Greek Life Gives: A New Student Organization Making a Difference

BY BRENDAN CAPUANO
Staff Reporter

Do you ever wonder what Einstein Bros. Bagels at Sacred Heart University does at the end of the day with their leftover bagels? They donate them to a local homeless shelter, thanks to the efforts of two students and their organization.

Greek Life Gives (GLG) is a newly founded, student-run organization that takes the food that can no longer be sold at Sacred Heart and donates it to the Prospect House, a local homeless shelter.

"We want to get everyone involved, it's not just Greek life," said Senior and Co-Founder of the organization, Brandon Gilliam. "Anyone can get involved."

Gilliam and the other co-founder of the organization, David Dechent-Robertin, are both business majors and members of the Omega Phi Kappa fraternity.

"We were sitting in front of Einstein Bros. Bagels and they were giving away free bagels, and we thought, 'oh sweet, free food,'" said Dechent-Robertin. "We then asked the employee what they did with the food every night, and they told us they throw it out."

After hearing about a French Food Waste Law passed in early 2016, Gilliam and Dechent-Robertin were inspired to take action and give back to the community.

The French law prohibits supermarkets from disposing unsold food and forces them to donate it to charities and food banks instead, according to USA Today.

Currently, GLG is partnered primarily with Einstein Bros. Bagels in the Frank and Marias Martine Business & Communications Center. Every day during the week, not including Sunday’s, GLG members pick up the bagels and deliver them to the Prospect House.

"A lot of people make reference to the words on the side of the chapel, but here's an actual fulfillment of that," said Larry Carroll, the Executive Director of Pastoral Services.

"When I was hungry you gave me food; those folks are hungry. Our students are giving them food."

The organization is currently in the process of becoming an official student organization and are looking to expand their mission to other bakeries in the area. Gilliam and Dechent-Robertin also want to take the model for the work they are doing and bring it to other schools.

The co-founders have also taken steps towards growing the mission of their organization beyond the hunger realm.

In addition to their food donations six days a week, they have participated in mental health illness awareness week, the Hearts Project and have donated money to the National Alliance of Mental Illness.

"Anyone who wants to help out is definitely welcome," said Gilliam. "However involved you want to get, we are always welcome to get more people involved."

If you, your student organization or team wants to get involved with Greek Life Gives, contact Gillian gillianb@mail.sacredheart.edu and Dechent-Robertin at dechent-robertind@mail.sacredheart.edu.

Bridgeport, which according to CT.gov, "provides comprehensive case management services to meet the varied and complex needs of individuals who are homeless."

The United States wastes about 133 billion pounds of food each year, which is equivalent to over $161 billion, according to the Huffington Post.

GLG also works alongside Campus Ministry to assure transportation on days when volunteers do not have their own way of getting to the Prospect House.

"A lot of people make reference to the words on the side of the chapel, but here's an actual fulfillment of that," said Larry Carroll, the Executive Director of Pastoral Services. "When I was hungry you gave me food; those folks are hungry. Our students are giving them food."
Sacred Heart Debuts Parent Council

BY ROBERTO ROJAS
Staff Reporter

Sacred Heart University recently appointed Ralph and Margaret Mucerino, two new chairs, who will work to unify current students and families with the university through the Parent Council.

Kierran Broatch, Director of Development for Parents and Families, announced the acceptance of their positions in an article written for the Sacred Heart Magazine.

The Parent Council meets twice during the academic year to discuss plans for events, such as the summer send-off and welcome calls that aim to prepare prospective students for college.

"We're up to 28 families now on the Parent Council from all around the country. I think that's great because we're able to have council members welcome and connect with new families from various regions," said Broatch. "We're definitely looking to keep growing the council so we can engage more and more families whose kids are going to SHU."

The council also aims to get more involved with events and meetings that will attempt to enhance the students' experiences.

"We plan to increase the visibility of the Parent Council relative to supporting the recruiting and retention of students," said the Mucerinos. "We want to identify important issues that impact the quality of life of our students and work with the university in resolving any specific issue."

