many unknown things I questioned where I belonged. My first stop at trying to find a place to call home was Greek Life. While going through Fall recruitment I shortly learned that this was the place for me. My decision to find my home in Chi Omega was one of the best ones I have made in my college career.

Through Chi Omega I have seen myself grow as a friend, leader and overall person. I have made bonds with girls that I didn't know were even possible. People that I know will be standing next to me for years to come are my sisters in Chi Omega. I have learned that there are people who look up to me and people that I can lean on in this sorority. Chi Omega has given me so many opportunities and leadership experiences that I will take with me in the future.

Recently I became the VP of Public Relations for the Panhellenic Executive Council and have been given a whole new opportunity within Greek Life. Not only am I working with girls in my sorority, but I am also collaborating with different organizations throughout Greek Life.

This experience has opened so many doors for me because I get to help the entire Panhellenic community grow here at Sacred Heart. I am getting to know so many

different girls that I would not know if it weren't for being on the Panhellenic Executive Council. Being so close with girls in other sororities through Panhellenic is extremely inspiring.

So if you had to ask me for my definition of Panhellenic here's what it is:

Getting involved. The first few weeks of freshmen year are scary. But for me having over a hundred girls that I could lean to for guidance, laughs, hugs or just ice cream dates made it a little less scary. With all the confusion of wanting to stay at school and make friends but missing my family and home life, Greek Life was able to take away a lot of that stress for me. I started to like being here and knew I belonged.

Being a leader. By being involved in Greek Life I have obtained many leadership positions. A lot of this I owe to people supporting me and always reminding me that I can do it. The girls on the Panhellenic Executive Council have helped me to be the best at my position. Having constant reminders and people by your side goes a long way.

Everlasting friendships. Both in Chi Omega and other sororities I have met amazing women that I can truly call best friends. In my own sorority I have housemates that have become like sisters, the most amazing and supportive family line and other girls that I am so thankful to know. By being part of the Panhellenic community, there are also girls in other sororities that I am just as close with, and the bond we have from being Panhellenic women brings us even closer.

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 copy-

Features

What Can I Do After Graduation (Besides Get a Job)?

BY SAM LODATO
Features Editor

The Human Journey Colloquia Series presented “What Can I Do After Graduation (Besides Get a Job)?” presented by Annie Wendel, Valerie Kisselback, Devon McCormick and Professor Brent Little on Feb. 12 in the University Commons.

The panel shared their unique experiences of taking a year off to serve in programs such as Fullbright, WorldTeach, Peace Corps, Jesuit Volunteer Corps and AmeriCorps.

“The culture of service at my university was something that made me want to continue to live out these kinds of values after graduation,” said Campus Minister Valerie Kisselback. “The Campus Ministry and Volunteer Program office was where I began to ask questions and research possible programs that would work best for me personally.”

Volunteer fairs and online resources such as the Catholic Volunteer Network offer a way to learn more about different programs around the globe.

“When looking to choose a program, keep in mind the following questions: Does it bring you joy? Does it use your gifts and talents and how can you apply them? And lastly, is there a need for it?” said Kisselback.

Every program has something unique to offer to its participants.

“While researching different options, it is important to have your list of must haves, along with an idea of how long of a program you are looking for. Are you looking to be domestic or international? And, where exactly are your time and talents going?” said Wendel, Assistant Director of Volunteer Programs and Service Learning.

“It is extremely important to do your research and understand the mission and values of the program,” said Wendel.

“Think about this process as being open to what you don’t know,” said Professor Brent Little. “These programs offer us a way of letting go of having your whole life planned out. This can be nerve racking but this is a part of the application process.”

Starting an open conversation with your parents regarding interest in participating in a program as well as researching alumni is highly encouraged by the panel.

“It is important to address practical concerns such as financial weekly stipends, food budgets, transportation, health insurance and loan deferment,” said Kisselback.

“Many windows of opportunity opened after my program, many scholarships are available for participants, along with an excellent resume builder that will help you stand out in any job interview,” said Little.

Some students on campus have already begun the application process for different programs both nationally and internationally.

“The Peace Corps was something I stumbled upon through research and conversations with people in passing,” said senior Danielle Chiavola. “While studying health science, public health and global health, we discussed non-profit organizations in depth, and the magnitude of the organizations’ impact.”

