

SHU's Most Prestigious Event: The Pioneer Scholarship Gala

BY JAKE CALANNI
Staff Writer

On April 26, Sacred Heart University will host the Pioneer Scholarship Gala, a night of fundraising to subsidize students for study. The gala will be hosted at the Martire Family Arena and will allow donors to come together and celebrate the strength of education to change lives, honor remarkable accomplishments, and enjoy an evening of fine food, entertainment and dancing.

The event will start at 6:30 p.m. with a cocktail hour, and the dinner/dance portion of the event will run from 7:30 p.m. until 11 p.m. A visit will also be made from the Sacred Heart Dance Company and SHUpermen.

"I think it's a very special event that celebrates all the best of Sacred Heart University. The most important product is our students," said Paul Sutera, Senior Vice President of University Advancement.

The guests will be served a sit-down dinner, and the evening will conclude with a dessert and dance party, complete with a dessert table and an espresso cart.

Proceeds from ticket sales, sponsorships and donations are put into scholarships directly. "We have a goal of raising about \$600,000 and having

about 450 people in attendance," said Sutera.

"This Pioneer Scholarship Gala night will be the same it's always been, but we're hoping there are going to be more people here. Our numbers have been growing annually as people learn more about the cause and would like to come and be a part of it," said Kristen Murphy-Mengold, Associate Vice President of University Advancement & Strategic Initiatives.

John Vazquez, Executive Vice President of Corporate Real Estate at Wells Fargo and member of SHU's Board of Trustees, will be honored for business and academic leadership and service.

Charlie Baker, President of the NCAA and former Governor of Massachusetts, will be honored for a lifetime of public service and dedication to American higher education.

"The honorees are selected by the Board of Trustees and President [John] Petillo," said Mengold. "The award is bestowed upon a unique individual/company in recognition of his or her lifetime accomplishments and impact on the community."

A premium ticket price of \$1,000 will be for one guest, while a table for 10 guests with preferred seating will be \$12,500. The Young Alumni Rate of \$500 will be offered to classes of 2009-2024. The \$50,000 Presidential Table is the high-end alternative for the campaign and will come with a private room for higher-level visibility and networking.

"For the students that attend the event, it is an opportunity for them to share their SHU story



Christopher Zajac, Sacred Heart University
President John Petillo speaking on stage at the 2024 Scholarship Gala held at the Martire Family Arena.

with our guests and showcase the heart of SHU, our student body," said Mengold. The Gala provides students an opportunity to sit with the donors and the alumni and discuss with them their experiences and how positively these scholarships have impacted their lives.

"By underwriting a night of fun and giving back, the benefactors create a legacy for us students for generations to come to be well-equipped and capable of being successful," said senior Jason Bonante. "Whether you get to see some awesome celebration, acknowledge the recipients to be honored as great scholars and students, or underwrite a mission that is changing the landscape of education, the Pioneer Scholarship Gala is a must-visit."

Mengold explained the significance of the event.

"Overall, the Pioneer Scholarship Gala honors the incredible work being done across our community while raising essential funds to support student scholarships, ensuring current and future pioneers have the opportunity to thrive," said Mengold. "It's a night of uniting alumni, donors, parents, friends, faculty, staff and students in a shared spirit of gratitude and generosity."



Christopher Zajac, Sacred Heart University

Sacred Heart University's Scholarship Gala is a night of fundraising, entertainment, celebration, and fun!

This Week in the White House

BY GEORGE TRIEBENBACHER
News Editor

On Thursday, March 20, President Donald Trump signed an executive order in an effort to get rid of the U.S. Education Department.

According to the Associated Press, the order states that the education secretary will, "to the maximum extent appropriate and permitted by law, take all necessary steps to facilitate the closure of the Department of Education and return authority over education to the States and local communities."

Trump recently stated that the "core necessities" of the department, such as Title I funding for low income schools and money for children with disabilities, will

still exist.

Trump believes that the states will do a better job handling the academic performances in America than the department, per AP.

There have been no details on how the process behind the dismantling of the department will be handled.

"I think this action by President Trump should not come as a surprise, being that educational reform was a major issue of his campaign. Trump's administration wants to return education back to the individual states while still maintaining some of the basic functions of the DOE, like grant funding," said sophomore Matthew Meaney.



AP News
Alejandra Rodriguez, 9, of Key Largo, Fla., watches as college students protest in support of the Department of Education, Thursday, March 20, 2025, outside the department in Washington.

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News

SHU Celebrates Founder's Day

BY THEO WEISMANN
Staff Writer

On March 19, Sacred Heart University held its annual Founder's Day, a day to recognize faculty members who have dedicated years of service to positively impacting the entire SHU community.

In his book "1963," Dr. Michael Higgins, Distinguished Professor Emeritus of Catholic Thought and former Vice President for Mission and Catholic Identity at SHU, emphasizes this sense of recognition.

"In so many ways, we are our past. That's why we remember. It is not possible to go forward until we have a key and secure sense of where we are

from; it is not likely that we will flourish unless we have a grounding in the shaping moments of the past," Higgins said.

Founder's Day recognizes the hard work SHU faculty put in every day to ensure a safe and inclusive space for students to flourish in their education.

"Every one of our honorees has made a significant contribution to the exciting growth and positive changes that we have made here in recent years and will continue to make here at Sacred Heart," said President Dr. John Petillo.

