FEATURED NEWS

BY VICTORIA MESCALL
Editor in Chief

On Monday September 24, 2018 Olympic gymnast and former Team USA gymnastics captain Aly Raisman spoke at Sacred Heart as part of the Student Affairs Lecture Series. Editor in Chief Victoria Mescall was given the exclusive opportunity to interview Raisman, along with two members of other SHU student media groups.

Q: What is your message to those survivors that do choose to speak out against their abusers?
A: I would want any survivor out there to know that is not their fault. Unfortunately, we are living in a world where abusers so often are supported over survivors and that is so wrong and so unacceptable. If somebody doesn't believe you, then keep going until you find someone that will. Because there are people out there that do care and do want to make a difference.

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TWEETS OF THE WEEK

@erwojci314
"Didn’t realize I left my coffee in my car and subconsciously started drinking the girls coffee next to me in the lib. If you’re out there, my bad!"

@gK_Killian
"Can SHU please reimburse me for the gas I wasted looking for parking?"

@Jean_Cunningham
"Imagine being a dog and always having to worry about your ear being flipped over."

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual writers 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.

An Evening with Aly Raisman

BY TARA ZANNI
Staff Writer

On July 9, 2018, President Donald Trump nominated Brett Kavanaugh as Associate Justice of the United States Supreme Court. Democrats and Republicans clashed over the nomination only weeks before the pivotal midterm elections.

After Kavanaugh’s nomination by Trump, allegations of sexual assault against him surfaced. The woman who came forward with these allegations is Christine Blasey Ford; she claimed that Kavanaugh attempted to rape her three decades ago. Kavanaugh has denied these claims.

"I thought he had outstanding credentials and was well-suited for this appointment. I am now withholding judgment until Judge Kavanaugh and his accuser respond to further questions from the Senate Judiciary Committee," said Professor Gary Rose, chair of the department of government, politics and global studies at Sacred Heart University.

Ford, now a clinical psychology professor at Palo Alto University in California, told the Washington Post that a drunken Kavanaugh groped her and tried to take off her clothes at a party when both were teenagers in high school.

"I do not see how after these allegations that he could be trustworthy in the Supreme Court. It would make me uncomfortable knowing that someone making such important decisions regarding cases, that could even be about sexual assault, has had these claims made against him," said junior Grace Farley.

Nominations for the Supreme Court are always made by the sitting president. If the Senate Judiciary Committee confirms the nomination, a floor vote is held for the nominee with a simple majority resulting in their confirmation.

Trump tweeted on Sept. 21 stating, "I have no doubt that, if the attack on Dr. Ford was as bad as she says, charges would have been immediately filed with local Law Enforcement Authorities by either her or her loving parents. I also believe those filings forwards so that we can learn date, time and place!"

Trump also tweeted earlier, "Judge Brett Kavanaugh is a fine man, with an impeccable reputation."

"This might sound harsh but there are so many more qualified judges, who haven’t been accused of sexual assault, that they should try to find a better choice," said junior RJ Immomen. "There are definitely some people who will be against the appointment and it may lead to protests. If a trial that involves the talk of sexual assault comes to his court room, his view might be skewed after these events."

"If there is no firm evidence supporting the allegation, then I would say that his confirmation is still justified," said Dr. Rose. "But it all comes down to whether or not the allegation can be supported. There is a presumption of innocence until guilt is proven. Accusations alone are not enough to derail a Supreme Court nomination particularly after the nominee has been thoroughly vetted."

As of publication of this article, Ford’s attorneys and the Senate Judiciary Committee have reached an agreement for a public hearing on Saturday Sept. 27. Additionally, on Sunday night The New Yorker reported on Kavanaugh’s sexual assault allegations. Ford claims that Kavanaugh sexually harassed her at a party during his freshman year at Yale. The Associated Press contributed to this article.
The Sacred Heart Spectrum

September 26, 2018

News

World News: Here’s What You Missed

BY EVAN DENNY
News Editor

New Tariffs in US/China Trade War

The Trump administration is set to impose tariffs on $200 billion more in Chinese goods starting this week, escalating a trade war between the world's two biggest economies and potentially raising prices on goods ranging from handbags to bicycle tires.

The tariffs started at 10 percent on Monday, Sept. 24. They will rise to 25 percent on Jan. 1, 2019.

Trump has already imposed 25 percent tariffs on $50 billion in Chinese goods. And China has retaliated in kind, hitting American soybeans, among other goods, in a shot at the president's supporters in the U.S. farm belt.

Wheat farmer Roy Dube said it makes sense to grow more soybeans in Washington farmers, and that Trump's policies have opened the door for Australia and Canada to wrest away business.

The U.S. tariffs on agricultural products, sown by Trump, have grown into an election-year threat to Washington farmers, and that Trump's policies could make a difference in some races and help determine which party takes control of Congress.

President Donald Trump's trade policy. Dube says it's a political move to help farmers in the U.S. farm belt.

An enterprising chef in Portland, Oregon, is offering a meal that's already paying dividends. The restaurant has launched a meal that raises money for a local non-profit by asking customers if they want to pay a markup.

Neumann, who owns the restaurant, said the idea is to help pay for the food and help a good cause.

