**Featured News**

**Official SHU Tartan Announced**

BY BRENDAN CAPUANO
Asst. News Editor

What is red, white and grey with stripes all over? It is Sacred Heart University's official tartan which was publicly announced March 13, 2018 in a press release and video unveiling the pattern. According to the Scottish Register of Tartans in Edinburgh, Scotland, tartan is "a design which is capable of being woven consisting of two or more alternating coloured strips which combine vertically and horizontally to form a repeated chequered pattern." These patterns are referred to as a "set" of tartan.

The reason for designing the tartan was because of the addition of two bagpipers, to the Sacred Heart University Band, who needed a pattern for their kilts. Keith Johnston, Director of Bands, last year was approached by two prospective students who played the bagpipes, and saw their unique instrument as a way to grow the band.

Johnston now has the bagpipers existing as their own entity under the Sacred Heart band, but hopes to bring them into larger marching band soon.

"Our instructor is doing a 'bagpipers for beginners' class that is open to everyone, students, faculty staff, anyone. We will do the exact same thing next year, starting in the fall" said Johnston.

The project also came with a specific unique history written for them, Sean Kaschak, Multimedia Manager for Sacred Heart, assisted in writing the tartan's history.

"The Sacred Heart University tartan reflects the nature of our founding, Central to each set, as it is to the University, is a cross.

The cross is comprised of sets of three lines representing the Holy Trinity with each of the three lines woven from six threads, an homage to 1663, the year of our founding.

The common thread that connects all we do and defines who we are as an institution," said the Johnston.

The history continues, explaining the usage of the color red to signifying Scotland, blue to signify Irish influence.

"The committee thought the common thread that connects all we do and defines who we are as an institution," said Johnston.

"It was a year-and-a-half to two-year process," said Criera. "While the mission statement stays consistent, our vision for the future is always changing.

Notable change to the statement is its reduction in length. "The committee thought the old statement was too long," Criera explained.

What used to be several pages now fits neatly on a two-page pamphlet.

The new mission and vision statement was approved by the committee on Dec. 5, 2017.

The mission statement is as follows: "Sacred Heart University, rooted in the Catholic intellectual tradition and the liberal arts, embraces a vision for social justice and educates students in mind, body and spirit to prepare them personally and professionally to make a difference in the global community."

"I've worked on here. I've enjoyed this one the most because it came from concept to the actual production of the tartan. Seeing the actual kilts was a really fun project," she said.

"It's a bird! It's a plane! It's the MYLITTLEPONY Game of Drones a fundraiser for Notre Dame High School.

"There are not any manufacturers of tartan fabric domestically, there are two and they are both in Scotland," said Chute.

These manufacturers design for everyone from Universities to year of our founding. "Rolling this out to the Sacred Heart community enables us to have an increased awareness of what our mission is, and what values we hold, and to hopefully foster discussion," said Carroll.

Father Criera worked with a committee to write and update the mission statement and core values of the university.

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The project also came with its own own design:

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Students Support Relay for Life with "Strike Out Cancer"

On March 28, students gathered in the University Commons for Strike Out Cancer, a fundraising event for the Sacred Heart chapter of Relay for Life.

"Strike Out Cancer is an event where students get to bowl for a half hour with their friends," said Katherine Seckler, senior and Relay for Life president. "We have an outside company coming in that brings the bowling lanes. Participants signed up during table times."

"Strike Out Cancer is an event where students get to bowl for a half hour with their friends," said Katherine Seckler, senior and Relay for Life president. "We have an outside company coming in that brings the bowling lanes. Participants signed up during table times."

According to the organization's website, "team members take turns walking around a track or designated path. Each event is 6-24 hours in length, and each team is asked to have a member on the track at all times to signify that cancer never sleeps." Seckler and co-president Erica Heins oversee Relay for Life's five committees: survival, entertainment and activities, community outreach, marketing and advertising and mission. Both have been members of the club since their freshman year.

"I attended one of the meetings because I was looking to get more involved on campus and it was a more worthy cause," said Heins. "After a year of helping out as a general member, I was asked to take on the role of co-president."

"Back home I was part of an overnight event with Relay for Life," said junior Trevor O'Brien. "Considering that was 10 years ago, it is really incredible to see how much this organization has evolved, both in its fundraising and its ability to raise awareness."

