



### FEATURED NEWS



LINDSEY MCCARTHY/SPECTRUM

**ELINA CHRISTOVA PERFORMS**  
Sacred Heart faculty band concert



PHOTO COURTESY OF TATENDA ZENENGA

**TELL US YOUR STORY**  
President of Iota Phi Theta:  
Tatenda Zenenga

### TWEETS OF THE WEEK

@ninamiglio

"If their SHU card is red, THEY TOO YOUNG FOR YOU BRO."

@ohitstaylor

"Gonna start printing selfies of myself and mailing them to my friends rather than using Snapchat."

@k\_mieczkowki

"College has taught me how to make \$10 last an entire week."

### UPCOMING EVENTS

- 2-15** Agape Latte with Sabina Petillo Linda's 8 p.m.
- 2-15** "Be More Chill" Opens Edgerton Theater 8 p.m. (Ticket only)
- 2-19** The SHU Mission and Vision U.C. Commons 3 p.m.

### FAKE NEWS Or Not?

#### Melania Trump Hired Exorcist to "Cleanse the White House of Obama Demons."

"The stories come from a broadcast with Indiana pastor and radio host Paul Begley, who said that Mrs. Trump said at her husband's presidential inauguration that she would not move in to the White House until the residence was exorcised."

Source: ABC "Fake News News"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



SIBLINGS WEEKEND WAS FILLED WITH EVENTS FOR STUDENTS AND THEIR VISITING SIBLINGS ON FEB. 10 AND FEB. 11.

## SHU Welcomes Siblings for Annual Siblings Weekend

BY COLE BRUNI  
Staff Reporter

On Feb. 10 through Feb. 11, Sacred Heart University held its annual Siblings Weekend. The event is a way for current students and their siblings to get together for a fun weekend at the university.

The event was put together by the Student Events Team (SET) and featured a myriad of activities for siblings of all ages.

It included events such as Bingo, trivia contests, and a comedy and magic show.

Many Sacred Heart undergraduates arrived on Saturday morning accompanied by their brothers and sisters. For many students, it was their first time seeing their siblings since the holiday break.

"It's a great opportunity to see my brother, and for him to get a taste of what college is really like," said freshman Robert Glidden. His younger brother, David, has just recently turned 16 and is beginning to start his own search for the right university.

The event took a couple months of planning and required a great deal of effort on the part of all the members of SET.

Members of the team were also responsible for working the activities throughout the weekend.

"Our SET E-board put so much time into setting this all up," said SET member and sophomore Anthony Smith. "Our events chair, Andrea, was in charge of this weekend and she put three plus months into planning everything."

Going along with this year's circus theme, the weekend be-

gan with Big Red's Carnival. It featured games, food and a host of other activities. After a lunch break, the festivities resumed with the Sideshow Spectacular, a "Minute to Win it" style competition.

Later in the day, siblings tested their pop-culture knowledge in a trivia contest called "The Greatest Game Show on Earth."

The evening concluded with a performance from comedian and magician John Cassidy, who currently holds the record for most balloon animals sculpted in an hour.

Sunday morning began with breakfast in the University Commons and continued with a huge game of Bingo, which totaled various prizes. The weekend ended with Mass held in the Chapel.

"It's a great way for current students, freshman through seniors, for their siblings to get to see what its like to come and spend a day at SHU," said Smith. "Many of them will be looking at schools to go to in the next couple of years, and this can be a deciding factor when choosing whether or not they want to come to Sacred Heart."

The activities gave current students and their siblings a chance to bond and learn more about life at Sacred Heart, which some younger siblings may take into consideration in the future.

"I hope that my brother had a good time," said Glidden. "When he's looking at colleges and starts getting accepted places, he's certainly going to have a hard choice, but I hope that this sways his opinion a little."

## Academic Mentoring Program Receives Grant

BY NEIL GRASSO  
Staff Reporter

Sacred Heart University's Jones-Zimmerman Academic Mentoring Program (AMP) received a \$45,000 grant to support the program's efforts in assisting local students with their academic workloads.

The program was first introduced to the university during the 2001-02 academic school year.

Since then, Sacred Heart students have been helping students enrolled at John Winthrop Elementary School in Bridgeport, Conn. with their studies.

"The program runs four days per week, and participants are engaged with their mentors twice a week for two two-hour sessions," said AMP supervisor Anne Wendel.

"The first hour is strictly academic-based. This consists of homework help, as well as assistance with long term projects," she said. "The second hour focuses on enrichment activities, which can consist of STEM related activities, arts and crafts, or gym and recreation activities."

John Winthrop students enrolled in the mentoring program are assigned to a single Sacred Heart student who acts as an academic tutor and mentor to help them reach a higher level of education.

This 1:1 student-to-mentor ratio allows for the students to grow personal connections with their mentors over time.

The program received the grant as a yearly endowment from the Marie and John Zimmerman Fund Inc. as a part of Sacred Heart University's partnership with the fund.

"The funds from the grant are used for a few different alloca-

tions," said Wendel. "They are used for the hiring and training of the mentors, as well as for the services of the AMP coordinators. The funds also go towards materials such as snacks for the students, enrichment materials and class field trips."

Students looking to work as mentors in the program must first fill out applications provided by Sacred Heart at the beginning of each academic school year.

All grade levels are able to apply, but the primary goal is to pair Sacred Heart freshmen and sophomores with 6th grade students, in order for the mentors to see the progress of their assigned student over the course of their three middle school years.

"The program definitely attracts those who are interested in teaching as a profession, but we also get students from a number of other disciplines who are just looking to work one-on-one with younger students," said Wendel.

"AMP really is a program that challenges both the mentors and the students," said AMP leader, junior Linh Nguyen. "This grant has allowed us to continue working with the John Winthrop community and to learn from them."

"Students and mentors continue to have the opportunity to journey together through the academic years and help each other grow and reach higher goals as students and individuals," she said.

Students interested in working as a mentor in the program should contact AMP supervisor Anne Wendel at [wendela3@sacredheart.edu](mailto:wendela3@sacredheart.edu).



SACRED HEART UNIVERSITY WEBSITE

ASHLEY SOULES, JUNIOR, WORKS WITH A JOHN WINTHROP ELEMENTARY SCHOOL STUDENT AS PART OF THE UNIVERSITY'S ACADEMIC MENTORING PROGRAM.

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# News

## Former NFL Player Visits Campus

BY EVAN DENNY

Staff Reporter and Asst. Online Photo Editor



LEAH ZINSKEY/SPECTRUM

JEFF HATCH, FORMER PLAYER FOR THE NEW YORK GIANTS, SPOKE ABOUT HIS EXPERIENCE WITH OPIOIDS AND ALCOHOL ON FEB. 7.

On Feb. 7, Former NFL player Jeff Hatch spoke in the Schine Auditorium about addiction, recovery, bullying and peer pressure in an event titled Recovery: The Gift of Hope

and Strength.

Jeff Hatch graduated from the University of Pennsylvania in 2002 with a degree in Political Science, Economics and Philosophy.

He was drafted by the New York Giants in the third round as an offensive tackle and was forced into an early retirement due to a back injury in 2006.

"It started when I was 14, under the auspice of wanting to fit in," said Hatch. "I was a varsity athlete when I was a freshman in high school."

"I went to my first party with the older guys, started drinking alcohol, and very quickly found that it would silence all these voices and feelings of being less than," he said. "That's what started my path to addiction."

It was after being prescribed opiates for an injury that Hatch found himself addicted to another substance.

"The analogy people use is that it's a slippery slope. I always say for me there was no slope. It was like a cliff and I jumped off," said Hatch.

In his speech, Hatch talked about his struggles with substance abuse throughout his educational career and eventually his NFL career.

"It was a great turnout. The football players were very excited to come in and talk to him," said senior Adilene Garcia, the Co-President of the Phi Alpha National Honors Society for Social Work.

"We're still at a place where we don't talk about it openly, we try to brush it under the rug," said Hatch. "Opportunities like this are incredible because it starts a dialogue. You create an environment where it's safe to talk about these things and then that produces results, every time."