Chefs across the country are joining the trend, offering meals that give back to their communities.

In the world of professional sports, coaches and managers often make decisions based on statistical data. But one professional baseball team is offering its players something a bit more personal.

The Arizona Diamondbacks have introduced a new program that allows players to choose any charity or cause they want to support.

The Diamondbacks believe the program will help players feel more connected to their fans and to their community.

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Even going back to my childhood, I can't really remember a time when music has never been in my life. With something like sports, I have always been a huge fan, but music is different, it is something that has been fundamental to my personality. I'll never say that I'm picky when it comes to my music (I'm really open to anything), but I do have my favorite artists and genres.

When it comes to the way I listen to my music, it has historically been to download music from the web and put it on my phone, without depending on a music-streaming site. Beforehand, there was this site called Pandora Radio where I had a basic station that played my favorite genres, such as hip-hop, rap, house music and reggaeton. It was amazing because the stations were like playlists (you could skip the songs you didn't want to hear), but they had the format of actual radio stations, playing mixes of artists that were similar to the music. I already enjoyed, I was hooked immediately.

Then, around high school, I discovered Spotify and I haven't looked back since. The idea that you can listen to any song from any artist and make playlists for certain songs and moods was something that I enjoyed so much. I probably have a playlist for literally any mood I'm in or any genre that I'm into (although admittedly, I probably haven't listened to some songs in a long time) and that's something that has made me continue to fall in love with Spotify, even more than before.

Of course, there has been competition with Spotify since Apple Music became the new kid on the block, allowing people to pick sides. Some decided to stick with the Swedish-based company while others decided to jump ship and join the service: they get on their iPhones. I will admit that I had Apple Music for a short period of time, just to check out why a lot of my friends were enjoying it much more than Spotify. While there was the advantage of hearing new music releases before everyone else, there wasn't anything that impressed me too much.

It has the same model as Spotify where you can listen to any artist or song you want and create your own playlists. With the inclusion of radio and different types of mood playlists, it just seemed weird that the iTunes app I grew up with has become a music streaming service as opposed to the music downloading service it once was.

With Spotify, you get all that and more for the same price (both services charge $9.99 a month, or $4.99 for college students). Spotify has podcasts; Apple Music does not. With Apple, you have to switch between Music and the podcasts app that is also included on the iPhone. Spotify gives you the best of both worlds in one app.

So I'm going to stay on the side of the original music streaming service. I have to thank Spotify for allowing me to get access to all the music I want, to organize it in a way that is reliable to certain situations, and to discover new artists that I have never heard before. With that, I'll end this piece by saying this: Thank you, Spotify; you're better than Apple Music.

BY JOANNA BEACH
Staff Reporter

Tattoos have become a growing trend for college students. In today's world, tattoos can be a controversial topic among people, and many people have differing views. It seems as if our generation, in contrast to our parents' generation, is more understanding of tattoos.

Tattoos mean a lot to junior Allie Amazan. She already has a couple of tattoos of her own, but two is not quite enough for her. "I need more," she said.

Amazan believes that tattoos are "a way to always have an impressive work of art on your body." She also believes that tattoos are more than just that.

You can learn a lot about a person from their tattoos. Since tattoos are permanent, many people put a lot of thought into what they want on their body.

"Tattoos tell a story. Each one can show a change in someone's life," said Amazan.

Many people agree with Amazan's viewpoint on tattoos. Sophomore Jenna Brabazon does not have tattoos but does plan on getting some in the future. Similar to Amazan, Brabazon sees tattoos as more than just body art: they are a way to tell stories, a way of expressing ourselves.

"They can represent the things we are passionate about, the things we have overcome," said Brabazon.

She also made a point to say that tattoos make each person unique, since each tattoo is special to that person in some way.

Sophomore Nick DiBernadino does not have any tattoos of his own and does not plan on getting any. While he does think that tattoos can be interesting and personal for each person, he has realized that he has changed over the past year, and he would not feel comfortable having something permanent on his body that he may regret later in life.

Amazan mentioned that tattoos are becoming more accepted in this society, and that

According to a recent study by the Pew Research Center, about 38 percent of people ages 18-29 have at least one tattoo.
Campus Creamery “Peaks” People’s Interest

BY GABRIELLA RUVO
Staff Reporter

Would an ice cream spot on campus “peak” your interest? If ice cream satisfies your cravings, the Peak might be the place for you.

The Peak creamery, previously located in Argo Roswall Hall, is moving to Christian Witness Commons.

“The Peak will be located in the basement area of Jean Donovan Hall (building A), directly across from the time facility,” said senior Cyllia Pozzuto, one of the managers at the Peak. “It is scheduled to open in mid- to late October.”

When asked if she went to the Peak during her time at Sacred Heart University, senior Marissa Chiarenza said, “Yes, during my freshman year! I loved going down the elevators to grab a quick ice cream... it was a great study break and treat to look forward to every once in a while.”

Many questions arose when the Peak closed at Roncalli Hall. Why? And what was keeping it from being reopened?

“The reopening of the Peak took so long because there were many steps we had to go through to initiate the change,” said Pozzuto. “We had to follow health code and get certain things installed, and the process took up most of the 2017-2018 school year, unfortunately.”

