

THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

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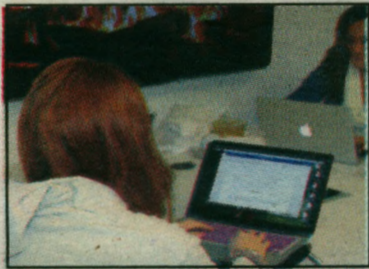
FEATURED NEWS



COURTESY OF CHRIS KATIAK

ON THE ROAD AGAIN

SACRED HEART STUDENT VISITS ALL 50 STATES!



CAROLINE BOLLETTINO/SPECTRUM

E-MAIL OR E-FAIL

SACRED HEART BOMBARDS STUDENTS WITH EMAILS

UPCOMING EVENTS

- 11-15 Agape Late: We Already Have What We Seek, Linda's, 8 p.m.
- 11-19 Women in Business, Martire Theatre & Forum, 10 a.m.
- 11-27 West Campus Christmas Tree Lighting, West Campus, 5:30 p.m.

TWEETS OF THE WEEK

@EddyGrancagnolo

"Everythings got a lesson to it, if you don't know it then find it"

@deanna_doherty

"If you're having a bad day, just remember that the earth has existed for over 4.5 billion years and we were all fortunate enough to be alive while chipotle existed"

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

Little Red's Toy Drive

BY: JOANNA BEACH & NEIL GRASSO
Staff Reporter & Assistant News Editor

You may have seen a person in a bear costume walking around campus, or people with buttons with a teddy bear holding a present, or even a donation box. This is the work of Pioneers for Presents and the first ever Little Red's Toy Drive.

The mission of the toy drive is to collect 500 new, unwrapped toys for deserving families in the Bridgeport area.

"Just donating one toy could be a child's entire Christmas," said Claire Conlan, a member of Pioneers for Presents.

Pioneers for Presents is made up of students in CM-227, a class about practical applications of advertising and public relations. They are working in partnership with members of Greek Life, the Office of Campus Ministry, and the Office of Volunteer Programs and Service Learning.

"Campus Ministry and Volunteer Programs work tirelessly to provide necessities for Sacred Heart's adopted families. To us, toys are necessities for children too!" said Professor Paley, the professor of CM-227.

The national poverty rate is 14%. In Bridgeport, the poverty rate is at 22%, according to data from the US census and Data USA, a comprehensive website and visualization engine of public U.S. Government data

"There are some families in Bridgeport who struggle to give their children a toy for Christmas," said Conlan. "Our professor and her students at another university created a very successful, similar toy drive and she thought it would be great if we could create another one here."

Students and faculty members will have multiple opportunities to donate new, unwrapped toys to the drive before the semester ends.

Pioneers for Presents will be collecting donations at table times in the main academic building throughout the month of November.

They will also be at the end of Sunday masses from now until the end of the semester, taking donations and advertising the toy drive to the community.

Chipotle will also be supporting a fundraiser on Nov. 27 in Fairfield (340 Grasmere Ave) from 4-8 p.m. Proceeds from the event will go to buying new toys for the drive.

Members of the class are working together with Greek organizations

to set up "toyraisers" to encourage fraternity and sorority members to participate.

"It's an initiative that weaves together our personal and spiritual values with our sense of joy and fun. We're looking for small acts of loving kindness from as many people as possible," said Paley.

To help the class reach their goal of 500 toys, they are asking for campus and community-wide participation. "Students and their families, faculty, staff, alumni, trustees and local businesses are all encouraged to help spread the joy and give a toy," said Paley.



PIONEERS FOR PRESENTS

PIONEERS FOR PRESENTS IS A PROJECT FROM THE CM-227 CLASS ON PRACTICAL APPLICATIONS OF ADVERTISING AND PUBLIC RELATIONS LOOKING TO GIVE BRIDGEPORT FAMILIES A GREAT CHRISTMAS.

Midterm Election Results

BY MAYTE FIGUEROA-CAMILO
Staff Reporter

In the 2018 midterm elections, the Democratic Party took control of the House of Representatives while the Republican Party won majority in the Senate.

"We are going to have a divided government now for the remaining two years of the Trump presidency," said Dr. Gary L. Rose, professor and chair in the Department of Government.

The Democrats needed a net gain of 23 seats to break the Republicans' eight-year hold on the House and place a check on the President, reported the Associated Press.

"There's going to be more investigations," said Rose. "Inevitably more people will be required to testify - probably under subpoena."

The Guardian reported that the Democrats led Republicans by more than 12 million votes in Senate races, but failed to win majority due to the electoral process.

According to the election results, the Republicans flipped three Senate seats in North Dakota, Indiana, and Missouri in addition to their two-seat majority in the chamber.

"Trump still has the Senate though," said Rose. "The Senate still has the authority to confirm the Supreme Court nominees, so he will probably get another Supreme Court seat too."

Nancy Pelosi, House Minority Leader, will succeed Paul Ryan as House speaker now that the Democrats dominate the House.

Rose is certain that this speaker shift will bring forth changes in the chamber.

"A lot of the Trump agenda, if you will, is going to probably come to a grinding halt now," said Rose.

Rose reported that with the House being controlled by the Democrats and with the Senate under Republican rule, congressional gridlock is inevitable.

"You have a Republican president who is not going to support anything the Democrats want in the House," said Rose. "I think we are going to be in a stalemate period for two more years."

Democratic politician Maxine Moore Waters was reelected to serve as House representative for California's 43rd district for two more years.

"Maxine Waters is going to be the head of the Financial Services Committee. She's the one who will be serving these subpoenas for financial records," said sophomore Matthew Wyskiel.

According to Wyskiel, President Donald Trump will have to compromise if he wants Congress to pass any bills in his agenda.

Nearly 40 percent of voters cast their ballots to express opposition to the president, while one in four voted in support for Trump, according to the Associated Press.

"If the millennial generation really showed up at the polls, think of the power and the influence they'd have on public policy," said Rose.

CBS reported that the 2018 midterm elections were the first in history to exceed over 100 million votes with 49 percent of eligible voters participating in the election.

Connecticut's incumbent Democratic senator, Christopher S. Murphy, was reelected for six more years with 58.9 percent of the public's vote over Matthew Corey's 40 percent, according to the results shown by The New York Times.

"Chris Murphy's gun policies, while unpopular for Republicans, are very popular for Democrats," said Wyskiel. "He has been the lead charge since Sandy Hook, trying to get a handle on the problem."

In Connecticut's close gubernatorial race between Ned Lamont and Bob Stefanowski, Lamont won with 49.1 percent to Stefanowski's 46.5 percent, according to the Associated Press.

For Wyskiel, Lamont's desire to increase highway tolls will only drive more people out of Connecticut, hurting the state's economy rather than improving it.

"Connecticut is basically going broke," said Wyskiel. "The root issue is whether people are going to stay in Connecticut or whether they're going to go find a job elsewhere."

News

Human Trafficking: A National and Local Issue

BY ANAYA VANCE
Staff Reporter

On Nov. 7th, the Human Journey Colloquia Series and the Department of Social Work presented Human Trafficking in the Schine Auditorium.

Clinical Assistant Professor Elizabeth Johnson-Tyson from the Social Work department moderated the discussion. The department worked closely with the Department of Children and Families in Connecticut.

The event included a screening of the documentary film "Sex + Money: A National Search for Human Worth," produced by Morgan Perry. It follows a team of young journalists traveling the U.S. documenting the lives of young children and women coerced into a life of sex trafficking and prostitution.

According to sharedhope.org, sex trafficking is the use of force, fraud or coercion to cause a commercial sex act with an adult or cause a minor to commit a commercial sex act. Traffickers find victims through social networks, neighborhoods, clubs, bars, the internet and schools in small cities.

Sophomore Tina Gichana (Health Science major) said, "After the film I was disgusted and felt it was a total disregard for human life. You would think that everyone in the world is living like you are and that opportunity is taken away from women and young girls. Human trafficking is hell on earth."

According to the film, between 17,000 and 18,000 people are trafficked across international borders into the United States. Children can be trafficked at ages as young as 13 and 14. About 100,000 American kids a year are victims of child prostitution and trafficking.

The film demonstrated how the human body can be owned, used, and reused to make profit with consumers, distributors, and wholesalers governed by supply and demand like any other business. It introduced the lifestyle of 21st century modern day sex slaves in the states of Texas, Georgia, California, New York and Arizona.

"Most people thought this was an international issue and that it didn't really happen as much here in the States as far as our children are concerned, but obviously very quickly I learned that this is not the case and that we have many victims in the state of Connecticut," said Yvette Young, Human Anti Traffic and Response Team Coordinator.

Young was joined by three other panelists giving their expertise on this growing issue of human trafficking in Connecticut.

The panelists include Erin Williamson, the Survivor Care Program Director of Love 146; Dave Falback, an analyst for Law Enforcement on Human Trafficking; Brian Sibley, a Connecticut State Prosecutor; and Annmarie Boulay, an outreach worker at Wintonbury Church for "The Underground," a program to end sex trafficking and exploitation.

"We have prevention curriculum helping the youth identify what a healthy relationship is, but not only in the context of human trafficking. It is taught in detention centers, group home placements, foster care, and any after school program that can get to the youth,"

said Williamson.

According to the film, most of the children being trafficked are in group homes, runaways, and have experienced some type of sexual abuse in their life. In Connecticut, it also includes the children that live in a stable home with a family.

Young said, "In the state of Connecticut last year, 67% of the kids who were referred to the department were living at home with a parent or guardian. It happens in every part of the state of Connecticut. Human trafficking in Connecticut is a backyard issue. If you don't believe it's happening in your community, then you're completely misinformed."



ASHLEY ENGLE/SPECTRUM

THE HUMAN JOURNEY COLLOQUIA SERIES COLLOQUIA ON HUMAN TRAFFICKING IN THE SCHINE AUDITORIUM ON NOV. 7

SHU Alumna on Bloomberg Live

BY TARA ZANNI
Staff Reporter

Juliana Fetherman is a Sacred Heart University alumna who was invited to Bloomberg Live on Oct. 30 on behalf of her mobile application, Making Authentic Friendships.

"It was totally random," said Fetherman. "This lady who was verified on twitter tweeted at me and said she was interested in speaking with me about my app, and then the next day called me from California and said Bloomberg in New York City is having a panel event with entrepreneurs on the future of crowdfunding. It was very fast and out-of-the-blue, but I'm so thankful."

The event was attended by about 200 people, who included investors and executives.

"Bloomberg Live brings together the expertise of the largest newsroom in the world," according to bloomberglive.com.

"I got a lot of publicity from it. They even had a networking event afterwards, and I got 50 business cards from people who wanted to stay in touch," said Fetherman.