“It’s not a traditional path. A lot of my peers are planning to go on to graduate school or

applying to jobs, right now. But I saw this as an opportunity to help me grow as a person, widen my scope of the world through service, and figure out my next move while also leaving my mark on place in need. It’s an opportunity of a lifetime and I saw no better time than now to take advantage,” said Chiavola.

The panel grabbed the attention of students that may not have considered these unique opportunities before.

“Today was uplifting and influential,” said sophomore Alicia Briley. “If there was one thing to take away from today’s talk, it would be to stretch yourself past your possibilities, move to a new place and do something you love to do.”



CHRISTIAN COLÓN/ SPECTRUM

ON FEB. 12 IN THE UNIVERSITY COMMONS, THE HUMAN JOURNEY COLLOQUIA SERIES PRESENTED THE TALK “WHAT CAN I DO AFTER GRADUATION (BESIDES GET A JOB)?” FEATURING VALERIE KISSELBACK (PICTURED LEFT), ANNIE WENDEL (PICTURED RIGHT), DEVON MCCORMICK, AND PROFESSOR BRENT LITTLE.

HANSEN'S
FLOWER SHOP

Features

This Week's National Holidays

wednesday,
2/19
CHOCOLATE MINT
DAY



thursday,
2/20
LOVE YOUR
PET DAY



friday,
2/21
CAREGIVERS
DAY



saturday,
2/22
COOK A SWEET
POTATO DAY



sunday,
2/23
TILE DAY



monday,
2/24
TORTILLA
CHIP DAY



G is for Gun: The Arming of America's Teachers

BY LIZ KALFAYAN
Staff Reporter

On Feb. 11 in the Martire Theater, a film by Kate Way was presented with a panel afterwards. The film was called, "G is for Gun: The Arming of America's Teachers."

According to the film, the number of mass shootings in schools has been on the rise since the shooting at Sandy Hook Elementary School in Newtown, Conn. Due to the increase of school shootings, training programs for teachers to be able to combat an armed attacker by shooting a gun have also been on the rise.

"When I heard about it in the news about a year after the Sandy Hook shooting I was just shocked," said Kate Way, producer of the film. "The more I researched, the more shocked I became."

The film followed a school district in Ohio and showed individuals who were in favor of arming public school teachers as well as those who were against the arming of teachers. The film took about three years to make and was completed in 2018.

Security protocols in schools have increased because of the fear that an armed individual is going to enter the school.

"I think they're starting the security measures younger," said junior Beth Turello.

"Many well-intended people are doing the best they can to ensure that their children are kept safe at school," said Dr. Michael Alfano, Dean of the Isabelle Farrington College of Education, and a member of the panel. "I think that their efforts, though well-intended, have any number of unintended consequences that will be realized in the days to come."

It was said in the film that the list of demands expected of a teacher keeps growing and the teacher is expected to be a problem solver. Teachers signed up to be teachers and not to have to shoot a gun if a problem arises.

"Teachers are under enough stress as it is without adding the weight of a gun in their classroom," said Dr. Jillian Schreffler, professor within the College of Education.

There should be a closer look at the reasons why there is a growing number of school shootings and trying to prevent them from happening instead of what would happen if they were to occur, according to the panelists.

"I'd like people to think about the root cause of why we're even having this discussion... easy access to guns, desensitization to violence in our culture, a national mental health crisis," said Alfano.

Way had said that students who are currently in college wanting to be a teacher someday are very aware of the world they live in and the profession they are entering. The topic of guns is on the minds of students just entering the profession.

Junior Maria Grazia Scarano wants to be an elementary school teacher after graduation and is currently in the Five-Year Education Program at Sacred Heart. Scarano is not in favor of having guns accessible to teachers.

"There are other ways to protect the kids in a classroom better," said Scarano.

"I think more of an emphasis needs to be placed on mental health in schools," said Schreffler. "Teachers are the first line of defense in these situations. Teachers need to be aware of the mental health of their students to hopefully prevent situations like this."

For more information about mental health issues you can contact the Counseling Center located in the Maureen Hamilton Wellness Center, 203-371-7955. For safety concerns, contact Public Safety at 203-371-7995 for a non-emergency and 203-371-7911 for an emergency.



RIEANNA FLORES/SPECTRUM

ON FEB. 11, THE FILM "G IS FOR GUN: THE ARMING OF AMERICA'S TEACHERS" BY KATE WAY WAS PRESENTED IN THE MARTIRE THEATER, FOLLOWED BY A PANEL. THE FILM WENT INTO DETAIL ABOUT THE NUMBER OF MASS SHOOTINGS IN SCHOOLS SINCE THE SHOOTING AT SANDY HOOK ELEMENTARY SCHOOL IN NEWTOWN, CONN.