A lot of the menu items and other details are still being determined, and the Peak will not be available as an option for work study again.

“The Peak is run through the Jack Welch College of Business. Our employees are students from the College of Business and are not work study,” said Pozzuto. “We hire Accounting, Marketing, and Management associates to help front-end as well as back-end functions.”

“While living in Roncalli Hall,” said junior Amanda de Lauzon, “me and my friends went all the time, and it was a great way to have an off-campus type of experience while staying in our dorm building. I think it will do well in CWC because people can hang out there at night with their friends and have fun.”

Sophomores—who are largely unfamiliar with the Peak because it hasn’t existed during their experience at Sacred Heart—are very interested in the Peak’s reopening, but at the same time some are on-the-fence. The location of the creamery is a factor.

“It’s far away for some people and if I’m craving ice cream, I won’t find myself walking all the way to CWC,” said sophomore Jess Quattrucci.

Freshman Samantha Young, regardless of the location, is excited about the opening of the creamery.

“I wouldn’t mind walking from Seton to CWC to get some ice cream,” she said. “I think allowing students to pay with swipes or dining dollars would be great, especially since I’m a freshman and don’t want to spend too much of my own money.”

Some students also commented on menu items. For sophomore Hannah Bruno, the topics of dairy-free options and accommodating students with special dietary needs are important factors in determining whether or not to visit the Peak.

“As a vegan, having dairy-free options is a great way to ensure that all students are being accommodated,” said Bruno.

Personal preference comes into play as well.

“I also think they should have specialty flavors and waffle cones,” said Young. “Incorporating unique, multidimensional dining options back into the off-campus residence halls is a smart investment for the university,” said Chiarenza. “It can help to reunite the residence hall community over a shared common interest: delicious ice cream.”

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The Line: To Join It or Draw It

BY ERICA CONDON
Staff Reporter

Class starts in five minutes; you think there is time to spare to grab a coffee, but as you approach Outtakes, you see that the line is out the door. Do you risk being late to class by waiting in line, or do you try to survive without your morning coffee?

Many college students live an on-the-go lifestyle and waiting in lines can interfere with their daily schedules. Students like junior Marlee Lydon are frustrated with the amount of time spent waiting in line for food at Sacred Heart University.

“I think most of the time is a bad time to get food on this campus,” said Lydon. “They either need to step up on the way they get the food out or hire more employees.”

Junior Del Driscoll offers a slightly different perspective, observing that there are certain times when student feeding frenzies especially prolong the process of getting food.

“Linda’s has hotspot times where you can’t even go in, like late at night during dinnertime,” he said.

Before it opened in the fall of 2017, Driscoll believed that JP’s Diner would be a great benefit to the campus, providing students with more food options. However, Driscoll’s views have since been changed.

“I thought the whole point of putting in JP’s was to give students more food options and to decrease the waiting time for food, but when they opened, the hours got cut down at Linda’s, which defeats the purpose,” said Driscoll.

Instead of adding more dining halls, what else can the university do to decrease the lines all around campus? Perhaps the dining vendors should invest in an online ordering service.

Many eating establishments near campus, such as Starbucks and Dunkin’ Donuts, have already begun using mobile ordering systems. Both Lydon and freshman Ally Brown agree that ordering on-the-go could alleviate the lines on campus.

“I do think that on-the-go ordering will make things more efficient if there was a person there to just do on-the-go orders while other employees work on orders to stay,” said Brown.

“On-the-go mobile ordering would make things so much easier,” said Lydon. “With mobile ordering you could have two separate lines, one line where people pick up their food that they ordered online and another line for regular orders.”

Alternatively, students like Driscoll and junior Ally Plezia have figured out their own ways to avoid dining rushes on campus. By learning when the rushes are the worst, they can plan ahead to avoid places where the queues are regularly bad — although even that may not be possible when you need a quick bite during the fifteen minutes between the end of one class and the start of another.

“I think the lines are the worst at Outtakes between classes,” said Plezia. “I think they have to be the worst on campus.”

Sacred Heart currently has eight dining venues, with a ninth on the way:

- Outtakes and 63’s, both in the main academic building.
- The cafe in Matura Library.
- Linda’s, at McMahon Commons.
- Einstein Bros. Bagels, in the Martire Center.
- JP’s Diner, at Upper Quad.
- Balance Kitchen, at the Center for Healthcare Education.
- The Market, at West Campus.
- The Peak, opening soon at Christian Witness Commons.
- The Line: To Join It or Draw It
Editorials

November 1, 2017

The Sacred Heart Spectrum

Editorials

**Be Still...**

**VICTORIA MESCALL**

**EDITOR IN CHIEF**

It is so easy to get caught up in the whirlwind. Between practice and class and interviews and appointments and baby sitting and lab reports and staff meetings and chapters - once it starts, it rarely stops. The world keeps turning no matter how hard you try to stop it.

But you can control the speed at which which the world turns - at least in your own life.

Just by being still.

It is so important in this crazy, fast-paced life we live to take a pause. Not every day, but every so often.

Take a moment. Breathe deeply. And be still.

