The Race is Over and Americans are Seeing Red: Donald Trump Wins 45th Presidential Election

BY JENNA BILLINGS
Public Relations Manager

On the morning of Wednesday, Nov. 9, Americans awoke to a truth not predicted by most political analysts. Donald Trump will serve as the 45th President of the United States of America.

An upset of magnanimous proportions, each of Trump’s smaller victories in swing states like Florida, Ohio, Pennsylvania and North Carolina brought him closer to defeating career politician and former Secretary of State, Hillary Clinton.

In addition to winning the presidency, the Grand Old Party also won the majority in both the House of Representatives and the Senate.

"Trump’s victory can be attributed to a populist reaction among many white working class voters against a multitude of economic and social issues perceived as undermining their livelihoods and their place within American society," said Dr. Gary Rose, Professor and Chair of the Department of Government, Politics, and Global Studies. "There was also resistance to the same party controlling the White House and Congress."

Days later, Americans everywhere are still reeling at the fact that a reality TV star and real-estate tycoon came out on top in a race against a member of one of America’s most prolific political families.

"Never did I believe America would agree with a man who thinks that degrading women in the future," said senior Jill Christian in her status on Facebook.

Other students were excited by the results and hopeful for the change they might see in America.

"I am excited to see what President Trump will do with the next four years," said senior Gero Gonnello. "His first task will definitely be involving damage control, but I am hopeful that he will be able to unify Americans and make this country great again."

Though he earned 290 electoral votes, exceeding the required 270 to win a seat in the oval office, Trump fell behind Clinton in the national popular vote, not even earning a plurality. Many political analysts are speculating that a lack of turnout among some voting groups contributed to the Democratic Party’s across-the-board defeat.

"Hillary underperformed among racial minorities compared to Obama’s two campaigns which also affected the outcome of some swing states," said Rose.

This was confirmed by data released by the Pew Research Center just days after the election. According to the research, Clinton only held an 80-point advantage among blacks (88% to 8%) compared with Obama’s 87-point edge four years ago (93% to 6%).

Additionally, while black voters accounted for 25% of all early ballots cast in Florida in 2012, that number dropped to just 16% in this election.

"Clinton’s loss revealed the profound failure of the Democratic Party," said Dr. Steven Michels, Professor in the Government, Politics, and Global Studies Department. "For whatever reason, it thought it was wise to collude with the Clinton campaign to hand the nomination to a well-known but highly unpopular candidate..."

Continued on page 2
We don’t know if Bernie Sanders would have won the presidency, but polls at the time showed him doing better in head-to-head matches with the Republican contenders.” Following Trump’s victory, he gave his acceptance address before millions of his supporters early Wednesday morning.

“American will no longer settle for anything less than the best,” said Trump in his speech. “We must reclaim our country’s destiny—and dream big and bold and daring. While the campaign is over, our work and this movement is now just beginning.”

At the conclusion of such an unpredictable race, one thing is certain. Change is coming.

“Trump will benefit from a Republican controlled Congress and a Supreme Court which he will shape,” said Rose. “Watch for changes in health care, corporate tax rates and immigration. I suspect his first 100 days will be historic.”

SCMA Welcomes Jamere Jackson of Nielsen

BY SABRINA GARONE
Staff Reporter

On Nov. 8, Sacred Heart University’s School of Communications and Media Arts (SCMA) hosted a live interview with Chief Financial Officer (CFO) of Nielsen Holdings PLC, Jamere Jackson.

SCMA students packed the Martire Theater to listen to Jackson’s insights about succeeding in the world of business and communications.

The event began with a few opening remarks from SCMA Director James Castonguay. Katie Burke, SCMA’s executive in residence, conducted the interview.

“Having people like Jamere Jackson come and speak to SCMA is important in order to give students guidance and perspective,” said sophomore Ryan Touhey. “Many students feel unsure about how to get to where they want to be in life, and I felt he gave great advice and was responsive to students’ questions and concerns regarding that topic.”

Jackson attended the University of Notre Dame on a basketball scholarship. He graduated in 1990 with a degree in Finance and Economics.

Jackson has held several roles in finance, mergers and acquisitions, and strategic planning at companies such as PepsiCo, First Data Corporation, Total System Services and Procter & Gamble. He would later go on to spend nine years at General Electric, holding the CFO position in multiple departments of the company.

In March of 2014, he was appointed CFO of Nielsen, a global information, data and measurement company.

According to their website, nielsen.com, the company studies “consumers in more than 100 countries to give the most complete view of trends and habits worldwide.”

Jackson explained how the successfulness of a business relies so much on being a good communicator and getting a company’s message out in a way that the general public can understand.

“I found this topic to be really interesting and informative,” said junior Lauren Baker. “As a media major, it was interesting to hear about how communications and business work together. One can not be successful without the other.”

Jackson connected how these skills translated to the working world.

“The same is true in business, which is why I like to surround myself with people with a diverse set of backgrounds and a wide array of experiences,” said Jackson.

Another important piece of advice Jackson shared from his college years was how to make productive use of time.

“When I was at Notre Dame, I remember thinking, ‘wow, I’m going to this school for free, I better take advantage of that,’” said Jackson. “I thought, if I wanted to get the most out of my college experience, I better take advantage of every opportunity that I can.”

A final point emphasized by Jackson was the inevitability of failure, a message sophomore Ryan Touhey found valuable.

“I think it’s important to recognize that there will be setbacks in life,” said Touhey. “Jamere Jackson, and all of the speakers SCMA has hosted this semester, have made it clear that you can’t let setbacks prevent you from getting where you want to be.”

Harvard Cancels Men’s Soccer Season

BY KELLY GILBERT
Staff Reporter

Harvard University suspended its men’s soccer team for the remainder of the season due to the discovery of sexually explicit “scouting reports” created by team members that were passed around among teammates and displayed in a locker room.

The decision to cancel the remaining season for the men’s soccer team, including postseason play, was done by athletic director, Robert Scalise.

