College of Nursing Celebrates the Blessing of the Hands
The 5th annual ceremony that initiates the clinical process

NURSES GATHER FOR THE ANNUAL BLESSING OF THE HANDS, IN THE HOPE OF BEING GUIDED TO A SUCCESSFUL SEMESTER

BY ALEXA BINKOWITZ
Co-News Editor

On Sept. 9, The College of Nursing held its 5th annual Blessing of the Hands ceremony in the Chapel of the Holy Spirit.

The ceremony, specifically for junior and senior nursing students, highlights the importance of a nurse's hands and also signifies the beginning of the clinical process for the junior class.

"The Blessing of the Hands is the modern symbol of the meaningfulness of being able to touch people, but not just physically, also emotionally, spiritually and mentally," said Dr. Mary Alice Donius, the dean of the College of Nursing.

The ceremony was officiated by Father Bruce, President John Petillo, and faculty members from the College of Nursing.

Juniors were asked to step forward and have their hands anointed with holy oil and then a white lab coat was placed on their shoulders, with assistance from senior nursing students.

The holy oil symbolizes the spiritual and ministerial work that embraces the nursing profession, and allows students to think about the importance of their hands and the work they will do in the future.

"The ceremony highlights the significance that goes beyond the tasks that nurses do. It really depicts the commitment we make to the privilege of caring for patients, and the hands are just one symbol of that commitment," said Donius.

The ceremony itself is a celebration of the work that nurses do every day, as well as a way to prepare the juniors for the final stages of their education.

It is also a way to incorporate Sacred Heart's dedication to spiritual development and commitment to excellent care through the nursing curriculum.

"I've always thought that Sacred Heart is a beautiful metaphor for what it means to be a nurse," said Donius. "That 'sacred heart' of nursing is nurtured and recognized here in a Catholic college that allows for this blessing of the hands, which symbolizes all the work that we do."

Nursing students were also appreciative of the ceremony's purpose and influential integration into their nursing education.

"This ceremony is a crucial part of my nursing education because I think it's a small way to show students, including myself, that each patient we take care of is a life, and their life is in our hands," said junior nursing student Carsy Desrosiers. "Every decision we make as nurses should be for the absolute best care of our patients, and to ensure their life is safe in our hands."

The clinical process, which allows students to get hands-on experience working with patients and in specific care areas, begins in the student's sophomore year, then more intensely as a junior, and continues into senior year.

"Nursing is one of those things you can do a hundred different things with, and you need to try a lot of different areas to really understand which career path is best for you," said Desrosiers.

The ceremony also established a relationship between nursing and prayer, which encompasses Sacred Heart's vision for the education of its nursing students.

Juniors were given a prayer card, titled, "Prayer for Exams," which was written by professor Kerry Milner and professor David Cameron. The prayer card works to connect nursing students with the spirituality and faith that could help them provide the best care for patients in the future.

"In this highly technological world, hands make all the difference, because they can do what technology can't, and that's touch people emotionally and mentally," said professor Milner, who was also an organizer of the Blessing of the Hands ceremony.

At the conclusion of the ceremony, junior students were told to write themselves a letter that would be given back to them on their graduation day, to signify the hard work and dedication that is required in order to complete a nursing education.

"The students are really transformed by it, and the families are moved by it," said Donius. "While nurses do a lot of physical tasks, those tasks are intended for healing, and we do them with more than just our hands."
Hilary Clinton Faints at 911 Ceremony

BY ASSOCIATED PRESS

WHITE PLAINS, N.Y. (AP) — Democratic presidential candidate Hillary Clinton said Monday that she’s feeling better since falling ill at a 9/11 memorial ceremony, but she never lost consciousness and didn’t think her pneumonia diagnosis was significant enough to disclose beforehand.

“I just didn’t think it was going to be as bad as it was,” she said of the pneumonia diagnosis she received Friday. She told CNN’s “Anderson Cooper 360” that despite doctor’s orders to rest for five days, she thought she could “just keep going forward and power through it and that didn’t work out so well.”

Clinton abruptly left the ceremony and appeared to stumble while she was waiting for her motorcade. Asked whether she fainted, Clinton replied: “No, I didn’t. I felt dizzy and I did lose my balance for a minute. But I got in, once I could sit down, once I could cool off, once I got some water, I immediately started feeling better.”

Later Tuesday, Clinton told supporters via text message and Facebook, “I’m feeling fine and getting better,” adding, “Like anyone who’s ever been home sick from work, I’m just anxious to get back out there.”

Clinton’s evening interview, in which she promised to release more information at some point, came as her campaign scrambled to head off lasting damage from a difficult weekend. Aides are promising to release more of her medical records following her bout of pneumonia and conceding they were too slow in providing information about her condition.

An outbreak of respiratory illness swept through Hillary Clinton’s campaign in the weeks before she was diagnosed with pneumonia, campaign aides said Monday. The Democratic presidential candidate abruptly left Sunday’s event after feeling “overheated.” A video later posted on Twitter showed her staggering and eventually slumping forward before being held up by three people as she was helped into a van.

