

President Donald Trump's Back in the Oval Office

BY **GEORGE TRIEBENBACHER**
Co-News Editor

On Monday, Jan. 20, President Donald Trump began his second term as president and was sworn into office as the 47th President of the United States. Vice President JD Vance was also sworn in moments before Trump, and Trump began his second term by giving an inaugural address.

Former Presidents Bill Clinton, George W. Bush and Barack Obama were present at the inauguration, as well as former Secretary of State Hilary Clinton and former First Lady Laura Bush. Former First Lady Michelle Obama did not attend the Inauguration.

This year's Inauguration took place on Martin Luther King, Jr. Day, which was addressed by Trump in his speech.

"Today is Martin Luther King, Jr. Day and his honor, this will be a great honor, but in his honor we will strive together to make his dream a reality. We will make his dream come true," Trump said.

The cold weather caused some of the inauguration's events to be moved inside, and the parade location moved from Pennsylvania Avenue to Capital One Arena.

Dr. Gary Rose, Scholar in Residence and professor of political science & global affairs at Sacred Heart University, said that Trump's inaugural address will "go down in history as one of the most energized and forceful displays of presidential leadership that has ever been evident in the history of presidential inaugurations."

"Trump's address was very nationalistic and far more focused on American ideals and American interests compared to most inauguration speeches of the past," said Rose.

"America the Beautiful" was performed by Carrie Underwood following Trump's address.

As part of the inauguration, former President Joe Biden delivered a farewell address to his staff after leaving office.

"We're leaving office, but we're not leaving the fight," said Biden. "I've been doing this for 50 years, you're the best group of people. It's been the honor of my life to serve as your President."

Sophomore Ryan Greene attended the inauguration and said that seeing the event was something he's always been interested in.

"I was excited about the opportunity, as I wanted to witness history," said Greene. "My family is involved in local politics, so it was a great experience to share with my mother."

According to Greene, there were very sizable crowds in Washington D.C. on Jan. 20. Greene was also able to meet people from different states at the inauguration.

"There was no tension at the inauguration; everyone was peaceful, cheerful, polite, and respectful. There were some protesters, but they were all peaceful from what I witnessed," said Greene.

Junior Tom Remmen, a political science major, said studying politics at SHU and class discussions have helped spark his interest in politics, causing him to closely follow the election storylines this year.

"We tracked a lot of it in my class with [Rose] in the fall. I took an American Presidency class," said Remmen. "I tried to follow the previous election as much as possible."

Remmen watched and followed a lot of the speeches and executive orders that were being signed on Inauguration Day.

"Biden's presidency started before I had the same level of interest in politics, so this is the first time I'm really fully involved in it all. I'd like to stay as educated as possible," said Remmen.

According to Rose, the start of Trump's second term will feature lots of news and action, especially with tariffs, trade relations with foreign countries, and potential U.S. control over the Panama Canal and Greenland.

"There will be very swift action by President



President-elect Donald Trump takes the oath office on Monday, Jan. 20, 2025.

AP News, Kevin Lamarque

Trump related to border security which should be especially intriguing, especially if he decides to use federal troops as he promised he would in his inaugural address," said Rose. "There will be a whirlwind of activity unlike anything we have ever seen."

These thoughts were confirmed when President Trump signed over 30 executive orders on his first day in office, followed by more throughout his first week.

Some of the most prominent so far are seeking to end the constitutional guarantee of birthright citizenship regardless of the parents' immigration status, which a federal judge temporarily blocked on Jan. 23, and stopping diversity, equity and inclusion programs within the federal government.

Trump also rescinded 78 orders and actions signed by former President Biden on his first day in office.

According to the Associated Press, "The orders do not require congressional approval and can't be directly overturned by lawmakers. Still, Congress could block an order from being fulfilled by removing funding or creating other hurdles."

The Associated Press and Madison Beekman contributed to this article.

SHU Cheer is Back on Top as UCA Champions

BY **COLLIN MACLEOD**
Co-Assistant Sports Editor

The Sacred Heart University cheerleading team took the mat on Jan. 18 at ESPN's Wide World of Sports complex in Orlando, Fla.

They were able to capture first place while competing against 22 other teams.

SHU scored 98 out of a possible 100 points in the All-Girls Division 1, Gameday Division.

This marks the team's fifth championship in six years at the Universal Cheerleaders Association (UCA).

"It is such a huge accomplishment, especially coming out in third place in 2024," said Head Coach

Christina "CJ" Rodriguez. "The championship means a lot to the team and the program as a whole."

Rodriguez has been the head coach of the team since the fall of 2016 and has had all five of these championships under her leadership.

"This season and the routine are so special, we worked together as a team to really shape this routine to fit the girls' personalities," she said. "They made lots of suggestions every practice on things we should do, it was the first time we truly felt like the routine they were performing was theirs."

"I couldn't have asked for a more perfect ending to my cheerleading career than this past weekend," said senior Isabella Rondinelli, captain of the gameday team. "From the very start of the season, we put in

countless hours of hard work, and bringing home first place with such an incredible score was an unreal feeling."

The team started their preseason on Aug. 1 and have practiced five days a week since the start of the fall semester, with practices twice a day over winter break.

"We faced a number of bumps in the road throughout the season, but those challenges ultimately made us stronger as a program," said Rondinelli. "Every obstacle we overcame brought us closer together, and it's that resilience that made our success even more meaningful."

See SHU CHEER IS BACK ON TOP AS UCA NATIONAL CHAMPIONS
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News

Engineering the Future of the WCBT: Prof. Earns Fellowship

BY DANIEL GREENE
Assistant News Editor

On Jan. 17, Dr. Tolga Kaya, director of engineering, began the Connecticut Center for Advanced Technology (CCAT) fellowship. Kaya, along with eight other professors from Conn. colleges and universities, are a part of the fellowship program's inaugural class.

According to CCAT, "This innovative program is designed to immerse nine college and university faculty members in advanced manufacturing technologies and Industry 4.0 practices, with the goal of enhancing the integration of state-of-the-art methods, practices, and tools currently used in industry into Connecticut classrooms." Industry 4.0 practices are the fourth phase of digitizing manufacturing by using digital technologies and more efficient processes.