"It's nice that this is just such an easy and enjoyable way to raise money for such an amazing cause," said sophomore Anthony Smith. "For someone that has a family member that has been affected by cancer, it is amazing to see the SHU community caring about such a prominent cause."

Shape or form," said Seekler. "The money we raise does make a difference and I do all this fundraising because I want to leave this world one day knowing there is a cure to cancer and I had some way of helping that happen."

"Relay for Life is a fundraiser that is put on once a year to raise money for people with cancer, as well as honoring those who lost their battle with cancer," said Heins. "It is for all of those in our lives who were touched by cancer, and everyone from the Sacred Heart community is more than welcome to attend. There is music, dancing, performances and games."

"The theme is decades this year. The event is a lot of fun because we have different games, raffle prizes and ceremonies to honor those who have won and lost their battles with cancer," said Seckler.

Sacred Heart's Relay for Life event will take place on April 21 in the William H. Pitt Center.

The Sacred Heart Spectrum
**Perspectives**

**Springing into Spring**

**SHE SAID**

**EVE.**

Spring is a very lovely time of year. The sun is shining, the birds are chirping, and the flowers are blooming. Everyone is coming out of hibernation in the dorms and hitting up the quad to study outside and play Frisbee. Campus actually looks the way it did in the classic college brochure! Excitement is in the air, and the weather affirms it. Well, at least this it supposed to be the case.

In reality, the spring we experience every year here in New England is not the ideal version that we all expect. While winter is supposed to pretty much be over by the end of February or beginning of March, here in Connecticut we get our biggest snowstorms at the end of March.

Winter really loves to overstay its visit around here. Each and every year, the cold feels nearly impossible to shake, and winter ends up being our longest season. And don't try to tell me that here in the northeast we have the four seasons - cause I don't buy that nonsense. Connecticut knows only two seasons: winter and August. That's it.

The weather never seems to be mild; it always has to be either one extreme or the other. Once winter finally ends, the weather does not know what it's doing or who it wants to be. And we - as the innocent victims of weather's wrath - are stuck in a strange place of not knowing what to expect. And worse: not knowing what to wear.

Slowly and hopefully soon, we will be approaching the point where the weather is "warm." And the problem then comes of figuring out how to dress. Dead-of-winter-wear is easy enough: layer up and keep warm. August-wear is easy too: dress light and stay cool. Simple.

But what about spring? If you dress too heavily, you'll be comfortable in the morning but sweating up a storm by the end of the day. And if you dress too lightly, you'll be freezing for a majority of the day, and then receive just a little satisfaction once the weather hits its high for the day. Aside from this question on how to dress, there's also a particular issue that strikes a chord with me personally.

**HE SAID**

**ANTHONY**

Once I knew we were going with this topic, I immediately started hearing some birds chirping, felt some good vibes, and decided I was ready for spring. I also tasted a Narragansett Del's Shandy, one of the best nice weather beverages ever, through my sensory memory, so we're already cooking.

Summer is great, but I think there's nothing better than peak spring weather. In March - okay, the weather kind of f**ky. I haven't been a fan of the weather this March, to be honest. However, we'll definitely be in better shape through April and beyond - that's a given.

I mostly jump to saying how much I like spring because of the optimism that comes with the season. I know that might sound cheesy and soft, but bear with me. That's better than a 70-degree, sunny day spent outside with your friends? Of course that wouldn't be complete without a football to throw around and a barbecue with cheeseburgers on it, but you get the picture.

Once spring is in full effect, the worst-case scenario for weather is a mildly cool, cloudy day. I like rain a lot, so some precipitation is only a bonus for me. A hoodie's all I need. I mostly jump to saying how much I like because of the optimism that comes with the season. I know that might sound cheesy and soft, but bear with me. That's better than a 70-degree, sunny day spent outside with your friends? Of course that wouldn't be complete without a football to throw around and a barbecue with cheeseburgers on it, but you get the picture.

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What Do Students Actually Know About Student Government?

**BY GINA D'AMICO**

Staff Reporter

How much do you know about Student Government here at Sacred Heart University? And how much of your university's main Student Government, said sophomore Nina Catanaro. "However, I know that each club here on campus has a form of government. For example, the president, vice president and other officers of the pre-law club are very important to all students interested in law. Just as the president and other officers of Greek Life keep sororities and fraternities running."