Throughout the years, SHU has continued to follow the mission laid down by its creators. In particular, Bishop Walter Curtis, the head of the original council that established Sacred Heart in 1963, was set on providing a Catholic college experience in Bridgeport, specifically for those who are underprivileged and cannot afford higher education due to the ever-growing costs, according to Higgins in his book "1963."

Petillo assured that this mission is still recognized 62 years later.

"The culture of caring is not just about addressing academic needs. It encompasses the holistic well-being of our students. It means striving to understand their emotional, social, mental health needs and providing the necessary resources to support and foster an inclusive community," Petillo said.

This year, SHU honored 58 staff members ranging from 15 to 35 years of service in the community.

Dr. David Taylor, Dean of the Welch

College of Business & Technology, was recognized for his service towards SHU.

"It is an honor to be recognized for my 15 years at SHU, but I am also humbled to know that so many of my colleagues have been part of SHU for 25, 30 or even 50 years," said Taylor. "Compared to them, I am a relative newcomer, and their institutional knowledge is irreplaceable."

According to Taylor, the importance of recognizing these faculty members with years of expertise cannot be overstated. "Our long-standing colleagues serve as mentors to the younger faculty, who will one day be mentors to the next generation, providing us with the continuity to continue the traditions and culture that have made us successful," said Taylor.

Petillo also discussed the stories he has heard from students, throughout the years, of faculty members helping them through times of crisis, whether educational or personal.

"I have seen numerous faculty members exhibit dedication to service during my time at SHU. In particular, Prof. [Elizabeth] Buckner helped me last semester when I was struggling in a nursing class by offering extra help even though I was not in her section," said junior Richard Redler. "I feel this is very important as it shows the faculty here will go above and beyond to ensure we succeed."

Now more than ever, Sacred Heart is committed to ensuring every student feels included and cared for. Founder's Day is essential in ensuring this message is just as clear as it was in 1963, recognizing those who uphold the same values.



Will Morgan, Staff Writer and Photographer

The SHUpermen performing the Sacred Heart Alma Mattar at the 2025 Founder's Day Ceremony.

Are You Staying at SHU for Grad School?

BY JAYDEN ROSARIO
Staff Writer

Undergraduate students approaching graduation may need to decide whether they wish to further their education in graduate school, and if they intend to do so at Sacred Heart University.

SHU offers many options for students to continue their academics in a variety of fields. The school features doctoral programs, education sixth-year degrees & certifications, master's programs, residency programs and certificate programs. Students can also pursue select graduate programs entirely online. According to SHU's Graduate Admissions website, over 3,500 students are enrolled in the university's graduate school.

"SHU has many nationally recognized programs, geared towards all levels of work experience. From recent graduates to seasoned professionals, our programs are designed to provide the training to help excel your career, offering the forward-thinking academic instruction you need to be successful in today's marketplace and the flexibility and support to help you accomplish your goals," said Keith Hassell, Executive Director of Graduate Admissions & Recruitment.

The graduate school in its entirety is accredited by the New England Commission of Higher Education (NECHE). This includes specific programs such as the Jack Welch College of Business & Technology, the Doctor of Physical Therapy program and the Master of Science in Occupational Therapy program.

"Making those connections and then seeing right where other people were landing jobs out of

grad school really got me thinking this is something that could be perfect for me," said graduate assistant Augie Guglielmo. "The comfort factor, after doing undergrad here, also played a big part in deciding to stay."

Although SHU's graduate programs continue to grow, it is looking to continue its development and become more nationally recognized.



Daniel Passapera, Sacred Heart University

Sacred Heart's Welch College of Business & Technology's School of Computer Science & Engineering graduate ceremony held at the Martire Family Arena in 2024.

"[SHU hopes to] increase the accessibility of these programs to continue to attract quality graduate students to be able to provide an impact to students [and] work with faculty and employers to ensure our programs are meeting industry trends and needs," said Hassell.

The deadlines to apply into graduate school admissions vary depending on the specific department or program, but students are encouraged to speak with an admissions counselor to have any questions answered. Applications require a \$75 fee,

although it is waived for current SHU students and SHU alumni.

The application process has similarities to undergraduate admissions, such as the requirement of recommendation letters, but is more involved.

According to SHU's graduate admissions website, students wishing to apply must submit their online application, a Bachelor's degree from an accredited institution with a 3.0 GPA or higher, official transcripts from all undergraduate institutions attended and a written personal one-page statement describing their interest and qualifications for the program. They are also expected to submit a history of relevant experience, two letters of recommendation and a professional resumé.

"To get into grad school, you have to write a cover letter; you have to have letters of recommendations, so you're held to a higher standard," said Guglielmo. "The whole thing basically felt like a job interview."

All graduate students have the opportunity to apply to become graduate assistants. Those in this program work alongside faculty and staff to gain hands-on experience in their desired field. They may also be offered compensation in a variety of ways including housing waivers, food waivers, tuition waivers or stipends.

While housing options for students looking to live near campus are limited, those who are interested should contact the Graduate Student Affairs office for more information.

"After I get my undergrad, I'm definitely going to look into coming back to Sacred Heart and applying for grad school in the college of business. I've heard a lot of good things and think it would put me in a position to be successful professionally," said sophomore Fotis Amigdalos.