"This fellowship will offer an intense learning program, more than 50 hours of training both theoretical and hands-on," Kaya said. "I'm very excited to learn as these training modules are usually offered to only industry professionals. I will be trained to operate, program, and utilize advanced manufacturing equipment even before the industry has a chance to adopt."

By participating in the fellowship, Kaya will learn skills that he can bring back into the classroom. Having a professor attend this fellowship, in addition to the accreditation the electrical and computer engineering programs received from the Accreditation Board of Engineering and Technology (ABET), makes Sacred Heart's engineering program unique.

"ABET accreditation was a huge success. Our engineering curriculum is now recognized by the

world. This fellowship is now the cherry on the top," said Kaya. "Our state is now recognizing SHU faculty to lead the change in industry technology. Combined with the recognition of accreditation and our state, our graduates will be sought after by companies who like to hire top talent with advanced technology understanding and practical knowledge."

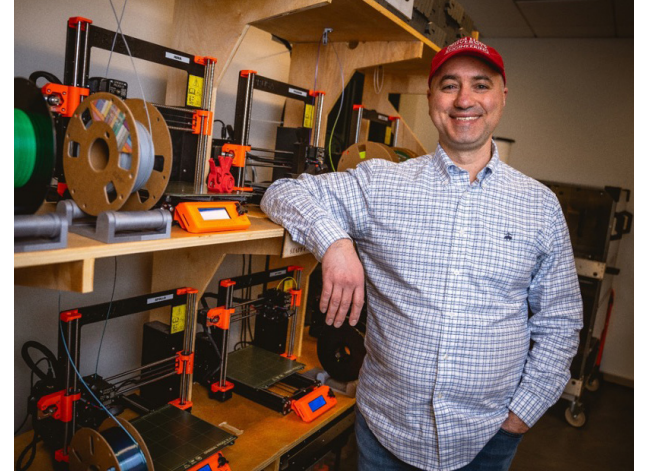
The fellowship does not limit Kaya to just transplanting the knowledge he learns into the classroom. He will have an existing relationship with CCAT that can be used as part of the engineering program.

"By gaining practical knowledge on the equipment in Hartford at CCAT, I will have access to their facilities along with my students for additional training and exposure opportunities. Field trips to CCAT and their connected industry network will help us engage with the industry while our students are still at the university, gaining this experience ahead of their counterparts in other schools," said Kaya.

David Taylor, Dean of the Welch College of Business and Technology (WCBT), shared the fellowship opportunity with Kaya. The application process included his resume, a reference letter from Taylor, a 15-page application and a meeting with the program director.

"Prof. Kaya is very involved with the students. He helps with and supports different programs and events for us to participate in. It will be interesting to see what can come from him participating in this fellowship," said Christopher Altomare, a sophomore electrical engineering major.

The synergy between business and technology is apparent in the WCBT on West Campus. Kaya hopes



Dan Passapera, Sacred Heart University

Professor Tolga Kaya with tools that engineering students work with in the IDEA Lab on West Campus.

that taking part in the fellowship will benefit both the business and engineering students at the university.

"I believe we will attract industry professionals to our campus to discuss and learn new technologies, taking advantage of our unique setup of merging business and technology. While my technical knowledge will attract the big companies like Sikorsky, ASML, or Electric Boat, our strong programs on business will also be recognized, putting us in a unique partner for big companies as a talent pool and strategic partner," said Kaya.

As Sacred Heart continues to grow, the engineering programs of the WCBT are taking strides in making those students highly sought after job candidates. As a result of the program's recognitions, a mechanical engineering major will debut in the Fall '26 semester.

Employee Fired & Arrested

BY LAUREN KEHRLE
Co-News Editor

Sacred Heart University Associate Director of Athletic Communications Matthew Janik, 39, was arrested in Bloomfield, Conn. on Dec. 30, 2024. He currently faces four charges including illegal sexual contact with a victim under the age of 16, attempted sexual contact involving a victim aged 13 to 15, commercial sexual abuse of a minor under 15 and enticing a minor by computer.

"The Bloomfield Police Department made us aware that Matthew Janik had been arrested," the university said in a statement. "Upon learning of this, Janik was immediately suspended pending investigation."

According to the Connecticut Post, Janik allegedly engaged in conversation with an undercover police officer posing as a 14-year-old girl and planned a meet-up at a McDonald's in Bloomfield with the intention of engaging in sexual activity. Instead, detectives awaiting his arrival arrested him immediately on site.

Janik joined the athletic communication and marketing staff in Dec. 2022 and was the primary media contact for the men's ice hockey, baseball, field hockey and fencing programs.

Following the arrest, an email sent out to the campus community emphasized the availability of resources for students struggling to cope with the situation and in need of additional support, including the counseling center and campus ministry, as well as LGBTQ+ spaces.

"The safety of our students, faculty, staff and visitors is Sacred Heart University's top priority at all times," the university statement said.

Janik was held in lieu of \$250,000 bail and appeared Monday, Jan. 6 at Superior Court in Hartford.

In Case You Missed It...

BY VALENTINA MASSONI
Managing Editor of Content

Although the Spectrum did not report throughout Sacred Heart University's winter break, there was no shortage of news updates. Read on to catch up with what you may have missed in local and national headlines while we were out of office.

In Sacred Heart news, multiple SHU students had opinion pieces published in the CT Mirror, highlighting injustice issues. Prof. Kanwalroop "Kathy" Dhanda, who is recognized as a Fulbright Scholar, has been actively researching Iceland's power resources. Finally, Eastern Land Management, the company responsible for SHU's landscaping received an award from the National Association of Landscape Professionals.

On a larger scale, throughout December, there were spikes in norovirus, a viral stomach infection, across the United States.