Fetherman's application is designed to enable individuals with special needs, ages 13 and up, to make friends. It matches people based upon their geographic location, diagnosis, age and interests.

After the idea came to her, she reached out to Sacred Heart president Dr. John Petillo, who then put her in contact with some professors from the Business School.

Fetherman graduated from Sacred Heart in the spring of 2018 with an undergraduate degree in Health Science and a minor in Business. She is currently enrolled in graduate school at Sacred Heart to get receive her Master's in Business Administration.

Fetherman explained that she got the idea for the app from her brother Michael, who happens to have the same initials as the title of the app. Michael, who is 20-years-old, is diagnosed with Autism Spectrum Disorder (ASD) and Attention-

Deficit/Hyperactivity Disorder (ADHD). As he got older, his biggest issue became making friends.

"Autism Club at Sacred Heart is what I accredit my passion to," said Fetherman, who was the president of the club during her senior year.

Another club on campus, called Best Buddies, works alongside children with special needs. Nicole Giordano, a senior nursing major and the president of the club, said that this app is going to be helpful.

"It can be difficult to make friends no matter who you are. Especially for our buddies, it can be hard because a lot of them go to school and then go home, leaving very little opportunity to meet new people. This app seems to work similarly to our program, providing a safe and fun way to make friends," said Giordano.

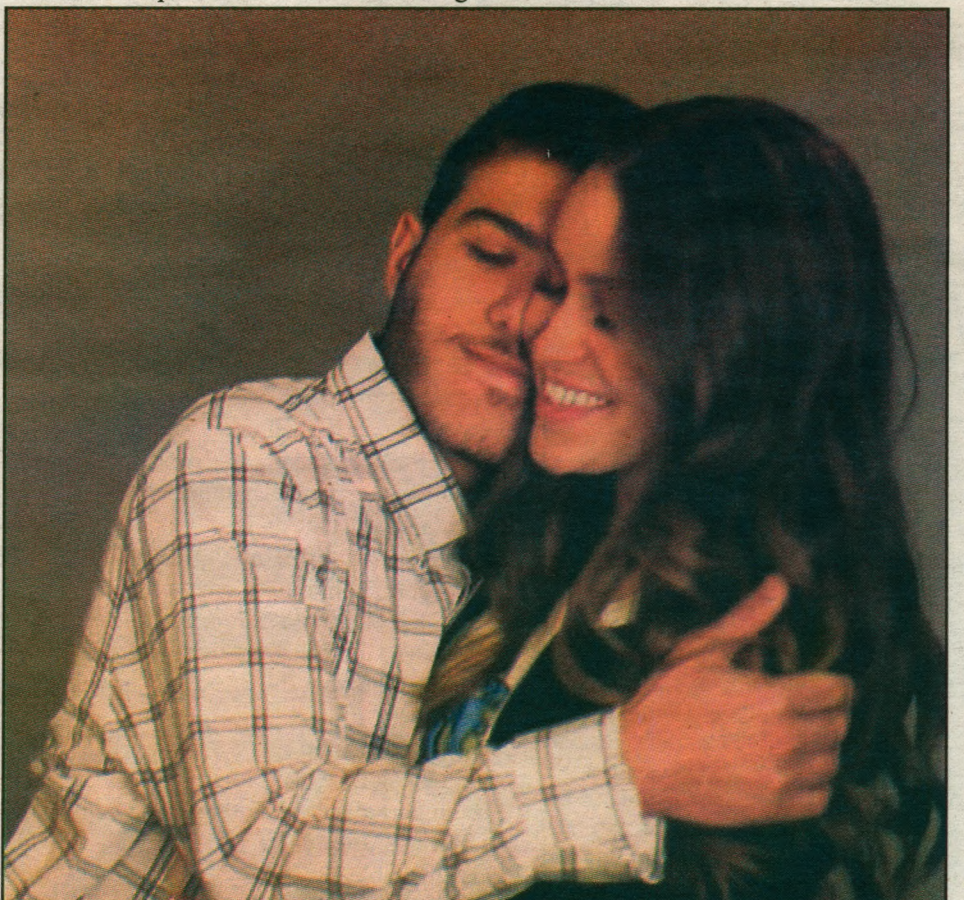
Fetherman has even more plans to expand her business and the app.

"I want it to be my future, God-willing, but this is the main thing I wanted to do. Help match like-minded individuals to make friendships. I'm currently working on a part of the app to help other caregivers and family members, for example autism siblings to

autism siblings," said Fetherman.

iFundWomen is a website where female entrepreneurs can raise money for their businesses through a flexible crowdfunding platform. Making Authentic Friendships has already surpassed its goal on this website, raising over \$10,000. If you would like to learn more, visit ifundwomen.com/projects/maf.

"She's always been so sweet and wanting to help others," said senior Abigail Haberle. "It doesn't surprise me that she's becoming so successful."



JULIANA FETHERMAN'S FACEBOOK

SACRED HEART CREATED A MOBILE APPLICATION, MAKING AUTHENTIC FRIENDSHIPS, AND WAS INVITED TO BLOOMBERG LIVE. SHE IS PICTURED ABOVE WITH HER BROTHER.

Perspectives

They Said: Cyber Monday vs. Black Friday



BRYAN

Black Friday is an interesting time of year. After spending hours with family and friends, stuffing your face with plenty of good food, the natural instinct is to sleep.

However, one day a year, everything you once knew about food coma is thrown out the window and your hearty meal is simply a means of storing energy for the madness to come.

When I was young, going out to shop at midnight was the coolest thing you could possibly do on Thanksgiving night.

I had always wanted to go, but could never convince my family to take me. Once I reached the ripe age of 17, I finally rallied my friends to go to the local outlet shops with me to score some sweet deals. Upon our arrival, I found a parking lot filled with people, freezing, standing in lines for these brand name outlet stores.

From a glance you would believe that all stores were 75% off. As we wander looking for a store to stand in line for, I began to notice how little the sales actually were: 20% off, 15% off, maybe even a 30% off.

These sales would be fantastic on a flat screen TV or a new car, any larger ticket items.

But for my purpose (at the time), a high school student with no job and no money, it was almost pointless to save \$2 on the nice tie I would get my father for Christmas, or a pair of gloves for my sister. I have to wonder, how little do I actually value my time sleeping when I will stay up till 3 a.m. just to get 20% off of a low cost item? It seems silly to me.

Needless to say, I never went back. It just seems silly to me that even the following morning, these sales still go on.

There is no true need to stay awake that late just to buy a pair of socks at 3/4 of the normal price. With that being said, if you have an income, and are looking for those large ticket items like a new TV, by all means join the madness and trample people at the doors of Walmart, that's worth it. For us college students, I believe we have better ways to spend our time like staying home and petting our dogs, or . . . sleeping. It is just simply not worth it.



GRAHAM



Imagine yourself about a week from now: it's Thanksgiving. You are with your family, sitting at the table and patiently waiting, or at least trying your best, for the main course. After all that patient waiting, the food is served, and all conversations pause as everyone digs in.

After everyone is finished and the table is cleaned up, what does everybody do? Maybe someone turns on the football game. Maybe dad crashes on the couch after having too many servings of turkey and mashed potatoes. Maybe you go shopping. Yea, shopping.

For decades, the Friday after Thanksgiving has been known as Black Friday. Black Friday has been recognized as the unofficial start to the holiday shopping season ever since the first Macy's Thanksgiving Day Parade back in 1924. Millions of Americans each year go out bargain shopping, hunting for the best deals before the shelves are completely cleared.

Black Friday is an interesting "holiday." On one hand, there are tons of great deals, or seemingly good deals. Some love the rush and feeling of beating the crowds, getting the deals they wanted so badly. Others are the opposite and don't really care much for the crowds or waiting in the cold temperatures.

Personally, Black Friday doesn't appeal to me much, and at this point it is little more than just Friday. Black Friday might just be changing Thanksgiving into another shopping holiday.

Over the past few years, we have seen companies open their doors to the Black Friday deals earlier and earlier. Deals that used to begin at the crack of dawn on Friday are now starting 12 hours sooner. From six in the morning on Friday, to six in the evening on Thursday, Black Friday deals are intruding into Thanksgiving.

A large part of this is due to the fact that online shopping is becoming more and more popular among consumers. It is

basically a 24/7 marketplace. The biggest online shopping "holiday" of the year, Cyber Monday, is giving Black Friday a run for its money.

Cyber Monday offers a few advantages to the shopping madness that is Black Friday. Instead of camping out for deals in the cold and having to fight the crowds for the last TV deal, you can simply kick your feet up and pull up the store catalogue on your phone.

Many of the deals offered on Black Friday are time- or quantity-sensitive, meaning that some of the deals you see ads for may only last for an hour, or the store will only have a select number of specific items in stock. That means all of your waiting in the cold may not pay off the way you had hoped.

Black Friday sometimes gives us the impression that we can only find these deals right then and there. Truth is, many of these deals are not all that special, and can be found at other times throughout the year.

A study done by NerdWallet and Harris Poll found that 93 percent of Black Friday ads from 2015 we're the same as 2014. Yes, we are getting a bit statistical about Black Friday.

"The study also found that the deals were available at other times throughout the year. NerdWallet's study also found that some retailers increase their prices just before Black Friday, therefore making the savings seem bigger than they are," said NerdWallet contributor, Jennifer Luna.

Black Friday continues to overshadow Thanksgiving and what the holiday is really about. When I think of Thanksgiving, I picture basically what I mentioned at the beginning, minus the shopping part.

This Thanksgiving, I'll be saving my shopping for Monday. On Thursday you can find me stuffing my face, watching football and enjoying time with family and friends.



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Perspectives

Students' Biggest Nightmare

BY ERICA CONDON
Staff Reporter

It is the morning of your class registration time. As you anxiously wait to click submit on Web Advisor, your computer freezes. After about 5 minutes of refreshing the portal, you see that you didn't get into half of the classes that you wanted.

For junior Brooke Dado, a health science major, registering for classes is a tedious and stressful process.

"In the past, I have hit submit on Web Advisor for my selected classes and then my computer freezes for about 5 minutes," said Dado. "During that time a million things are running through my mind, hoping that I get into the classes I wanted."

Sacred Heart University uses Web Advisor, a portal where students are able to search and register for classes offered. Students are assigned specific days and times to register based on their class year, alphabetical order of their last name, and participation in athletics or the honors program.

For sophomore Bianca Valenti, a criminal justice major, finding classes on Web Advisor is not stressful. However, she believes there are other issues in the registration process.

"I think the process of finding classes online is easy to understand, although I think they should add more classes," said Valenti. "I don't have trouble making a schedule but I have trouble actually getting the schedule I made."