Features

Respect the ABILITY and L.E.A.R.N Lab Confront Stereotypes

BY ALEXA BORNER
Staff Writer

“Confronting Campus ‘Isms,’” a collaboration between Respect the ABILITY and The Language Education and Research Network (L.E.A.R.N) Lab, is scheduled for March 26 from 2-3 p.m. in HC 104, as of press time. The event unites the differences and stereotypical barriers created by sexism, racism and ageism.

Respect the ABILITY is a club that educates the Sacred Heart University community on equality, respect and the right to equal opportunities. The L.E.A.R.N Lab serves as a place where speech language pathologists learn the understanding of literacy skills and spoken language.

James Grillo, Co-President of Respect the ABILITY, said this event aims to unite students, empowering them to be their authentic selves, while fostering a community to break down stereotypes.

“Discrimination and bias can hinder students’ ability to focus, participate, and succeed academically,” said Grillo. “By addressing these issues, we hope to empower students to thrive without fear of prejudice or exclusion.”

Grillo said that engaging in these kinds of conversations can help shape individuals to be morally responsible and strive for justice outside of the university environment.

“By joining forces, we hope to create a space for open dialogue, education, and collective action, empowering the campus community to embrace diversity and work toward unity,” he said.

Dr. Caitlin Ross, principal investigator of the L.E.A.R.N Lab, said that the lab operates within The College of Health Professions with both Speech-Language Pathology (SLP) and Communication Disorders (CMD) departments.

“Among other things, my lab has been working on a project investigating the power of words, particularly ‘-isms,’ in the healthcare and education settings,” said Ross. “We reached out to multiple on-campus clubs, organizations, and university offices to ensure a way to expand our audience on this pertinent topic.”

Ross said that many groups were responsive and are participating in Social Justice Week. She said that the L.E.A.R.N Lab has also developed a survey for the community along with their presentation.

“This collaboration, presentation, and survey is part of a larger project entitled Healing Words: Harnessing the Power of Words in Healthcare and Higher

Education,” said Ross.

Ross is grateful for the collaboration with Respect the ABILITY and hopes that this event raises awareness on how impactful words can be, either positive or negative.

“My hope is that this type of event is more of a beginning and a catalyst to continue conversations and incite meaningful and lasting, functional shifts in thinking and awareness sounding the words we use on a daily basis as students, faculty, staff, and community citizens,” said Ross.

Jada McCloggan, Ross’ Graduate Assistant, said that the lab is currently studying how words are perceived and the meanings they carry. She said that the event aligns with their mission of promoting inclusion in classrooms.

“We focus on DEI and how educators can be culturally sensitive when teaching in the classroom,” she said. “Our goals align with this event because our goals align with promoting diversity, equity, and inclusion within the classroom setting that can translate into the real world.”

McCloggan also said that it’s important for educators to be informed on the ‘four main “-isms” when addressing it to students.

“We want to know how educators perceive the four main ‘-isms’ (sexism, racism, ageism, and ableism) and how the words they use to teach clinical skills are perceived by students,” said McCloggan.

“Our goal is to create an inclusive classroom for all students and faculty.”

Sophomore Jonna Lord said that these topics are important to promote diversity and inclusivity. She believes these topics as a whole are important but having a conversation about these topics addresses inequality issues.

“These stereotypical barriers are distinguished for building awareness and promoting social differences,” said Lord. “Many people consider these stereotypes and could quickly introduce systematic inequality issues based on personal belief or infiltration.”

To stay up to date with other events by Respect the ABILITY, students can follow @shurepecttheability on Instagram and visit <https://www.sacredheart.edu/academics/colleges--schools/college-of-health-professions/departments/communication-disorders/research/learn-lab/> for more information about the L.E.A.R.N Lab.



Contributed by James Grillo, '27
Official logo for “Respect the Ability” initiative, coordinated by the Office of Student Accessibility.

Sacred Heart Hosts Annual Social Justice Week

BY JESSICA KELLY
Staff Writer

From March 23-29, Sacred Heart University is hosting their annual Social Justice Week, a campus-wide celebration designed to promote equity, activism and awareness on campus.

Organized by La Hispanidad and the Multicultural Center, this year’s events will feature inspirational speakers and engaging community discussions, as well as a Unity Walk on Friday, March 28 to close out the celebration.

“For this year, the theme is Unity, and in alignment with Sacred Heart’s Catholic Intellectual Tradition, our campus aims to foster student activism and create lifelong learners,” said junior Katerina Kyrou, co-president of La Hispanidad.

In addition to La Hispanidad and the Multicultural Center, many groups on campus will be hosting table times and seminars throughout the week, highlighting the importance of social justice in all areas of life.

On Monday, March 24, SHU’s Biology Club held a meeting discussing the

importance of equity and social justice in healthcare.

“We did a talk about unity in healthcare because trust between our health care workers and patients is vital to being committed to the well-being of others,” said junior Kayla Tracy, secretary of the biology club.

To close out the week, a Unity Walk will take place on March 28, from 2-3:30 p.m. at the Chapel Quad.

“The mission behind the Unity Walk is to end

Social Justice Week on a positive and uplifting note. It’s a chance for us to come together, celebrate social justice, and reinforce the importance of inclusivity and community,” said junior Kiara Salas, co-president of La Hispanidad.