A series of violent crimes occurred in New York, including the shooting of

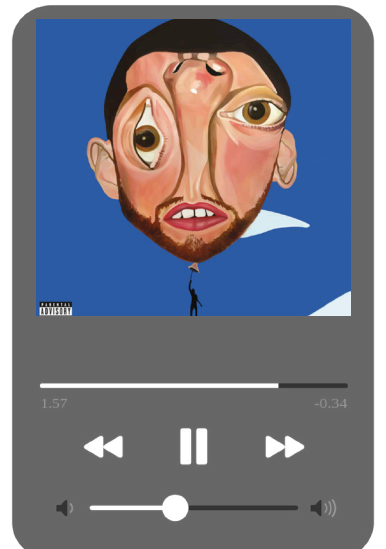
Brian Thompson, CEO of UnitedHealthcare, in early December 2024. On Dec. 22, 2024, a 57-year-old woman who was sleeping on an MTA train was lit on fire by a stranger.

Former U.S. President, Jimmy Carter, died at 100 years old on Dec. 29, 2024.

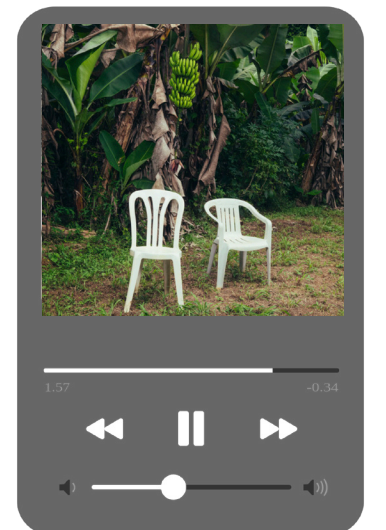
Tragedy also struck on New Year's Eve in New Orleans, La. when a pickup truck drove into a crowd on Bourbon Street, killing 10 people and injuring dozens of others.

In the entertainment world, the films "Nosferatu," "Mufasa: The Lion King" and "Ad Vitam" were all released. In late December, SZA's "SOS Deluxe: LANA" was released. Bad Bunny's "DeBí TiRAR Más FOToS" debuted on Jan. 5, remaining on the Billboard Top 200 chart each week since. The "Balloonerism" album by Mac Miller was released on Jan. 17, marking the second album created with Miller's vocals after his death.

The Associated Press contributed to this article.



Spotify
"Balloonerism" by Mac Miller



Spotify
"DeBí TiRAR Más FOToS" by Bad Bunny

**UPCOMING
EVENTS ON
CAMPUS**

**FRIDAY 1/31:
WOMEN'S ICE HOCKEY
VS. ASSUMPTION
MARTIRE FAMILY ARENA
AT 7:00 P.M.**

**SUNDAY 2/2:
MEN'S BASKETBALL
VS. MANHATTAN
PITT CENTER
AT 2:00 P.M.**

**TUESDAY 2/4:
SET STUFF-A-HEART
LINDA'S FIREPLACE
AT 7:00 P.M.**

Features

The Heart of Service: Inside the Office of Community Engagement

BY SARA HASENEY
Assistant Features Editor

The Office for Community Engagement (OCE) at Sacred Heart University serves as a place to connect campus to community resources to support the common good. The OCE aims to teach students social responsibility through partnering with different organizations both on and off campus.

OCE Director Annie Johnson said their goal is to create change through partnering with different nonprofit and school-based partners.

“Our goal is to connect the campus with local, national, and global communities to create high impact opportunities that address social justice issues and develop students who are committed to creating a more just and equitable world,” said Johnson.

There are many different volunteer opportunities for students who are interested, according to Johnson. Some of these volunteer programs include going to local schools, food banks, soup kitchens and senior centers. The OCE also offers long-term weekly mentoring programs, where SHU students have the opportunity to work one-on-one with local Bridgeport students.

“The Office of Community Engagement offers annual global service-learning programs during spring break and the May intercession period. We travel to Colombia, Costa Rica, Greece, Dingle and Kenya!” said Johnson.

Through working with community partners, students can gain the experience of addressing social justice issues and creating a more just and equitable world. The OCE also works with different on-campus organizations, such as the College of Health Professions for their annual “Walk to End Alzheimer’s” event. The OCE also partners with Student Government and the Athletics department, to host the annual Thanksgiving Food Drive.

One of the OCE’s community partners, nOURish Bridgeport aims to bring healthy food to those who struggle with food insecurity in the area.

President and CEO Rev. Sara Smith, SHU’s Protestant Chaplain, started nOURish 15 years ago in hopes of using food as a bridge to feed people, while building community. The OCE partners with nOURish through service-learning programs. Service-learning programs are courses where working with community partners are integrated into the curriculum.

“Students come here as a service-learning opportunity. Public health students come every semester to learn about our farm,” said Smith. “We want to be one of the leaders in not only getting food to people who are food insecure, but we want to change why that problem exists.”

SHU students can give back to the community and get involved with nOURish by making their own donations.

“When students are getting groceries, they can buy a little extra for nOURish. Students have done food drives for us, even in the dorms during Thanksgiving. We also take cash donations, but for college students, they can share what they have,”



Tracy Deer-Mirek, Sacred Heart University

Sacred Heart student volunteers help their community through the 2024 C.U.R.T.I.S Week Program.

said Smith.

The OCE also works with on-campus programs, such as the English as a Second Language (ESL) program, and the English Language Institute (ELI). ESL and ELI at SHU is a program made to support non-native English speakers develop language skills for professional, academic, and social success.

The program is available for graduate and undergraduate students, international students, as well as community members who are looking to improve their skills. The OCE provides volunteer opportunities where SHU students can be conversation partners or tutors for ESL students. The OCE also partners with the program to facilitate service-learning projects where students can learn cultural appreciation.

Alliss Obeid, the ESL Program Director said that ESL/ELI offers students an opportunity to better understand English speaking environments.

“The goal of the program is to equip students with the proficiency and confidence needed to navigate an English-speaking academic environment and to achieve their personal and professional aspirations. Through intensive coursework, the program emphasizes reading, writing, listening, speaking, and cultural competency,” said Obeid.

The ESL/ELI program hosts a variety of events and activities throughout the academic year. Activities range from having conversations with partners, to exploring American cuisine and going on trips to museums and farms.

“Additionally, we organize a Community Service Day in partnership with the Office of Community Engagement to foster collaboration and mutual learning between students and the community,” said Obeid.

