

FEATURED NEWS



JACQUELINE O'ROURKE SPECTRUM

LET'S GET PHYSICAL

AMBER ALLEN, FITNESS CLASS TEACHER SHEDS LIGHT ON HER CLASSES



NETFLIX WEBSITE

SANTA'S COMING TO TOWN

KURT RUSSEL STARS AS SANTA IN "THE CHRISTMAS CHRONICLES" ON NETFLIX.

UPCOMING EVENTS

12-6 English Club Open Mic Night, The Peak Creamery, 8 p.m.

12-11 Finals Week Begins

12-15 Winter Break Starts



DROP OFF YOUR TOYS IN ...

The Office of Mission and Catholic Identity in the HC

The Chapel of the Holy Spirit

Martire Second Floor Communications Wing

SHU Just the Facts Campaign

BY GUS PFISTERER
Staff Reporter

On Dec. 5, Sacred Heart University will be hosting the SHU Just the Facts Campaign in the UC auditorium at 2 p.m. to promote opioid addiction awareness to students, staff, faculty, and the community.

Last fall, Sacred Heart received a \$10,000 grant from the Connecticut Health Campus Initiative (CHCI) to work towards educating, raising awareness, and promoting opioid prevention on campus.

"This is clearly an epidemic and although we don't see it every day here at school, we don't know what is going on in the lives of others, and it's important to get the word out," said sophomore marketing major Adriana Peruginia, who is an AmeriCorps member serving the Prevention Corp.

The campaign is part of Prevention Corps, an AmeriCorps program which seeks to promote opioid prevention, education, and awareness to those affected by opioid addiction.

"I got involved because I'm a S.W.E.E.T. Peer Educator. I do a lot with students to promote tips on how to better their mental health, sleeping habits, stress reduction. When I heard about the work of prevention corps, I was interested and I went for it," said Peruginia.

Peruginia has worked on campus to put together the Just The Facts campaign event this week.

The event will include guest speaker Sarah Howard, co-founder of Hope Initiative in a colloquium called "Freedom from Opioids through Prevention Education and Hope."

Janice Kessler is an alcohol and drug prevention specialist who has been working with Peruginia to better educate the campus community.

Stephanie Trelli, Coordinator of Safety and Security Programs, has also been working with SHU public safety on this issue.

These members of the Sacred Heart community work closely with the Wheeler Clinic, a Plainville-based nonprofit provider of primary and behavioral health services.

According to Wheelerclinic.org, their mission is to provide "equitable access to innovative care that improves health, recovery and growth at all stages of life." They work to with individuals and families who are affected by addiction.

"We want to promote a better understanding of addiction and erase the stigma surrounding it, because addiction is a disease and it can affect all types of people from all walks of life," said Kessler.

Over 35 universities and colleges are involved in the Connecticut Healthy Campus Initiative.

The group meets monthly to discuss tactics to educate campus communities on how to combat drug abuse, irresponsible alcohol consumption alcohol, and mental health issues students are facing state-wide.

"I think it is one of the most unique collaborations across the whole nation," said Kessler.

"I think it is extremely important to have any and all resources available to our students. Anybody can reach out to me or the wellness center confidentially and anonymously for information or support on this epidemic."

Kessler can be found in her office in the Wellness Center at 4980 Park Ave. Monday through Friday from 9 a.m. to 5 p.m.

Additionally, there is always a counselor on call for emergency situations.

Agape Latte: A Night with Gregory Madrid

BY MAYTE FIGUEROA-CAMILO
Staff Reporter

On the top floor of Linda E. McMahon Commons, a crowd of nearly 50 students, alumni, faculty members and visitors awaited Gregory Madrid, Assistant Director of Residential Life, as he walked over to the microphone stand.

Agape Latte featured Madrid's talk, "We Already Have What We Seek," on Nov. 29.

"It's just a very laid-back event and a really awesome atmosphere that allows students to feel welcomed and that sense of belonging," said senior Trevor O'Brien, an Agape representative.

It's a student-driven coffeehouse speaker series that originated in Boston College and was later adopted by Sacred Heart in the fall of 2017, according to Campus Ministry.

"A lot of the topics are really centered around life's journey. Each speaker brings their own perspective and their own faith," said Graduate Assistant for Campus Ministry Justin Lee.

"What's really nice about it is that it's with faculty and staff members, so we see them in a day-to-day basis in class or in the hallways, but it's nice to see them in a new light," said O'Brien.

Madrid spoke of his life journey from an Accounting major to a Residence Hall Director at Sacred Heart and how he relied on his faith for perseverance and hope.

"Faith to me is believing in myself and know that God is looking out for me," said Madrid.

Throughout college, Madrid was certain that after graduation he would work for an accounting firm, meet his life partner, and create a family by the age of 28.

"I learned that, while it was great to have a plan and goals, none of that quite turned out as expected," said Madrid.

Though life after graduation was not a "happily ever after," as Madrid explained, he still held on to his faith and remained positive for new opportunities.

"We choose so often to look for the bad signs, why something is not going to work as opposed to the positive signs," said Madrid.

Through his personal story, Madrid hoped to encourage students to not feel disappointed when nothing seems to go as planned, but actively seek the good signs in life.

"So many times, we are looking for validation from friends and parents," said Madrid. "We need to be validating ourselves and look inside us and say does this feel right, is this where I should be going."

Madrid is now married with a 14-month-old daughter, and is

Assistant Director of Residential Life.

"It's where I am meant to be. I don't have everything in the world, but I have enough," said Madrid.

The end of the talk was followed by a period of discussion, which allowed the audience to ask Madrid questions and share their thoughts on his personal story.

"These events are designed to encourage students to discuss, question and learn more about faith and spirituality," said University Chaplain, Fr. Stewart Edward.

"I thought it was really good about how he focused on staying positive and how it's super easy to focus on the negative," said sophomore Dana Sabatino.

"I had a plan going to college and my plan is falling apart in front of my eyes," said senior Linh Nguyen, an Agape representative. "I am just trying to see how I could, like Greg, change my perspective or change the way I look at the things happening around me, because maybe there are hidden signs."

"That's part of what this is about, to draw people into understanding that God wants to restore us and draw us into a relationship where we can share cool stories about how we are being transformed," said Lee.



SACRED HEART PHOTOSHELTER

AGAPE LATTE WELCOMED GREGORY MADRID, ASSISTANT DIRECTOR OF RESIDENTIAL LIFE, AS THE SPEAKER ON NOV. 29.

News

“Greek Life; G-R-E-E-K-L-I-F-E”

BY ANAYA VANCE
Staff Reporter

Sacred Heart University’s Office of Greek Life hosted their annual Spelling Bee last Monday, Nov. 26, at 8 p.m. in the University Commons. Approximately 80 people attended the event and 28 members from different fraternities and sororities participated.

“I was picked to participate because I am one of the delegates from my fraternity, so I had to choose people who had to participate. So, I chose myself and another brother of mine, Dan,” said sophomore Carlos Ruiz, a brother of Beta Theta Pi fraternity.

Panhellenic VP of Philanthropy Hailey Loreth and Executive VP Emily Walker led the event and introduced the purpose of the Spelling Bee to the audience.

“This is an annual spelling bee and the proceeds fund the Circle of Sisterhood (COS), the philanthropy of the National Panhellenic Conference which raises money for women around the world to have the opportunity to receive an education,” said Loreth.

The bee started off with words such as “standoff” and “faucet.” Gradually, the difficulty of the words increased as “exuberant,” “esophagus” and “chauffeur” were read aloud.

“I definitely wanted to stay in longer since I got eliminated in the first round, but it was still a fun experience,” said Ruiz.

The first word to eliminate a participant was “cipher,” followed by “boisterous.”

“I searched for the words on different national Spelling Bee lists,” said Loreth.

One hundred fifty words were selected to use in the spelling bee but only around 40–50 words were used. “Last year we didn’t even get through that many,” said Walker.

Erica Heins, a sister of Theta Phi Alpha, won first place in the Spelling Bee, to her own surprise.

“I joined Greek Life my freshman year, so ever since then I have gone to the spelling bee every year and just watched as a spectator. So, I said my senior year I’m going to do it and I finally did it and turns out I won,” said Heins.

Sophomore Hayley Liberatore said, “I have never been to any Greek Life events before and I’m glad I came to this one. It was so much fun watching everyone in the bee enjoy themselves as much as I did in my seat.”

In an effort to support COS, \$3 raffle tickets were sold at the door. Winners of the raffle were revealed later on in the event. They won an assortment of prizes including two baskets with a gift cards to the Cheesecake Factory as well as boxes of hot chocolate.

The goal for donations was to reach around \$200. With the amount of guests that attended the event, they successfully achieved that goal.

“Fundraising totals range from year to year, but it’s always been within the hundreds range. This year we raised over \$200 to support the Circle of Sisterhood,” said Loreth.



COURTESY OF ERICA HEINS

SENIOR ERICA HEINS, A SISTER OF THETA PHI ALPHA, HOLDS UP HER PRIZES FOR WINNING THE GREEK LIFE SPELLING BEE.



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Is the Death Penalty Effective, Ethical, or Unjust?

BY JAMES HITCHCOCK
News Editor

On Wednesday, Nov. 28, 2018, the Human Journey Colloquia Series presented “Is the Death Penalty Effective, Ethical or Unjust?” The discussion panelists included Dr. Patrick Morris (Criminal Justice), Dr. Brent Little (Catholic Studies), and Dr. Brian Stiltner (Theology and Religious Studies).

The discussion focused on a declaration by Pope Francis in August 2018 stating that the death penalty is an unacceptable punishment in all situations. This statement reflects a revision of a previously accepted principle in the Catholic teachings where the death penalty was acceptable in very rare cases.