“The unity walk is important to SHU because it brings us together as a community and encourages us to all be better Pioneers,” said Tracy. “I am choosing to walk because I want to show my support for social justice week and unity.”

Salas emphasized that all are encouraged to attend and show their commitment to fostering unity in the SHU community.

“It’s hard to pick just one favorite part because I’ve enjoyed everything from collaborating with amazing people to ensuring everyone feels included,” said Salas. “But if I had to choose, it’s probably the opportunity to set aside a whole week to talk about and celebrate social justice and unity, and the chance to help create a space where everyone can feel like they belong.”

To find out more about Social Justice Week and how to attend, follow La Hispanidad and the Multicultural Center on Instagram @shulahispanidad and @shu_multiculturalcenter_.



Tracy Deer-Mirek, Sacred Heart University
Activity done at the 2024 Unity Walk to promote equity, activism, and awareness on campus.



Tracy Deer-Mirek, Sacred Heart University
The 2024 Unity Walk on the Upper Quad, organized by La Hispanidad and the Multicultural Center.

CampusLife

Bingeworthy Shows Out Now!

BY COLLIN MOURA
Campus Life Editor

There may be a surplus of streaming services, but those looking to find a new show to binge are in luck. From sports comedy to post-apocalyptic drama, check out some of these world-renowned shows streaming right now! All of these picks have either released in the last year or have a new season currently in production.



Ted Lasso: Recently renewed for its fourth season, the heartwarming Apple TV+ hit show is filled with laughs, optimism and life lessons. Jason Sudeikis stars as Ted Lasso, a lovable American football coach who is hired to lead AFC Richmond, a struggling English soccer team.



The Bear: Jeremy Allen White stars as Carmen Berzatto, a world-renowned chef who returns home to run his family's sandwich shop after a tragedy. Exploring themes of family, trust and mental health, this workplace drama balances beautiful cinematography with Emmy award winning acting.



House of the Dragon: Set nearly 200 years before the events of Game of Thrones, the series tells a story of civil war, as siblings battle for the crown of King Viserys. Emma D'Arcy and Olivia Cooke have received international praise for their performances in the show's first two seasons.



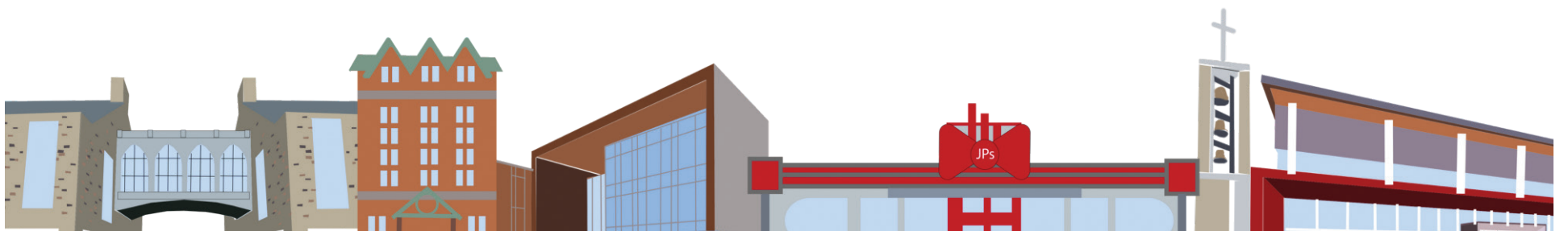
Shogun: The widely acclaimed season one of the 17th century historical drama premiered in 2024. The show won a record-breaking 18 Emmy Awards in one season, following sailor John Blackthorne as he becomes involved in the political power struggles of feudal Japan.



The Last of Us: The second season of HBO's hit show is set to release this April. Pedro Pascal and Bella Ramsey star in the emotional post-apocalyptic drama based off a video game of the same name.



The Penguin: A spin-off from Matt Reeves 2022 feature film, Colin Farrell stars as Oswald Cobb in the 2024 crime-drama. It is a dark look into the ruthless nature of Gotham's criminal underworld with Golden Globe winning performances.



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

CampusLife

Day in the Life of a Business Student at SHU

BY EMMA RICOTTA
Assistant Campus Life Editor

Junior Hannah Delamonico is a business management major with a law and justice, marketing, dance and honors minor in the Jack Welch College of Business and Technology.

Here is what a day in the life looks like for her on a Tuesday!