President of Student Government, Taryn McCormick, explains how the organization is there to be a voice for the student body.

"Student Government's focus is on the students and students' needs," said McCormick. "We are the liaisons and the voice of the student body and our classes to administrators and faculty."

"We put on events that will bring students together in a fun and creative way, and work to address the needs and wants of students for them to have a positive college experience at SHU," she said. McCormick detailed some of the events the student government plans.

"[We facilitate] the President's Gala, SHU Hoops, Pack the Pitt, The Hunger Project, Mr. SHU, Dancing with Heart, The Cake Off, Midnight Volleyball/Dodgeball, Senior Pub Nights, Senior Week," said McCormick. "Each class [also] hosts community service events for their individual classes."

Senior Hannah Nickerson explains how she was uneducated about how many events Student Government runs.

"I never really knew much about Student Government," said Nickerson. "I was surprised to learn that many of the events I go to are [run] by student government, such as Senior Pub Night."

Sophomore Tara Zanini shared her views on the importance of knowing about Student Government.

"I think that knowing about the Student Government is important because it affects us as students," said Zanini. "They try to make our experiences better and a lot of people don't realize what is done for us by the Student Government, such as Senior Pub Night."

Although some students may or may not know much information on Student Government here at SHU, Sophomore Hannah Jones talks about how she appreciates the work done by the organization.

"I am not involved in Student Government, but I actually do know a lot about it," said Jones. "I know that they are heavily involved on campus and host many school-wide events to engage our SHU community. It is an awesome way to be involved in campus and I believe Student Government is one of the main organizations that keeps our campus as united as it is."

McCormick explains how all students are welcome to ask questions and voice their concerns.

"Students are always welcomed and encouraged to come into our office in Hawley Lounge," said McCormick. "We would suggest boxes that circulate throughout campus that students can voice their opinions through anonymously. Elections are coming up, so we encourage students to come in and ask about us, and to take out a packet and learn about the different roles of our organization and how they can be a part of making a difference on our campus."

For more information on Student Government, visit their office on the first floor of Hawley Lounge or email them at student-government@sacredheart.edu.

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Easter Break: Not Long Enough, or Just Fine?

**BY MICHAEL NICHOLAS**

Staff Reporter

Easter is a holiday of great significance for Christians, one that celebrates and commemorates their belief in the resurrection of Jesus of Nazareth.

As Sacred Heart University is a Catholic institution, Easter is a cherished and particularly meaningful holiday for many of the students and staff. To understand the full meaning of Easter for Christians, one must begin with Lent, which lasts for 40 days, ending three days before Easter.

During Lent, Christians often engage in various practices that they may not engage in year-round. Some examples of that might be fasting or reading the Bible daily. But whatever practice it may be, the intent is to commune with and become closer to God. Easter is then a culmination of this, and its celebration of the resurrection is the peak of this spiritual time.

"Lent is the day is, Easter and the season of Lent are also a period of great introspection," said Christian writer Anne Lamott in a 2011 interview with NPR.

Easter, for me, is the time I feel most connected to my family," said junior Andrew Cookes. "I say this as a Christian, that even during this past winter break and summer break, which are both far longer, I do not feel that the time I get with my family is always as meaningful."

When asked about how he felt about the length of Easter break, Cookes expressed a desire for it to be longer.

"In my mind, having more time at Easter break means more quality time, versus a longer summer break, which means a larger quantity of time with family," said Cookes.

Current academic calendars at other traditionally Catholic universities like Notre Dame and Gonzaga reveal that other Easter breaks are mostly four days. Villanova and Boston College both have five days, but no such university seems to have a week-long long Easter break.

In regards to the amount of time we're given off for Easter, junior Alex Kroudis feels it suffices.

"Easter is definitely important to me and I like having an Easter break, but I don't know that a longer Easter break would help the learning process," said Kroudis. "I feel like a longer Easter break would end up meaning less time in class for professors to teach the material they need to cover," said Kroudis.

On the idea of making other breaks smaller to allow a longer Easter break, Kroudis felt that wouldn't make much sense.