On Sunday, her campaign answered questions about Clinton’s health and whereabouts with two short statements, both issued hours after she left the memorial in lower Manhattan. More than 20 hours later, her campaign gave a fuller accounting of the episode, which sparked a wave of bipartisan concern about her health and questions about her political transparency.

On Apr. 14, Sacred Heart University President John J. Petillo announced that Sacred Heart’s new residence hall would be named Jorge Bergoglio Hall, after the birth name of Pope Francis. This falls in place with the university tradition of naming buildings after model people in the Catholic community.

At the time of that announcement, the residence hall was still under construction. Now, less than five months after Dr. Petillo’s announcement, the new hall is finished and open to students and residents.

To celebrate the hall’s opening, Sacred Heart held a dedication and ribbon cutting ceremony at Jorge Bergoglio Hall on Aug. 30. Among the numerous special guests in attendance for the ceremony was Rabbi Abraham Skorka, a close friend of Pope Francis. In speaking to those gathered at the ceremony, Rabbi Skorka exhibited admiration for the Pope, who he has known personally since childhood.

“He uses a simple language, and has a passionate commitment to the poor and the weak people, and a demanding vision he has as a resident of Bergoglio, one of them being an upgraded bathroom arrangement,” said freshman Christopher Sause. “It’s basically like living in an apartment, with the whole floor,” said Einstoss. “The bathrooms [in Bergoglio] are huge too.”

Some students can agree that the new building’s space is impressive.

“You can see Bergoglio basically looks like a hotel inside,” said junior Madison Loria. “I heard they’re even putting in a CrossFit gym, which is really cool and nice to have more than one gym on campus.”

Residents of the building are also enjoying the new amenities, as well as the modern bedrooms and ample size.

“I feel extremely lucky, considering I’m a freshman,” said Bryan Einstoss, a transfer student from the University of Hartford, is also pleased with the accommodations he has as a resident of Bergoglio, one of them being an upgraded bathroom arrangement.

“Everyone says Bergoglio basically looks like a hotel inside,” said junior Madison Loria. “I heard they’re even putting in a CrossFit gym, which is really cool and nice to have more than one gym on campus.”

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“I feel extremely lucky, considering I’m a freshman,” said Bryan Einstoss, a transfer student from the University of Hartford, is also pleased with the accommodations he has as a resident of Bergoglio, one of them being an upgraded bathroom arrangement.

“I lived in the nicest dorm building in Hartford, and the biggest difference is that [at Hartford] I shared a bathroom with the whole floor,” said Einstoss. “The bathrooms [in Bergoglio] are huge too.”

Some students can agree that the new building’s space is impressive.

“Your presence of a building that impresses me the most is definitely all the space that they have made to facilitate building a community,” said senior resident success assistant Lauren Silver.

The addition of Jorge Bergoglio Hall is a big step in the expansive direction the university is heading in.

With a new nursing facility in construction, the acquisition of the Jewish Senior Services land next to campus, and plans for a new athletic facility, Sacred Heart is putting into motion the idea of continuing to build its already strong community presence.
buck. Why pay more money for water? Easy. I have a meal plan. Heart Universi^ student body. ^ to survive without Smart Water? overpriced, glorified water bottle. I beg to from that misfortime, how am I supposed to that coke only to hear, “Is Pepsi okay?” That is where I draw the line. Sacred Heart, I am sorry that you have chosen to adopt this Pepsi way onto our campus. My saddened heart will have to cling to Naked Juice and Gatorade as a way to cope with this tragedy. Coke is an impressive 130 years old. Since then, it has been a trademark for our American culture. A way of life. I suppose there are some Pepsi perks with this timeless Coke competitor. Yet, I still have some accepting to do. Coca-Cola, I applaud your consistency in supreme marketing. How can someone argue with a polar bear in a red scarf? It’s just so cute. Coke has created a brand that is recognizable, memorable and an image of our country. Pepsi does have some patriotic symbolism tied to its original red, white, and blue logo, but Coke doesn’t have to force its American pride onto its consumers. As a proud Coke supporter, I stand by my soda provider. During these tough changing times, I sympathize with the Sacred Heart community mourning the loss of not only a soda company but a part of our American culture. Coke vs. Pepsi has been a popular rivalry for over a century. Pepsi was first introduced in 1893. Although it came into the soda business seven years after Coca-Cola, the Pepsi Company was able to become a major competitor. Besides the variety of flavors Pepsi has, they also offer Mountain dew, Gatorade, Aquafina, Pure Leaf, Tropicana, Lipton and these are just the beverages. The Pepsi Company also owns Frito-Lay, the chip company. Frito-Lay manufactures Doritos, Tostitos, Cheetos, Lay’s, Ruffles, Rold Gold and Sun Chips. The Coca-Cola Company has a variety of drinks to offer, but most are lackluster. Without any food or snacks to offer, one could say that the Pepsi Company would be the smarter company to exclusively offer at a place like a college campus. Who wouldn’t love buying their cream and orange Lay’s from Outtakes? Also Pepsi seems to be enhancing their technology game, giving the school a new soda machine, something we definitely lacked with Coca-Cola. Personally, I think the logo for Pepsi is much more appealing too. The company took on the red, white, and blue globe during World War II to show support for our military. That’s perhaps the biggest reason why I have a respect and liking for Pepsi. It wasn’t a marketing scheme to get more sales, it was just pure patriotism. You just don’t see that with Coke. In fact, Coca-Cola seems to be more worried about a bunch of polar bears that have nothing to do with America. Would you want to invest in a company that cares more about the arctic and less about America? One category that Coke does have Pepsi beat in is its nutritional facts. Pepsi contains 41 grams of sugar where Coke has 39. Pepsi also contains 10 more calories and four more milligrams of caffeine. These differences in nutrition are so miniscule that it really shouldn’t make a difference. Plus, lets be honest with each other, if you are drinking Coca-Cola or Pepsi then you definitely aren’t counting how many calories you’re having. Pepsi and Coke have pretty much the same ingredients, which leads people to think that they taste the same. Anyone with a palette could tell that they taste different and that Pepsi is better. Another thing that I need in my beverage relationship is a strong bond of trust. Back when Coca-Cola first came out, one of its primary ingredients was cocaine. COCAINE! Why would anyone want to drink something that contains cocaine? Within the first 20 years of its production they decided it was best to take it out. Still, who knows what else they would put in their soda if they would put cocaine in it. I mean, Coca-Cola literally takes the paint off cars. Why would you want to put that in your body? In the end, Pepsi is the safe and delicious way to go.