I realized after it I spent a dinner laughing with my best friend. After a day of work and class and a soccer match, we sat with pizza and wings spread out across her kitchen table. We ate, and caught up, and laughed. And when the night was over, and I had returned to campus and the responsibility of the real world - I realized it had been quite some time since we had done that. Just sat, and ate, and talked.

We got so caught up with our busy, busy schedules filled with sports and school and parents and jobs and friends and significant others and bosses, that is nice to just have a few hours where we're in the same place at the same time. With nowhere to be, and nothing to do but just be still.

To me, being still means finding a moment where I can let out an exhale that I didn't even realize I'd been holding in.

Being still is when the world melts away and I just think, I wouldn't want to be anywhere but here. There are no blackboard assignments due by midnight and there's no emails to be sent, or people to check on, or appointments to make.

Being still means peace.

Being still means calling my parents and catching them up on my day. Being still is facetime my best friends abroad. Being still is going to visit my little and my brother and getting to watch one of their games.

When I see them, I feel like my batteries get recharged. That's being still.

Being still is not wanting to or needing to check my phone or the time. Being still means being fully focused on and invested in the people I surround myself with.

The moment is gone almost as quickly as it came. The stillness is replaced with motion. The commute home, the approaching due dates, the finality of the passing hours.

It is so easy to boil down the worth of your life to things you can put on a job application. But I am so much more than the things I list on my resume. And being still is more than a bullet point in the list of my life.

Being a sister, a daughter, and a friend are the most important jobs I will ever have. And those are positions that I don't list in applying for a job.

It is so easy to get caught up in this success driven culture. That if I can't go on your college application, then it isn't worth your time. But worth is relative.

And moments where I can be still are worth so much to me.

At the end of the day I want to be present. I want to show up for the people I love. I want to be known as someone who picks up the phone. The one who's sitting in the stands cheering you on. The one who loves unconditionally and supports wholeheartedly and empathetically. And the one who can be constantly in motion, or who can just be still.

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The World is Broken; How Service Helps

**BRENDAN CAPUANO**

**MANAGING EDITOR - EDITORIAL**

The world is broken. In my study of Journalism that is what I learned, because every news alert or report says so. Today there was a shooting here, homes were destroyed there, tragedy struck two blocks away. I am sorry to say, but I'm sure you can relate. I personally don't enjoy living in a broken world so I want to fix that...but how? A solution that myself and many others seek to address this broken world is service.

Service work, volunteering, medical mission, immersive learning, whatever name that you use to describe the act of working with an organization or person to work for the common good of others.

I hate these terms. I feel like on the surface these terms take on alternative definitions or take on certain connotations.

- I am going to help THEM.
- It happens somewhere far away.
- I am going to save the world by doing this.
- I'm a better person because of this.

It's not us volunteers going to help THEM, whoever them may be. Service is collaborative effort. It is done in the company of others to enrich the human spirit of all involved parties.

Service has two folds, how the work you do impacts the people you are working for and how this service affects you.

Both are important. That is why after service it is so important to reflect on the work you did and more importantly, your time with the people you worked with. Ask yourself, how those people impacted you?

You one week in whatever place you went isn't going to change the course of the world in a single week...but you could change someone's world. Just as importantly, you can change yourself.

The world is broken and full of injustices for so many people and it is our job as people who are in a position of relative privilege to do something about it.

Pick up a hammer and help a family build their home, go sit with the old lady in the nursing home and listen to her stories, give a hamburger to the person on the street, or just be that silent shoulder for your friend to cry on because that too is service.

Being kind to that person who annoys you, that's service. Forgiveness is the most overlooked act of compassion and love. If people took care of those around them, there would be less poverty in the world.

The world is broken. Stop reading this and do something about it one life at a time. Start with your own.
Features

Brady Branding

BY AUGUSTUS PFISTERER

Staff Writer

"If I had to sum up my experience of meeting Tom Brady in one word, it would be unforgettable," said junior Megan Uhrynowski.

On July 30 at Gillette stadium in Foxborough, Mass., Uhrynowski attended a closed practice, open only to season ticket holders.

After the practice, members of the team started circling the field, signing autographs and greeting die-hard fans. Uhrynowski felt this was the moment when her biggest sports dream came true.

New England Patriots' quarterback Tom Brady was walking by Uhrynowski when she suddenly stopped after hearing her call out, "Tom, sign my arm and I'm going to get a tattoo tomorrow!"

Brady made his way over to Uhrynowski, smiled, then chuckled and proceeded to sign her arm. However, little did anybody know, this was part of Uhrynowski's plan all along.

"My softball coach, Gary Sherrick, gave me the idea to get the tattoo on my arm. He said if Brady or Gronk were to come near us, I should get them to sign my arm and then get it tattooed after the fact. I really didn't think either one of them were going to come near us, but luckily, Tom Brady did," said Uhrynowski.

Still in shock from what had happened, the next day Uhrynowski made an appointment at a local Stratford tattoo parlor to follow up on her promise to Brady by getting his signature tattooed on her wrist.

"At first my mom and dad were not happy that I wanted to get a tattoo, but I basically forced them to let me get it. After the fact, they accepted it and thought it was really cool. They said they would have done the same thing if it was someone they loved as much as I love Brady," said Uhrynowski.

According to historyoflattoos.net, 36% of Americans between the age of 18 and 29 have at least one tattoo.