"You'd still have too many long breaks in the middle," said Kroudis. "The only way to fix that would be taking days out of spring break, which I don't think anyone would agree to. Certainly I wouldn't."

Recent alumna Neeraj Ramachandran has another take on the idea of a longer Easter holiday.

"I'm not a Christian or religious, but I strongly feel that a Catholic university should put more focus on Easter," said Ramachandran. "I'm sure a vast number of students and faculty care more about this holiday than any other," said Ramachandran. "That being said, I'm also not sure how Easter break can be longer without cutting into spring break, but maybe the Easter should take priority."

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Do you want to see your poetry in print?

Send your work to Giovanna Gatto:
gattog@mail.sacredheart.edu with the piece, the title, and your class year.
March 28, 2018

The Sacred Heart Spectrum

Editorials

March for Our Lives: The Millenial Revolution Against Gun Violence

BY ALEXANDREA AMAZAN

Everyone has a voice, and everyone needs to be heard.

It was an amazing experience to see the age range of the people that were marching with me in New York City on Saturday, and how clear it was that we all want the same thing: gun reform.

In an ideal world, I would love for everyone to have their guns taken away to avoid this problem, but I understand that that is unrealistic, and it should be obvious to lawmakers and Congress to understand that these are our children.

Children can grow up to be lawmakers and in Congress, but it will never be possible if they are afraid to attend school to get an education.

During the march, I ended up near a man, Neil, that had a large drum with a fist in the middle banging a beat and yelling, “the people are angry, the people are tired, the people are gonna get you fired.” There were so many voices chanting in unison and the energy was unmatched.

It ended suddenly because as we kept moving forward you could start to hear music. It was weird that they had speakers lined up along the way playing music as if it was a time to sing. It seemed as if people wanted to say something and the music sort of nullified the importance of what we were marching for.

It was emotional getting prepared for a march like this. I couldn’t stop thinking about the shooting at Sandy Hook Elementary School over 5 years ago, and that those elementary school students will NEVER be able to experience what life can bring.

This is not about walking up to the person getting bullied; those children were not bullying Adam Lanza, this was a mentally ill man who had easy access to a gun and used it as an outlet for his own issues and that is sickening.

Sandy Hook is only 30 minutes away from Sacred Heart University. What if the killer decided to drive a couple of exits down? I know people roll their eyes when they hear the “what if” scenario, but you cannot anticipate a school shooting, so it’s scary to think that any day it could happen to you. That is what gun reform is looking for, a restriction on the age limit, a limit of the types of guns sold and just a simple background check for mentally ill and criminals.

There are so many cases where people are killed by stray bullets in the street so guns as a whole are the problem. I know we cannot solve everything overnight but it is a great place to start because you immediately will see a drop in numbers of deaths due to guns.

March for Our Lives was a different environment than the Women’s March. There were so many young children with their parents who understand what is happening to their peers across the country and chant “Never again” and had signs asking “Am I next?”

It’s inspirational that at a young age there are kids that are able to be activists, but it’s also heart breaking that that have to be. The people in D.C. are right. This shouldn’t be our battle and we shouldn’t have to worry about feeling unsafe at school. The only thing I should worry about is my homework, but they are making us take to the streets because no one is listening to our needs.

Emma Gonzalez said, “fight for your life before it is someone else’s job.” Adults in Washington cannot fathom what it’s like to lose a classmate to gun violence. It is our experience, it is our job to speak for those who can never take a breath again, and to be the future voice of Americans to show them that we demand change and if Congress can’t do anything, we are not afraid to be the ones to do it.

I encourage everyone to be their own activist and to also join SHU Students Against Gun Violence, because if we don’t come together to find strategies for change now, there is no way anything good will happen in the future.

We will expand on more than gun violence, but any issue that is up in the air with government that you have ideas for, it is good to have a support system that is passionate about that same things as you.

There is no point in keeping silent because you never know what a single voice can do. That’s how any movement begins. If you are interested, please email me at amazana@mail.sacredheart.edu, because unlike Congress, I would love to hear from my peers.

Aleksandra Amazan, sophomore, is a Political Science major with Sociology and Business minors, and is a Senator for the Class of 2020 in Student Government. She is also a core member of SHU Students Against Gun Violence.
The tickets for the event were $5 and 3-D printed by the Engineering Program. All the funds went to Notre Dame’s STEM Club. Professor Kaya says they hope to raise around $5,000 for the club.

