The Holiday Spirit Fills Sacred Heart

In just five days, classes will end for Sacred Heart University's undergraduate students and finals week will begin. Fall semester will be over and students will have about a month break for the holidays. However, Sacred Heart is already underway with celebrating the holidays by decorating the campus with lights, wreaths and Christmas trees.

"The month of December is always stressful because students are preparing for finals," said senior Laura Vero. "However, Sacred Heart does make campus feel more at home with the decorations and activities they have. It takes the stress off for a little bit."

One festive activity that students can partake and enjoy every year is the annual tree lighting. This year, the event was held on the first of December.

"The tree lighting was so beautiful and it really brought the whole community together," said senior Laura Vero. "It's a really special time here at Sacred Heart and I really enjoyed the whole experience," said junior Nina Miglio. Other students also enjoyed the Christmas atmosphere, and continue to love the tradition that Sacred Heart has.

"I sing in the choir so I attend the tree lighting every year. I love it because everybody is there is there because they want to be there and they love Christmas. It's just a fun group of people celebrating the beginning of the Christmas season by singing carols around a tree with cookies and cocoa," said junior Cara Desrosiers.

Sacred Heart is also having another tree lighting tonight at 5:30 p.m. at the new West Campus location, the former GE headquarters. Rockefeller Center in New York also had a tree lighting last week that some students were able to attend.

"The tree lighting at Rockefeller Center was really cool, especially coming from someone who has never seen it before. It is definitely worth something seeing again," said senior Andrew Kalach.

The Edgerton Center for Performing Arts also keeps the holiday spirit alive with choir and band concerts and dance shows. This past weekend, the Sacred Heart Dance Program had their seasonal show in the Edgerton called "Winter Light." Students were able to watch performances from the Dance Company, Dance Ensemble, SHU/Irish Dance Ensemble, and other special guests.

"I went to the dance show last Friday and it really got me in the holiday spirit," said senior Sarah Palmieri. "The SHU Rockettes were awesome. I really loved their costumes." Sacred Heart is also featuring more holiday performances for anyone who wishes to attend. The choir's "Christmas Extravaganza" will be on Dec. 10 in the Edgerton Center and the band's "Christmas Memories" will be on Dec. 11 in the Edgerton Center. There will also be special performances by the New Haven Symphony Orchestra and the Christ Church Choir on Dec. 16 in the Chapel of the Holy Spirit and Cherish The Ladies on Dec. 21 in the Edgerton Center. For more information on any of the events coming up, visit edgertoncenter.org or sacredheart.edu.

BY NATALIE CIOFFARI
Editor-in-Chief
Fidel Castro Passes Away at 90

BY KELLY GILBERT
Staff Reporter

Cuban leader Fidel Castro, notorious for sparking the Cuban Revolution as well as his tight grip on communism and defying the United States of America for decades, has died at the age of 90.

After his half-century rule over Cuba, Castro passed away from what some believe was poor health on Nov. 25 at 10:29 p.m.

Filled with emotion, Cuban President Raul Castro made his brother's death known to the public through a Cuban state television announcement.

"It's difficult not to be optimistic about the death of a dictator," said government, politics, and global studies professor, Dr. Steven Michels. "Castro did some good things, undoubtedly, but the net gain was negative. Good leaders do not promise elections, then fail to hold them. 

"Socialism or death" arose as Castro's rally cry. Despite the Western-style democracy that many other countries were embracing, Castro tightened his grip on communism.

"There was nothing 'valiant' in Castro's communist revolution in Cuba," said Dr. Gary Hague. "My heart goes out to the poor people who suffered under his rule and were victimized by Castro's policies."

His body has been cremated, and, in an attempt to honor his memory, his ashes will be used to fertilize the soil of Cuba, according to his wishes.

As for Cubans saddened by the loss, they will be acknowledging Castro's death with a day of mourning.

The Bay of Pigs Invasion in 1961, followed by the Cuban Missile Crisis a year later, ravaged any remaining Cuban ties with the United States of America.

"The hostility towards the U.S. was fueled by Castro, which also contributed to U.S. hostility amongst some Latin American countries and Latin American leaders," said Rose. "Castro most certainly defied many American presidents over the years, which he relished, and in doing so painted the U.S. as an imperialist nation."

In 2008, after years of declining health, Fidel Castro resigned as president and in hopes of continuing his communist revolution, he turned power over to his long-time follower and brother, Raul.

It wasn't until 2016 that President Obama visited Raul Castro in Cuba, the first American president in 88 years to make such a trip to Cuba. The visit symbolized an attempt to mend the broken relationship between the two countries.

Despite steps taken towards a better relationship with Cuba, even in Castro's death, many Americans have a hard time feeling anything but hopeful.

According to AP Exchange, President-elect Donald Trump called Castro, "a brutal dictator who oppressed his own people for nearly six decades."

He hoped that his death would eventually make way for a "future in which the wonderful Cuban people finally live in the freedom they so richly deserve."