Organizations on Campus that I wish I had Found Sooner

"The Gay-Straight Alliance offers a safe, positive community of accepting individuals who work to bring positivity and awareness of LGBTQIA* issues to the SHUniverse, " said junior and president, Rachel Zacharzyk.

"Commuter Council aims to make commuters feel like they are just as important to the Sacred Heart community as residents are. Commuter Council provides an outlet for students to meet other commuters and plan events on campus that they can enjoy and partake in!" said junior and president, Heena Damanis.

"Student Alumni Association provides students with a phenomenal opportunity to network with alumni and meet new people, while welcoming them back to the place they called home," said Michael Capute.

"La Hispanidad is one of the oldest clubs on campus and in this past year it has grown to something beautiful. Our mission as the Latin American Club on campus is to bring awareness to the beauty of our Hispanic culture with events that showcase our food, history, and dance moves. However, what I believe sets us apart from other organizations is our welcoming mindset. I am grateful for this club because it brought together incredible people from all different cultures and ethnicities. We encourage everyone to be proud and to share their junior and co-president, Manuela Contreras."
In the midst of what is arguably the most controversial election in history, Sacred Heart University students and faculty got a closer look at the fanfare surrounding general election campaigns this summer when the university hosted a campaign rally for Republican presidential candidate Donald Trump.

When Trump took the stage in the William H. Pitt Center on Saturday, Aug. 13, he spoke to over 5,000 attendees about a variety of topics, including the Secretary Hillary Clinton email scandal, immigration, and General Electric's (GE) headquarters relocation from Fairfield, Conn. to Boston, Mass. He named unreasonably high taxes as the reason for GE's move.

"General Electric: one of the great, great monster great companies. You lost it, so you have got to vote for Trump. You've got to vote for Trump as a signal to your incompetent governor that you're not going to take it anymore," said Trump.

Political analysts have defined Connecticut as a Democratic state, as it has voted blue in every presidential election since 1988, thus making it a surprising location for Trump to speak.

Regardless of the reason for his visit, Donald Trump caused a stir amongst university members and sparked a larger conversation about whether or not the university should have allowed the rally to occur.

Social media posts authored by students, administration, and faculty expressed concerns about some of Trump's language and positions on issues, particularly foreign policy and immigration, and how they might offend students. One such post was published on Facebook by Communications and Media Arts professor Greg Golda, and shared by dozens of students.

"As an educator here I welcome and encourage all points of view in my classes as we examine the workings of the mass media; I drew the line at hate-filled speech," said Golda in his post. "I'm hoping my administration will carry that ethic to the university level in re-examining this decision."

Some defend Sacred Heart's decision to allow Trump to speak on campus property in non-political terms.

"Any press is good press for Sacred Heart," said senior Kelsey Foster, who attended the rally. "Whether or not you believe in Trump's policies, it is always a good thing to have a well-attended event that will be covered by the media on campus-it definitely boosted our school's national name recognition."

President John Petillo took to his blog following the event when addressing criticisms from alumni, students, residents, and faculty.

"Mr. Trump would not be the first controversial person—or will he be the last—to speak at our University, whether by design or circumstance," said Petillo.