The Engineering Program worked as a team to set up the tents. These tents were provided by the program, and some were even created and designed by engineering students.

At their first event to raise money for the STEM Club, they had a competition to see who could make the best tested course. These courses were then combined and used for this event, The Game of Drones. Once students learned how to operate and steer the drones, they could test out their skills on the courses.

“It's a lot of fun, I've never flown a drone before. It was difficult getting the hang of it,” said Maria Rariti, sophomore Notre Dame Student who arrived at the event after school.

Many students say the drones are difficult to maneuver, as the controls are very sensitive and make crashing a usual occurrence.

“The smaller the drone, the harder it is to fly,” said Stephen Bader. Students and faculty at the event were taught how to operate a drone by members of the Engineering Program in Professor Kaya’s Engineering 2 class.

These students are the first to go through Sacred Heart’s Engineering Program, and Professor Kaya is working to help the growth of the program. The class now consists of around 20 students.

“They are kick-starting this program, and we are kind of like the guinea pigs,” said Stephen Bader. "I'm really starting to enjoy it.”

Bader is in Professor Kaya’s class and will be doing research with him this summer.

The Engineering Program will also be going to the West Maker Fair on April 21. At this fair, students will be able to show off their creations and designs. Professor Kaya gives the students many opportunities to learn, grow and create.

"Professor Kaya gets what engineering is all about and how it works on great projects," said freshman Charlie Escort.

Students are encouraged to support what is both the Engineering Program’s last and largest event to help raise funds for the STEM Club on April 14.

"All you have to do is have some passion for it, and you're good," said Stephen Bader.
Hearing Wedding Bells: Getting Married at SHU

BY LEAH ZINSKY
Staff Reporter

March 28, 2018

Most weddings are held in summer for two reasons, the first being that the ceremony should take place when there is not a lot of campus activity, and the second being that there is increased parking availability during off-peak times on campus.

The chapel at Sacred Heart was designed by a Jesuit artist named Father Marko Ivan Rupnik, who is from Italy. In total, a quarter-million pieces of glass and stone were used to construct the mosaic, and 1,200 square feet total is covered by the main sanctuary. It took Rupnik’s team only 14 days to assemble the mosaics in the Chapel.

"A wedding is a special moment for the couple and it is a privilege as a Priest to be a part of it," said Father Ramos.

"I personally am not Catholic so I couldn’t see myself getting married in a Church, but I do think that the architecture of the Chapel is beautiful," said senior Leah Forbes.

"My favorite part about being a part of the weddings here is meeting with the couple ahead of time and seeing how they have grown, as well as their understanding of marriage," says Father Ramos.

Couples meet with the ministry here at Sacred Heart about four times before the actual wedding ceremony happens.

"I personally am not Catholic so I couldn’t see myself getting married in a Church, but I do think that the architecture of the Chapel is beautiful," said senior Leah Forbes.

A $1,000 chapel fee is required as well as a civil marriage license which must be obtained from the Town of Fairfield, and a signed wedding agreement.

"A wedding is a special moment for the couple and it is a privilege as a Priest to be a part of it," said Father Ramos.

For more information about weddings in the chapel, contact Father Michael Ramos at 203-371-7707 or ramos3@sacredheart.edu.

EASTER WORD SEARCH

APRIL
BASKET
BEANS
BUNNY
CANDY
CHICKS
CHOCOLATE
CHURCH
DUCK
EASTER
EGGS
FLOWERS
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JESUS
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Features | 7
“Sex and the City” Star Runs for New York Governor

BY STEPHANIE DOHENY

Actress Cynthia Nixon, popularly known for her role as Miranda Hobbes on HBO’s “Sex and the City,” announced that she is running for New York governor.

“注视ing in an actor or actress running for a political position, whether it’s specifically governor or president of the United States, we certainly have a history of that happening,” said Dr. Lori Bindig, head-strong Harvard law graduate, who was very different from the other female characters, but kept the main character, Carrie, grounded. “I think in today’s environment, people want to be a Miranda,” said Dr. Bindig. “I think that there is something about women who can achieve and have a degree of success and make it and deal with the challenges. I think it would be very meaningful and resonate with a lot of people.”