As for Cubans saddened by the loss, they will be acknowledging Castro's death with nine days of mourning.

His body has been cremated, and, in an attempt to honor his memory, his ashes will be taken the reverse route he took across the island after seizing power in 1959. His ashes are expected to arrive in Santiago de Cuba, the birthplace of the revolution he sparked, on Dec. 3. There will be a memorial service held at the city square in his name.

"Castro's death marks an important turning point in history," said junior Victoria Hague. "Perhaps his death will lead to better opportunities for the Cuban people that were often denied to them."

And maybe there will be more of a relationship created between the United States and Cuba now. There's no way to know for sure yet, but I can't help but think that his death will lead to better things."

The AP Exchange contributed information to this article.
The next ten years.

Questions are everything every college probably will not change for a long time. Myself turning to every year. That have not changed in your life and friends seem to find interest in things as you see your mom making seasonal cookies.

Conversation, the pinnacle of small talk is reached. Not only are you catching up from a list of robotic, predictable questions from your GPA to your life plan for this year or just had an awe-inspiring experience from college should all have an awards dinner. We can go through each and every conversation, and give out awards for the best ones.

Don't get me wrong, I love every one of my family members and very much enjoy their company. However, being asked what I plan on doing with myself after college, or telling me how hard it's going to be to set myself up and start paying off my college debt is pretty disheartening.

I mean I feel as though I'm at some horrible job interview for a job that either doesn't exist or that I'm never going to get. Now some of you might be thinking that there's no reason to have such conversations because we were just home for Thanksgiving and we would've already been caught up on everything. Well, I beg to differ. I come from a half Irish and half Italian family, which means way too much family for our own good and a lot of old relatives with memories that pretty much consist of wet sponge.

In the end, everyone has family members that they only see during the holidays. Like that aunt that smells like fake tans and always eats all of the butter. Or that cousin that just won the noble peace prize and is a volunteer firefighter. Well, whether you have random seasonal family members or if it is just you and your mom hanging out and singing Christmas carols; we can all join together in the dreadful holiday conversations.

Now some of you might be thinking of how are all of your classmates? Do you have a favorite professor? Did you get any internships? What do you even do with your major? How's rugby? What even is rugby? Is it like football?

Again I reiterate, I love to spend time with my family but sometimes my head hurts talking to them during the holidays. Of course this year is going to be much bigger in terms of what we're going to talk about because of a certain something that happened this year.

I started seriously dating a girl this semester so I could only imagine how long I'll be talking about her over break. (That is right ladies, I'm taken.)

Now, for the sake of our relationship I'm just going to say that I LOVE talking about my girlfriend.

With that being said, I'm sure my very nosy family will be busy stalking her Facebook and asking me a million questions about her.

Although, on the brighter side, that might distract them from asking the usual questions from the past three years. Who knew a girlfriend could be so beneficial?
The Burger Brawls Series

BY CAROLINE FALLON
Staff Reporter

Every December the cable network, Freeform, has their annual 25 Days of Christmas. This is when they play continuous Christmas movies every day leading up to the holiday itself, according to Freeform.com. They are celebrating 20 years of this tradition this December.

The cable network plays these movies in order to kick off the Christmas season. Having started in December of 1996, this current year, the cable network will be celebrating its 20th year having the 25 Days of Christmas.

The marathon began on Dec. 1, and will run all the way until midnight of Dec 25. “Ever since I was little, my family and I would watch the 25 days of Christmas in the living room. It was something I would look forward to every night, because both of my parents worked late, and we usually never had ‘family time,’ and as a kid I loved it,” said freshman Gabrielle Branciforti.

Freeform plays Christmas classics that almost make it a necessity for people to watch. There are specific films like “The Polar Express,” “Elf,” “The Year Without a Santa Claus,” and “Rudolph: The Island of Misfit Toys” that air.

According to Vulture.com, in 2014 an estimated 100 million people tuned in to watch the continuous Christmas movies. With many cable television channels struggling since the 20th year having the 25 Days of Christmas, Freeform is one of the few channels that can rely on this programming to boost their ratings and profit.

The majority of them live in campus housing. The university has nine dormitories, and each dorm has its own criteria and standards that they hold a burger to. However, burgers are often a very common meal choice in our culture, but they can also offer an extreme level of diversity. While most burgers consist of the same core ingredients like ground beef and cheese, the burgers around the Fairfield area get a little more exciting than that.

When visiting this topic, the first thought that comes into student’s mind is Merritt Canteen, a fixture in the Bridgport area since 1942. “Can’t match Canteen, right off the grill sloppy and ready to go,” said junior Stephen Thibault.

When it comes to this great American delicacy, there are plenty of different styles to spice it up. Burgers come in all shapes, sizes and weights. Recognizing the many diverse styles of burgers are very important pieces when deciding who belongs at the top. You get your lean lean burger, fat juicy burger, and the cheesy mesy burger.

