

FEATURED NEWS



CAROLINE BOLLETINO/SPECTRUM

HELLO MR. BRADY
MEET THE SHU JUNIOR WHO HAD TOM BRADY'S AUTOGRAPH TATTOOED!

UPCOMING EVENTS

- 9-26 TEDx Talks
Schine Auditorium, 2 p.m.
- 9-27 Student Government Freshman Elections
Hawley Lounge, 8 a.m.
- 9-27 Volunteer Fair
University Commons, 10 a.m.
- 9-27 Catholic Studies Film Series: Spotlight
Schine Auditorium, 6:30 p.m.
- 9-27 Heroes Who Go Above and Beyond with Sandy Hook
Parent Ian Hockley
University Commons, 7 p.m.

TWEETS OF THE WEEK

-  **@ewojcik314**
"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 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!

Correction: @nollers was the author of the "excited for fall" tweet in last week's edition of Tweets of the Week.

An Evening with Aly Raisman

BY VICTORIA MESCALL
Editor in Chief

On Monday September 24, 2018 Olympic gold medalist 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 are your feelings on the change in the leadership of USA Gymnastics in the last month?

A: In early September, the CEO, Kerry Perry, left. And we haven't been told who is going to replace her. My biggest concern right now is making sure there is a full and independent investigation into the abuse that contributed to this disaster. The new CEO needs to be willing to understand that what happened was wrong and needs to be educated on how to make sure it doesn't happen again. Also, Kerry Perry wasn't willing to meet with survivors. We need someone in charge who is willing to meet with us. And I hope they involve survivors in helping pick the new CEO.

Q: A lot of people come up to you after you tell your story and share their own. How do you balance helping them when your story is so raw?

A: What I think most don't people realize about me is that I get triggered very easily. I try make sure that I'm doing enough to speak out on behalf of not only myself and the gymnasts but other survivors. I've realized that not a lot of people feel like they have a voice. I'm very grateful that I am being heard, so I take that very seriously. I'm still figuring

out that balance of how to be as supportive as I can, but also to make sure that I'm taking care of myself. I know that a lot of things can be triggering for survivors and it's not talked about enough. I care so much, and I want to help but I'm learning that I need to take care of myself. If I don't take care of myself I can't help other people.

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 it 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.

Q: How have you been enjoying your change of career path, being an activist?

A: I understand that I am one of the few people that are being listened to and I know that there are so many other people like me who are survivors that are not being heard and they're not being believed. I take that responsibility very seriously, but I am also learning that I don't have to talk about this all the time because it's not healthy. I think it's important to realize this is not going to change overnight. It's a long process so you have to balance that by doing things that make you happy and surrounding yourself with good people who make you laugh, because I think laughing is really important.

Q: What do you want to see for the future of the #MeToo Movement?

A: I would just like to see people being more supportive of each other. When women come forward, there are still too many people

who don't believe them or think that they're making it up. I would like to see a shift in our culture that whether or not you can relate to someone else's story, you can still have empathy and still at least try and picture yourself in their shoes. And if you can't understand, ask questions and get to know more. It's important to be there for people. Remember that and be kind to one another.

After the interview with 'Spectrum', Raisman joined moderator Jen Lada from ESPN in the Edgerton Theatre for a formal discussion.

Raisman's lecture included discussion about her book, 'Fierce', her time at the Olympics, and her experience with sexual abuse.

"It's important to talk about especially on a college campus where assault is so prevalent," said Raisman. "We need to keep talking about it."



PHOTO COURTESY OF VICTORIA MESCALL

EDITOR IN CHIEF, VICTORIA MESCALL, GOT AN EXCLUSIVE INTERVIEW WITH OLYMPIC GOLD MEDALIST ALY RAISMAN.

Kavanaugh Controversy Continues

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 ask that she brings 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."

Evangelical activists want Republican leaders to act more forcefully to send Brett Kavanaugh to the Supreme Court, expressing skepticism about the decades-old allegations of sexual assault levied against the federal judge. Senate Majority Leader Mitch McConnell, faith leaders, and others vowed that Trump's nominee would win confirmation.

"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 Innamorato. "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 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 Thursday, Sept. 27. Additionally, on Sunday night The New Yorker reported on a second allegation of sexual misconduct, this one coming from Deborah Ramirez, 53, who claims that Kavanaugh sexually harassed her at a party during his freshman year at Yale.

The Associated Press contributed to this article.

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 made it clear he's no fan of President Donald Trump's trade policy. Dube said China is buying less wheat from eastern 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 Republicans in rural districts that are heavily reliant on exports for their economy. With the livelihoods of farmers at risk, opposition to the tariffs could make a difference in some races and help determine which party takes control of Congress.

China responded to President Donald Trump's tariff hike by imposing its own penalties Tuesday on \$60 billion of

American imports.

Trump threatened to add an additional \$267 billion in Chinese imports to the target list if Beijing retaliated for the latest U.S. tariffs. That would raise the total affected by U.S. penalties to \$517 billion, covering nearly everything China sells to the United States.

US Cuts Palestinian aid

The Palestinians on Saturday condemned the U.S. decision to end its decades of funding for the U.N. agency for Palestinian refugees, calling it an attack on the Palestinian people and accusing the Trump administration of trying to remove sensitive core issues from the negotiating table as it says it is preparing a Mideast peace

initiative.