Despite the fact that the team was in first place in the Ivy League at the time, Scalise’s decision was made in an effort to demonstrate Harvard University’s zero tolerance of such behavior.

“I think the decision was very appropriate,” said Dr. Steven Michels, Director of Sacred Heart University Assessment.

“Many of us did not see this coming... did not believe that the American people would elect a leader who has so viciously attacked women in the past and who will continue to degrade women in the future.”

- senior Jill Christian
In the mid America pageant.
So it’s safe for me to think that Donald Trump is good in terms of investing and spending his money.
Although Trump doesn’t have much experience running a country, he has a lot of experience running a business.
Since Trump runs a business, he brings a new way of thinking about the country. In my opinion, perhaps this new outlook will bring our country out of the funk it’s been in.
Trump wasn’t the only candidate that broke political norms. If she had been elected, Hillary Clinton would’ve been the first woman president.
Having Hillary Clinton as the first woman president would’ve had many advantages to it. One huge advantage is unity of the country.
Clinton can be seen as a symbol for women. She would inspire people, particularly women and anyone else around the world, to try and be the best they can be. It gave them the hope that their dreams were never too little or too big.
Clinton would’ve been a symbol to the world that women are not discriminated against and that they have the ability to do great things.
Another advantage to Clinton is her previous political experience. Her husband, Bill Clinton, was president from 1993-2001. Being the first lady, Clinton gets the closest experience one could get to being the president.
The fact is that both Clinton and Trump brought positive traits to the table that can and will unite the people of America. Having the nation unite is the first step towards a greater America.

2016 Presidential Election Reaction

“'The thing about this election that has really got me thinking is the use of the phrase 'non-educated.' Before, demographics were usually broken down into groups like 'rural' and 'urban,' 'lower-working class' and the 'middle,' but this year was the first year that I can remember where demographics were broken down by education level as well as 'non-educated.' I think this is one of the core issues that needs to be analyzed in the wake of the election.” - FTDA professor Justin Liberam

“'We picked the worst two candidates from both major parties during the primaries and then picked the worst of the worst to be president.' - junior Wendy Estaven

"As for those who are scared and upset, they are just. All I ask is to give the guy a chance because he IS your president. Just as Barack Obama and Hillary Clinton both said post-election, we owe it to Donald Trump to respect that he won fair and square, and we now need to come together as a nation, as one team, and move on together peacefully." - senior Jane Kenney

"'Trump may be off the rails at times but he does offer some aggressive change, and maybe we need a little push in a crazy direction to get everything else moving. I'm not saying it won't be a disaster, but I am saying that I'm totally open to giving him a shot before succumbing to complete anarchy. It is his own legacy he is playing with and hopefully his fat ego will keep that in check for his sake and our own." - freshman Michael O'Donnell

"As an American, I have faith in our system and faith in my fellow Americans. I have been given the honor to be an American because of men and women who have fought and died for that right. I am a Pioneer, like all of you. I am not a Democrat, I am not a Republican. The one thing I am certain of is that I am the proud daughter of a United States Marine. I stand fearless, connected and ready to support whoever my fellow Americans vote into office because I am not greater, nor less, than any other American. I stand with my nation’s decision for president and I support our democracy and those who fight to defend it above all else." - graduate student Cara Curran
Is Christmas Overshadowing Thanksgiving?

BY CAROLINE FALCON
Staff Reporter

Thanksgiving is a national holiday that has been celebrated all across the United States since 1863. Every year people start to see Christmas decorations being put up in stores and homes before Thanksgiving has even approached, as if Christmas is overshadowing Thanksgiving.

According to USA Today, some stores across the Unites States have started getting ready for Christmas before Halloween has even passed. Target is one of those stores that starts to bring out its decorations months in advance. On Oct. 29, 2015, Target released an article explaining to people that they were going to start getting ready for Christmas and revealed their marketing ideas so people can get excited.

“I don’t think that Christmas is overshadowing Thanksgiving at all. It is a good time to go home for a few days and be with your family and friends. But at the same time Christmas deserves the hype and it’s never too early to bring decorations out,” said junior Justin Cole. “I really enjoy seeing drive through sports so that’s why I get so excited for Christmas, but I never try to skip right past Thanksgiving to get to Christmas.”

Black Friday is a day that stores all around have deals that they may not have any other day of the year. It is supposed to be the day that kicks off the Christmas season.

It was intended to start the day after Thanksgiving and run all day long, however, as of recently stores have started opening up on Thanksgiving night and staying open until midnight on Friday.

“I personally have never shopped on Black Friday, it’s way too hectic for me. But I do have family members who work at Target and Walmart and now that they open at 6 p.m. on Thanksgiving they have to leave family dinner early,” said junior Stephanie Cooney. “I don’t think Christmas is overshadowing Thanksgiving at all. I think Christmas is a time that boosts everyone’s spirits and puts everyone in a better mood. But that being said, I would still rather stores not be open on Thanksgiving so I can enjoy time with my extended family that I never get to see.”

While many large retail stores will still be open on Thanksgiving, according to Pax11, dozens of stores have decided to stay closed on the national holiday and wait until Friday to open.

Many stores have decided to stay closed in order for their employees to spend time with their families. They want to to allow their employees to enjoy one holiday before they start getting ready for the next one.

“I do think that Thanksgiving is sometimes overshadowed by Christmas. However, I don’t think that people forget about Thanksgiving. Everyone enjoys and looks forward to Thanksgiving just as much as Christmas, but it’s easier to celebrate Christmas because there are so many more songs and cliches that come along with it,” said sophomore Jamie Pinilla-O’Dea. “When I saw Sacred Heart putting up their Christmas decorations it gave me hope that the holiday was right around the corner. School gets pretty stressful around this time and it’s nice to see all the festive decorations.”

Red’s: Does It Have Your Beer Option?

BY KELSEY MOR
Staff Reporter

Do you like to drink beer? Is there a certain brand or type of beer you love?

Sacred Heart University’s very own Red’s is know as a place for students, faculty and visitors to come together, have a fun time and drink.