Taking toppings into account is pivotal. “A burger with more color doesn’t necessarily mean more flavor,” said Thibault.

A burger can be dressed a million different ways, but some notable toppings are bacon, lettuce, tomato, ketchup, mustard, onion, mayo, BBQ, peppers and any cheese of your choice. “I try to do most of my eating on campus, it is a much more cost effective place to eat,” said graduate student Rahul Isaac.

BY MELIHA GUTIC
Staff Reporter

Sacred Heart University is home to over 4,500 full time undergraduate students and a majority of them live in campus housing. The university has nine dormitories, and each one of them houses a different class.

Many students live in campus housing, which allows them to get the full college experience, one that can be especially rewarding. “I would say Oakwood was my favorite because there aren’t four people to one fridge and it also feels the most homey. I liked Seton too because of its location, but in this case, Oakwood wins,” said junior Caroline Welch.

Oakwood is apartment-style living that is home to juniors and seniors. It typically houses two people per room, but some rooms house four.

Like Oakwood, there are three other options for upperclassmen: Pioneer Gardens, Park Ridge, and Talt Commons. All three consist of apartments, but Park Ridge also has town houses.

The thing about these dorms is that they are a little further from campus. There are options closer to campus, such as Roncalli Hall or Christian Witness Commons (CWC), or as some students call it, North.

“My favorite dorm that I’ve lived in was North/CWC. It is extremely close to the Marriott building, which is where I had all of my classes, and my suite there consisted of all of my closest friends so it was nice to have them around me,” said senior Kristen Mauer.

CWC houses sophomores with around 11 to 12 students per suite. It contains a fitness center and the coffeehouse, Holy Grounds.

Ronnell on the other hand, is a freshman dorm right across from campus and also features a gym inside. It even provides a floor for honors students.

Sacred Heart has many on campus dorms housing both freshmen and sophomores, such as Seton Hall, Merton Hall, Scholars Commons, and Bergoglio Hall. These dorms are ideal due to their proximity to everything on campus. The ability to get anywhere on campus without taking a shuttle is favorable to students.

“Seton was my favorite dorm because I was close to everything on campus and felt more involved in everything by living there,” said junior McKenzie DeGroot.

Seton Hall houses over 400 freshmen and Merton houses over 300 freshmen. Its location makes it accessible to everything on campus and is ideal for first year students while they become accustomed to life as a college student. Scholars Commons is located behind Campus Field and is home for 300 sophomores and is considered apartment-style as well.

The newest building, Bergoglio Hall, is the brand new dorm for over 200 sophomores. It consists of pods and inside there is a Cross Fit gym and a video game room.

“My RSA right now is my favorite because she’s so genuine and makes an honest effort to know and help you,” said Welch.

Sacred Heart offers many options, but it seems that no matter where you end up living, a great experience is bound to happen.

“Each dorm has its pros and cons, it’s about where you are the most comfortable,” said Welch.
‘Tis The Season To Be Stressed
NATALIE CIOFFARI & JESSICA CHALOUX
EDITOR-IN-CHIEF & MANAGING EDITOR

’Twas the night before Spectrum Mondays, and all through the office, not a creature was stirring except for Natalie and Jess trying to figure out what they wanted on the front cover...

For the past 14 weeks, our lives have been filled with wonderful first experiences as stressed as we have been throughout the semester. As a power duo, we had many firsts together, like our first time publishing the Spectrum as Editor-in-Chief and Managing Editor, and our first Sunday board meetings. This also included the first time ordering pizza together and getting cream of broccoli soup at the diner and even going to paint night on the one Monday we didn’t need to publish a paper.

It was magical, in case you were wondering.

We continued these traditions all semester and pushed through with all of our overloading school work. As seniors, our classes might be more focused on our Media Arts and Journalism majors, the work has begun to pile up. Assignments might not be as tedious day to day, but have been more focused on long-term deadlines.

If you are not a communications student, you might be thinking to yourself that we have it easy. Yes, we will admit that we do not have terribly scary tests. We give you all the credit in the world for being about, to do that, our brains are not wired that way. But our projects take weeks and sometimes months to finish. Let’s take senior project for example. Who knew that a semester could fly by so quickly leaving you kicking yourself for not being more on top of your deadlines. (Sorry Professor Castonguay, it’s getting done, we promise.)

To add on top to the never ending stress of senior year and Spectrum, try realizing how many lasts are passing you by. Yes, we still have our spring semester of senior year left, but what about our last Halloween at Sacred Heart being over, or tree lighting? Our last holiday photo with Spectrum and Santacon as undergraduates. This time next year we will be somewhere in the workforce or in Grad School trying to figure out what the next step is.

The past four months flew by us way too quickly than we could have ever expected. There were a lot of tears, but also a lot of laughs. Being here from Sunday night to practically all day Monday into Tuesday was one of the hardest things we could ever get used to and have expected.

