The Connecticut gubernatorial election has proven to be an intriguing point of discussion nationally, with coverage from outlets such as Vox, the Wall Street Journal, and the New York Times all closely following the race. This may be due to the fact that the incumbent governor, Connecticut governor Dannel Malloy, whose 71% disapproval rating analysts and outlets have pointed to the shortcomings of current Republican candidate Stefanowski defeated Danbury Mayor Mark Boughton, as well as three other Republican candidates. Stefanowski won the primary on August 8, easily beating Joe Ganim; a report from The Associated Press stated that Lamont led by 76 points with 11 percent of precincts reporting. Democratic Bob Stefanowski, a former banking executive, also won the nomination back in August. In an upset victory, Stefanowski defeated Danbury Mayor Mark Boughton, as well as three other Republican candidates.

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The Nutmeg State will soon be under new leadership in the form of a new governor. With the Connecticut gubernatorial election date of November 6 fast approaching, candidates from both major parties are tirelessly campaigning in hopes of taking office next January. All year by Spectrum print edition, this effort. At the end of the academic year, students whose contributions fulfilled the criteria will be selected by a committee from Spectrum and receive The Audrey Niblo Award with its associated grant from Spectrum.

"On behalf of the editorial board, we are honored to remember Audrey in the way she would have wanted, by spreading positivity even in difficult situations," said Spectrum Editor in Chief, senior Victoria Mescall. "Audrey is very missed but her legacy will live on through this work of heart." For more information you can contact Prof. Kabak by email at kabask@sacredheart.edu.
He announced on Twitter that he had partnered with Nike to promote the 30th anniversary fight against social injustices and police brutality. That said, his name had not been in the headlines for a while. Kaepernick, the former starting quarterback, is the collusion case against the NFL. There is belief that he was able to convince Kaepernick to kneel instead of sit during the anthem.

Kaepernick broke out at 7:30 p.m. Sunday local time, it said in a statement. The ex-teammate, who regularly joined him in protest.

Currently Kaepernick is not playing professional football as no team decided to sign him last season. Another ongoing part of the story, because of teams refusing to sign the former quarterback, is the collusion case against the NFL. There is belief that he was able to convince Kaepernick to kneel instead of sit during the anthem.

After hours of careful consideration, and even a visit from Nate Boyer, a retired Green Beret and former NFL player, we came to the conclusion that we should kneel, rather than sit, the next day during the anthem as a peaceful protest," said Eric Reid, Kaepernick's ex-teammate, who regularly joined him in protest.

Kaepernick and the other players who joined him received positive response from some, but they also faced quite a bit of criticism from others. Kaepernick repeatedly heard criticism for his continued protest throughout the 2016/2017 season, as many viewed his movement as disrespectful to the country, flag, and, more specifically, to veterans and active duty members. U.S. Army veteran Nate Boyer was the one who was able to convince Kaepernick to kneel instead of sit during the anthem.

"I kneel during the playing of the anthem because I was a part of a culture that has been hurt by the anthem," Boyer said in a statement.

"I believe that our country is at a crossroads, and the anthem has become a symbol of that," Kaepernick said.

"I believe that our country is at a crossroads, and the anthem has become a symbol of that," Kaepernick said. "I believe that we need to be united, and the anthem is a symbol of that."
Perspectives

How Early is Too Early for Pumpkin Spice?

Do you think it is too soon for pumpkin spice lattes to be released? With the current heat wave that has been ongoing throughout Connecticut, it seems almost wrong to be drinking a hot pumpkin spice latte or any hot coffee in this heat. The classic pumpkin spice latte can be thought of as being directly related with the fall season. I was personally a little caught-off-guard learning that stores are releasing their fall pumpkin flavors before fall has even begun.

After scrolling through my social media platforms, I have already seen an abundant amount of Instagram and Twitter posts promoting the early release of the fall coffee flavors. As an avid coffee drinker, I began to question how people can even be able to drink this coffee in the hot weather we are all experiencing.

Once the calendar hits September 22 (which is the first official day of fall), I think it will be more acceptable to have pumpkin spice lattes out in stores. With the release of these fall lattes being so soon, I am reminded of how stores release holiday decorations way before the holiday is even close. I think that stores releasing these flavors so soon takes away the excitement for fall.

Although some people may love getting a little jump start on their favorite fall coffee, I personally am the type of person who likes to wait until I know it’s officially the season for it. To me, I think sweater weather is the weather for pumpkin spice lattes, not 90-degree weather.