8 a.m. Wake up and drink some coffee

9:30-10:45 a.m. American Legal System class at Main Campus

11-11:30 a.m. Eat breakfast

12:30-1:45 p.m. Pre-Law Seminar class at Main Campus

2-4:45 p.m. Dance Rehearsal at Main Campus

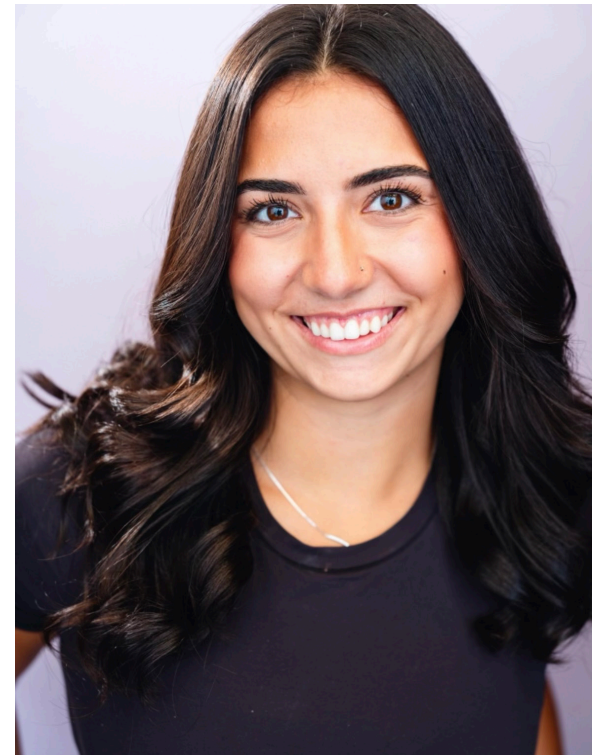
5-7:30 p.m. Business Communications class at West Campus

7:45-8:20 p.m. Pilates class at Solidcore in Westport

8:30-9 p.m. Eat dinner

9-10:30 p.m. Study for exams

11 p.m. Go to bed



Contributed by Hannah Delamonico
Hannah Delamonico is a junior studying in the Jack Welch College of Business & Technology



Sacred Heart University photo by Daniel Passapera
Sacred Heart University's West Campus, home to the Jack Welch College of Business & Technology.

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Arts & Entertainment

Star-Studded Duo Scheduled for Spring Concert

BY MADELEINE MEDEIROS
Staff Writer

SHU will be hosting A Boogie Wit da Hoodie and DJ Pauly D for a concert in the Martire Family Arena on April 3 at 8 p.m.

Tickets have been on sale for students since Friday, March 14 and are still available for purchase in the Student Life office between 8 a.m. and 5 p.m. while supplies last. However, they are no longer available at the discounted price, so students who want to attend the concert will have to pay \$45 for general admission to the floor or \$40 for general admission seating with their SHU ID card.



A Boogie Wit Da Hoodie performs at Madison Square Garden in New York in June 2024.

Instagram, @boogievsartist

A Boogie Wit da Hoodie, known as simply “A Boogie” by fans, is a rapper and singer-songwriter known for, among others, his 2017 single “Drowning” and his chart-topping “Hoodie SZN” in 2018, according to iHeart Radio.

For DJ Pauly D, this won’t be his first time at SHU. He performed on campus in 2011. He is a DJ who reached fame by appearing on MTV’s “Jersey Shore” in 2009 and has DJ’ed alongside artists like Lady Gaga, Jennifer Lopez, and Alicia Keys, according to his website.

Katherine Morovich, Director of Student Involvement and First Year Programs, has been working to put on this event. Having worked on past spring concerts at SHU, she has overseen the selecting and financing of an artist, a process which itself includes a

bidding process, contract negotiations, and coordination with several SHU departments.

“This year, we sent out a genre survey to the undergraduate population looking to see what type of music would be most popular,” said Morovich. From there, Morovich and her colleagues working on the event made a list of artists within the undergraduate populations’ preferences that matched their budget. A Boogie and DJ Pauly D received the highest votes.

Freshman Natasha Pagán is not planning on going to the concert yet but is an avid fan of A Boogie. “I’ve been listening to him since the sixth grade,” Pagán said. Prior to the announcement of the concert artists, she had never heard of DJ Pauly D.

On the other hand, junior Daniela Civetta is a fan of DJ Pauly D. For her, this concert is one she is looking forward to. “I really like the artists they chose for this concert,” said Civetta. “I love A Boogie, and I was a huge fan of ‘Jersey Shore’ as a kid.”

Junior Isabella DeFrancesco, Student Events Team President, said that while the concert isn’t featuring her preferred music genre, she’s happy others are looking forward to it. “I am glad that we do have a concert this year that others are excited for,” said DeFrancesco.

“It is a tradition to host a spring concert for the SHU community, that allows students to have access to a concert right on campus,” said Morovich. “Events, no matter how big or small, are an exciting opportunity for students to have fun with friends and to try something new.”

SHU has hosted numerous spring concerts featuring many different artists and bands in its past, including the Barenaked Ladies in 1995, the Violent Femmes in 1996, and, more recently, Flo Rida in 2013, Khalid in 2019, and Quavo in 2023.

The 3,600 seat Martire Family Arena will hold additional audience members on the floor—used by SHU hockey teams for games and practices when converted to an ice rink by Campus Operations, one of the many departments that is part of putting the concert together.

“To make this event happen on campus, it is a collaboration with Public Safety, the SHU Fire Marshall and booking additional security,” said Morovich. Aid from other departments for this event include, Student Union for shuttles, Chartwells for concessions, Student Life Staff and Residential Life Staff.

Pioneer Pride with the Pep Band

BY ALESSIA CATINO
Staff Writer

The SHU Pep Band which includes a 30-member traveling band, is a part of the Band & Orchestra Program, performs at both home basketball and hockey games.

The Sacred Heart Band includes the Marching Band, Pep Band and Concert Band. The Marching Band performs at home football games, high school competitions and parades. The Concert Band presents several performances throughout the year.