"As a liberal arts institution, these opportunities provide our students and many diverse audiences the opportunity to assess the facts, observe the actions and measure a speaker's words. With this first-hand knowledge, we are then better prepared to debate and determine for ourselves a person's viability, legitimacy and competence. It is a vital step in the democratic process," said Petillo.

Petillo also addressed the fact that Sacred Heart has now hosted two Republican presidential hopefuls, having hosted Ohio Governor John Kasich this past March. "Since Mr. Trump's visit, we have reached out to the Democratic, Green and Libertarian Party campaigns to make it clear to all what our longstanding practice has been and to let them know that our facilities are available to them in the same way they were open to the Trump campaign," he said.

Since there were a pretty decent number of students on campus, they each have different feelings toward moving in early.

Some students think that since you don't have to worry about class during a pre-fall program that you would have lots of free time. In reality, that would completely depend on what you were here for.

Some students were able to find free time in their schedules.

"I had a couple of practices during the early part of the day, but after that I had the rest to do as I pleased," said senior Andrew Kalash.

Other students found it extremely difficult to have time to themselves.

"I had very rare free time because during the resident success assistant training there is very little free time, and the free time you do have between training sessions were spent with your staff making sure that everything is completed for opening as well as bonding as a staff," said junior Jenna Rothermel.

Sacred Heart is known to offer plenty of things for students to do on campus in their free time. Although in pre-fall, only some students found fun things to do on campus, while other students felt that the school didn't have enough to offer.

"Sacred Heart had many things on campus to occupy my time," said Rothermel. "I went to a few soccer scrimmages and I was able to attend the band preview show."

However, some students were upset about some of the dining options.

"Sacred Heart didn't have all of their facilities open during pre-fall which really bothered me," said senior Christopher Kenedy. "Since Linda's was closed, I was forced to eat at 63's everyday. Plus Reds was closed, so it was kind of hard to enjoy myself."

Having not that many people on campus also means students do not have a problem with parking.

"Parking at Christian Witness Commons was a delight," said Rothermel. "There were ample amounts of parking spots, so I pretty much had free reign."

Another perk of moving in early was that the fact the school generally looked a lot cleaner.

"Walking around campus you could tell that the school was cleaner. Plus the lack of students on campus made it easier to just sit down anywhere and get some work done," said Kenedy.

Moving in before everyone else gave students a chance to get a head start on the school year too.

"Since I was moved in a week before everyone else, I was able to get acclimated and not have to worry about that while getting ready for class," said sophomore Bryan Brown.

Overall, pre-fall is a chance for students to get a head start on their school year before the waves of students come in the weekend before the first Monday of the academic year.

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Are you a freshman that is feeling homesick, nervous or just want to know where to sign up for clubs? Transition Mentors is a new program that is provided by Sacred Heart University to assist freshman in any way that they may need.

Denise Tiberio, Associate Dean of Students, launched the program with the idea of making sure that freshman have the best resources available to them. The Transition Mentors are there to be the freshman's guide to help navigate their way through their own transitional process from living home to being on their own. Some of the freshman found that their Transition Mentor has been very helpful with her adjustment.

"I love my house, my family, my dog and I just miss them a lot, but my Transition Mentor has been very helpful. She gave me the advice to stay Labor Day weekend and to go home Columbus Day weekend because it will help with me being more adjusted and comfortable with the school," said freshman Alexandra Loukeris.

Transition Mentors are Sacred Heart student's who were Orientation Leaders this past June and are continuing their role into the school year. For the past 18 years, most of these students have been used to the same environment and routine, most importantly being surrounded by family. Then one day they are dropped off to school and are now completely left to do everything on their own for the first time," said senior Orientation Leader Alexa Cozzarelli.

The Transition Mentor's office is across from the school’s dining hall, 63's, where the radio station for Sacred Heart used to be located. While the Transition Mentors are only required to be in the office for two hours a week the first eight weeks, the freshman are still encouraged to contact their mentor for anything via email or text.

"I like having my Transition Mentor because she is very helpful and texts us letting us know when events are going on, pushing us to go to them," said freshman Madelyn Bradway.

Tiberio mentioned that "the goal of this program is two-tiered, the first being to make this transition as seamless as possible and the second being that the university gives them the best opportunities available." Overall, Tiberio said that the ultimate goal of this program is to make sure that the students who decide to come to Sacred Heart have made the right choice. The importance of ensuring the student's expectations are met during the run of the program’s eight weeks in the beginning of the academic year, as they are vital in molding freshman's thoughts and experiences with the school.

The Transition Mentor program had been a thought after last year's freshman orientation. Past Orientation Leaders at Sacred Heart have also been pushing for this program to happen and Tiberio recognized that there was a need for this, as she finally put it into place this year.

"I really wish this was something that I had as a freshman," said Cozzarelli. "There were a lot of silly little questions that I had and wish I could have had someone to ask really quickly. I truly believe that this program will be such a huge success, considering every single transition mentor on staff shares the same love for wanting to help people like I do."

In terms of pricing, the standard bubble cone costs just under $9. This is not including additional expenses as well.