That day, Uhrynowski posted a photo to Instagram to show her followers what she had just done. She never could've imagined what was about to happen next.

"I had no idea that it was going to blow up like it did. I got the tattoo simply because I am a huge Patriots and Tom Brady fan, and I thought his signature as a tattoo would be awesome. I thought it was really cool that it went viral and will definitely be something I remember forever," said Uhrynowski.

According to collinsdictionary.com, the term "going viral," is described as an image, video, or link that spreads rapidly through a population by being frequently shared with a number of individuals.

Soon after seeing the picture, news outlets came calling.

"I don't even know the exact number of media companies that reached out to me. There were too many to count," said Uhrynowski.

Not only was Uhrynowski getting attention from the local news outlets and surrounding towns, the photo began to reach national platforms.

"Some of the major ones that published a story were CBS, NBC, News 12, People's Magazine, Sports Illustrated, ESPN, The Boston Globe, ABC, The Daily Mail, and many more smaller media companies," said Uhrynowski.

Uhrynowski feels as though she learned a lot throughout this experience and the attention gained.

"One big takeaway that I have is that whole experience is that life is too short to not enjoy the moments, memories, and things that mean the most to you," said Uhrynowski.

"Meeting Tom Brady, getting the tattoo and having it go viral will be something I will never forget," said Uhrynowski.

New Head of Greek Life

BY JACQUELINE O'ROURKE

Staff Writer

With having had experience as a fraternity brother, and successfully gone through his first recruitment weekend, Sacred Heart's new director of Greek Life, Nicholas Frias, is very optimistic about his new job.

"I think I'm able to relate to students, that is actually one of the things I think I can do fairly well is put myself on a student's level and try to understand from where they are coming," Frias said. "I certainly think having that fraternity background put myself as an undergraduate really plays into my favor because I kind of know what they're going through and every aspect of what it takes to have a successful organization."

The path to Frias' new job at Sacred Heart was a complicated one. Frias completed his undergraduate studies at Quinnipiac University in Hamden, Conn, where he majored in Broadcast Journalism. Two weeks before graduation, he realized he was no longer interested in pursuing a career in journalism.

"One big takeaway that I have is that whole experience is that life is too short to not enjoy the moments, memories, and things that mean the most to you," said Uhrynowski.

"Meeting Tom Brady, getting the tattoo and having it go viral will be something I will never forget," said Uhrynowski.

The NEW DIRECTOR OF GREEK LIFE, NICK FRIAS (CENTER) JUST FINISHED HIS FIRST SORORITY RECRUITMENT WEEKEND. PICTURED ABOVE (LEFT TO RIGHT): CATIE MORAN, PANHELLENIC PRESIDENT, KARA FANELLI, GREEK LIFE GA, NICOLE BACH, GREEK LIFE GA, DEANNA DANIELS, PANHELLENIC VP OF RECRUITMENT.
SACRED HEART HAS REVEALED NEW MAJORS INCLUDING A MAJOR IN HOSPITALITY, RESORT, AND TOURISM MANAGEMENT, WHICH WILL BE USING THE SACRED HEART OWNED GREAT RIVER GOLF COURSE.

Choir Director and Students Sing on Good Morning America

When Sacred Heart University Choir Director Tom Cuffari got contacted by singer Josh Groban’s team asking him to put together a choir of 12 singers to back Groban up in his performance last Thursday on Good Morning America, Cuffari decided that he would include some of Sacred Heart University’s own talent in the mix.

The choir that Cuffari assembled included eight hired-out professional singers that he had worked with in the past and four members of Sacred Heart Choir: himself, Director of Liturgical Choir Matthew Cimino, junior Emily D’Ambrosio, and junior Minas Kostis.

“I was delighted to bring two of our fine choral program students to sing with us on Good Morning America!” Cuffari said. “I hope to include more of our students in these fun performances in the future.”

On Thursday, the singers had to be at the Good Morning America studio by 4 a.m. Once they arrived, they were brought into a dressing room where they waited until the first of their two rehearsals, and spent their time there until being called to be on standby at 8:36 a.m. for their performance at 8:45 a.m.

“I was still trying to process everything that had happened once we were leaving the studio,” said Baldauf. “I did things I never thought I would experience in my life, especially while I was still in college. It was a really cool day, and I am so grateful I got to go.”

The four of them sang backup to Groban’s arrangement of “Bridge Over Troubled Water” to promote his new album, which was released the next day, on the 21st of September, called Bridges. A clip of the performance can be viewed on YouTube.

“If you are a Sacred Heart student and would like to learn more about singing in our choirs please come find us at the Performing Arts Office,” said Cuffari.

Other things that Sacred Heart Choir has been invited to do includes singing at the MFT with Pete Townshend’s Classic Quadrophenia tour and being invited to sing back-up for the opener at a Panic! At the Disco concert.