Yet, we would never change it for the world.

Being the two head editors of Spectrum is a tough, yet rewarding job. We couldn’t be more proud of the amazing staff and writers we had this semester. As we close a chapter on some of our firsts and lasts, we hope that next semester can only bring more amazing memories.

Thank you Spectrum for giving us another reason to be thankful and blessed this holiday season.
Tell Us Your Story: Natalie Coe

BY CHRISTINA DIMAUC
Staff Reporter

Professor Natalie Coe may be one of the most recognizable professors at Sacred Heart University because of her outgoing personality and unique pink hair.

Before arriving on the Sacred Heart campus, Coe had traveled extensively throughout the world. Receiving both her Bachelor's and Master's degree from Oxford University in the United Kingdom.

"As an undergraduate, you don't get grades until your final exams at the end of your last year. Those exams are extremely stressful because they determine what rank of degree you receive, but up until then, there's no worrying about GPAs or whether you got an 89.95 or a 90 in a class," said Coe. "That's not to say that the professors don't give you a hard time, however, they did not sugar-coat their criticism."

She also traveled to places like the Soviet Union, when it was still considered the Soviet Union, Czecho-Slovakia during the Velvet Revolution in 1989 and Cuba during the so-called special period.

As for arriving at Sacred Heart, Professor Christel Manning, who teaches religious studies, suggested that Coe apply here.

"Christel told me that Natalie was a really creative and interesting person," said Theology and Religious Studies Professor Brian Stiltner. "So I interviewed Natalie and I found her to be an engaging conversationalist who knew her stuff about philosophy while also having great instincts about how to engage students." Being a philosophy professor is not something Coe had planned for, but she loves teaching students.

"As a philosophy professor, she takes the opposing perspective and is able to bring diversity and engage students with her experiences in a difficult course," said Manning. Coe has had many different careers throughout her life before deciding to become a professor, including glassblowing. "I fell in love with glassblowing when I saw the great maestros in Venice, so I took it up as a hobby and then I got a job as a studio assistant to a well-known glassblower," said Coe. "I'm drawn to challenges, and glass is the hardest artistic medium to master; it's so intense and requires so much focus that it's almost meditative." Outside of teaching, both Coe and Manning spend a frequent amount of time with each other, as both of their kids are involved in ice hockey.

"Natalie actually lives in my neighborhood. I have babysat for her young son, taken our kayaks out on the river and she has been to my house many, many times for dinner," said Manning. Aside from teaching, Coe is also a mother and enjoys introducing her son to the things she loved, like Tintin books and eating ice-cream. She also enjoys cooking and baking, as well as going out to eat.

"But, I'm not a snob. In my opinion, Super Duper Weenie ranks right up there with the fanciest restaurant in New York," said Coe. As for the distinct hair color choice, Coe explains that it's her way of being rebellious. "My standard answer is that I'm having a midlife crisis, but I couldn't afford a Jaguar-E type, so I dyed my hair pink instead," said Coe. "I was very rebellious when I was young, but once you have a kid and a house and 'grown up' responsibilities, it's not so easy to pack up and move to Cuba or do any of the other truly insane things I did. My only remaining outlet for rebelling against the status quo is my hair."

Mental Health Channel Event

BY DIANA HOFMANN
Staff Reporter

Sacred Heart University's club, To Write Love On Her Arms (TWLOHA), hosted a Mental Health Channel event on Tuesday, Nov. 16 in the University Commons. The event was open to anyone and was free of charge.

To Write Love On Her Arms is a club that supports the non-profit movement dedicated to presenting hope and finding help for people struggling with illnesses such as depression, addiction, self-injury and suicide. The club was formed here to be a resource for people to be safe about their experiences and to know they aren't alone in their struggles," said senior Victoria Milhomens, Vice President of TWLOHA.

The title of the club was created in 2007 by the founder Jamie Tworkowski to title a story which he shared to help his friend Renne Yohe who struggled with addiction, depression, self-injury and suicidal thoughts. The title represents a goal to believe that a better life is possible and that you are not alone.

The goal of TWLOHA is to entertain, raise awareness, facilitate an open dialogue and help every individual realize their optimal mental health. TWLOHA wants to encourage, inform, inspire, and invest directly into treatment and recovery.

"To Write Love On Her Arms brings awareness to mental illnesses at SHU. We want people to know they aren't alone in their struggles," said senior Victoria Milhomens, Vice President of TWLOHA.

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On the TWLOHA official website, according to Tworkowski, "the vision is hope, and hope is real. You are not alone, and this is not the end of your story."

TWLOHA believes that everyone can relate to pain. All of us live with questions, and all of us get stuck in moments, but everyone must know that they are not alone in places that feel stuck. TWLOHA believes that hope is real and help is real.