The event was set up as a part of the 'Opioid Use Prevention and Awareness Day,' funded by the Connecticut Healthy

Campus Initiative.

The CHCI grant totaling \$11,000 was given to Dr. Jessica Samuolis of Psychology and Dr. Victoria Osborne of Social Work, in conjunction with Janice Kessler, Sacred Heart's Alcohol and Other Drug Intervention and Prevention Specialist at the Wellness Center.

"I wanted to be part of a movement to change the culture of high risk drinking on college campuses," said Kessler. "This is a societal problem, it's not just Sacred Heart University's problem."

"We come from everywhere. There's no race, class, creed or color that defines addiction; it's an internal condition," said Hatch.

The U.S. Centers of Diseases Control and Prevention says 42,000 people died of overdoses in 2016 from opioids. This class of drugs includes prescription painkillers such as OxyContin and Vicodin, illegal heroin, and fentanyl, a strong synthetic drug sold both through prescriptions and on the street.

"The number one goal for me is to break down stigma, to let [people] know that if they're suffering it's okay to talk about it," said Hatch. "Number two is to increase their awareness to the potentiality of misuse and then to look at behaviors, feelings, and emotions around drugs and alcohol."

Jeff Hatch reached 12 years of sobriety as of Feb. 8, 2018. He currently works as the Director of National Marketing for Granite Recovery Centers, a substance abuse treatment facility in New Hampshire.

The Associated Press contributed to this article.

## Here's What You Might Have Missed: World News Update

BY SABRINA GARONE

Co-News Editor

### Winter Olympics in Full Swing

The 2018 Winter Olympic Games began on Feb. 9 in PyeongChang, South Korea. Athletes from 92 countries gathered to compete in 102 events across 15 sports.

According to The International Olympic Committee website, "the goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind, in a spirit of friendship, solidarity and fair play."

There are six countries making their Winter Olympic debut, including Ecuador, Eritrea, Kosovo, Malaysia, Nigeria and Singapore. The Nigerian women's bobsled team is making history as the first to qualify for the bobsled competition from an African nation.

After the doping scandal that occurred during the 2014 Olympics, Russia has been disqualified from participating in this year's Games. Russian athletes who were uninvolved in the scandal are still being allowed to compete, but not under the Russian flag.

The Olympic Games will continue through Feb. 25.

### Government Shuts Down for Six Hours

In the early hours of Feb. 9, the government shut down for six hours before lawmakers voted to pass a bipartisan budget deal that will fund the government until March 23.

The shutdown began after Sen. Rand Paul (R-Ky.) objected to the increases in government spending by \$300 billion under the deal. Paul took to the Senate floor to call out hypocrisy from Republicans on over-spending.

"The reason I am here tonight is to put people on the spot. I want to make people feel uncomfortable," said Paul. "I want them to have to answer people at home who said 'how come you were against President Obama's deficits, and how come you're for Republican deficits?' Isn't that the very definition of dishonesty?"

The House approved the deal in a 240 to 186 vote. It has since been submitted to the president to sign.

### Stock Market Turbulence

After more than a year of steady climbing, the stock market has seen a large amount of turbulence within the last week.

On Feb. 5, the Dow dropped 1,597 points - the most points fallen in a single trading day.

The following day, the Dow made its largest point gain since August of 2015, increasing 567 points.

On Feb. 8, the Dow took another huge plunge, this time dropping 1,033 points. The Dow closed up 330 points the next day.

"I don't think these types of moves, given how much the market has rallied, have financial stability concerns," said Treasury Secretary Steven Mnuchin at a House Financial Services Committee hearing. "I'm not overly concerned about the market volatility. The fundamentals are quite strong."

Mnuchin also took time to praise President Trump's economic policies despite the market drop. "We'll still claim credit for the fact that it's up over 30 percent since the election," he said.

### Proposed Military Parade Creates Concerns

On Feb. 6, The White House confirmed President Trump's proposal of a military parade. The following day, Defense Secretary James Mattis announced that the Pentagon is in the early stages of planning the event.

"We're all aware in this country of the president's affection and respect for the military," said Mattis in a press conference. "We've been putting together some options. We'll send them up to the White House for decision."

Many on Capitol Hill expressed concern in the wake of this announcement, questioning the costs and the

likeness to military parades done in Russia and North Korea.

"I have no desire to go to a Soviet hardware display. To me that's cheesy and weak," said Sen. Lindsey Graham (R-S.C.) in an interview with ABC News. "What would be appropriate is to have the men and women on display for the nation to say thank you and their families and to have a parade of honor and of thank you."

"We understand when there are countries that are not major military powers that like to display their military," said Sen. Ben Cardin (D-Md.), also speaking with ABC. "I just don't think it's necessary in the United States and it's a wrong use of our resources."

The Associated Press contributed to this article.



KEY	
#	TITLE NAMES
●	SOUTH KOREA
●	WASHINGTON D.C.
●	NEW YORK
●	RUSSIA

# Perspectives

## Are You Feeling the Love on Valentine's Day?



**GIOVANNA..**



Mmmmmm love is in the air. Or is that smell of overpriced chocolate and pink stained candy? Welcome to Valentine's Day. The day of the year where expectations are high and spirits are low.

Personally, I am a huge fan of Valentine's Day for a variety of reasons. It is a 10 day countdown until my birthday (Feb. 24th). All personal cards, gifts, mounds of cash etc. can be delivered to the Spectrum office. Thank you in advance. For the first 12 years of my life all of my birthday parties were V-Day themed and as a result growing up I thought I had two birthdays. Lastly, I picked where I studied abroad based on my obsession with Swiss Chocolate. So chocolate is a very important factor in my love for this love day.

While my passion for Valentine's Day isn't based around the traditional standard of love, I still find the gift of compassion very important on this day. Traditionally this commercial holiday is reserved for people with significant others. However, word on the street is that this day has been going through an identity crisis. With the trend of galentine's day, people are turning away from the traditional standard of love on February 14th. For those who aren't hip enough to know what galentine's day is, it is an alternate celebration of this romantic holiday. Instead of going on dates, people are spending time with their friends and enjoying the single lifestyle. This trend is very important to me. While I won't find myself alone on Valentine's Day this year, I don't think the day will be all about my significant other.

Valentine's Day makes money off people thinking that they need to go above and beyond to find and impress their perfect match. Yet, for me this day is really about showing how much you care for everyone in your life. As a child my heart was filled from all of my birthday parties

themed around love. This simplicity is something that I think needs to come back into our culture.

It is easy to hate Valentine's Day when you are stuck alone or when social media reminds you of everyone who has someone to celebrate with. As a result I developed a plan for anyone who feels that this holiday is overrated. Below is my fool proof guide for how to enjoy this love filled holiday.

Step 1: Call (not text!) everyone who you care about. The trick to this step is making sure that you are fearless. Call old friends, people you have lost touch with, family, etc. By doing this they will not only feel grateful for your call but you will understand they love you too.

Step 2: Eat your favorite food. Now, this may seem silly, but this day is also about self-love. So pamper yourself!

Step 3: Make plans. It is very easy for people to feel left out or lonely on this holiday, but that should not be the case. If all of your friends are busy being in relationships and such (rude of them but whatever) then cuddle up with your favorite movie. There is no reason to be sad on Valentine's Day. It is a day that is founded on love and the best person to love is yourself!

Step 4: Last but not least, relax. Whether you are in a relationship or rocking the single life, this day should feel like a giant exhale. Take a step back from your busy life and put a hold on everything that makes you so distracted from what really matters.

I hope these tips inspire you to go out and join the love train. As a special note to our frequent readers, I made an extra effort to be mindful of my normal passionate opposition to the he said column. Instead, this week is all about the love.



**ANTHONY..**

It's Valentine's Day season, so that means a shopping frenzy for lovers and a chocolate discount for singles. Right now, I fall into the shopping frenzy category, but hey—I don't mind that.

To me, Valentine's Day is most certainly a holiday made up for commerce. The flower, chocolate, greeting card and giant teddy bear companies rub their hands together and grin from ear-to-ear when it rolls around. It's like they get to relive Christmas morning again, just without having to listen to the music. They know we're suckers for it, and it couldn't make them happier.