Off Campus Housing: Are you looking for off campus housing? I have been a SHU landlord for 20 years. We have the most modern, up to date, houses in great neighborhoods with all the amenities that you need. Our houses range in size from 3 to 11 bedrooms. We can accommodate small to large groups. Please call Joe Iannelli or text 407-301-3940. DON’T WAIT—CALL EARLY TO RESERVE A GREAT SPOT!!!
“As Bees in Honey Drown” Preview

BY ABRAHAM SEABROOK
Staff Reporter

Opening Thursday, Sept. 27 in the Little Theatre, Sacred Heart University’s Theatre Arts Program will perform their production, “As Bees in Honey Drown.”

“As Bees in Honey Drown” is being directed by Adjunct Instructor, James Schilling, from the Performing Arts Department. It is a play written by Douglas Carter Beane, which won an Outer Critics Circle Award in 1998.

The story follows young writer Evan Wyler, who is on a search for fame, financial stability, and overall achieving success. On this journey he meets a woman named Alexa Vere de Vere who promises to give him this life that he is searching for.

“It has an interesting cast of characters and a fantastic plot,” says junior Paxton McLane who plays Evan Wyler. “The show is filled with deceit and greed that leads to wanting revenge for the pain caused. Expect plenty of laughs, plenty of tears, and an overall fantastic story.”

With the many different plots to follow, it makes for an emotional and unpredictable story, according to cast member and senior Kevin Carlson, who plays Ronald, Skunk, and Mike Stabinsky.

“I expect the show to have a little bit of everything in it. The show has its moments of comedy, romance, pain, and revenge. As a whole, it’s a full show,” said Carlson.

Those performing have put a lot of determination into learning their lines and working towards a great production. Everyone else involved has been working hard to help make a success on opening night.

“The cast has been rehearsing every day, molding our characters, learning our lines, and making sure that we put on something we are proud of,” said McLane.

Due to the daily rehearsing and preparation, the once foreign roles have become natural to the performers.

“Preparation is big for us because once we do a scene a certain number of times, it just comes naturally to us,” said Carlson. “We don’t have to think about the lines or the blocking, we just act.”

The crew also plays a big role in the production by creating the set, having proper lighting, and making sure everything goes as planned.

“The crew is working very hard to make sure everything comes together,” said Carlson. “We have been working tirelessly to pull the production together on the cast side and the crew side.”

As opening night approaches, the cast and crew are moving at a fast pace to make sure everything is ready for their first show.

“We are a little over a week away from opening night and everything is coming together at a rapid pace,” said Carlson. “We have people working on the costumes, props, lights, and the set; all working extremely hard to make sure we have everything we need for opening night.”

“As Bees in Honey Drown” will be showing on Sept. 27 – 29 at 8 p.m., Sept. 30 at 3 p.m., Oct. 11 – 13 at 8 p.m., and Oct. 14 at 3 p.m. in The Little Theatre.

GRADUATE OPEN HOUSE

Saturday, October 20
10:00 AM
College of Health Professions
College of Nursing
Register at: www.sacredheart.edu/CHPopeHouse

Sunday, October 21
10:00 AM
Farrington College of Education
Welch College of Business
Register at: www.sacredheart.edu/GradOpenHouse

College of Arts & Sciences
Register at: www.sacredheart.edu/CASOpenHouse
Recap of the 70th Primetime Emmy Awards

BY DOMINIQUE PRICE
Staff Reporter

The Academy of Television Arts & Sciences presented the 70th Primetime Emmy Awards on Monday, Sept. 17 at the Microsoft Theater in Los Angeles.

“Thank you to all of those who submitted this year for the show,” said President/CEO of ATAS Bruce Rosenblum.

This year’s Emmy Awards has the most diverse group of nominees in Emmyn history,” said comedian Kenan Thompson as he opened the show with co-star, Kate McKinnon.

The pair welcomed audience members and viewers at home with a song about diversity entitled, “We Solved It” featuring cameos from Tituss Burgess, Kristen Bell, RuPaul, Andy Samberg, Ricky Martin, and John Legend.

Hosts, Saturday Night Live comedians, Michael Che and Colin Jost, amused the audience with their monologue punchlines.

The award show featured numerous categories with prominent nominations, triumphant wins, and shocking acceptance speeches.

According to the Academy of Television Arts and Sciences website, HBO and Netflix tied with the most Emmy wins for the night. Both networks won 23 Emmy Awards.

While Amazon did not win as many awards, the streaming service still dominated many Emmy categories with its series, “The Marvelous Mrs. Maisel.”

Rachel Brosnahan took home the Emmy Award for “Outstanding Lead Actress in a Comedy Series” with “The Marvelous Mrs. Maisel,” over “Insecure’s” Issa Rae, “Black-ish’s” Tracey Ellis Ross, and “Mom’s” Allison Janney.

HBO’s “Game of Thrones” took home the win for “Outstanding Drama Series” over both Netflix’s “The Crown” and “Stranger Things,” FX’s “The Americans,” NBC’s “This Is Us,” and Hulu’s “The Handmaid’s Tale.”

One of the biggest categories was “Outstanding Lead Actor and Actress in a Drama Series.” Matthew Rhys took home the Emmy for “Outstanding Lead Actor in a Drama Series” with FX’s “The Americans,” and Claire Foy took home the Emmy for “Outstanding Lead Actress in a Drama Series” with Netflix’s “The Crown.”

Another big win came for actress Regina King who took home the Emmy for “Outstanding Lead Actress in a Limited Series or Movie” with Netflix’s “Seven Seconds.”