Many news outlets said that by Nixon playing Miranda, a head-strong Harvard law graduate, who was very anti-men and anti-relationship, she was very different from other female characters, but kept the main character, Carrie, grounded. “I think in today’s environment, people want to be a Miranda,” said Dr. Bindig. “I think that there is something about women who can achieve and have a degree of success and make it and deal with the challenges. I think it would be very meaningful and resonate with a lot of people.”

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“Sex and the City” Star Runs for New York Governor

BY CLAIRE CONLAN

Staff Reporter

“You get to exhale now, Simon. You get to be more than you have been in a very long time. You deserve everything you want,” said Jennifer Garner as Emily in “Love, Simon.”

On Friday, March 16, “Love, Simon” hit not only the theaters, but everyone’s hearts.

Directed by Greg Berlanti, who also directs CW’s television series, “Riverdale,” “Love, Simon” is a hilarious, shocking, heartwarming, coming out love story. The screenplay is written by Isaac Aptaker and Elizabeth Berger, who are also writers for NBC’s television series, “This Is Us.”


The film stars Nick Robinson, Garners, Josh Duhamel and Katherine Langford. Simon Spier, played by Robinson, is a 17-year-old boy who lives a pretty perfect life. However, he has one huge secret that he is keeping in... he is gay.

Simon has a core group of friends who do normal high school things: they go to school, parties, and use social media a little too much than they should.

On their school’s blog page there was an anonymous boy who announced that he is gay. Simon felt this automatic connection to this character, Blue, because he would be able to relate to how he is feeling. Simon creates this relationship over email with Blue and they take on the adventures of coming out to the world together.

“This is a feel good movie. It leaves your jaw dropping, laughing until your stomach hurts, and crying with many emotions,” said junior Katherine Li. “I think that’s why I liked this movie so much because it did not seem unrealistic.”

I cannot wait to see more films that will be developed just like “Love, Simon.” If you think everyone deserves their ultimate love story and love a good comedy, then this film is for you.
Kappa Delta’s ShamROCK the Runway
In Honor of Caitlin Nelson

BY JULIA LEONARD
Staff Reporter

On Sunday, March 25 in the Edgerton Center for the Performing Arts, Kappa Delta presented their annual philanthropy event, ShamROCK the Runway. The event raises money for the sorority's philanthropy, Child Abuse America, and the Saint Joseph Parenting Center (SJPC). Kappa Delta raised over $29,000 dollars for these organizations on the night of the event.

"Caitlin’s ShamROCK the Runway is something I hold close to my heart," said senior Mary Guardino. "I am not only honoring our sister Caitlin Nelson and the amazing work she did, but also supporting Prevent Child Abuse America (PCAA). PCAA is an organization dedicated to teaching parents how to properly treat their children to give them the best lives possible."

For many members of Kappa Delta, they feel that they have an amazing bond and such a strong connection to the event, their philanthropy, and thememory of their angels, Nelson and Kaitlyn Doorhy. "ShamROCK is even more special because everyone is working together more than ever to put on a great show, not only for everyone who comes to watch our philanthropy, and reiterate more than ever to put on a great show, not only for everyone who comes to watch the event receives means so much to the members of Kappa Delta.

"It’s amazing to me how much love and support we have received to raise over $29,000 in just a few weeks," said Guardino. "Working with children has always been my dream and by being a part of Kappa Delta sorority, I’ve learned so much about PCAA. I know I chose the right path."

Many different members from the Sacred Heart community walked in the show. Local clothing businesses lent outfits for the student “models” to wear and showcase. Outfits that were showcased included casual wear, swimwear and evening wear.

The show also included a variety of performances. Members of Iota Phi Theta danced, Omega Pi Kappa members performed a step routine, junior Henry Solomon and freshman Charlie Fusari from Kappa Sigma performed John Legend’s “Love Me Now,” and members of Kappa Delta sang songs like Elvis Presley’s “Can’t Help Falling in Love,” and Marvin Gaye and Tammi Terrell’s “ Ain’t No Mountain High Enough” and Sigala and Ella Eyre’s “Came Here for Love.”