In the same breath, much as the holiday might often be referred to as a scam, I also think Cupid's arrow is a good thing to get hit with. I think love can provide one a heightened sense of selflessness, appreciation and maturity, at least from my experiences. That's why I don't hate Valentine's Day.

I'm also all about looking for excuses to celebrate the beauty in life. If I tell myself I want to eat healthier, but someone comes around the corner and says, "It's National Pizza Day," well...sure. I'll take a slice. And even if Tom Brady's in the Super Bowl for the 30th time, I'm still going to hype the event as "The Big Game." So a day of appreciation and chocolate isn't too far away from my wheelhouse.

That's not to say Valentine's Day is a perfect holiday just because it provides us an excuse for chocolate and complimenting each other.

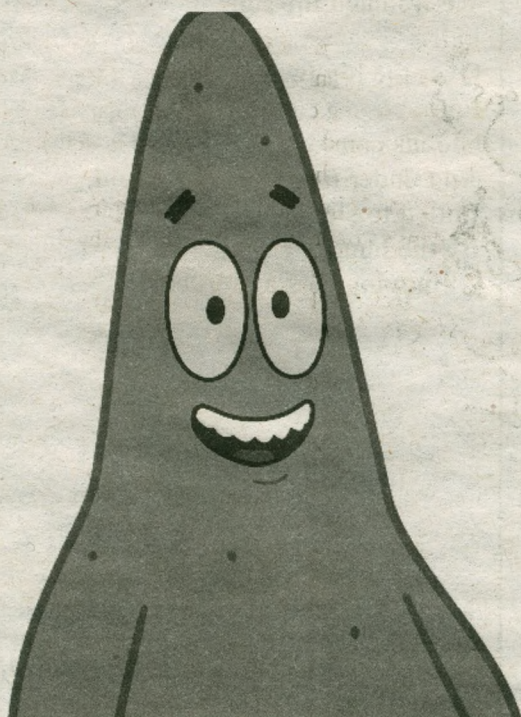
I definitely don't subscribe to the mindset of having to take it too seriously. In fact, I feel compelled to point out that people often get too petty on a day like this. By that, I mean to say that it becomes a competition for some; and we all know those people. They ask you, "What did you

get your girlfriend for Valentine's Day?" You might start to tell them and say, "Oh, well I got her roses, a card and—" and then they cut you off to say something like, "Oh nice. I got mine a \$500 necklace, a Chick-fil-A franchise and a house. Hope she likes it all." Of course my example is more overblown than the people I'm trying to portray, but you get the idea.

Despite that weird side of the holiday, I still like to focus on the good nature behind it.

In an indirect way, this little Valentine's Day time period in February—made up as it might be—is a refreshing mini-break during the winter months. Up here in the Northeast, we've braved the hectic nature of the Christmas season, numerous snowstorms in January, and we still long for better weather that (hopefully) isn't too far off. Although it comes along with pressures of its own, I think this holiday breeds good feelings amongst friends and lovers that we could all use. It's even a good time to shoot your parents a "Happy Valentine's Day" text.

Once it's all past, Cupid's holiday will mostly be an afterthought in our busy lives. However, I hope its spirit can live on for all of us in some capacity throughout the year. If you love someone, you can tell him or her on Mar. 15 and it'll be just as important as you saying it on Feb. 14. Now go. Eat some chocolate, watch some basketball and find your happiness today.



# "I LOVE YOU!!"

- Patrick Star

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# Perspectives

## Keeping in Contact with Friends and Family and Staying Involved

**BY DEVI BRIDGEMOHAN**  
Staff Reporter

For students living out of state, it could become quite difficult to keep in contact with friends and family.

Some students are too preoccupied with school, while others are just too far from their hometowns. So how exactly are students keeping in touch with their families and friends?

"I usually talk to them once a day," said sophomore Shealynn Gelderman. "I'm from Long Island, NY. I visit home often because it's easy to get back home. I try to call them as much as I can and if I'm home on the weekends, we would try to find a time to hang out."

The student population hails from 27 states, as well as 11 foreign countries. Around 59% of all undergraduates reside in on-campus housing facilities, while 92.1% of freshmen are living on campus.

On the contrary, commuters have the benefit of living at home and staying close to their families.

However, unlike residents, they lack the immediate access to school life and events. This comes across as a disadvantage to students like sophomore Iva Barun.

"On a certain level, there is disconnection because you're not living amongst your peers," said Barun. "You see them in class but you don't stick around to see them later or hang out."

"As a commuter, it's your responsibility to join clubs and stay

active in the Sacred Heart community in order to meet new people," said Barun. "However, I feel like many commuters don't really join clubs because it doesn't fit in with their schedules or it's too late at night."

On the other end of this issue is sophomore Leticia D'Souza, who feels there are still ample opportunities for commuters to get involved on campus.

"At first I [wasn't very active] because it was hard getting involved in clubs," said D'Souza. "Most of the clubs I am interested in meet around 8:00 pm to 8:30 pm. However, I have joined dance, which does meet later in the day. I also feel like Hawley Lounge is a good place for commuters to hang out and meet. I try to stay active by attending a lot of events as well."

Students that study abroad are miles away from home and face challenges of their own.

While their trips serve the purpose of providing new educational experiences, studying abroad can create even more distance between students and their families.

"I traveled to Tokyo, Japan," said senior Akili Marshall. "I stayed in the J.F. Oberlin University dorms in Fuchinobe. I was gone for 3 months."

Marshall took advantage of modern technology to keep in touch with family and friends from home.

"I would call them and vice versa," said Marshall. "I would also use an app called 'Line' to stay in contact with my friends in Japan and in the US."

The trip worked out in Akili's favor, giving her a peace of mind.

"I love traveling and getting away from my family for a while," said Marshall. "I was able to go to so many parks and go out to eat with my friends as often as I wanted."

Marshall also expressed much eagerness to travel again for studying abroad programs.

"I would love to go somewhere in South America next, or South Korea," said Marshall.

Sacred Heart offers over 60 study abroad programs in 30 countries around the world that support a broad range of educational, professional, and personal goals. International experiences are available to all Sacred Heart and visiting students.

Whether it's a program for traveling to another country or an event on campus to break up the day, Sacred Heart has experience-enriching options for dormers and commuters alike.



## Do Students Attend SET Events?

**BY MAXWELL J. MAZURCZAK**  
Staff Reporter

As part of the college experience, students have the option of attending on-campus events as a change of pace from their regular routines.

At Sacred Heart University, the Student Events Team (SET) is tasked with organizing such activities.

"I would rather like it if [they] had more trips to surrounding areas or even overnight trips to activities that pertain to the student's major," said senior Phillip Zeller. "That would be cool. Maybe even trips that could help a student advance in their careers by attending nearby career fairs. Or how about activities that help bring the University community closer, say a movie night or campus faculty and student concert?"

Many of the activities that SET offers are free and located on the main campus.

"Sacred Heart provides many opportunities for students who live on and off campus to get involved," said junior Bri Zensky. "I myself have participated in some of these events and trips such as the shuttle trip to the outlets, spring concerts, and comedy events in the Edgerton. When I was a freshman, these events really helped me enjoy my time at Sacred Heart with other students and friends as well as explore the area since I am from New Jersey."

However, some students think that there are ways to attract more students to these events and activities.

"I think [they] would get a higher participation rate from students if they offered more consistent, periodic events rather than having a few big trips or events sporadically during the year," said Zensky. "Maybe offering more means of transportation to events going around in the area or going to New York City or Boston, especially for students who don't have cars or means of transportation. Even hosting coffee-house band events or something small for all kinds of students to enjoy at any time of the year."

Students who commute to campus or do not live in on-campus housing may find attending SET events a little difficult.

"As a junior living off-campus, I find that school activities/trips do not appeal to me as much as they did when I was living on campus," said junior Lilly Bolton. "I think people would like to see more discounts or trips to concerts, sporting events, or shops that would keep students interested and involved with the [the Student Events Team]."

However, SET will continue to host

and sponsor these activities and events throughout the year.