The panelists debated the Pope’s right to revise official Catholic teaching on the issue of the death penalty. Dr. Little began the discussion with the question, “How can ancient teachings be changed?” The main focus of Dr. Little’s question was whether or not teachings and belief systems can change, and if so, what causes them to change.

“It is this ‘big picture’ issue that I focus on for the colloquium, as I would like students to think about how Catholic teachings develop,” said Dr. Little. His goal was to encourage students to think about the religious and legal perspectives of the death penalty.

“I am not the most religious kid and I’m indifferent about the death penalty. If a rapist is convicted, it really makes no difference to me if he sits in a cell or is executed; either way I think they’re both fair punishments,” said junior Joshua Carr.

Although the church permitted executions for centuries, Pope John Paul II significantly changed the church’s stand on the death penalty in 1997 by creating limited standards permitting acceptable use of the death penalty.

The recent ruling by Pope Francis makes even those instances unacceptable, suggesting that regardless of how horrific the circumstances, the Catholic Church does not support ending a life as an acceptable punishment.

“I chose to join the panel because the death penalty is an important issue that speaks to broad challenges in our society – how to keep people safe, how to prevent crime, and how to make the criminal justice system work fairly for all,” said Dr. Stiltner.

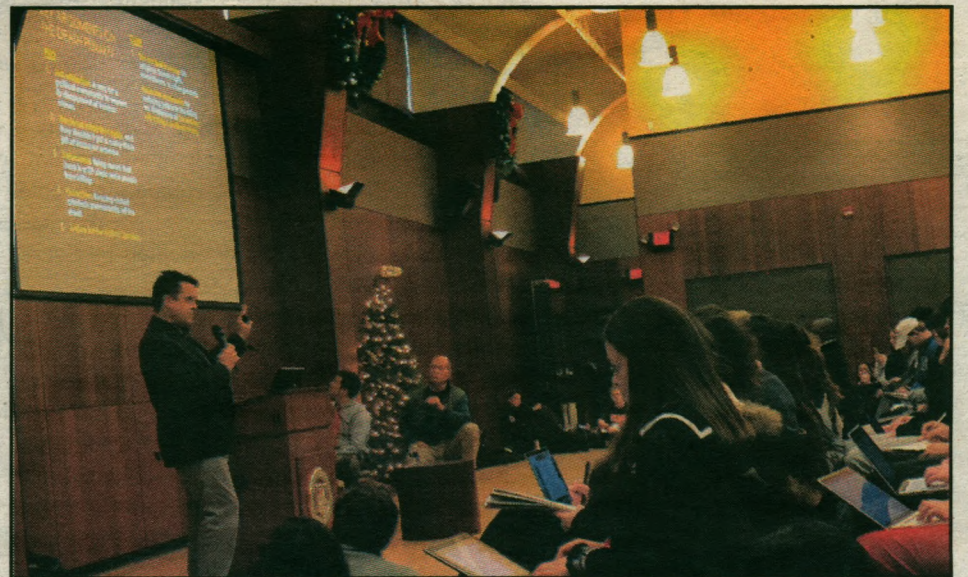
Legally, there are laws in place to deter people from committing crimes. Fear of being incarcerated or put to death deters many people from committing crimes. It is unclear how eliminating the death penalty may impact society. It is costly to keep individuals in jail for many years and yet the possibility of executing an innocent person is the alternative, an ethical problem raised by Dr. Morris during the panel discussion.

“My personal position on the death penalty has changed over the years. At one time, I was a supporter. Today, I oppose it completely. My main opposition centers around the possibility of an innocent person being executed,” said Dr. Morris.

Students here at SHU have varying opinions on the issue of the death penalty. “I side with the death penalty. To me, there are certain people in the world that I just believe don’t belong in it. There are just certain individuals that don’t deserve what God has given them,” said senior Brad Cingolani.

Pope Francis’ decision to declare the death penalty unacceptable reflects a changing belief system. Dr. Little suggested that many people still believe the death penalty is a

fair punishment and yet have strong religious beliefs. However, Dr. Morris explained that his time in law enforcement showed him that individual belief systems can change over time based on life experience.



JAMES HITCHCOCK/SPECTRUM

A COLLOQUIUM WAS HELD ON NOV. 28 DISCUSSING THE DEATH PENALTY AND DEBATED IT FROM DIFFERENT VIEW POINTS SUCH AS RELIGIOUS, LEGALLY, AND AS CATHOLICS.

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Perspectives

She Said: Christmas Trees: Real or Fake

SHE SAID



CAROLYN

As December rolls around, there is nothing more festive than putting up a Christmas tree. My fondest childhood memories of the holidays revolve around decorating the tree and blasting Christmas carols in the background. In my opinion, it has always been the perfect way to transition into and experience that first “feel” of the Christmas season.

That being said, an artificial tree is definitely the way to go when it comes to decking the halls. It’s just more convenient in comparison to getting a real pine tree to adorn.

I grew up on a desert island in the Middle East where lush greenery was pretty much non-existent. Because of this, we never really had any opportunity to go and pick out a real tree. Even without these constraints, I would still prefer to just have an artificial tree to just dig out of the attic or basement and decorate at the start of the holidays.

An artificial tree is a one-time investment that you can use again every year. This makes it a cost-effective option against having to buy a fresh pine tree on an annual basis. In recent years, artificial trees have become so commonplace that you can conveniently purchase them at different price points and in a wide variety of shapes and sizes from any nearby department store.

Some may consider making a fun holiday trip out of driving out into the wild to carefully pick out a real tree. However, for many, setting aside a whole day for doing so can seem impractical. An artificial tree provides a time-saving alternative to having a Christmas tree to put up in your home. You get to skip the pain of finding “the perfect tree” each year because you can just reuse the same one over and over again.

Moreover, a real tree can be very high-maintenance. It requires continuous watering and can leave an unruly mess on the floor because of how pine trees shed their needles. An artificial tree does not demand much attention apart from the initial assembly process and post-holiday dismantling. Furthermore, it retains its perfect shape unlike a real tree, which can lose its vibrancy as the season goes by.

For many, putting up a Christmas tree is the most ideal means of getting into the holiday spirit. As enticing as the real deal may appear when deciding what kind of tree to get, my two cents is to just bypass the hassle of having a real tree and stick to a synthetic one. As long as you prioritize experiencing the true meaning of the season, the “realness” of your tree does not matter.



GINA

Every year, I look forward to getting into the Christmas spirit by decorating for the holidays. Christmas is one holiday that I personally go over the top with when it comes to buying gifts and decorating. Every year, my family has a tradition of going to Jones Tree Farm in Shelton, Conn., and picking out a real Christmas tree. My mom, dad, brother, aunts and uncles all gather at my house the morning of our “Christmas Tree Adventure.” My dad has gotten my family in the habit of never putting up a fake Christmas tree.

As a family, we spend a few hours looking for the perfect sized and well-rounded Christmas tree. One thing my brother and I always do is look for the biggest tree to cut down. Usually, we get a tree that is around thirteen to fourteen feet tall. Although it is a hassle to cut down and put up, my family always looks forward to these traditions. My dad usually brings a trailer to attach to his truck because of how big it is. Every year on the way to get our tree we always listen to Christmas music. Once we find a tree that everyone agrees on we take a holiday card picture in front of the tree. Although traditions can change as you grow up, my family is sure to keep this tradition going.

This year my family and I started our big “Christmas Tree Adventure” early. One thing I love about getting a real tree is the traditions we share every year doing it

together. I love the memories of my family coming together and working as a team to find a tree that we all like. Although, initially, we fight sometimes about which tree is good and which is not, we usually end up finding one that makes all of us happy.

The best part about getting a real tree is the comforting smell that fills up my house. Every time I walk in my house, I embrace the smell of the tree. It really puts me in the holiday spirit. I would say that the only good thing about fake trees is that you do not have to worry about the needles stabbing you as you put the lights and bulbs on. Every year I get pricked at least ten times when I put the bulbs on because of how sharp the needles on the tree are!

In addition, I like getting a real tree because it feels like it changes things around a bit. It is always fun to compare the new tree we get to the trees we have had in the past. A fake tree is so repetitive because you just put the same one up every year. My family and friends always look forward to coming to my house for the holidays to see how our tree is going to look. When people walk in they always make a comment comparing it to the last tree we had. The memories and traditions that we create make the experience of getting a real Christmas tree so much better.

Is It the Most Wonderful Time of the Year?

BY Gabriella Ruvo
Staff Reporter

“Happy Holidays!” Is that a phrase you are tired of hearing or does it make you excited for the holiday season? The controversy over celebrating the holiday season too early is in the air.

For senior Meghan Sullivan, celebrating the holiday season early is on her yearly agenda and she believes it is never too soon to hop into the holiday season.

“I get into the holiday spirit as soon as Thanksgiving is over. It is a tradition in my family that we always get our Christmas tree on Black Friday and decorate our house,” said Sullivan. “I personally like celebrating after Thanksgiving, but it is never too early to get into the Holiday/Christmas spirit.”

On the other hand, for junior Anthony Smith, cherishing holidays as they come is something he wholeheartedly supports.

“I respect people that are able to get in the holiday spirit before Thanksgiving, but I am certainly not one of those people. I need to experience each holiday without worrying about the next,” said Smith. “While I do start celebrating the day after Thanksgiving, I do not fully celebrate until I walk into my house in New Jersey after final exams are done.”

Along with the holiday season and spirit comes holiday traditions. Traditions could be a belief, action, or event that is passed down from generation to generation.

“Every year we host Christmas Eve at our house. My dad cooks ‘Feste dei sette pesci,’ or the Feast of the Seven Fishes, which is an Italian tradition. There are tons of food, games, singing, and gift giving,” said sophomore Sophie Barbagallo.

However, for junior Shanice Edward, her family celebrates the Christmas holiday with their own unique tradition.