Additionally, many students spend hours finding classes to fit their new schedules for the following semester.

"I think the most annoying part about registering for classes is when you take such a long time to make a perfect schedule that works for you and then when you go to register half of your classes are already taken and you have to make a new one," said Dado.

Freshman Elena Bartoli, a nursing major, who is registering for classes for the first time finds the process quite confusing.

"I am finding Web Advisor a little confusing at times, especially because I am first learning how to use it," said Bartoli.

Are there any changes that could help make things run more smoothly for students?

"I think the process would go more smoothly if someone sat down with all of the freshman and went over how to register and actually helped us make a schedule," said Bartoli. "Instead of them just showing us the steps and then making us do it on our own."

Even after going through the class registration process for multiple semesters, many upperclassmen still find that picking classes is hectic.

"Every year, I feel as though it gets more stressful because sometimes it can be difficult fitting in the classes that you need for graduation," said senior Kathy Mitchell, an accounting and finance major. "Also, there is no guarantee that there will be room in the classes that you need."

Junior Mike Covino, an accounting and finance major, thinks that Web Advisor is an extremely confusing system that has the potential to be much easier to use.

"Personally, I find registration to be one of the most stressful times of the year. For me it has gotten harder to register as I have gotten older because every semester they switch who gets to register first in your grade based on your last name," said Covino. "So now, I am picking during the last time slot instead of the first this semester."

However, some students realize that registration is generally unpredictable and inescapable and not worth stressing over.

"I tend to not even look at Web Advisor until the day before my time. The first schedule you make will never be the one you end up using," said junior Paxton McLane, a media studies major. "I avoid the stress by not setting expectations for myself and my schedule."



JACQUELINE O'ROURKE/SPECTRUM

REGISTRATION IS ONE OF THE MOST STRESSFUL EXPERIENCES THAT SACRED HEART STUDENTS HAVE TO FACE.

Ding — Another Email?!

BY GABRIELLA RUVO
Staff Reporter

Another day, another email. Do you find yourself saying this daily when you hear your phone go off? Mass emails seem to be a conversation topic at Sacred Heart University.

A mass email is an email sent out globally to the entire Sacred Heart community, although it may not pertain to you specifically.

"I think that some of the emails are beneficial, especially if they're from administration about something important going on in the SHU community. However, the 'globals' that get sent out every day from clubs/departments aren't always beneficial," said junior Nicole Longo.

These emails are controlled by leaders of organizations that have the ability to send emails globally. For example, Sarah Kosha, a senior who is also the Student Body President, has the ability to send out those emails.

"We are limited by our advisors on how many emails we send out and everything must be approved. Only I have access as President with my advisor's permission to send one out," said Kosha. "Other members do not have access to send out a global."

Many freshmen come into the university without knowing their inbox could overflow with these mass emails each day.

"As a freshman, I've never had to deal with so many emails before, so it is all new to me. I can't learn to ignore them because I have to scroll through them to get to my important ones," said freshman Grace Shinn.

On the other hand, seniors have been receiving these emails for many years and have learned to either ignore them or delete them.

"I think the amount of emails we get is so unnecessary. I am so used to seeing 50 emails a day that I don't even read. They don't even distract me anymore, I only focus on my important emails," said senior Elizabeth Bivona.

Within these mass emails, are important emails that students need to read. Those emails could be from professors, tutors, or anyone regarding something important to the student.

Sophomore Anthony Gianfortone tends to lose track of his important emails due to the amount of mass emails in his inbox.

"In the midst of all the mass emails we receive daily, I deleted my class registration time email," said Gianfortone. "That email is really important and I shouldn't have to accidentally lose it because I receive emails I don't need."

However, other students have learned to navigate the system and not lose track of their important emails.

"I personally don't get unimportant emails mixed up with my important ones, but it is only because I check my email 20-30 times a day and I am on top of deleting the ones that don't pertain to me," said junior Olivia Hagopian. "If I let my emails get backed up like many other students do, I would absolutely lose the important emails."

Do students actually read these mass emails and have their school mail accessible on their mobile devices?

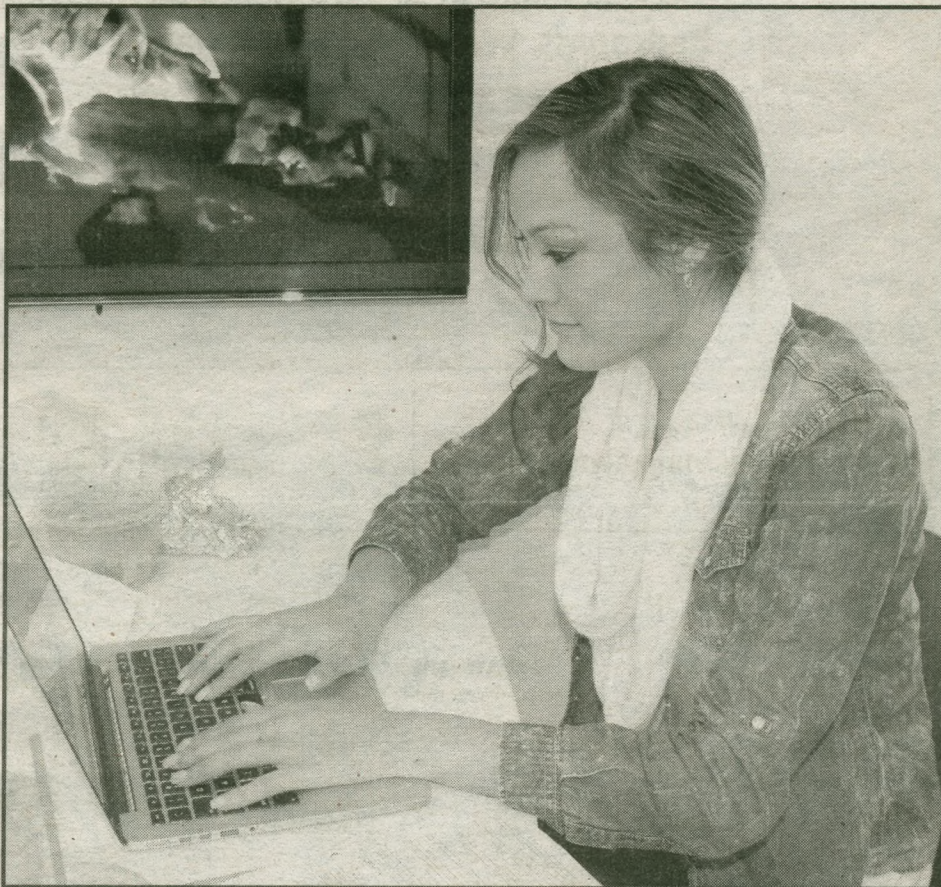
"I have the mail app on my phone but I don't open mass emails because the second I read the subject, I know if it pertains to me or not. I'm not going to read something that isn't going to benefit me," said sophomore Alexa Coto.

With some improvements and new ideas, many students say the email system could be revamped and allow students to choose what emails they receive.

"The email system is not run efficiently because so much information is displayed at once," said Shinn. "Students should be able to choose what emails they are subscribed to so that they know that an email is important when they get it."

The email system can be a controversial topic at Sacred Heart as email is the official mode of communication for various university channels.

"Although emails may seem like such a small part of our college career, they have a big impact on our success," said Hagopian.



CAROLINE BOLLETINO/SPECTRUM

EMAIL IS THE OFFICIAL MODE OF COMMUNICATION FOR MOST UNIVERSITY CHANNELS. PICTURED ABOVE: ALEXA BLAZAS, JUNIOR.

Editorials

meet THE STAFF

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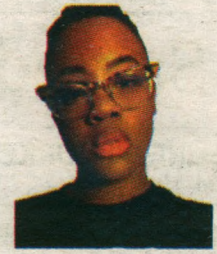
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Short Hair, and I Really Don't Care Anymore

STEPHANIE PETTWAY

A&E EDITOR



When I cut my hair, it was really something that I was very worried about. I thought people would look at me differently, give weird looks, and just judge me whether they knew me or not.

I was completely wrong when I walked into my first class in the Fall semester of 2017 with much shorter hair than I did the semester before. Not only was I not judged, I was not even asked questions about it either.

Looking back, I can see how this made sense, since the people that know me in college had only known me for a few years. So, what would it matter to them? The people that knew me had the important opinions. Which is where the problem lied.

Before going through with this big decision, I presented the idea to friends who I had known for many years, some I even knew for most of my life. And shockingly enough, I got mixed reviews.

I presented a picture of what I had wanted my hair to look like and gave a brief argument as to why I felt like it would work. Some friends were all for it and even said, "It would look so cute on you!" Others said, "I don't know Steph. I'm not too sure about it."

Granted, those that "weren't too sure" went into the whole explanation of how much up-keep it would be to maintain the short hair style, keeping the sides shaved, and many other things that many think they knew that goes into cutting hair (not having short hair) when, at the end of the day, they were not trained professionals, so their opinions became null and void to me.

So, once I had these results from my friends, I went to my parents who of course said that I would look beautiful.

Though this was everything I was looking to hear, I still was very skeptical and on-edge about making this decision.

Now, some would think that since I had the other half of my friends cosigning the idea (fun fact: they weren't the ones that I had known my whole life) and my parents, why would I still feel this way about cutting my hair?

Well, this has to do with the simple fact that hair – and I personally feel, black hair – does not grow back as fast due to our tighter hair texture. For me, to get the shoulder length hair that I

had pre-cut basically took my whole life and a lot of care to get too. So, I wasn't so excited to get rid of literally all of it with the idea that I'd have it all back in a few months.

But what did I do come May of 2017?

I made a hair appointment and completely shaved the sides of my head and cut most of the top part of my hair off. And when I say that afterward I never felt that self-consciousness before in my life, I really mean it. I was scared to even get out of the car!

I look back on this with it almost being a year-and-a-half ago and much shorter hair than before; I think how crazy it was that I even felt this way. Not only have I not been judged, but I have gotten so much praise and so many compliments on how well my hair suits me.

Though I still get people who ask me why I cut my hair or whether I will grow it out. And to answer those questions: I cut it because I was tired of having longer hair, and no, I will never grow it back out. I can't imagine my hair being any other way or how I even managed it beforehand, and I simply cannot go back.

I share this to not only spread the message that we all should feel comfortable to do what we want and to not worry about what others say, but to feel comfortable in doing so regardless of who approves or disapproves. Because you may end up absolutely loving it, like me; or hating it, which is a great lesson in itself and we should all be happy to experience the blessing that is making mistakes and learning from them. Though I would have been a little upset if cutting my hair ended up being a mistake and going through the many awkward hair lengths as it grew out, I would have learned to never do it again.