The Palestinians accuse the U.S. of being unfairly biased in favor of Israel, citing a series of steps by the White House. Trump has recognized Jerusalem as Israel's capital over Palestinian objections and last week cut \$200 million in development aid to the Palestinians.

The decision cut an additional \$300 million to the United Nations Relief and Works Agency (UNRWA), which serves millions of Palestinian refugees and their descendants across the region.

UNRWA was established after the war surrounding Israel's establishment in 1948 to aid the 700,000 Palestinians who fled or were forced from their homes. Today, it provides education, health care and social services to some 5 million Palestinians in the West Bank and Gaza Strip, as well as Jordan, Syria and Lebanon.

The U.S. in recent years has supplied nearly 30 percent of UNRWA's budget.

In a statement, the U.S. called the agency an "irredeemably flawed operation." It said the U.S. was no longer willing to pay for a "very disproportionate share" of UNRWA's costs and criticized what it called the agency's "fundamental business model and fiscal practices" and its "endlessly and exponentially expanding community of entitled beneficiaries."

Russia Investigation: Michael Cohen

Donald Trump's former personal lawyer says he is providing "critical information" as part of Robert Mueller's investigation into Russian interference in the 2016 U.S. election and possible coordination between Russia and the Trump campaign.

Cohen pleaded guilty in August to eight federal charges and said Trump directed him to arrange payments before the 2016 election to buy the silence of porn actress Stormy Daniels and a former Playboy model who have both alleged they had affairs with Trump.

ABC News reported on Thursday that Cohen has met several times with investigators from the special counsel's office.

The president has continued a very public battle against the Mueller investigation, repeatedly calling it a politically motivated and "rigged witch hunt."

The Associated Press contributed to this article.



Hurricane Florence Update

BY GARY D. WATERSON and MARTHA WAGGONER
Associated Press

Rivers swelling with the floodwaters of former Hurricane Florence are threatening to swamp communities near the South Carolina coast, leaving thousands ready to evacuate.

More than a week after Florence crashed into the Carolinas, dumping heavy rains, all that water is nearing the coast. Authorities in Georgetown County, South Carolina, said they have put as many as 8,000 people on alert for possible evacuations starting Monday in expectation of a "record event" of up to 10 feet (3 meters) floodwaters this week.

Officials are especially eyeing gauges along the Pee Dee and Waccamaw Rivers and said people should be ready to leave homes in the potential flood zones before possibly life-threatening flooding begins setting in as early as Tuesday.

Georgetown County's emergency management director, Sam Hodge, said in a video message posted online Sunday that shelters are being opened Monday for area residents and he pleaded with people to alert neighbors and friends to the possible dangers ahead. The community also was distributing free sandbags but said Monday was likely the last day to rush preparations before the affected should get out.

"From boots on the ground to technology that we have, we are trying to be able to get the message out," Hodge said in the video feed, advising people not to await an official evacuation order should they feel unsafe.

The flooding has been going on for days in neighboring North Carolina already, the water slowly meandering to the coast.

In North Carolina, five river gauges were still at major flood stage and five others were at moderate flood stage, according to National Weather Service. The Cape Fear River was expected to crest and remain at flood stage through the early part of the week, and parts of Interstates 40 are expected to remain underwater for another week or more.

Parts of Interstate 95 had also been expected to be underwater for days, but North Carolina Gov. Roy Cooper announced Sunday night that the major highway has been reopened to all traffic, as floodwaters had withdrawn faster than expected.

But floodwaters already receding on one stretch of Interstate 40 left thousands of rotting fish on the pavement for firefighters to clean up. Video showed firefighters blasting the dead fish to the highway shoulder with a fire hose in eastern North Carolina.

North Carolina Emergency Management Director Michael Sprayberry said that eastern counties continue to see major flooding, including areas along the Black, Lumber, Neuse and Cape Fear rivers. Elsewhere in North Carolina, state environmental officials also said they're closely monitoring two sites where Florence's floodwaters have inundated coal ash sites.

"Florence continues to bring misery to North Carolina," North Carolina Gov. Roy Cooper said in a statement Sunday evening. He added that crews conducted about 350 rescues over the weekend and that travel remains treacherous in the southeastern area of

his state. But he said National Guard members would be shifting next to more door-to-door and air search wellness checks on people in still-flooded areas.

The storm has claimed at least 43 lives since slamming into the coast Sept. 14.

An economic research firm estimated that Florence has caused around \$44 billion in damage and lost output, which would make it one of the top 10 costliest U.S. hurricanes. The top disaster, Hurricane Katrina in 2005, cost \$192.2 billion in today's dollars, while last year's Hurricane Harvey cost \$133.5 billion. Moody's Analytics estimates Florence has caused \$40 billion in damage and \$4 billion in lost economic output, though the company stressed that the estimate is preliminary.

In Washington, Congress is starting to consider almost \$1.7 billion in new money to aid recovery efforts from Florence. Lawmakers already are facing a deadline this week to fund the government before the start of the new budget year Oct. 1, and members of Congress are expected to try to act on the disaster relief along with separate legislation to fund the government.



EXTENSIVE FLOODING ARE LEAVING THEIR MARK A WEEK AFTER HURRICANE FLORENCE HIT THE CAROLINAS. ASSOCIATED PRESS

Perspectives

He Said She Said: Spotify Vs. Apple Music - What is the Better Streaming Service?

HE SAID



ROBERTO

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 YouTube 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 bunch of stations 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 musicians 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 of them in a long time) and that's something that has made me continue to fall in love within 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 amount 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 radios 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 per 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 relatable 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.