“My mom wraps the gifts and puts them under the tree at midnight and my sister and I usually open our gifts around then. On Christmas morning, we usually have a Christmas brunch at our house with our family and exchange gifts with them,” said Edward.

With traditions, there may be gift-giving with friends and family for the holiday season. For some students, giving gifts can sometimes be a struggle.

“I can never decide what to get my dad. He’s a simple guy. Gift cards aren’t meaningful

enough, and lotto tickets are for birthdays. So new razor blades or a pair of socks is basically what it comes down to,” said junior Carly Doorhy.

Nonetheless, for freshman Lauren Szczepanowski, finding gifts for family and friends is an easy task because she knows exactly what she’s looking for.

“I don’t struggle buying gifts because I’m usually buying gifts for people I know very well. Plus, quality over quantity is what matters most,” said Szczepanowski.

On the note of quality and quantity, is it the thought that counts or the amount you receive? Smith believes people are becoming forgetful of the meaning of the holiday season.

“Honestly, over the past few years, the holiday season has become more and more commercialized,” said Smith. “People focus more on finding the ‘perfect’ gifts and shopping at stores with the ‘best’ sales rather than the true meaning and purpose of the holiday season.”

For Sullivan, the quality of the gift means so much more than having so many presents under the Christmas tree.

“The best gift I ever received was a painting from Dingle, Ireland, which is where I studied abroad two years ago and is my favorite place in the world,” said Sullivan. “This painting was so unexpected but captured my favorite beach in my favorite place and it was so thoughtful and meant so much to me.”

The holiday season can mean something different to each member of the Sacred Heart University community.

“The holiday season makes me feel at one with everyone else,” said Doorhy. “There are so many differences in the world around us tearing us apart, but the holidays are a good way to forget about the negatives.”

Perspectives

What Does Christmas Break Mean to You?

BY Erica Condon
Staff Reporter

After a week of final exams, are students ready to say goodbye to their college lifestyle and hello to winter break?

Sacred Heart University's winter break begins on Dec. 16 and ends on Jan. 13. This gives students a month off between the first and second semester.

Sophomore Nicholas Cardello said, "I am very excited to be on Christmas break, mostly because I haven't been able to spend quality time with my family since August. It'll be nice to relax with them and have a home cooked meal."

Many students are looking forward to the upcoming break from school.

"I am very excited for winter break to come because that means I finally get to enjoy a break with my family," said senior Alyssa Torres. "Usually there is work that has to be done over Columbus Day weekend and Thanksgiving break, so not having to worry about assignments is such a relief."

For some students, Christmas break is an important time to spend with family and friends from home.

"My plans for break are simple. I am looking forward to seeing and spending time with my family. I am also looking forward to skiing and meeting up with friends from my hometown, as well as eating myself into hibernation," said junior Dan Panichella.

However, not all students spend their entire winter break at home, due to athletics and other commitments.

"My team and I have to come back for practice and to cheer at men's and women's basketball games. This makes the break seem a little shorter than it already is," said Torres. "Other than practice and spending time with my family, I cannot wait to reunite with old friends."

For junior Jarel Spellman, a member of the Sacred Heart basketball team, winter break is a time to focus solely on his role as an athlete without the distractions of school work.

"Winter break is different for an athlete because everyone is away, so the campus is a ghost town. While others are in the mindset of break and relaxing, I am in the mindset of having multiple games and practices every week," said Spellman. "I am excited for winter break because I get to have a break from school and focus strictly on basketball."

Senior Edith Dellatto has spent previous winter breaks on mission trips in different countries. However, this year Dellatto is looking forward to enjoying her last winter break at home before graduating in the spring.

"Every year in college I have gone on a mission trip during winter break so I never really had a break, so to speak. But it was always so exciting to travel to a new place, meet people from different places, and learn about the culture where I was staying," said Dellatto. "Although I am sad I won't be going on a trip this break, I am excited to celebrate the holidays and catch up with friends and family."

For freshman Kristine Udahl, winter break is a much needed time to relax before the second semester begins.

"I am very excited to be able to go home and mentally refresh for the spring semester. Winter break gives you enough of a push to finish the end of the year with the motivation and freshness that you came in with after summer break," said Udahl.

Nonetheless, do some students believe that a month off from school too much?

"If break was any longer I definitely would miss being with my roommates and at school being productive academically," said Cardello.

"Towards the end of break I start to get bored and miss the hectic lifestyle that comes along with being a student athlete and living with my best friends," said Torres. "I start to miss the constant company I get at school, after enjoying the quiet of being home."



SACRED HEART PHOTOSHELTER: TRACY DEER-MIREK

CHRISTMAS VACATION IS QUICKLY APPROACHING, AND AS FINALS WRAP UP AND CLASSES END, STUDENTS PREPARE TO HEAD HOME FOR THE SEMESTER BREAK.

Going Greek: Bigger Schools vs. SHU

BY HANNAH JONES
Staff Reporter

Many students are involved in Greek life at Sacred Heart University and some say that they have been impacted by not only their specific chapter, but the larger Greek life community.

"Going Greek has impacted my college experience tremendously," said junior Ally Pelzia, a Media Arts major and a member of Delta Zeta Sorority. "Being very involved in community service, I love knowing each organization gives back to the community."

Freshman Bella Tamburri, a Communications major and a new member of Kappa Delta Sorority, said that she decided to go Greek because she wanted to be a part of a team.

"Throughout high school I played sports year round," said Tamburri. "I joined Greek life because I loved playing sports and I loved being part of a team, an organization, and sharing a bond."

"The thing that I enjoy most about Greek life is community service," said junior Olivia Digirolamo, a Communications major and member of Kappa Delta Sorority. "Community service is so important. Greek life makes it so easy to get involved in."

According to the Sacred Heart University website, there are over 1,800 students involved in Greek life. The undergraduate enrollment at Sacred Heart is 5,603 students.

At Sacred Heart, there are fifteen organizations on campus. There are eight sororities and seven fraternities.

"Greek life is well known on campus," said Lindsey Rodgers, a Nursing major and member of Phi Sigma Sigma Sorority. "Personally, I really enjoy being at a smaller school with Greek life because I feel like it gives you the opportunity to get closer with your sisters."

Many students feel that being a part of Greek life at a smaller school is more beneficial because it allows for more leadership opportunities and community service.

For example, Pennsylvania State University, a larger university, is home to 43 fraternities and 27 sororities. The university also has sorority and fraternity housing.

"I am happy that SHU does not have Greek life housing," said senior Henley Solomon, an English and Theatre Arts double major and brother of Kappa Sigma Fraternity.

Some students felt that they would like to have Greek life houses.

"Having houses would create more of a community and a place for everyone to meet instead of classrooms," said Sophia Maggio, an Athletic Training major and a member of Phi Sigma Sigma Sorority.

Sophomore Charlie Fusari, a Business major and member of Kappa Sigma Fraternity, feels that the Greek community has given him many opportunities to do what he loves,

performing.

"Greek life has opened up many doors," said Fusari. "At least once a semester I get to perform at events and all the proceeds go to an amazing cause."

Fusari said that it is a rewarding feeling and he is lucky to be a part of such a tight knit community.

Freshman Jaclyn Montano, a Communications major and a new member of Alpha Delta Pi Sorority said, "Being in Greek life at a smaller school definitely deepened my connection with the community."

However, some students felt that Greek life was not the best fit for them.

Junior Kyle Carmona, a Pre-Med major, said that being involved in Greek life interfered with other activities he wanted to do in college.

"Greek life is such a large investment of time and there were other clubs and organizations at SHU that I wanted to be involved in," said Carmona.

Moreover, some students felt that being involved in Greek life was too much of a financial burden.

Each chapter has monthly dues that each active member pays to their organization's national headquarters. These dues range from \$300-\$400 a semester.

Sophomore Mae Archaeccki, a Theatre Arts major said, "The cost was something that made me not go Greek. Each organization has a different price so I wasn't sure if I could commit."

Furthermore, some students feel that not being in Greek life has caused a disconnect with others who are.

"Guys in fraternities tend to hang out more with their brothers, rather than people who are not," said senior Jack Sullivan, a Media Arts major.

However, students feel that the Greek life community is very strong and would encourage others to go Greek.

"I would encourage everyone to be involved in Greek life because there's an organization for every person," said Digirolamo. "SHU is 'homey' and Greek life reflects that."

"Going Greek really makes a difference when you are going through the adjustment of moving in to a new environment," said Montano. "We stand out from bigger schools because we hold a deeper connection that allows us to be more hands on."

"We are unique and special. As a community and a university we have done so much for the community. I am proud to be a part of the SHU family," said Rodgers.

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meet THE STAFF

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MELANIE DASILVA

SPORTS EDITOR

What if someone told your eight-year-old self that one day, the sport that consumed your life would come to an end? No more noise, cheers, or commotion. Just silence and echoes of what used to be. Most of you would respond that they are crazy, or that thought seems so far away, until it happens and you're left wondering what happens next.

After 14 years, my soccer career has come to an end. No more cheers of the crowd chanting and no more recognition for wins or awards. I've heard that people say that sports are just a silly game athletes play and that we need to get over it, that there's more to life than sports. But for me, losing the game means losing part of myself.

The past 14 years have been planned around practices, games, tournaments, and all of the traveling that surrounds those two or three hours of being on the field. I have spent years dedicating myself to soccer by playing in my backyard, choosing to go to the gym instead of going to the beach with friends, and losing sleep to ensure I finish my school work, but in the end, it was all worth it.

I have invested myself to soccer physically, emotionally and mentally, and it has defined who I am as a person. The wins, the losses, the highs and the lows, they have all defined who I am. That is why when the final whistle blew at my last game I couldn't help but shed a few tears because that ended a huge chapter in my life. So, now what?

This transition is something no one teaches you when you are growing up playing the game you love, I know no one taught me what to do next when it's over. Even staying active, by going for



runs and lifting, it doesn't have the same feel anymore. Yes, there are adult leagues, and alumni games to play in, but it won't be like anything I played in high school or college.