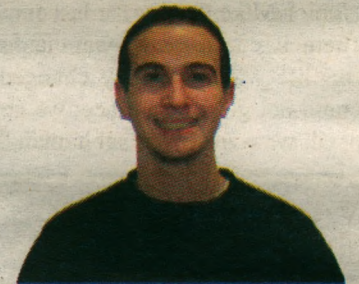
I look back on how I searched for the approval of people that were closest to me and to have half of them disapprove kind of sucked, but I appreciated their honesty. I even look back on how once going through with it, how I was so afraid of what anyone would have thought.

But I also think about how if I let that fear, and if I listened to that disapproval, I would have not known that I was stopping myself from making one of the best decisions of my life. And I wouldn't change that for the world.

The Song Remains the Same

ANTHONY DEL VECCHIO

A&E EDITOR



Music is one of the greatest, if not the greatest, human creation. We can capture all kinds of emotions, with all sorts of instruments, and make weird sounds that people relate with.

Some people say mathematics and numbers are a universal language, but I make the argument that music truly is. You can have a song that is a completely instrumental piece, no words at all and still feel a story, an emotion or mood; we all feel something.

I wouldn't be who I am without music in my life and I know many of my peers would feel the way. It's one of the purest forms of art on the planet, but some people do not see it or treat it as such.

Some see music as a business and not art. Just another way to make money and as I've grown, I've noticed that a lot of people abuse the art in this way. There's a difference between making a song and being an "artist" and I think that is something a lot of people in our generation need to realize.

The title of this article is also the title of a song by the band Led Zeppelin, and if you haven't heard the song or anything from the band at all, I'd change that right now.

Besides being a classic, the song has and its title have made me think about the state of music now and where it's going, and I am not excited about it.

Before I continue, everyone is of course entitled to their own opinions on this subject. I know for a fact that not everyone likes all the music I listen to, and that's fine because we're all different; the world would be pretty boring if we were all the same.

Yet somehow, that's all many people want today; the same thing.

A lot of music today is becoming the same, generic and honestly lazy, and it's worth discussing because as a lover of music, I just don't see how people don't notice this and for those who do, why they're fine with it.

The fact that many people in my generation only listen to one genre, mostly hip-hop/rap music exclusively; but that genre itself

isn't the problem.

The problem is music just shouldn't be contained or limited to just one genre. Like the world we live in, there is so much to be explored in music and it will open blind eyes, or in this case deafened ears, to history, culture and human nature.

We can learn a lot from music and from today's music, all I've learned is that people are addicted to money, sex, drugs and hate.

Material things, how you look and your economic status are all that matter and for those who say they preach equality and culture, for the most part, that's not what the lyrics in your songs say. Producers of music today are the real artists. They make what you really like, the sound and beat that creates the mood and feeling and then people just take or buy said beat/music and then call themselves an "artist."

How many more songs can we listen to about making money? How many times do we have to hear someone say they're the best? What happened to stories, to emotion, to the art?

Like fast food, modern music is becoming cheaply/lazily made, coming out fast and going again before you can even think about what you just heard.

For many, that's all they need or want; something mindless or meaningless that plays in the background; I am not one of those people.

I'm not saying every song has to be a deep, progressive epic or even all that serious, but if you're repeating lyrics three songs into your album, talking about doing the same thing, it's just not good.

Is this what we should be teaching generations to come? To be close minded, repeat the same things but say they change?

To quote Led Zeppelin, "You don't know what you're missing now / Any little song that you know / Everything that's small has to grow / And it's gonna grow."

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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

Sacred Heart University Remembers Kristallnacht

BY JACQUELINE O'ROURKE
Staff Reporter

Sacred Heart University held its annual Kristallnacht Commemoration on Nov. 7 in the Chapel of the Holy Spirit. The event featured traditional Jewish music, prayers, and a special guest speaker, Judith Altmann, who is a Holocaust Survivor.

"I thought it was beautiful. We got to sit in front of a row of people who knew the prayers and songs in Hebrew. So it was really awesome to hear them sing, it was really nice and felt very moving," said sophomore Meghan Briggs.

Careful consideration went into choosing the prayers and songs that were included in the event.

"I tried to pick selections in Hebrew that would fit the event today and that would give a strong message," said Dr. John Micheniewicz, the Director of Choral Programs.

"We picked the music in such a way that it would provide an element of hope as well. I think we need to be hopeful that humanity will not allow these horrible things to happen again," said Micheniewicz.

Kristallnacht is known as "the night of broken glass." According to the event's program, "Kristallnacht was a large-scale, pre-WWII program in Nazi Germany that began on the night of November 9-10, 1938."

In his welcoming address, Sacred Heart president John Petillo said, "Let this annual remembrance remind us, although evil exists around us, it is our strength and hope that proves love is much stronger."

"The intentional violence perpetrated by the Nazi regime on the night of Nov. 9, 1938 spelled the beginning of the Holocaust and the end of hope for Jews," said the program.

"This year felt a little deeper than usual," said junior Chris Conte, who has attended the Kristallnacht event for the past three years.

While this event was held in honor of a part of the Holocaust, it happened to fall about two weeks after an attack on two synagogues in Pittsburgh, PA. That too was remembered and brought up frequently at the event.

"The tragedy in Pittsburgh was a direct attack on Judaism and the American Jewry. Something is profoundly wrong in our society when people can't go to synagogues, mosques, churches, schools or theaters without fearing for their lives and the lives of their loved ones," said Rabbi Marcelo Kormis.

"It is very hard for me to comprehend how 80 years after the horrible events that we just remembered, our country can be a fertile ground for racism, hatred and anti-semitism. Today, more than ever, we must remember what it means when we say 'never again,'" said Kormis.

Judith Altmann, the special guest of the event, provided a message of hope and inspiration to everyone in attendance by sharing her story of surviving the Holocaust.

Judith was born in Czechoslovakia, which was invaded by Nazis in 1939. After the invasion, her family was the last Jewish family on the street.

"There was no fight, we were just sold," said Altmann.

"Our life was drastically changed. Jewish people could not walk on the sidewalk; we could not go to any place; we could only go shopping only after everyone else had shopped; we were called subhuman," said Altmann.

Throughout telling her story, Altmann went into great detail about her harsh living conditions and the disturbing things she had to witness as a young Jewish girl during the Holocaust.

"After the occupation, they took everything away. We Jewish children could not go to school, so our parents taught us how to knit, how to sew and how to cook in order to keep us busy, but we knew nothing good was going to happen," said Altmann.

Having freedom, knowledge, and education taken from her at such a young age is something Judith Altmann will never forget and something she wants college students to realize and remember.

Once she was free, Judith spent some time in Sweden recovering and taking care of herself.

"I took a whole year to get well. After that year, I went back to school to learn my profession, I'm a technical writer and designer and I learned another language," said Altmann.

As soon as Altmann learned to speak other languages, Altmann began to share her story with others.

"I made up my mind. I said, 'If God will give me and I survive, I promise I will tell young people that they should know what it means to have freedom and what a difference hate can produce.' You young people, ladies and gentlemen, you are our future. You are going to provide a better world," said Altmann.



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Features

Chris Kattak Conquers All 50 States

BY AUGUSTUS PFISTERER
Contributing Writer

"If I had to sum up my journey across the 50 states in one word it would be 'glorious,'" said junior Chris Kattak.

In 2008, the Kattak family set out on a mission to visit all 50 states.

"When most people picture a vacation it's sitting in a chair on a beach. Not my family. We pictured hopping in the van and driving to Topeka, Kansas to see the Wizard of Oz Museum," said Kattak.

In 2018, before entering his junior year in college, the journey was finally completed.

The idea started as a joke among the family. However, it soon blossomed into multiple cross-country trips that they will never forget.

"My mom came up with idea of driving cross country because I had been all over the northeast through playing hockey, but we never ventured out to those Midwest flyover states," said Kattak.

"We figured, why not just hop in the van and just drive? Let me tell you, if those seats in the 2004 Honda Pilot could talk, they would have some stories to tell," said Kattak.

The main objective of the trip was not only to spend more time together, but also to see what kind of food the country has to offer.

"Before we left we made a rule we would not eat at any chain restaurants. We looked up the TV show 'Man vs. Food' and made it to every single restaurant he went to," said Kattak.

"My favorite place was 'Big Texan' restaurant in Amarillo. We watched somebody eat a 72 oz. steak, a loaded baked potato, and a salad as part of a restaurant challenge. Let me tell you, this guy failed miserably," said Kattak.

However, it was the state fair in Des Moines, Iowa that made a lasting impression on Kattak.

"The Iowa state fair was something special. It was 107 degrees and I got to see the world's largest pig and the world's largest pumpkin. We were 1,000 miles away from home and it seemed like we were experiencing a whole new culture," said Kattak.

The fair is the seventh largest in the country hosting upwards of 1.13 million people in 2017, according to lowastatefair.org.

Now that he has seen all 50 states, Kattak plans to expand his travels to different countries.

"I've done my traveling in the states but now I think it is time to get out there and see how the rest of the world lives. I have to open the next door and see what is behind it," said Kattak.

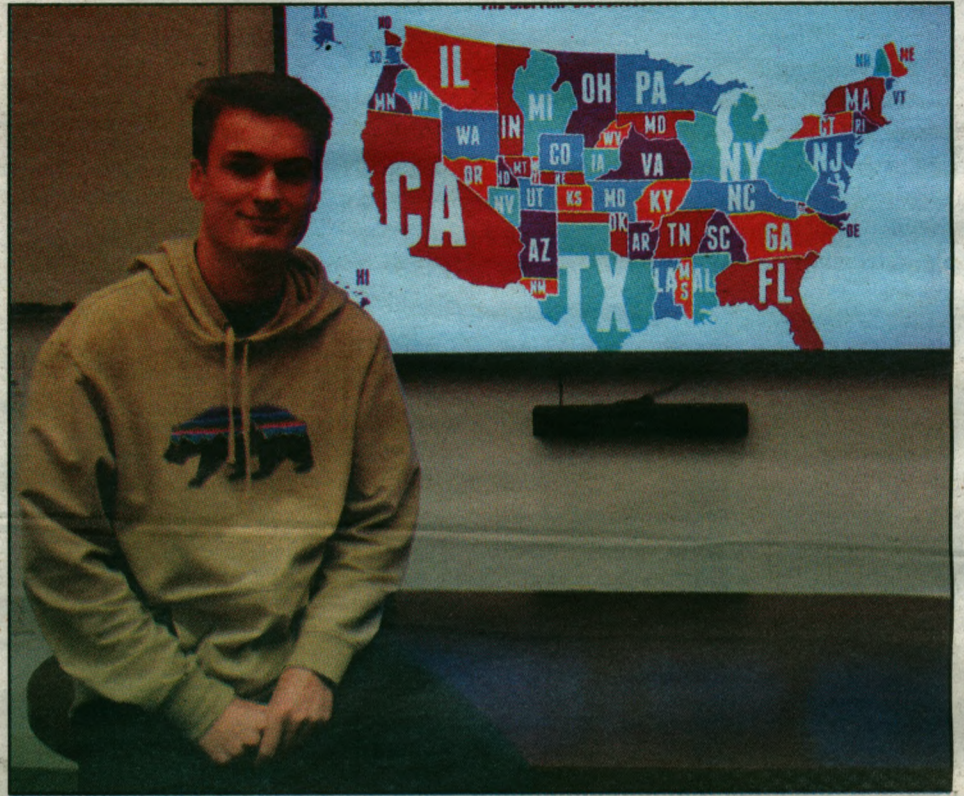
Additionally, throughout his quest, he visited 22 of the 31 professional ballparks in the United States.