"To Write Love On Her Arms was formed here to be a resource for people to be safe and to share their story without feeling judged. The continuous support is why I am a member and will continue to be," said senior Michelle Scatamacchia. All students may join the TWLOHA club at any time. For more information, contact club president Victoria Caputo at caputov@mail.sacredheart.edu.
Club Spotlight: SHUsine Culinary Club

BY ATENE DILUCA
Staff Reporter

"Every month the club holds a hands-on cooking demonstration, which allows students an opportunity to learn how to cook a full meal. Each demo has a theme to it. Some themes we have done include cooking on a cheap budget, cooking a meal with common ingredients found in a college dorm room, and even making homemade desserts," said senior Caroline Burns, President of the Culinary Club.

A group of student ambassadors came up with the idea of creating a cooking club, which soon became a campus-wide initiative.

“The club first started in 2014 in response to a lot of interest in the culinary arts that our students exhibited. Our purpose behind creating this club is to give the students a chance to talk about food, learn how to cook, and share their interest in the culinary world," said Robert Gilmore, Advisor and Director of Campus Experience.

Club meetings occur every week on Monday or Wednesday evenings at 8:30 p.m. During these meetings members also learn about the food industry itself while working with Sacred Heart’s catering company, Chartwells.

"During the demo’s, club members work with the Chartwells staff members who demonstrate how to do the cooking, and then each student makes their own dish,” said Burns.

This interactive club gives students the ability to think outside of the box and experiment with dishes they have not made in the past.

“We try to make this available to students in a fun and creative way. I love that members have the opportunity to work hands-on and learn how to make different foods themselves,” said junior Alayna JCaplan, Secretary of the Culinary Club.

At the end of the year, Chartwells also helps the club with a study break for final exams.

During finals week I am constantly in the library writing essays or cramming for my exams throughout the week, and a midnight snack is the perfect pick-me-up to get through a long night," said junior Kristen Walton.

As the year progresses, new fundraisers and demos are fast approaching and students are welcome to join in these festivities.

Some may say there is nothing like a home cooked meal that brings people together, and on a college campus, traditional home cooked meals might be hard to come by.

Many freshmen students stick to their meal plans and ditch the stove top directions. However, when it comes to students who live off campus, that point of view can change.

At Sacred Heart University, members of the SHUsine Culinary Club want students to learn basic cooking skills and gain insight into the food industry world.
"Broadcasting Christmas" at Sacred Heart

BY JULIANNA MAURIELLO
Arts & Entertainment Editor

While most students were home for Columbus Day break, on the weekend of Oct. 8 and 9, Sacred Heart University’s Frank and Marisa Martire Business and Communication Center was rented out and used as a set for the Hallmark original movie entitled “Broadcasting Christmas.”

“Broadcasting Christmas” is a new twist on a classic holiday romance. The plot of the film is set around the story of two news anchors with a romantic history that makes the fight over a job opportunity as a co-host for a prime time morning show all the more difficult.

The two leading roles, played by Melissa Joan Hart and Dean Cain, have to learn to overcome their differences and mend the past if they want to be civil while working in the same industry and fighting for the same news anchor position.

The film is based in both the cities of Stamford and New York City, using the Martire Business and Communication Center film studios and hallways as parts of the set. In addition to using our sets, the film’s producers also used some of our School of Communication’s graduate assistants as helping hands on the set and as extras in the film.

“This movie filmed in the Martire building in a few different locations, including both of our television studios, Control Room A, upstairs in the College of Business’s waiting area by the Dean’s office and outside in the parking lot. They used our equipment in the studios and control room as props for their movie and set it up as the character’s studio,” said School of Communication’s Graduate Student and Assistant, Kara Levine.

Students were happy and excited to be able to see Sacred Heart’s studio used in the film. "In the first half of the movie, you see our studio multiple times which was very cool to watch on TV,” said Levine.

Having producers of a television network choose to film on Sacred Heart’s campus not only benefited the movie, but it was also good for the school’s reputation.

“Knowing that our state of the art equipment is being used as a real life news set is amazing. That just goes to show that our School of Communication really does have the necessary tools that the real world does as well,” said senior Nicholas Quaid.

Levine said that having a director and location producer of a film really like and decide to use our location and equipment in their movie shows that our facilities are nice enough that people want to put them on television. The film also features a street view, the control room panels, and the main news desk that is used for shows like Sacred Heart’s TV news magazine show, “The Pulse.”

“Watching ‘Broadcasting Christmas’ after having watched countless episodes of Sacred Heart’s ‘The Pulse,’ made me see how much effort Sacred Heart puts into making our dreams a reality,” said sophomore Megan Keane. “For us to be able to use a set that is so realistic to a real news show, that is such great practice and experience for the working world.”

“Broadcasting Christmas” may be a twist on a classic holiday love story, but for Sacred Heart students, it had a much more lasting impression.

“I really enjoyed meeting the film crew, working on this movie, and experiencing what it takes to put a film together. Seeing as I’m going into TV production, working on this was a great step and experience for me. Not to mention, meeting Melissa Joan Hart was amazing too,” said Levine.