I love a good rivalry, the playoff pressure, the feeling of a good win, and locker room celebrations. Recreational sports may have that too, but it won't have the same feel as it once did. Through sports, I have made a tremendous number of friends and memories, and I have grown as a person through lessons that school cannot teach me.

I can't help but thank my parents for allowing me to let soccer consume my life and give me endless opportunities to get to where I have today. Every teammate I encountered has a special place in my heart because they helped shaped me as a player and a person.

So again, what happens now?

Well, it's time to turn the page and start a new chapter. There is a life after soccer, and I am still adjusting to it. Soccer may have ended, but life still goes on and I have so much to look forward to. Finishing senior year, graduation, and looking for my first job.

Even though my daily lifestyle is going to be different now, all I can say is thank you, soccer for being more than just a sport.

Singing with Josh Groban

SARA TERPAK

CIRCULATION MANAGER



Never in my entire life did I think that I would be singing on Madison Square Garden's Stage. Let alone sharing the stage with the legendary Josh Groban. He has been an idol to me ever since seventh grade when my middle school choir sang "You Raise Me Up" and I sang the first verse as a solo. When I heard about this upcoming opportunity, I had to go.

The audition required to have one practice and memorize the background vocals to "Bridge Over Troubled Water." Days and days go by and it's the day we find out about the audition. An email appeared on my phone from my choir director with the subject of Madison Square Garden. I quickly opened my email and saw my name on the list. I was in complete awe and shock because I couldn't believe my eyes.

When November 18th arrived, I could not believe this was happening. The choir got there in the afternoon to practice with Josh's musical director. Following that was sound check with the orchestra. After that, we got to meet Josh Groban. It was so exciting to see that he is a very inspirational and down to earth guy. He told us all to take in the moment and be proud that we are singing on Madison Square Garden's stage. We were astonished that the concert sold out and the pressure was on.

Hours go by waiting for the concert to start. We are standing behind the stage watching the monitors of Idina Menzel performing. Finally, it was time for Josh to go on stage. We were waiting patiently and anxiously to go on stage. But of course, we were at the end of the concert. We watched and cheered on the other background singers while they performed in other songs

behind the scenes.

The moment finally arrived, as I was walking on stage about to sing in front of twenty thousand people. Anxiety flooding through my body as well as excitement. My face couldn't help but smile. I'm trying to be cool, calm, collected and trying not to trip as I walk down the stairs.

We sang the background vocals to "You Raise Me Up" and "Bridge Over Troubled Water."

"You Raise Me Up" was the last song of his concert. Singing this song was powerful and I felt so moved after. Chills ran throughout my body as I started to sing and let the music just take over. The energy of everyone on stage was incredible.

Then it was time for the encore. We stood on stage while he sang one of his other famous songs. In a split second, I just took it all in, looking around trying to find my family, seeing all the people's reactions, and trying to catch my breath before singing the next song. The last song of the encore was "Bridge Over Troubled Water." This experience was unforgettable, just singing behind him was so surreal. Even though we had to wait till the end of the concert to sing, it was definitely worth the wait.

To think I was just there months earlier watching Sam Smith perform and I did not think the next time I went I would be performing on that stage. Music has been a huge part of my life and singing is a huge passion of mine. This was a life-changing experience. Words cannot describe how grateful I am for this opportunity. Dreams really do come true.

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 600 words and should be emailed 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

Staff Spotlight: Amber Allen

BY JACKIE O'ROURKE
Staff Reporter

Amber Allen has been teaching motivational and calorie-burning fitness classes in the Dance Studio of the William H. Pitt Center at Sacred Heart University for the past nine years.

For a living, Allen teaches dance and fitness classes and does personal training with clients. Before moving to fitness, Allen was a dancer for 24 years. She has traveled all around the world to places like Israel, Thailand and the Caribbean for her career. Allen has also been showcased in a variety of music videos, television shows, and in *People Magazine*.

"Amber's energy level is very high, and she brings excitement into the studio, which is important for the fast-paced classes she teaches," said Liz McGreevy, the Assistant Director of Recreation at the Pitt Center.

"Her energy spreads everywhere and I just think it's so great to have someone like that teaching a class because it helps boost self-confidence and you just have a lot of fun," said freshman English major, Grace Sullivan.

Amber teaches a variety of classes at Sacred Heart including Barre, Zumba, and Tabata.

"In a group fitness class, it helps because you're encouraged by the energy and the people around you," said Allen.

"I love Barre class because it allows you to focus on the small muscles and to create fatigue through little movements. Overall, the results are amazing, not only does it provide a great stretch and workout, but it allows you to elongate your muscles to achieve a long, lean look," said sophomore Strategic Communications and Public Relations major Nicola Paerg, who attends Amber's Barre class weekly.

As defined by Allen herself, "Barre is small, intricate movements that really targets individual muscles. If you want something that's lower impact and geared towards individual muscle groups, I recommend a Barre class."

"I like to come to Amber's classes because there is no motivation for me to just come and do regular work outs and this is a workout where you burn around 500 calories in an hour doing fun things. So, it's fun exercise," said senior Health Science major Emily Cummings.

At Sacred Heart, Amber has two high-impact and training classes – her original "30-Minute Madness" on Monday nights and Tabata on Tuesday nights.

"30-Minute Madness changes every week. We do different workout routines to push you to the limits," said Allen.

As defined by Allen herself, "Tabata is interval training, it's 20 seconds on, 10 seconds off, and we do that in a half-hour class."

Zumba is arguably the most popular of Allen's classes at Sacred Heart. Allen teaches three Zumba classes per week at the Pitt Center.

Zumba is a fitness program consisting of dance and aerobic exercise routines performed to popular Latin-American music.

"Zumba is fun. It is international dance rhythms from around the world combined in a 30-minute and one-hour class format," said Allen.

"If you're looking to get a great workout, burn some calories, and dance a bit, Zumba is a great option," said Allen.

"I like to go to Zumba because it's always a fun time, which makes working out so enjoyable. I have met so many friends and great people from this class. Zumba is also a good escape from my busy college schedule," said sophomore Communications major Ashley Gerckens, who attends Allen's Zumba classes regularly.

No experience is necessary for these classes. Some students come every week, while there are oftentimes newcomers.

"I really liked it and I am definitely going to come back," said freshman Exercise

Science major Taila Nieto, after attending one of Amber's classes for the first time.

"It's been great to be able to mentor students through their fitness journey by teaching. I love the experience of just getting people out of their comfort zone or giving them stress relief by teaching them each and every week," said Allen.

On Mondays, Allen's classes include Barre from 5-6 p.m., 30-Minute Madness from 6-6:30 p.m. and Zumba from 6:30-7 p.m. and again from 10-11 p.m. On Tuesdays, Allen teaches Tabata from 8:30-9 p.m. and Barre from 9-9:30 p.m. On Wednesdays, Amber teaches Zumba from 6-7 p.m. All of her classes are located in the Dance Studio in the lower level of the Pitt Center.

As for plans for the future, Allen is currently working on putting together a flash mob involving the entire Sacred Heart community, an alumnae Zumba class featuring Sacred Heart alumnae who are now certified Zumba instructors, and adding more classes on different days of the week.

"I hope that students will take a class with Amber and capture a bit of her spirit, fall in love with healthy living, wellness, and fitness. I hope they learn to take care of themselves and love their healthy bodies so they can be their own best version. I hope it drives them to take other fitness classes, get out of their norm, experience something new, and appreciate these great opportunities offered on campus," said McGreevy.

"I have a big love for fitness and I also love to share that with whomever I can," said Allen. "I love to see people smile and meet their own personal fitness goals. Sometimes, group fitness classes and one-on-one training with someone really can help them through hard times that you might not even know about. I feel blessed to be in the position where I have this as my career and work closely with so many people at Sacred Heart and around the world."



JACQUELINE O'ROURKE/SPECTRUM

ALLEN IS PICTURED ABOVE (IN THE PINK SNEAKERS) IN THE PITT CENTER TEACHING A FITNESS CLASS.

BuildOn Write for Rights

BY JOANNA BEACH
Staff Reporter

BuildOn, with help from Bassick High School's chapter of BuildOn, held an event for Write for Rights on Saturday, Dec. 1. Around 20 members of Bassick High School's chapter, around 20 Sacred Heart University students, and the BuildOn staff were in attendance.

Write for Rights is a campaign that addresses human rights issues of prisoners of conscience. These are individuals who have peacefully shown discontent with their country and have been imprisoned because of it.

"It is meant to bring to light many issues such as LGBTQ rights, police brutality, and environmental issues to people in power with the intentions that these people will make changes," said junior NaCyla Wiley, a member of BuildOn.

The global organization behind this campaign is Amnesty International. According to the website, "Amnesty International is a global movement of more than 7 million people in over 150 countries and territories who campaign to end abuses of human rights."

As stated on their website, the event is held because "our letters, words and actions will put pressure on authorities to take immediate action, so that those who abuse and torture will be brought to justice. And those unjustly imprisoned will taste freedom once again."

The event consisted of writing letters to people in power to release selected individuals who were chosen to write

about. Throughout the day there were also events and interactive activities for people to participate in.

"Each year Amnesty International chooses 10-12 cases to write on behalf of. This year, we wrote on behalf of 10 women human rights defenders who are under threat," said junior Jillian Towne, president of BuildOn.

Another activity at the event was writing postcards to the women who had letters written on behalf of them. "This was to let them know that they are not alone, and that we are fighting for their release or safety," said Towne.

There was also a room where refugee bags and welcome kits were being made, along with a human rights activity. "Students each read a human right that they picked from a pile and said if they believed this was a right everyone had in our country or around the world," said Towne.