When the hockey and basketball teams progress to playoff tournaments or games, the Pep Band joins them. However, only a select 30-member group, chosen by the directors, participates in these trips.

“The energy that the Pep Band has is my favorite part of being a part of it. The loud and fun energy we emit while playing for the sports teams is highly infectious and always makes the environment of the games great,” said junior Derek Coady.

“I was selected for the travel band the last two years. My favorite memory is traveling to California with the women’s basketball team my freshman year for the March Madness tournament,” said Coady. “The feeling of excitement we all shared when they won the championship at FDU and when we got to see them compete at the big dance was unmatched.”

The Pep Band performed a high-energy concert called Pioneer Blast on Sunday, March 23 at 3 p.m. in the SHU Community Theatre. Pioneer Blast is a concert held at the end of the season that reflects on the memories made, including a setlist of their commonly played songs.

“My favorite part about being in Pep Band is being able to bring another level of energy to our sports on campus. The opportunities I can have, such as traveling with the teams for playoffs or certain games. The environment at the games is very high energy. There is always something going on,” said senior Ryan Buchan.

According to Coady and Buchan, the Pep Band schedule is very busy. There are several weeks in the spring when there is a game Thursday and Friday night, with occasionally two games on a Saturday.

Another popular event for the Pep Band is an on-ice performance in the Martire Family Arena that began last year. In between periods during a hockey game, the Pep Band will put on a performance reminiscent of the Marching Band that coincides with a big light show.

“Both basketball and hockey games have their advantages. With basketball games, we can see the direct impact we have on the opposing teams or our own because of our proximity to the court,” said Buchan.

Playing at games allows connections to grow between the band and the players.

“I have made connections on the hockey team which brings the games up another level. Last year, I traveled to the University of South Carolina for the women’s March Madness tournament, to Atlantic City for the MAAC basketball tournament for the men’s team and Cornell University for the NCAA women’s ice hockey tournament,” said Buchan.

“Big shoutout to the band. We love the band. Pushed us through some tough times, made them simpler, and made them more fun. We loved coming over and celebrating a win with the Pep Band,” said senior Savannah Popick, who is a SHU Ice Hockey Player.

Coming to the Big Screens Near SHU

BY REBECCA WEINBERGER
Staff Writer

Movies such as “Snow White,” “Mickey 17” and “Captain America: Brave New World” have recently hit the movie theatres. With the rise of streaming services and the decline of theatre attendance, the ways in which students watch the newest movies vary.

“My friend asked me if I wanted to go see the new ‘Snow White’ movie, but I didn’t really want to because I’d rather just wait to stream it,” said freshman Hanna Kurtaj.

Some of the most popular streaming services are Netflix, Amazon Prime Video, Hulu, Paramount+, HBO Max and Peacock.

“Every once in a while I like the movie theatre experience but it’s so much easier to wait for them to come out. I usually stream all new releases on Hulu,” said Kurtaj.

Streaming services have become incredibly popular, offering convenience, a wide selection of content, and the ability to watch movies on demand.

An adult ticket at AMC theatres cost about \$18.99, and if you add a large popcorn and drink, it is about \$25 more. “It is upsetting how expensive the theatres have got,” said freshman Sofia Rega.

For a theatre experience at a discounted price, students can purchase AMC voucher tickets for \$9 at the Campus Concierge. There are occasional weekend trips throughout the academic year to the nearest theatre, AMC Marquis 16, using campus shuttle services.

Freshman Katelyn Capko saw “Mickey 17,” which, as of March 17, is the number one movie in the world. She went to the AMC Royale 6 in Westport and had a great experience. “I love Robert Pattinson and thought he did a really good job playing Mickey,” said Capko.

Another big movie that hit the theatres in 2025 was “Captain America: Brave New World.” As a big fan of action movies, Rega looked forward to seeing the movie with a friend. “The movie was good and I have always loved seeing movies in the theatre

because, for me, it enhances the overall experience,” said Rega.

“Something really nice is that AMC Marquis 16 in Trumbull where we went is very close to Sacred Heart, and it was nice how easy it was to get there. We had nothing to do, so my friend and I took an uber there and made a whole day out of it,” said Rega.

Some movie theatres nearby are AMC Marquis 16 in Trumbull, AMC Royale 6 in Westport and AMC Landmark 8 in Stamford.

“If I could watch everything on the big screen, I would. AMC Royale was so nice. We had a fun day,” said Capko.

Some movies people can look forward to seeing coming out in 2025 are “Jurassic World Rebirth,” “The Bride” and “Nobody 2.”

Jessica Balogh contributed to this article.



Instagram, @mickey17

A promotional poster showing Mickey 17 as the #1 movie in the world.

Sports

From Lisbon to the NCAA: Maria Alvim's Fencing Triumph

BY **SAM MCCANN**
Staff Writer

Transitioning into a new place, let alone a new country, is hard when knowing you have to say goodbye in just a year. Still, senior Maria Alvim conquered that feat while dominating her competition and making history as the first female fencer at SHU in seven years to qualify for the National Collegiate Athletic Association (NCAA) tournament.

Alvim comes from Lisbon, Portugal. Her journey starts there, where she was a very successful fencer, and she was put into contact with SHU through her agent.

"I can tell from the video that she understood what fencing was and had a very good foundation," said Head Coach Khristopher White. "She shows up every day and works hard."