“I was very happy to finally see such a great African American actress take home such a big award for a series that holds so much power and meaning,” said senior Myer Segal.

Regina King was among many other great actresses including “Godless” Michelle Dockery, “The Tale’s” Laura Dern, “The Sinner’s” Jessica Biel, and “American Horror Story’s” Sarah Paulson, who were all nominated for the award.

As for “Outstanding Supporting Actor in a Comedy Series,” sophomore Tabatha Maxime hoped comedian Keenan Thompson would take home the win.

“I love Kenan Thompson on Saturday Night Live. I was so happy that he was nominated because he truly deserved to win, but maybe he’ll take home the Emmy next year,” said Maxime.

“Barry’s” Henry Winkler took home the Emmy Award for “Outstanding Supporting Actor in a Comedy Series.”

Some speeches left the audience and viewers at home in a mix of shock and joy. After winning the Emmy for “Outstanding Directing for a Variety Special,” Glenn Weiss’ proposal to his girlfriend, Jan Friedlander, left the audience speechless and in awe.

“I did not think anyone would propose at the Emmy’s on National television, but it was actually really cute,” said junior Gianna Nutile.

According to People Magazine, Weiss said that it had been a rough couple of weeks for him, but he knew he was nominated and if his name was called, it would be a special moment he would share with the world.

Aside from the awards, the nominees themselves made a statement with their red-carpet fashion choices. Actress and comedian Tiffany Haddish wore a multicolored gown representing unity in diversity.

“When I first saw Tiffany Haddish’s gown, I thought it was all too much, but it definitely fits her personality and portrays a good message,” said Nutile.

Regina King, who took home the Emmy for “Outstanding Lead Actress in a Limited Series or Movie” with Netflix’s “Seven Seconds.”

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**U.S. Open Women's Final Ends in Controversy**

**BY CHRISTIAN RODRIGUEZ**  
Senior Staff Writer

On Sept. 8, 20-year-old Naomi Osaka of Japan defeated Serena Williams in the 2018 U.S. Open Final. Although Osaka beat Williams with a 6-2 and 6-4 set win, she hasn’t been the one in the spotlight. Williams has been the one who has received the attention after this match due to her verbal altercation with the chair umpire, Carlos Ramos.

It all started in the second set during the second game when Ramos warned Williams for receiving coaching, which is disallowed.

"Chasing is the one thing I've never done ever," said Williams towards Ramos.

The dispute between Williams and Ramos continued a few games later when Williams was penalized for smashing her racket in frustration, receiving her second violation and giving Osaka a point. It was in between games when Williams received her third violation for verbal abuse. This came after Williams called Ramos a "thief" in regards of her first violation. Although Williams smashed her racket, and her comments towards Ramos cost her more than the violation for receiving coaching, Williams seemed more upset for being accountable of chasing.

"It wasn't justified for Serena to do what she did," said senior tennis player Omar Abdo. "She overreacted and took everything out of proportion which was honestly sad. Poor Osaka didn't even get the credit she deserves because of all the media attention on Serena. Serena was definitely in the wrong."

Williams referenced her daughter when saying she would never set an example something that's wrong," said Williams in between games. "It's wrong. You're attacking my character. Yes, you are. You owe me an apology. You will never, ever, ever be on another court of mine as long as you live. You are the liar."

Williams even appealed to the U.S. Open referee, Brian Early, during the break after the games in the second set. During the break, the issue got controversial because Williams felt she was being treated unfairly because she is a woman, and she let Ramos know it.

"There are men out here who do a lot worse, but because I'm a woman, you're going to take this away from me? That is not right," said Williams.

Recording artist, Kelly Rowland, who attended the match and is friends with Williams, bickered her up and liked the fact that Williams stood up for herself and started a movement.

"I'm happy that she's starting a movement of change for women, that's what I love that she took away from everything," said Rowland. "When someone told me that he (Ramos) got upset, that she (Williams) called him a thief, the first thing I thought of was that men say way worse on the court."

The issue became external from the game of tennis when the media connected this incident to discrepancy between men and women and how they are treated in the same environments.

"The media focuses on Serena because right now she is the queen of tennis. She just had a kid and came back playing like she was before she had a kid," said senior Lyle Bennet. "I think she was justified in reacting in the way she did because it was the championship game. I think she was treated poorly, and it wasn't the fair decision."

Williams stood up for Serena, backed her up and liked the fact that Williams stood up for herself and started a movement. Williams was penalized for smashing her racket, and her comments towards Ramos cost her more than the violation for receiving coaching.

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The Associated Press contributed to this article.

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**Women's Soccer Kicks off Conference Play**

**BY COLIN CANNATA**  
Staff Reporter

The Sacred Heart University women's soccer team opened their Northeast Conference (NEC) schedule against Bryant University on Friday, Sept. 21, at Park Avenue Field.

The team went into the matchup under the direction of first-year head coach, Matt Miccos, who had spent the last seven years as the head coach of the women's soccer team at Post University.

"Sacred Heart University has landed a truly talented coach and incredible human being in Matt Miccos," said Sean Driscoll, who is the head coach of the women's soccer team at Princeton University.