"Being an international campaign, the concept is to flood these officials with so many letters that they are forced to face the issue and come to the realization that people care and are seeking change," said Wiley.

The goal of this event is for the people in power to receive these letters and be persuaded by them to release these chosen prisoners. It has shown positive results in the past.

The website mentions that, "Every year, real change happens because of your letters and actions. People wrongfully imprisoned are released. Torturers are

brought to justice. And people in prison are treated more humanely."

"The letters and postcards get sent to Amnesty International and from there, they send them out to the government officials and the women we wrote on behalf of," said Towne.

BuildOn held this event because BuildOn's mission is "to help break the cycle of poverty, illiteracy, and low expectations worldwide," said Wiley. "With a target on social awareness and activism, it was decided this would be a unique event to tackle the issue of breaking unfair perpetual cycles of injustice."

"It allows those who have the ability to freely voice their opinion appeal on the behalf of people who have been stripped of theirs," said Wiley. "It also allows for the advocacy of individuals who have been denied basic human rights everyone should have the ability to enjoy."

"It was an extremely fun and successful day here at Sacred Heart!" said Towne.

Wiley believes that it is important to act and stand up for those people who are being discriminated against.

"In believing in something greater than yourself and standing up for what is right regardless of what others may think we can begin to make a real change," said Wiley.

Features

Club Spotlight: Marketing Club

BY TARA ZANNI
Staff Reporter

There are over 60 student-run clubs at Sacred Heart University, and the Marketing Club is making strides this semester.

Marketing Club members are involved in planning and marketing events, helping market other student organizations, fundraising activities, volunteering and prospecting new marketing opportunities. Next semester, they are planning to start a chapter with the American Marketing Association.

"Obtaining a B.S. in Marketing is among the most sought after degrees in the Welch College of Business, so we ideally will also be one of the bigger clubs with more workshops and presentations," said Marketing Club advisor Professor Gerardo Moreira.

General members are free to attend all the weekly and monthly meetings for the club. However, in order to become a member of the executive board, there is a nomination process held by general members and the club advisor.

"In line with marketing concepts, the club is looking to inform and educate during their meetings, to engage members and other Sacred Heart students through events, and people interested to partake in this club," said Moreira.

Moreira encourages students to venture out and try new experiences during college, and to find new areas of interest that could lead to fruitful careers.

"Members are applying class concepts into real world and highly applicable settings," said Moreira.

On Dec. 5, with the help of Student Life and the Jack Welch College of Business, the Marketing Club will be holding its first big event. Former NFL player Erik Coleman will be speaking on campus.

"This is the first public event we are hosting here at Sacred Heart. We are excited for the opportunity to host this event and provide a unique evening for the Sacred Heart community," said senior Clay Sweitzer, Treasurer and Director of Events for the Marketing Club.

"We wanted to bring something new and exciting to the campus. We wanted to bring in someone who has a wide community appeal in a multitude of areas, especially in marketing," said Sweitzer.

Coleman is well-known for his career in the NFL, specifically when he played for the New York Jets from 2004–2007. After his retirement, he transitioned into sports media, and is currently a sports analyst for companies such as ABC, ESPN and others.

"I think he's an inspiration," said sophomore Hospitality Major and avid Jets fan Charlie Fusari. "His career didn't end when he retired from football and the work he's doing now it so cool. More speakers like this should come to Sacred Heart."

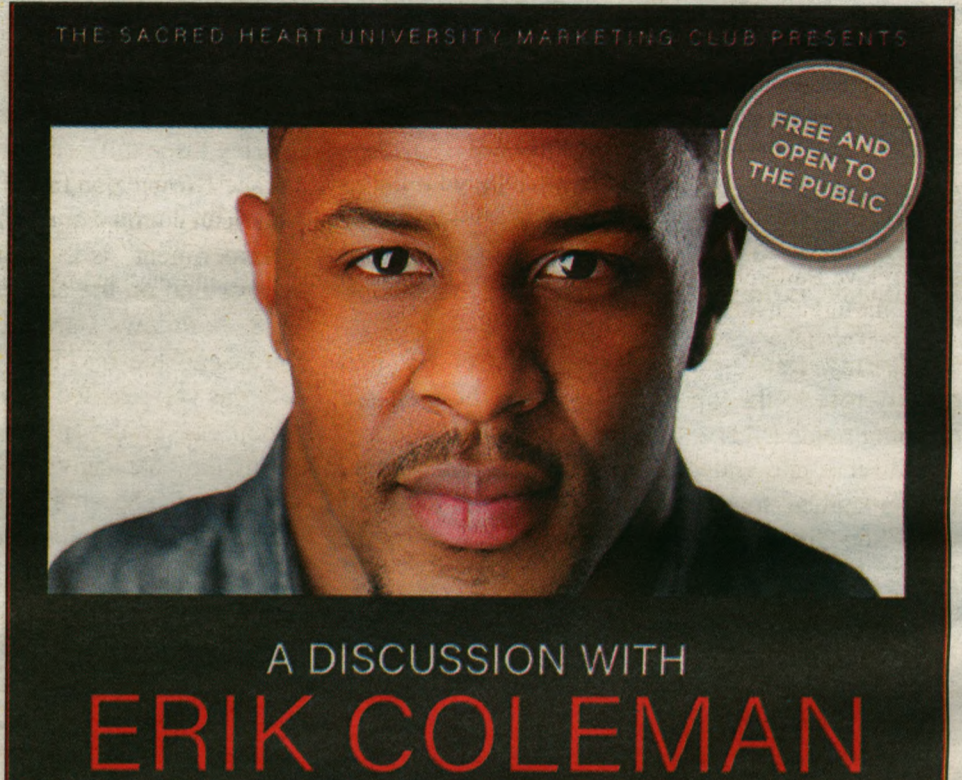
Coleman is also an entrepreneur and philanthropist. His newest venture is the Practice

Manager at CORE Medical.

"No matter your major or profession, Erik brings his knowledge of leadership that could help people in all occupations," said Sweitzer.

Junior accounting major Jackie Balacki said, "It's cool to see clubs putting together events like this. Even if people aren't interested in marketing, they'll still want to come to hear a former NFL player speak. For those who aren't interested in sports, they'd still come if they were interested in his career beyond football."

"I do have a feeling that this is the first of many events to be brought by the Marketing Club. Keep an eye out for things to come in the future," said Moreira.



COURTESY OF THE MARKETING CLUB
THE MARKETING CLUB IS HOSTING A SPEAKER ON CAMPUS WITH THE JACK WELCH COLLEGE OF BUSINESS. ERIK COLEMAN, FORMER NFL PLAYER, WILL BE AT SACRED HEART ON DEC. 5.

Alumni Spotlight: Jason Torey and Aaron Burrel

BY KATELYN NORKOWSKI
Staff Reporter

Jason Torey is a licensed real estate professional that specializes in apartment rentals and sales in Manhattan. Through his brand, The Torey Storey, Torey "produces happy clients in the search of a perfect home at Halstead."

Torey graduated with honors from Sacred Heart University in 2015 with a communications degree. He uses this degree along with multimedia platforms to connect with clients.

"When I first created The Torey Storey, I made an Instagram to use towards building a business one day," said Torey. "I used Instagram as a marketing platform."

"I had an interest in real estate and thought New York City was a good fit for me based on the lifestyle," said Torey.

When asked what his marketing plan was, Torey said, "I am young, starting my career and figuring it out."

Torey not only pursues the closing of sales; he also strives to build strong relationships with his clients.

"Clients purchase merchandise from the company and use them in their own homes," said Torey. "When people see our name on these products, it starts conversation. We gain clients this way."

Social media also plays a role in gaining clientele for Torey.

"What is marketing?" asked Torey. "It is awareness."

Torey realized that in order to spread awareness, he needed to keep building his media platforms.

"I quickly realized that I needed audio and video on Instagram," said Torey. "I was better at Public Relations and needed someone who could help me create videos."

In response to this insight, Torey reached out to Aaron Burrel, a Media Studies alumni of Sacred Heart. Burrel attended Sacred Heart for both his undergraduate and graduate years at Sacred Heart and graduated in 2016.

"I connected with Aaron who was on the soccer team and he was a good production student," said Torey. "He understood more than others."

"I've been working in media since graduation and am in the process of founding my own production company," said Burrel. "I am glad to get to work with you since we were friends in undergrad and now have the chance to build something together as alum."

Together they have worked to build The Torey Storey in many different ways.

For example, they started posting "Quotes of the Day" on their Facebook page.

"The 'Quotes of the Day' are good attention grabbers and once our clients like them, they come back to our page for new quotes every day," said Torey. "We also post articles on our Facebook and LinkedIn each day to get people updated on the world of New York."

"Another field we went into is video podcasting," said Torey. "One of our clients knew students from Sacred Heart."

"I then reached out to Sacred Heart students and shared ideas with them, and I must say

that they get things done fast," said Torey. "You just never know what people can do for you and the relationships you can build with others."

To connect and bond with clients even more, they created two hashtags, one of which is trademarked.

"We made '#WellHeyHowAreYa?!?!' and '#TheToreyStoreyWantsToKnowYourStorey,'" said Torey. "These hashtags allow us to communicate with our clients and engage with them."

"Business is just starting and we just keep chipping away each day," according to Torey. "We need to keep building, building, building."

Torey and Burrel's connection began at Sacred Heart and grew into a professional partnership.

"We got an emotional feeling and we wanted to get our word out there," said Torey. "He is a very smart guy."

"To think that common friendship and two kids getting together and thinking outside the box of their own companies has grown to this is unbelievable," said Torey.



THE TOREY STOREY FACEBOOK
SACRED HEART ALUMNI, JASON TOREY AND AARON BURREL TEAMED UP TO MARKET TOREY'S REAL ESTATE BRAND, THE TOREY STOREY.