Broatch previously worked the same position at Quinnipiac University in Hamden, Conn. until September 2015. He came to Sacred Heart with one goal in mind.

"I was brought here with a focus to get more parents involved with the university," said Broatch. "Our members attend meetings and events on campus, host receptions, make welcoming phone calls to new families, and support SHU philanthropically."

Some students think this council is a positive addition to the university due to the involvement that parents have already with the school.

"I think it's a good thing because many schools already successfully do it," said sophomore Ryan Roberts. "I feel like it's a way to help the community and I think they're going to love it."

Connections between the Parent Council and current students can further guide prospective students through the college admission process, while assuring them that they are not alone during their first few months away from home.

"I still think the main focus should be with current students of the university because it is with them that prospective students can relate to the most," said sophomore Trevor O'Brien.

The Council also plans to host career development events to connect current students and alumni with job opportunities after graduation.

"We're really excited to connect with more SHU families as it continues to grow," said Broatch. "We think the Parent Council can have an impact at SHU by helping to enhance the overall student and family experience."

For more information or to join the Parent Council, contact Broatch at (203) 396-8272 or broatch@shu.edu.

Breast Cancer Presentation Aimed to Spread Awareness

BY JOHN CERRETANI
Staff Reporter

On Thursday, Feb. 23, Dr. Camelia Lawrence, a breast surgeon at St. Vincent's Hospital and an advocate for women's health, will be speaking at Sacred Heart University to spread information on breast cancer awareness and explain the importance of early breast cancer screenings.

Sacred Heart released a statement on the event, titled "Breast Cancer Awareness in the 21st Century," highlighting Dr. Lawrence as the key speaker.

"A fellowship trained breast surgeon and a staunch advocate of women's health. Her passion and expertise are an invaluable resource to women in the community," said Sacred Heart in the statement.

Sacred Heart's College of Nursing and the SHU Faith Community Nurse Program is sponsoring the event in order to spread awareness and encourage early screenings for students.

"Breast cancer is the second leading cause of death in women, and every woman has approximately a 1 in 37 or 2.7% chance of getting breast cancer," said Dr. Sue Goncalves, an assistant professor in the Sacred Heart School of Nursing.

"Since 2007, the breast cancer rates have decreased in older women, whereas they have increased in younger women."

According to breastcancer.org, breast cancer rates have significantly decreased in the past 15 years, especially in women under 50 years of age. However, about one in eight women will be diagnosed with breast cancer this year.

The website reported that in 2016, 30% of all cancers diagnosed in women were some form of breast cancer.

"Breast cancer does not discriminate," said Goncalves. "It affects females, as well as males, of all ages. Health promotion and education regarding early detection and diagnosis of breast cancer has never been a more relevant topic."

The United States began seeing a decrease in breast cancer diagnoses and according to breastcancer.org, the studies that this could be directly related to a decrease in hormone replacement therapy and an increase in screenings.

"Breast cancer has a high survival rate after five years, however breast cancer tends to come back later in life," said graduate student Mike Lembo, a student in the School of Health Sciences. "Patients have been known to go back into remission in a 20-year period. Therefore, frequent checkups are needed to avoid future complications."

The event will take place at 2 p.m. in the Cambridge Commons.

Yale University Changes Name of Controversial College

BY NICOLE CROTEAU
Staff Reporter

On Feb. 11, Yale University announced that they will be renaming one of their residential colleges from Calhoun College to Grace Murray Hopper College.

Yale students and members of the community expressed their unrest for the original name due to former Vice President John C. Calhoun's reputation for being a white supremacist and a supporter of slavery.

After many years of discussing the renaming of the college, the university decided that it was best to not have any negativity associated with the school.

Yale trustees said the Ivy League university is renaming Calhoun College after computer scientist Grace Murray Hopper, a mathematician who earned Yale degrees in the 1930s, invented a pioneering computer programming language and became a Navy rear admiral.

Some students appreciate Yale's choice to rename the college, due to the suspected negative connotation that preceded the original name.