The OCE offers many different volunteer opportunities for students and student-organizations to get involved with. Students who are interested in learning about and getting involved with the OCE can visit the office in HC 109 or visit <https://sacredheart.givepulse.com/group/499828-Sacred-Heart-University>.

Wildfires Devastate the Los Angeles Area

BY MOIRA STAPLES
Features Editor

On Jan. 7, Sacred Heart University’s Inception Dance Crew boarded a flight from JFK to LAX for their highly anticipated LA Industry trip. Little did they know that just about 24 hours later, the group would be back in the airport searching for a flight home.

What was meant to be a fun week of dancing, workshops, and tacky tourism, quickly turned into chaos as fires broke out across Southern California.

“I just think it’s such a surreal thing—we were looking right at it, it was right in front of us—and we didn’t even realize it,” said junior Morgan Holmes. “We took pictures and in the background there were huge smoke clouds. Looking back at it, we realized, ‘Oh my gosh, that’s smoke, not just a cloud in the sky.’”

Thanks to the efforts of SHU’s Assistant Director of Dance Taylor Krebuszewski, who had accompanied the dancers on their trip, the students were able to board a flight home after a sleepless night full of alarms, power outages, and howling winds.



AP News, Chris Pizzello

Pedestrians help a firefighter stretch a hose as a building burns in California.

“I didn’t have time to be afraid because I knew I needed to remain calm and gather as much information from authorities and the staff around us,” said Krebuszewski. “Even two weeks later, there are moments I think back to the trip to LA and feel in shock to have been witness to the clouds of smoke, high winds, sirens, and smell of fire that took over miles and miles of LA.”

While the SHU students were luckily able to evacuate and return home safely, this is

not the case for many out in Southern California where homes, schools, and families have been left devastated.

According to AP News, between the Palisades fire and the Eaton fire, at least 28 people have been killed and over 14,000 structures have been destroyed since the fires broke out on Jan. 7.

While significant progress has been made to control the fires, these numbers are expected to rise as new fires continue to erupt across Southern California.

“7 a.m. on Wednesday morning [Jan. 8] while we were waiting for cabs to the airport, I’ll never forget the sun rising, highlighting the stark divide in the sky where the smoke was billowing from the Palisades with the clear blue skies in the East,” said Krebuszewski. “Looking back, I still can’t believe how quickly the fires spread and the devastation it has caused.”

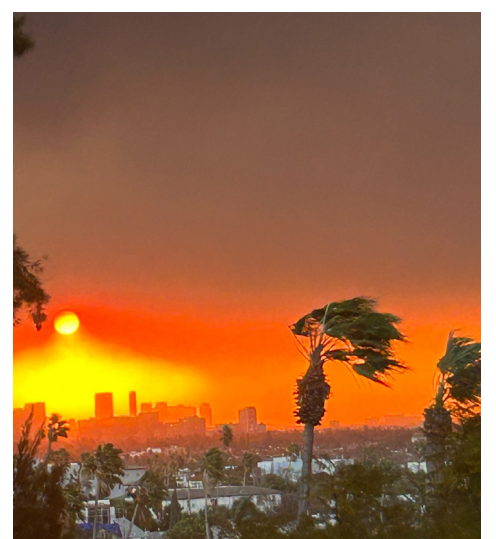
As of Jan. 27, the California Department of Forestry and Fire Protection reported that fires were still burning in the Pacific Palisades, Eaton and Hughes, though all are over 90% contained.

Organizations including the American Red Cross and Save the Children are working to provide families necessary aid in this time of crisis.

To learn more about how you can get involved, visit redcross.org or savethechildren.org.

You can also call 1-800-RED CROSS (800-733-2767) or text the word CAWILDFIRES to 90999 to make a donation.

The Associated Press contributed to this article.



Contributed by Morgan Holmes, '26

Smoke and fire cover the sky overlooking Los Angeles, CA.