In addition to the fashion showcase and live performances, Kappa Sigma member Joe Nobile was crowned Mr. Shamrock. "ShamROCK has always meant so much to me and the rest of my sorority because it embodies everything we stand for. We work with children in the news and the rest of my sorority in a fun way," said Colasuonno.

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**Sports**

**Rowing Team Set to Host two Spring Regattas**

**BY JOHN KAYWOOD**  
Staff Reporter

The Sacred Heart University's women's rowing team is winding down its calendar season, finishing off with two home regattas for this spring semester.

Seniors Anna Sufczynski, Jennifer Hagedom, and Sara Totura are leading the Pioneers into this home stretch while reflecting on their careers and the accomplishments they’ve had during their time at Sacred Heart.

"With each incoming class we grow stronger, each girl brings something new to the team," said Totura. "Our coaches really push us to work harder every day and try to get us to meet each goal whether it's a small or big, which helps keep us focus."

Hagedom, who transferred from the University of Toledo, had a much different path to Sacred Heart than most of her teammates.

Growing up in Ohio, where rowing was not a priority, she had to overcome many obstacles.

"My high school coach told me that if I were to row collegiately it would only be club and maybe I'd have a shot on a Division III team. He just thought I didn't have it in me," said Hagedom. "At my first 2K test here I beat my personal record and from there Coach Mantescu has had me working my hardest everyday."

Anna Sufczynski, who's been on the team for four years can attest to the progress that has been seen in both the girls rowing abilities, and coaching style as well.

"Thinking back to our freshman year workouts, the intensity and length of them definitely far passed what we could've done," said Sufczynski. "Some of our warm-ups now are the same lengths as some of the workouts when I first joined the team."

Nicoleta Mantescu, who's entering her sixth season as the women's rowing team coach, has relied on the veteran leadership from Sufczynski, Totura and Hagedom and the valued asset of experience they bring to the table.

"They have grown so much over the past four years that now they can be the role models," said Mantescu. "Younger girls are seeing their work ethic and motivation. They are the first girls in and the last girls out, that has been vital." The team is looking forward to their last four regattas prior to the Metro Atlantic Athletic Conference Championships (MAAC). Two of which will be at their home course in Shelton, Conn. at Beacon Point Marina.

Despite being a home race, there is no home field advantage, unlike many other sports.

"With rowing, you really never know what you're going to get when it comes to the water and weather conditions," said Sufczynski. "We know our course better which is helpful, but weather really plays the main role in almost all race."

Rain or shine, Saturday, April 21 will be a special regatta. The SHU Invitational will feature their in-state rival Fairfield University and it is also their senior day.

"Senior Day will probably be pretty sad. I know I'll probably get upset, just because of all the memories and experiences the past four years," said Sufczynski.

"Being a senior and all of us leaving, I feel like we have to get these younger guys ready," said Lotito. "The seniors that are leaving hold important positions on and off the field. With the senior's spot, someone else is going to have to step up and fill those positions."

"It's not all tears though; there is excitement for this spring semester. With the seniors and the new guys coming in, the team is sure that is not the end for Sacred Heart," said Ciocca.

With the spring season quickly approaching, the Pioneers look to get back on track and improve to where they want to be.

The Pioneers will end their season with a three-game series at home against Northeastern University on March 24-25.

The Pioneers finished the first half of their season, which is played from mid-October until mid-November, with a 1-6 record. The team is sure that is not going to define them this spring.

"We struggled a little bit in the fall, but we're a young team. We were scrambling to find a freshman to take a senior's spot," said senior PJ Ciocca.

The Pioneers look to get back on the playing field apply to more than just sports. The work ethic and determination that playing competitive sports instills in athletes goes beyond the field.

"I'm definitely going to use what I learned in that diamond in the classroom and life," said Ciocca.

For the seniors that are left, they are realizing that they just have a few short weeks of baseball left and they are wishing there was more time.

"It's been a passion of mine since I was a kid," said Lotito. "It's a brotherhood I'm going to miss. I can't believe it's coming to an end."

With the Pioneers carrying a roster of 30 athletes, they look to improve each season. With five graduating seniors this year; they look forward to the younger athletes to step up and fill those positions.