"I believe that the name change of Calhoun College is very appropriate, as Yale University realigns its mission and values with the student body, faculty and institution," said junior Leah Ferriby. "I believe that this culturally and racially diverse population that makes up Yale should honor a more progressive leader such as Grace Murray Hopper who displayed a legacy to her country."

The university's president, Peter Salovey, made the decision to rename the university along with the board of trustees known as the Yale Corporation in August of 2016.

The decision to change a college's name is a very big decision that can reflect good or poorly on the university," said junior Mary Ganside. "The article explains that Cal­ houn's legacy as a white supremacist no longer aligns with the university and student body's identities as leaders that support and encourage service, innovation and fearlessness," said Ferriby.

The Associated Press contributed to this article.
POET'S CORNER

"Let It Go"
by freshman Paula Roldan

Swim with a naked soul and let the wind waves blow what no longer serves. The fears, the doubts. The thoughts in your mind telling you that you can’t, that you are not enough. Let the ocean waves vanish what weight you down, what doesn’t let you to move on.

Swim naked and let the sea salt heal your wounds, what hurts. Let it reach the darkest corners of your heart, where you don’t even know that the pain has been kept inside. Let it stich the grief.

Feel the sand beneath your feet. Remember the path you have walked, what have brought you here. The decisions you’ve ever made, the lessons learned. Let them go.

Feel your feet in the sand and come back to here. Live the now, this precise breath. Remember that the greatest purpose in your life is to live.
Snow Storms, Salt and Campus Operations

BY MEAGAN BONNER
Staff Reporter

Under Armour's CEO, Kevin Plank, spoke about President Donald Trump's pro-business plan on CNBC. He called Trump an "asset to the country," according to USA Today.

Backlash and boycotting soon followed after.

There was pushback from athletes and movie stars including professional ballet dancer, Misty Copeland, Stephen Curry, a National Basketball Association championship player and movie star Dwayne "The Rock" Johnson. The three are all partnered with Under Armour.

There have been past boycotts with companies and their political views.

The fast food restaurant chain Chick-Fil-A ran into this problem in 2012. Chick-Fil-A's COO at the time, now CEO Dan Cathy, made public comments about how he opposed same-sex marriage according to Huffington Post.

"Chick-Fil-A came out saying that they were anti-gay a few years ago. I'm for gay marriage. Chick-Fil-A tastes good; I'm still going to eat it," said sophomore Jacob Hen-...
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I Don’t Scream for Ice Cream ... I mean Frozen Yogurt

CHRISTIAN COLON
CO-COPY EDITOR

As a sophomore in high school I decided that it was time to get a job. I was still in that stage of my life where my parents had to drop me off everywhere I went. They supplied everything I needed, from food to school supplies, but when I was spoiled, but you know I was trying to say, I was completely dependent on my parents. I felt that it was time for me to start making my own money. I went to school in New Haven, Conn. My high school was in the downtown area so I was next to a lot of businesses and banks. One day after school my friend and I were walking through the city. We saw a sign that said “Now Hiring, Coming Soon.” We stopped, looked at each other and quickly Googled the name of the place.

The place was called Go Greenly. It was a frozen yogurt shop that only used eco-friendly products. In just a few weeks my friend and I went through the application process and on opening day we were working behind the counter saying, “Would you like a free sample?”

It was a typical frozen yogurt shop. I eat strawberries, mango and even made smoothies. It was actually pretty cool. I welcomed customers and like I was also in charge of holding the sample cups. For your information, frozen yogurt bosses get really, really upset if they see customers serving themselves a sample cup. After working a busy summer and welcoming hundreds of Yalies, aka Yale University students, my time at Go Greenly was coming to an end.

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Freak Me Out

JORDAN NORKUS
ARTS & ENTERTAINMENT EDITOR

I had an awesome time working with one of my closest friends. It was our first jobs and we were together. Teenage dreams came true.