BRYANA

Ever since I was 9-years-old, I have been a huge fan of Taylor Swift. I remember sitting in my room, listening to her self-titled debut album, and being able to relate to every word she wrote about growing up. "Our Song" told the story of the relationship that I looked forward to having one day. "Should've Said No" was Taylor's way of telling the story of my father's affair, which I was dealing with at the time.

The same went for the rest of her albums. Fearless and Speak Now were with me through my early teens, when I was trying to navigate middle and high school. I could relate to every word from my first crush to fights with friends. Red came along right around the time when I went through my first real breakup, and it was everything I never knew I needed. The relationship had been with an older boy who was named Jon. I cried to Taylor's song "Dear John" for months. It was like it was meant for me. I had never felt more connected to someone. Her words made me feel so much less alone.

The album 1989 was my soundtrack for navigating high school and the transition to college. In it, Taylor writes about love and heartbreak and all the things in between. Reputation came at a time of transition for me. I had been going through a long period of change in my life, and I wanted to rebuild my identity. Reputation is the story of Taylor rebuilding hers and finally deciding who she is. At every point growing up, she has had words for me. Her stories made me want to share mine and are a huge part of the reason why I became a writer.

A few years ago, I was an avid Spotify

SHE SAID

user. I had the app downloaded on my phone and MacBook. It was all well and good until in late 2014, Taylor took her music off of Spotify. My blind loyalty caused me to immediately switch to Apple Music. Ever since then, I have loved Apple Music and haven't gone back to using Spotify.

I have enjoyed using it because it enables me to combine the music library I already have and any new music that I'm interested in. That way, all the music I purchased before is already there. Spotify's advertisements are pretty annoying and distracting when it comes to listening to music. Also, when I did use Spotify, the application on my MacBook slowed it down so much that I had to take it to the Factory. When I got there, they asked me if I used the application, and when I said no, they immediately deleted it from my computer. It was working so much more quickly after that!

I never dared to download it again. Apple Music has great radios to choose from and I am able to check the top charts each week when I am looking for new music. I really love how Apple Music connects to my Apple Watch, so I can control what's playing right from my wrist. I also enjoy having the opportunity to watch music videos, TV, and movies on iTunes. From what I remember, Spotify does not offer those options. Apple Music gives you the opportunity to download your music to listen offline, which is super helpful during long drives. I may have only switched to Apple Music because of Taylor Swift, but I love it now and have no intention of going back!

Rethinking Ink?

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

the prejudices against them are dying out. Stereotypes about tattoos and those who have them have changed drastically over the years. In our parents' generation, tattoos were seen as rebellious and unprofessional. In our generation, many people are getting tattoos and many others are growing to appreciate them.

"I started getting my tattoos in private places because I had a fear of not being hired in the future, but I quickly realized that when I got down to DC, if you can do your job, no one cares what you have on your body," said Amazan.

In today's world, it seems that the number of employers that are accepting of tattoos is rising. Brabazon says that people often think that having a tattoo can ruin your chances at getting a job. She does not agree.

"People often think that tattoos make us seem careless about our bodies, instead of recognizing them as beautiful and meaningful," said Brabazon. "Tattoos don't make you less intelligent. They are little vignettes of the things you've experienced in life."

People are starting to realize that tattoos are not a gauge of intelligence, but of self-expression.

Even though DiBernadino neither has tattoos nor plans on getting any, he is still able to appreciate the tattoos of other people and the meanings behind them.

"I feel like it's hard to stereotype tattoos as a whole because there are so many different kinds," he said. "Since I know people with tattoos, it is much harder for me to generalize other people with them."

According to a recent study by the Pew Research Center, about 38 percent of people ages 18-29 have at least one tattoo.

Perspectives

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 Angelo Roncalli 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 fitness facility,” said senior Celina 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 Maeve 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 dinner-time,” 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 quite 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 café in Matura Library.
- Linda’s, at McMahon Commons.
- Einstein Bros. Bagels, in the Martire Center.
- JP’s Diner, on Upper Quad.
- Balance Kitchen, at the Center for Healthcare Education.
- The Market, at West Campus.
- The Peak, opening soon at Christian Witness Commons.



STUDENTS WAIT IN LINE FOR THE PREMIUM DINNER AT ONE OF SACRED HEART’S DINING HALLS, 63’S.

@SHU_DINING

Editorials

meet THE STAFF

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MANAGING EDITOR-MULTIMEDIA
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PUBLIC RELATIONS MANAGER
KAYLIN HUEY
2019

ASST. PUBLIC RELATIONS MANAGER
ANGELINA DINOTA
2020

ASST. WEB MANAGER
CAROLYN LISBOA
2020

CIRCULATION MANAGER
SARA TERPEK
2021

GRAPHIC DESIGN EDITOR
SERENA PINELLI
2019

ADVERTISING MANAGER
DOMINIC CAPORALE
2020

ASST. ADVERTISING MANAGER
CAROLYN LISBOA
2020

FACULTY ADVISOR
PROF. JOANNE KABAK

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 babysitting and lab reports and staff meetings and chapter - 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 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 it after 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 get 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 black-board 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 facetimeing 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 when applying for a job.

It is so easy to get caught up in this success driven culture. That if it 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 wholly and empathetically. And the one who can be constantly in motion, or who can just be still.



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 have 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 they 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 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?

Your one week in whatever place you went isn't going to fix the problems of an entire nation, it might not even change the

problems of your service destination, you aren'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.