CampusLife

Starting the Semester Strong

BY EMMA RICOTTA

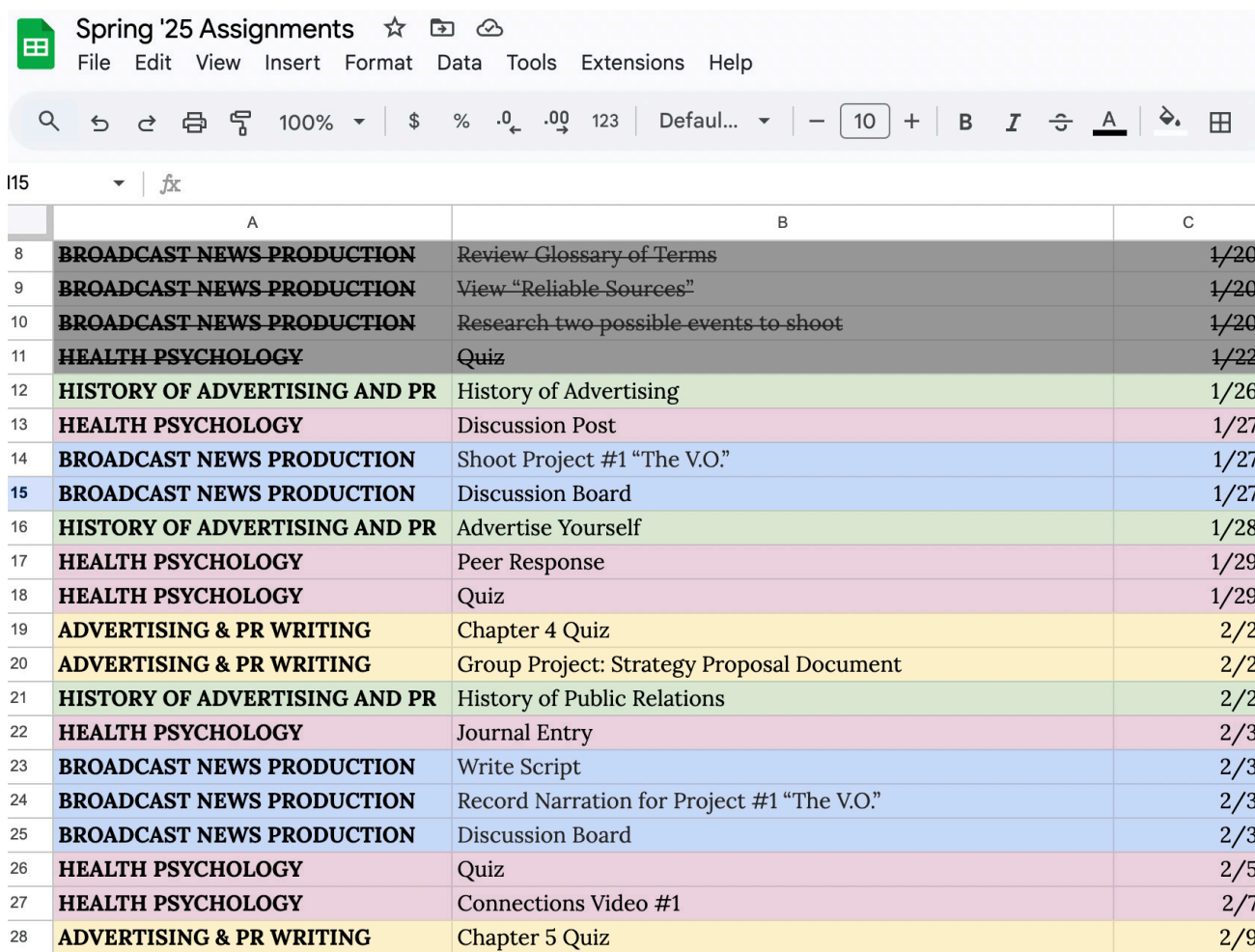
Assistant Campus Life Editor

New semester, new you! Being able to set goals for yourself to be as productive as you can be is so important.

A good thing to work on to better your days is to fix your sleeping habits. According to Harvard Health, guidelines suggest college students have at least seven to eight hours of sleep a day. It could boost your cognitive function, your mood, and your physical health.

It is also beneficial to be mindful of your eating habits and to look into healthier food to eat. The dining halls on campus have healthier options, so start looking out for them!

It is also important to ensure that you are on track for all your assignments. Here is a tutorial on a Google Sheet assignment tracker that puts your assignments in order of the due date and class!



	A	B	C
8	BROADCAST NEWS PRODUCTION	Review Glossary of Terms	1/20
9	BROADCAST NEWS PRODUCTION	View "Reliable Sources"	1/20
10	BROADCAST NEWS PRODUCTION	Research two possible events to shoot	1/20
11	HEALTH PSYCHOLOGY	Quiz	1/22
12	HISTORY OF ADVERTISING AND PR	History of Advertising	1/26
13	HEALTH PSYCHOLOGY	Discussion Post	1/27
14	BROADCAST NEWS PRODUCTION	Shoot Project #1 "The V.O."	1/27
15	BROADCAST NEWS PRODUCTION	Discussion Board	1/27
16	HISTORY OF ADVERTISING AND PR	Advertise Yourself	1/28
17	HEALTH PSYCHOLOGY	Peer Response	1/29
18	HEALTH PSYCHOLOGY	Quiz	1/29
19	ADVERTISING & PR WRITING	Chapter 4 Quiz	2/2
20	ADVERTISING & PR WRITING	Group Project: Strategy Proposal Document	2/2
21	HISTORY OF ADVERTISING AND PR	History of Public Relations	2/2
22	HEALTH PSYCHOLOGY	Journal Entry	2/3
23	BROADCAST NEWS PRODUCTION	Write Script	2/3
24	BROADCAST NEWS PRODUCTION	Record Narration for Project #1 "The V.O."	2/3
25	BROADCAST NEWS PRODUCTION	Discussion Board	2/3
26	HEALTH PSYCHOLOGY	Quiz	2/5
27	HEALTH PSYCHOLOGY	Connections Video #1	2/7
28	ADVERTISING & PR WRITING	Chapter 5 Quiz	2/9

1. Make a Google Sheets and title it "Spring 2025 Assignments."

2. Go through your syllabi and put your assignments in the Google Sheet with their corresponding due date for each course.

3. Highlight each class in a different color.

4. To put your assignments in order of their due date: click, "Data," then "Sort Sheet," then "Sort Sheet Column (A to Z)."

5. Cross off the assignments that you complete.

Who Wants a Snow Day?

It is starting to get real chilly in Bridgeport! Snow on the ground and icy walkways. But, we still have class!

Do you remember those rituals we used to do as kids when we wanted a snow day? Who says we only have to try them as kids?! Here is a list of rituals to do for fun with your roommates and friends before a hopeful snow day!



1. Flush ice cubes down the toilet
2. Wear your pajamas backwards when you go to bed
3. Sleep with a spoon under your pillow at night
4. Put an orange in the freezer
5. Brush your teeth with your non-dominant hand
6. Eat ice cream the night before
7. Yell "SNOW DAY" into the freezer



Interested in contributing to Campus Life? Contact us at spectrum@sacredheart.edu

CampusLife

Say Goodbye to Seasonal Depression!

Tips on how to stay productive during the cold months!

GET SOME SUN!



EXERCISE!



BALANCED DIET!

**STRESS
MANAGEMENT!**



STRESS LEVEL

**BE WITH FRIENDS
& FAMILY!**



SET GOALS!

Arts & Entertainment

TikTok Went Dark for 18 Hours, Now What?

BY JESSICA BALOGH

Arts & Entertainment Editor

Users of the platform TikTok were stunned on Jan. 18 as the app unexpectedly shut down less than two hours before the ban was supposed to be put in place. The app's future was initially questioned during President Donald Trump's first administration in 2020 as United States officials became concerned with the company's roots and ownership.

TikTok, developed by the Chinese company ByteDance, is the international counterpart of Douyin, a short-form video platform in China. ByteDance bought the lip-syncing platform Musical.ly, popular in the U.S. and Europe, and combined it with TikTok to create the app that rose to fame worldwide.

In April 2024, former President Joe Biden signed legislation that would force ByteDance to sell TikTok under the threat of a ban. It was upheld in December 2024, giving the platform nine months from the legislation enactment date to sell and a three-month extension if a sale is in progress.