"We are planning an indoor party which will include a barbeque and corn hole tournament that will take place in the UC in the academic building," said Mike Moylan, the Director of the Student Union.

For more information on student trips and events organized by the Student Union and Student Events Team, visit their pages under the "Campus Life" tab at [www.sacredheart.edu](http://www.sacredheart.edu).

FEBRUARY 12-16 @ SHU		
<b>MONDAY 2/12</b>		
12-4pm	Fast and Furious Virtual Game Sponsored by Student Events Team	Univ. Commons
5pm-12am	Red's Open 21+	Red's
<b>TUESDAY 2/13</b>		
1pm	Mardi Gras & Fat Tuesday Sponsored by Student Events Team	UC Lobby
5pm-12am	Red's Open 21+, Trivia	Red's
7:30pm	Greek Life Dating Game Sponsored by UC and Psihellenic	Univ. Commons
<b>WEDNESDAY 2/14</b>		
10am-2pm	Photo Fan Frames Sponsored by Student Events Team	UC Lobby
5pm-12am	Red's Open 21+	Red's
<b>THURSDAY 2/15</b>		
1-3pm	Bath Bombs Sponsored by Student Events Team	Univ. Commons
5pm-12am	Red's Open 21+, Karaoke Night	Red's
<b>FRIDAY 2/16</b>		
4pm-8pm	Red's Open 21+, 1943. Ability Bartering with Cynthia Covas	Red's
7pm	Omega Phi Kappa Showcase Sponsored by OPH	Edgerton
7pm	Staff-a-Bar Sponsored by Student Events Team	Univ. Commons

"Don't put a limit on anything. The more you dream, the further you get." —Michael Phelps

## POET'S CORNER

**To Jane**

by John Karpinski (Biology Professor)

rain  
struck  
the asphalt  
clouds  
groaned  
with thunder  
there we kissed  
-water touching waterdamn!  
summer was good.

hay  
licked  
our sneakers  
full moon  
lighted  
the pasture  
there we laughed  
- hand holding hand -  
damn!  
autumn was bliss.

snow  
dropped  
about us.  
we walked,  
spoke,  
reconciled.  
here I learned  
- heart breaking heartdamn.  
winter was cold.

**Untitled**

by Brad Negrotto (Graduate Student)

The ceremony begins  
With a mild apprehension.  
A century's long swallow  
Both mechanical and hollow.  
I build the bulwark and marry the floor  
In a blonde stream of static ignored.  
It's a fine woodwork of satin tatters—  
Quiescent and pallid, overgrown and  
tarried.

**Friday After 5**

by John Karpinski

Hand in hand  
We watched the sun  
Fall  
Over the highway.  
Later  
Clouds came,  
And under this blanket we laid,  
Lulled to sleep  
By the hum  
Of moving cars and trucks.



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the piece, the title, and your class  
year.

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KEELY MCCARTHY  
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2020
- COPY EDITOR  
ZACH FESTINI  
2018
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- ASST. PHOTOGRAPHY EDITORS  
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GRAHAM O'DWYER  
ANTHONY DEL VECCHIO  
2019
- ASST. ONLINE PHOTOGRAPHY EDITOR  
EVAN DENNY  
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- PUBLIC RELATIONS MANAGER  
FAYE KENAJIAN  
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- ASST. PUBLIC RELATIONS MANAGER  
ERIC TODISCO  
2018
- WEB MANAGER  
BRYAN KELLEHER  
2019
- CIRCULATION MANAGER  
DANTE CABRAL  
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- ASST. CIRCULATION MANAGER  
ROBERTO ROJAS  
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- GRAPHIC DESIGN EDITORS  
GABE MARTINEZ  
2018  
TIM LOEHNER  
2018  
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ERIC TODISCO  
2018
- FACULTY ADVISOR  
PROF. JOANNE KABAK

## Countdown to Being a "NARP"

**TIM LOHNER**  
GRAPHIC DESIGN EDITOR



As someone who has participated in sports for as long as I can remember and still competing in sports in college today, I am unsure of what to expect when all of it comes to an end.

While everyone is focused on the countdown of days until graduation approaches, I am counting down the last few practices and races I have left to compete in with some of my closest friends and teammates.

I am dreading the one morning when I will wake up and realize that it has all come to an end. For the last four years, my classes, social life, extracurriculars and more were always scheduled around my athletic schedule for practices and meets.

Sports have always shaped who I was and am today, whether I was competing in them or just watching them around campus or on TV.

I always have and still do wonder how my college experience would've been if I hadn't competed on an athletic team here at SHU.

When the day finally comes that I wake up the morning following my last race or practice, I will feel like a large chapter of

my life has come to an end. I will officially have graduated not just from college, but on to the next stage in my life of being... a NARP (Non-Athletic Regular-Person).

Every day, Monday to Sunday, was just about the same routine for me here at SHU the last four years.

Practice during the week was always 3:30-5, rain, snow or shine followed by an immediate trip to the dining hall at 6:30's.

It was times like these at the dining hall while sitting in the Mahogany room with my team that I would check my phone and see other college students across the country living it up. Thoughts would race through my head such as, "what if I hadn't been on a team?"

How would my last four years have been different; would I have been able to study abroad; would I have joined a club sport or other extracurricular activity? All of these questions have always been running through my head.

On the weekends, Saturdays were always a full day filled with races either in Boston or somewhere else across New England.

Unlike the rest of the world that enjoyed a relaxing Sunday the following morning,

these were the days I dreaded most.

While most students are groggy and sick, with their minds full of regret and the "Sunday Scaries," I was up at 7 a.m. every Sunday with my team ready to run our weekly 14 mile-long run.

Despite being officially scarred for the rest of my life from these tiring runs and having a biological clock in me to wake up every Sunday probably for the rest of my life at this time, these hours spent with my team are something I would never take back.

In the end, I'm not sure what I'll do to take up all this new time on my hands once it's all over.

Maybe I'll pick up an instrument, maybe I'll start playing Fortnite or maybe I'll even start writing novels in my local Starbucks. But one thing is for sure: all those hours and days spent working towards those personal goals on the track I will never take back, especially knowing that they have definitely shaped me into the person I am today.



## The News We Choose to Care About

**VICTORIA MESCALL**  
CO-NEWS EDITOR

I was sitting in class when I heard it. I was scribbling down notes, nodding at the professor, when he said, "What we pay attention to is what is important to us."

When I heard it, I stopped writing. We pay attention to what is important to us.

What we choose to care about varies from person to person. But that's just the thing, we choose to care. It's active, not passive.

Words matter. Voices matter. And we have to care. Someone has to care, because everyone matters.

They say print is a dying industry, and that journalism is the job of any man or woman with an iPhone and internet access. But it's not.

Journalism is more than a craft. It's history. It's the truth. And it matters now more than ever.

The next time you take a shower, I want you to remember how lucky you are that you won't get sick if the water coming out of your pipes gets in your mouth.

The next time you leave your bedroom light on when you go out, because "I pay

50k a year to go here I don't have to shut my light's off," I want you to remember how lucky you are that the light switch working is a guarantee.

It has been years since Flint, Michigan has had clean water.

And when the Puerto Rican athletes marched out in the Olympic Parade of Nations in opening ceremonies in Pyeongchang, South Korea Friday night, the commentators reminded all of us watching at home that 20% of the island of Puerto Rico is still without power following the devastation caused by Hurricane Maria.

Imagine showering with bottled water. Try heating it up on the stove so you can wash your hair and your body.

Imagine having to wait in line to buy bottled water to shower with, to wash dishes with, to drink.

This isn't the tale of some third world country. This is Flint. This is Michigan. This is the United States of America. This is just over 700 miles from SHU.

Puerto Ricans are American citizens. They vote in our presidential elections and

they send a resident commissioner to Congress. But a fifth of their country doesn't have power.

When the Wi-Fi on campus goes out, or WebAdvisor crashes, students are on the verge of rioting. They haven't been inconvenienced for 5 minutes, these people have lived 5 months in darkness.

But since we have lights above our heads and safe water in our pipes, we don't have to care. But we should.