Arts & Entertainment

Changing Country Music History

BY DOMINIQUE PRICE
Staff Reporter

Country music artists Jimmie Allen and Kane Brown have both made history as the first African American artists to top the country music charts.

According to USA Today, "Jimmie Allen has made history as the first black artist to have his debut single reach No. 1 on country radio, and it happened on the same week Kane Brown, who is black and white, has the top country and pop album in the U.S."

"I am a very big fan of country music that is both happy and proud to see these amazing artists top the charts," said junior Brianna Rotondo.

Allen joins Darius Rucker as the only African-American country artists to hit No. 1 with their debut singles.

"Best Shot," written by Allen, Josh London and JP Williams, is the first single from his debut album, "Mercury Lane."

"Mercury Lane" was released on Oct. 12 and quickly rose to the top of the country album charts, reaching number 11.

The hit single ended fellow country music artist, Luke's Combs' four-week run at the top of the chart with "She Got the Best of Me."

"I like how Jimmie Allen has brought his own style, sound, and look to country music. It's not every day we see an African American country singer rise to the top of the charts," said Andreina Sosa, Marketing Coordinator of Performing Arts.

Allen is signed to Broken Bow Records, under which he released his self-titled debut EP, as well as his debut album.

According to "USA Today", Allen said he's happy to diversify contemporary country music while also paying tribute to other black artists in the genre, from Charley Pride to Darius Rucker.

Kane Brown also made history as the first African American country music artist to reach number one. "Experiment" is the third country album to reach number one on the all-genre Billboard 200 chart in 2018. It follows Carrie Underwood's "Cry Pretty" and Jason Aldean's "Rearview Town."

"I was very excited to see Kane sing his new song, 'Good As You' off his new album 'Experiment' during the Thanksgiving Day Parade," said Rotondo.

Brown also became the first artist to be number one on all five of the mainstream Billboard country charts

at the same time.

On his personal website, he credits himself for coming a long way from getting his start on social media.

In 2015, Brown released his first EP, titled "Closer," followed by another EP under his new label, titled "Chapter 1."

Along with Brown's second studio album, "Experiment," his debut, self-titled album, remains on the Top Country Albums Billboard chart.

"These two artists bring a new song and look to country music, one that is different from what we typically hear from country music artists like Florida Georgia Line, Blake Shelton and Carrie Underwood," said junior Dalvyn Charles.

Allen is set to open up for Brown on tour next year.

"As an African American young man who loves music, it is so good to hear these two artists making history and challenging the stereotype of all African American artists being R&B singers or rappers," said Charles.

Dance Program Showcase, Midnight Cabaret

BY KRISTIN BURNELL
Assistant A&E Editor

On Friday Nov. 30, Sacred Heart's Dance Program showcased their "Midnight Cabaret" show in the Edgerton Center. The performance consisted of the Dance Company, Dance Ensemble, and the Musical Theatre Dance Class.

The show opened up with a unique contemporary hip-hop-styled dance titled, "Help, I'm A Dancer." Performed by members of the Dance Company, the routine highlighted impressive dance skills as well as advanced tricks.

"The first number was unique and entertaining and had me excited for the rest of the dances in the show," said junior audience member Mary Magliozzi.

The performance continued with more dances featuring other styles like tap, hip-hop and contemporary. Each routine had their own theme that branched off the cabaret show style.

According to the Edgerton Center's website, the performance featured professional and student choreography. Members of the dance groups were thrilled to be a part of the show.

"My favorite parts were dancing with my best friend and being part of an absolutely amazing cast that were filled with passion and love for dance!" said sophomore Dance Ensemble member Katrina Riggi.

The show presented two tap numbers called "This Is America" and "American Love." Each dance had clear and consistent sounds with tributes to the United States shown through their costumes.

"The tap numbers were great. It is always so impressive to me that dancers can make those sounds," said senior audience member Julia McLaughlin.

Throughout the weekend these dance groups also presented other dance shows. "Midnight Cabaret" was part of the Dance Program's three-day Winter Concert Series.

The Saturday show, "Pieces of a Dream," was presented by the Dance Company. It featured all styles of dance. "Winter Soulstice" was hosted on Sunday by the Dance Ensemble, and also featured various dance styles.

"I danced in the piece 'Bang Bang' with the Dance Company and many other dances in our Saturday show. It was my first performance with the Company

and I loved being a part of it!" said junior Dance Company member, Marissa Percivalle.

"Bang Bang" was a contemporary jazz number that highlighted sassy steps as well as a change of lighting to reflect the mood of the dance moves being performed. Audience members cheered loudly for this number as dancers showcased their talent and flexibility.

Another crowd favorite was the "Dance At The Gym" number, presented by dancers of the musical theatre class. The number showcased theatre-styled moves to an upbeat tune known from the hit musical "West Side Story."

"I loved performing in 'Dance At The Gym' because I got to show all the dance moves I learned this semester in the DA 106 class. The crowd seemed to love it too!" said junior Justin Weigel, a Musical Theatre Dance student.

Some members of the audience had their favorites from the night.

"One of my favorite dances was 'Barbiez' because my friends were in it and I love to see them perform and have fun onstage," said McLaughlin.

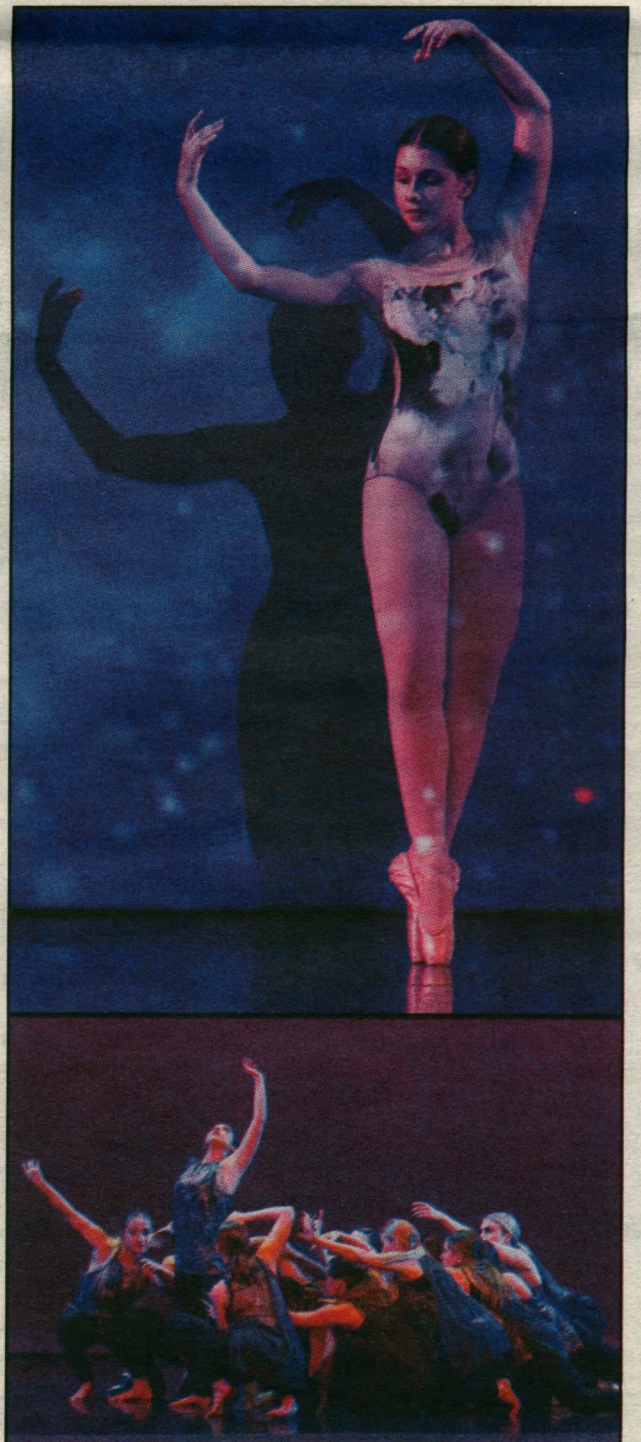
"Barbiez" featured the Dance Ensemble and displayed dynamic hip hop moves throughout the number.

"It was my first dance show and I love the atmosphere. Being around all of the dancers was what I enjoyed most about the show," said Weigel.

"Midnight Cabaret" closed with a fast paced hip hop dance entitled, "Welcome to my Hood." This piece had a remix of songs that showcased the talents of the Dance Ensemble. The group displayed strong street style moves that dancers performed throughout the number.

"Each number was different and I liked watching every dance group. There was a lot of talent shown onstage," said Magliozzi.

The show was a great representation of the dance program. It showcased the hard work and talent of the dance groups on campus. Check the Edgerton's website for more upcoming performances by the Dance Company and Ensemble.



SACRED HEART PHOTOSHELTER
THE SACRED HEART DANCE PROGRAM HELD THEIR DANCE SHOWCASE IN THE EDGERTON THEATER, BOTH DANCE COMPANY AND DENSEMBLE

Arts & Entertainment

Review: 'The Christmas Chronicles' starring Kurt Russel

BY STEPHANIE PETTWAY
A&E Editor

On Nov 22, "The Christmas Chronicles," directed by Clay Kaytis, was added to the list of Netflix Original movies that gets viewers in the holiday spirit.

I didn't know what the movie was about when I clicked play.

The only thing I knew was that Kurt Russel was Santa Claus; and my reaction to that was "Oh, okay."

In the history of Christmas movies, there have been many well-known actors who have played Santa, from Tim Allen in "The Santa Claus" to Ed Asner in "Elf."

However, "The Christmas Chronicles" follows two dysfunctional siblings, Teddy Pierce (played by Judah Lewis) and Kate Pierce (Darby Camp), who's relationship becomes even more dysfunctional after the death of their father Doug (Oliver Hudson).