With summer ending soon, I want to cherish these last few weeks with eating ice cream and sipping on refreshing summer iced tea. Not drinking a hot fall drink when fall has not even started.

Personally, I cannot say I am the biggest fan of pumpkin spice lattes, even in the fall season. However, I understand why people get so excited about the release of pumpkin spice lattes. Although I may not be a fan of them myself, one food I look forward to is apple cider donuts. Every year I cannot wait for fall just to eat apple cider donuts or apple pie from my local farm at home. Something about that tradition stays close to my heart even though I have to wait months for it to come around.

Although the anticipation may be annoying at times, I know that the moment it is fall I will be eating them frequently.

My point is that I say we keep these pumpkin flavors in their own season, which is fall. Who wants to be sipping on a warm and spicy drink while sweating in this outdoor humidity?

Although I may be contradicting myself a little bit, I am an iced coffee girl no matter what time of year it is. I can be snowing or 90 degrees and I will still be seen with an iced coffee in my hand.

The moment I see pumpkin flavors out, I begin to get a little excited because it makes me feel like fall is officially here. However, with this extreme heat wave we have been having here, there is no way I can possibly think of it as fall.

However, on September 22 I will say that it is perfectly okay to have those flavors out because it will then be officially fall!

### Dom

Pumpkin spice latte is the coffee of fall, but we haven’t entered the fall season. Is it too early for pumpkin spice? With the weather being so hot and brutal these past couple weeks, many people think that this hot coffee isn’t coming out at a good time, but it is. Even though the weather may be too hot and it’s not yet the fall season, it’s never a bad time for coffee.

Inside a pumpkin spice latte, it’s pretty simple. It contains a mix of traditional fall spice flavors, steamed milk, espresso, topped with whipped cream and pumpkin pie spice. I mean who doesn’t like that? Looking at each ingredient one by one, it just sounds even more amazing. To start off, any milk is amazing. Milk in coffee or just straight milk is the best. Next an espresso, also just amazing if you’re a coffee person. Then to top it off, you have whip cream. Who doesn’t like whip cream?

Being the type of guy who drinks hot coffee all year around, I’m ready for all new and seasonal coffee flavors. Even though I’m not a huge pumpkin spice latte fan, I’ll drink some during the fall season. I guess it also depends on what you put in your coffee. When I drink my coffee, I put a splash of milk and sugar.

Also, when I heard people complaining about the pumpkin spice latte, I questioned why. I felt like the people complaining were either the people who don’t drink coffee or the people who only drink iced coffee. I’m not saying iced coffee is bad or anything but I just personally think hot coffee is better.

For the true coffee fans, I feel like we don’t care how hot or what the weather is, we are still going to drink coffee. No matter how hot it is, if I want a coffee, I’m drinking it hot. So, you can say I’m more of a hot coffee guy. Even though I’m yet to see pumpkin spice lattes in stores and in coffee chains (Dunkin Donuts and Starbucks), I’m not complaining. When people complain about it, it makes me think of cars getting released a couple months early before the year starts. Nobody ever complains about that. No matter what is being released early, I’m not going to complain.

Also, the stores releasing it early probably make more money. For the people that love these seasonal coffees, like pumpkin spice, they probably sell more coffee than usual. They are getting their normal sales for regular coffee plus their sales of the seasonal stuff.

In all honesty, I think the release of the pumpkin spice latte is a great thing. It’s a great thing for the businesses selling it and it’s good for the consumer who wants it. Like I said before, me being a coffee guy, this is great news and I am excited to see it on the shelves soon.

All I’m saying is any coffee is a great thing and there shouldn’t be any debate over whether the pumpkin spice latte should have been released early.
Many describe the act of kick-starting the fall semester at Sacred Heart University as a fun, exciting and action-packed experience – and it all starts with move-in day. As students begin to flood the dorms and dining halls again, a certain atmosphere of home and familiarity returns to the campus grounds within a day.

For on-campus freshmen residents in particular, moving in and starting the year is a fresh experience. Freshman Madeline Girandola is one of the many new students who recently got to dive into a new and exciting chapter of her life on move-in day. Girandola describes the buzz: "Move-in day was a mix of emotions. Seeing the streets filled with red and white, eager to help you move into your new home, was so exciting. I never thought move-in day would be so easy."

Along with Girandola, freshman Divailes Iglesias also comments on the help that on-campus organizations such as Student Ambassadors and Greek Life provide to new students on move-in day. She says, "From the second that I entered, I could tell that Sacred Heart was filled with genuine people. The moment the car was put in park, I had people come up to me and asked if I needed help with giant smiles on their faces. With their help and the help of my family, move-in day was a huge success."