We don't have to wonder what war is being fought on the other side of the globe or what injustices are occurring to people we consider "other."

We as Americans have the luxury of not having to wonder. We as college students have so much privilege - economically and intellectually. There are people who would kill to be in our place.

It is important to recognize these facts. It's important to pay attention. Because the world can change. But change depends on what we chose to care about.

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

*Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*

# Features

## Tell Us Your Story: Tatenda Zenenga

BY AUDREY NIBLO  
Staff Reporter

Sacred Heart University senior, Tatenda Zenenga, has a lot keeping him busy these days. The president of Iota Phi Theta Fraternity is a double major, who also interns at a private equity firm, helps coach his high school football team, and works at the Easton Community center.

"I joined Iota Phi Theta Fraternity Inc. mainly because I wanted to be a part of something new and different that could make a change here at Sacred Heart," said Zenenga.

He also mentioned older fraternity brother, Evan Pittman, who recently passed away, as playing a critical role in his recruitment.

Pittman took on a big brother role and introduced Zenenga to college-life, and helped him understand the large opportunities that were in front of him. Zenenga also credits his roommates for encouraging him to join the fraternity.

According to their national website, one of their national service initiatives is the INROADS partnership, which aims to help persons of color receive the training and education necessary to make their way into the ranks of corporate America.

As a finance and business economics double major, Zenenga hopes to

go on to earn his master's degree in Finance and Investment Management at Sacred Heart.

As for what he wants to do after getting his master's degree: he already has that planned.

"I hope to get my CFA charter," said Zenenga. "I currently work as an intern for a private equity firm in Westport, Ct., so I'm really just taking the time to learn as much as I can, and gain the experience to hopefully become an associate in the future."

Sacred Heart's business program provides a multitude of opportunities for students to get involved and have hands-on experiences long before they graduate from the University.

These opportunities are important because they allow students to get a feel for what it's like working in their particular field of interest.

Zenenga helps coach his high school football team at Archbishop Stepinac High School, in White Plains, NY. He also helps part-time at the Easton Community Center with the Fairfield Public Schools' after-school program.

Zenenga stressed the importance of wanting to give back to kids both in his community at home, as well as in the Fairfield area

by guiding kids to make the right decisions.

According to their website, mentoring is also an important part of one of Iota Phi Theta Fraternity Inc.'s service initiatives.

The I.O.T.A Youth Alliance, mentors youth of color in the communities that are local to the Iota chapter.

Zenenga is a senior, and is very close to graduating. He remembers one of his very first visits to Sacred Heart, before he had enrolled as a student.

"When my mother and I did the required visit for admitted students, she fell in love with how beautiful the campus was," said Zenenga.

Zenenga also added that it was important to him that he applied to a university that not only in close proximity to his home in New Rochelle, NY, but also close to New York City as well.

Sacred Heart offers a wide-variety of opportunities for its students to get involved, whether it be via their major, or through the means of a club or organization.

The location of school has given Zenenga the opportunity to be active on campus, the surrounding areas and even near his home.



## Club Spotlight: Hearts of Diversity

BY NICHOLAS PANDOLFO  
Staff Reporter

The Hearts of Diversity Club may be for you if you have ever been racially discriminated against-know someone who has been-or if you wish to support what many people of color are being faced with everyday.

Hearts of Diversity, is a brand new club that was brought about to Sacred Heart University this past year.

Currently, the club is small, as there have only been a total of three meetings this year. Despite being a small club, their members are hoping to significantly expand throughout the upcoming meetings ahead.

The main purpose to these meetings, is to offer social gatherings for students who belong to a minority to come and talk about their experiences with racial discrimination.

Members also watch videos, and look at current events and issues surrounding discrimination of any kind. From there, members then reflect on their own thoughts and personal experiences with racial discrimination.

"I have had experiences with these issues, and I wanted to make a comforting place for people with similar experiences," said President, Annabeth Gullo.

Gullo, is a sophomore political science major with a minor in human rights and social justice. She wants people to be aware of

the reality to this important matter.

Gullo started the club as a way to aid students who feel out of place, and to insure that with the support of Hearts of Diversity, students will come to know that they are never alone in these types of situations.

"Annabeth is the most passionate woman I know," said sophomore, Haley Petersoli.

Once the club gains more members, they will use the meetings as a way to brainstorm and plan out future events they want to create or partake in. Some of the ways in which they plan on expanding the club to spread awareness, is by partaking in 'Social Justice Week', and the Involvement fair.

'Social Justice Week,' occurs at the end of March. Its mission, aims to promote open forum discussions regarding prevalent issues in society. Getting a spot would greatly help the club get their voice heard.

The Involvement fair, is where students can approach the board members, and learn about the club before they decide to join.

They have already started working towards getting a colloquium added to the series, about these specific problems in the world today.

"We want to start dialogues on these issues around campus," said senior and club secretary,

Rachel Zacharczyk.

Spreading awareness about these issues is one of the club's main goals. Most of the issues they discuss, are issues that people may not talk about as much as they should within everyday conversations.

So far, the only way they are informing students updates to the club, is through the access of global emails sent to all Sacred Heart students. However, members want to start using more 'out-of-the-box' methods, such as handing out flyers, putting up posters, and possibly creating a presence on social media.

Even though the club is small, all of the members care about what they believe in, and will not stop until their voices are heard.

Even if students may not be a member of a minority group, or have encountered any situations related to these issues, they are still encouraged to join the club. Everyone should know what is happening around them, whether they notice it or not.

"Please take a chance and join, it is a very important subject in today's world that can sometimes go unnoticed. Everyone is welcome and we are focused on hearing perspectives from everyone," said Gullo.

If students are interested in joining, the club has weekly meetings on Mondays at 8pm in SC231A.



PHOTO COURTESY OF TATENDA ZENENGA  
SENIOR, TATENDA ZENENGA, IS PRESIDENT OF IOTA PHI THETA FRATERNITY. HE ALSO IS A DOUBLE MAJOR IN FINANCE AND BUSINESS ECONOMICS.

# Features

## Anxiety Isn't Uncommon in College

BY OLIVIA DIGIROLAMO  
Staff Reporter

Do you have anxiety as a college student? Do you feel anxious about upcoming midterms?

The Wellness Center at Sacred Heart University provides a staff committed to helping students who struggle with anxiety.

According to the Association of University Counseling Center Directors (AUCCD), 47.42 % of students indicate having issues with anxiety during their college career.

The Wellness Center provides several different resources for students struggling with anxiety, and is available for any Sacred Heart student, free of charge. One of the resources provided, is the counseling center, where a student can meet with a counselor for a one-on-one session to discuss their struggles with anxiety.

"As an RSA (Residential Success Assistant), it's my job to make sure my residents are getting the best help possible. The Wellness Center has done wonders for many, and if someone needs further advice and attention, I always recommend the Wellness Center," said sophomore, Gabriella Ruvo.

The Wellness Center also provides meditation; students can unwind in the "Zen Den." The "Zen Den" is a private room with meditation music, and provides a Zen garden for students to de-stress.

The Wellness Center also offers a support group called "Women's Group." This support group is for students to learn from other students' struggles and create a safe space for communication between peers about their anxiety.

Jocelyn Novella, the Director of Counseling at the Wellness Center, is working on a research study to compare online counseling with in-office counseling. Novella is currently recruiting Sacred Heart undergraduate students who struggle with anxiety, to participate in her study. It is only three sessions long, and the goal of her study is to evaluate anxiety among college students.

Novella said anxiety disorders are the most common mental health issue on campus.

"The most common causes for anxiety on campus is academic stress, financial stress, and relationship problems," said Novella. The Wellness Center has resources that can cater to all of these anxious stressors.

"I get anxiety when I'm overwhelmed by my school work, in I having so much to do, in such little time," said freshman, Aviana Afflitto.

The Wellness Center also works closely with

S.W.E.E.T., which is the Student, Wellness, Education, and Empowerment Team. The S.W.E.E.T. peer educators plan many of the wellness events around campus.

