Homecoming & Alumni Weekend

HUNDREDS OF FANS CAME TOGETHER TO WATCH THE HEART OF THE UNIVERSITY, FACING OFF AGAINST MARIST IN THE HOMECOMING GAME

BY ALEXA BINKOWITZ
Co-News Editor

As you pull into Sacred Heart University, you are surrounded by a sea of red and white balloons, welcome signs and tons of students and faculty gathered on campus. You cannot help but wonder what event could bring so much of the Sacred Heart community together.

This past weekend, Sacred Heart hosted its annual Homecoming event, welcoming back alumni and their families to campus. Homecoming weekend consisted of alumni specific events, the football game against Marist College, and reunions for Orientation Leaders, Exercise Science alumni, Social Work alumni, and many more.

"It was great being back at SHU, a special place where I share many memories and lifelong friendships. Sacred Heart will always feel like a second home to me. I'm looking forward to next time," said Danielle Belson, class of 2014.

The weekend kicked off on Friday afternoon, with the Alumni Awards Ceremony and Luncheon, which honors accomplished alumni for their achievements after graduation.

Red's Pub then invited alumni to "Pints with Professors," which allowed alumni to re-connect with professors and staff members.

Perhaps the biggest and most attended event was the football game against Marist College, which debuted the new scoreboard at Campus Field. There was even a tailgate behind the field where the Sacred Heart community parked their cars and enjoyed food, music and drinks.

Sacred Heart defeated Marist 31-6. The Pioneers are now 3-0 in their football season.

"My favorite part of Homecoming is that part of the game when the football players are playing for their last few minutes of the second quarter and then break for half time. Then half time starts and you get to see the band play their hearts out," said junior Cory Robinson. "For some reason, those two groups of our Sacred Heart family showing what they take pride in, makes me so proud to be a Pioneer."

For alumni specifically, Homecoming is an incredibly important weekend, no matter if they graduated last year or 50 years ago.

"It was a lot of fun. It was awesome to see all my friends again and be able to enjoy being back at Sacred Heart. Being only a few months out is not a long time, but it's weird not coming back and actually being in school," said Filipe Lobato, class of 2016.

"For us students, Homecoming is a time to get together with friends to go cheer on our school. But for alumni it's a reason to come home, see their friends, past professors or in other words, family," said Robinson. "Being that the first graduating class is celebrating 50 years of having graduated from Sacred Heart, I think it's so important to cherish any opportunity to come home."
College of Nursing Receives National Grant

BY MARGUERITE GRANDOLA
Staff Reporter

At the start of this past summer, the College of Nursing at Sacred Heart University received a grant of $372,373 from the U.S. Department of Health and Human Services. The grant aims to provide aid to graduate students of minority or who are from an underserved community.

The purpose of the training-ship grant is to help future nurse practitioners gain the skillset needed to successfully work among underserved communities. The grant also aims to encourage the grantees to go back home once they become nurse practitioners and help better the healthcare system in their own community.

"The intent of the grant is to educate nurse practitioners that will practice with cultural competency and that will know how to respond to the needs of diverse communities," said Professor Susan DeNisco, Director of the Doctor of Nursing Program and the Executive Director of the College of Health Professions. "The other intent of the grant is to try and bring in more minority students.

DeNisco, who has written previous grant proposals, along with the help of the grant writer for the university, planned and developed the grant that included figuring out a budget and describing why Sacred Heart University would benefit.

The news has also caught the attention of many undergraduate nursing students.

Sacred Heart to Host Annual Constitution Day Event

BY KELLY GILBERT
Staff Reporter

Sacred Heart University is hosting its annual Constitution Day event on Wednesday, Sept. 21 in the Schine Auditorium from 2 p.m. to 3:30 p.m. The event will feature guest speaker Connecticut Attorney General George Jepsen, along with many others.

Taking place on Sept. 17, Constitution Day is an American federal observance that recognizes and celebrates the adoption of the U.S. Constitution and its ideals. It is both an annual celebration and an honored reflection of the exact day in history when delegates to the Constitutional Convention signed the document in Philadelphia in 1787.

At Sacred Heart University’s upcoming rendition of this celebration, one of its main goals is to strengthen students’ faith in the U.S. Constitution and reaffirm the significance of this document at its foundational core.

Dr. Gary Rose, Professor and Chair in the Department of Government, Politics and Global Studies at Sacred Heart, is one of the event’s organizers.

“I want them to gain an appreciation for the work and vision of our nation’s Founding Fathers,” said Rose.

Students are encouraged to attend in order to participate in an in-depth analysis of the foundation of the United States and to appreciate all that the U.S. Constitution has provided them.

“I want them to realize how very special the U.S. Constitution is,” said Rose. “I want them to see the connection between their own existence as free Americans and the document that we are celebrating.”

Among other guests, students can expect to see and hear from Connecticut Attorney General George Jepsen. As a pivotal figure in the American legal system, Jepsen is someone who could provide an officer of the law’s knowledge firsthand.

“Students at this year’s forum will learn how important a State Attorney General is with regards to enforcing the Constitution and how an Attorney General’s decisions affect our rights,” said Rose.

President of the pre-law club and junior Antony Galvano is looking forward to Jepsen’s appearance at the Constitution Day celebration.

“I think George Jepsen has done an exceptional job with ensuring a quality of life for the people of Connecticut,” said Galvano. “With an operating budget of only $33 million, his office generated $522.2 million in revenue of the state in 2015. He is obviously knowledgeable about his career, as well as with the law, so it will definitely be interesting to hear from a figure of such authority here at school.

Galvano is also expected to give a short speech at the event from his own point of view explaining the significance of constitution day.

“Hosting this event at Sacred Heart University demonstrates how the university is dedicated to fulfilling its mission statement of creating a student who is ‘knowledgeable of self, rooted in faith, educated in mind…’ and able to respond to an ever changing world.” This event allows a student to listen to a well educated officer of the law, as well as truly get a feel for all that the U.S. constitution has provided citizens with,” said Galvano.