So one day I decided to call out. After wanting to go with my family to New York, I decided to call out for my early Saturday shift and instead head to the city for a family trip. Like a responsible employee I contacted my manager and told him I wasn’t able to work on Saturday. Three hours later, it was over.

The message read something a long the lines of, “Don’t come back.” I have no idea what the message actually read, but the reason he gave for not wanting me to come back was because I called out 23 hours in advance, not 24.

I remember that when I read the message to my mom, she flipped out. She quickly called the place and started yelling at the manager. Typical overprotective mom, am I right?

I believe that this is my first time confessing, in writing, about getting fired from Go Greenly, the frozen yogurt shop. Overall, it was a lesson well learned.

Luckily, the same staff wasn’t there when I visited the place a few years after that. That encounter would have been awkward.

Yet, even after all that, they still have the best frozen yogurt in the area.

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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 5pm on Monday 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@yale.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voicing in this forum.
Tell Us Your Story: Francesca Schenker

BY FALCON BEVINO
Staff Reporter

Francesca Schenker, Inspiring Students to Pursue Their Passions in a Different Country

Assistant Director Of Global Affairs, Francesca Schenker turned her passion for traveling and learning about the world into a career in helping students do the same.

"I love not only the travel opportunities, but when students come back and can finally understand what I experienced, they come back and they're more passionate and independent," said Schenker.

Schenker has been a member of the Sacred Heart University community for six years. She serves as an advisor to students who are looking to study abroad ensuring each student finds the perfect fit when it comes to where and when they want to go.

In addition to advising students, Schenker also does a lot of the behind-the-scenes work by assisting as a liaison between students and all of the study abroad programs.

Personal experience drove Schenker to where she is now. Her first experience studying abroad took place in Alcalá de Henares, Spain.

"I took courses in the Spanish language, culture, conversation, art, history, and cinema. We took all of our classes in the Spanish, which was challenging, yet rewarding," said Schenker.

In addition to spending much of her time in Spain, she was able to go on excursions and travel to neighboring countries when she had free time.

After graduation, Schenker decided to go abroad again, but this time she worked as an ESL (English as a Second Language) teacher.

"I spent 10 to 11 months in Seville, Spain. It was very challenging going there on my own, in a new city, having to find my own housing, get into a routine, all while having a job," said Schenker.

Schenker expanded on the hardships that she faced on this trip that turned into lasting life-lessons.

"It was a very hard experience, I lived an hour away from my job, and had to take two buses every day to get to there," said Schenker. "But it gave me the opportunity to be independent, travel around Spain, and improve my language skills."

For this very reason, Schenker is very passionate about studying abroad and the benefits it provides students.

"Studying abroad allows students to meet people from across the globe; from different walks of life, cultures, and backgrounds," said Schenker. "It gives students the chance to really expand their world view."

Having been to 19 countries, Schenker shared her favorite trip and her wishes for future endeavors.

"I recently traveled to Buenos Aires, Argentina. I loved everything about it; the weather, the people, the food, and the dancing, especially the Tango," said Schenker. "If there was one place I'd really like to go, it would be somewhere in Asia, like Thailand, or somewhere in Australia."

Being abroad and how it shaped her personally and professionally.

"Studying abroad allows students to find themselves and become more independent individuals," said Schenker. "It allows students to break out of their SHU-bubble. It's all about stepping outside of your comfort zones."

Delta Tau Delta Breaking The Silence

BY PETER CIOCCA
Staff Reporter

The Iota chapter of the Delta Tau Delta fraternity at Sacred Heart University hosted their fourth annual White Ribbon Campaign on Feb. 17 in the University Commons.

The campaign is an international movement to end domestic abuse against women and have men take a pledge that they will never commit a violent act against a woman.

Many students from multiple organizations, sports teams and other Greek Life organizations showed their support for the campaign.

"We are always excited for this event, it’s always one of the highlights of our year. It’s great to see such a diverse representation of the Sacred Heart University and the local community here to support this great cause," said junior Ryan Cannata, president of Delta Tau Delta.