I ended up ordering their milk and cereal ice cream in a bubble cone. It was basically vanilla ice cream with fruit loops on it. The actual ice cream was delicious, as it should be for the price I had to pay. The bubble cone, while making things messy, was especially tasty. For as good as the ice cream was, it was hard to finish. It is very messy, and despite the bubble cone being delicious, is not a very practical way to eat ice cream because of how floppy it is.

MILKCRAFT also has a great outdoor patio area with fun furniture that you can sit at with all your friends while you eat your fancy ice cream. They have egg shaped chairs and all the furniture is brightly colored making it a very warm and happy place to hang around.

Overall, I would say MILKCRAFT is a good, different paced ice cream place that should definitely be tried, but will never replace your regular go to ice cream parlor.
Freshman Class Parades Into 2020

BY CHRISTIAN COLON
Co-Copy Editor

On Sept. 3, Sacred Heart University’s student government board hosted its first Pioneer Penny Parade for the class of 2020.

Over 200 students from the incoming freshmen class lined up in front of Seton and Merlot Hall and paraded to the university fountain, located at the Ryan Matura library. They tossed a penny into the water, making a wish, as they got ready to begin their first week as undergraduate students.

“Being surrounded by the Sacred Heart community, and having them cheer us on, was definitely an awesome surprise. As I flipped my penny into the fountain, not only did I feel welcomed, but I felt at home,” said freshman Christopher Quigley.

A variety of clubs and organizations made a pathway in the quad, while the freshman class paraded through it. One of the groups participating in the event were current orientation leaders. Sophomore Madeline O’Shaughnessy was one of the leaders that attended.

“As a sophomore watching the freshman walk the penny parade made me realize how fast time really does fly by. It made me reflect upon the fact that a year can make such a great difference in your life because between then and now I have gotten more involved than I ever could have imagined myself to be and made friendships of a lifetime,” said O’Shaughnessy.

Addison Chau, student body president, was the creator of the Pioneer Penny Parade. During the summer, he thought of ideas for the incoming class that were less along the lines of an event and more along the lines of a campus tradition.

“I think traditions are an important part of a student’s experience at Sacred Heart. Whether it is attending the President’s Gala, to wearing your SHU/peruah shirt to athletic games, we need to continue to build traditions that will create lasting memories,” said Associate Dean of Students, Denise Tiberio. “The Penny Parade is definitely something I can see becoming a tradition at SHU.”

Although the parade was a brand new project for student government, this year’s goal is to bring back some of the old events held over the past 53 years. Chau said that he spent his summer researching all of the information from prior student government’s boards, dating back to the 1990s.

“I went through every single piece of information and found a lot of great ideas that kind of just faded away over the years. So this year I’m not really trying to start anything new, but just bring to light all of the old foundations we used to have and implement them into campus again,” said Chau. “Not really an ‘in with the new out with the old’ attitude, but an attitude of looking back and going back to basics.”

Just like the Pioneer Penny Parade, the Student Ambassador program at Sacred Heart is also beginning to implement new traditions. This program focuses on giving tours of the campus to prospective students by incorporating the famous mascot, Big Red. At the end of each tour, they have each applicant in their group rub the top of Big Red’s head, which is seated in front of the William Pitt Center, as a symbol of luck.

“I would hope the parade turns into a tradition. It’s something so simple, yet meaningful,” said Quigley. “Throwing the penny not only wishes us good fortune, but it symbolizes us as one family.”

WSHU partners with SCMA

BY NATALIE COIFFARI
Editor-In-Chief

Do you know the white house placed right in the middle of the North parking lot? Well, did you also know that it used to house WSHU, 91.1? WSHU is one of the top national public radio stations, having nearly 300,000 listeners a week from Long Island, Hudson Valley, and Connecticut. They focus on transportation, politics. WSHU already provides the best news coverage to the listening audience in Connecticut and Long Island, said Coordinator of News and Broadcasting professor Joe Alicastro. “The station will be creating a news bureau right here in the Martire Business and Communication Center.

There is also a possibility of WSHU and the School of Communications and Media Arts to work together on a number of projects, including a potential debate this fall for this election season. WSHU and the School of Communications and Media Arts are interested in either internship or the program itself, they are encouraged to email Dan Katz at dkatz@wshu.org interested in, and that’s a strength of ours.”

Essentially, Sacred Heart University’s media students will be responsible for the visuals with WSHU. Sacred Heart has the state-of-the-art studios, and WSHU has the national accredited radio station.

“It’s really taking advantage of the resources that are right in our backyard,” said Katz. “It’s something we have done on the smaller scale in the past. I think that has been years in the making, and I think both sides knew this would be a good partnership.”

Professors at Sacred Heart are thrilled to be working with a radio station so close to our university.

“WSHU already provides the best news coverage to the listening audience in Connecticut and Long Island,” said Coordinator of News and Broadcasting professor Joe Alicastro. “The station will be creating a news bureau right here in the Martire Business and Communication Center.