“I normally go to Red’s two to three times a week. It’s a great way to wind down after a long day of classes and work,” said senior Victoria Saporito. “It’s awesome that we don’t have to break our banks or drive to local bars.”

After a busy day of classes, some students go to Red’s having a preference to certain beers over others that are served there.

“My favorite beer at Red’s is Keystone Top,” said senior Elizabeth Calianese. “It has a citrusy taste to it and it is very refreshing.”

Shock Top is one out of the four beers Red’s permanently keeps on the bar’s menu. Bud Light, Michelob Ultras and Big Red Ale are the other three beers that are here to stay for anyone who is a regular.

“There is 16 beers on tap and they rotate weekly,” said Michael Moylan, Director of Student Union. “We serve everything from commercial domestics, commercial imports and also special kinds of U.S. microbrews. We also serve wine and beverages such as Spiked Seltzer, hard sodas, or anything that is a malted alcohol beverage.”

Moylan states there are different factors that go into what beer is being served at a particular time.

“We decide the beer that we serve upon student’s request and what the distributors have to offer. We take into consideration what people ask for. A lot of our beers are seasonal and some of our beers that are offered now in the year will not be offered again,” said Moylan. “For instance, Oktoberfest is ending so all the winter beers are here like the Samuel Adams’ Winter and the Shipyard’s Winter. It’s very seasonal and we are constantly rotating our beers.”

Although many students are satisfied with the beer selection at Red’s, other students would make minor suggestions from their personal preferences as to what they would like to include on the beer menu.

“I’m very content with the beer selection they have at Red’s, but if I had the chance to choose a new beer for them to sell, I’d want to see them sell Miller Lite,” said Calliane. “Other students want to put in some other alcoholic beverages on the menu besides beer, wine and malts.

“I think it would be cool if Red’s served mixed drinks, but besides beer, they do have a good selection of drinks for us non-beer lovers which I like,” said Saporito. 

Although some students have opinions on certain aspects that they believe should be changed at Red’s, a good number of students are satisfied overall with Red’s.

“I wouldn’t change a thing about Red’s,” said Calliane. “Everyone who works there is super nice and just adds to the awesome Red’s environment.”

From Phone to Home: Faster Food

BY MELIHA GUTIC
Staff Reporter

Smart phones have become so technologically advanced that they have the ability to take simple tasks and make them even simpler. With the accessibility of smartphone technology, customers can now expedite food from their favorite fast food chains. CNBC stated food chains such as Starbucks and Domino’s have made it possible to order any item from their app, and have it be ready within 10 to 15 minutes.

McDonald’s recently announced that they would be launching a mobile order-and-pay section into their app. This will allow customers to order whatever they would like and pick it up in the store, according to CNBC.

However, this may contradict the purpose of a drive-thru. Fast food is an industry that considers how fast customers get their food. Yet, this is new idea increasing efficiency?

“It’s not a smart idea, it’s a waste. If you ordered through the app, it defeats the purpose of a drive-thru. It’s already fast, so what is the point of the app,” said freshman Emma Devanny.

Fast food chains have multiple ways of getting their food, whether it is through a drive-thru, fast dine-in, or both. Going through a drive-thru or dine-in can ensure the quality of the food. Ordering ahead could cause establishments to cut corners by preparing the food ahead of time, yet it may not guarantee how fresh it will be.

“I frequently go to McDonald’s and I would be concerned about the food getting cold because McDonald’s doesn’t taste the same when it is cold,” said senior Thomas Spierto.

Other chain companies have seen success with their mobile apps. According to CNBC, “Chick-Fil-A saw major consumer engagement when it launched a mobile app with a loyalty program and mobile order-and-pay options last summer.”

Apps have shown to be successful, as seen in Chick-Fil-A’s case. Ordering over the app is innovative and it just proves the magnitude of the advances being made in technology.

“I would use this app because I think it’s an amazing idea that could really work,” said Spierto.

However, the added efficiency may not be as valuable to someone who does not go as often. The simple, easy and traditionally fast option for them is to just go through the drive-thru.

“I don’t think I would use the order-and-pay section of the app because whenever I go to McDonald’s, it is spur of the moment,” said senior Brian LoDebole.

On the contrary, there are possible benefits to using online ordering. Customers can beat long lines, they do not have to wait for their food to be done and they can make sure they get the correct items.

“I hate drive-thrus because I never get good customer service. I prefer going inside the restaurant and actually talking to the workers,” said Spierto.

According to TIME Money, the mobile order-and-pay has been a long time coming for McDonald’s. It’s surprising that they are introducing it next year because other food chains have been using this technology for quite some time. This will only prove to be beneficial for McDonald’s.

Neil Saunders, CEO of Columino, said in a Business Insider article that the app would give McDonald’s an opportunity to track consumer behavior and buying patterns and stimulate spending with offers and deals.”
When introducing myself, I typically start off by saying I am a double major in theatre and communications. Often times I find that I constantly have to defend the arts. Let’s clear up one of the biggest reasons why I decided to come to Sacred Heart was because I wanted to try new things and it seemed that Sacred Heart had so much to offer.

Once of my favorite parts about being involved in theatre at Sacred Heart had so much to offer. During the summer before college I got an email asking me to join the club rugby team. It said that no experience was necessary.

I figured it didn't matter that I knew nothing about rugby. I even got my two friends to join with me so I wouldn’t be the only one looking like a fool.

The move in for rugby was a week earlier than anyone else due to the pre-season, which was pretty cool because not many people were around to bother me.

So there I was, pretty cozy in my Seton triple with no inklings of what challenges were ahead of me that week.

When I got to my first practice it seemed that many people trying to join the team also had no knowledge of the game. What none of us knew was that the graduating class before us contained most of the team. Only a handful of players were left.

The coach was forced to teach a bunch of kids who never played rugby before.

It was quite the challenge for whoever our coach was. At least, that's what I thought until I met him.