Enter Girandola, freshman move-in volunteer and member of the Sacred Heart Community, to supply the task that the university sees as standing in the way of starting the semester – it’s a full-blown event. And events like this call for a celebration, welcoming new students to an exciting campus atmosphere.

But as the freshmen and their parents were enjoying their wild ride outside the Seton and Merton dorms, all was quiet on the fronts of the upperclassman population. Many returning students were left with a sense of déjà vu, experiencing move-in this year.

"I got there and nothing was going on. The RAs were just like 'what's up' and that was kinda it. My parents helped me bring my stuff in, my dad yelled me goodbye, and then I took a nap."

Others, such as sophomore Nicholas DiBernardino, commented on a lack of knowledge entirely as to what freshman move-in is. Some students apparently missed the memo when it came to getting help with moving in. When asked to speak on the matter of move-in day, DiBernardino stated, "I don't even know what it's like to move into a freshman hall cause I was in Berg and a pre-fall last year and moved in early for that." And now, in his second year, Nicholas was yet again left in the dust as he hauled his items up the stairs of Bergoglio Hall all alone.

And if you think the sophomores had it rough? Wait until you hear about how the juniors and seniors experienced move-in this year.

Junior Christine Marra discussed with us her decision to move off-campus for this academic year, comment, "It's nice to be able to move into an off-campus house gradually, throughout the summer. It's not all one day. But putting together furniture... disastrous."

The question as to whether or not the off-campus upperclassman population was aware that there would not be a move-in crew at the houses still remains unanswered.

If this doesn’t say it then we don’t know what does: being a freshman is great. Because off-campus living and adulting hit like a ton of bricks, and reality isn’t always as bright and shining as freshman move-in day is.
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Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
New Chaplains on Campus

BY BRYANA CIELO Features Editor

With the new school year comes two brand new faces to Sacred Heart's campus ministry team. The first is Father Joseph G. Farias. Most recently, he taught classes at Saint Elizabeth's college in Montvino, NJ. Prior to that, he worked as the Catholic chaplain at two other private universities in NJ, Fairleigh Dickinson University and Drew University from 1982–2002.

"Campus ministry is important. Its purpose is to tell students that the church sees them as important. The church is interested in their lives. Whether they come regularly to a church or synagogue or not, the whole point of religion is that we're interested in you," said Farias.

Earlier in his career working part-time at Saint Elizabeth's college, he got the opportunity to work for Father Anthony Ciorra, the current Vice President for Mission and Catholic Identity at Sacred Heart. Farias also knew Dr. Petillo through a friend. So, when he was asked to join the Sacred Heart community, he already had connections.

"I vetted it out first. I called a bunch of people, many people from my old youth groups whose kids went here," said Farias. "They all had good things to say, so it was very hard for me to say no."

When asked what he hopes to integrate on campus, he shared that he was a fraternity advisor for 30 years. With his experience in Greek life and leadership development, he is hoping to get involved with Greek life at Sacred Heart.

"Being a part of Greek life is a way of saying 'I'm stronger with others. We're stronger together,'" Farias said.

He emphasized that his goals here aren't to try to force people to come to church, but rather guide them to ask the right questions about life and the awareness that there is something greater than us. He would like to become a part of people's lives and assist them in getting through the issues they face in life.

Farias also mentioned that you may be able to find him in Red's.

"You might see me in the pub. I'm hoping to run a program regularly during happy hour in the pub where you can ask any questions you want," said Farias. "One example is, I think we need to talk about the sex abuse that has been going on. With a lot of people willing to talk a lot easier. Hopefully, people will find me in the pub."

Another new priest that has come to Sacred Heart's campus is Father Edward R. Stewart. As a Brooklyn native, he is a priest of the diocese of Brooklyn. His father was a New York City detective. He worked at Saint Francis College for the past 10 years.

Stewart said that the path that led him to Sacred Heart was a "serendipitous intersection of different events." After a leave of absence from active ministry, he wanted to go back to it.

He enjoyed his experience as a pastor and the ten years spent working at a college, and so he was looking to combine the two. He also knew Father Anthony Ciorra prior to working at Sacred Heart. When Ciorra mentioned that Sacred Heart was seeking new chaplains, he was exactly what Stewart was looking for.

"When I visited Sacred Heart, I found people, students particularly, friendly and outgoing. There was a great energy to the place that was rather exciting. I want to be of service to the entire community in whatever way I can," said Stewart.