"My favorite has to be Wrigley Field in Chicago. When you walk through the gates,

you can feel the rich history of the franchise, and also they have the best hot dog I have ever eaten," said Kattak.

However, it wasn't just the sights he saw but the people he met that made the biggest impact.

"I feel that every person I met on this journey had a new lesson to teach. When you're in a one street light town in the middle of nowhere Wyoming you learn to appreciate the little things in life we take for granted," said Kattak.



JUNIOR CHRIS KATTAK HAS BEEN TO ALL 50 STATES WITH HIS FAMILY AS WELL AS 22 OF THE 31 UNITED STATES PROFESSIONAL BASEBALL PARKS.

MATTHEW WIELK/SPECTRUM

Open Season: Course Evals

BY NEIL GRASSO
Assistant News Editor

Course evaluations at Sacred Heart University have gotten a makeover for the fall of 2018.

The new course evaluations are shorter surveys than previous versions of years past.

Steven Michels, the Assistant Provost for Teaching and Learning, and his team worked to simplify the course evaluations by reducing the number of questions from 26 to 11.

With this year's shorter format, Michels and his team hope to increase the amount of completed surveys at the end of the fall 2018 semester – a number that has recently decreased.

"The University had been trending upward (approaching 60%) for the last few years but dropped considerably in Fall 2017, closer to the national average of 50% for online surveys of this kind," said Michels. "We are hoping that the shorter, reframed instrument will improve student participation."

Michels worked closely with Student Government last year in order to successfully produce a revised version of the course evaluations. Members of Student Government provided their input as to how the surveys could be improved to ensure a higher completion percentage.

One idea that Michels and Student Government members discussed was the idea of mid-semester course evaluations which would allow students the opportunity to voice any opinions or concerns they had for a particular course or professor before the end of the semester.

"In the past, I've pushed back completing my course evaluations due to their length and the time they take to complete," said junior Anna Kazis, a Criminal Justice major. "I also wasn't sure if professors were going to read them or not, so I almost felt like they were a complete waste of time."

The objective of the newly formatted course evaluations, according to Michels, is to have students focus on their personal experience in a given course, rather than rank general aspects of class on a scale from poor to excellent.

In terms of expectations, Michels is optimistic for the fall semester.

"I do think the changes will increase participation. But more importantly, I think students will want to participate if they know that their feedback matters. Faculty read their evaluations. The Deans and the Chairs read the evaluations. The evaluations matter a great deal in terms of the teaching that occurs at the University, and we need students' help."

Students have also expressed interest in the updated format.

"I would be inclined to fill out course evaluations if they were shorter," said junior finance major David Carchedi. "I think by shortening the survey, you have a better chance of students actually responding and providing feedback on their professors and their courses."

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Arts & Entertainment

Ariana Grande Moves on In New Song, "Thank U, Next"

BY ASHLEY ENGLE
Staff Reporter

On Nov. 3, singer Ariana Grande released her new single "Thank U, Next".

"Thank U, Next" came out a day after Grande published tweets involving lyrics following ex-fiancé Pete Davidson's joke about their broken engagement on Saturday Night Live.

The highly publicized joke received mixed thoughts amongst fans.

"I honestly didn't see anything wrong with his joke. He's a comedian, and for him I think this was Pete's way of handling his depression with jokes. I think his joke was coming from a place of hurt, but honestly Ariana pushed back with a hit song as a response. So, I mean, Ariana definitely won this one I think," said senior Alessia Loretta.

The song broke records upon its release. According to Forbes, "Thank U, Next" broke Spotify's global, single-day streaming record for a female artist. The song has earned nearly 8.2 million streams, according to thespotifycharts.com."

"Thank U, Next" pays tribute to all of Grande's exes, including Big Sean, Ricky Alvarez, Pete Davidson, and the late Mac Miller who died of an accidental overdose on Sept. 7.

Grande's new song is adored by numerous students because of the praise for her exes and how they each taught her life lessons.

"I think 'Thank U, Next' pushes the envelope just a little bit more compared to anything she's ever done. Besides the catchy beat, I love the personal touch she's placed in this song by referencing her exes. She does so in such a positive way; it is very different from anything the music industry has seen before," said senior Ciara Ryan.

Other fans have had specific lyrics that struck their mind as powerful.

"I love the song overall, but my favorite lyric is where she talks about finding herself as being the most important relationship right now, and that it's amazing that she's been able to handle the pain. This part of the song carries the powerful message of self-love. Girls have to remember to love themselves for who they are because guys come and go," said Loretta.

Grande has recently dealt with a number of instances involving grief. One was the Manchester bombing that occurred on her Dangerous Woman Tour in May 2017. She expresses the anxiety she suffers in her fourth album, "Sweetener," mainly in the hit song "Breathin."

Students remember the bombing that occurred last year and admired Grande's dedication to those affected.

"When I initially heard about the Manchester bombing, I was so scared for her and our society. It's crazy that stuff like that takes place in our world. It's a situation that no artist would ever want to be in, especially when it involves her adoring fans in a night that was supposed to be fun and memorable," said Loretta.

Grande has received scrutiny for ending her two-year relationship with Mac Miller and starting a relationship with Pete Davidson. The grief of hearing about Miller's death is rumored to be one of the components to Grande calling off her relationship with Davidson.

"I think it's terrible people are blaming her for his death. His sobriety isn't her responsibility. He is re-

sponsible for his own actions and the life he chose to live," said senior Amy Annese.

"Thank U, Next," has been revealed to be the title for Ariana Grande's fifth album.



ASSOCIATED PRESS
ARIANA GRANDE'S NEW SINGLE "THANK U, NEXT" WAS RELEASED ON NOV. 3 AND BROKE RECORDS UPON ITS RELEASE.

SHU Theatre Arts Program Gets Earnest

BY ANNIE MAY
Staff Reporter

From Nov. 15 to 18, "The Importance of Being Earnest" will be performed at the Edgerton Center for the Performing Arts.

"It's one thing to read a play in class and dissect it, but it's another thing to see it with life in it," said senior Kalliopi Gatzoflias, Production Stage Manager and Theater Arts Program Co-Technical chair.

The play, written by Oscar Wilde, portrays the comedic story of two bachelor friends who take on double lives to capture the attention of two women. These two bachelors have to face consequences for their actions throughout the show.

"It's a very simple show, about real people and the character of real people," said senior Bradly Taylor, playing the role of Algernon Moncreiff.

Show writer Oscar Wilde was an Irish poet and playwright. Some of his other well-known works include "The Picture of Dorian Gray," "The Canterville Ghost" and his well-known tragedy "Salome".

"The Importance of Being Earnest" is described in the original text as "A trivial Comedy for serious people."

"It's hilarious, it's a lot of subtle things that makes you laugh," said Gatzoflias "It's a lot of looks and glances and side-eyes, and it's hard not to just crack up."

The play was first performed in 1895 at St. James Theatre in London on Valentine's Day.

"The main thing with this show is getting the accents down. Our director is amazing and helps the actors learn the accents and dialect, along with inflection which can change the meaning and tone of the line," said Gatzoflias.

"My favorite part about being in this show has definitely been getting to work with everyone in the cast and crew. They are all such funny, hardworking individuals and truly great actors. It's an honor to get to share the stage with each and every one of them," said junior Courtney O'Shea, playing the role of Gwendolyn Fairfax.

Before opening night on Nov. 15, Kalliopi Gatzoflias, the production manager for the show, explained how much behind-the-scenes work goes into a production.

"After a show is casted, my job is to look at the student's schedules & conflicts and talk to the director and plan out rehearsals," said Gatzoflias. "Rehearsals on Saturdays are sometimes seven hours long. Especially when we get to tech week."

O'Shea has been in other productions at Sacred Heart University, but this one is different.

"Although I have been in a few plays here, most of the other shows I've gotten the chance to be in here at SHU have been musicals. I'm excited to get the chance to focus more on my acting and character work through this fun play," said O'Shea.

Opening night is Nov. 15 in the Edgerton Theatre at 8pm. Tickets will be sold for \$5 to Sacred Heart students.

"Bring a date, bring your parents, bring your friend, bring all three or bring none. Just come by yourself and have a good time," said Taylor.



ERICA CONDON/SPECTRUM
"THE IMPORTANCE OF BEING EARNEST" OPENS NOV. 15 IN THE EDGERTON THEATRE AND WILL RUN TILL NOV. 18.

Arts & Entertainment

Julia Roberts Stars in New Amazon Series

BY ABRAHAM SEABROOK
Staff Reporter

On Nov. 2, Amazon Prime premiered its new series, "Homecoming," starring Julia Roberts.

"Homecoming" is a psychological thriller following Heidi Bergman, portrayed by Roberts, a former caseworker at the Homecoming Transitional Support Center. The facility is supposed to help soldiers transition to regular life.

The story follows Bergman living a new life after leaving the facility years ago. The plot thickens grows when a Department of Defense auditor questions why she left Homecoming and she soon realized that she was lied to.

Roberts' character is a counselor at Homecoming, who treats soldiers who are trying to overcome their post-traumatic stress disorder. Students have expressed their appreciation for the actress.

"Julia Roberts is a great actor; her movies always seem to find a way to put a smile on my face. I haven't seen a lot of movies recently but if I had the chance I would watch more," said senior Emily Solis.

Roberts is a well-known Hollywood actress and producer known for her romantic comedies. She has won three Golden Globe Awards, has been nominated for four Academy Awards, as well as won an Academy Award for Best Actress.

"I did not know that she was going to be in this show and I did not think that Amazon Prime made shows like this, especially with Julia Roberts," said Solis.