Changing the world is a task of herculean proportions, so you can't think of it in those senses. What you can do is focus on one person; if you can do that and do a little something to change their world and it makes all the difference. And fun fact, that one person can be you.

If you go build a house for a week, great. What creates change is what comes after. Taking your experiences and bringing them home with you. Being more aware of the broader issues that affect people outside of your immediate bubble. Acting with kindness and understanding. This adds up to affect the world.

The world is full of lives and they all matter. Service is acknowledging the dignity in each of those people.

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.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copy-right for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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 star quarterback Tom Brady was walking by Uhrynowski when he 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 went to 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 the 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 historyoftattoos.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 channels 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 from this 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.



PHOTO COURTESY OF UHRYNOWSKI

MEGAN UHRYNOWSKI, JUNIOR, WAS AT A CLOSED PRACTICE THAT WAS ONLY OPEN FOR SEASON TICKET HOLDERS OF THE NEW ENGLAND PATRIOTS WHEN QUARTERBACK TOM BRADY SIGNED HER ARM. SHE THEN HAD THE SIGNATURE TATTOOED ON HER ARM.

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 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. At Quinnipiac, he was very involved as a fraternity brother, orientation leader, and member of the news media program. His high level of involvement led him to switch his career path to Student Affairs. After graduating from Quinnipiac, Frias took a year off.

Then, he went to graduate school at Merrimack College in North Andover, Mass. where he earned his masters in Higher Education Student Affairs. While in graduate school, his fellowship work was with new student orientation. He wrote his thesis on 'What Academic and Social Benefits Students get from joining Greek Life.' After graduate school, his first job search did not find many positions in Greek Life or Orientation. Frias believes that was because those types of jobs are "very hard to come by at an entry level."

Because of Frias' difficulty to find a job he was looking for, he temporarily switched his focus to residential life. He got a job as a residence hall director at Roger Williams University in Bristol, R.I. After three years there, Frias realized that working in residential life was not what he was looking for.

Speaking about his job at Roger Williams, Frias said, "I learned a lot, developed a lot of skills and meaningful work, but I wasn't very passionate about it... I knew it wasn't for me." After this realization, he began his job search again. Frias' new job search is what led him to his current job at Sacred Heart.

With eight sororities and six fraternities, Greek Life at Sacred Heart already has a strong presence on campus. When asked if he has any plans to add or change anything, Frias responded, "Honestly, no not yet. I would certainly agree that the Greek structure and program here is very strong and we're growing very quickly." Frias added that Greek Life is "expecting a new fraternity to start colonizing this semester." The fraternity chosen is Alpha Tau Omega. As for the sororities, Frias does not predict any additions within the next year.

"As far as changes I would make, I would have to really start to assess and benchmark a lot of things. Really the only thing I've considered trying to change for next year would be the minimum GPA needed to go out for recruitment. Right now it's at a 2.0 and that's the all Sacred Heart University minimum. I would like to raise it to a 2.5. I've been

benchmarking what other institutions have as their minimum to see if we can turn up a line with that," Frias said.

He believes that it can be helpful to compare and contrast other colleges similar to Sacred Heart to see where SHU stands in different aspects.

Catie Moran, the Panhellenic President said, "He's very approachable...it's very easy to go to him with problems and get those problems resolved."

One of his first major events as director of Greek life was this year's sorority recruitment weekend in September.

When speaking about his experience, Frias said, "I think it went really well. It was busy and everyone kept joking to me leading up to it, 'you're not going to be ready, you're not prepared for it' and to some extent they were right."

Frias added, "It was a lot of women, a lot of work, and a lot of overtime hours in a very short time frame, but nonetheless it was very fun and very successful."

Frias shared that he is also excited for fraternity recruitment, and believes it will be more laid back but still require a lot of hard work.

Frias seems to be hitting it off with his new co-workers and colleagues as well. Deanna Daniels, the VP of Recruitment for Panhellenic said, "He is really welcoming and I feel like it (recruitment weekend) was an easy transition for him because he accepts everyone into the SHU community."



JACQUELINE O'ROURKE/SPECTRUM

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 FANELI, GREEK LIFE GA, NICOLE BACH, GREEK LIFE GA, DEANNA DANIELS, PANHELLENIC VP OF RECRUITMENT.

Features

Sacred Heart Adds Two New Majors

BY TYLER LASCOLA
Staff Writer

The Department of Marketing and Sport Management at Sacred Heart University is undergoing great expansion. This semester is the first that a major in hospitality is being offered, while both another major and a minor are anticipated to launch in fall 2019.

Hospitality, Resort and Tourism Management is the newest undergraduate degree offered by the department. Although only six students are enrolled in the classes, the major has already been declared by at least 18 students total and is expected to grow.

“The hospitality industry – also known as the service industry – covers about a third of the global economy, and the domestic economy,” said Dr. Kirsten Tripodi, director of the program.

What sets Sacred Heart’s hospitality program apart from similar programs at other schools is that it resides in the Jack Welch College of Business. According to Tripodi, less than one third of hospitality programs in the United States are situated in business schools.

“If I were still in the market where I was hiring students, I would be more excited to have somebody who had business school credentials,” said Tripodi.

Students can expect to complete two internships before graduation: one for the business school and one pertaining specifically to hospitality. Each hospitality internship will be coordinated with one of the program’s three concentrations: Hotel, Resort and Club Management; Revenue, Pricing and Data Analytics Management; and Tourism Management.