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The annual iHeartRadio Jingle Ball is set to take place at Madison Square Garden on Friday, Dec. 9 and there is a ton of hype surrounding the star-studded concert as it approaches.

Jingle Ball is a concert where many of the most popular songs, said Z100 intern, Emily LoCascio. "It gives a different understanding of who he is as a musician and as a person. It’s a different mindset and I can’t wait to see how he handles it going forward.”

Some fans are most excited to see Fifth Harmony as they finish up their year of touring.

"I’m looking forward to seeing Fifth Harmony’s performance,” said freshman Kyra Phelan. "They’ve put out some really good songs lately and they give off a really fun energy.”

For those who cannot attend the concert, fans can tune in to the iHeartRadio Jingle Ball at 7:30 p.m. on ctwv.com.

"Every year I try to get tickets, but I never do. I always watch the live stream from my bed instead,” said junior Christina Gentile. “It’s kind of like a tradition for me. I hope to actually go one year through.”

Before the show from 12 p.m. to 6:00 p.m. Z100 will also host the Coca-Cola All Access Lounge at the Hammerstein Ballroom in New York City.

“The Coca-Cola All Access Lounge is a pre-show to the Jingle Ball concert and it’s a free event,” said Miloseva. “The show is general admission, but the first 100 people with a Coca-Cola product get to cut the line, which is pretty cool.”

Performers at the pre-show event will include Sabrina Carpenter, Jordan Fisher, Tinashe, Jacob Whitesides, Laura Marano, Jack & Jack, Hey Violet, Jake Miller, Daya and Los 5.

"This is my first Jingle Ball experience and I’m so ready for it," said LoCascio. "I’ve had my tickets since October and it could not come any faster. I can’t wait to see my favorite performers hit the stage all in one night.”

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The Sacred Heart Spectrum December 7, 2016

Arts & Entertainment

Head to Madison Square Garden

BY ALEXA BIANCHI
Staff Reporter

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ALL DAY DRINK SPECIALS

Tuesday 2 for 1 Herradura Frozen Margaritas (2 for $8)
Wednesday $3 Corona and Corona Lights
Thursday $5 Mojitos
Friday $5 Altos Shots and Sangrias

MUST BE 21+ WITH A VALID STATE ID

HAPPY HOUR

$5 Herradura Frozen Margaritas | $3 Mexican Beers

$5 APPETIZERS

Chicken Quesadillas | Buffalo Wings (6)
Cheese Nachos | Salchipapa
Chicken & Chorizo Empanadas (2)
Ground Beef Tacos (2)

Tuesday - Friday 2-6pm
Saturday & Sunday 12-4pm
**Arts & Entertainment**

**Choir Christmas Extravaganza: The Colors of Christmas**

**BY AMANDA NARDIELLO**  
*Staff Reporter*

On Saturday, Dec. 10 at 7:30 p.m. in the Edgerton Center for the Performing Arts, Sacred Heart University’s Choral Program will perform their annual Christmas show, “Choir Christmas Extravaganza: The Colors of Christmas.”

The SHUpermen, the men’s ensemble, Blended Hearts, and the women’s a cappella ensemble, are coming together on stage to perform Pentatonix’s version of “Little Drummer Boy.”

Pioneer Choir and Concert Choir will come together to sing “This Christmas” by Donald Fraser and “O Holy Night” by Linda Chapman and Bonnie Heidemanich.

Ever since Michniewicz has been in the university, there has been a Christmas concert.

“We’ve been doing a Christmas concert every year since I’ve been here, and I think my predecessors have been doing it for many years before that,” said Michniewicz. “It’s a long standing tradition of trying to celebrate the holiday season.”

Students in the Choral Program share their excitement about the upcoming Christmas concert.

“All the choirs have been working extremely hard on this music, some of it being fairly challenging to master,” said senior Jane Kenney. “Everyone is very excited to perform for their families, friends and faculty. It’s probably one of my favorite performances of the year.”

By being president of both Blended Hearts and 4 Heart Harmony, along with being a member of three ensembles, Kenney said how Sacred Heart’s Choral Program feels like her second home.

Director of Bands Keith Johnson thanked everyone for coming out to support the band program and its students. “Choir has allowed me an abundance of confidence and it has quite literally helped me discover my voice,” said Kenney. “It is my home away from home and there’s no other program I would rather devote my time to.”

Sophomore Laura Blanco, a member of Blended Hearts, also feels great to be a part of choir.

“I did choir ever since I was little. I love to sing and perform,” said Blanco. “Choir keeps me involved and I meet new people every day in this program.”

Michniewicz is eager for the Christmas show and looks forward to a special performance of “Silent Night.”

“We are inviting alumni to come back and sing ‘Silent Night.’ The audience can join in as well. We’re going to have the choir members hold candles that will be lit during the song,” said Michniewicz.