Other students shared their surprise on Roberts' involvement in the series.

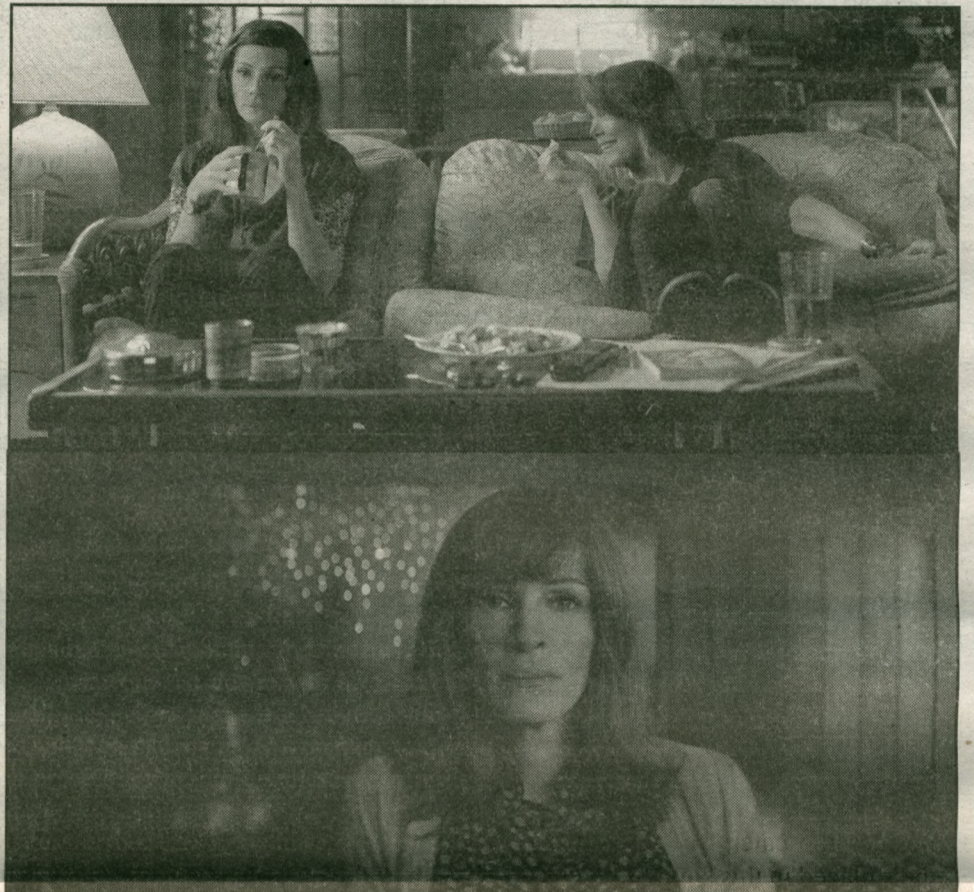
"I had no idea Julia Roberts was going to be in this show or the fact that Amazon Prime started to make TV shows. Julia Roberts is an amazing actor but just because she is starring in the show does not mean I'm going to go watch it," said senior Sarah Evans.

Students indicated how they prefer to watch shows on online streaming services like Netflix and Hulu rather than Amazon Prime Video.

"I did not even know Amazon Prime Video was a thing. I would usually go to Netflix or Hulu because I know they will always have something interesting to watch. When Netflix has new shows or movies releasing everyone knows when it is coming out," Evans said.

Having Amazon being the streaming service that the new show is shown on, has students voice the difficulties of being able to view the new hit.

"If I knew someone that has an account or if I have the opportunity I would watch 'Homecoming' and maybe some other shows. Until this happens, I doubt I will be watching, even though I am kind of interested in how Julia Roberts is going to play her role," said Evans.



AMAZON PRIME'S NEW SERIES "HOMECOMING" STARS JULIA ROBERTS AS A FORMER CASEWORKER.

"Bohemian Rhapsody" Rocks the Box Office

BY ALEXANDRA LOUKERIS
Staff Reporter

On Nov. 2, "Bohemian Rhapsody," a film about the band Queen, was released in theaters around the globe. The biopic has gained mixed reviews since its release last weekend.

"I saw 'Bohemian Rhapsody' this past weekend and I absolutely loved it! I'm a huge fan of Queen, not just of their music but of the band itself," said sophomore Camryn Bonetti.

The movie follows the development of the band, while giving more focus on their front man, Freddie Mercury, and his life. The film brings the audience through the band's journey to their success, including concert scenes. Fans are able to learn the backstory of the band and see all the events that went on behind-the-scenes.

"The film did a good job showing some things, like how the band fought, but I heard that they got a lot of important facts wrong in the film," said sophomore Vincent Avallone. "The concert parts spread throughout the film were especially enjoyable, but I believe that it was poorly paced in the beginning with how quickly the film went from story to concert and back in the beginning, although it did get better at pacing halfway through."

Rami Malek portrays Freddie Mercury in the movie, where they talk about his life leading up to Queen and his journey with his sexuality. His performance as Mercury has been receiving Oscar buzz since its release.

"I thought his performance as Freddie Mercury was super accurate. A lot of performances that were portrayed in the movie showed him creating a similar energy that Freddie had," said Bonetti. "He also looked similar to him with the different costumes and haircuts that were given to him which was really cool!"

Junior Lauren Lowther has been a fan of the band from a young age.

"They're my favorite rock band, my father, brother and I would just listen to Queen albums on the way up to hockey tournaments," said Lowther. "I'm planning on seeing it over Thanksgiving break because of my busy college schedule, but I am very excited."

Through the concert scenes throughout the film, fans can witness their favored hits being played on the big screen.

"My all-time favorite song is 'Somebody to Love,'" said Lowther. "But I also love the classics like 'Bohemian Rhapsody' and 'Don't Stop Me Now.' I can guarantee you that I will be singing along in the theatre."

Critics and students have acclaimed that people of all ages can enjoy this film

and its well-known music.

"I definitely recommend everyone to see this movie, whether you enjoy Queen or not!" said Bonetti.

CNN reports that "The Queen biopic took the No.1 spot with an estimated \$50 million haul in North America and \$141.7 million globally."

The well-known character of Freddie Mercury is appreciated by fans throughout the movie making it a must see film.

"To see the inside of Freddie Mercury's mind. I think there are so many questions that I need answered and just to see quality music being made and the history of the band," said Lowther.



"BOHEMIAN RHAPSODY," A FILM ABOUT THE BAND QUEEN, WAS RELEASED IN THEATERS ON NOVEMBER 2ND AND HAS RECEIVED MIXED REVIEWS.

FOXMOVIES.COM

Sports

Women's Volleyball Playing in NEC Tournament

BY JOSEF SAMILENKO
Staff Reporter

The women's volleyball team clinched a Northeast Conference (NEC) Tournament berth after sweeping Central Connecticut State University (CCSU) in three sets at the Pitt Center on Nov. 3.

The sweep against CCSU marked the team's final home game of the season. It was also Senior Night, and the team recognized the graduating seniors for their contributions to the team for their time at Sacred Heart University.

"Our seniors have meant so much to the team," said head coach Rob Machan. "The upperclassmen did such an awesome job helping the new players adapt to the collegiate level of play."

Senior Lauren Middlemass was one of the five seniors who saw their last home game come and go.

"Naturally, home games bring a special energy and we had great vibes all around," said Middlemass. "A team never wants to lose on their own court, especially on Senior Day."

The team's previous run-in with CCSU this season was on Oct. 6, which resulted in a 3-1 loss for Sacred Heart.

Their time with CCSU may not be over yet, as their program also clinched a bid in the Tournament.

"To qualify for the Tournament is such a special feeling, and to be able to experience it with my 16 best friends is something I will never forget," said Middlemass.

The team has qualified for the NEC Tournament three out of the four years Middlemass has been on the team. They

fell to Long Island University (LIU) Brooklyn in 2015 and 2016. The team missed the Tournament last year.

Middlemass and the rest of the senior class have stressed the importance of enjoying the experience of playing in the tournament to the underclassmen.

"Our level of play against CCSU was the highest we ever reached," said Middlemass. "To come out swinging and digging the way we did at this point of the season was a great portrayal of all of our hard work this season."

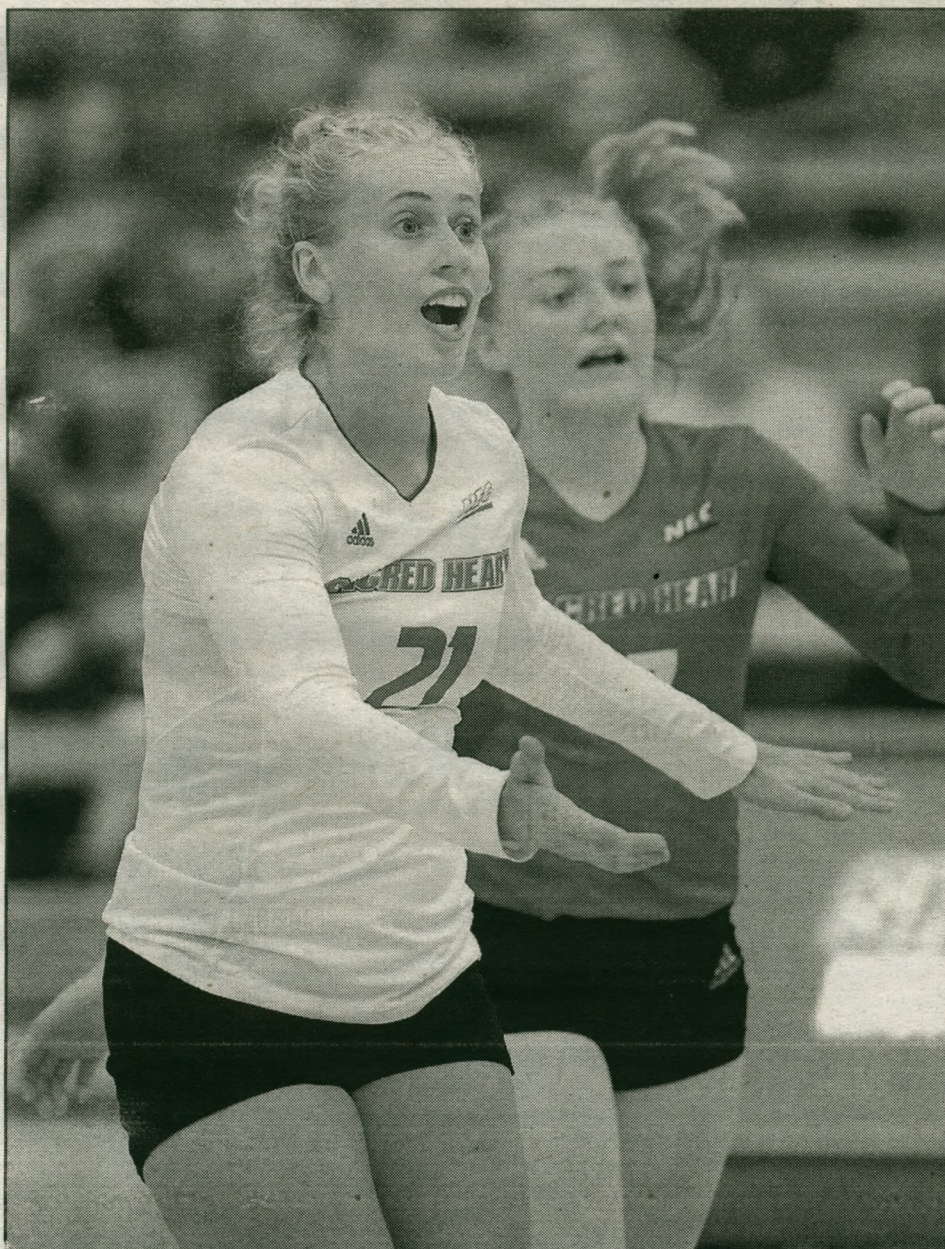
Sacred Heart will be looking to win their first NEC title since 2011, when they defeated LIU Brooklyn in four sets to win their second straight team title.