Sophomore Luanna Da Rocha and junior Katie Kowalsky were active users on both Musical.ly and TikTok, and they still went into the app as a reflex during its shutdown period.

"I found myself during the ban still clicking on the app because of how much I use it on a daily basis," said Kowalsky.

Sophomore Meghan White did not have a TikTok account until the summer of 2024, with the potential ban being her incentive to engage with more content.

"I didn't go on it that much, but then I started slowly going on it more, and when it was going to be banned, I was like, 'no, not TikTok,' as if I had this deep connection with it for years," said White.

Da Rocha spoke about TikTok's addictive quality and how it is a detriment to users' attention spans. "People feel like they have to do things at two times speed nowadays because they're so used to the continuous scrolling," said Da Rocha. "The algorithm is very dangerous because it keeps you hooked; the whole point of the app is to keep you addicted."

TikTok restored its services in the U.S. the next afternoon, with users getting the pop-up message mentioning Trump's efforts as a reason why the app was back online. Before his inauguration, Trump said he planned to issue an executive order to give ByteDance more time to find an approved buyer before the ban takes full effect on his first day in office. This order is extending TikTok's longevity until early April.

TikTok and other apps, such as CapCut, affiliated with ByteDance are unavailable

on both Apple and Google devices. Phones with the downloaded app are being listed for tens of thousands of dollars on eBay, Facebook Marketplace and other digital storefronts.

Freshman Andrew Solano credited TikTok for helping him transition into college life. "Transitioning from high school to college has been a tough process and brought much pain with its new environment, new people and new situations that I'd have to solve myself," said Solano. "With that, TikTok brought me on the path with its helpful videos about staying on track with psychologists that the school offered and show other people also have the same feelings."

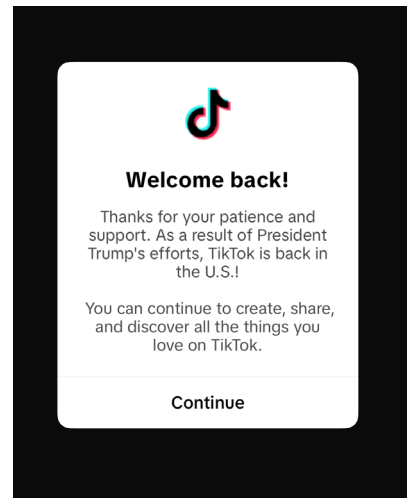
Da Rocha highlighted TikTok's feeling of community, with elements such as BookTok and LGBTQ influencers that create relatable content. "There's a lot of things I've learned that I would have never learned otherwise. It's also introduced me to a lot of new music, which is something I am passionate about," said Da Rocha.

Kowalsky appreciates TikTok's diversity in its range of content, touching on how this would be a key loss if the app were permanently banned. "I think I would miss the shorter form of content and the diversity of content that TikTok provides," said Kowalsky. "A lot of shows and even YouTube channels I watch, I do not get nearly as diversely themed content as I do on TikTok."

As of Jan. 26, the National Public Radio reported that software company Oracle and a group of outside investors are in the works of taking control over the platform's global operations. Trump has denied this report, instead saying that he has spoken with numerous individuals who would like to purchase the app and will decide in the next 30 days, according to Mashable.

"TikTok had the feeling of being welcoming, the idea of laughter and having fun was embedded in each video. As well, it had its own trend to go off on. No other social media would be able to top that," said Solano. "Proven by this is by how Instagram, YouTube and even Snapchat have made their apps have a similar TikTok feature."

The Associated Press contributed to this article.



Jessica Balogh, Arts & Entertainment Editor

TikTok was restored in the U.S. after being banned for about twelve hours, with the app crediting President Trump for his help.

Canto in Italia: SHU Choirs Takes a Trip to Sicily

BY BELLA GENERAZO

Assistant Arts & Entertainment Editor



Instagram, @shuchoirs

The Sacred Heart Choir Program pictured on their trip to Italy, where they performed in Palermo, Ragusa, and Catania in Sicily.

The Sacred Heart University (SHU) Choir Program travelled overseas during winter break for what was an immersive Italian experience filled with performance and learning environments.

The group of 30 students departed on Jan. 2 and stayed abroad until Jan. 10. They performed in three different cities in Sicily and began rehearsals about a month in advance of the trip.

The preparation process was pretty straight forward for the choir members. "We started a few rehearsals here and there around the beginning of December, and we were required to also learn the parts on our own before the day we left for Italy," said sophomore choir member Bethany Gibson.

"Some rehearsals were baked into our travel days, but rehearsals were primarily hosted here at Sacred Heart," said senior choir member Nora Serrao.

From packing to transportation in Italy, each choir member made the most of each experience. "Personally, I also had to get my choir attire together and figure out what I needed to pack," said junior choir member Lauren Conley. "For transportation in Sicily, we had a tour company that worked with us, so we had a tour guide, Lisa, and our bus driver, Giovanni. If we didn't need to drive, then we walked."

These methods of transportation applied in all three cities the choir visited. Out of all the cities, Conley, Gibson and Serrao agreed that Ragusa was their favorite for various reasons.

"It was the second city we stayed in. While Palermo and Catania were beautiful, Ragusa had the charm of a small European town," said Serrao. "The activities there

were endless and superb."

"It was a gorgeous area and our hotel was on the side of a cliff," said Gibson. "In Ragusa, they were celebrating the Epiphany, and we went to a Christmas village and got to meet the Christmas witch, Befana, who leaves presents on the windowsill for the children on the Epiphany."

"We were given a whole day to explore, and this small town won all of our hearts with its charming demeanor and the friendliness of the locals. Beyond just the aesthetic of the town, the food was incredible with lots of traditional Sicilian touches," said Conley.

Along with the sights and experiences, the choir sang at many venues throughout the trip, including local churches. They performed at Holy Cross Anglican Church in Palermo, Cattedrale di San Giovanni Battista in Ragusa and Parrocchia Santi Pietro E Paolo in Catania, according to Conley.

The venues accommodated SHU choirs with storage space, streaming devices and amplification equipment, according to Serrao.