When asked about his plans for his time at Sacred Heart, he shared that he has background in anthropology and nature conservancy. He hopes to implement beekeeping on campus as a way to connect with faith. In conjunction with volunteer programs, he also would like to create a student, faculty, and staff garden on campus that stocks food pantries.

Tell Us Your Story: John Goodnough

BY STEPHANIE DOHENY Features Editor

What's a typical college student's summer like? Probably working at a job back home, maybe waitressing, or being a camp counselor — something simple just to make a few extra dollars for the year. By the end of the summer, everyone's bored and starting to get ready to come back to school.

However, this was not the case for senior John Goodnough. The ends of his past two summers have been nothing short of exciting.

A member of the Sacred Heart University Club Tennis Team and an avid tennis fan, Goodnough has been a US Open Ball Person for the past two summers. The road to get there though was not an easy one.

Having to leave early to come back to school, he said it's always a great way to end his summer.

"I was also lucky enough to go to California and be a contestant this past season on AGT. I was 1 of 250 out of 75,000 people who auditioned," said Goodnough. "It was many years ago, but I was a college student myself who went away from home," said Stewart. "I, at least for a short period of time, found the adjustment difficult, but ultimately I found it was a wonderful experience where I matured."
The new dining hall at West Campus, the Market, opened up just a few weeks ago at the start of the semester. It is a modern, colorful space that blends with the rest of West Campus, which was formally the General Electric headquarters. After Sacred Heart purchased it last year, it has been newly renovated and updated over the summer.

"The market is very unique. It wasn't what I was expecting to see. The sandwiches are unbelievable and I really like how the dining area turned out," said junior Sam Zietara.

West Campus is currently the home of the SHU Dance Team facilities, The Farmington College of Education, Computer Sciences, and many of the graduate programs. As the expansion and renovation of the building continues, it is predicted that more programs and students will eventually be moved into West Campus as well, given its ideal location and facilities.

"Right out of the gate, it's pretty fantastic. Definitely a lifesaver if you forget your lunch. It's definitely good to have something. I think it rivals the College of Health and Sciences building as far as offering healthy options. There's definitely a lot of kale at the Market," said Sean Kaschak, the multimedia manager in the Marketing and Communications department, whose office is located in West Campus.

The Market offers a wide variety of foods. You can start off your day with Feet's coffee and tea, fresh fruit, and breakfast sandwiches. For lunch, they serve pressed sandwiches with clever names like the In Da Club turkey club sandwich, the Little Havana turkey and pork sandwich, the Veggie Bomb panini with hummus and cucumbers, and many more.

"My favorite food to order at the Market is the bacon, egg and cheese wrap," said Lisa Mourao, who works at the Market.

"To go with the sandwiches, the Market serves specialty juices such as the Orange Crush, Green Machine, and Pucker Up lemonade, as well as all different types of bottled drinks. Whether you're looking for salty or sweet, the Market probably has what you're looking for, from bags of chips to a wide variety of candy.

"They offer so many different selections, everything from sandwiches to snacks, if you're in a rush," said Zietara. "It's like a combination of Einstein's and Outtakes - my favorite two dining halls. I think many students will be pleasantly surprised."

What makes the Market unique as opposed to other dining halls on campus is that it will soon be open 24 hours a day, Monday through Friday. While the coffee and handmade sandwich station closes at 5:00 PM, the snacks, drinks, fruit, and grocery will be available for purchase any time of day or night. Students will have the ability to check themselves out with their SHU card and credit card, with camera surveillance to prevent theft. This option is not currently available anywhere else on campus, so it could be hugely beneficial for students who tend to study at night or attend late classes.

"Once they get into the routine of customers and figuring out their inventory, what's popular and what's not, I think it's going to be a hoppin' place," said Kaschak. "The sandwiches are really good. However, once they get into the flow of things, they'll probably want to reassess some of their pricing."

The Market is located on the third floor of West Campus, and its main operating hours are 7:30 AM to 5:00 PM.

"I love coming in every morning and setting up," said Mourao. "I love making the students and faculty happy. Also, having the food fresh every day is a plus."

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**WEST CAMPUS RENOVATIONS**

For the past year, Sacred Heart's West Campus has undergone renovations. Pictured above are a few of the newly updated spaces. This new space is home to a dance studio, the new dining area, the market, and hundreds of parking spots if you are willing to shuttle to Main Campus after parking a mile away.