"The players on this team have worked so hard this year to come together and be able to play at the level they have, with all the work they have put in. They've earned the right to have a great postseason," said Machan.

Sacred Heart finished their regular season 16-9 overall, with an 8-2 record at home. They went 9-5 in conference play.

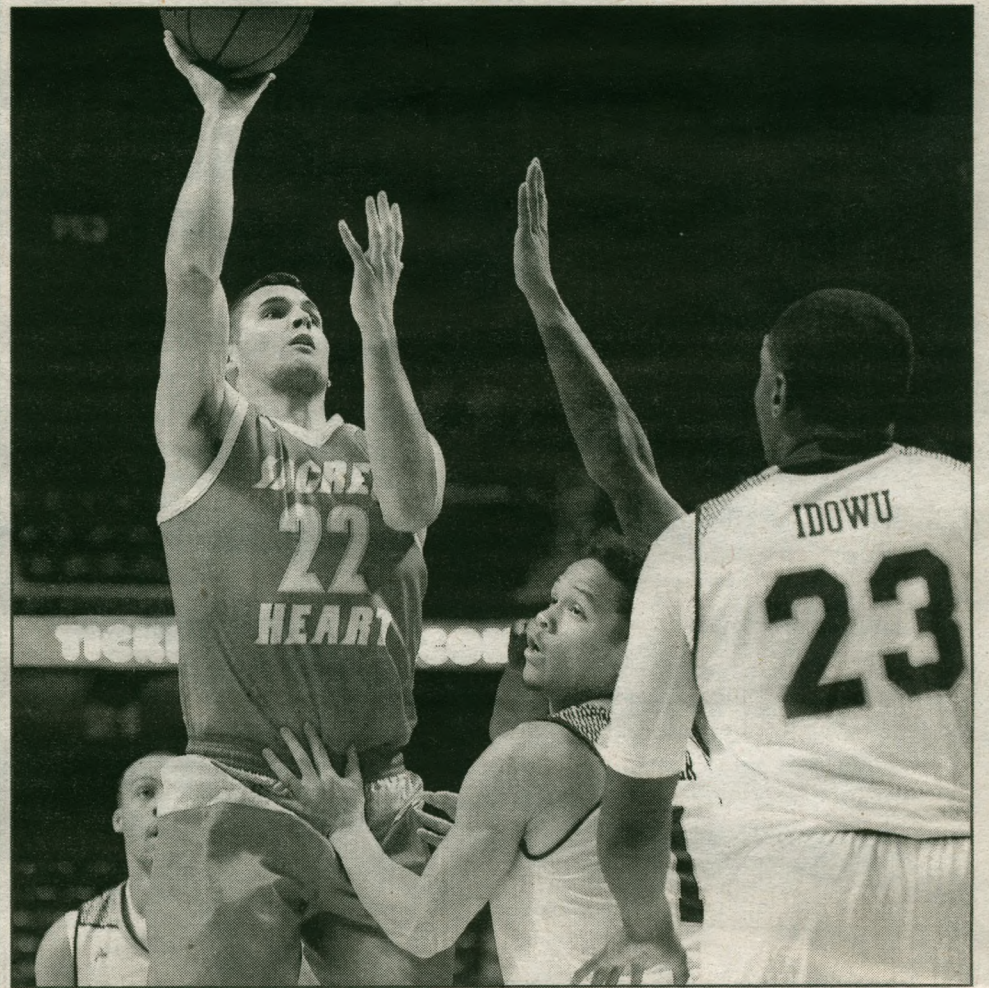
"We always talk about how we can always do better, and this group worked very hard to maximize the potential they had," said Machan.

Sacred Heart and LIU Brooklyn will meet each other again in the NEC Tournament this year. They will play against each other in the Semifinals matchup at LIU on Nov. 16. The winner advances to the NEC Championship game on Nov. 17.



THE WOMENS VOLLEYBALL TEAM HAS MADE IT INTO TO THE NEC CONFERENCE TEAM. PICTURED ABOVE: LISEL NELIS, JUNIOR.

Men's Basketball Season Underway



THE SACRED HEART MEN'S BASKETBALL TEAM LOST THEIR SEASON OPENER 93-81. PICTURED ABOVE: SEAN HOEHN, SENIOR.

BY JOHN KAYWOOD
Senior Staff Writer

The men's basketball team fell to the Holy Cross Crusaders, 93-81, in their season opener on Tuesday, Nov. 6. The lone senior, Sean Hoehn, led the team with 25 points on the day.

Hoehn, who is the longest tenured player on the team, having played all 93 of his career games with Sacred Heart University, is the leader of the team. The team is comprised of seven first-year players (six freshmen, one transfer).

"I'm 100 percent the 'dad,'" said Hoehn. "It's the little things that make a difference, such as making sure that everyone is in on time and making sure that everyone's jersey is tucked in. I'm trying to mentor these guys and incorporate them in everything that we do."

Head coach Anthony Latina is in his sixth season at Sacred Heart.

"We have so many young and new guys," said Latina. "You're either winning or you're learning, so we try not to get discouraged when times get tough and we just try to get better every day."

Team-building and gaining chemistry is the goal for the team this season. They are looking for individual improvements from certain players.

Sophomore E.J. Anosike and junior transfer Jare'l Spellman have two different approaches to improving themselves on the court.

"I was a vegan for about two months during the summer, which was a little difficult, so now I just watch what I eat," said Anosike.

Anosike also spent his summer training and getting mentored by other players and family members.

"Tobias Harris, Kenneth Faried, and even my brother and sister, pushed me through on the court and in the gym to get better this off-season," said Anosike.

Spellman, who became the Florida Southern all-time leader in blocked shots before transferring over to Sacred Heart, also went through an off-season workout program.

The 6'10" junior watches videos of shot blockers from the National Basketball Association to get himself into the right mindset before games.

"The night before every game, I watch at least two hours of Anthony Davis and Giannis Antetokounmpo highlights," said Spellman.

Junior Kinnon LaRose has seen the grit and intensity in his teammates' eyes during training.

"We have some young guys who give a certain edge to the team," said LaRose. "We did some preseason drills with military guys, and we went to a swimming pool and were running around the football field at 4 a.m."

The team will have two games featured on ESPN programs this season. On Jan. 10, they will take on Wagner, which will be televised on ESPN3. On Feb. 9, they will face Mount St. Mary's, which will be on ESPN+.

Latina will stick to his usual suit-and-tie attire for those two games that the team will play in.

"One of the things I learned from both my former bosses, coach [Dave] Bike at Sacred Heart and coach [Howie] Dickerman at Central Connecticut, is you got to be true to yourself," said Latina.

The team played their first home game of the season on Nov. 12, at the Pitt Center against Western New England College. Sacred Heart would go on to win the game, 114-72, evening their record at 1-1.

Their next game is against the United States Military Academy in Providence, R.I., on Nov. 16.

Sports

Chestnut and Meachum Receive NEC Honors

BY COLIN CANNATA
Staff Reporter

Senior Jordan Meachum and freshman Julius Chestnut of the Sacred Heart University football team have received recognition from the Northeast (NEC) Conference this season for their athletic performances.

Meachum rushed for 318 yards on 23 carries in the team's 49-26 victory against Bryant University on Oct. 27, at Campus Field. According to the Sacred Heart athletics website, this broke the program's rushing yard record in a game, which was previously 302 yards.

"It felt great to be able to rush for that record but truthfully I wouldn't have been able to do it without the big guys up front, the tightness, and also the wide receivers," said Meachum.

Meachum received the STAT FCS "National Offensive Player of the Week," and NEC "Co-Offensive Player of the Week," for his performance. According to its website, STAT FCS aims to transform the way college football is presented through data and content.

"The honors mean a lot to me, but the biggest one of all has yet to be accomplished," said Meachum. "The most important goal is the team goal, and that is winning an NEC Championship."

Chestnut received NEC "Rookie of the Week," for the second time this season for his performance against Bryant. According to the Sacred Heart athletics website, he rushed for 164 yards on 13 carries.

Chestnut followed that up with a 152-yard rushing performance in a 38-7 win over Robert Morris on Nov. 3. He would win his second straight NEC "Rookie of the Week," award and his third overall this season.

"It's a big accomplishment and it means a lot to me and my family," said Chestnut. "It was the offensive line and me being patient and listening to the coaches that helped me get it," said Chestnut.

Head coach Mark Nofri has been pleased with Chestnut's and Meachum's efforts this season.

"They're great kids and they work hard," said Nofri. "Julius has fit into our system really well, and Jordan has worked his butt off for the past four years, so I'm glad to see the success that they've had."

The team's goal for an NEC Championship could've been realized on Nov. 10. Sacred Heart traveled to Pittsburgh to take on Duquesne, looking to win the title for the first time since 2014. However, they wound up losing 28-24, making them 4-1 in conference play.

Chestnut again received "Rookie of the Week," honors for his performance against Duquesne, which makes it three weeks in a row he's received the award. According to the Sacred Heart athletics website, Chestnut rushed for 131 yards on 10 carries. It was also the third week in a row he rushed for over 130 yards.

With the loss, Duquesne improved to 4-1 in conference play. This moved them ahead of Sacred Heart in the NEC Standings.

Sacred Heart ends the regular season on Nov. 17, against Saint Francis University at Campus Field, which is also Senior Day.