He was an intellectual conductor, an operator of rationality and an agent of the intellectual. His name was Eric Bacik. This man knew how to teach rugby to a bunch of newbies just so that it felt as natural as walking in a straight line.

The best thing about him was just how calm the man was.

Never once did he lose his cool with all of our tomfoolery. The composer of a game, but a hooligan at heart.

The rest of our first day was filled with amusing drills that were fun-filled, but at the same time taught us how to play rugby.

The rest of our first day was filled with amusing drills that were fun-filled, but at the same time taught us how to play rugby. The second day however wasn’t quite amusing, well not amusing for any of the players.

I'm not sure how long our road run went on for, but it felt like an eternity. After the run we weren't done either. Needless to say I finished through the week and fell in love with the sport.

However, love of the sport doesn’t win you championships. My freshman year we had a lot of injuries and we lost a lot of games.

I never thought that I would be starting games my freshman year, but then all of a sudden coach would tell me to go in so I would change my shorts then play some rugby.

We were all bad at the sport, although being bad at something is the first step in getting good at something.

My sophomore year we put in some more work and came out with a 7-2. We found out at the very end of our year that our coach would be leaving.

The man that taught us everything was leaving; it was something devastating to hear, but it was time for both the team and our coach to move on to greater things.

Our new coach, Ray Peterson, had played internationally before and supposedly would help us further our rugby IQ. Our first season with our new coach was kind of a disappointment. We finished 6-3 and had a good amount of experience.

This year was different, we had a year to get familiar with our new coach’s teaching style and we got back our chemistry.

This year most of us are seniors and we had four years of experience under our belts. We worked hard and came out with an undefeated season and with the conference championship.

The bottom line is that rugby is more than just a sport. It’s a lifestyle. I've met some of the best people I know and have had some of the best experiences someone could ever ask for.
Tell Us Your Story: Addison Chau

BY HANNAH O'BRIEN  
Staff Reporter

Sacred Heart University’s Annual Turkey Drive

BY CHRISTINA DIMAURO  
Staff Reporter

The turkey drive is giving students the opportunity to help out families in the surrounding community celebrate the start of the holiday season. The turkey drive is a campus-wide event with a goal to purchase 500 turkeys this year.

The donations of the drive go to non-profit organizations to help connect with the families in need that are in the community. St. Charles Parish in Bridgeport, Golden Hill Methodist Church and Alpha Community Services are all groups that help to benefit over 500 families throughout the greater Bridgeport area.

"Our donations offer the community a warm meal that they can share with their families and a chance to be able to be in the spirit of helping others in the start to this holiday season," said senior Ashley Nordone, Executive Vice President of Student Government for Senate.

The turkey drive is giving students the opportunity to help out families in close proximity to the Sacred Heart community during the holiday season.

"It's all about giving back to our community and that is what Sacred Heart is all about," said senior Sarah Palmieri, Vice President of Judicial Affairs.

There are many different means of getting students across campus to donate.

Whether it is through fundraisers at local restaurants, having table time outside of 63’s and attending different sporting events, every event helps to reach the goal.

Student Government also works along volunteer programs to help with donations.

"Our role is to coordinate the donations of canned foods [non-perishables], as well as staple food items that people can have even after the holiday," said Andrea Canuel, Assistant Director of Volunteer Programs and Service Learning.

Volunteer Programs also coordinates with departments that want to help out.

"The Interfaith Service, which is a joint event with us and campus ministry that is happening Nov. 16 at 2 p.m., is the time when the whole Sacred Heart community can see all the donations and all that we are providing for the families in need," said Canuel.

Students across campus have been donating and sharing how important the turkey drive is to Sacred Heart.

"I think donating to the drive is important. Each one of us, even if it's only a small amount, is making a large impact on someone’s day," said junior Abigail McCarthy. •

There is still time to donate and help Student Government reach their goal.

"I think that students should get involved in the turkey drive because it is important to give back to the community around us," said Nordone. "There are many people that do not have the funds to put together a Thanksgiving meal, and for most of us it something that we take for granted. Being able to hand individuals some ingredients to have a Thanksgiving meal of their own is a wonderful feeling. It doesn't only impact the families that are benefiting, it impacts each one of us as well." •

Sacred Heart’s students and faculty have been donating for the past few weeks and can continue to do so until Nov. 21.

For more information on how to donate, visit sacredheart.edu, or look for flyers and emails about fundraisers on and off campus.
Olympic gymnast Mary Lou Retton once said, “each of us has a fire in our hearts for something. It’s our goal in life to find it and keep it lit.”

This determination is truly inspiring to gymnasts everywhere, and for some Sacred Heart University athletes, seeing the USA Olympic Gymnastics Team in person was a dream that came true.

This year, the Kellogg’s Tour of Gymnastics Champions traveled to Webster Bank Arena in Bridgeport on Saturday, Nov. 12. On this tour are members of the 2016 Women’s Olympic Gymnastics team, known as “The Final Five,” Simone Biles, Gabby Douglas, Laurie Hernandez, Madison Kocian and Aly Raisman.

The tour also includes the men’s, rhythmic, and trampoline Olympic gymnastics teams, as well as World acrobatic gymnastics mixed pairs and other World Champion gymnasts, such as Ashton Locklear, MyKayla Skinner, and Ragan Smith. 2008 Olympic all-around champion, Nastia Liukin, 2008 Olympic balance beam champion, Shawn Johnson, and 2012 Olympic team champion, Jordyn Wieber are also featured during the tour.

According to the Official Kellogg’s Tour of Gymnastics Champions website, “this year’s Kellogg’s Tour is a welcome home party and celebration for the USA’s success in Rio,” said Steve Penny, president of USA Gymnastics. “Our Athletes won the hearts of fans around the globe in August, and this is a chance for America to see them up close and personal. The Kellogg’s Tour has something for everyone, from the very young to the young at heart.”