Arts & Entertainment

Academy Awards Recap

BY MEGAN ACQUAVELLA
Staff Reporter



ASSOCIATED PRESS

THE FILM "PARASITE," DIRECTED BY BONG JOON HO, MADE HISTORY AT THE 92ND ANNUAL ACADEMY AWARDS, BECOMING THE FIRST NON-ENGLISH LANGUAGE FILM TO WIN BEST PICTURE.

The 92nd Annual Academy Awards, also known as the Oscars, took place on Feb. 9 at the Dolby Theatre in Los Angeles. The film "Parasite," directed by Bong Joon Ho, made Oscars history by becoming the first non-English language film to ever win Best Picture.

"Parasite" also took home awards for Best Director, International Feature Film, and Original Screenplay.

The awards show did not feature a host for the second year in a row. Sophomore Ryan McHallam said, "I feel like the show flowed much nicer without a host."

Steve Martin and Chris Rock, two former hosts of the show, opened the Oscars with a five-minute opening monologue.

"Well, we've had a great time not hosting tonight," said Martin jokingly.

According to Rolling Stone, the Academy Awards plummeted to an all-time rating low with the 2020 telecast, drawing 3 million fewer viewers than the previous bottom in 2018.

The night included 13 musical performances, featuring Billie Eilish and Eminem.

Eilish performed the song "Yesterday" by the Beatles during an In Memoriam segment honoring the late basketball star Kobe Bryant, actor Kirk Douglas, and others.

Bryant himself was an Oscar winner in 2018 for his animated short film, "Dear Basketball." Douglas, a three-time Oscar nominee, died at the age of 103 four days before the Academy Awards ceremony.

Eilish was accompanied by her brother Finneas O'Connell, who played the piano during their performance.

Junior Katerina Ringes said, "My favorite performance was Billie Eilish singing the Beatles song for the In Memoriam portion of the night."

Eminem performed his song "Lose Yourself" which had won Best Original Song and which was also featured in the movie "8 Mile."

"I kinda figured maybe since I didn't get a chance to do it at the time, maybe it would be cool," Eminem said to Variety on Monday after the performance. "And also, back at that time, the younger me didn't really feel like a show that would understand me."

As for the major awards, Joaquin Phoenix walked home the Oscar for Best Actor for his performance in "Joker." This was Phoenix's first Oscar award.

During his acceptance speech, Phoenix honored his late brother by sharing a quote, "Run to the rescue with love, and peace will follow."

For Best Actress, Renee Zellweger won for her portrayal of Judy Garland in "Judy." Zellweger recognized Garland during her acceptance speech.

"This past year of conversations celebrating Judy Garland across generations and across cultures has been a real cool reminder that our heroes unite us."

Zellweger wore an Armani Privé gown. The white column dress was one shoulder with a cape train and paired the gown with minimal jewelry.

Other stand out guests from the night in fashion included celebrities Natalie Portman, Margot Robbie and Brie Larson.

Portman made a statement while wearing a custom Dior. She paired the gown with an embroidered cape listing all of the eight female directors who were not nominated for their work at this year's Oscars.

"I think that it was a bold move made by Natalie Portman to wear the cape with the names of those directors embroidered on it, it was a subtle but meaningful way to pay tribute to all of the female directors that worked hard this past year," said Ringes.

Robbie wore a sleek black vintage Chanel gown, while Larson went with a pink sparkly custom caped Celine gown.

On the men's side, director Spike Lee had the most memorable get up with a custom-made purple and gold suit embroidered with "24," in honor of Bryant.

Our Instagram Faves of the Week

The Instagram posts shown are:

- jimmyfallon**: "The Tonight Show Starring Jimmy Fallon" featuring a heart-shaped cutout with "LOVE U" and "Jib Jab" logo.
- sophiet**: "Happiness begins with you, bub" featuring a couple embracing.
- courtneycocofficial**: "No matter how hard you might try... there's only one Jennifer Aniston. Happy birthday my dear friend @jennifaraniston! I love you!" featuring two women.
- plazadeaubrey**: "** happy galentines day **" featuring a group of four women.
- antoni**: "my face holding a bag of treats that never made it back to the hotel" featuring a man holding a bag.