Dr. Rose encourages students to attend this patriotic, on-campus event.

“Students should attend this forum because it’s hard to imagine being a citizen of this country without knowing anything about the document that has held this country together since its inception, and how this document protects our freedoms,” said Rose.

Syrian Conflict Escalates

BY ALESSANDRA SETARO
Staff Reporter

The Syrian Civil War has terrorized the country of Syria ever since March 15, 2011. Constant bombings, military intervention and international involvements have turned Syria into a permanent war zone, which has left Syrian citizens in desperate need of peace.

“It’s not fair because they’re still humans. We, as a world, should be able to help them out,” said Starfa Ahmed, President of the Muslim Student Awareness Club, also known as MSA.

Families in Syria have been forced out of their homes and are seeking safety in surrounding countries, such as Jordan and Lebanon.

Reports show the United States and Russia have brought up a plan to ceasefire in Syria, but need the citizens’ and the military’s cooperation.

“I think the world should pay a little more attention to them and just try to help them out,” said Ahmed. “There are some Syrian refugees living locally, but it took up three years for others to get their Visa and flee the country.”

Reports say that the United Nations has been sending aid workers to deliver food, shelter and medicine to women, children and the elderly, but the workers’ safety cannot be guaranteed.

Airstrikes on Thursday killed at least 23 people and nine children, according to CNN. However, these bombings were not in violation of the recent ceasefire agreement.

"The attacks occurred in the eastern province of Deir Ezzor, which is outside of the areas included in the agreement.

“There’s no military solution,” said President Obama in regards to the Syrian crisis. The President supports Secretary of State John Kerry’s plan to ceasefire and says Syrian President Bashar al-Assad lost legitimacy as a ruler long ago.

Some complications with helping the Syrian people in the attacks include keeping the people in ISIS-controlled territories safe. However, reports say the ceasefire agreement does not apply to these areas.

“Reaching out and helping the Syrian people in need will only stop terrorism at its tracks and create a better world for all our children to come,” said Assistant Director of the English Language Institute and Advisor to the MSA Club Hala Alkasm.

Hala Alkasm is also a Syrian national.

Alkasm says the Syrian people feel the rest of the world has forgotten about them. Though they are known to flee to surrounding countries, most of those countries have closed their borders.

"What do you expect a human like you and I to do when no one else will help them or feed their children and their homes have been destroyed at no fault of their own?” said Alkasm.

Last semester, the MSA Club held a donation drive to help with recovery efforts in Syria.

With the new school year starting up, club members are currently coming up with new ways to fundraise and continue in their efforts to help Syria.
Doppelgänger

It was my freshman year and I was at an outing. Suddenly someone tapped me on my shoulder thinking I was someone else. After a laugh and an awkward farewell they walked away with the realization that I was not their friend that they were seeking out. That night I left with a photo of myself and girl with curly brown hair who was thought to “look like me.”

Since that moment and with my time spent binge watching, “How I Met Your Mother,” I have been fascinated by the concept of doppelgängers. Doppelgängers are credited to myth and mystery through oral tradition and folklore. The science behind them has little factual proof except for uncredited people who have sought out the truth by finding someone without a blood relation that looks like them.

Thanks to the lovely invention of the internet, people have also been finding others who resemble them on a minor scale. Often the word ‘twin’ is tossed around as a way to describe these look-a-likes. In fact, the curly haired fella to my left shares that resemblance. Maybe that just shows that I am one step closer to finding my doppelgänger. As a doppelgänger advocate, I advise you to be on your toes as you go about your days. The next time you get mistaken for someone else wonder how closely the resemblance is. You never know, the person on the other side of the misidentification could be your doppelgänger.

With only fiction and folklore to trust, the concept of doppelgängers rests as a theory in our world. Yet, I would like to believe that I have solved the puzzle with my strong beliefs and aspirations to find my alternate identity.

To close, if you happen to see my hair twin wandering the halls of Sacred Heart, hold up this copy of the Spectrum to clarify her identity before complimenting this weeks issue.

Anthony...

It has all happened to us. A random person walks up to you and starts talking as if you were best friends. It only takes them until about mid sentence when they come to the embarrassing realization that they have no idea who you are.

It’s only after a good laugh that we start to wonder who this mystery look-a-like is. Could this person be my spitting image or do we just share a certain obvious trait? Odds are the person just has a certain pronounced quality that you both share, such as extremely curly hair, making it easy for a person to think that you resemble someone they know.

I can’t argue whether or not someone could have a true doppelganger. A doppelganger is an exact double of a living person, not just someone who has similar features.

If I could bring science into this, and I will, the odds of someone being genetically symmetrical are astronomical to say the least. Have you ever heard of the snowflake theory?

The theory about snowflakes is that every one of them looks entirely different from the other. The process by which they are made boggles this theory.

Snowflakes are made when water molecules are formed and frozen due to cold weather and then fall from the sky. Since water molecules are all different and randomly form up, it’s safe to say that no snowflakes are alike. The same goes for human genes. A gene is a segment of DNA that gives humans their traits, or physical features.

A child gets their genes by the sharing of their parent’s chromosomes. Every human has 23 chromosomes giving themselves 8,388,604 possible combinations. That just goes for one person. Since you need two people to reproduce those combinations get compounded to nearly 70,368,744,177,644.

This number only takes into account the amount of chromosome not the amount of genes you have. A chromosome is made up of 100-1000 different genes. So that number of combinations would be compounded against one number I can even begin to fathom, let alone explain.

I know people get caught up in television shows and hope that they could live a life similar to its characters, but it’s just not going to happen.

There’s a reason why “How I met your Mother” used the same actors for their doppelgängers. They did because it would be impossible to find actual people that are the mirror image of them. These are just simple facts, nothing too crazy, just good old science and logic.