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Arts & Entertainment

Prepare Yourself... It's Emmy Season

BY KRISTIN BURNELL
Asst. A&E Editor

The 70th Primetime Emmy Awards are set to premiere on Monday, Sept. 17 at the Microsoft Theater in Los Angeles.

Hollywood's biggest television stars will be greeted by two hosts this year: Saturday Night Live comedians Michael Che and Colin Jost.

Written on the Academy of Television Arts & Sciences website it states that 23,000 members of the Television Academy "cast a ballot for the category in their field of expertise."

The award show will feature numerous categories in the television field that are nominated for their talent on- and off-screen.

Various television networks received numerous nominations this year. According to the Academy of Television Arts & Sciences website, Netflix surpassed HBO with 36 nods, ahead of HBO's 35.

Other big networks with several nominations include: FX, NBC, Hulu, CBS, Showtime, Amazon, and ABC.

The Hollywood Reporter announced that HBO's "Game of Thrones" leads the way with 22 nominations, the most of any series. NBC's "Saturday Night Live" and HBO's "Westworld" fall behind with 21 nominations each.


"There are so many shows in the drama series category that I love. If I had to choose, though, I really hope 'This Is Us' wins because it is such a cute series that makes you have mixed emotions every episode," said senior Julia McLaughlin.

As for the "Outstanding Lead Actor and Actress in a Drama Series" category, it is full of more fan favorites that will make for an unpredictable winner.

Junior Allison O'Reilly said, "I think all of those actors could get the award, but Sterling K. Brown has to win for best actor, he makes me laugh all the time and is so talented."

Other actors up for the Emmy include: "Ozark's" Jason Bateman, "Westworld's" Ed Harris, "The Americans" Matthew Rhys, "This Is Us" Milo Ventimiglia, and "Westworld's" Jeffrey Wright.


Avid television viewers are also looking forward to seeing who wins the nods in the "Comedy Series" categories.

"I am a huge Shameless fan, so I was disappointed that it wasn't nominated for Best Comedy Series, but I am glad that William H. Macy is nominated for best actor," said junior Justin Weigel.

Along with Macy, the "Outstanding Lead Actor in a Comedy Series" nominees include: "Black-ish" star Anthony Anderson, "The Good Place's" Ted Danson, Larry David for "Curb Your Enthusiasm," Donald Glover for "Atlanta," as well as "Barry's" Bill Hader.

As for the "Outstanding Lead Actress in a Comedy Series," Weigel is hoping for Lily Tomlin to take home the win: "Grace and Frankie is a fantastic show and Lily Tomlin deserves the Emmy for all the work she has done in that series."


Be sure to check out the rest of the nominations list at the Academy of Television Arts & Sciences website before the show airs next week. The ceremony will be broadcasted in the United States by NBC at 8:00 pm EST.
Eminem Drops Surprise Album, ‘Kamikaze’

BY STEPHANIE PETTWAY
A&E Editor

After the mixed reviews received by Eminem’s 2017 album “Revival,” the rapper unexpectedly releases his 2018 album “Kamikaze,” where he drops many bombs.

He addressed everything from his anti-Trump freestyle at the BET Awards’ Cypher to dissing many rappers who have said negative things about him. “The list of artists he decimates is as brazen as it is extensive: Machine Gun Kelly on ‘Not Allike’, Die Antwoord on ‘Greatest’, Lil Pump and Lil Xan (and all mumble rappers, whose introverted flow he loathes) on ‘The Ringer’, a track on which he also takes aim at Vince Staples,” said Jordan Bassett of NME.com.

Eminem has never been afraid to speak his mind, which is something many admire about him. “He’s a rapper who really expresses himself—a lot of other rappers don’t do that. Maybe they’re afraid to,” said London-based rapper Ray BLK to Jimmys Blakes of BBC’s Newsbeat. However, with his free expression comes much controversy in what he is saying. Some would even argue that he has content that is offensive. In the midst of dissing other rappers, Eminem states how he would reword his BET Cypher freestyle about President Donald J. Trump.

“In ‘The Ringer,’ the opening track of the new album, Eminem appears to second-guess himself, rapping that ‘if I could go back, I’d at least reword it / and say I empathize with the people this evil serpent sold the dream to that he’s deserted,’” said Daniel Victor of the New York Times.

The rapper continues to rap that Trump, who he refers to as “Agent Orange,” sent the Secret Service to him to ask if he was really thinking about hurting Trump or was linked to terrorists, which he finishes with saying “Only when it comes to ink and lyricist.”