When Alvim first arrived at SHU, she struggled to adjust to a new system, learning to navigate a different competition format and team dynamic, but was able to figure it out quickly with help from her teammates.

"It was very different in the beginning because it is a whole new type of competition. It is just a different format," said Alvim. "It took me a while to get it, and it was stressful, but I realized that the team support really helped me get through all the stress and fear that I had before competitions."

In her time since she arrived, Alvim has worked hard and reaped the benefits of that work. This year, she was a top-20 finisher at the NCAA Regionals, a 18-1 overall record in epee, which put her en route to an Northeast Fencing Conference (NFC) Championship and earned her First Team All-Conference Honors.

She is a fierce competitor in her fencing kit, but away from it, she is also a phenomenal student and teammate.

"Maria is extremely hard working in all aspects of her life and down to earth," said Alvim's teammate Nadia Gaberkorn. "She is the type of person that will take the time to sit with you no matter how busy she is."

Alvim was really excited to showcase her talent on the highest stage and took it as a second chance to make the most of her collegiate career.

"I went to regionals, and at some point, both my coach and I believed I wasn't able to qualify in terms of points, and I was really sad my season was over. But when I got the news

that I qualified, it felt like a second chance to actually make the most of it," said Alvim.

As for expectations of the NCAA's, she is no stranger to pressure on the highest stage.

"I really don't know what to expect, but I know what it is like to fence at the highest stages, and I know there is a lot of pressure," said Alvim. "I am really just going to try and enjoy everything and set my goal to finish as high as possible and end the year as high as I can nationally."

Alvim headed to Penn State Multi-Sport Facility in University Park, Penn., from March 20-23 and competed with the top 144 fencers from around the country. Alvim began the competition on Saturday at 9 a.m., with the first three rounds taking place, and finished off on Sunday with rounds four and five also at 9 a.m.

Alvim finished the first round with three victories in six matches. In those matches she had 20 touches scored and only 17 touches received giving her a plus three indicator. This had her seeded 16th out of 21 total that advanced to the second round.

In the second round, Alvim had two victories in six matches with an indicator of negative seven, placing her in 19th out of the remaining 21 fencers. With this finish, she was eliminated, ending her phenomenal season.

Sacred Heart Athletics contributed to this article.



Senior epee Maria Alvim attacking her opponent on her way to the semifinals in the Senior Epee World Cup in Barcelona, Spain.

Instagram, @shufencing

Men's Lacrosse Beats Siena in Overtime

BY **BRENT MCCREESH**
Staff Writer

The Sacred Heart University (SHU) men's D1 lacrosse team has started the season out strong, jumping to a 6-2 record on the year.

The team battled Siena on March 15 at home in a tight battle. Siena burst onto the scene early, taking a commanding 6-1 lead, but SHU kept fighting. In a game that went to overtime, SHU was able to overcome the early deficit and find the win at home.

"Watching the lacrosse team coming back from being down 6-1 against Siena in overtime was insane to watch," said senior Jason Pilla. "I was working the broadcast for that game and a few of us in the control room were talking about SHU coming back and winning the game. All of a sudden the game went into overtime, and we were making sure we were all still doing our job to make sure the broadcast was running smoothly."

SHU showed their team perseverance against Siena.

"I think that was a testament to our guys and making small mental adjustments in the game on their own," said Head Coach Jonathan Basti. "All the work that we put in during the week gives them confidence and the idea that no matter what just happened, the next opportunity is what matters. We were down 6-1, good, what's next. If we can be consistent about continuously moving forward and learning for our experiences, we will ultimately be successful."

Senior Jake Ward played a pivotal role in their comeback win against Siena. Ward leads the team with 26 points on the year so far.

"The best thing about Jake Ward is his leadership and toughness," said Basti. "No matter how he's doing, as far as goals and assists, you can always expect and count on him to play as hard as he possibly can. He's an ultimate teammate and does everything he can to help the guy next to him."

Graduate student Alex Pazienza has also played a huge role in the team's success. In the game against Siena, Pazienza became the all-time leader in saves at SHU.

"He's had a great career, but it all comes from hard work and effort," said Basti. "He loves playing goalie. He works on improving his overall game consistently and is always willing to see shots. The work he has done with coach Chris Doctor and the other goalies has helped him improve on the simple fundamentals of his game."

On March 22, SHU took the field in a road matchup with Merrimack, where they won 13-8. Junior Will Moulton scored a career high five goals, and Pazienza added 13 saves to his season total.

"Goalie is probably one of the hardest things to do - staying sharp throughout the entire game," said Basti.

SHU has been able to string together wins and jump to a good record out of the gate.

"Even when we dig ourselves in a bit of a hole, we are always ready to make the next play and learn from our mistakes," said Pazienza. "As a team, we prepare to be ready for any scenario. A big part of our team is next play mentality and no matter what the score is, keep playing fast and confident."

SHU will play next today against Iona at 12:00 p.m. in New Rochelle, N.Y.

Sacred Heart Athletics contributed to this article.

Club Sports are on the Road to Nationals

BY **JAYDEN HUNTER**
Staff Writer

Sacred Heart club athletics are headed to nationals! Club men's volleyball, field hockey, gymnastics and men's hockey, including both AAU (Amateur Athletic Union) D2 and ACHA (American Collegiate Hockey Association) D3, are all on their way to earn national status.