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Uber versus Lyft

BY KELSEY HOR
Staff Reporter

Are you looking for a ride after a late night in Bridgeport or Fairfield? Have you missed the bus or shuttle for your 8 a.m. class? Rival taxi service applications, including Uber and Lyft, are designed to pick you up by the convenience of your smartphone.

“I always use Uber. I have never used Lyft and I don’t know anyone or many who use it,” said junior Lydia Wright. “With Uber you can get discount codes to make your ride more affordable. I just trust Uber because it is more widely used.”

Using a taxi service application has been the new alternative to the classic ride service. This innovative approach to a traditional system has been changing the market. According to Uber’s website, they offer a variety of different ride options. Uber users can choose from different options such as premium for special occasions or accessibility for wheelchair and handicap services.

Uber offers 24 hours a day services in about 540 cities in 58 different countries. Uber also allows for you to rate your driver to provide other customer riders with tips and ideas to get the best riding experience as possible.

However, Uber’s competitor, Lyft, lets its customers not only rate their driver, but it also gives them the ability to rate the individuals that they chose to share their rides with. Lyft, just like Uber, can be affordable depending on the distance of the destination. This taxi service application also has the option for customers to add a tip for their driver right from their smartphone.

Even though taxi resources are useful, some suggest taking precautions when using these services.

“It’s always good to let someone who you trust know where you are going and remember to charge your phone ahead of time. Check the Uber or Lyft drivers ID, if they do not match do not take it and get another cab,” said Director of Public Safety Jack Fernandez.

“I use Uber when I’m mostly at school. Uber tends to be a lot more convenient, mimicking a mini computer or television, while a Michael Kors watch looks just like any of their other classic watches. I had Fitbits [smart watch] before and liked their brand and this [Apple] watch gave me all of the things I wanted in a smart watch and not too much extra. I switched because having some of the notifications that came with this smart watch was nice,” said junior Lauren Mahoney. “I prefer the classic watch. I believe that it is inappropriate to wear a smart watch to any type of formal event.”

According to Business Insider, one of the biggest concerns that some people have is the smart watches’ battery life. In order to preserve the battery life, the watch face will go to sleep after a continued period of time.

Although consumers are disappointed in the battery and having to turn on the watch face every time, it is not discouraging them from buying. A recent Forbes study shows that “The wearable’s market exceeded $2 billion in 2015, will hit almost $3 billion this year and over $4 billion in 2017.”

Yet, some people are still sticking with traditional choices and hesitant in allowing for new trends to overtake their fashion taste.

“Personality wise I am old fashioned so I love a good classic watch on a man or woman. Although since smart watches are becoming a trend this could perhaps become the new classic look for the future,” said Gauriglia.

Transportation: Is the Shuttle Safe?

BY MELIHA GUTIC
Staff Reporter

On Thursday, Sept. 8, a Taft shuttle was involved in an accident with another vehicle. As the shuttle was passing through an intersection, the vehicle failed to stop at a stop sign, T-boning the shuttle, and tipping it over onto its side.

On the shuttle was the driver and one student, junior Sebastian Pierre. They were not seriously injured but were taken to Saint Vincent’s Hospital in Bridgeport as a precaution.

“I was a little too shocked to even realize what was happening,” said Pierre.

After the shock wore off, the shuttle driver broke the back window and they climbed out.

As for the driver that caused the accident, his car was damaged resulting in him fleeing the scene on foot. There is no word yet as to whether he has been found as Pierre discussed, the investigation is ongoing.

“I don’t like it. I still get nervous on the shuttle. Anytime we pass by the accident scene, I always get fidgety,” he said.

This raises the question, just how safe are the shuttles at Sacred Heart?

The Director of the Student Union, Michael Moylan, believes that the shuttles are as safe as they can be.

“We take the safety on shuttles very seriously,” he said.

As for the driver that caused the accident, his car was damaged resulting in him fleeing the scene on foot. There is no word yet as to whether he has been found as Pierre discussed, the investigation is ongoing.

“Some of the buses have seat belts. They are not required, they are not mandatory. The newer ones [shut­tles] are coming out with seat belts as the fleet is being replaced by Dattoo,” said Moylan.

Yet, safety in the shuttle system is also something that some students still find flaws in.

“Because there is only one [shuttle] at night and there are people like me who don’t have the app, so sometimes it’s scary waiting outside,” said junior Caroline Welch.

Despite recent events and student concern, the safety within our shuttle system is something that is constantly being addressed.

“If they see anything suspicious, it kind of goes along with the ‘see something, say something’ campaign that’s out there,” said Moylan. “Also, the limits are posted on the bus for their safety. Each person has to be in a seat, no one can be standing.”
In A New York State of Mind

NATALIE CIOFFARI
EDITOR IN CHIEF

Running up and down the stairs of the platform, I sprint to the ticket booth at Fairfield Metro train station. I frantically punch in my information as I hear the sound of the train coming. No, I do not want my receipt, who the heck wants their ticket receipt? My mind is racing, grabbing my belongings, aka my Dunkin coffee and my oversized bag of lord only knows what, and I hop on the train with second to spare. With a deep breath and a sigh of relief, I make my way into New York City.

This is what my life was like for almost a year while being an intern at MTV Networks and WABC-TV.

If you were to tell ‘high school senior Natalie’ that she would have the possibility to obtain an internship at places like MTV and the ABC Network, she would have laughed in your face and went about her business. If you were to also tell ‘high school senior Natalie’ how much she loved every second of waking up at 5:30 a.m., sleeping on the train ride in and out of Grand Central Station and walking the streets of New York to get to her internships, she would have chucked at you.

Yet, now ‘college senior Natalie’ can’t help but think about the amazing opportunities that New York has presented to her. To be honest, she misses it so much.

Every time I arrived at Grand Central, whether it was zero degrees and I was bundled head to toe, or eighty degrees and I was wearing a business casual dress, it gave me this feeling of hope and happiness, that someday I could be doing this for the rest of my life. Even walking out of station and into the streets of New York made me beam from ear to ear.