Debatably, “Kamikaze” is either a step up from “Revival” or a continuation of the downward spiral for the artist. Regardless of what side anyone leans, the album did break a record in the UK.

“It’s the rapper’s ninth record in a row to go to number one, breaking the record for most consecutive chart-topping albums—a title previously held by Led Zeppelin and ABBA,” said Blake in reference to the UK charts.

Whether you find yourself a fan of Eminem or other rappers like him, who could possibly be Joyner Lucas, Kendrick Lamar, J. Cole, and Big Sean, who he mentions in the “The Ringer.” He brings this awareness to the two sides and makes you choose between him or the “mumble rappers.” You either “Stan” for him or for them. In the midst of dissing other rappers, Eminem appears to second-guess himself, rapping that “I could go back. I’d at least reword it / and say I empathize with the people this evil serpent sold the dream to that he’s deserted.”

Hymn to a Wintered Wood

The sky’s comprised of splinters: Winter cracks and snaps, it barks and backs against the tracks; those hailed rails, trusted once, must’ve busted, luster lost and rusted now, crusted brown, thinner, bitter, bent and bowed, strapped in snow by frozen rows of wood intact, where Winter wouldn’t act, it couldn’t hack the wood; inaction won where chunked-up limbs once hung as one, beat back the sun, that chap-lipped chap, that addict trapped, withdrawn as long-gone days of light oft strong lie sawn by longer nights quick-drawn, by blades of frostbit lawn, by gray and jaundiced prongs, by ravens lofted on their hairline cracks, caws causing shivers, frosty claws like slivers scratching the fractures magically captured, frightening lightning etched in time, petrified in silver sylvan matter, whitening, whipped and bat­tery won where chunked-up limbs once hung as one, beat back the sun, that chap-lipped chap, that addict trapped, withdrawn as long-gone days of light oft strong lie sawn by longer nights quick-drawn, by blades of frostbit lawn, by gray and jaundiced prongs, by ravens lofted on their hairline cracks, caws causing shivers, frosty claws like slivers scratching the fractures magically captured, frightening lightning etched in time, petrified in silver sylvan matter, whitening, whipped and battled, stripped and shattered on the Winter wind, windows clattering, slim, those quaking panes shak­ing faster, faster as the snowflakes blow and gather; they obey their master, Mister Chaste and Purest Bastard, iron-fisted caster of the cold-spells clipping past her; pastor to blasted past and masses crush with laughter; brash harasser of that lass whose boots you plastered in that morass, the coagulated quagmire quickly quaffing crystal liquids, sipping in­sipid precipitation so patiently placed, appraised and debased by the faces kissed and embraced by the flakes, their businesses distant, replaced with kids in the midst of an intermission, a mystical Winter vision: a crystalline Yggdrasil.
Sports

Cross Country Teams Off and Running

BY RYAN TOWHEY
Sports Editor

Sacred Heart University’s men’s and women’s cross-country teams are both in the early stage of their seasons and are looking to contend for their respective Northeast Conference (NEC) Championships.

The season began for both teams at the Stony Brook University Season Opener on Sept. 1. After that, they both ran at the Nassaney Invitational at Bryant University in Smithfield, R.I. on Sept. 8.

“The athletes have been showing up and have been ready to work,” said head coach Christian Morrison. “This is a sport where you have to be consistent in your daily approach to be a good runner.”

This season, both teams have lost some key members due to graduation, such as Trevor Guerrera of the men’s side and Kate Svensen of the women’s side.

According to the Sacred Heart website, Guerrera finished fourth in the men’s NEC Championships and became the first runner in the program’s history to earn All-NEC honors throughout his four years of college. Svensen was the 2017 Individual Conference Champion on the women’s side. She was also named the 2017 NEC Scholar-Athlete of the Year due to her athletic and academic achievements.

“When people graduate the next wave comes along and fills it in,” said Morrison. “You expect ongoing improvement and development from all of your athletes over the course of time.”

Men’s senior captain Dane Krechnavy has seen such progression in the sophomore and junior on his team. He feels that it is everyone’s responsibility to make sure that the first-year runners feel comfortable and welcome.

“The first-year runners this year have fit in right away,” said Krechnavy. “They have a great attitude, which is definitely what every good team needs.”

The men’s team has two first-year runners this season, Corey Picard and Aidan Tucker.

“The transition from high school to college has not been too difficult,” said Picard. “The level of running, especially the frequency of workouts is harder.”

Some of the workouts that Picard and the team do to prepare themselves include long-runs on Sundays, tempo workouts, and track workouts.