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The Sacred Heart Spectrum

September 14, 2016
Don't “Doubt” The Little Theatre’s newest production

BY JORDAN NORKUS
Asst. Arts & Entertainment Editor

Sacred Heart University’s Theatre Arts Program is bringing John Patrick Shanley’s award-winning play, “Doubt,” to the Little Theatre stage. Taking place in 1964, “Doubt” revolves around a nun’s unfounded suspicions against a priest’s relationship with a child.

“The show is about those who live with doubt and uncertainty,” said junior Patrick Robinson, who plays Father Flynn in the production. “It’s about brave women who fight oppressors and chase the truth.”

“Doubt” is also well known for its film adaptation, starring Meryl Streep, Philip Seymour Hoffman, Amy Adams and Viola Davis.

“The play is similar to the film because John Patrick Shanley, who wrote the play, also adapted it for the screen and directed it,” said Robinson. “He kept a lot of the values and dialogue in the transition into the film.”

Members of the production shared what they like about the play.

“This show really gets you thinking about the situations in the plot,” said junior Stachakay Silvera, who plays Mrs. Muller in the production. “I like this about the show because it keeps you on your toes for what happens next.”

Being the first production in the Theatre Arts Program’s lineup for the school year, “Doubt” cast and crew members did not have much time to put the show together.

“The process has been exhausting,” said Robinson. “There are only two and a half weeks of rehearsal before the show goes up so it has been nonstop since casting.”

However, the cast and crew are excited about the process of putting the show together and have learned much from the experience.

“The rehearsal process is a lot of fun,” said junior Christopher Faccenda, who is the assistant director of the production. “Our director, Leo Caruso, really creates a great learning environment as soon as you walk into the Little Theatre.”

Faccenda also shared what he enjoys most about coming to the rehearsals.

“My favorite part is watching the actors perform. They make it so real and powerful,” said Faccenda. “Everyday they come in fully prepared and ready to go. They’ve put a lot of work into this show and you can definitely see that.”

With the show right around the corner, the cast and crew members cannot wait for “Doubt” to be put up in front of an audience.

“I can’t wait for the show to begin,” said Silvera. “We have such a talented cast and crew and the audience will love it.”

These involved with the production want the audience to walk away asking a lot of questions.

“The play lives and breathes right in front of you and it serves as an unforgettable experience,” said Robinson. “The audience should expect to have doubts.”

“Doubt” opens on Thursday, Sept. 22 at 8 p.m. in the Little Theatre. Additional performances will be held Friday, Sept. 23 through Sunday, Sept. 25 and Thursday, Sept. 29 through Sunday, Oct. 02. Friday and Saturday night showings begin at 8 p.m. and Sunday matinees are at 3 p.m.
SACRED HEART SENIOR PERFORMS AT CARNEGIE HALL

BY JORDAN NORKUS
Asst. Arts & Entertainment Editor

On Tuesday, July 12, senior Lauren Lichac made her debut on the Carnegie Hall stage. In honor of the film "Florence Foster Jenkins," Paramount Pictures wanted to give three individuals a chance to perform at the renowned concert venue. Two-time Tony nominee and hostess of the event, Laura Osnes, announced the event on Twitter. To enter, aspiring performers had to reply to her post with "#MyCamegieMoment.

“I responded to her tweet and attached two video links,” said Lichac. “One was my music video for 'O Holy Night,' and the other was a video from my performance of 'Green Finch and Linnet Bird' from Sacred Heart's production of 'Sweeney Todd.' A few days later, she mentioned the three winners in another tweet, and I was one of them.”

After Lichac discovered that she was selected as one of the three winners, it was time for her to decide which song she wanted to perform for her Carnegie moment. Not only did the winners get to perform at Carnegie Hall, but they also received the opportunity to be individually coached by Osnes before the performance.

“We met her in the rehearsal room and each ran through our song in front of her so she could give us her input,” said Lichac. “She's such a talented, beautiful, genuinely kind person, and she definitely helped me to feel very relaxed and comfortable before going out to perform on such an iconic stage.”

Lichac had the experience of a lifetime after a one-on-one coaching session with Osnes, a performance at Carnegie Hall and being filmed by Paramount Pictures.

"I've honestly learned that anything's really possible and that it's very important to never give up on what you care about most, despite the odds," said Lichac. "Singing is my escape, my craft, and my passion. I'm more than thrilled to have had the opportunity to share my voice, which I continuously work so hard to perfect, on a world-renowned stage. It was a day I will surely never forget.”

A Netflix original: “Stranger Things” review

Warning: contains spoilers

BY JESSICA CHALOUX
Managing Editor

Netflix's original dramas have been taking over the entertainment world giving television shows a run for their money. Most recently on July 15, Netflix released their new original series "Stranger Things" which has quickly become one of the most rapidly growing in popularity, and for a good reason.