When the coaching change occurred, senior goalkeeper Nicole Sambuco noted that the team was unsure how everything would turn out.

"After getting into pre-season, and now the regular season, I think we know what to expect from Matt," said Sambuco.

Miccos has shaken up the game plan through roster and game plan changes.

"He has definitely moved people around, played us at different positions, and we're in a new formation," said senior forward Lindsey Corallo. "I think he is playing to our strengths and trying to find the best spots for us."

The coaching change has affected what happens off the field with the team as well. Miccos has brought a different all-around approach to the team.

"The vibe is a lot better," said senior defender Nicole Zurawski. "It is a lot less stressful with our new coach, and he's super easy to get along with, and is also very easy to talk to."

Non-conference games have not gone in favor for Sacred Heart, but they are looking to turn it around as conference play progresses.

"Obviously we've had a rough start to the season, but we're looking to make the season end well," said Zurawski. "We have a lot of seniors who all work hard for each other and have done so for the past four years."

Conference play also brings opportunities to play rival universities and it also gives the team a chance to qualify for the NEC playoffs.

The NEC only offers four playoff positions. In previous years, Sacred Heart and Bryant have battled against one another to secure the fourth seed.

"We're always (seeded) fourth, and they're always fifth, or vice versa," said Zurawski. "Usually either we knock them out of the playoffs or they knock us out."

Another game that could determine whether or not the team could make the playoffs is against Central Connecticut State University (CCSU) on Oct. 5, at CCSU's soccer field.

"Central is a big competitor, and it's just fueling that Connecticut rivalry," said Corallo.

Sambuco believes that if the team works hard for one another, then the team can achieve the goal of reaching the playoffs.

The team's next game will be against Saint Francis University (SFU), on Friday, Sept. 28, at Park Avenue Field.
Merrimack College Joins Northeast Conference

BY DAN GARDELLA
Asst. Sports Editor

MERRIMACK COLLEGE HAS ACCEPTED AN INVITATION TO JOIN THE NORTHEAST CONFERENCE ON SEPT. 10. Merrimack College, the private Roman Catholic institute in Essex County, Mass., accepted an invitation from the Northeastern Conference’s (NEC) Council of Presidents to join the Conference as the eleventh team. The announcement was made on Sept. 10.

“We are thrilled to welcome Merrimack College to the Northeast Conference family,” said NEC Commissioner Noreen Morris. “We are thrilled that our dedicated students, coaches and staff will now have the opportunity to pursue excellence through membership in the Northeast Conference and that our entire community will experience the excitement of Division I athletics.”

According to Chris Aliano of the Northeast Conference, said Sacred Heart Athletic Director Bobby Valentine. “The commitment of Merrimack to academics and athletics is a match for our conference and a perfect addition to the league.”

Although the move to the NEC and Division I athletics does not materialize for a few years, Merrimack is still allowed to compete in NEC Championships in NCAA non-automatic qualifier sports such as cross country, swimming and diving, and indoor and outdoor track and field.

Heart-to-Heart Campaign Moves to the Pitch

BY JOSEF SAMILENKO
Staff Reporter

On Sept. 14, Sacred Heart University and its Division I teams began their annual “Heart-to-Heart” campaign. According to the Sacred Heart athletics website, athletes and coaches went up to Campus Field and stood together in the shape of a heart.

The next team to play their “Heart-to-Heart” game is women’s rugby on Saturday, Sept. 29, when they take on Colby Sawyer College at Park Avenue Field. According to the Sacred Heart athletics website, the athletes will wear “Heart-to-Heart” shirts and green ribbons to raise awareness.

“This game has more significance than other home games because it’s when the Sacred Heart community comes together as one, and not only gets to see us play but gets to also contribute to a great cause,” said sophomore Kailltin Lagase.

The campaign aims to make the topic of mental health more open and talked about in every day conversations, and Lagase has taken notice.

“Sacred Heart has made a conscious effort to talk more about mental health and bring in resources to help the athletes that need it,” said Lagase.

Sacred Heart offers help for all students. The Wellness Center on campus has an online sign-up for counseling sessions. Isabel Cuddy, a sophomore from Connecticut, enjoys the presence of this campaign on campus.

“I believe that this campaign has the potential to evoke real change for mental health awareness,” said Cuddy. “The concept of athletes playing in support of mental health, while also feeling the support of fellow faculty and peers, is great.”

The campaign slogan is, “SHUtdown the stigma.” The growing awareness of the issue at hand looks to serve that mission.

Rugby head coach Michelle Reed also has an appreciation for the campaign.

“Every day conversations, and Lagase has taken notice. "We love supporting new programs and helping advance the sport of rugby for women,” said Reed. "There is a little fire in one of our student-athletes burning to play this game as she decided to attend SHU instead of Colby Sawyer, so there’s a fun twist to this." The team believes this campaign provides opportunities to the entire Sacred Heart community.
FRESHMAN, ALYSSA STEVENS, WAS NAMED MAAC DEFENSIVE PLAYER OF THE WEEK FOR WOMEN’S FIELD HOCKEY. STEVENS IS THE TEAM’S GOALKEEPER AND IN HER FIRST CAREER START SHE HAD 11 SAVES IN A GAME AGAINST YALE.