With the Choral Program’s upcoming performance, Kenney said that they have been putting in more work that will help benefit the program.

“We’ve been stepping it up and making some changes that can hopefully help our program and its growth,” said Kenney. “It will be something that I don’t think most people will expect and that will make it fun and new for the audience.”

**Instrumental Chamber Ensemble**

**Sacred Heart Band’s Latest Concert**

**BY JOSEPH LASPINA**  
*Staff Reporter*

Sacred Heart University’s Band Program held its annual Instrumental Chamber Ensembles Concert on Saturday, Dec. 3 in the University Commons.

Among the ensembles performing were the Sax Quintet, the String Ensemble, the Flute Choir, the Percussion Ensemble and the two brass ensembles, the 930 Brass and the Phoenix Brass.

The event highlighted the Performing Arts Department’s Band Program, as its members played an array of different music, ranging from classical and contemporary to jazz and seasonal music.

“I enjoyed the concert and thought everyone sounded really good,” said junior Kally Tanguay. “I liked how it jumped around from section to section with strings, flute, sax, etc., and offered a variety of music, not focusing on just one thing the entire time.”

The concert began with The 930 Brass, an ensemble made up of five students, two on the trumpet, and the others on the horn, trombone, and tuba. They began the event with two pieces titled, “Beyond the Clouds” and “Triumphant.”

Both songs offered a different style of music to the audience. Their first piece was slower paced, featuring multiple trumpet solos. Their second song, “Triumphant,” began slow, introducing its melodic content, but quickly moved into its faster and more accelerated tempo.

The next ensemble of the night was the String Ensemble. They played a piece titled “Capprol Suite, Basse Danse and Pavane.”

The piece had two separate sections to it. The first part, “Basse Danse,” held a very constant and fast paced tempo, with little to no pauses in it, whereas the second section “Pavane,” was smoother in its style of music, focusing more on subtle decreases and increases in the softness and loudness of the music.

Senior Tiffanie Rodenberg, violist in the String Ensemble, was very proud of her group as a whole.

“My favorite piece for my ensemble was ‘Brandenburg.' It’s a very challenging piece that definitely pushed us all as a group, but the result was truly beautiful,” said Rodenberg.

The fifth program of the night was the Flute Choir. Their first piece, “Flutes and Vegetables,” combined four different movements. Each movement had its own music style featuring multiple flute solos and different types of tempos.

Following the Flute Choir was the saxophone quintet. The ensemble included multiple types of saxophones in it such as the tenor, alto, soprano and baritone. Each instrument had its own unique type of sound allowing many of the ensemble members to have their own solos in the pieces the group played.

“I really enjoyed the saxophone section,” said junior and violin Lydia Espaillat. “It’s incredibly how each instrument blends together with one another to create an amazing sound.”

Another piece that the audience felt was really impressive was the Percussion Ensemble’s last song, “A Bird Whispers, Let the Children Are Up.” The piece included five students, four on the cymbals and the other one on the xylophone.

“I really enjoyed the percussion ensemble,” said junior Zachary Lane. “Their creative choice on how they chose to play the differently toned cymbals in the four corners of the room and move together at the end was wonderful.”

The event concluded with the combined brass, as Director of Bands Keith Johnson thanked everyone for coming out to support the band program and its students.

Johnson conducted the students into their final piece, “Joyous (Joy to the World).”
Cheerleading Team With High Expectations For Season
Pioneers Hope Talent Pays Off With Success

BY VICTORIA SAPORITO
Contributing Writer

The Sacred Heart University cheerleading squad will begin their season on Saturday, Dec. 10 against Nassau Community College in New York.

"I am most looking forward to the girls showcasing their routine," said Head Coach CJ Sereno. "They've been working so hard and the talent on the team is extraordinary. It is the highest level of talent we have seen from SHU Cheer so far."

This year's team consists of 30 freshmen, nine sophomores, three juniors and four seniors. Being a team with so much young talent, they have been dedicated and committed to showing their competitive edge for years to come.

"There are so many expectations for the team because I see how talented and dedicated we are," said junior captain Kristen Dallo. "Placing top five in nationals is our big goal so far.

"Our biggest competition is UCA Nationals in Orlando, Fla. This is the competition we have worked on for 10 months," said Sereno. "This is one of the two largest competitions held for college cheerleading."

Sereno is a former member of the Sacred Heart University cheerleading team, and served as the team captain during her senior year. Sereno competed in the UCA and NCA Nationals with Sacred Heart as a member of the competitive team, as well as Fairfield Warde High School before coming to Sacred Heart. Sereno is also currently working towards getting her Masters Degree.

"We had a lot of expectations at the start of our season in April," said Sereno. "Fortunately for us, we have been able to meet those expectations thus far."

This season, the upperclassmen and captains are very determined to set an example for their young team.

"Getting this position as a junior was such an honor, but also comes with a lot of nerves," said Dallo. "You want to make sure you do everything right while being a leader and a teammate. I hope that I can succeed and I have high hopes that we can all complete our goals as a unit."