This science-fiction thriller takes place in Hawkins, Indiana in 1983 and follows the mysterious disappearance of 12-year-old Will Byers. Will and his best friends Mike, Lucas and Dustin were into science and fantasy games such as Dungeons and Dragons. Their games, however, quickly became reality, when Will disappears. While looking for Will, little did they know that they would end up finding something and someone who would change everything they thought they knew about the world.

This series was also a refreshing change to the new style of filming. The simple nature of the camera angles and cuts made the show flow well and easy to follow. The show focused more on the plot line rather than making things complex, especially because there was a complex world under the surface. As well as the Upside Down, the Demogorgan's CGI work is unbelievable. The monster is bone chilling and can visually be seen as a tip of the hat to the movie Alien, directed by Ridley Scott. In Alien, the monster is faceless with a sleek black skeletal like figure and is able execute a retractable mouthpiece. The configuration of the Demogorgan resembles a very similar figure.

Another motif that can be linked to Stranger Things is a series of "stranger things" which links to how Mike did when they found Eleven in the woods. "I couldn't believe it was actually happening—it felt too good to be true. To have stepped and performed on the same stage as stars such as Julia Andrews, Kelli O'Hara, and Laura, herself, was such an honor," said Lichac. "This unbelievable experience really went above and beyond my expectations."

Caleb McLaughlin, Noah Schnapp, Millie Brown, Gaten Matarazzo seen at the red carpet premiere in support of the launch of the Netflix original series "Stranger Things" at Mack Sennett Studios on Monday, July 11, 2016, in Los Angeles, CA.

This series was also a refreshing change to the new style of filming. The simple nature of the camera angles and cuts made the show flow well and easy to follow. The show has gained so much popularity and has received so much acclaim, especially because there was a complex world under the surface. If you haven't had a chance to check out this amazing series you should definitely take a few hours out of studying to do so. It will take your mind off of the stress of school and instead have you counting down the days until season two is released in 2017.
**Sports**

**Fast Start, High Expectations For Pioneer Football**

**BY SHAWN SAILER**
Co-Sports Editor

The Sacred Heart University Pioneers football team got their 2016 season off to a good start. They came back behind to defeat Stetson 18-14 on the road on Sept. 3 in the season opener.

The Pioneers are led offensively by fifth-year quarterback EJ Noel, who was 16-34 for 172 yards and two touchdowns in the win. In addition to Noel, senior running back Ose Imeokparia, had a big game on the ground. He had 13 rushes for 112 yards and a touchdown. The touchdown was the eventual game-winner. The Pioneers, who trailed at halftime 14-6, outscored the Hatters 8-0 in the second half, stepped up in a big way.

"Coach gave us a speech at halftime and the defense turned up [in the second half]," said Imeokparia.

Defensively, senior Kevin Barry had a career-high 13 tackles and an important sack, forced fumble and fumble recovery late in the game. The Pioneer defense allowed only 205 total yards, while their offense put up 399 total yards.

Barry felt as though the team was much more comfortable in the second half.

"There were a lot of pre-game jitters before. There were a lot of guys playing in their first game," said Barry. "Once we settled in, in the second half, I think we were good to go from there onwards.

For their efforts against Stetson, Imeokparia and Barry were named defensive and offensive Northeast Conference (NEC), respectively.

Imeokparia praised those around him for allowing him to have the big game and win the award.

"It's all because of the offensive line and the receivers. If it wasn't for them, it wouldn't have been possible for me to do what I did back there.

Despite the win, there was work to do during the week between games.

"We tried to get into the playbook and tightened up on things we messed up," said Imeokparia.

Sacred Heart went 6-5 a year ago, 3-3 in the NEC. Despite the winning record, the Pioneers failed to make the Football Championship Subdivision (FCS) playoffs.

The two prior seasons, Sacred Heart won the NEC Championship. They have their goals set on getting back to the postseason this year.

"The biggest thing for us is remaining healthy," said Barry.

In their second game of the season on Sept. 10, the Pioneers hosted Valparaiso on Campus Field for the home opener. The team honored first responders a day before the fifteenth anniversary of the terrorist attacks on Sept. 11, 2001 by wearing special red, white and blue helmets.

Sacred Heart came away with a 41-14 victory to improve 2-0 on the early season. Noel threw for 210 yards and two touchdowns as well as ran for a touchdown. Sophomore running back Jordan Muncher carried the ball 19 times for 99 yards and one touchdown. Imeokparia added a touchdown run as well.

Next up, on Saturday, Sept. 17, the Pioneers will host the Marist Red Foxes at 5 p.m. The season finale and senior day will take place on Nov. 19 against the Bryant Bulldogs. The Pioneers will play seven games in between those.

Their entire schedule can be found on the Sacred Heart Athletic website, sacredheartpioneers.com.

The Pioneers are looking forward to an exciting season ahead both on and off the field.