The Presures of Being Overly Involved

JESSICA CHALOUX
MANAGING EDITOR

Getting involved on campus is something that is highly recommended, especially when coming into college as a freshman. During my freshman year I really wanted to make sure that I set myself up to have the best experience I possibly could in college. So I took the suggestion of being involved and ran with it, and that started by signing up for the prefall orgram Lights, Camera, Action. Along with being a Division I athlete on the Sacred Heart Equestrian Team, I involved myself with the theatre department, WHRT, SHUbox, orchestra and improv team (for a short time). Through sophomore and junior year, I dropped some clubs and ties that have risen from all of these amazing organizations, but sometimes being so involved gets a little overwhelming.

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 copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Sacred Heart's Political Chapters
The Donkey vs. the Elephant

BY HANNAH O'BRIEN
Staff Reporter

With 2016 being the United States' election year, the Democratic and Republican chapters at Sacred Heart University are becoming more active.

Sacred Heart's College Democrats and College Republicans had a lot to share on the upcoming election.

Senior Bridget Hughes, president of Sacred Heart's Democrats chapter, expressed excitement for the policies going to be brought up at the first debate between Hillary Clinton and Donald Trump.

"I'm really looking forward to hearing some real policies being discussed," said Hughes. "Regardless of the symbols or movements associated with Trump or Clinton, what will truly impact the American people are the concrete ideas they bring to the table."

Sacred Heart's College Republicans president, junior Michael Degennaro, was interested in finding out how each candidate would run the country. Degennaro also mentioned that he is concerned with how the candidates plan on improving America.

Although the two chapters have different political beliefs, they do share a common goal when it comes to encouraging their members to become more active. Degennaro wishes for his club to grow into a strong organization, as it has been in previous years.

"I also want to give students the opportunity to come to each meeting and express their opinions on current events that are taking place in the United States, as well as globally," said Degennaro. "For many college students, this is the first presidential election that they are able to vote in, so I want to make sure everyone is an informed voter."

As far as Hughes' goals, she is striving for members to get involved.

"There's so much passion for service on campus and I would love to connect that passion with organizations and candidates making a real difference in our community," said Hughes.

Sacred Heart's Democratic and Republican chapters are active in events on campus and off campus. The club aims to have Democratic members involved in campaigns and non-profit organizations that are on real world politics. One way they are already including themselves on-campus is by being a part of Constitution Day on Sept. 21.

Constitution Day is a part of Sacred Heart's Human Journey Colloquium Series. The university will be featuring guest speaker Connecticut Attorney General George Jepsen. He will be addressing students about the country's Constitution. Jepsen is also the state's Democratic state party chairman and private practitioner.

In addition, both political chapters will be attending the Presidential Debate Watch Party hosted by the AARP of Connecticut, Sacred Heart and the Greater Bridgeport Latino Network.

"I feel that this is a great opportunity for members of the College Republicans to network with the different organizations," said Degennaro.

Degennaro hopes that students will be able to form their own opinions on which candidate they will ultimately be supporting after watching the debate.

He believes his members are knowledgeable about both presidential candidates, "regardless of their political affiliations."

The first debate will be airing on Sept. 26. Both chapters are waiting eagerly to see what it will entail.

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Grab your Controllers, the Club Gaming Team is Here

BY CHRISTINA DIMAURO
Staff Reporter

Starting sometime this fall semester, Sacred Heart University will launch the newest club sport on campus, the Club Gaming Team.

The Club Gaming Team will be the 26 club sport offered at Sacred Heart.

Jim Barquinero, Senior Vice President of Enrollment, Student Affairs and Athletics, brought the idea of gaming to Ray Mencio, Director of Club Sports. The university likes to keep up to date with students' interests and the Club Gaming Team is just one of them.

"It's the fastest growing spectator sport around the world and games are played by people of all ages," said Mencio. "This was something that can appeal to many students so we wanted to add something we haven't offered before."

Michael Delviscovo, who is the coach of the Club Gaming Team, Lead Senior Analyst and Co-Head Wrestling Coach, has many ideas and plans for the first year as a brand new club sport.

"There are two aspects to the Gaming Team, internal, where people who love to play games can come together and play tournaments, one idea I want to get off the ground is a staff versus student Smash Brothers tournament and external, where it's students at Sacred Heart versus some other school playing games like League of Legends, Starcraft or Hearthstone," said Delviscovo.

The Club Gaming Team will be a part of the C-Star League, which hosts competitions and tournaments for many popular video games. The C-Star League is comprised of schools across the country.

The school even recognized how popular the Club Gaming Team was going to be and built a gaming room in Jorge Bergoglio Hall. The new gaming room will offer a place for students to have fun, practice gaming and prepare for competitions.

The room features a screen, which is 16 feet by 4 feet, and has multiple functions, such as allowing multiple games to be shown at once. Also included are gaming systems like, PlayStation 4, Xbox One and Wii.

"I'm competitive myself so I'm excited to see where this team can go."

If any students are interested in getting involved with the Club Gaming Team they are encouraged to email Michael Delviscovo at delviscovom@sacredheart.edu.

WearSafe to Ensure You're Safe

BY MARY O'CONNELL
Staff Reporter

- Internal Job & Internship Postings
- Alumni Mentor Network
- Employer Contacts
- MUCH MORE

YOU MUST SIGN UP TO ATTEND THE EVENTS LISTED ABOVE THROUGH PIONEERNETWORK!
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If you have trouble, E-MAIL: CAREERDEV@SACREDHEART.EDU

Right when the Sacred Heart freshmen moved in, they were given a new safety system called WearSafe. WearSafe is a wearable tag that allows you to call for help immediately at the press of a button. The tag is accompanied with an IOS app with various features.

"It's really a state of the art addition to our campus. The room is going to add a very different dimension to campus and it's something that is incredibly rare for a college campus to have," said Mencio.