One of the most recognizable events that S.W.E.E.T. and the Wellness Center run, is the appearances of therapy dogs on campus. Students seem to enjoy the therapy dogs on campus, because it's a distraction from stress and anxiety.

"When I have anxiety around midterms and finals, I love seeing dogs on campus. It always brightens my day a little, and makes me less stressed," said sophomore, Alexis Palmer.

Novella said there is no scientific explanation to the

therapy dogs. "In that moment when a student is petting the dog, they aren't thinking about their test on Friday," said Novella.

She said if someone loves animals, then the use of animals will calm that person's nerves.

"Petting the therapy dogs definitely relieves stress and anxiety," said senior, Lauren Garizio.

To make an appointment at the Counseling Center by phone, call 203-371-7955.

If students want to participate in the research study, they are encouraged to contact Novella by email, at: novellaj@sacredheart.edu or by phone at: 203-371-7955.



BRINGING THERAPY DOGS TO CAMPUS IS ONE OF THE MANY WAYS SACRED HEART'S WELLNESS CENTER BATTLES GROWING STRESS AND ANXIETY AMONG THEIR STUDENTS.

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# Arts & Entertainment

## The Torch is Lit: Olympic Opening Ceremony

BY CRISTIN O'CONNELL  
Staff Reporter

Held in Pyeongchang County, South Korea, the 23rd Olympic Winter Games commenced on Friday, Feb. 9.

The ceremony kicked off with a firework show and ended with the lighting of the cauldron.

There are over 2,900 athletes from 92 countries competing this year, which makes it the biggest Olympic Games in history.

Team USA came into the stadium waving the American flag high and proud with Vice President of the U.S., Mike Pence, supporting in the audience.

All of the members were wearing red, white and blue Ralph Lauren winter bomber jackets with a sweater underneath, honey colored gloves, blue jeans and a blue USA winter beanie.

"I really liked Team USA's jacket a lot. They seem very warm and I feel like Ralph Lauren makes really good winter coats, so [I] would definitely purchase a jacket like that for when I go skiing," said senior Chantal Benavidez. "The only thing I did not like was the cowboy gloves that they had on. It was a huge no-no in my opinion."

Competitors from Bermuda only wore red scarves, blazers, and red Bermuda shorts that hit right above the knee with knee-high socks. The temperature was 28 degrees, but they seem unbothered in the freezing temperatures.

North and South Korea walked out together under the same flag for the first time since 2006. Many audience members and viewers from home believed that it symbolized peace and unity--especially since their jackets were white.

The first-ever Nigerian bobsled team made history at the opening ceremony. They walked into the stadium wearing all green and white; wearing long white coats that almost resembled a tuxedo, but tied together in the middle like a robe.

"The women in Nigeria looked so beautiful in their outfits, they looked so strong and fierce. I felt like they really pulled off those outfits. Personally I don't think I



ERIN HAMLIN CARRIES THE FLAG OF THE UNITED STATES DURING THE OPENING CEREMONY OF THE 2018 WINTER OLYMPICS IN PYEONGCHANG, SOUTH KOREA.

would wear them," said senior Britta Nordstrom. "I think their look really represented their culture and everyone was able to see that they represented Nigeria."

Flag bearer for Tonga, Pita Taufatofua, came out oiled up and shirtless; only wearing a necklace and a traditional Tepenu ceremonial dress.

They weren't the only fans escorted out. Another audience member slid down the ice chute, walked up to a performer singing a Korean folk song, and then walked up

to the dancers before being wrestled away by security.

Colombian competitors wore black hats with yellow and orange stripes around it, blue jackets, a cream color ponchos, and black pants.

"Seeing Colombia walk out in a poncho was definitely different from all the other countries. I have a poncho myself so I have worn something similar to their outfits," said senior Heather Markert. "But other than that, Team USA will always kill it."

## English Club Open Mic Night

BY ABIGAIL FRISOLI  
Staff Reporter

On Thursday, Feb. 8, the English Club held their first Open Mic Night of the semester on the first floor of Linda's in the presentation room.

The event included prose and poetry from English Club members. Additionally, there was singing and musical performance from students across campus.

At the beginning of the event, senior Gabriel Martinez, who is a Graphic Designer for the Spectrum, and also on the English Club's Executive Board, said that the English Club is a great way to open one's mind and to express literature, graphics, poetry and music.

"Express anything," said Martinez "Snap your fingers, if you want."

Senior, Aidan Satterwhite sang "Stubborn Love" by The Lumineers and "30 Lives" by Imagine Dragons. In addition to these songs, Satterwhite played the guitar.

Other performers chose to recite poetry, many of which were original works.

"Poetry is speaking the truth," said Copy Editor for the Spectrum, junior Alexa Kober. "Poetry is supposed to be as raw as possible."

Kober is an avid member of the

English Club. At their weekly meetings on Tuesdays at 8pm in HC210, student writers come together to create. The environment that English Club creates is what their Open Mic Night night is like. It is an open environment where students are free to express their art. The whole evening was dedicated to students on campus who are looking for a place to display their work.

While the Open Mic Night is only twice a semester, the English Club meetings allow students to join with other creators on a weekly basis.

There were some technical difficulties that were going on during Kober's performance, but she continued to read a poem she wrote herself about obsessive-compulsive disorder (OCD). She said she never performed in such an "intimate setting" before.

Prior Kober had discussed her poem at English Club giving her the confidence to bring it on stage at the Open Mic Night.

The presentation room was filled with audience members spread throughout chairs set up in the center of the room. The audience was actively engaged and respectful to all of the performers.

Although the faint sound of people

talking and going up and down the Linda's staircase could be heard at times, the spectators and other performers' concentration never broke.

"I thought there was a great variety of talent," said sophomore Carolyn Lisboa. "It takes a lot of courage to go up and present something you've created and they all did a great job."

After the event, the members of the club remained in the room, continued making music and laughed with friends.

Additionally, many of the audience members went up to the performers complimenting their work. The whole environment was welcoming and engaging.

The English Club normally does one Open Mic Night a semester, but this semester they have a second one planned.

The event will take place in Linda's Presentation room on the first floor at 8pm on April 4th.

Anyone interested in participating or attending the next open mic night should contact Giovanna Gatto at [gattog@mail.sacredheart.edu](mailto:gattog@mail.sacredheart.edu).

INTERESTED IN ENGLISH CLUB?

.....  
**WELL YOU SHOULD BE!!!**

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IN LINDA'S PRESENTATION  
ROOM (1ST FLOOR) 8 P.M.  
APRIL 4TH

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# Arts & Entertainment

## Justin Timberlake's Halftime Performance and New Album

BY MARISA TACHÉ  
Staff Reporter



JUSTIN TIMBERLAKE PERFORMS DURING HALFTIME OF THE NFL SUPER BOWL 52 FOOTBALL GAME BETWEEN THE PHILADELPHIA EAGLES AND THE NEW ENGLAND PATRIOTS SUNDAY, FEB. 4, 2018, IN MINNEAPOLIS.

"Haters gon' say it's fake," said American singer-songwriter Justin Timberlake in one of his latest singles, "Filthy."

Timberlake recently dropped his fifth studio album, "Man of the Woods," on Friday, Feb. 2.

Dedicated fans are embracing his newfound country-R&B vibe.

"Everything he does is so new, yet familiar," said sophomore Justin Weigel. "It's amazing that somebody who's been around for so long can still stay so fresh and new."

However, some other fans believe Timberlake has strayed too far from original style and aren't as impressed.

"He used to have the best music, but the music on 'Man of the Woods' is way too different for me," said junior Caroline Barry. "I miss his old songs like 'Mirrors' and 'Suit & Tie.' Personally, I'm not loving the new style he's trying out and I'm overall disappointed with his album."

The Billboard 200 chart reported that "Man of the Woods" is making its way for the No. 1 debut, according to industry forecasters. The album's first

released singles, "Filthy" and "Say Something," have both reached the top 10 on the U.S. Billboard Hot 100 since the album's release date.

"I only like a few songs on his new album, but I think he's had better albums previous to 'Man of the Woods,'" said junior Kylie Lui.