The program will be making extensive use of Sacred Heart’s newly acquired facilities at the Great River golf course, on West Campus, and in Dingle, Ireland.

“All aspects of this hospitality program were designed to leverage one of these new assets that the university has,” said Dr. Joshua Shuart, Chair of the Marketing Department.

The golf course is ideal for resort and club management, while at West Campus students will be utilizing the kitchen facilities next semester for a culinary basics course, along with the hotel for a Lodging Operations course.

The tourism track is singular in that majors must study abroad at the university’s Dingle campus for a semester to obtain that specialization. Shuart emphasized the symbiotic relationship he hopes the program will develop with local Dingle businesses.

The Fashion Marketing and Merchandising major (which is still awaiting a few green lights before official ratification), has been long in the making.

The fashion program at Sacred Heart began in 2009 as a mere concentration in Marketing. In 2014, the popular concentration was detached and expanded into its own minor. In 2016, an annual faculty-led summer abroad program for fashion was launched – a rarity for minors – which alternates between Paris and Milan. Subsequently, fashion internships began to be coordinated separately from other marketing internships. And, like Hospitality, the fashion program is unique for being incorporated into the business school. Now, after the program has flourished for nearly a decade, the rigorous approval

process is underway for the long-awaited Fashion major.

“They’ve been asking for it for years,” said Shuart. “Even with the minor, the students have been clamoring for more courses.”

Students have been extremely vocal in their course evaluations about wanting more fashion classes. Several new courses were piloted as electives and the minors repeated filled them up, even after satisfying their minor requirements. Those experimental courses will now be incorporated into the major.

Senior Alexandria Draghi, president of the Fashion Club, lamented graduating before the major’s time.

“I wish I could come back after graduation just to have fashion merchandising as a major” said Draghi.

To top it all off, a minor in Golf Management is projected to start in conjunction with the Fashion major next fall. The golf minor was approved last year, but the department decided to delay its launch for further development.



SACRED HEART WEBSITE

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

BY ABIGAIL FRISOLI
Asst. Photography Editor



SACRED HEART CHOIR DIRECTOR, TOM CUFFARI (LEFT) WAS ASKED BY JOSH GROBAN TO COME UP WITH A TEAM OF BACKGROUND SINGERS FOR HIS LATEST PERFORMANCE ON GOOD MORNING AMERICA. TWO SACRED HEART STUDENTS AND LITURGICAL CHOIR DIRECTOR MATTHEW CIMINO (RIGHT) WERE CHOSEN.

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 Cassidy Baldauf, 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 MET with Pete Townshend’s Classic Quadrophenia tour and being invited to sing backup for the opener at a Panic! At the Disco concert.

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Arts & Entertainment

“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 work-

ing 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 even harder to make sure everything comes together,” McLane said. “As Bees in Honey Drown” takes place in many different locations and the set is built to be a chameleon, transforming into the places the show takes us.” They have “been working tirelessly to pull the production together both 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 pm, Oct. 11 – 13 at 8 p.m., and Oct. 14 at 3 p.m in The Little Theatre.

AS BEES in Honey DROWN
By Douglas Carter Beane

 Evan Wyler Paxton McLane	 Alexa Vere De Vere Delaney Lynch	 Various Roles Andrew Peloquin
 Various Roles Kevin Carlson	 Various Roles Allison Campbell	 Various Roles Giulia Parnell

@SHUTHEATREARTS
“AS BEES IN HONEY DROWN” FOLLOWS THE STORY OF A YOUNG WRITER. THE SHOW OPENS ON SEPT. 27 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/CHPOpenhouse

College of Arts & Sciences

Register at: www.sacredheart.edu/CASopenhouse

Sunday, October 21
10:00 AM

Farrington College of Education
Welch College of Business
Register at: www.sacredheart.edu/GradOpenHouse



Sacred Heart
UNIVERSITY



Arts & Entertainment

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.

"This year's Emmy Awards has the most diverse group of nominees in Emmy 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 Hanks, 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" Tracee 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" Lauren 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 Kenan 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 girlfriend, Jan Friedlander, left the audience speechless and in awe.