There was an interest meeting on Sept. 13, where over 50 students signed up and were able to learn more about the Club Gaming Team.

Initial student reactions have been extremely positive and have created a lot of excitement said Delviscovo.

"It's crazy. I've gotten more emails in the past few days about video games more than anything else," he said.

Both Delviscovo and Mencio expect to see high involvement from students on campus.

"As cheesy as this sounds, I just want to have fun and win games," said Delviscovo. "I'm competitive myself so I'm excited to see where this team can go."

WeatherSafe is a wearable tag that allows you to call for help immediately at the press of a button. The tag is accompanied with an IOS app with various features.

"Honestly, I've never used it but I think it's something good to have in an emergency," said freshman Natalia Pereira.

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The room features a screen, which is 16 feet by 4 feet, and has multiple functions, such as allowing multiple games to be shown at once. Also included are gaming systems like, PlayStation 4, Xbox One and Wii.

"I used to have the app because it has a lot of good qualities, but I didn't think I would need to use it since Public Safety is usually on Sacred Heart property anyway and campus is usually a very safe place," said junior Catherine Fleming.

The two different systems resemble each other in terms of keeping students in the area safe, but the key differences may determine what situation each one should be used in.

WearSafe is primarily built around campus safety situations and connects with Public Safety, whereas SHU Safe allows you to be in contact with friends, family and 911 at any location.

There is no denying that Sacred Heart makes its student's safety a priority, especially with the introduction of WearSafe this fall.

Students on campus seem to agree that while it may not be something they feel they need to use at all times, it does give them a guaranteed feeling of safety.

"Honestly, I've never used it but I think it's something good to have in an emergency," said freshman Natalia Pereira.

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WeatherSafe to Ensure You're Safe

BY MARY O'CONNELL
Staff Reporter

It alerts friends and family by automatically sending audio files from before and after the button is pressed, gives a private GPS location and creates a situation room for them to decide what to do, such as call 911 right from the app.

All of this can be done while the tag and phone is out of sight. The WearSafe's tag will get a silent vibration to let the user know that help is on the way.

The benefits of WearSafe are clear, but freshmen seem to have mixed emotions on it.

"As a freshman, the first thing I saw when I moved in was the WearSafe sitting on my desk," said freshman Joe Nobile. "After opening it and reading exactly what it was, I thought it was a good product for students to have, especially in Bridgeport. However, I don't think most freshmen will be using it. It's something annoying to carry around."

While WearSafe is the latest safety technology to appear at the university, there is also another existing safety app called SHU Safe. It is provided by Sacred Heart's Public Safety and it is available on both IOS and Android. Among its features are emergency call, reports and safety check.

With the SHU Safe app, Public Safety is able to see the whereabouts of the caller anywhere on the school property as long as the phone is connected to Sacred Heart's Wi-Fi network.

"I used to have the app because it has a lot of good qualities, but I didn't think I would need to use it since Public Safety is usually on Sacred Heart property anyway and campus is usually a very safe place," said junior Catherine Fleming.

The two different systems resemble each other in terms of keeping students in the area safe, but the key differences may determine what situation each one should be used in.

SHU Safe is primarily built around campus safety situations and connects with Public Safety, whereas WearSafe allows you to be in contact with friends, family and 911 at any location.

There is no denying that Sacred Heart makes its student's safety a priority, especially with the introduction of WearSafe this fall.

Students on campus seem to agree that while it may not be something they feel they need to use at all times, it does give them a guaranteed feeling of safety.

"Honestly, I've never used it but I think it's something good to have in an emergency," said freshman Natalia Pereira.
La Hispanidad Salsa Night
A night of nachos, dancing and culture

BY AMANDA NARDIELLO
Staff Reporter

Sacred Heart University’s Latino Club, La Hispanidad, kicked off Hispanic Heritage Month on Sept. 15, with its second annual Salsa Night. The event kicked off at 7 p.m. with nachos, salsa, sour cream and other ethnic food. After students were done eating, the salsa dancing began.

Students of all ages came together on 63’s Patio and learned salsa dancing by professional dance instructors from Alina’s House of Salsa in New Haven.

“Dancing is an important part of our culture,” said freshman Ryan Badillo. Badillo joined La Hispanidad to feel more connected with his heritage.

“I am a Mexican from California, so when I saw a Hispanic club on campus, I thought it would be perfect to join,” said Badillo. “In Connecticut, I feel like a huge minority, Salsa Night made me feel like I was at home.”

Being one of the oldest student-run clubs at Sacred Heart, La Hispanidad’s co-presidents, senior, copy editor of Spectrum, Christian Colon, and junior Manuela Contreras, have revamped the club.

“Christian and I met during the orientation leader program. We started working together and I found a passion to share my culture with the Sacred Heart community,” said Contreras. “Being able to work with this club gave me the opportunity to meet people of similar culture, as well as other cultures. It’s amazing to see the support of other cultures and open-mindedness that we hope to spread.”

Contreras has a different perspective on life because she was born and raised in Colombia. Contreras shared how her culture has shaped her into the person she is today.

“With recent news and all the negativity on Hispanic cultures, I hope to bring light to the good aspects of our culture,” said Contreras. “We want to showcase the best parts of our culture and the great impacts we have had on our American History.”

La Hispanidad has especially played a big part in Colon’s Sacred Heart career.

“It joined my freshman year and as a senior I have been part of the club for the past three years,” said Colon. “I became an e-board member my junior year and it has honestly been one of the best things that I have been a part of. It’s a chance for me to embrace my culture and share my story to the Sacred Heart community.”

This multicultural organization provides opportunities for students interested in the Hispanic culture. It also connects Latino students with their own background.

Tom Hank’s Newest Movie: “Sully”
Warning: contains spoilers

BY ALANA FERRONE
Staff Reporter

On Jan. 15, 2009, the world learned the name of Captain Chesley B. Sully Sullenberger, III, because of his heroic emergency landing of a plane on the Hudson River. Clint Eastwood’s new film, “Sully,” gives unique insight into the man, after the world proclaimed him a hero.