Arts & Entertainment

“Hamilton” Coming To The Big Screen

BY JESSICA PEDONE
Staff Reporter

On Feb. 3, the Walt Disney Company announced that the Broadway musical “Hamilton” by Lin-Manuel Miranda is being made into a movie. The film will be released on Oct. 15, 2021.

“Hamilton” was created by American actor, composer, lyricist and writer Lin-Manuel Miranda. The Hamilton website describes the story as the American Founding Father, Alexander Hamilton, and his ascent out of poverty to power against the backdrop of the War of Independence.

Junior Jackie Clifford said, “Since I already had a love for ‘Hamilton,’ once I heard Disney was making it into a movie, I couldn’t have been happier.”

In the fall of Clifford’s sophomore year, she had the opportunity to complete an internship with Disney, which for her made finding out the play “Hamilton” will become a Disney movie that more exciting.

“Hamilton” is a production that blends hip-hop, jazz, R&B, and traditional Broadway musical style. It has had a profound impact on culture, politics and education, according to the Hamilton website.

Sophomore Samantha Tavares said, “Seeing ‘Hamilton’ lived up to my expectations, higher than I thought. The show was a roller coaster of emotions, sounds and knowledge I have never experienced before.”

“Hamilton” won major awards, including Tonys, Grammys, the Pulitzer Prize for drama and a special citation from the Kennedy Center Honors.

According to AP, “The film was made at the Richard Rodgers Theatre on Broadway in June of 2016 and will star all of the original Tony Award winners – Miranda as Alexander Hamilton, Daveed Diggs as Marquis de Lafayette/Thomas Jefferson, Renée Elise Goldsberry as Angelica Schuyler, and Leslie Odom Jr. as Aaron Burr.”

The movie will be a live capture, meaning it is a recording of an old performance that will feature the show’s original performers.

“Disney making ‘Hamilton’ into a movie is the best thing ever. It allows for people to see and learn from it as I did. Especially having the original cast featured in the film makes it so much more real,” said Tavares.

Disney bringing ‘Hamilton’ to the big screen adds more to Mirandas’ achievements, which already includes a book of the production and writing the music and lyrics to Broadway’s “In The Heights.”

“‘Hamilton’ deserves to be brought to the big screen; I think every American should see and learn about this historical story,” said Clifford.

According to AP, when the musical first came out, people would pay well over 10 times the \$120 ticket price. Many fans were seeking tickets through a lottery. Many celebrities,

like Tom Hanks, Madonna and J-Lo, went to see it on Broadway.

“Hamilton” being brought to the big screen enables many more people to see the production. This film will not be the first time Miranda has worked with Disney. He has a history of acting and writing music for Disney in the past.

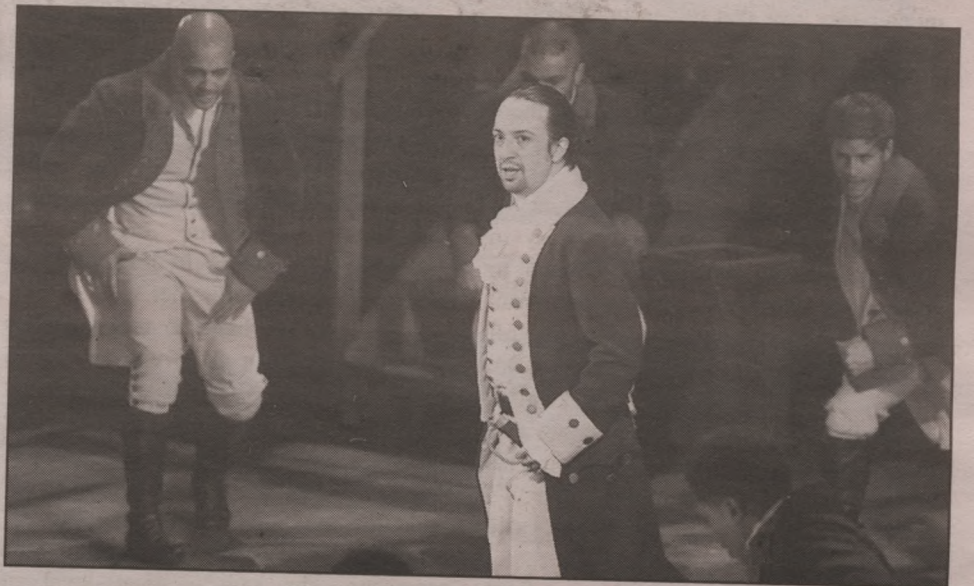
Miranda starred as Jack, a major character in Disney’s film “Mary Poppins Returns,” wrote music for the animated film “Moana,” and collaborated on the music for the live action “Little Mermaid.”