The brothers of Delta Tau Delta intend to spread the word and begin the conversation within college campuses.

"We feel that as men here at Sacred Heart we need to create a safe and welcoming environment that denounces any kind of violence," said freshman Steven Schilder.

The event included guest speakers such as Fairfield Police Chief, Gary MacNamara and First Selectman Michael Tetreau.

Others included survivors of sexual assault who were invited to share their story.

"The victims and now survivors as they identified, showed tremendous amounts of courage going out and speaking out. The speakers explained the significance of speaking out and spreading the word," said sophomore Nasir Rashad.

The brothers of Delta Tau Delta use the White Ribbon Campaign as a platform to speak out against the issue of domestic violence in our country.

"I can already start to see the lasting and positive effects our fraternity and the white ribbon campaign has had on the school and its surrounding communities," said Schilder.

The brothers of Delta Tau Delta continuously stress the importance of the event and claim that holding this event brings them all closer as brothers. They share a specific passion that goes beyond just being in a fraternity.

"This event allows everyone to put their personal issues aside for a cause greater than themselves and work together for a collective achievement of ending domestic violence," said junior Mike Loria.

During the event Tetreau honored the chapter by presenting them with a proclamation from the town of Fairfield. According to the document, it was hereby proclaimed that February 17, 2017 was, "The White Ribbon Campaign Of Delta Tau Delta Fraternity Of Sacred Heart University Day."
Club Spotlight: Ivory Ella

BY DANTE CABRAL
Staff Reporter

MEMBERS OF THE IVORY ELLA CLUB SHOW THEIR DEDICATION TO SAVE ELEPHANTS

Five entrepreneurs with the purpose of raising money to save elephants around the world created Ivory Ella in April 2015. It is affiliated with Save the Elephants, an organization that donates a portion of their proceeds to the wildlife preservation of elephants. The company donates 10% of their net profits to Save the Elephants and other charitable organizations that promote saving the wildlife.

Senior Bianca Timpano brought the club to Sacred Heart University. She has been an ambassador for the company since the spring of 2016 and has been working for them since 2015.

"I first found out about Ivory Ella by seeing their ads on Facebook, which you never know if they are real or not so I was unsure about it at first. My neighbor’s nephew is a wildlife scientist and said they spread the word a lot because nobody really reads a flyer, even though we make a really nice flyer and put it out there. Even the emails that go out sometimes go to spam or clutter. But with social media, everyone’s on it and they actually look at things," said Timpano. "You just put it out, people spread the word, and every time we do a giveaway I’m like ‘Make sure to tell your friends to follow! I have over 100 people following on each of my accounts right now so it just keeps growing and growing and more people spread the word.’"

By Tess Kielbasaspectrum

TESSA KIELBASA/SPECTRUM

Kissing Away Cancer

Zeta Tau Alpha Supports Fight Against Breast Cancer

BY TESSA KIELBASA
Staff Reporter

ZETA TAU ALPHA “KISSES AWAY CANCER” AT THEIR EVENT RAISING AWARENESS FOR BREAST CANCER

Sacred Heart University’s sorority, Zeta Tau Alpha, promoted their philanthropy, breast cancer awareness and education, on Feb. 14 and 15 through their event, Kiss Away Cancer.

The event drew students to their tables outside of Outtakes in hopes of raising money for breast cancer.

"This is a cause that hits home for many people," said junior Brianna Sullivan, Zeta Tau Alpha’s president.

After working for the company for a while, Timpano thought it would be a good idea to bring Ivory Ella to Sacred Heart.

“I wanted to start it here because I’m graduating in the fall so I want it to continue on because it is for a good cause. But with the club, we are going to raise money for the organizations that Ivory Ella also supports, as well as help out other clubs on campus by donating shirts for their fundraisers,” said Timpano.

The company first started out their fundraising by only making shirts for people to buy. They have now expanded, adding a variety of other products such as pasties, sweatshirts, hats, jewelry, phone cases, etc. They started out in East Lyme, Conn. and have now expanded to Westerly, RI.