Even though "Man of the Woods" is different from Timberlake's original R&B styled albums, he still incorporates his R&B style in songs like "Morning Light," which features R&B singer-songwriter Alicia Keys.

"Man of the Woods" has allowed Timberlake to step back into the spotlight and land his name back on top of the music charts.

In addition to the album, Timberlake also landed the spot to headline the Super Bowl LII halftime show on Sunday, Feb. 4.

Timberlake ditched the suit and tie for a flannel and neck-scarf, and started off the performance with his new single "Filthy." However, the rest of the show mainly consisted of popular songs from his previous albums.

Performing ten of his

"golden" singles seemed to please most of the viewers watching the show, but not everyone was satisfied with his halftime performance.

"I thought it was stale," said junior Henley Solomon. "Nothing changed and the music was just bland and not exciting. I didn't like it at all."

Others really enjoyed listening to some of Timberlake's old hits.

"I think Justin Timberlake's halftime performance was really fun and exciting to watch," said junior Olivia Wunder. "All my friends and I were singing along to every song. I enjoyed it so much that I was sad when it ended and I had to go back to watching the game."

There are many mixed reactions to "Man of the Woods" and Timberlake's Super Bowl halftime performance, but diehard Timberlake fans plan to stick by his work, no matter how different it may be from his old music.

"I've always been a big fan," said Weigel. "And I always will."

## Faculty Concert Featuring Elina Christova



STEPHANIE DOHENY/SPECTRUM

ELINA CHRISTOVA, A PROFESSOR OF MUSIC IN AMERICA AT SACRED HEART, PERFORMED DURING THE FACULTY CONCERT ON FEB. 7 IN THE UNIVERSITY CHAPEL.

BY LINDSEY MCCARTHY  
Staff Reporter

On Feb. 7, the Academic Music Program Faculty Concert Series presented its first concert of the spring semester, featuring pianist Elina Christova.

Christova is originally from Bulgaria, and at age nine, she began playing the piano after moving to Vienna, Austria. "I practiced every free minute I had," she said, "and I've been making music ever since."

Christova received her bachelor's and master's degrees from the National Music Academy in Bulgaria then went on to receive her master's and doctoral degrees from the Manhattan School of Music. She has performed in various places throughout the world including Carnegie Hall, Germany, and Bulgaria.

When she is not teaching the Music in America course at Sacred Heart University, she is teaching privately at her home. "As a freelancer it can get a little stressful, but being a musician is my life, and I wouldn't want to change a thing," said Christova.

She has developed a routine when preparing for a performance. "I have been focusing more on performing the last few years, so five to six hours a day go towards practicing," said

Christova.

The pieces featured included The Scriabin sonatas, Mompou pieces, as well as work from Vladigero, which is a combination of popular Bulgarian folk songs. "I chose this piece because it's a grand finish to the concert and takes me back to my roots, even when I'm so far away from home," said Christova.

Prof. William Finley used to conduct the Yale Russian choir and looked forward to Christova's performance. "She is one of the finest pianist around and we're fortunate enough to have her here at the university," said Finley.

The next major performance she will be featured in is at an international event in Serbia at the end of June.

"I will be representing Sacred Heart with my participation at the World Piano Teachers Conference, where I will be preparing a recital program," said Christova.

Following this event, Christova will be spending time in the studio to record the Scriabin sonatas.

Among the crowd were students, fellow colleagues, and Christova's family.

"I'm a piano player my-

self so I came out to hear the music," said sophomore Jonathan Schores.

Joe Carter, Director of Academic Music Programs, gave insight about what the series is all about.

"We like to feature the academic program faculty," Carter said. "They can perform by themselves or bring in other artists to perform alongside them."

Over the past five years the Faculty Concert Series features three to four performances per academic year.

The faculty members are either approached by Carter to do this or ask if they could be featured in that academic year's concert series. It is up to the featured professor performing to decide which compositions they would like to play for their performance.

The next faculty concert will be on March 14th in the Chapel and will feature Geoffery Fuller, a bass instructor at the University. Alongside him will be guest pianist Christopher Backrighs.

The concert to end the semester will feature Carter, playing the guitar, bass, and drums on April 30 for International Jazz Day.



LINDSEY MCCARTHY/SPECTRUM

CHRISTOVA WILL BE PERFORMING IN AN INTERNATIONAL EVENT IN SERBIA IN JUNE.

# Sports

## Wrestling Hosted Senior Night

BY CHRISTIAN RODRIGUEZ  
Staff Reporter

The Sacred Heart University wrestling team hosted Brown University for their last home contests of the season on Feb. 10. Seven seniors were honored before the match in what is head coach John Clark's first season in charge.

Clark came to Sacred Heart with lots of experience. He was a coach at Stanford University and Lehigh University, and he spent six years as the head assistant coach for Brown.

Prior to his career as a coach, he was a successful student athlete. Clark was a two-time All-American selection at Ohio State University and qualified for the National College Athletic Association (NCAA) tournament in each of his years with the Buckeyes.

"Both coach Clark and assistant coach [Stephen] Jarrell have been nothing but great," said senior John Hartnett. "I don't think I've ever seen two guys who are more involved in this building than they are. They're helping the team grow even more."

The adjustment between the athletes and new coaching staff has been smooth. The athletes praised the

dedication and hard work the coaching staff have put in during their first season at the university.

"The new coaching staff has done a really great job with the kids on the team, so moving forward Sacred Heart is going to definitely benefit from John and Stephen," said senior Paul Klee.

Although Klee's time at Sacred Heart hasn't been as long as that of the other seniors, there were moments that stood out for him. This is his second year at Sacred Heart, previously attending Holyoke Community College and the United States Military Academy at West Point.

"This season I wrestled the number two ranked kid in the country. I was winning in the third period and ended up losing a close one," said Klee. "Last year, I pinned a nationally ranked opponent in the first period. Those were definitely the two moments that stood out for me here at Sacred Heart."

The seniors' time at Sacred Heart have called for big time plays and against tough opponents at the mat.

"Our win against the Virginia Military Institute

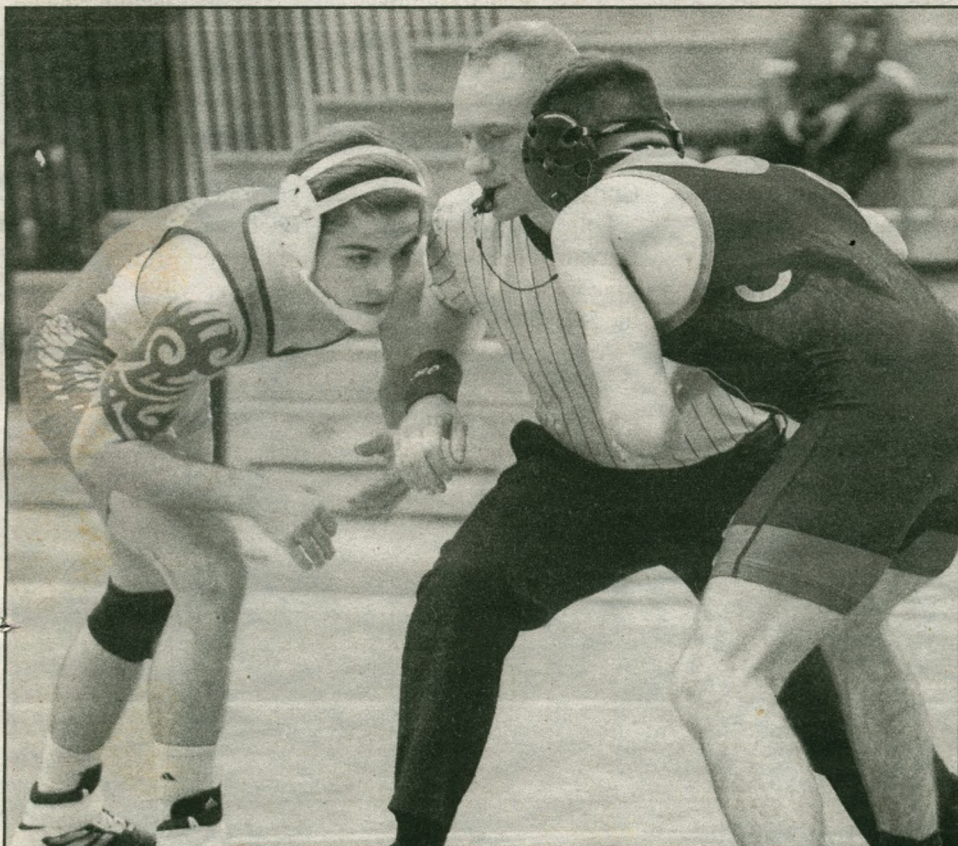
stood out for me because it came down to my match at the end, and it was the match that we needed to win the whole duel. Taking down a national champion was pretty cool," said Hartnett.