The gymnastics team at Sacred Heart University had the opportunity to go to the Kellogg’s Tour and revel in the experience as gymnasts. For some girls on the team, the tour reminded them of why they fell in love with the sport and how they got started in the sport reminded me of why I started doing gymnastics and why I still am today,” said freshman Bridget Nolan. “The determination of these athletes is extremely inspiring and even though I know I’m not going to the Olympics, it just pushes me to work harder and try to be the best I can for my team.”

Moreover, the team had the opportunity to utilize Sacred Heart’s custom box office suite at Webster Bank Arena and enjoyed bonding with each other in a different setting. The seats were great in the suite and the view was amazing, but most of all I loved that our team was able to go and watch this event all together,” said Nolan. “It’s nice to be able to do things together outside of the gym because it allows us to take a step back from the intensity and the physical demands of the sports and just enjoy each other’s company.”

The Sacred Heart gymnastics team not only went to the Kellogg’s Tour, but also had the opportunity to volunteer at the event sharing the love of the sport with young gymnasts. “It was so cool to see how excited the little girls were about gymnastics and giving back to the community is always very rewarding,” said junior co-captain, Steph Cooney.

Moreover, the tour reminded Cooney what pushed them to continue to do it in college. "The determination of these athletes is extremely inspiring and even though I know I’m not going to the Olympics, it just pushes me to work harder and try to be the best I can for my team."

The Sacred Heart gymnastics team not only went to the Kellogg’s Tour, but also had the opportunity to volunteer at the event sharing the love of the sport with young gymnasts. "It was so cool to see how excited the little girls were about gymnastics and giving back to the community is always very rewarding," said junior co-captain, Steph Cooney.

Alexa Brisson is a part of the gymnastics team at Sacred Heart and attended the event on Saturday.

BY MARY O’CONNELL
Staff Reporter

The Fairfield County area boasts many Asian dining options, all of which are frequented by Sacred Heart students.

LC Chen’s, a Pan-Asian dining restaurant located in Fairfield, serves a wide and unique variety of Asian cuisine ranging from chinese food, southeast asian food, thai and sushi.

The style of the restaurant was contemporary with distinct touches of Asian flair all around the restaurant. Along with a vast amount of seating, there was also a modern bar and sushi bar. These touches make the space feel classic yet modern and laid-back, which is perfect for a relaxing dinner or night out.

Walking in, the atmosphere felt warm and welcoming upon seeing the friendly faces of the staff ready to seat us right away. Despite the welcoming atmosphere, there were not many people at the restaurant besides a group celebrating a birthday. Although the restaurant was slightly empty, it is clear that it can accommodate larger groups of people.

My group was seated right away and the hostess was quick to bring out drinks. I ordered edamame as an appetizer and an entree of chicken and broccoli with sweet potato veggie rolls. Most sushi and rolls came to about $4.75.

Plates and entrees ranged from $8.95 to $15. All the food was brought out to my table unexpectedly fast.

The edamame was a perfect appetizer to share thanks to its heaping size and the sushi rolls and entrees generously matched that. A bowl of rice on the side was included as well.

The only downside of the larger rolls was that they were a little difficult to pick up and eat with the chopsticks. As someone who is, shall I say, lacking in chopsticks skills, I like being able to easily pick things up with them. Chopsticks aside, they were some of the best sweet potato rolls I have eaten so far around the Sacred Heart University area.

The chicken and broccoli was also delicious, but there wasn’t much besides the size of the plate that made it stand out amongst other chicken and broccoli plates I’ve previously had. This is not necessarily a bad thing. It can be difficult to make such a classic dish stand out amongst others.

Therefore, I do think that the size of the meal really mattered in this case. All in all, it was still delicious as it was filling.

When it came to the quality of the food, it is clear that they do not sacrifice quality for size at LC Chen’s. Both the sushi rolls and entree of broccoli and chicken were satisfying. By the end of my meal, I was completely full.

Fellow Sacred Heart students were also pleasantly surprised with their experiences at LC Chen’s.

The food was really good and came fast. I liked how the chicken was in bigger pieces than normal and everyone was extremely nice,” said junior Brianna Sullivan, who ordered an entree of sesame chicken.

With the atmosphere, service and food all in mind, LC Chen’s offers an above average Pan-Asian dining experience. It is perfect for having a small dinner with friends, a drink at the bar or even a small celebration.

I would also highly recommend this place to any student looking for a bang for your buck type of place. Given the quantity of the food that was served, coming to LC Chen’s was worth my dollar. I definitely think that it is a restaurant that more college students should know about.

LC Chen’s is located at Tunxis Hill Cut Off, and is open seven days a week. For more information on their hours and their menu, visit their website: http://www.lchen.com
J. K. Rowling Returns to the Wizarding World
With "Fantastic Beasts and Where to Find Them"

BY VICTORIA MESCALL
Circulation Manager

J. K. Rowling brings old fans and new viewers with her on a journey to the wizarding world in her anticipated new film "Fantastic Beasts and Where to Find Them."

The film is the first in a series of five films. It is both a spin-off and a prequel to Rowling's Harry Potter series which tells the story of a young boy named Harry who discovers he is a wizard and is invited to attend the Hogwarts School of Witchcraft and Wizardry.

"Although I know nothing will ever exceed my Harry Potter experience, I will absolutely be seeing the new spin-off," said junior Hannah Rojas. "I am trying my best to have low expectations so that I will leave the theater pleasantly surprised."

Directed by David Yates, "Fantastic Beasts and Where to Find Them" stars Eddie Redmayne, Katherine Waterston, Colin Farrell, Ezra Miller, Dan Fogler and Johnny Depp.

"I am so excited to see Eddie Redmayne in "Fantastic Beasts." He is an amazing choice and I first fell in love with him after seeing him in 'My Week with Marilyn',' said senior Julia Vezza. "He's become such a well-known face and I think he will do the choice and I first fell in love with him after seeing him in 'My Week with Marilyn',"

During what was supposed to be a pass through of the city, Scamander has to go on a hunt and save the non-magic world from complete disaster after a muggle opens his briefcase and releases the fantastic beasts he captured and documented during his global excursion.