Sacred Heart needs to defeat Saint Francis and needs Central Connecticut State (CCSU) to defeat Duquesne in order to win the NEC. Duquesne and CCSU will play each other on Nov. 17. Sacred Heart defeated CCSU on Oct. 20, which is why they would win the conference championship should CCSU beat Duquesne.

"I think us sticking together and working on the little things has been the difference maker in our team play this season," said Meachum. "We all love each other and are willing to do whatever it takes."



SENIOR JORDAN MEACHUM (ABOVE) HAS RECEIVED RECOGNITION FROM THE NORTHEAST CONFERENCE ALONG WITH FRESHMAN JULIUS CHESTNUT.

Rowing Wraps Up Fall Season at Mets

BY KENNETH EKERT
Staff Reporter

The Sacred Heart University rowing team ended their fall season on Nov. 10, at the Fall Mets in Orchard Beach, N.Y. The team competed in 1500 and 2000-meter races against Albany, Manhattan, Iona, Fairfield and State University of New York Maritime.

Sacred Heart competed in three races at the event – the Varsity 8, the Varsity Four and the Frosh/Novice 8.

According to row2k, which is an official rowing publication website, Sacred Heart finished in fourth place in the Varsity 8 at 7:15, which was a minute and 10 seconds behind winner Manhattan. They took second place in the Varsity Four, by finishing in 9:01.9, one second behind Fairfield, who finished in nine minutes.

"We were able to close the gap a lot on Fairfield, which is a team that has been beating us for a while and is a team that is very hard to catch on the water," said junior co-captain and Spectrum writer Caroline Bolletino. "We were in a very close race with them [Fairfield], and it was the closest we've ever been."

Sacred Heart and Fairfield had faced each other the weekend prior to the Mets, at the SHU Scare Regatta. The event took place in Fairfield on Nov. 3, and Fairfield wound up winning all four races at the event. The "Scare" was originally scheduled for Oct. 27 but was pushed to Nov. 3 due to inclement weather.

"The 'Scare' was started three years ago as a scrimmage between SHU and Fairfield University so we could add another race to the NCAA requirement of completing a certain number of races in order to qualify for the MAAC Championship," said head coach Nicoleta Mantescu.

In the Frosh/Novice 8 event at the Mets, Sacred Heart was represented by an "A" team and a "B" team. According to row2k, the "A" team won the race in 5:23.9, while the "B" team finished in third, 20 seconds later. The "B" team finished ahead of Iona and Fairfield while finishing behind Albany.

"The novice stood out because they have worked so hard this season," said Bolletino. "The boats were full of a lot of new rowers and walk-ons who did not know much about rowing before this year."

The team added 22 new members to their roster for the fall season, with 16 of them being freshmen.

"The season was very demanding considering that most of the newcomers were walk-ons," said Mantescu. "But it is great for the future of the program."

Even though the fall season is not as competitive as the spring season, the team remained driven, and they understood what each new member of the team had to show for themselves.

"Getting all the newcomers to learn our rowing techniques is a big plus because usually

recruits come in with different styles," said Mantescu.

Senior co-captain Danielle Varely believes that the team will be able to improve when the spring season arrives.

"It's not the easiest waking up at 5 a.m., but everyone always has a smile on their face and the mindset of a competitor," said Varely.

Bolletino and Varely were named co-captains of the team on Oct. 18.

"Caroline and I knew that we had to set a good example for the rowers with high expectations," said Varely. "I'm really looking forward to seeing the work we will put in during the offseason and the rewarding results in the spring."

Bolletino said that the team's mood and performance in practices and races depends on how she and Varely reach out to the rowers.

Mantescu believes the two captains will be big role models for the other 37 rowers in the water, in the classroom and around the Sacred Heart campus.

"We are very lucky because for the first time in a long time, we have two captains that work great together and their unity reflects on the team unity," said Mantescu.



THE ROWING TEAM ENDED THEIR FALL SEASON ON NOV. 10 AT THE FALL METS IN ORCHARD BEACH, N.Y.

#PIONEERPRIDE



#WEARESHU

WOMENS VOLLEYBALL

	1	2	3	
SHU	32	25	25	3
St. Francis	30	18	16	0

K: Liisel Nelis- 15
 B: Gianna Scioletti,
 Kiley Ridgaway, Lissel Nelis- 4
 D: Emma Smallcomb- 18
 SA: Lauren Middlemass- 2

	1	2	3	4	
SHU	25	25	16	26	3
Robert Morris	17	20	25	24	1

K: Liisel Nelis- 19
 B: Kiley Ridgaway- 3
 D: Liisel Nelis- 15
 SA: Alix Polk- 3

MENS ICE HOCKEY

	1	2	3	F
SHU	1	3	0	4
Army West Point	0	1	1	2

SHU goals:
 Ryan Steele (2)
 Marc Johnstone (1)
 Austin McIlmurray (2)
 Jason Cotton (3)

	1	2	3	F
Army West Point	2	0	2	4
SHU	0	1	0	1

SHU goals:
 Marcel Godbout- (1)

FOOTBALL

	1	2	3	4	F
SHU	0	7	14	3	24
Duquesne	14	7	7	0	28

Pa: Kevin Duke -37
 Ru: Jordan Meachum - 174
 Rec: Jordan Meachum - 16

Upcoming Games 11/16-11/27

11/16
 Women's Volleyball at LIU Brooklyn-
 NEC Semifinals
 Women's Ice Hockey vs. Franklin Pierce
 4 PM
 Men's Basketball vs. Army West Point @
 Providence 5 PM
 Men's Ice Hockey vs. Mercyhurst 7:05
 PM
 11/17
 Football vs Saint Francis U 12 PM
 Women's Ice Hockey vs. Franklin Pierce
 4 PM

Men's Basketball vs. Brown @ Provi-
 dence 6 PM
 Men's Ice Hockey vs. Mercyhurst 7:05
 PM

11/18
 Women's Basketball at New Hampshire
 1 PM
 Men's Basketball vs. UMass Lowell @
 Providence 1:30 PM

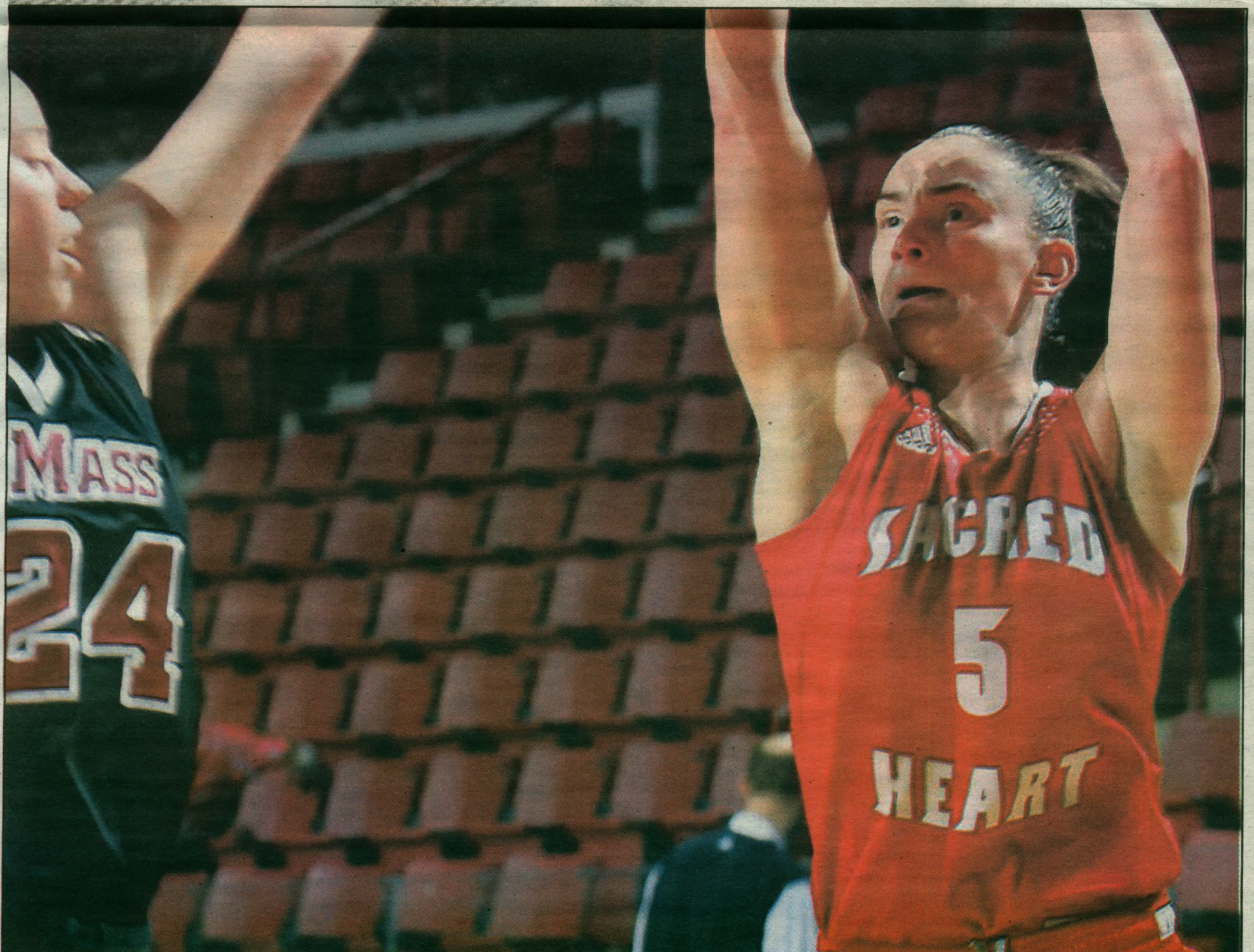
11/21
 Women's Basketball at Providence 12
 PM

11/23
 Men's Ice Hockey at Canisius 1:05 PM

11/24
 Men's Ice Hockey at Canisius 1:05 PM
 Men's Basketball at Binghamton 2 PM
 Women's Ice Hockey vs. New England
 College 6:30 PM

11/25
 Women's Basketball vs. Monmouth 1
 PM
 Women's Ice Hockey vs. New England
 College 2:30 PM

11/27
 Men's Basketball vs. Hartford 6 PM



SACRED HEART ATHLETICS

THE SACRED HEART WOMEN'S BASKETBALL TEAM DROPPED A 78-61 DECISION AT UMASS ON NOV. 6 IN THE SEASON OPENING GAME FOR BOTH SQUADS. GRAD STUDENT ERIN STORCK (ABOVE) SCORED A GAME-HIGH 20 POINTS FOR THE PIONEERS.