There is a big freshman class, and the seniors have provided insightful leadership, which is key for any team. The mutual praise between the team also goes back to the seniors for Clark.

He has seen the seniors improve throughout the season and hopes to see the same from the freshman student athletes throughout their four years at Sacred Heart.

"We've been very fortunate with the seniors, and their leadership has been phenomenal," said Clark. "We're a big team, with 26 student athletes on the team, and the seniors really have done a great job providing leadership and will hopefully get passed on to the younger kids on the team."

The next match for the Pioneers will take place at Franklin & Marshall College on Saturday, Feb. 17 at 6:30 p.m.



SACRED HEART ATHLETICS

SENIOR, PAUL KLEE, GETS READY FOR A MATCH AGAINST HOFSTRA UNIVERSITY AFTER THE WRESTLING TEAM'S SENIOR NIGHT ON FEB 10.

## Bowling Team Continues to Excel Throughout Season



SACRED HEART ATHLETICS

THE SACRED HEART BOWLING TEAM PLACED SIXTH AT AN INVITATIONAL HOSTED IN ARLINGTON, TX. ABOVE: TORI BOUGHTON, SOPHOMORE.

BY LAUREN LOWTHER  
Staff Reporter

The Sacred Heart women's bowling team competed in Arlington, TX on the weekend of Feb. 2 at the Prairie View A&M Invitational. They placed sixth overall.

One member of the team, senior Amanda Nardiello, was named the Tournament MVP.

"Honestly it was really awesome because not only did I compete against my teammates but also against Team USA members who are competing for the country," said Nardiello.

She ended up with a 236 average at the end of the three-day tournament. Nardiello also has personal goals for this season.

"Looking ahead I am hoping to bowl well in the NEC (North Eastern Conference) tournaments and hopefully achieve an All-American status," said Nardiello. "Similar to last year, I ended the season with 'Bowler of the Year' with NEC so hopefully, I can accomplish that again."

Nardiello and freshman Rachel Bamford were named NEC Bowler and Rookie of the Week, respectively, on Feb. 7 for their performances at the Prairie View A&M Invitational.

The bowling season goes from October through March, which can be challenging for a Division I bowling athlete.

"Somehow you manage to get it done," said Nardiello. "You just have to prioritize your work, be organized, and know what's coming up in the future."

Another bowler on the team, sophomore Tori Boughton, developed personal moments with the team before she was even an official member.

"One of my favorite moments was watching the team win NEC championships when I was still a senior in high school," said Boughton. "I had already signed here and I went to watch them bowl at NEC championships and they ended up winning, so that one of my best pre-college memories. Now just bowling with the team every weekend is a lot of fun and makes for some of the best times."

Boughton knows that the team's chemistry has played a large role in their success.

"We are very close. We know a lot about each other and we spend a lot of time together. I would not want it any other way because we are a family," said Boughton.

Head coach Becky Kregling has been at Sacred Heart since the inception of the bowling team in 1993. Kregling earned "NEC Coach of the Year" along with the NEC Championship in 2016. The Pioneers have earned two titles in three years un-

der Kregling's leadership.

She loves coaching, specifically with the Sacred Heart community.

"Sacred Heart is a neat community in general and to be a part of the lives of everyone really comes through. And not to mention competing," said Kregling. "Watching everyone grow on and off the lanes provides a good reason to stay."

Kregling maintains a positive outlook for the remainder of the season.

"I am really hoping we get to the postseason and Nationals this year. I am hoping March is big, so we are bowling in April," said Kregling.

Kregling has also reflected positively on the team's future and the seniors who are graduating.

"Two girls are graduating early which was never the plan, and we have four graduating in May, so again it will be a whole different team," said Kregling.

The team is eager for the new Bobby Valentine Recreation Center, as there will be bowling lanes installed for the team.

"It will change the whole team's dynamics," said Kregling.

The Pioneers will compete from Feb. 23-25 at the Northeast Conference meet in Farmingdale, N.Y.

# Sports

## Women's Lacrosse Prepares for Upcoming Season

BY NORANOEL NOLAN  
Staff Reporter

The women's lacrosse team is ramped up and ready for the upcoming season. The Pioneers began their season on Feb. 10 in New Hampshire. The North-East Conference (NEC) Pre-Season Coaches Poll was recently released, and the team was picked to finish the year fifth overall in the conference.

"It was a little disheartening to see our ranking," said junior Hanna Wise. "We've been in the conference tournament the past two years. We work really hard, we want to win and we definitely want to show that we should be a higher ranking."

The team has been training hard in the offseason. Their preparation for this spring began last summer. Given a summer packet, the athletes trained on their own and were expected to come back to school in the fall meeting certain marks.

The intensive training continued to progress when the team returned to school in the fall, preparing them for the spring. Over the winter break, the Pioneers were given another training packet to complete.

Almost a full year of preparation is how the team excels above and beyond the other teams in the conference. The team's excitement and drive indisputably proves the saying that hard work and dedication do not take a holiday.

"We've worked a lot harder than we have in previous years, and I think that as a team we are being judged by previous years," said junior Olivia Mittleman. "We are a completely different team, with a completely different outlook."

The team plans to use this underdog status as motivation to fire them up and create an even more passionate desire to win and prove their place on top. Goals have been implemented for the team overall, as well as within each of the different positions (attack, midfield, defense, and goalie).

"Hopefully, by measuring more concrete goals, it will help us achieve the ultimate goal," said Mittleman.

Their goals consist of making it to the NEC tournament as they have done in previous years, and to be a top contender in the conference.

"I think the dynamic of the team this year has changed completely," said Wise. "We're here to leave a legacy."

Head coach Laura Cook's motto that she continues to reiterate to her team is, "everyone on the offensive end has to be a threat." She believes that it is essential that they play as a team, and not just rely on one or two girls to be the leading scorers.

"This year is a lot different than most years," said Cook. "We are very team oriented, and I wouldn't say that we have one or two players that stick out from the rest of the team."

This is good because we have a lot of solid players who should make up a good team for us this year."

In the reign of her 17th year, Cook is most excited about the conference games and what they entail for the postseason. She loves the idea of the non-conference portion of the schedule, as it improves the team in many different aspects and shows the overall strengths and weaknesses of the team.

The goal is to make all of the players on the team effective, and to have them use their strong sense of team mentality.

"I'm looking forward to the team working to make the playoffs again, as this would be our third year. Two years ago we took Bryant to double overtime, where we almost beat them," said Cook. "Getting a chance to compete in the NEC Championship is a major goal we have."



SACRED HEART ATHLETICS  
SACRED HEART WOMEN'S LACROSSE TEAM WAS RANKED TO FINISH FIFTH IN THE NEC CONFERENCE FOR THE 2018 SEASON. PICTURED: AVERI FARHAT, SENIOR.

### Valentine's Day Word Search

X	W	Z	S	P	B	A	E	T	J	A	N	M	R	T	T	Y	D	Q	O	M	V	K
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BOUQUET  
CANDLE LIT DINNER  
CHOCOLATE  
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FLOWERS  
HEART  
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# Sports



SACRED HEART UNIVERSITY ATHLETICS  
THE DEFENDING NORTHEAST CONFERENCE CHAMPIONS, SACRED HEART WOMEN'S GOLF TEAM WAS PICKED SECOND IN THE PRESEASON COACHES' POLL RELEASED BY THE CONFERENCE ON FEB. 6.