"I am excited to see "Fantastic Beasts and Where to Find Them" and I'll probably go see it over Thanksgiving break," said senior Kim Amoia.

The film is Rowling's first experience with writing a screenplay. Though writing for print and screen are different, Rowling treated the script like a book and included not just dialogue, but long descriptive passages about the setting and characters. This allowed the production team to really envision what she was picturing.

Reactions to the announcement of "Fantastic Beasts and Where to Find Them" by critics and fans have been positive, as the idea of another wizard-filled series from Rowling brings back memories for many.

Students felt nostalgic when hearing about the release of the upcoming film.

"I am extremely excited, but also very sure that I will miss the original [Harry Potter] films," said Rojas. "Definitely would not be shocked to spend the days afterwards re-watching the classics."

Students also said how the end of the Harry Potter franchise kept them waiting for what Rowling would do next.

"I saw every Harry Potter movie and read all the books. After the last Harry Potter movie was finished, I feel that it did the decade-long series justice," said sophomore Steve Masiutino. "After all the years of thinking was over, I wanted more. I can't wait to see how this one turns out."

"Fantastic Beasts and Where to Find Them" comes out in theaters on Friday, Nov. 18.

The Associated Press & Jordan Norkus contributed to this article.

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Sing Out! A Concert Against Bullying Preview

BY JESSICA ANDRIANI
Staff Reporter

On Saturday, Nov. 19, Sacred Heart University's 4 Heart Harmony will be performing "Sing Out! A Concert Against Bullying" at 7:30 p.m. in the Chapel of The Holy Spirit's lobby.

4 Heart Harmony is the name of Sacred Heart's small chamber choir, which is comprised of a select group of young men and women.

"Everyone who is part of 4 Heart Harmony has a lot of energy and talent, so it makes the practice time fly by. Although we're serious about our music, we still have a lot of fun together. We perform pretty often, so we tend to cover a lot of material in one rehearsal," said sophomore Sarah Riccio.

Since 4 Heart Harmony is a smaller ensemble, their group is able to stand out on campus as separate from other choir ensembles.

"4 Heart Harmony stands out as the most high-caliber, advanced chamber choir on campus. We typically perform pieces by Eric Whitacre, Requiems, among other advanced composers," said senior Cory Robinson. "One of my personal favorites, this concert is aimed at not only shedding light on the effects of bullying on everyday lives, but it also serves to show bullying, whether it be personally or as a bystander, this concert is unlike any of its kind," said senior Jane Kenney. "It is a select choir that ensures a majority of its members have a general understanding of musicianship, sight-singing and intensive work."

Through different inspirational stories and songs, the group is able to fight bullying and stand up for the cause during this concert.

"The Anti-Bullying Concert is a very moving concert. We sing collaborative songs, have individual solos, and voluntary testimonials from 4 Heart students about their personal experiences with bullying," said Kenney. "The concert is emotional, personal and extremely moving for everyone who attends."

Since bullying is an ongoing issue on campuses all over the world, the group continues to shine light on the problem and bring awareness.

"We try to touch on all the aspects of bullying from the lowest points for a reminder that you have people here to support you. For many people, music has the power to heal, which makes this experience even more touching," said Riccio.

4 Heart Harmony is featured in this concert sharing the stage with speakers telling different stories. This anti-bullying concert is performed every year on campus. As a result, it is offered as a colloquium for students in the Catholic Intellectual Tradition courses.

"The concert is filled with emotionally charged songs and testimonials from students within the choir who have faced the effects of bullying, whether it be personally or as a bystander, this concert is unlike any of its kind," said senior Cory Robinson. "One of my personal favorites, this concert is aimed at not only shedding light on the effects of bullying on everyday lives, but it also serves to show the Sacred Heart community, the lessons they can learn in order to put a stop once and for all to a practice so evil."

Students and staff are able to attend with free admission to experience the concert and to hear the many different inspirational stories throughout the night.

"This colloquial-concert will truly change anyone's viewpoints and expand their hearts that will hopefully help them to begin the fight to end bullying everywhere all the while providing great music from a choir that is nothing short of greatness," said Robinson.

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William Shakespeare's "The Tempest"
The Theatre Arts Program's Latest Production

BY JULIANNA MAURIELLO
Arts & Entertainment Editor

On Thursday, Nov. 17 Sacred Heart University's Theatre Arts Program will open its doors to its main stage production of "The Tempest," by William Shakespeare.

Students acting in the production have been in preparation and rehearsal for many weeks. "The Tempest," like most Shakespearean plays, has multiple intertwining plotlines and manages to demonstrate the human capacity for malice, redemption and love.

"The theme of this show, like most Shakespeare works, is love. However, rather than being romantic love, the story is that of sacrifice," said junior Sean Whelan.

The plot of this show follows the characters as they are stranded on a remote island. The Duke of Milan, Prospero, plots to restore his daughter Miranda to her rightful position using his wit and magic. Prospero uses his magic to summon a storm that would result in the arrival of his usurping brother Antonio and King Alonso of Naples to the remote island.

Though the plot can be summarized by basic themes and character plots, every character plays a vital role in the way the storyline plays out due to the plots intertwining.

"My character Sebastian is the younger brother of Alonso, who is the King of Naples. He is one of the sinful men who badly wronged the main character Prospero and must now face his past as it comes back to haunt him," said Whelan. "Meanwhile, he and Antonio, Prospero's brother, are also scheming to overthrow Prospero to take the throne for themselves."

Since Shakespeare characters and plays have multiple layers to be untangled, the cast had to rehearse and really study their roles.

"The cool thing about Shakespeare's writing is how nothing is ever wasted. Every line, word and even every mark of punctuation has meaning behind it and gives the actor clues on what to do in each scene," said Whelan.

Cast members also look forward to the audience seeing the hard work they've put into the production.

"The rehearsal process has been very professional, yet fun and eye-opening," said senior Elise Bean. "I am honored to work with such dedicated and talented individuals and I can't wait to see where we end up come opening night."

Members of the production hope that other students on campus will be open-minded to the Shakespearean tale, though it may be tough to follow.