Clifford said, “I love ‘Moana.’ It is one of my favorite movies. And when Miranda played Jack in ‘Mary Poppins Returns,’ he did his character such justice.”

Many students plan to see the movie when it comes out.

“Being able to see ‘Hamilton’ on Broadway was amazing, but Disney now making it into a movie gives me a chance to see it in theaters and at home which is something I could have never imagined,” said Tavares.

The Associated Press contributed to this article.



ASSOCIATED PRESS
THE WALT DISNEY COMPANY ANNOUNCED ON MONDAY, FEB. 3, THAT THE BROADWAY MUSICAL “HAMILTON” BY LIN-MANUEL MIRANDA IS BEING MADE INTO A MOVIE FEATURING THE ORIGINAL CAST. IT IS TO BE RELEASED ON OCT. 15, 2021.

“The Great Hack” Comes to SHU

BY JACKIE O’ROURKE
A&E Editor

On Feb. 13, the School of Communications, Media, and the Arts (SCMA) held a symposium that consisted of a screening of the documentary “The Great Hack,” followed by a talk from one of the film’s subjects, David Carroll.

“David Carroll is an associate professor of media design at Parsons School of Design at The New School. A longtime advocate for data rights, his legal challenge of Cambridge Analytical in connection with the U.S. presidential election of 2016 resulted in the only criminal conviction of the company by the Information Commissioner’s Office,” said the program handed out at the event.

“Talking to students at universities is one of my favorite things to do with this film,” said Carroll.

This symposium was part of the annual Gottlieb lecture series that SCMA sponsors in honor of Professor Sidney Gottlieb’s late family members. These lecture series have been a tradition at Sacred Heart University since 1986.

“I’ve been at Sacred Heart for a long time. One of the things it seemed to me that we needed, very early on, was the opportunity to have other voices come to campus... I have put together a lecture series and it’s such an interesting and emotional experience for me,” said Gottlieb addressing the crowd at the event.

The event was put on by the SCMA but was also supported by the Human Journey Colloquia Series. Seniors in SCMA were required to attend for their senior project. A variety of students were in attendance to receive credit for class.

“I really enjoyed the event because I have never thought about social media like that before and how it could affect something as big as our elections. I think it’s so crazy how people could manipulate the internet for their gain and profile people in those ways,” said senior Michelle Munos.

“The Great Hack” is a 2019 Netflix film. The streaming service believes it allows viewers to “explore how a data company named Cambridge Analytica came to symbolize the dark side of social media in the wake of the 2016 U.S. presidential election.”

“I thought the film ‘The Great Hack’ was a really

interesting documentary. It definitely would not have been something that I would have watched on my own time but being able to sit in an environment with a bunch of different media majors was a really cool experience,” said senior Matt Kreckie.

Netflix categorizes the documentary as “Controversial, Provocative, and Cerebral.”

“I thought the film was good. Really good, but kind of scary though,” said junior Ashley Gerckens.

“I learned a lot from it and the graphics were really interesting to see,” said Kreckie.

One of the main subjects of the film, David Carroll, a



ASSOCIATED PRESS
ON FEB. 13, THE SCHOOL OF COMMUNICATIONS, MEDIA, AND THE ARTS HELD A SYMPOSIUM THAT CONSISTED OF A SCREENING OF THE DOCUMENTARY “THE GREAT HACK.” FOLLOWING THIS WAS A TALK FROM ONE OF THE FILM’S SUBJECTS, DAVID CARROLL. PICTURED ABOVE: THE CAMBRIDGE ANALYTICA OFFICES IN CENTRAL LONDON.

Connecticut native, spoke to the crowd following the screening.

“So I’ve come home, I grew up down the street in Easton. I remember Sacred Heart, but before, it was not the Sacred Heart of today, this massive and impressive

place. I’m really happy to be here,” said Carroll in his opening remarks.

For part of his talk, Carroll recapped the film and updated everyone on what has happened since filming.

“The film ends in an unresolved way. We don’t know what happened and still have so many questions. And there are a lot of loose ends, even though it took two hours to even get as much as it got through. There’s still so much more to talk about. I will talk briefly as a way to kind of pick up where the film leaves off,” said Carroll.