“But the distance is only a few miles more than what I was used to in high school, so that made the adjustment easier and more comfortable,” said Picard.

The women’s team on the other hand, has graduate student and captain Tara Connelly back. Connelly was one of the women’s top scorers last year and she has senior Emma Cary as a co-captain this season. The two of them and the rest of the upperclassmen have welcomed nine first-year runners to their team this season.

Cary believes that these runners will gradually improve and become acclimated to the college environment as the season goes on.

“It’s hard to get on this team as a first-year right away,” said Cary. “But there’s definitely a couple of first-year runners that can be right up there and score.”

One of the first-year runners, Angela Kaiser, said that the training she’s been doing may enable her to increase her mileage and run in some of the longer races this season. She’s also thankful for the leadership that Cary and the rest of the team have provided her since arriving on the scene.

“The upperclassmen have always been willing to help us since the first day, whether it would be questions about our classes or teaching us how to plan our weekly mileage,” said Kaiser. “I’m not sure what we (first-year runners) would do without them.”

Both teams have this week off from running races. Their next meets are at the Ted Owen Invitational at Staneley Quarter Park in New Britain, Conn. on Sept. 22.

NCAA Implements New Rule, Takes Away Off-Days

THE NCAA MADE A RULE CHANGE SAYING COACHES AND SPORTS TEAM ARE NOT REQUIRED TO GIVE THEIR ATHLETES A DAY OFF DURING A REGULAR SEASON.

BY MELANIE DASILVA
Sports Editor

When it comes to exercise, you often hear about how important it is to let your body recover. The reason for this is to prevent injury and to protect your well-being, so it is important to properly give your body time to rest.

This past August, the NCAA declared a rule change regarding their previously-given one-day-off per seven-day cycle during a team’s regular season. The NCAA has, however, always been one to glot about how their student-athletes are guaranteed one day off in a seven-day span.

According to the NCAA website, the new rule change states as follows: “If an institution’s team participates in three contests or dates of competition in a seven-day period, an institution is not subject to the one-day-off-per-week requirement, provided the student-athletes do not engage in any countable athletically related activities for two days during either the preceding or the following week.”

This new rule change means athletes may have to work for up to 24 consecutive days without a single day off, assuming the athletes get their 2-day rest in the previous and following weeks. As a student-athlete at a Division I school I find this to be absolutely unacceptable because of how many things can go wrong.

From an academic standpoint, and also a physical needs standpoint, this is not a good change at all for student-athletes. Giving coaches the power to not give their athletes a day off in a 24-day period is dangerous. It will cause student-athletes to become stressed in their classes and their health.

To start, it is already hard to manage both sports and school work. Student-athletes are already burnt out as it is with the high demands from school and athletics with only one guaranteed day off in a seven-day period. Taking away their day off from sports does not allow students to devote a full day to just their studies. Having a day to focus only on school is extremely important for student-athletes to catch up on work.

In addition to school work, this rule change will also prevent student-athletes from focusing on their physical needs. Without any time to properly rest from the high demands of the sport they are devoted to, many more injuries may result. Your body needs rest days to prevent injury, help your muscles relax, and to keep your performance from crashing and burning.

Overworking physically and mentally also affects your sleep. The more you overwork your body, the worse your sleep-patterns will become, and sleep is important for your health and well-being. Aside from physical needs, psychological needs are just as important to focus on. Mental fatigue is just as harmful as physical fatigue, which is why taking an off-day is seriously important. Having a day to focus on bettering yourself and what you need to keep yourself happy is extremely important for student-athletes.

In response to this article, many people will say things such as “collegiate sports are not for everyone if you can’t handle the new rule change” but I say shame on you if that is what you choose to believe. It is said that the NCAA agreed to change this ruling. They are ignoring that student-athlete’s health needs, physical health needs, and mental health needs. This will lead to student-athletes being afraid to speak up for themselves when they are tired and need a break. Since 24 consecutive days seems manageable for players to the NCAA, why should coaches or anyone else think otherwise? Shame on you NCAA."
Chestnut Begins College Career by Winning NEC Rookie of the Week

BY DAN GARDELLA
Asst. Sports Editor

Freshman, Julius Chestnut (#7) was named NEC Rookie of the Week after scoring his first touchdown for his college career in a game against Lafayette College.