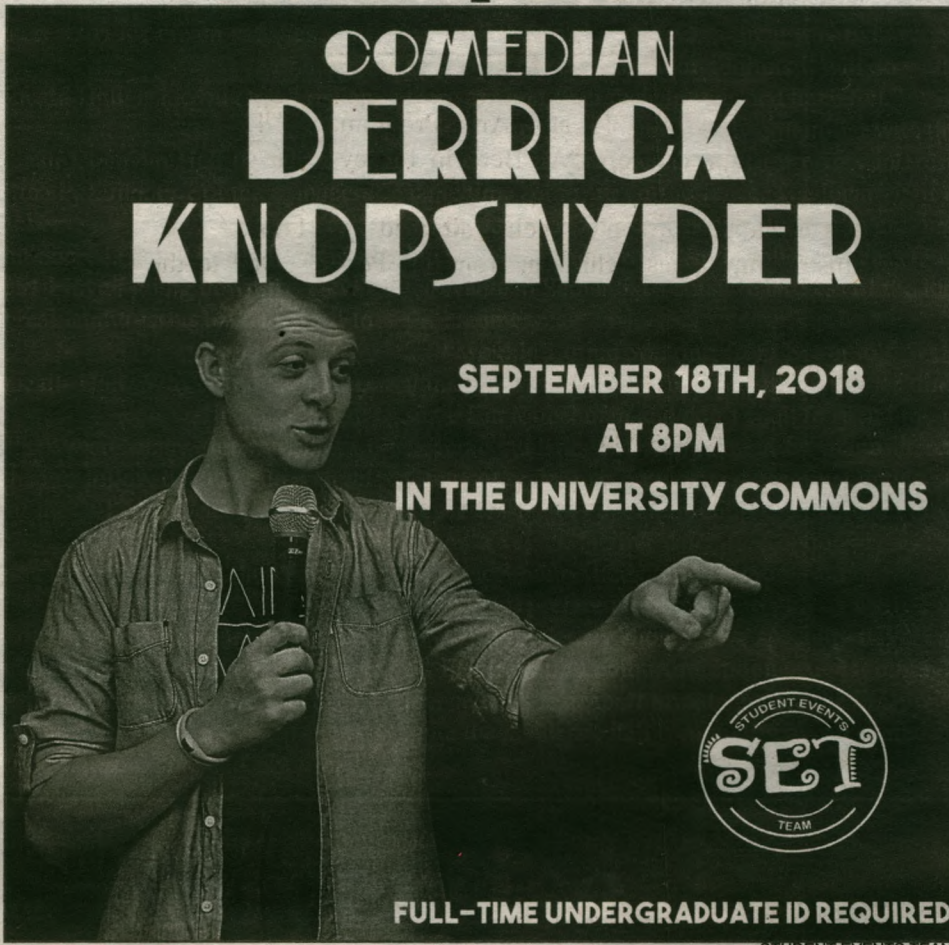
"I did not think anyone would propose at the Emmy's on National television, but it was actually really cute," said junior Gianna Nutile.

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 a bit too much, but it definitely fits her personality and portrays a good message," said Nutile.

Comedian Brings Laughs to Campus



COMEDIAN
DERRICK
KNOPSNYDER

SEPTEMBER 18TH, 2018
AT 8PM
IN THE UNIVERSITY COMMONS

FULL-TIME UNDERGRADUATE ID REQUIRED

STUDENT EVENTS TEAM

SET BROUGHT DERRICK KNOPSNYDER, COMEDIAN, TO CAMPUS. 15 STUDENTS ATTENDED THE EVENT MAKING THE PERFORMANCE PERSONALIZED.

BY ANNIE MAY
Staff Reporter

After his freshman year of college, comedian Derrick Knopsnyder realized he could use humor as a way to make friends.

"If it works for this, maybe I can make strangers laugh" said Knopsnyder, who visited Sacred Heart University on Sept. 18 to perform one of his many college comedy shows.

As a Pittsburgh native, Knopsnyder tours colleges on the east coast, but has also had the opportunity to perform on the west coast, with audiences of 600 people or more.

Although only 15 students gathered in the University Commons auditorium to see Knopsnyder, everyone was laughing.

"It's a sold-out show, they just put out too many chairs" said Knopsnyder.

He connected with the crowd by asking direct questions to the students.

"My favorite joke was when he thought my friend and I were in a relationship. That was so funny. I'm so glad I came to the show," said freshman Andrew Cizmarik.

Knopsnyder related to Sacred Heart students by making references to 63's dining hall, the miserable cold winter weather of New England, and even relationships in college.

"I enjoyed all of it, he was very relatable, especially about the cold weather up here. I wasn't actually going to go, but I'm glad I did," said freshman Morgan Gott.

With Sacred Heart being comprised of 60% female and 40% male, Knopsnyder made frequent jokes about how hard he believes it is to understand females.

"I finally realized what women want. The only thing women really want is dresses with pockets," said Knopsnyder.

Knopsnyder has had the opportunity to work with Dave Coulier, who is known for his role as Uncle Joey on "Full House," and has been featured on Comedy Central. He said that he enjoys performing at smaller shows because he is able to interact one-on-one with the audience.

After the show, he sat on the stage and talked to students. He asked students about where they were from, their majors, their involvement on campus, and what their career goals were.

When talking about his upcoming plans pertaining to his comedy career, Knopsnyder revealed that he is eager to help current college students who are struggling with college debt.

"I'm going to start a student loan forgiveness tour, which is essentially coming to a school, doing a comedy show, and then at the end of the show I'm going to give away a \$500 scholarship," said Knopsnyder. "For someone, [the scholarship] can be used toward tuition, or books, or something, so it's just my way of combating the outrageous student loans."

The Student Events Team gave out Fidget Spinners at the door, but that was not the only thing that audience members received that night. Knopsnyder also gave away a Starbucks gift card, and hand signed free posters for any student who was interested at the end of the show.

"You can literally make someone else's day a little bit better just by smiling at them. For me, this is my smile, I get to make you guys laugh for an



CLAIRE FOY ACCEPTING HER EMMY FOR OUTSTANDING LEAD ACTRESS IN A DRAMA SERIES, FOR HER WORK IN "THE CROWN".

ASSOCIATED PRESS

Sports

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.

"Cheating 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 cheating.

"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 about cheating; she would rather lose than cheat. She called Ramos a "liar" and asked him for an apology.

"For you to attack my character is

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 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, backed 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."

The Associated Press contributed to this article

Women's Soccer Kicks off Conference Play



MICHELLE DASILVA/ TEAM PHOTOGRAPHER

THE SACRED HEART CLUB FOOTBALL TEAM WAS DEFEATED BY MANSFIELD UNIVERSITY AFTER THEY WON THE NATIONAL CHAMPIONSHIP LAST SEASON.