"Orange is the New Black" Visits Sacred Heart

BY JESSICA CHALOUE
Managing Editor

LIN TUCCI, WHO PLAYS ANITA IN THE HIT NETFLIX SHOW, SPEAKS TO STUDENTS ABOUT HER EXPERIENCES IN THE PROFESSIONAL WORLD

The Sacred Heart University Theatre Arts Repertoire Program hosted actress Lin Tucci, currently known for her role as Anita DeMarco in "Orange is the New Black," on Sunday, Nov. 5.

Tucci has worked in the acting world for most of her life, describing that it was a teacher in high school who inspired her career. From there she has worked in roles within "Showgirls," "Nunsenations," "Nuncrackers" and others.

Tucci was brought to speak to the program thanks to Leo Carusone, Assistant Director of Theatre. Before beginning the Q&A to the invited students, Carusone and Tucci began talking photos with her after the event.

"I really am grateful to have had the opportunity to have done both," said Tucci.

The Sacred Heart actors and actresses continued to ask Tucci questions such as how to hire an agent, what it was like to act in different cities and her favorite moments on set of "Orange is the New Black,"" she liked better, and the differences between television and traditional theatre.

"Theatre gives you the reward that really in my opinion, you don't get that reward as you process 'Orange is The New Black.' As you're on set, once we finish an episode, until the season comes out and then you go 'oh so that's what I did.' You really don't have the momentum that you have and the luxury of rehearsing and seeing your character's arc develop and then coming to the opening night and then you [get the full picture]," said Tucci.

Students in the repertoire program were thankful for the visit from Tucci and enjoyed taking photos with her after the event.

"To be able to learn from the experiences and insight of a professional actor is a rare opportunity and I was lucky enough to experience such an opportunity," Lin Tucci's visit was a wonderful experience that I am grateful for having been apart of," said sophomore Matthew Hemshaw.
Kruglak Sets All-Time Kills Record

BY WILLIAM CALLAHAN
Contributing Writer

It was only a matter of time for Sarah Kruglak, a senior Division I volleyball captain and record breaker. Kruglak has eclipsed previous record holder Tricia Moore’s school record of 1,447 kills. Kruglak now stands alone with 1,453 kills, and counting.

“I really didn’t think it was a possible goal until last year,” said Kruglak. “My dad and I sat down and tallied up how many kills I got and we figured out how much I needed for this year, so it’s been in the back of my head all year.”

Success and setting records are nothing new to Kruglak, as she has emerged as one of the best players and leaders on the team.

“She is a very dominant offensive player,” said head coach Bob Machan. “Other teams almost always focus their defense specifically on her but she still manages to put up incredible numbers.”

The opportunity to break records did not hinder the focus of Kruglak.

“Even with all the attention on her this season in her pursuit to break the record, she continues to excel,” said Machan. “That also opens up other areas on the court for other players to make an impact.”

Kruglak’s record-chasing season has not slowed down the team as they have stormed to a 12-1 conference record, with their only loss occurring against Central Connecticut State. Overall, the team is 21-7 on the year so far.

“A lot of not only my success, but the team’s success, is due to everyone on the team,” said Kruglak. “I wouldn’t be where I am today without the help of my teammates.”

Two of Kruglak’s most important teammates who aided in her accomplishment are redshirt junior Kiki Robinson and senior Ana Gonzalez. Robinson plays setter and Gonzalez is the libero.

“Watching Sarah get the record was definitely cool for us to watch and be a part of,” said Robinson. “She’s worked extremely hard over the past four years to get to where she is.”

“She’s going to be very important for us in order to win the NEC tournament this year for sure,” said Gonzalez. “Each year she always puts us in a position to win.”

In her freshman campaign, Kruglak was named NEC Rookie of the Year in 2013-14, as she finished with 323 kills in 31 matches, good for seventh in the conference.

With the record now intact, Kruglak and the rest of the team are focused on winning the NEC tournament.

“It’s definitely a weight off my shoulders because now I can focus on playing my game,” said Kruglak.

The women’s volleyball team’s last regular season game was on Nov. 13 in a rematch against Central Connecticut State. Sacred Heart won the match 3-2.

“I feel really confident in these next two weeks that we’re going to play really well,” said Gonzalez.

The women’s volleyball team will begin the first round of the NCAA tournament on Dec. 1.

Women’s Bowling Hoping For Successful Season

BY KENDALL GREGORY
Staff Reporter

The Sacred Heart University’s women’s bowling team has begun this season the same way they ended last year, by winning.

The team finished the 2015-16 season by winning the Northeast Conference (NEC) Championship against Long Island University-Brooklyn. Expectations for this season remain high.

Senior captain Amanda Tyrell wants to get back to that championship game.

“Being able to keep our position as NEC Champions for the second year in a row would be amazing,” said Tyrell.

The team started this season on a 10-0 run. They finished first and second at their first two tournaments. After suffering their first loss to Caldwell University, they currently hold a record of 14-4.

Coach Rebecca Kregling is happy with how her team has performed so far.

“We have played well and consistently in the first two tournaments. Both tournament finishes were the highest in the last three years,” said Kregling. “I feel we are working well together and the students-athletes are playing at a much higher level than last year.”

Kregling has made some changes in practice since last season. Individual and small group practices were added to focus on each player.

“Last year we focused more on players who had major things to change. This year we focused on every player, including our best, to make sure their physical games were solid and ready for the season,” said Kregling.

The returning players practiced and competed over the summer. Senior Lauren Hoffman, NEC Championship Most Valuable Player (MVP), believes the team is on the way to a successful season.

“The biggest factor that is going to help us have another successful season is to communicate and bond with each other on and off the lanes,” said Hoffman. “Being able to be unified as one group no matter what, will lead to our success on the lanes.”

Senior Sarah Rhodes, named to the All-NEC First Team last season, believes the team’s bond is very strong this season.