Chestnut, a fullback from Bowie, MD, was to split rushing duties this season with seniors Jordan Meachum and Eli Terry. However, after Terry went down with a knee injury following his first and only carry on Opening Night against Campus Field, Chestnut picked up where Terry left off. He rushed 12 times, the second most on the team, for 57 yards along with two touchdowns to help Sacred Heart defeat Lafayette 35-6. Chestnut's performance would earn him Northeast Conference (NEC) Rookie of the Week Honors, which recognizes a first-year athlete's performance in a certain game.

Friday's game was a bit different going from high school to collegiate football, said Chestnut. "From that point, it was time to progress. One first-year player who made an impact while others take a little more time making an impact was Julius Chestnut of the Sacred Heart school to college," said Chestnut. "From that point, it was time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a little more time making an impact while others take a lit..."

Chestnut began his evening by running the ball into the end zone on a fourth-and-one rush in the second quarter for his first collegiate touchdown. That helped the Pioneers extend their lead to 14-3. Chestnut would not be finished. Just like he started his night, Chestnut would provide the final score of the game for Sacred Heart with a 31-yard run in the fourth quarter, breaking off numerous tackles on his way to the end zone. "The coaches put me in great spots to be there," said Chestnut. "The offensive line worked very hard for me and that's why I was there."

With the win over Lafayette, the Pioneers claimed their sixth straight opening game victory. "I knew from the start we were going to come out of there with a bang," said Chestnut. "We had been preparing all week hard, and all summer hard.

A week after their opening game victory, the Pioneers traveled to Lewisburg, PA, to take on Bucknell University on Sept. 8. It was the first stop of the team's ongoing three-game road trip. The Pioneers won that game as well, 30-14. The other two games of the road trip will be played at Wagner College on Sept. 22, and at Cornell University on Sept. 29, before returning home on Oct. 6, to face the University of Pennsylvania (Penn). The Pioneers will hope to get similar production from Chestnut, especially since Terry will be out six to eight weeks with the knee injury.

"I'm just going to keep doing what I'm doing and keep trusting everybody," said Chestnut. "Hopefully the coaches still have trust in me and hopefully I can keep doing it again and again."

Student Athletes Named to Battle of Connecticut All-Tournament Team

BY RYAN SANUDO
Senior Staff Writer

Three players from Sacred Heart University's women's volleyball team were selected to the Battle of Connecticut All-Tournament team. Freshman Sarah Ciszek, junior Julia Murawinski and red-shirt junior Liiel Nelis were accepted to the tournament for their play during the team's three game winning streak ranging from Aug. 29 to Sept. 1, with victories against Fairfield, Hartford and Quinnipiac.

Despite the award being an individual achievement, Murawinski credits her teammates for the accolade. "If I didn't have my setter and passers I wouldn't have been able to do what I did," said Murawinski. "Our freshmen came in ready to go and it was really impressive seeing them instantly click with our setters. They really have rose to the occasion."

Ciszek is an outside hitter and starting setter in her first year at Sacred Heart. "Everyone welcomed me from the beginning and has supported me through everything which has helped me be a part of this team quickly," said Ciszek. "Everyone constantly is there for me by cheering me on and my coaches have also pointed out the small things I need to work on which has helped me stay consistent."

Coach Rob Machan is now in his 11th season with the Pioneers. He's a two-time Northeast Conference (NEC) champion in 2010 and 2011.

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"I'm just going to keep doing what I'm doing and keep trusting everybody," said Chestnut. "Hopefully the coaches still have trust in me and hopefully I can keep doing it again and again."

Three Sacred Heart student-athletes were chosen to play in the Battle of Connecticut All-Tournament team.

JUNIOR JULIA MURAWINSKI (TOP) AND JUNIOR LIISEL NELIS (BOTTOM) WERE TWO OF THE THREE SACRED HEART STUDENTS CHOSEN TO PLAY IN THE BATTLE OF CONNECTICUT ALL-TOURNAMENT TEAM.
**FOOTBALL**

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Ru: Jordan Meachum - 178
Rec: Andrew O’Neil - 62

**WOMENS RUGBY**

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Kaitlyn Lagase - 2 tries, 10 points
Isabel Cuddy - 1 try, 5 points
Kaylee Hale - converted 2 out of 3 conversions

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SHU goals: Segundo Navarro (2)
Renan Rapso (1)

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SHU goals: Segundo Navarro (2)

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KAITLYN LAGASE, SOPHOMORE, AND THE REST OF THE WOMEN'S RUGBY TEAM STARTED THEIR SEASON WITH A GAME AGAINST MOUNT SAINT MARY'S ON SEPT. 1. THE GAME ENDED WITH SA-CRED HEART LOSING 70-9. THE NEXT HOME GAME IS SEPT 15.