"I'm looking forward to being with my brothers," said Imeokparia. "This is family. I am looking forward to going to practice with them [teammates] and having games on the weekends is what I am looking forward to."
Kaepernick Controversy Continues in Cohesion

BY ALEX PADALINO
Otis-Sports Editor

Colin Kaepernick, the current backup quarterback of the San Francisco 49ers, remained seated on the bench during the rendition of the National Anthem at the team’s opening pre-season game on Aug. 26. Kaepernick’s reasoning stems from the inequality that he believes exists in America.

“Following the pre-season game, Kaepernick explained his rationale for the postgame press conference,” said Gaskins.

“I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color,” said Kaepernick.

He went on to inform the media that the platform that football has given him should be used to stand for ideals that he believes in.

“I think this is bigger than football and it would be selfish on my part to look the other way,” said Kaepernick.

Kaepernick has received both support and criticism for his decision. Regardless of the attention his actions have brought him, he has achieved his goal of sparking a conversation.

Some students believe that Kaepernick’s stance does not relate to his football career.

“My mindset is that he’s standing for right now,” said Rapione. “I think he’s done his job. Our current flag bearer is a villain,” said Boggs.

Regardless of his status as a villain or hero, Kaepernick’s jersey has risen to the number one selling jersey in the NFL. This is a spectacular feat for a player who has been named a backup for the 2016-2017 season.

Kaepernick has decided to give all of the profits he receives on jersey sales to community charities. Kaepernick used Instagram to thank those who purchased his jersey as a sign of support. The post received over 60,000 likes.

“I want to thank everyone who has shown me love and support, it truly means a lot. I wasn’t expecting my jersey to sell out like that,” said Kaepernick.

The National Football League has stayed fairly quiet on the issue, with the commissioner, Roger Goodell releasing a single statement voicing his displeasure to CBS Sports.

“I don’t necessarily agree with what he is doing,” said Goodell.

While the NFL has yet to attempt to stop Kaepernick, some believe punishment would take away his right to practice free speech.

“The NFL has to acknowledge it, but I don’t think he should be brutally punished - just encouraged to make a statement in a different way,” said Cupolo.

The San Francisco 49ers play the Seattle Seahawks, a team that plans to take a stand of their own on Sept. 25.

Vantage Sports Finds Home Plate At Sacred Heart

BY WILLIAM CALLAHAN
Contributing Writer

In August, Frontier Communications announced the launch of the Vantage Sports Network, a broad new local channel that will bring viewers coverage of local Connecticut youth, high school, and college sports. The network has partnered with Sacred Heart University and it will serve as the home of the Vantage Sports Network studio.

“The network will primarily focus on local sports here in the Connecticut area,” said professor Andrew Miller. “Its flagship show, which is called ‘CT Sports Now,’ will be every Monday-Friday at 10:30 and will be shot here in our studio on the Sacred Heart campus.”

Besides showcasing Connecticut high school sports, the network has also partnered with the University of Connecticut, the Bridgeport Sound Tigers, and the Connecticut Special Olympics Unified Games.

“Just like ESPN has SportsCenter as its flagship show, CT Sports Now will be Vantage Sports Network’s flagship show,” said Miller.

The show will be a half hour each night showing the residents of Connecticut highlights from the games of the day. The network already has local coverage planned for high school football games in cities such as Bridgeport, Norwalk, Fairfield, and Danbury.

The show has and continues to be covered by news outlets throughout the country. Some believe that media bias has affected the public’s perspective on the story.

Sopromore, Jerry Boggs, football fan at Sacred Heart, feels that Kaepernick’s image has been compromised.

“The story has been skewed. He’s been made out as a villain,” said Boggs.

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“I will then receive the footage from the field producers and make any necessary edits to make the highlights for the show,” said Micheo.

Micheo is joined by Gaskins, who is the director on the network.

“I will be controlling the control room during the show and working on post production stuff,” said Gaskins. “I’ll be working with the people that are working on audio, the teleprompter and the graphics control room.”

“I’m here to make sure the show runs smoothly and to make sure that everyone has a job to do,” said Gaskins.

Sacred Heart will look to benefit from having a sports show on campus and are in good company geographically with NBC Sports to its south in Stamford and ESPN to its north in Bristol.

“Because we are right smack in the middle of well known sports industries, we have the opportunity to have people who work there to come to Sacred Heart to teach our students,” said Miller.

People like Molly Qerim from ESPN’s First Take, Paul Pabst from The Dan Patrick Show and Brian Thome who is a professional camera operator for the PGA Tour come down here and teach our students,” said Miller.

“I think it’s an amazing opportunity for Sacred Heart students because it will be a show that people from all across the state will be watching,” said Micheo.

Gaskins echoes Micheo’s thoughts on how great an opportunity being able to work with Vantage Sports is.

“It’s a great real-world experience for Sacred Heart students because you’re going to have opportunities here that you wouldn’t have on other networks,” said Gaskins. “Being a technical director for example, can take up to five to ten years on other networks but here you could be one right away.”

Our goal for the show is to showcase the young athletes of Connecticut on television and give them an opportunity to be on TV,” said Micheo.
Pioneers came out on top at their first home game against Valpo last Saturday