“We are all like family. We always have a great time when we’re all together but no one pushes you more than your family,” said Rhodes. “Whether it be on the lanes, in the class room, or in the gym, I know the team has my back not only to support me, but to push me to be the best version of myself as both an athlete and a person.”

The team now is the only three teams to make appearances in the NCAA tournament since 2011, most recently in 2013.

Both are ranked higher than Sacred Heart.

Goals for the remainder of the season include another NEC Championship, but also a run at Nationals. Kregling’s goals include working to improve each individual’s game and finish in the top of major tournaments to improve the team’s national ranking to the Top 10.

“If the team can keep that drive going all season long, we may be able to be a contender for Nationals, which would be the icing on our favorite chocolate cake,” said Tyrell.

The women’s next tournament is the University of Maryland, Baltimore County Hawk Classic on Nov. 18.
Sports

Noel Sets All-Time Passing Yards Record

BY HEATHER KELLER
Staff Reporter

Before fifth year quarterback RJ Noel even steps onto the field for pregame, he is focused and ready to go. His mindset does not waiver in the presence of an opponent even if he is on the brink of breaking a record.

"My mindset has completely stayed the same since I started here. Go out and help the team win, that's what I try to do each game," said Noel. "Everything that comes along with it just comes.

The Sacred Heart University's men's lacrosse team and Dr. Theresa Miyashita, Program Director and Assistant Professor in the Sacred Heart Athletic Training Department, conducted a study on lacrosse head impacts. It began in the spring of 2014.

The goal of the study, which is still ongoing as dependent variables continue to be added, is to determine how head impacts affect neurocognitive function.

Bryce Jurk and Ryan O'Donoghue, both seniors on the team, believe this study will raise more awareness for head injuries that occur during lacrosse practices and games. Both Jurk and O'Donoghue have had concussions due to lacrosse.

"Everything he [RJ] says, we listen to. Basically his leadership is the reason why we are here. It's the reason why he has had success, and the reason why Sacred Heart as a program has had success too," said Webb.

"If you have good enough wide receivers like we do here, you can spread the ball out and get the ball to the playmakers hands so they can go to work," said Noel.

"Chemistry and connection is apparent between the offensive players, which makes a difference in the game," said fifth year senior Mosen Webb. "As a receiver, once you and the quarterback get on the same page it all just goes uphill from there," said Webb.

According to Noel's biography on the Sacred Heart Athletics website, he came into college with athletic achievements and ability, having broken 14 school records during his time at Lowell High School in Massachusetts.

"We accepted him his freshman year so he could get used to the offense, he has matured as far as he knows the game, and even now he's got the keys to the car," said Webb.

"He makes all of the checks at the line of scrimmage for the offensive line, he sets the protections, so I guess you could say he's got the keys to the car," said Webb.

Webb and Noel have gone through the program together, which has given both of them the opportunity to watch each other grow and become consistent stand out players. "Everything he [RJ] says, we listen to. Basically his leadership is the reason why we are here. It's the reason why he has had success, and the reason why Sacred Heart as a program has had success too," said Webb.

"Setting a record at any level is kind of special, but at a collegiate level it's tougher competition and means more than in high school," said Noel.

In response to his individual record, Noel gave credit to his training and to his own athletic growth in his time as a Pioneer.

"31-12 in his career, four consecutive winning seasons, he's been to the playoffs twice, and won a Northeast Conference Championship twice," said Notri. "I'm just extremely proud of where he was as a freshman, where he is now and what he has done for our program.

The Pioneers, led by Noel, will conclude their regular season against Bryant on Saturday, Nov. 19 at 12 p.m. at Campus Field.

Lacrosse Team Takes Part In Head Injury Study

BY KENDALL GREGORY
Staff Reporter

The Sacred Heart University's men's lacrosse team and Dr. Theresa Miyashita, Program Director and Assistant Professor in the Sacred Heart Athletic Training Department, conducted a study on lacrosse head impacts. It began in the spring of 2014.

The goal of the study, which is still ongoing as dependent variables continue to be added, is to determine how head impacts affect neurocognitive function.

Bryce Jurk and Ryan O'Donoghue, both seniors on the team, believe this study will raise more awareness for head injuries that occur during lacrosse practices and games. Both Jurk and O'Donoghue have had concussions due to lacrosse.

"Everything he [RJ] says, we listen to. Basically his leadership is the reason why we are here. It's the reason why he has had success, and the reason why Sacred Heart as a program has had success too," said Webb.

"I think the concussion study is interesting since it hasn't been done for lacrosse," said Jurk. "I think the concussion study is interesting since it hasn't been done for lacrosse." Before the season began, players took balance and vision tests. These tests were used as a baseline. Data collected during the season was then compared against the initial tests, which show how the impact from hits affects a player's neurocognitive function. The baseline tests were also used to help determine if a player has a concussion. The same balance and vision tests were done after the season in order to see if there was a change in the player's balance and vision at the seasons end.

"We were able to see that our goalkeepers are sustaining some pretty hard impacts as compared to some of the other players," said Miyashita in a statement to Sportz Edge, an affiliate of WTNI News 8. "It depends on the player and the position, we've seen two to three hits, but we've also seen 30-40 impacts a game.

There were a few difficulties that came up during the study. None of the difficulties impacted the results which showed change in neurocognitive function, but no major change to cause deficits.

"We are seeing a lot more research, focus and attention, [for example] boys and girls soccer, even cheerleading, because we are seeing a lot of injuries besides football players," said Miyashita in a statement to Sportz Edge. "Yale University is now also conducting a study on concussions and head impacts as more universities realize that the study is vital to the health of athletes.

"I think a lot more people around the National Collegiate Athletic Association (NCAA), and especially our conference, are more aware now," said Jurk.

The study will help to accurately diagnose the difference between a concussion or a safe hit which will make collegiate sports safer.

"In sports people get hit all the time and don't know if they have a concussion or not, they just play through it," said O'Donoghue. "The sensors can help read concussions which I think will help keep the players safer."
Senior Sarah Krufka, who set the all-time kills record, serves the ball hoping to bring home a win.