The film opens with captain Sully, played by Tom Hanks, and his co-pilot, Jeff Skiles, played by Aaron Eckhart, flying over New York City. In the first few scenes of the film, I was overwhelmed with feelings of suspense and anxiety.

The tension is cut when we see Captain Sully wake up in his hotel room, sweaty and shaking.

Throughout the film, there are constant themes of Post Traumatic Stress Disorder (PTSD). It’s easy for the public to view Sully as a hero, but we often forget that he is also a man who has a near death experience.

In addition to the personal and emotional trials that plagued captain Sully following the landing on the Hudson, he and Skiles also underwent an investigation that could have potentially cost them both their jobs.

While the world praised Sully for his success, United States Airways questioned whether or not flight 1549 could have made it to one of three nearby airports for an emergency landing.

The combination of the pressure of new fame, the risk of losing his job, and financial troubles at home are clearly showcased in the film, along with the comradery that he found with Skiles.

Throughout the film, the two offered support to one another that could have only been understood by them.

In addition, Eastwood made it clear that Sully was not the only hero on Jan. 15, 2009. Eastwood showcased the efforts of the Coastguard, the New York Police Department (NYPD), and the flight attendants who were aboard flight 1549. Together, all 155 passengers survived the landing.

In addition, it is shown that Captain Sully did not view himself as a hero, and often resented the attention that he received as a result of his new celebrity.

In fact, one of his many nightmares was a television news reporter questioning if he was truly a hero or a fraud? As a result of his various nightmares, the audience gained insight into his own self-doubt and insecurities.

Along with his internal conflict, Sully also faced money problems and the difficult strain that distance had put on his marriage with his wife, Lorrie Sullenberger, played by Laura Linney.

The manner in which Lorrie is portrayed in the film is very interesting. The audience sees her bombarded by paparazzi in the midst of her husband’s rising fame, as well as her realization that she could have lost her husband when he landed the plane.

Audiences will be very impressed with Eastwood’s humanization of a world-renowned hero. “Sully” shows us that being a hero is not always simple, especially when your integrity is in question.

In short, “Sully” is definitely worth seeing in theaters. The film gives a fresh take on a widely known story and allows viewers to see an American hero in a new and refreshing light.
The 68 Annual Primetime Emmy Awards

BY JOSEPH LASPINA
Staff Reporter

Kiefer Sutherland returns to television as the star of ABC's new show, "Designated Survivor." Sutherland stars as Tom Kirkman, a lower-level cabinet member who becomes president after a sudden terrorist attack on the United States Capitol, which left everyone above his paygrade dead.

"Designated Survivor" is a conspiracy thriller wrapped around by a family drama, where an ordinary man faces his line of succession were to die, the designated survivor member of the United States cabinet who is put in a separate location away from the president and the rest of the president of the United States cabinet who is put in a separate location away from the president and the rest of the leaders of the country. If the president and all those in his line of succession were to die, the designated survivor would become the acting president of the United States.

Sacred Heart Seniors Work New York Fashion Week

BY JESSICA ANDRIANI
Staff Reporter

Have you ever dreamt about having the opportunity to join in on all the action and work during Fashion Week? For Sacred Heart University seniors, Chelsea Montani and Marissa Torsiello, this dream became a reality. Each year, there is a chance for fashion industry students and interns to get real world, hands-on experience during this week.

Montani worked as a staff manager for the Platinum VIP members during fashion week. Torsiello, an intern for "The Impression" magazine, was in charge of placing the magazines at all the show locations, along with handing them out to the people who were invited to see the runway.

Fashion Week happens twice a year in New York, London, Milan, and Paris— all major fashion cities. So it’s no surprise that each year fashion gurus, celebrities and more look forward to this week at least once because you can really start to find out your likes and dislikes of the different shows. Seeing the end result of all the work that goes into creating these amazing shows and is most definitely not all fun and games.

While working with VIP guests at the shows, Montani also said how she learned to reassure other members of Congress and the public that he does when he becomes president," said senior Cristina Cassidy. "When I worked at the commercials for it you could tell that he was freaked out and did not know what to do."

Sutherland is not the only big name tied to the show. Kal Penn, known for Kumar from "Harold and Kumar," Dr. Lawrence Kutner from "House," and Natascha McElhone, known for Karen in "Cathlonification," all star in the show.

"Designated Survivor" was created and written by David Guggenheim, and is executively produced by Simon Kinberg, who produced "The Martian" and various superhero films such as, "X-Men: Apocalypse" and "Deadpool."

The show’s premise is based on a real-life concept. Designated survivor is a term that refers to a random person from the United States cabinet who is put in a separate location away from the president and the rest of the leaders of the country. If the president and all those in his line of succession were to die, the designated survivor would become the acting president of the United States.

This precaution is taken to make sure that if a catastrophic attack were to occur, the country would still have an appointed leader.

“It’s a great concept," said junior Christopher Faccenda. "It brings to light a position in our government that no one knows about and is interesting, as this could happen in real life." "Designated Survivor" contains similar elements from other television series such as "House of Cards," "Homeland," and "West Wing." They conceptualize many issues the president of the United States could face while in office, such as distrust, scandals, and terrorism. What makes "Designated Survivor" a new concept is that it focuses on what could occur if an event of terrorism, such as the one seen in the show, were to happen.

"It makes you wonder who President Obama’s designated survivor is," said Faccenda.

"Designated Survivor" premieres Sept. 21 at 10 p.m. on ABC.

Arts & Entertainment

The 68 Annual Primetime Emmy Awards

BY JULIANNA MAUERILO
Arts & Entertainment Editor

Though there were a few categories taken over by newcomer-nominees, a few winning streaks remained. Actress Julia Louis-Dreyfus won her fifth consecutive best actress award for her role on "Veep," which also took the title of best comedy over "Modern Family" for the second year in a row.