"Seeing it expand so fast has been incredible. To be there from almost the start has been incredible. We went from being over 2,000 orders behind weekly and never having enough shirts, unsure of if we were ever going to catch up with orders, to print and ship being completely caught up to the point orders are basically shipped the day they are received," said Timpano.

The club is very active on social media. They have accounts on Instagram, Twitter, Facebook and Snapchat. Their posts consist of updates, when the club will be meeting, and where the club will be meeting.

They also specialize in giveaways on all of their social media accounts.

“The giveaways are a fun way for people to get our name heard. And by doing the giveaway, we are advertising ourselves by the shirts being worn,” said sophomore club member Lina Pagano.

To be eligible to win, all you have to do is just direct message the account that is having the giveaway, and the winner is picked through random name generator apps that Timpano uses. She picks the first two names that are generated through the applications that she uses.

“When I won, I ended up looking the company up just to see what exactly it was and it was very informative. By having the giveaways, it peaked my interest into the company and people feel as though it is a more interactive way of getting the company to engage with their consumers,” said sophomore Erica Heins.

Timpano doesn’t only use social media for giveaways, but she uses it to promote the club as well.

“It spreads the word a lot because nobody really reads a flyer, even though we make a really nice flyer and put it out there. Even the emails that go out sometimes go to spam or clutter. But with social media, everyone’s on it and they actually look at things,” said Timpano. “You just put it out, people spread the word, and every time we do a giveaway I’m like ‘Make sure to tell your friends to follow! I have over 100 people following on each of my accounts right now so it just keeps growing and growing and more people spread the word.’”
You get the benefits of being associated with a huge brand, Roberto Aguirre-Sacasa, in an interview with USA Today.

"Riverdale:" The CW's Latest Series

On Jan. 26, The CW premiered its new show, "Riverdale." The American drama series is based on Archie Comics and includes the same characters from the comic book series.

The storyline is inspiring because it tells the story of the average American worker going through different professions. The cast members all demonstrated the feelings of average workers and each role shone in its own way.

The audience really enjoyed the musical number, "It's an Art," performed by freshman Hannah Jones. She dominated her role as she did not miss a step and her singing was phenomenal.

There were a handful of numbers performed throughout and each one brought the show to life.

"The shows were wonderfully sung and the music never lost a beat," said senior Thomas Spierito.

The technical aspects of the show were well done. The lighting was creative and the sound effects were able to capture how the show is originally set in 1977. However, the set was plain and not very exciting, but the use of the many different props and costumes made that unnoticeable.

Cues were called by senior and Production Stage Manager Alexandra Korits and it all went smoothly. Without the excellent technical crew, the show would not have been as touching and inspiring.

"I didn't expect the show to touch me the way it did and I absolutely think that everyone should go see this show because the cast and crew have worked very hard on making this show come to life," said Manetta.

I was certainly inspired by this show. The cast and crew have worked hard and were in-sync on opening night. I highly recommend seeing it.

There is one weekend left to see "Working."

Additional performances will be held Thursday, Feb. 23 through Sunday, Feb. 26. Thursday, Friday and Saturday showings begin at 8 p.m. and the Sunday matinee is at 3 p.m.

Tickets are $5 for Sacred Heart students, $10 for general students, $15 for senior citizens and Sacred Heart faculty, staff and alumni, and $22 for the general public.

"Riverdale" airs Thursdays at 9 p.m. on The CW.
New Art Exhibit Celebrates the Life of Stefan Novotny

The exhibit showcased the immense passion and potential that Novotny expressed through his artwork before he passed away from an accidental drug overdose in 2015. "The sense of misplacement in many of the pieces makes you feel sorry for what Novotny went through in his life," said sophomore Caroline Barry. Art & Design Chair and Assistant Professor Mary Treschitta is responsible for the creation of the exhibit. Treschitta knew Novotny from a young age and was able to see how his artistic abilities and potential grew over time. "A waste, just a waste of great talent and a great personality that will be greatly missed," said Treschitta.