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 Micros, 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 Micros," 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.

Micros 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 Lindsay 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. Micros has brought a different all-around approach to the team.

"The vibes are 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.



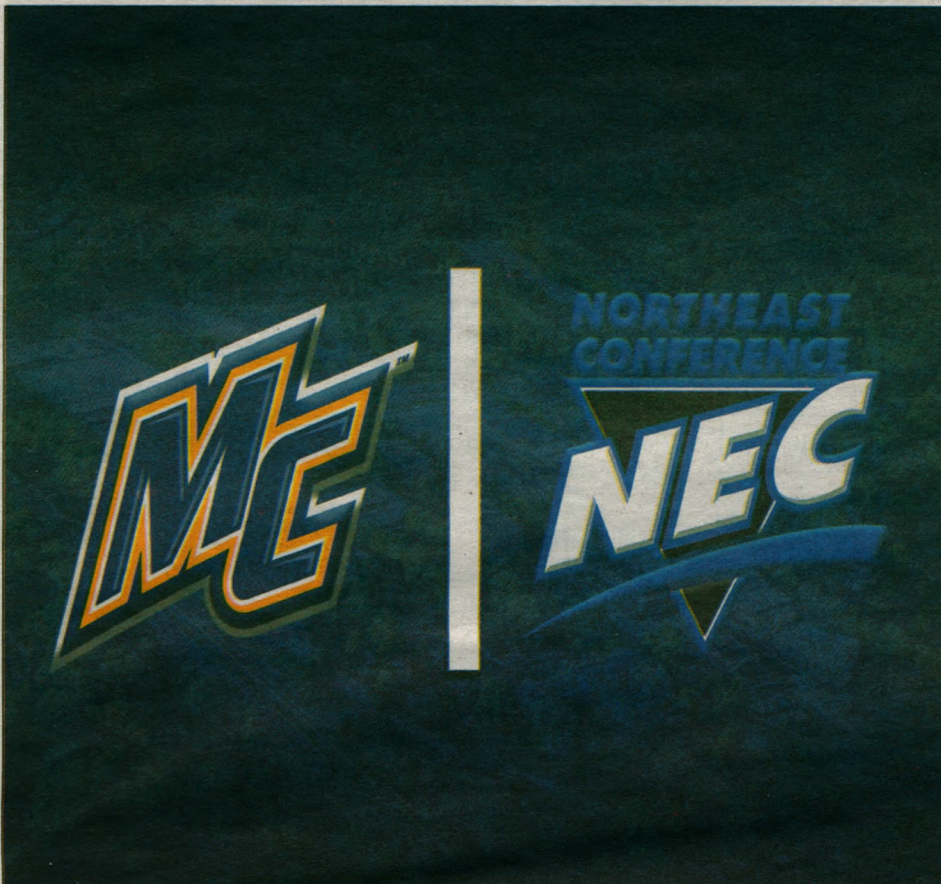
ASSOCIATED PRESS

SERENA WILLIAMS HUGS NAOMI OSAKA AFTER SHE WAS DEFEATED BY OSAKA AT THE US WOMEN'S OPEN ON SEPT. 8.

Sports

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 Northeast 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. "From the outset, it was extremely evident that President (Christopher) Hopey and the entire campus community had a clear vision to elevate the academic and athletic profile of Merrimack College."

Norris also stated that Merrimack's freshmen class and last year's sports seasons were reasons as to why the transition from NCAA Division II to Division I athletics was the right decision for Merrimack. This year's incoming class was the largest in its history and the athletic programs were competitive in the Northeast-10 Conference (NE10) last year.

Merrimack has been a member of the NE10 since 1984. Last season, they won the 2017-18 NE10 President's Cup, which is given to the top athletic program among the 15 teams within the Conference. Back in May the men's lacrosse team captured the Division II National Championship. Along with winning the National Championship, Merrimack won three NE10 Championships last season in baseball, men's lacrosse and men's soccer.

According to Chris Aliano of the *Eagle Tribune*, 22 of Merrimack's 24 teams compete at the Division II level in the NE10. The men's and women's ice hockey teams currently compete at the Division I level in the Hockey East Association (Hockey East). The Hockey East has New England colleges such as Boston College, Boston University (BU), and the University of Connecticut (UConn).

The move to the NEC and Division I athletics will not take effect until 2023-24, following the four-year NCAA Division I reclassification period.

"Our student-athletes have enjoyed tremendous success academically and athletically as members of the Northeast-10 Conference," said Merrimack Athletic Director Jeremy Gibson. "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."

Gibson also expressed pride in being able to compete with the schools that make up the Conference and also forming new rivalries. One of those teams is Sacred Heart, who have been members of the NEC since 1999.

"We extend a warm welcome to Merrimack College to 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."

According to Aliano, the step up to the NEC also means the amount of sports sponsored will increase. Next season, Merrimack will have sports sponsorship for 21 of the 23 NEC sports, with men's golf and women's bowling being excluded.

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.

Students donned shirts with the campaign's name written on the front, and they also wore green wristbands. Green is the color for mental health. The "Heart-to-Heart" mission statement says that participants are the unification of female and male student athletes designed to gain awareness for mental health.

The event originally was started by women's ice hockey alumni Devan Kane in 2017. Kane pushed to provide support and help to student athletes in need.

The campaign will span across six sports teams in the 2018-2019 fall season.

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 Kaitlin 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.