On the night of Christmas Eve, when their mother, Claire (Kimberly Williams-Paisley), has to go to work, the pair are forced to stay alone together.

During this time, Kate comes across an old Christmas video of her parents and sees a hand which she believes belongs to Santa. She then calls her brother to see the video where she then convinces him to come up with a plan and help her catch Santa.

When they do this, they become part of an adventure to that you have to see to believe. Kate brings her camera along to record their whole journey.

This is where we are introduced to Russel as Claus and he is not necessarily the typical "jolly" Claus that we are so used to seeing.

He states that he doesn't say "ho ho ho," and that it is "fake news."

He hates how advertisements make him seem so fat when he really isn't and makes many references throughout the film about how much he hates those versions of himself. He also has his moments of sarcasm, wit, and roguishness when dealing with the many people and situations throughout the film.

Though he is different from the stereotypical Claus, he still carries the familiar traits. He's caring, thoughtful, and selfless, and just overall a great guy and Russel does a great job at being that.

He still reminds you of what you imagine Santa to be like: a cool grandpa, and adds his own spin to it that will make you wish this was more of a movie about "Santa Claus and how he finds two kids that help him save Christmas" rather than "two kids who find Santa Claus and help him save Christmas."

The Pierce siblings were great, but I found myself getting bored during the movie in moments where they were on-screen without Russel.

Also, many moments throughout the movie were spent focusing on the skeptical people that they came across on their journey, who didn't believe that he was the real Santa.

People were either creeped out by the fact that he knew them by first name, (because of course he does; he's Santa) or even more creeped out by the fact that he knew what toy they wanted 30 years ago.

Now of course Claus uses his "Santa powers" to try and get what he wants, like trying to get out of going to jail, but once again it came off creepy to the many

adults seen in the film, and of course, he still went to jail because the cops had to lock up the apparent crazy old man dressed as Santa on Christmas Eve.

While there, however, it was the only time that the powers actually worked and no one, not even his cell mates, found any of his actions to be weird, especially when he managed to put on a whole jazz performance while behind bars.

But I guess that is what it took for people to believe what they were actually seeing. Not the flying reindeer galloping and flying throughout the city, or him magically pulling clothes from his jacket. The jazz performance is what did it and filled everyone with the Christmas spirit and made them believe.

And in the end, that is all that matters. I was filled with Christmas spirit and holiday joy once I finished watching it. The film served its purpose and I was by no means dissatisfied.



KURT RUSSEL STARS AS SANTA IN THE NEW NETFLIX ORIGINAL MOVIE "THE CHRISTMAS CHRONICLES."

Theatrefest Round One Recap

BY ANTHONY DEL VECCHIO
Co-A&E Editor

This past weekend, the Sacred Heart University Theatre Arts Program (TAP) began round one of Theatrefest. Theatrefest is the annual festival of student created productions looking for the chance to be professionally put on stage.

Kevin Carlson, a senior TAP member double majoring in Business and Theatre Arts, holds the position of Theatrefest Chair on the TAP Executive Board.

"Theatrefest is all about student-written, student-directed, and student-acted shows. The first round is called 'Writers' Theatre' and this round allows for the writers' shows to be heard," said Carlson.

"The actors only have the scripts in front of them. After the show, the audience gives the writers and directors feedback on the show."

There is a total of three rounds to Theatrefest, but the first round was from Nov 30 until Dec 2. Performances were at 7 p.m. each night in the Little Theatre.

"The second round is in 'Blackbox Style,' which is when the set only consists of two blocks and four chairs on the stage. The actors must memorize their lines as well as actual blocking," said Carlson. "After that, the third round will be an actual show! They'll have costumes, props, and a full set to work with. Only two of the shows will make it to round three."

The Little Theatre can get filled quickly, as all TAP grant-holders are required to attend at least one performance, and on Sunday, the crowd barely fit in the theatre.

Friday's performances included: "I'm Still Here," by Justin Weigel; "The Family," by Ciara Ryan; and "Nothing," by Paxton McLane.

Saturday, "Who We Are," by Brendan Borbone, and "Lawrence the Destroyer

vs Greek Life," by Liam O'Donnell.

Sunday closed out round one with five shows, including: "Carolyn," by Serge Valcourt; "Bigger Fish to Fry," by Eve Papa; "The Big Day," by Steve Mustiano; "Great Expectations," by Jake Doble; and "Be Who You Are: An Internal Battle," by Charlie Fusari.

All round one performances were live-streamed through the official TAP Facebook page and the videos are still available to watch and share. The feedback is crucial to those in the program.

"I love listening to what people say," said senior TAP member and playwright Henley Solomon Jr, who helped create "Be Who You Are: An Internal Battle."

"What I love about Theatrefest is that you get to meet and work with like-minded people who share the same love for theater. Not often do you get to be in the room with the writers and actors; we really get to incubate these ideas and bounce them off each other," said Solomon.

"As a writer, this is a great platform to test new ideas in a creative and collaborative space," said Justin Weigel, a junior and the TAP Executive Board New Works Chair.

"We're all so proud to be a part of something up-and-coming. It's special and really a privilege because many universities will not, or just cannot, do something like this," said Weigel.

Information on round two of Theatrefest will be released next semester.

Sports

Women's Bowling Season Progressing

BY COLIN CANNATA
Staff Reporter

The Sacred Heart women's bowling team achieved a second-place finish among the 17 competing teams at the Hawk Classic tournament in Millsboro, DE on Nov. 18. The team's next meet will be the first Northeast Conference (NEC) meet of the season.

According to Sacred Heart athletics, sophomore Rachel Bamford was honored with, "NEC Bowler of the Week," honors on Nov. 23. She had an NEC high 21.08 pins per frame and 65 strikes in her 132 chances, for a .492 success rate.

"The NEC Bowler of the Week honors was so exciting, and I feel so honored and humbled to have been chosen this week," said Bamford. "I work hard on my game during practices, and I'm always trying to get better and I was so happy to see my hard work pay off."

Head coach Becky Kregling thinks a lot of Rachel's success stems from her mentality.

"Rachel was impressively solid and consistent for all three days. Part of her effectiveness are her emotions which prevents her from making mistakes when all 10 pins do not fall on the first ball," said Kregling. "She made 53 of 55 makeable spares which is 96 percent and that's something you don't see too often at the college level."

Bamford's performance, along with that of her team, was good enough to place them only behind the reigning National Champions, Vanderbilt University.

"The weekend proved that we can compete with the best teams when we are at our best," said Kregling.

The team is now transitioning their focus to the NEC meet from Dec. 1-2, in Mechanicsburg, PA. Bamford believes that camaraderie will be essential to success.

"The most important thing this weekend at NEC's for our team to succeed is that we have to work together. We need to support each other on the good shots, and pick each other up when we're struggling and never give up," said Bamford.

Kregling said that the team's confidence has not changed and has the ability to make quality shots to fill frames with strikes and spares.

"Last year we went to Nationals in Nebraska and finished third and our team is a different group of players this year, but I have no doubt in my mind that we are capable of getting there again," said Bamford.

The team has high goals as they look ahead towards the rest of the season.

"I would love to win the NEC Championship after a hard loss last year, but even if we don't make it as far as hoped, as long as our team bowls the best we can, I will be proud, and it will still be successful in my eyes," said Bamford. "I think it'd be nice for people to be more aware that we are a great team, and bowling is an extremely competitive sport."



THE WOMEN'S BOWLING TEAM PLACED SECOND IN THE HAWK CLASSIC. PICTURED ABOVE: RACHEL BAMFORD, SOPHOMORE.

Football Team Members Receive Honors



THE FOOTBALL TEAM WON THEIR FIRST NEC TITLE ON NOV. 17 LEADING TO TEN PLAYERS RECEIVING HONORS AND AWARDS.

BY RYAN TOUHEY
Sports Editor

After winning their first Northeast Conference (NEC) title since 2014 on Nov. 17, 10 members of the Sacred Heart University football team received recognition by the NEC for their performances this season.

According to the Sacred Heart athletics website, three players received NEC First Team honors, five players received Second Team honors, and two other members received individual standout awards. One of those members who received a standout honor was head coach Mark Nofri, who was named NEC Co-Coach of the Year. This is the third time that Nofri has won the award while being the head coach of Sacred Heart.

"It's a nice recognition and it's great to have," said Nofri. "But I'm just a part of the piece because we [the team members] are all working together in the same direction when we have success like this."

The players who were named to the First Team were junior defensive end Chris Agyemang, senior offensive lineman Andrew Starr and fifth-year wide receiver Andrew O'Neill, who has received this honor two previous times.

According to Sacred Heart athletics, Agyemang had 29 tackles on the year, with 26 assists and seven sacks, which was fourth in the NEC. Both Agyemang and Starr garnered All-New England honors as well.

O'Neill, who had missed three games this year due to an injury, had 33 receptions for 475 yards, averaging 59.4 yards per game, along with three touchdowns.

"My dad is always keeping me up to date on things like that," said O'Neill. "It definitely felt sweeter than usual."

The NEC Second Team comprised of five Sacred Heart players. This group consisted of senior running back Jordan Meachum, senior offensive lineman Knikeem Lewis, graduate defensive end Aaron Donalson,

graduate defensive back Terrell Smith and graduate quarterback Kevin Duke.

According to Sacred Heart athletics, Meachum rushed for 1,400 yards this season, while averaging 127.3 yards per game, which was third in the NEC.

Donalson had 49 tackles on the year and 37 of them were unassisted. He also had seven sacks. Smith had 21 tackles on the season. Duke attempted 218 passes and had 120 completions. He threw for 13 touchdowns and rushed for 473 yards, which was third best on the team.

"It's a great honor to have been selected along with my teammates, we did this together," said Duke. "The best part of it is that we didn't have a single nominated for preseason All-Conference. That right there shows how hard these guys worked to get to this point."