Novotny depicted exactly how he felt through his work. Favoring the abstract expressionist art style, he explored deep emotions of happiness, depression, sadness and addiction.

"Stefan's art style comes from the inner caverns of his mind, no question," said Treschitta.

"Looking at his pieces, it doesn’t feel like he is trying to make art like other artists. He is just being honest," said freshman Cassidy Walsh. "A tortured artist, it breaks my heart."

Other students felt the same about how Novotny’s pieces were raw in expression and came to their own conclusions about the abstract works of art. "The audition helps us get to know our future students better and helps us guide them towards the program that best suits their background and interests," said Kari Williams, Director of Dance Programs. "We are thrilled to be hosting so many talented new recruits on Performing Arts Day," said Williams. "We hope to meet students that share our passion and energy. Students that are ready to help launch our programs into the future and become active integral members of our SHU dance family."

The exhibit hoped to teach students about the dangers of drug abuse; but at the center was how greatly Stefan Novotny and his sense of expression will be missed by the community.

"A waste, just a waste of great talent and a great personality that will be greatly missed," said Treschitta. "We just miss him."

Performing Arts Department Welcomes Prospective Students

"The audition helps us to get to know our future students better and helps us guide them towards the program that best suits their background and interests," said Kari Williams, Director of Dance Programs. The dance programs are looking forward to adding new members. 

"We are thrilled to be hosting so many talented new recruits on Performing Arts Day," said Williams. "We hope to meet students that share our passion and energy. Students that are ready to help launch our programs into the future and become active integral members of our SHU dance family."

The Theatre Arts Program will be performing musical numbers from their productions of "Working" and "Jesus Christ Superstar."

Theatre programs will be hosted by prospective students interested in dance can attend a dance audition class before the event begins. "The audition helps us get to know our future students better and helps us guide them towards the program that best suits their background and interests," said Kari Williams, Director of Dance Programs.

"We are thrilled to be hosting so many talented new recruits on Performing Arts Day," said Williams. "We hope to meet students that share our passion and energy. Students that are ready to help launch our programs into the future and become active integral members of our SHU dance family."

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"The audition helps us get to know our future students better and helps us guide them towards the program that best suits their background and interests," said Kari Williams, Director of Dance Programs.
On Feb. 19, the Sacred Heart University equestrian team finished their regular season for Western competition. They finished as Zone 1, Region 5 champions for the third year in a row. The Hunt Seat team will be competing in their last regular season show on Feb. 25 currently leading the region by 30 points. They are hopeful in clinching the regional title as well.

Coach Tiffany Hajdasz attributes this seasons success to hard working student athletes. “Every season is different as the student-athletes are different, which makes the team dynamics different,” said Hajdasz. “Our current team members are the most cohesive we have had in many years. They are willing to put the goals of the team first, before their personal goals. They hold each other accountable and raise the standard of expectation from within.”

Senior Abigail Williams finished as High Point rider in Western competition during their double header Feb. 18 at Mount Holyoke College, as well as during their Feb. 19 show at the University of Connecticut. Williams earned first in Open Horsemanship and second in Open Reining. “Winning High Point rider was very exciting and motivated myself and others on the team to keep up our momentum,” said Williams.

Hunt Seat rider, junior Melissa Dander, earned High Point rider Feb. 5 at Trinity College. "We are hopeful in clinching the regional title as well.

The team finds ways to inspire and motivate each other to be good teammates with the help of their coaching staff. "Our coaching staff is dedicated to the personal and athletic growth of our student-athletes. We’ve been in their shoes and we feel we are lucky to be on the journey with them,” said Hajdasz.

Williams and Dander have similar individual goals for the rest of the season. They would like to keep their leads for their respective squad in Zone 1, Region 5 in the Intercollegiate Horse Shows Association (IHSA) for the Cacchione Cup. That title is given to one rider per region with the most points competing in the open division and then goes to Nationals.