“I thought his talk was really influential. I learned a lot from the talk, almost as much as I learned from the film. I really thought it added some credibility to the film and the fact that he was able to stand there and talk about it and things that have happened since the film was published,” said Kreckie.

Carroll also taught students the significance of repatriating voter data and why it would be worth their while to pay attention to how much public information they put out on social media.

“So, this idea repatriating one’s voter data is a very strange notion. Why would we even need to do that? It’s because our data was exported to another country and that’s really the weird thing about the scandal in many ways that got overlooked. I’m going to focus in on that and what is significant about that,” said Carroll.

“After learning all that David Carroll had to say, I want to work harder to protect my own information so I cannot be targeted,” said Munos.

“We are conscious that our personal information is really public information now with the frenzy of social media. I think that David Carroll’s presentation taught us that it’s not just about being conscious, but also proactive in how we care for and protect our rights and dignity as humans,” said senior Mayte Figueroa-Camilo.

Sports

Softball Season Preview

BY DAN GARDELLA
Sports Editor

The Sacred Heart softball season was selected to finish fourth in the Northeast Conference (NEC) preseason poll. Last season, the team went 11-5 in conference play, which was second best behind Long Island University (LIU).

Head coach Pam London makes sure the preseason rankings get talked about, but not for long.

"We talk about them for two seconds to say let's get rid of them. There is so much parity now that it is truly anybody's game," said London.

As the softball team prepares to begin their 2020 regular season this week, there is a bit of a "changing of the guard" feel in some areas of their team.

Last season, the team lost two of the best pitchers in program history in Kristen McCann and Emily Orosco to graduation. However, head coach Pam London believes there will be no drop off following the loss of McCann and Orosco.

"Shyanne [Fennell] and Colleen [Walsh] are ready. It's a matter of them being able to handle the innings. They look good. This is their shot. The competition is fierce. I always say we have a pitching staff," said London.

The team returns most of the core from last season's team, including sophomore Amy Petrovich, who was named to the conference's All-Rookie team and All-NEC Second team. Petrovich said that there was a learning curve adjusting to the college game, but she also had to become acclimated with a whole new position.

"I actually came in here as an infielder and Pam changed me to an outfielder. I think the biggest thing was adjusting to a completely new position," said Petrovich. "College is a lot faster and more competitive. Playing with such a great group of girls that are also so good was a

difference."

In the middle of the Pioneer lineup, senior Katelyn Christian looks to follow up a career-year last season. According to Athletic Communications, Christian had a .282 average while leading the team with seven home runs and 37 runs batted in (RBI).

Following a career-year, Christian isn't looking to change anything to her approach this year.

"Every year, I take what I'm given. I try to go hard and be aggressive. I think there is no difference this year. I'm just really excited to get out there," said Christian.

Prior to the beginning of the season, Christian was named a co-captain along with graduate student Stephanie Mangiameli. Christian credits her leadership as a senior to learning from previous Pioneers before her.

"I feel like we have so many leaders on the team, from the freshmen up to the seniors. I have learned a lot from the upperclassmen when I was younger as far as being a captain and leading by example. It's easy to lead with this group of girls," said Christian.

London adds that throughout the preseason, she saw a great level of maturity in her team. She also expressed to her team that she wants them to get one percent better every day. London hopes that as the season begins, she will see the killer instinct within her team rise.

"The one thing about this team is that they are so close and they love each other. To be really mad and mean to each other in fun is hard. That's the next piece of the puzzle. Can they go against people they don't know and be mean?" asked London.

The team begins their season on Feb. 21 when they travel to Virginia to take on Radford University.

Sacred Heart Creates Strength & Conditioning Program

BY MIKENZIE CARBONE
Assistant Sports Editor



SACRED HEART CLUB SPORTS FLICKR

SACRED HEART UNIVERSITY RECENTLY BEGAN A STRENGTH, SPEED AND CONDITIONING PROGRAM FOR CLUB SPORTS. AT THE HEAD OF THIS PROGRAM IS MIKE STATUTI (PICTURED RIGHT), WHO HAS WORKED WITH THE PIONEERS CLUB FOOTBALL TEAM (PICTURED) FOR THE PAST THREE YEARS AS THE ASSOCIATE HEAD CLUB FOOTBALL COACH.

Sacred Heart University recently established a Strength, Speed, and Conditioning Program for club sports. The main goal of the program is to provide club sport athletes with the ability to develop attitude, work ethic, mental toughness, discipline and pride, in-self and total program.