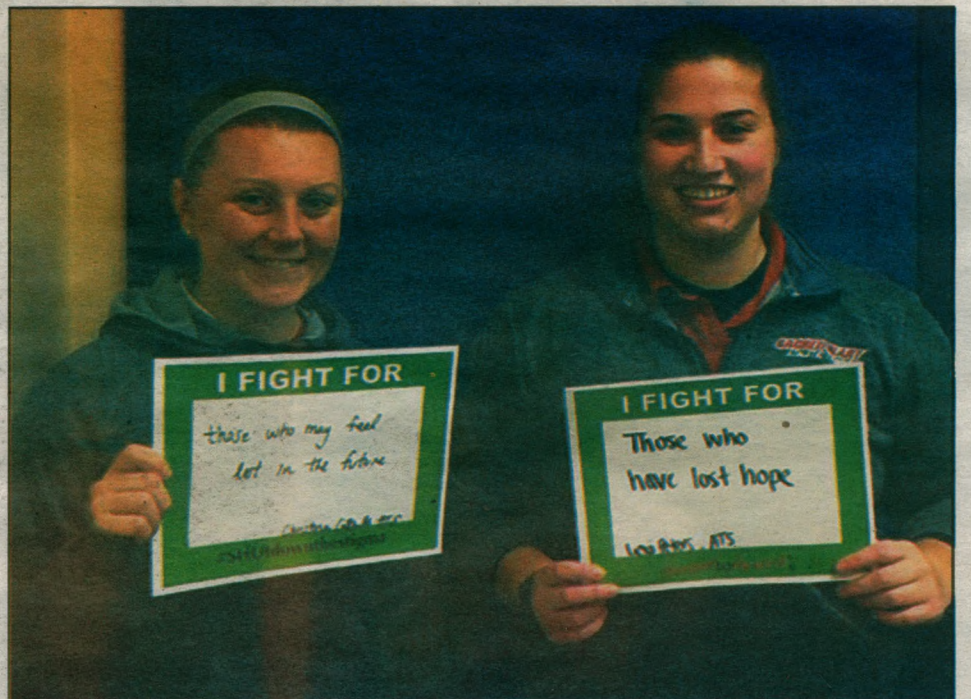
"As we continue to do away with the stigma of mental illness, the mental health of athletes is receiving more attention. This is a positive move as athletes are usually held to higher standards in our society and those pressures can build up resulting in undesirable situations that could have been avoided," said Reed. "We want anyone to be able to

ask for help and to be able to be themselves without ridicule."

Along with preparing for the game, Reed noted that this event will also be memorable because of their opponent. Colby Sawyer is a first-year program, and Reed sees this as an opportunity to grow the women's rugby community.

"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.



SACRED HEART ATHLETICS STARTED THEIR ANNUAL "HEART-TO-HEART" CAMPAIGN TO RAISE AWARENESS FOR MENTAL HEALTH

Sports

#PIONEERPRIDE



#WEARESHU

FOOTBALL

	1	2	3	4	F
Wagner	0	7	7	0	14
SHU	7	21	6	7	41

SHU goals:
 Pa: Kevin Duke - 322
 Ru: Jordan Meachum - 76
 Rec: Nasiem Brantley - 118

WOMENS VOLLEYBALL

	1	2	3
St. Francis Brooklyn	22	17	24
SHU	25	25	26

	1	2	3
LIU Brooklyn	25	25	25
SHU	21	17	20

WOMENS SOCCER

	1	2	F
Bryant	0	2	2
SHU	1	0	1

SHU goals:
 Melanie DaSilva (2)

MENS SOCCER

	1ST HALF	2ND HALF	FINAL
Seton Hall	1	1	2
SHU	1	0	1

SHU goals:
 Zander Hyltoft (1)

WOMENS RUGBY

	1	2	3	4
Castleton	0	0	0	5
SHU	34	5	7	25

SHU goals:
 Oscar Curras (1)

Kaitlyn Lagase
 Isabelle Cuddy- 3
 Tyfanny Brisbane- 3
 Kaylee Hale- 1
 Arianna Heonis- 2
 Tessa Buckley- 2

PL	TEAM	TOTAL TIME	AVG. TIME	SCORE	1	2	3
1	SHU	1:34:54	18:58	41	3	4	9
2	CCSU	1:34:46	18:57	48	1	2	8
3	Rhode Island	1:36:41	19:20	71	7	13	14
4	Fairfield	1:37:35	19:31	89	5	11	12
5	Assumption	1:38:43	19:44	115	6	22	26
6	NJIT	1:41:58	21:11	209	32	35	43
7	Fairleigh Dickinson	1:48:09	21:37	199	29	33	36
8	Bryant	1:45:58	21:11	209	32	35	43

9/28
 Women's Soccer vs. Saint Francis University
 12PM @ Park Ave. Field
 Men's Soccer vs. Saint Francis University
 3PM @ Park Ave. Field
 Field Hockey vs. Fairfield University 12PM @
 Johnson Field at Yale
 Women's Volleyball vs. Fairleigh Dickinson
 5PM @ Teaneck, NJ

9/29
 Football vs. Cornell University 1:30PM @
 Ithaca, NY
 Women's Rugby vs. Colby Sawyer 1PM @
 Park Ave. Field

9/30
 Women's Soccer vs. LIU Brooklyn 12PM @
 Brooklyn, NY
 Men's Soccer vs. Robert Morris 12PM @
 Park Ave Field



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.