Williams achieved that goal and has earned an automatic bye to Nationals in Lexington, Ky. this May. The Pioneers will be competing in Western Semi-Finals in Raleigh, N.C. this March.
Sports

Women's Lacrosse Expecting Strong Season
Pioneers Hope to Build Off Last Year's Success

BY NICHOLAS TROIANO
Staff Reporter

The Sacred Heart University women's lacrosse team has high expectations for the 2016-17 season.

"Our goal is to win the NEC tournament and get back to our winning ways, ultimately clinching a berth into the NCAA tournament," said head coach Laura Cook.

The team has high hopes for the upcoming season, with senior Alyssa Pearce stating, "I feel like we should be ranked higher. I think we are being slept on and we need to feed off being an underdog. We are better than people think," said Pearce.

The Pioneers are ranked fourth in the Northeast Conference (NEC) preseason poll, which the women's golf team was selected as Golfweek's pick to win it all this spring.

"I'm just excited. I know everyone's put in a lot of hard work, we know the potential we have and we know that the conference championship is up for ours to take and that's exciting," said Nighbor.

Sacred Heart has worked on sustaining their defense during the off-season. "I think the schedule is going to be stronger in the spring. That shouldn't affect our standings," said McGreevy.

Sacred Heart will look to capture the NEC championship away from defending champs, Fairleigh Dickinson University.

"We went through a rough patch a couple of years ago, but I think bringing Ellen and her class in and then building from there, we've been building toward this for a team from a year ago. "We have great leadership and great work ethic that is led by our nine seniors. We know how it feels to make it far into the playoffs and come up short, this will only make us better," said Cook.

Sacred Heart has worked on sustaining their defense during the off-season. "We trust each other out there, especially on the defense side. I know everyone on the team has my back and I have theirs," said senior Alyssa Pearce. This trust and cohesiveness, according to Pearce, is what is going to make the team successful this season.

One of the biggest things the team looks to improve on from last year is building on the weaknesses of the team. "We needed to learn how to win tough games and deal with adversity, we were a young and inexperienced team last season, but losing in the semifinals got us the experience for this season," said Cook.

With the team being fourth in preseason ranking, the Pioneers are fighting to not be over looked. "I feel like we should be ranked higher. I think we are being slept on and we need to feed off being an underdog. We are better than people think," said Pearce.

Women's Golf Gets National Pre-Season Recognition

BY MARK MORALES
Staff Reporter

On Jan. 27, the Sacred Heart University women's golf team was mentioned in Golfweek magazine in their North East Conference (NEC) preview.

Golfweek talked about senior Ellen Nighbor and sophomore Chelsea Sedlar as the duo that can bring a championship back to Sacred Heart.

The Pioneers were ultimately chosen as Golfweek's pick to win if this year.

The women's golf team had a great fall season and finished with a first place victory at the SHU Fall Classic at Great River Golf Club. "We did have a great fall, Ellen won twice as an individual. We won our home event and we didn't finish worse than fifth in any of the events that we competed in," said head coach Matthew McGreevy.

After the fall season, the team is looking for more success long term. "If we come out and play the way we could play, I think we can continue that strong play and I think we can further elevate the program to where we would like it to be as one of the top programs in the Northeast," said McGreevy.

Hard work is something McGreevy preaches. "I think it's nice to see that all the hard work that the kids put in is being recognized and hopefully we can carry it through the end this spring." Hard work is something McGreevy preaches. "I think the schedule is going to be stronger in the spring. That shouldn't affect our standings," said McGreevy.

Looking forward to this upcoming season, the women's golf team will have their challenges. "I'm just excited. I know everyone's put in a lot of hard work, we know the potential we have and we know that the conference championship is up for ours to take and that's exciting," said Nighbor.

The team opens up their spring season on March 6 and will look to capture the NEC championship away from defending champs, Fairleigh Dickinson University.
SACRED HEART ATHLETICS

SENIOR CAITLIN DELANEY RUNS DOWN THE FIELD IN THE HOPE OF SCORING ANOTHER GOAL FOR THE PIONEERS.