Mike Statuti is the head Strength and Conditioning coach and is in charge of the entire program. Statuti has worked with the Pioneers club football team for the past three years as the Associate Head Club Football Coach.

"My hope is to not only make our athletes perform better and be injury-free, but to also plant a seed in them that will grow into a healthy and active lifestyle for the rest of their lives," said Statuti. "If we can educate our athletes to feel comfortable and confident enough to train, then I feel like this program has done its job."

The new Bobby Valentine Athletic Center is home to the new Strength, Speed, and Conditioning Program as well as all other club sports teams. The new program allows athletes to work out consistently in a new, clean, and professional environment.

According to Sacred Heart Athletics, the program is broken down into two well-organized spaces of performance using Peak Performance-Block to allow student athletes to reach their maximum potential: the weight room and movement training.

The weight room is where the athletes use an up-to-date scientific program that builds the individual's strength that will benefit their power in a specific sport.

"The first space being in the weight room

where our athletes will be using the most up to date scientific approaches," said Statuti. "Such as the Triphasic and Conjugate methods, to build strength that will convert to specific power demands in each athlete's specific sport."

The movement training allows athletes to improve their efficiency by increasing their joint and muscle threshold.

"Movement is where our athletes will be training to increase joint and muscle threshold, and applying the strength and power gained from the weight room into speed and agility on the field," said Statuti. "Using unique technical drills for linear speed, lateral movements, and multi-directional movements, each student-athlete is able to improve efficiency for Sport Specific Applications."

The program is available for club athletes both in season and during the off season.

"During the season, we will train with more specific movement patterns and our percentages in the weight room will vary based on the workload the athletes have on the field," said Statuti. "During the off-season, our training process follows a strict protocol called General Preparation Phase (GPP). GPP allows the athlete to recover from their season and create general adaptation."

To join, athletes must register through the online portal on the club sports website and complete all Do Sports Easy paperwork and necessary medical paperwork. A student's physical is required and a form is provided by the club sports department prior to beginning the program.



SACRED HEART ATHLETICS

SACRED HEART UNIVERSITY'S SOFTBALL TEAM WAS PREDICTED TO COME IN FOURTH IN THE NORTHEAST CONFERENCE PRESEASON POLL. LAST SEASON, THE TEAM FINISHED 11-5 IN CONFERENCE PLAY, SECOND BEST TO LONG ISLAND UNIVERSITY.

Sports

Figure Skating Qualifies For National Championship

BY MARIA CIPRIANO
Staff Reporter

On the weekend of Feb. 8 and 9, the club figure skating team at Sacred Heart University qualified for the national championship in March after finishing third in the Northeast section and fourth overall, with 98 points. Their competition was held at the Massachusetts Institute of Technology (MIT) in Cambridge, Mass.

"Every competition is a different dynamic and the thing that impressed me at MIT was that a lot of people on the team really rallied," said head coach Lisa Fedick. "People that don't usually win medals, rising to the occasion, I mean that's what a team is about, just everyone doing their part."

On Feb. 8, the team maneuvers were held and consisted of the low, medium, and the high team events. The team finished 7th in the low event, 3rd in the medium, and 7th for the long event. Each event included six to seven skaters.

"Each skater contributes by coming to the rink and dedicating their time and their passion to our team and figure skating," said senior Juliet Melotto. "When we get to the competition, yes it's individual performance. But at the end of the day, our whole goal is to do well for our team."

Senior Tessa Peredy, vice president of the figure skating team, placed second in the short program competition.

"It was really exciting. I had actually switched to an older program that I had done a couple years ago. I was happy I could do that for my team," said Peredy.

Melotto finished with a gold medal (1st place) on Saturday in the Westminster Waltz, and a bronze medal in the Rhumba.

"Personally, I placed first in my gold dance and third in my international dance," said Melotto. "I think that from each competition I try to take what I didn't do as well on and try to improve on that for the next competition."

During the competition, some of the skaters were sick or injured which caused other skaters on the team to step up and compete in their place.

"I think that we can improve on expression when we skate and enough rest before competition, because a lot of girls are getting sick right now," Melotto said.

Freshman Natalie Castelli was one of the skaters that stepped up during the competition for her team and skated in the Novice Long program on Sunday.

"I competed in two competitions prior to this past one, but I was injured for the last two," said Castelli. "This was the first competition where I actually could do everything. I was excited to do that."

Other skaters that contributed to the team's win were Alanna Kubick placing 4th, Victoria Huggan placing 7th, and Castelli placing 8th in the Novice Ladies short program, which was held on Saturday.