The SHU ACHA D3 hockey team had a historic season, going into nationals with a 22-4 record as well as winning the Metropolitan Collegiate Hockey Tournament.

They head off to St. Louis, Mo. to face the national stage. The ACHA offers a unique experience for these athletes, as they will be playing at the home of the NHL's St. Louis Blues practice facilities.

SHU will be facing St. Vincent College, Calvin University and Lawrence Tech.

"Because of the timing of spring break and the fact that ice time is hard to come by at the Martire Family Arena, we didn't have as many practices as we probably would have liked," said junior ACHA D3 captain Lucca Conigliaro. "We made the best of what we had, working as hard as we could in the limited practices we were given."

This season, the AAU D2 hockey team announced that they moved up to the premiere D1 division.

The team went 0-3 in nationals after playing the number one team in the nation, University of Georgia, as well as losing to Binghamton and Niagara University.

Off the ice, the SHU club field hockey team will be heading to Virginia Beach, Va. to compete in the National Field Hockey Tournament beginning April 11.

After finishing the fall season with a record of 3-2-2, the team looks to make a run in

the tournament.

The team will be playing schools like Rutgers University, the University of Connecticut and Merrimack College, and they believe their strong regular season schedule can provide them with great preparation for Nationals.

The men's club volleyball team is looking for a push at a national title after a 12-0-5 record this season.

"We have been working hard all year, and we are excited for this opportunity to showcase that," said sophomore club volleyball member Jeff Molisani.

The tournament will be held in Phoenix, A.Z. on April 17.

SHU's club gymnastics team is heading to Pittsburgh, P.A. to compete in their nationals, carrying SHU pride a few states west.

"I'm honored to be able to represent Sacred Heart alongside my amazing team," said junior club gymnastics member Lindsay Capobianco.

The team has been constantly training for this moment and look forward to competing in Pittsburgh.

"For our team's success at nationals, we have all been practicing two to three days a week. At this point, we are all working on polishing up our routines at practice so they can be clean and consistent for competition," said Capobianco. "Some of us compete on all four events, so we've been practicing vault bars, beam and floor. Others specialize in certain events."

Each team has fundraised for their trips, as they have costly expenses such as travel, food and hotels.

Some programs have started fundraising links as well as some outside fundraising, such as double pop popcorn, to help raise money.

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Four States in 48 Hours

BY DANIEL GREENE
Assistant News Editor

When Sacred Heart University announced they would be joining the Metro Atlantic Athletic Conference (MAAC), it affected more than just the athletic teams. As a member of the SHU Pep Band, I attended the MAAC Basketball tournament in Atlantic City. Compared to the Northeast Conference's basketball playoffs, the MAAC tournament is a fun and dynamic environment for the teams, bands, cheerleaders and dance teams.

The MAAC hosts Band Jam on the Boardwalk during the week. It was unique to see all the other schools' bands and hear the songs they played. The other bands played pep band songs that we have never heard, such as "Please, Please, Please," "Fireball" and "Finesse." After each band played three songs, we joined together to play "Crazy Train," "Happy" and "Sweet Caroline."

Being one of two rookie bands, we wanted to make sure we showed off our talent, so we played "I'm Shipping Up to Boston," "Sticky" and "Country Roads." We were ecstatic to see the other schools' mascots come together and for everyone on the boardwalk to be singing along to "Country Roads."

One of the highlights was going a little viral on X with @TheEvdCoverage commenting, "I will stand by this. Sacred Heart has one of the best school bands I've heard in a long time."

The atmosphere inside Jim Whelan Boardwalk Hall was electric for the games. The arena felt like the perfect environment for the tournament. When guard Amiri Stewart sunk two clutch free throws to force overtime against the Merrimack Warriors, the Sacred Heart fans erupted with excitement. It was one of the most amazing things I have witnessed at a live sporting event. Members of the band, including myself, were shaking due to both the anxiety and aura of the moment.

Unfortunately, the men's basketball team's run in the MAAC tournament came to an end, but the next morning, the band headed up to Ithaca, NY to cheer on the women's ice hockey team.

Lynah Rink at Cornell University was such a unique venue because of Cornell's historic men's and women's hockey programs. Cheering on the women's team in their first NCAA tournament game was a privilege, and celebrating the program's first tournament goal was exhilarating.

After the Pioneers' game against the University of Minnesota Duluth Bulldogs, we made our way back to Sacred Heart for the men's ice hockey team's semifinals matchup against the Bentley University Falcons. Even though we traveled through four states within 48 hours, we made sure to bring the energy to the Martire Family Arena.

The pep band played at five games over a five day stretch from March 11-15, supporting each team in their pursuit of a conference and national championship. It may have been exhausting, but it was one of the best experiences of my life. I cannot wait for what next year's tournaments have to offer.

Thank you to the men's and women's basketball and ice hockey teams for an incredible 2024-25 season. It has been an honor and a privilege to cheer for you at each and every game.



Contributed by Christian Escudero, '25

The Sacred Heart University Travel Band on the court of Jim Whelan Boardwalk Hall after Sacred Heart's loss to Merrimack College.



Jenn Flynne, Sacred Heart University

The Pep Band bringing the energy to Band Jam on the Atlantic City boardwalk.

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