Throughout the night there were a lot of political and current events topics brought up, such as diversity and the election. Jimmy Kimmel joked fun at presidential candidate Donald Trump and our attempts at diversity throughout the night.

Kimmel mentioned that the only thing we value more than diversity is congratulating ourselves on how much we value diversity," said senior Andrew Lawlor. "I thought it was a great idea for him to use his celebrity platform to bring that idea forward."

Though Kimmel was more direct in his political mockery, other celebrities incorporated their thoughts on the election during their acceptance speeches in a joking manner.

When Julie Louis-Dreyfus won her best comedy actress award, she mentioned in her speech that she “would like to apologize for the current state of American politics. I think that "Veep" has torn down the wall between comedy and politics." She finished her speech by also poking fun at presidential candidate, calling him out for his plan to rebuild that wall and make Mexico pay for it.

Winner and actor for the Netflix Series "Master of None," Aziz Ansari, also contributed to the Trump ridicule during his speech by mocking the proposed muslim immigrant ban.

"I understand that this election is very heated, but also very crucial for our country. I just don’t think it should have been incorporated that much into an awards show," said Conterras.

Though some of the speakers joined Jimmy Kimmel in getting sidetracked by politics, other nominees were celebrating their first Emmy win in history.

Kate McKinnon took home an Emmy for best supporting actress for comedy, beating out Allison Janney who had won the award seven consecutive times leading up to this year. In addition to McKinnon, Louis Anderson took home his first Emmy for best supporting comedy category for his role in FX’s "Baskets," and Tatiana Maslany won best actress in drama for her role in ABC America’s "Orphan Black."

This year’s show got off to a great start with "Game of Thrones," as I was not at all surprised that it blew the competition away and also broke the record for most wins for a fictional series," said senior Nicholas Quaid.

The HBO fantasy drama triumphed at the ceremony with their total number of awards standing at 38.

"I think fans of "Game of Thrones" will be a little upset to hear that they aren’t eligible for Emmys next year since Season 7 of the series premiered was so late," said Lawlor.

With or without "Game of Thrones" being eligible at next year’s Emmy Awards, television is only improving in quality. This means Emmy categories are only improving in competition.

The night ended in celebration for both the winners and the other award nominees for all the accomplishments this year’s television had attained.

"Game of Thrones" is a fantasy series based on the book series of the same name by George R.R. Martin. The show has been praised for its epic battles, complex characters, and thrilling plotlines. The 68th Annual Primetime Emmy Awards ceremony was held on September 18th, 2016, at the Microsoft Theater in Los Angeles, honoring the best work in television for the year 2016.

The ceremony was hosted by Jimmy Kimmel, and it was broadcast live on ABC. The show featured a mix of acceptance speeches, award presentations, and celebrity performances. The biggest winner of the night was "Veep," which won seven awards, including outstanding comedy series.

Other notable winners included "House of Cards," which won four awards, and "The Night Manager," which took home three awards. The show also celebrated a milestone as "Breaking Bad" received its sixth award, tying it with "The Sopranos" for the most wins in a single season.

The ceremony also featured a number of political and social commentary lines, with Jimmy Kimmel poking fun at Donald Trump and the presidential campaign.

The 68th Annual Primetime Emmy Awards was a major event in the television industry, and its impact continues to be felt today as it highlights the best of what television has to offer.
Pioneer Cross Country Runners Earn Weekly Honors

BY KENDALL GREGORY
Staff Reporter

The Sacred Heart University cross country team started off their season strong with performances at the Saint Francis University Father Bede Cross Country Invitational. Their first meet on Sept. 2 ended with the men’s team placing first overall out of six teams, with the women’s team placing second out of nine.

Two Pioneers stood out amongst the rest, each in their Sacred Heart debut. Graduate student Connor Rog and freshman Jodi DiCiocco, each received NEC Weekly Honors. Rog was named NEC Male Athlete of the Week, while DiCiocco was named NEC Female Rookie of the Week.

"I really wasn’t expecting it," said DiCiocco. "I was initially nervous, but I always think of the mindset, ‘just see what happens.’ I didn’t expect anything from it. It was a nice surprise."

The freshman from Berlin, CT placed third with a time of 19:51, only one of three to break the 20:00 minute mark. Having only run Cross Country for a year in high school, DiCiocco was the fastest freshman on the field and the only freshman to place in the Top 10.

Coach Christian Morrison was quite pleased with how DiCiocco has started her season. "I didn’t know what to expect from Jody because she is a freshman, and you never know how a freshman will adjust to college running. Fortunately, she has made a smooth transition thus far," said Morrison.

Rog, a graduate transfer from the University of Virginia, completed the 5k with the time of 16:03. This time gave Rog his first collegiate Cross Country win.

"This was a huge deal for me, especially for someone who had taken a while off of racing and did not necessarily know how it would all pan out," said Rog. "It was a big confidence booster for me and brought me reassurance that I was truly back to the runner that I once was."

Rog took his senior year off from competitive running before returning to compete for the Pioneers.

"I realized what I wanted to do with my life and found the path that I wanted to take, but I also really did miss being in shape and I missed the ‘high’ that I got from running," said Rog.

Rog and DiCiocco followed up their NEC Honors performance with another strong outing at the University of Massachusetts CC Invitational. Rog placed second overall for the men, with DiCiocco having a personal best of 18:11, the second fastest program time in program history.

However, the cross country season is long from over.

"I think they’ll both keep working hard and taking good care of themselves, so they can go on to be successful in our championship meets later in the season," said Morrison.

The Pioneers next meet will be the Fairfield University Victor F. Leeper CC Invitational on Sept. 24.