"I want everyone to just get healthy. We're going to do a lot of team bonding events," said Fedick. "We do program practices and simulate the competition environment. We are going to do some more off-ice things to keep the team morale high."

The figure skating team has one month until the Intercollegiate Nationals Championship. This competition will be held in Minneapolis, Minn. in March.



SACRED HEART CLUB SPORTS FLICKR

DURING THE WEEKEND OF FEB. 8 AND 9, SACRED HEART UNIVERSITY'S CLUB FIGURE SKATING TEAM QUALIFIED FOR THE NATIONAL CHAMPIONSHIP HELD IN MINNEAPOLIS, MINN. IN MARCH.

Baseball Season Preview

BY KATHERINE HOWERTER
Staff Reporter

The Sacred Heart University baseball team has been voted to finish fourth out of eight teams in the Northeast Conference (NEC) preseason poll. According to Athletic Communications, the team has made the conference tournament 10 times over the last 11 years. The Pioneers' season will begin with a three-game tournament against the Virginia Commonwealth University Rams on Friday, Feb. 21.

Senior shortstop and second baseman Stephen Thibault said that he doesn't look at the preseason rankings too hard.

"It doesn't really matter what you're ranked. It's all about getting to the games and giving your best and seeing how it turns out after," said Thibault.

During the off-season, the team has been working through fall ball and winter training to hone their skills and welcome in the new members of the team.

"It's exciting to see the new guys come in every year and see the talent that they bring to the team," said Thibault. "These guys are more committed to the team rather than themselves."

The off-season allows for the newcomers to the program to become acclimated with their new team and teammates.

"Fall is a crucial point in our season. From an upperclassmen's perspective, we do not have a lot of dead weight on the team this year," said senior Jake Frasca. "Everyone has bought into the process of achieving one common goal, and that's to win games."

According to Athletic Communications, Frasca led the team in eight categories including at-bats, runs, hits, doubles, extra-base hits, runs batted in (RBI), slugging percentage, and average.

"I set high standards for myself every year. I dedicated myself to the game and to the best person on and off the field," said Frasca. "You have to be healthy and take care of yourself to ensure success for the team."

Frasca is not the only member of the Pioneers that has specific expectations for the team this season.

"My personal goal is to make the guys better each day, and to keep their short focus sharp," said head coach Nick Restaino. "We have to take it one day at a time to achieve our goals to win the NEC title."

Restaino added that he hopes the newcomers provide a lift to a team that returns much of their core from last season.

"We have freshmen like Jack Kramer and David Aufiero, who had very good fall sessions and are willing to step up and hopefully will add onto the success of the team," said Restaino. "Brent Teller and Cooper Thompson are coming back from injuries this season and really contributed to the rotation of players that allowed them to go to the playoffs in previous seasons."

For Thibault, he has put the early stages of this season in perspective, with it being his

senior year.

"Being a senior has made me realize that when you look back, it's not about what you did by yourself, it's about what your team did as a whole and seeing what you helped them accomplish," said Thibault.



SACRED HEART ATHLETICS

SACRED HEART UNIVERSITY'S BASEBALL TEAM HAS BEEN PICKED TO FINISH FOURTH OUT OF EIGHT TEAMS IN THE NORTHEAST CONFERENCE PRESEASON POLL. PICTURED ABOVE: SENIOR JAKE FRASCA.



SACRED HEART ATHLETICS

ACCORDING TO THE NORTHEAST CONFERENCE PRESEASON CONFERENCE POLL, THE SACRED HEART UNIVERSITY WOMEN'S TENNIS TEAM HAS BEEN SELECTED TO TIE FOR FOURTH. PICTURED ABOVE: SENIOR ADRIANNE ALFONSO.

Valentine's Day Hansen's Flowers Event

BY ABIGAIL FRISOLI
Photo Editor



ABIGAIL FRISOLI/SPECTRUM

JUNIOR GABRIELLA TRANI BOUGHT TWO CARNATIONS AT THE EVENT ON FRIDAY, FEB. 14.



ABIGAIL FRISOLI/SPECTRUM

THE FLOWERS COST \$1.00 FOR TWO CARNATIONS AND \$5.00 FOR TEN CARNATIONS.



DOM CAPORALE/SPECTRUM

ON VALENTINE'S DAY, SPECTRUM SOLD CARNATIONS FROM HANSEN'S IN FRONT OF 63'S.