"We sang American pieces, some of which our very own Christopher Grundy [Director of Choral Programs] arranged. We wanted to bring a piece of our home to Sicilians," said Serrao.

They brought many different musical numbers to each venue. According to Conley, most of the music was traditional religious choral music, but also featured others like "Erie Canal" and "Carry Me Home."

Within the choir, each member was assigned a voice part for the trip. "I was an alto, and we had a lot of altos so we split half and half and stood on the two outsides of the sections so we sounded more rounded out," said Gibson.

Overall, the choir members enjoyed their trip and all it had to offer.

"This is my second time traveling with SHU choirs. It is a wonderful experience that I recommend to anyone who can afford to go! Not only was Sicily beautiful, but getting the opportunity to perform in such esteemed venues was a transformative experience," said Serrao.

Gibson said, "I would love to go again wherever the next trip will be. I loved traveling with my friends and getting to do what I love in a beautiful country."

The trip was a success, and the choir program spread their love for music throughout all three cities.

"I had a wonderful time. Getting to travel the world and do something that I love, singing, was a huge blessing. It was an adventure that I will never forget," said Conley.



Instagram, @shuchoirs

SHU Choir Program pictured on their week long trip to Italy for their performances.

Sports

SHU Cheer is Back on Top as UCA Champions

BY COLLIN MACLEOD
Co-Assistant Sports Editor

CONTINUED FROM PG 1

Rondinelli and the team decided to change things up this year.

"In the past, we stuck towards our traditional fight song motions and timeout music, but this year we decided it was time for a change," Rondinelli said. "We had a choreographer come in to spice up our routine, we chose our music, which ended up being 'Crazy Train' by Ozzy Osborne, which then became a theme for the season."

"The team had 'All aboard!' as the motto of their season," said Rodriguez. "With their music being 'Crazy Train,' we kept referring to being on the crazy train and just enjoying the ride."

The recent renovations of the William H. Pitt Athletic and Convocation center proved challenging to the team.

"One of the biggest obstacles we faced was not having a consistent practice area; it was challenging to adapt to changing spaces and maintain our focus with the constant adjustments," said sophomore Jonna Lord. "Despite this, we stayed determined and resilient, working together as a team to push through the uncertainties."

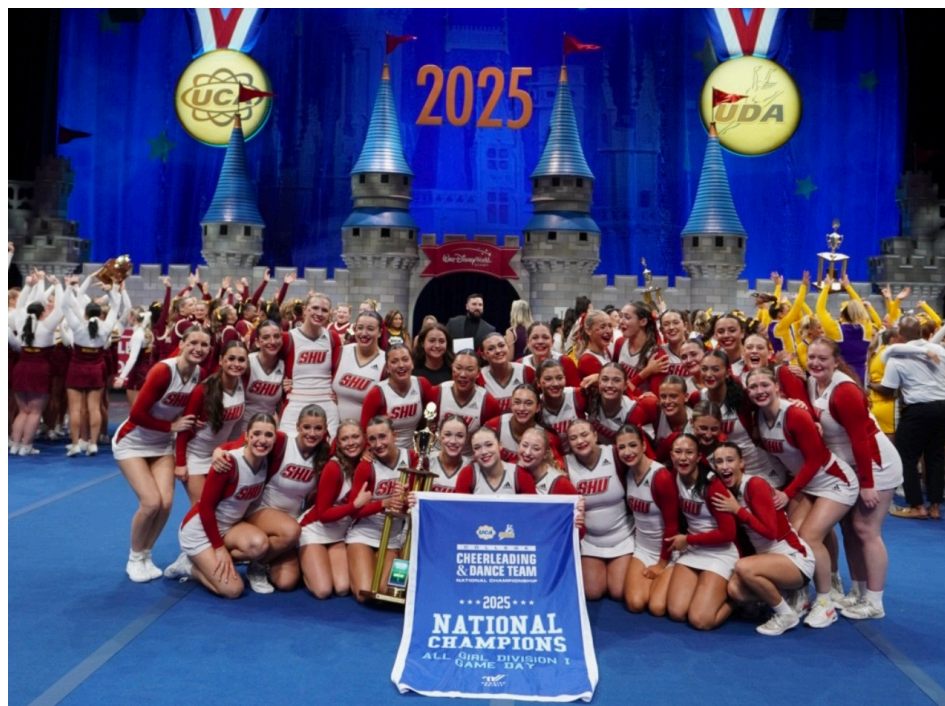
Lord will never forget this season.

"A memory I will cherish forever is the moment we were announced as national champions while surrounded by 53 of my best friends," Lord said. "The overwhelming feeling of pride, joy and accomplishment we all shared in that moment is something I will never forget."

"It wasn't just about winning, it was about the bond we built along the way and the unwavering support that we gave each other every step of the journey," said Lord.

Although their season has now concluded, they look to continue to build on this success in the upcoming seasons.

"We aim to strengthen our team culture, foster leadership within our squad, and



Contributed by Honora Saccu, '26

The Sacred Heart Cheer Team celebrating their 5th win at the UCA Championship in Orlando, FL.

serve as role models in our community," said Lord. "The goal is to not only defend our championship title but also to leave a lasting legacy for future generations of SHU cheerleaders."

Pios Place Second at Annual CT Ice Tournament

BY JOHN HEINZE
Co-Assistant Sports Editor

Sacred Heart University (SHU) hosted the 5th annual Connecticut Ice tournament on Jan. 24 and 25. This tournament featured SHU, Yale University, 15th-ranked Quinnipiac University and 13th-ranked University of Connecticut (UConn). In round one on Friday, Jan. 24, UConn beat Quinnipiac 2-1 and SHU beat Yale 8-2. SHU was led by junior Felix Trudeau.

Trudeau was nominated for the Hobey Baker award, an award that is given to college hockey's top player. He finished with a goal and two assists against Yale.

"To be honest, the confidence level is pretty good," said Trudeau. "We beat UMass, we beat Cornell, you know we can beat anyone in the country if we play to our standards, and I'm confident we could get two wins."

The team's unity was apparent against Yale, as eight different SHU players scored a goal in the victory.

"I think our chemistry's been really good, and, obviously, when you play for a good team, that's when the individual success comes in too, so that helps a lot, and I couldn't be prouder to be with this team," said Trudeau.