National Basketball Association Inducts New Members

BY VICTORIA SAPORITO
Contributing Writer

On Sept. 9, the 2016 National Basketball Association (NBA) Hall of Fame Induction was held in Springfield, Massachusetts featuring one of the most star-packed classes in recent history. The 10-member class included some of the most popular names in basketball such as Shaquille O’Neal, Allen Iverson and Yao Ming.

O’Neal began his professional basketball career with the Orlando Magic and finished amongst the top 10 players in scoring, rebounding, blocking and shooting percentage. In 1996, O’Neal signed a seven-year contract with the Los Angeles Lakers.

He also went on to help the United States win a gold medal at the Olympics in Atlanta, GA. He earned a spot on the All-NBA First team in 1998 and was named the NBA’s most valuable player in 2000.

"I remember coming across a famous quote from Shaq that stood out to me after I found out he was inducted," said senior Jason Sokol. "Excellence is not a singular act, but a habit. You are what you repeatedly do."

After being traded to the Miami Heat in 2004 and spending four seasons with the organization, O’Neal was traded once again. This time, to the Phoenix Suns where he only spent one season before moving on to join the Cleveland Cavaliers, leading them to the number one seed in the playoffs in 2009.

O’Neal then became a free agent and signed with the Boston Celtics and announced his retirement in 2011.

"We did it. Nineteen years baby," O’Neal said on his Twitter page.

In his early years, Allen Iverson was selected number one in the overall 1996 NBA Draft by the Philadelphia 76ers. Iverson, who differed drastically from O’Neal who stood seven feet tall and weighed 315 lbs, was still one of the NBA’s must-sees even though he was barely six feet tall.

With his speed and ability to fearlessly blow past defenders, Iverson would average 23.5 points and more than two steals a game. He went on to earn the NBA Rookie of the Year.

Iverson led the league in scoring and steals for the second consecutive season in 2001 and 2002. Shortly after, in 2006, he would go on to average a career best of 33 points per game. Iverson was then traded to the Denver Nuggets in the same year. In November of 2008, he joined the Detroit Pistons and then the Memphis Grizzlies before returning to Philadelphia in 2010.

"I grew up watching players like Iverson so I was pleased to hear that he finally made it into the Hall of Fame," said senior, Andrew Fiscella.

Within his 14 seasons of professional basketball, Iverson was an 11-time all star leading the league in scoring four times. Iverson announced his retirement in October of 2013 after turning down an offer from the Texas Legends.

"Thank God for loving me and blessing me to be the man that I am and having no regrets for the man that I am. A man that my family loves, my teammates love and my fans love," Iverson said in his retirement press conference.

One man who is responsible for bringing the NBA to an international level is Yao Ming.

"Oh he’s an absolute beast," said Sokol. "He’s been in the game for so long. Even if you don’t watch basketball, everyone knows his name."
Men’s Soccer Looking To Make Playoff Push

BY DAN MARRO
Staff Reporter

The expectations never change for the Sacred Heart University men’s soccer team according to head coach, Joe Barroso who is embarking on his twelfth season at the helm.

"The expectations are always to make the playoffs," said Barroso. "You are trying to win every game, but also trying to get the team ready for the conference games because at the end of the day, that's all that is going to matter other than the record."

However, Barroso understands and embraces that with a team made up of mostly underclassmen, it is going to take some time to reach the ultimate goal of making the playoffs.

"We know it's going to take some time because we are so young and the NEC is top notch. There have been teams that have made it to the sweet 16 of the NCAA tournament so we compete with the best," said Barroso.

For fifth year senior defenseman Callum Smith, the time is now to make the playoffs.

"I think we need to make conference playoffs, I haven't made my playoffs since I have been here so I'm really hungry to go out and compete against the best teams in the conference," said Smith.

Smith also sees just how much potential the newcomers of the squad can bring to the table.

"I think we have a very promising team with loads of talent and I'd have to compare this team to the team from my freshman year which was the best team in my opinion we've had during my five years here," said Smith.

Smith echos his coach who spoke highly of his youngsters.

"I would say 90 percent of the incoming players that came this year will be a part of this team, half of them already start," said Barroso.

"The other ones have the potential of starting so I would say this is easily my best recruiting class," said Smith.

For a young team, veteran leadership is always necessary in order to get the most out of the newcomers and it is a major key for the team this year.

"That's one of the reasons why I love Sacred Heart," said Barroso. "We recruit those types of student athletes that not only help on the field but also off the field and it be-

Graduate Student, Callum Smith, Plays His Heart Out During His Game Last Saturday

Pioneers Field Hockey Looking for Strong Finish

BY CAROLYN ECKEL
Staff Reporter

The Sacred Heart University field hockey team is coming off of their summer preseason and is looking to take their first win of the season.

The Pioneers ended their 2015-2016 season with a record of two wins and 14 losses and are looking to improve for the remainder of this season. Thus far, the Pioneers are 0-6 and hope to make a turn around and end up on the road to success.

The past couple of seasons, the Pioneers have struggled in the MAAC conference, but with their former head coach resigning, the Pioneers welcome a new head coach, Sidney Van Der Merwe.

Van Der Merwe has been coaching for three weeks now. She had previously assisted with the Missouri State field hockey program for three years and acted as a head coach for a Cleveland, Ohio school for two years.

Having a new coach is not only exciting, but brings out new possibilities for the 2016-2017 Pioneer team.

"The record last year is last year. It's not really my concern. My concern is this year. We are working really hard for what I want from them on and off the field," said Van Der Merwe.

"They see my coaching style, my philosophy on the field, so it's an adjustment for them as well."

The team's goal is to make it to conference which starts in October. Their season ends with a game against Monmouth University, one of Sacred Heart's biggest rivals.

The win or loss could determine if the girls make the conference finals.

"We are working out a lot of the kinks because once conference start in October, we are trying to build up to that point," said senior defenseman Jaqueline Delannoy.

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SENIOR, SHAQ SAUNCEZ, HOPING TO SCORE THE PIONEERS A GOAL AT THEIR GAME AGAINST YALE UNIVERSITY