First-year running back Julius Chestnut received the other standout honor along with Nofri. He was named the NEC Offensive Rookie of the Year.

According to Sacred Heart athletics, Chestnut rushed for 713 yards this season, while scoring seven touchdowns. He rushed for 64.8 yards per game, which was eighth-best in the conference.

Chestnut was also voted as a finalist for the Football Championship Subdivision (FCS) Jerry Rice Award. The award, which is named after the Hall-of-Fame wide receiver, recognizes the top freshman player in the Division I college football.

"That [the finalist nomination] is quite an honor and it couldn't come on a more deserving individual," said O'Neill. "He is the humblest individual I think I've ever been around, especially with how good he is and how good he can be."

Sacred Heart finished their championship season 7-4 overall, and 5-1 in conference-play.

Sports

Wrestling Team Welcomes Jon Fausey to Coaching Staff

BY JOSEF SAMILENKO
Staff Reporter

The Sacred Heart University wrestling team has added Jon Fausey to their coaching staff. Fausey joins the team in the early portion of their season, where the team has completed four matches this season.

Second-year head coach John Clark was involved with the hire.

"Coach Fausey can immediately have a great impact on the team," said Clark. "He is a terrific role model for the student-athletes on the team both on and off the mat."

Fausey was an ACC champion with the University of Virginia (UV) in 2012. He qualified for the NCAA Tournament every year during his time with UV.

Senior Christopher Cornell has been with the team since his first day at Sacred Heart and is looking forward for the chance to learn new things with his new coach.

"It's great to see the coaching staff grow along with our program as a whole," said Cornell. "Coach Fausey is a very intelligent and experienced wrestler who is transitioning into a great coach and we're glad to have added him."

In his first year at UV, Fausey was encouraged to compete for a starting spot rather than redshirting for a year.

Fausey chose UV over multiple schools including Cornell University and the University of Pennsylvania.

"He has a great personality and brings a ton of energy to the program," said Clark.

Last season, the team finished with a record of 2-10. They have already tied their win total this season.

"We're off to a very hot start so we want to keep it rolling forward through the rest of the season," said Cornell. "This year's team has a great vibe to it, a ton of guys who work hard and want to support a greater cause than themselves."

The addition of Fausey gives Sacred Heart more help in the training room as well as a recent student-athlete.

"He will allow us to give more individual attention to the student-athletes on the team," said Clark.

Assistant coach Braden Atwood is also new to Sacred Heart. He joined the wrestling coaching staff prior to the 2019 fall term.

Atwood was also a four-year athlete. He attended Purdue University.

"[Fausey's] success stood out at first being a four-time NCAA qualifier and having a great career at Virginia but then knowing him as a person sealed the deal," said Atwood. "He is someone as a parent you would want to be mentoring your child."

Atwood has seen the significance of the NCAA tournament. He was also a four-time NCAA tournament participant.

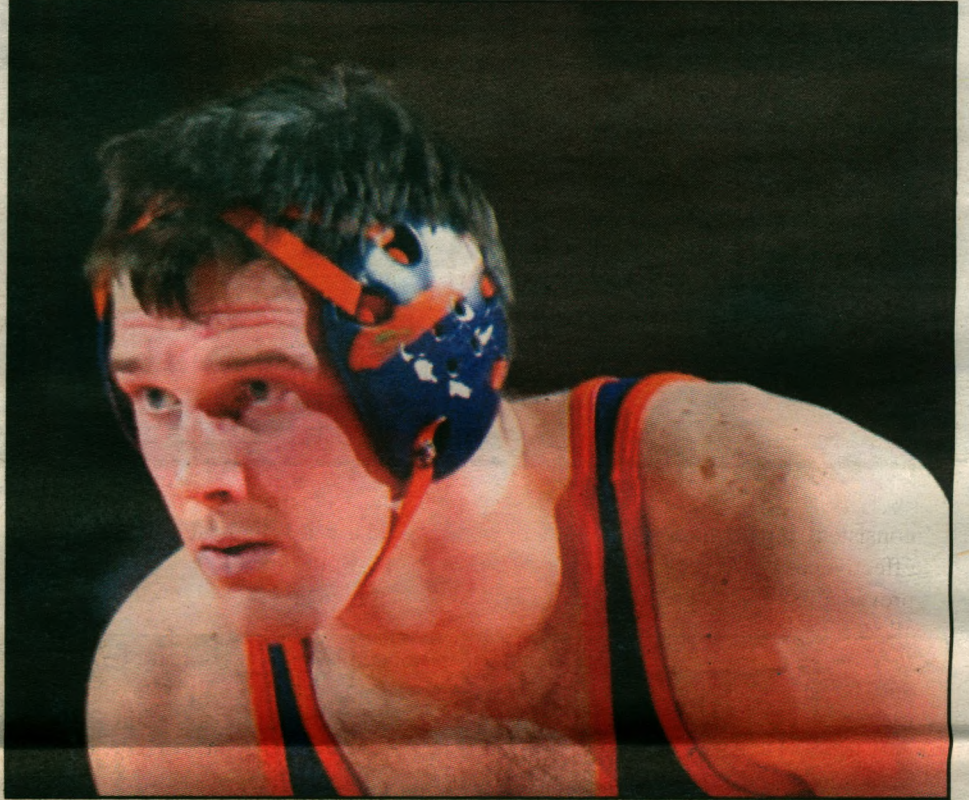
While at UV, Fausey tallied a career record 98-36.

Prior to his college career, Fausey wrestled at Line Mountain High School. He earned All-American status and placed sixth at the Junior and Cadet National Freestyle Tournament.

"Coach Atwood, Coach Fausey and I have similar coaching philosophies and it will be a smooth transition for all," said Clark.

Senior Gerard Daly, who redshirted last year, has seen the team change form over the years.

"The focus is just to stay winning in everything we do from the classroom, to our lives outside of school and obviously on the mat," said Daly.



BEFORE COMING TO SACRED HEART TO COACH, JON FAUSEY, WAS ON THE UNIVERSITY OF VIRGINIA WRESTLING TEAM.

Women's Club Gymnastics Road to Daytona

BY CHRISTIAN RODRIGUEZ
Senior Staff Writer

The women's club gymnastics team opened their season on Nov. 11, with a second place finish at their meet at the University of Connecticut (UConn).

UConn is a familiar place for the gymnastics team for their season opener, as this was their eighth consecutive year making the trip. A contributor to their success at UConn was senior Hannah Rennie.

According to Sacred Heart athletics, Rennie placed second out of the entire meet for all around, beam, bars and floor. She also placed third for vault.

There were some challenges that had to be overcome in getting the score.

"We faced some adversity in team numbers, as the other teams had more gymnasts, which allowed them to have more options when deciding which gymnasts would be competing which events," said Rennie. "Despite not having the numbers, a lot of our teammates stepped up and competed in events they may not have wanted too, which contributed to our second place finish."

The team looks to build on their chemistry in trying to reach their ultimate goal, which is to reach Nationals in Daytona Beach, Fla.

"Our team was extremely positive throughout the entire meet against UConn and really supported one another," said Rennie. "To me, this is one of the most important aspects of the competition, so I was so excited to see how supportive our team was."

The road to Daytona has been evident in and away from the gym. They team has been raising money by having different fundraising methods to make the Nationals trip a reality and using that as motivation throughout the season.

"Almost every week we have an event from selling donuts, to asking for donations, and even wrapping books at Barnes & Noble," said Rennie.

The team had a meet scheduled for Dec. 1 but it wound up being canceled due to a shortage of judges. The meet against UConn was the last meet for the team before the start of their spring season.

"Our training techniques focus a lot on consistency and endurance," said junior Allison Bertolozzi. "Having the confidence and ability to perform a skill is one thing but connecting those skills into a full routine makes competing much more difficult."

The team practices in the gym twice a week for three hours. They also have an additional lifting time once a week.

"At practices, we try to focus on consistency and numbers, to perfect our skills we will be competing," said Rennie. "We have been looking at the requirements and altering our routines if we see that we need to make a change."



THE CLUB GYMNASTICS TEAM IS WORKING TOWARDS THEIR GOAL OF MAKING IT TO NATIONALS IN DAYTONA FLORIDA. (TOP: EMILY MOORE, FRESHMAN)

#PIONEERPRIDE



#WEARESHU

WOMENS BASKETBALL

	1	2	3	4	T
SHU	13	13	20	6	52
Providence	13	21	9	19	62

	1	2	3	4	T
Monmouth	17	6	12	20	55
SHU	10	15	12	13	50

	1	2	3	4	T
SHU	14	21	19	16	70
Hofstra	14	26	12	12	64

MENS ICE HOCKEY

	F
SHU	1 2 0 0 3
Canisius	1 2 0 0 3

	F
SHU	2 0 0 2
Canisius	1 0 2 3

	F
SHU	0 0 1 1
Robert Morris	0 1 1 2

	F
SHU	0 0 1 1 2
Robert Morris	0 1 0 0 1

WOMENS ICE HOCKEY

	F
New England College	0 0 0 0
SHU	0 2 2 4

	F
New England College	0 1 0 1
SHU	1 2 0 3

	F
SHU	1 4 1 6
Becker	0 1 0 1

	F
SHU	2 0 0 2
Becker	1 1 1 3

MENS BASKETBALL

	T
Binghamton	33 40 73
SHU	32 46 78

	T
Hartford	41 48 89
SHU	49 49 98

	T
SHU	24 49 73
Boston College	34 47 81



SACRED HEART CLUB SPORTS

THE COMPETITION TEAM FROM BIG RED CROSSFIT COMPETED AT THEIR FIRST COMPETITION OF THE SEASON IN OCTOBER. THE FORGE FUNCTIONAL FITNESS COMPETITION WAS A 3 EVENT COMPETITION HELD AT THE FORGE FITNESS IN SOUTHINGTON, CT.