The team is really looking forward to showcasing their talents and hard work.

"I am looking forward to showing everybody our routine. This year we have a lot of talent and I am very excited to show people what we have," said senior captain Lauren Grieci.

Incorporating each individual's talents will be the challenge for the team this coming year.

"We have such amazing girls this season that all bring something different to the mat so it will be exciting to see how we combine each girl's talent in different ways," said Dallo.

The team is excited for their start coming up.

"I expect my team to constantly put forth hard work, effort and dedication to the program on and off the mat," said Sereno. "I expect them to display Sacred Heart Cheer in a positive way in anything they participate in."

The Calendar of Winter Break Athletics At Sacred Heart University

Sports

The Sacred Heart Spectrum
December 7, 2016
Tom Brady Sets All-Time NFL Wins Record

Patriots QB passes Peyton Manning For Most Wins In NFL History

BY ASSOCIATED PRESS

FOXBOROUGH, Mass. (AP) — Tom Brady now stands alone when it comes to career wins by an NFL quarterback. Brady became the league's leader in victories among QBs, earning his 201st by throwing for 269 yards and a touchdown to lead the New England Patriots past the struggling Los Angeles Rams 26-10 on Sunday.

Brady, who was 13 of 46, had tied Peyton Manning last week in a win over the New York Jets.

"It's always been about winning, and I've been very fortunate to be on a lot of great teams," Brady said of reaching the milestone. "I'm just really grateful."

His lone touchdown pass came on a 14-yard pass to Chris Hogan in the first quarter. LaGarrette Blount scored the game's first touchdown, rumbling for a 43-yard, ankle-breaking score in the first quarter while spinning around safety Maurice Alexander in the process. He finished with 88 yards on 18 carries.

The Patriots (10-2) have won seven of their last eight as they prepare for a tough stretch against three teams with winning records over their final four regular-season games.

On the same day that Los Angeles coach Jeff Fisher and general manager Les Snead were given contract extensions, the recently relocated Rams (4-8) proved they still have a long way to go after losing for the seventh time in eight outings.

The Rams entered the game ranked 31st in total offense, averaging just 295 yards per game. Those struggles continued Sunday. They managed just 25 yards in the first half, the fewest by a team in a game this season.

Brady's wins mark the first half? The Patriots had more fourth-down conversions (two), than the Rams had total first downs (one).

New England had 12 total first downs. Los Angeles also ran just 18 offensive plays, compared to 42 for the Patriots.

FORCING TURNOVERS: After not forcing a turnover for 44 straight possessions, with interceptions by cornerbacks Malcolm Butler in the first quarter and linebacker Kyle Van Noy in the third marked four takeaways for the Patriots' defense over the past two games.

BIG FOOT: Rams P Johnny Hekker had a 76-yard punt in the fourth quarter. It was his third punt this season of 75 or more. He had boots of 75 and 78 yards last month against the Panthers and Jets.

INJURIES:

Rams: CB E.J. Gaines sustained quad injury in the second-quarter.

Patriots: WR Danny Amendola left late in the third quarter with an ankle injury and did not return. He was later spotted walking on crutches in the tunnel underneath Gillette Stadium. CB Eric Rowe also did not return after leaving with a hamstring injury.

UP NEXT

Rams: Host the Falcons on Sunday.

Patriots: Host the Ravens next Monday night.

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Women's Volleyball Caps Season With NEC Tournament Appearance

BY KENDALL GREGORY

The Sacred Heart University's women's volleyball team finished their 2016 season with an NEC tournament appearance. The team captured the Northeast Conference (NEC) Regular Season Championship after a win over Bryant University on Nov. 12. They finished conference play with a 13-1 record. Sacred Heart was also given the number one seed, as well as hosting rights, for the playoff tournament.

The NEC Tournament was played on Nov. 19-20. In the finals matchup, Sacred Heart lost number two Long Island University-Brooklyn in five sets. The team finished 22-8 overall.

"The women worked very hard this year in the weight room and on the court to become the best team they could be this year," said coach Rob Machan. "Because of our conditioning, and our commitment to finishing strong, we put together a very good second half of the season."

Despite not winning the NEC title, players are happy with the team's performance.

"I couldn't be prouder of how this season went," said senior Maddie Losure. "It was rough to end on a loss, but that's how all seasons end except for one team in the nation. Overall, it was all we have been working for.

Seniors Sarah Krufka and Ana Gonzalez were recognized for their season performances. Krufka was named NEC Women's Volleyball Player of the Year for the second year in a row. Gonzalez was picked as the NEC Libero of the Year.

"I honestly couldn't have gotten this award without all of my teammates and, for that, I thank them," said Krufka. "But getting this award was probably one of my top goals coming into this season and I'm really excited about it."
Sacred Heart University Women's Volleyball Team Makes an Appearance at the NEC Tournament