SHU looked to ride that confidence and momentum into Saturday where they faced UConn in the CT Ice Finals.

"Confidence is definitely really high," said sophomore goaltender Cullen DeYoung. "We've had some big wins this season, so we definitely know what we're capable of."

DeYoung came up big in the win versus Yale, stopping 22 out of 24 Yale shots. He came up big again on Saturday against UConn, making 15 saves on 16 shots. This strong effort would not be enough, however, as SHU fell 1-0 in the final. UConn's goalie,



Jack Cavicchi, Web Manager and Assistant Photo Editor

Sacred Heart University playing UConn in the 5th annual CT ice tournament this past weekend, held at the Martire Family Arena.

junior Tyler Muszelik, stopped all of SHU's 23 shot attempts on his way to winning the tournament's most outstanding player. SHU had two players make the all-tournament team: Trudeau and junior Mikey Adamson.

The Pioneers will now switch their focus to the final month of the season. Entering their last six games, SHU holds a narrow lead in the Atlantic Hockey America (AHA) standings.

"Every game you get to league points, league points are so crucial. Our goal is to win a championship and to do that you have to bring it every night," said Head Coach C.J. Marottolo.

Looking ahead, SHU will be on the road for all but one more game this season. All of the remaining games are against conference opponents, making them all very important to win.

"I give a lot of credit to our senior leadership, they've done a great job with our guys," said Marottolo. "We have a lot of new faces this year, and they've done a really good job getting everybody together and buying in and over the past three or four weeks our team has created a really good identity, and we're starting to believe."

SHU will play their next game on the road against Niagara on Friday, Jan. 31 as they look to fend off the number two team in the conference in a pivotal series.

"We have a really tight knit group this season, and I think that plays a big role. I think just carrying forward the momentum that we have going right now, and I

think would be in a good spot," said DeYoung.

SHU vs. Niagara will be streaming on FloSports, and the next opportunity to see the Pioneers play at the Martire Family Arena will be Feb. 22 against Bentley.

SCM Celebrates Women in Sports with All-Female Broadcast Crew

BY SHANNON TUTTLE
Sports Editor

To celebrate National Girls and Women in Sports Day, Sacred Heart University's (SHU) Sports Communication and Media (SCM) program had an all-female broadcast on Jan. 25. The broadcast aired on ESPN+ to cover the university's women's basketball game at the new William H. Pitt Athletic and Convocation Center.

Courtesy of the Assistant Director of Productions, Shannon Torres, this was the third annual broadcast to feature a team of all females. Looking back at the first year this event was established, Torres recalled the significance of it.

"We didn't really understand how important it was until afterward when it got a lot of attraction," said Torres.

Continuing this production annually demonstrates the growth of women in the SCM program. Compared to the first year when hired alumni were needed to fill seats in the control room, several undergraduates are now fulfilling production roles.

"To be able to have a full crew of women is amazing. It shows that the path we're all paving is working and making a difference," said junior Alexa Piscino, who served as graphics operator for the game.

Seven seats in the control room, six cameras, and three on-air talents were all

managed and operated by a female crew to cover the women's basketball team's win over Niagara University. This was the Pioneers' first win in five games and first 40-point lead since 2012.

The game was aired from the new control room at the recently renovated Pitt Center. Routine broadcasts are based in this room and operated by an experienced team of SCM undergraduates, graduates and professors. While most of the program is comprised of men, the all-women's broadcast allowed the opportunity to highlight the talents of their female crewmembers.

"It's important to understand that there is a reason female voices matter," said Torres. "No matter what you are doing in sports, it is all about perspective, and it's important to have a male perspective and a female perspective."

This is a conversation the SCM program is advocating for. They are working to promote woman on campus while also molding their confidence and skills for future careers.

"Landing a job in sports broadcasting isn't an easy task," said Samantha Henchcliffe, a former SCM undergrad and current media replay operator at ESPN. "I believe that the reason I was able to achieve this role is because of my unique broadcast experience at SHU. The SCM program is dedicated to the growth, confidence and leadership skills of their students."

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Starting Over at SHU: A Transfer Student's Perspective

BY SAMANTHA MARANO
Managing Editor and Public Relations Manager

What happened to be my first day as a freshman at Sacred Heart University happened to be everyone other first-year's 141st day as a SHU student.

The word "transfer" was already scary for me because it is something I never wanted out of my college experience. However, transferring colleges after one semester was one of the cards I was dealt.

My first day of class at Sacred Heart did not go as well as I hoped because I never went.

I somehow slept through my alarm and woke up ten minutes before my 8 a.m. class started.

So, the cute outfit I thought I could wear, my nice blowout hair, and a little makeup were out the window.

I sat in my Toussaint bathroom and sobbed because I didn't want my new roommates to hear me. I thought I would not make it in time, and I was too embarrassed to walk into the classroom late as a newbie when I had zero idea where to find HC 102.

Within a week, I started finding my way around and getting in the groove of things, and I even began to make friends quicker and more efficiently than I thought.

Everyone tells you to get involved, it is the best thing for you. Join a club, a club sports team, Greek life (even if you tell yourself it's not for you), or do anything to get involved. You will also be surprised by all the friends you make in your classes.

Transferring to a new school is a significant change; initially, it's natural to feel uncertain or overwhelmed. However, embracing this change with an open mind can transform the experience into an exciting opportunity for growth.

Every new environment has its own challenges, but it also brings new people, perspectives, and opportunities that can change one's life in unexpected ways.

Instead of focusing on what's unfamiliar or different, lean into the chance to explore and adapt. Trust that the hard work you've put into reaching this point will pay off, and remember that transitions often lead to greater opportunities than you initially imagined.

Staying positive and flexible will help you navigate this journey, and in time, you'll see that everything works out the way it's meant to.

And just like that, after 3 1/2 years at Sacred Heart, I am walking away with two bachelor's degrees, a six-week study abroad experience, a sisterhood, three years on the Spectrum editorial board, Senior Producer of The Pulse, and a whole lot of friends.



Samantha Marano, Managing Editor and Public Relations Manager

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