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Sports

Equestrian Team Prepares for Final Competitions

BY CHRISTOPHER WALSH
Staff Reporter

The Sacred Heart University women's equestrian team is wrapping up their 2017-2018 season with still many goals in mind. On March 17 the Pioneers sent seven girls to the Western Semifinals at Black Hawk College in Galva, Illinois.

"In the past, kickline performed at competitions. As a club sport we will now be performing at sports events as well as dance competitions," said Lauren Garizio.

Kickline Becomes a Club Sport

BY NICOLE BOTT
Staff Reporter

Kickline encompasses dancing with pom-poms and high kicks that requires synchronization, precision, and teamwork. People usually relate it to the Radio City Rockettes for reference.

These routines are carefully thought out and put on a great show. The kickline team has recently left the dance program and is now a club sport. They bring complex and fresh routines to games and competitions.

"No matter how many people are seeing the routine, I always want it to be great and entertaining for the audience, yet challenging for the team," said senior captain Lauren Garizio. "I am very excited for more students on campus to see what our team does and for us to share what we love to do."

Becoming a club sport has been a transition for the team. "We now have access to the athletic trainers, which can be beneficial since kickline can demanding on the body," said sophomore Hannah Wilson.

Kickline also introduced a new coach in the fall, Samantha Samuel. Samuel is from Long Island and commutes to Sacred Heart to coach the team.

"I have been a kickline coach for 14 years. I started when I was 19 years old as an assistant coach at Garden City High school in New York," said Samuel. "I was the coach of Lauren Garzio's high school team. She was the one coordinating and choreographing for kickline while it was in the dance program."

As a club sport there are many opportunities for kickline to expand their program. They will have more performances in the years to come.

"In the past, kickline performed at competitions. As a club sport we will now be performing at football and basketball halves as well as campus events and local and statewide competitions," said Garizio.

Kickline is a group effort sport because if one person falls out of line then the whole routine can be messed up.

"I joined freshmen year while it was in the dance program and it was the dance I had been assigned to. Since then I have loved it and made great friendships because of it. I like the feeling of being part of a team. Kickline is a team effort, and you grow as a team. If one person doesn’t succeed the whole team doesn’t," said senior Elizabeth Laporta.

With the season coming to a close the team still has a few events that they have their sights set on. Regionals are on March 31 at Connecticut College followed by team competition zones in Massachusetts on April 7. The Intercollegiate Horse Show Nationals will take place May 3-6 at the Pennsylvania Farm Show Complex in Harrisburg, PA.

"Senior Cecelia Mathon is looking forward to the upcoming competitions. "For the rest of the season the team really hopes to qualify for nationals," said Mathon."

The training that the team goes through is not like training for many other sports. Although they have lift three times a week, a lot of their training is to improve muscle memory for when they are riding. Muscle memory helps to ensure the athletes compete at a high standard during the competition.

Senior Kassandra Bayles tries her best outside of scheduled training to stay in shape. "I go to the gym five times a week, so I try to keep my physique up. At lessons I'm zoned in, I try to not think about anything else," said Bayles.

Sacred Heart does not have a facility for the equestrian team forcing them to train off campus, which can make it difficult sometimes to keep up with everything.

"We practice about three times a week on our horses in South Harriot, CT. The drive to our farm is pretty far, but the farm is also the best place to practice at," said Mathon.

The team is a very close knit, even though equestrian is an individual sport they are all competing for the overall success of the team.

Mathon reflected on her four years at Sacred Heart along with her four years on the team. "They were the best four years of my life. This team gave me so much, so many memories," said Mathon.

Conley described the importance of the equestrian team and teammates on her college experience and her time here at Sacred Heart. "This year especially, everyone is super close and I know that I can go to them for anything that I need. I can always call them up and ask them for any favors," said Conley.

Mathon, Bayles, and Conley are all seniors and with graduation quickly approaching, their future occupations and post-graduation plans are on their minds. Mathon a nursing major, Bayles a marketing major, and Conley a business major, all hope to find jobs in those fields post-graduation however, they will not forget those three years here at Sacred Heart.

"I think I would have completely different experience at college if I wasn’t on the team," said Conley.

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March 28, 2018

The Sacred Heart Spectrum

Sports

A four-run second inning and a 15-strikeout performance by Emily Orozco (pictured) gave the Pioneers (15-8) the 4-1 win in game two against UMass Lowell on March 24.