

THE SPECTRUM

WEDNESDAY, DECEMBER 7, 2016

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 37, ISSUE 11

IN THIS ISSUE

The Holiday Spirit Fills Sacred Heart

- 3** HE SAID/ SHE SAID
Anthony and Giovanna discuss holiday conversation over break
- 4** 25 DAYS OF CHRISTMAS
Students react to 20th anniversary of traditional holiday marathon
- 7** HUNGRY FOR MORE
The SHU's Culinary Club is cooking up some treats with the Sacred Heart community
- 8** HALLMARK ORIGINAL
Sacred Heart featured in new Hallmark Original movie "Broadcasting Christmas"
- 9** CHAMBER ENSEMBLE
SHU Instrumental groups performed latest concert on Dec. 3
- 11** VOLLEYBALL CLOSER
The volleyball team finishes their 2016 season at the NEC tournament



MARK F. CONRAD/SACRED HEART UNIVERSITY
DANCERS CELEBRATE THE SPIRIT OF THE HOLIDAYS AT THE WINTER LIGHT DANCE SHOW



DIANE BONDAREFF/AP
THE ROCKEFELLER CENTER CHRISTMAS TREE IS LIT AT THE 83RD ANNUAL ROCKEFELLER CENTER CHRISTMAS TREE LIGHTING CEREMONY, WEDNESDAY, NOV. 30, 2016 IN NEW YORK.

TWEETS of the Week

- @BrookeLopez_**
"Sacred Heart is the equivalent to a clingy gf/bf with the amount of emails they send out... let... me... live..."
- @ham_saug**
"Senior in college and still can't write an intro paragraph to save me life"
- @shaqqii_Fresh**
"if Mariah Carey can stay irrelevant for 11 months out of the year & peak in december i sure can do the same for finals week"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



TRACY DEER-MIREK/SACRED HEART UNIVERSITY
STUDENTS GATHER TO EMBRACE THE HOLIDAY SPIRIT AT THE ANNUAL CHRISTMAS TREE LIGHTING ON DEC. 1



PHOTO COURTESY OF ALEXA BRISSON
ORIENTATION LEADERS GATHER AT PRESIDENT PETILLO'S HOUSE FOR A CHRISTMAS DINNER PARTY

BY NATALIE CIOFFARI
Editor-in-Chief

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. 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 global 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.



OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit us at:
www.shuspectrumnewspaper.com

f SHUSpectrum Newspaper
t @SHUSpectrum
i @SHUSpectrum

News

“When I was younger, I was actually not the best writer and struggled a lot with it, but since high school and now at college, I have worked really hard at making sure my writing grows with each and every year.”
- Gabby Nutile, Senior

Student Awarded Scholarship for Journalism

BY ALEXA BINKOWITZ
Co-News Editor

Five Communication and Media Arts students were nominated to win the Flora A. Giarniero Memorial Scholarship. It was to be awarded to either junior or senior student with a concentration in journalism.

Based on academic achievement, GPA and at least a five-page essay, the award recognized writing skill and dedication to an education in communication and media arts.

Gabriella Nutile, a senior Communications major, and the Features Editor for The Spectrum, was the one student chosen out of the five to be awarded this scholarship.

“Once we submitted our essay, three of us were to be chosen as finalists and I was one of them. I then got feedback from Professor Sara Ross and Dr. Lori Bindig on

what I could fix to make it even better and hopefully win the scholarship,” said Nutile. “I took their criticisms into consideration and fixed what I thought would be necessary to help enhance my essay. After that, I got an email from Professor Ross with the subject title as ‘Good News’ and found out I had won.”

On Tuesday, Nov. 29 Professor James Castonguay, Professor Sara Ross and Mr. Giarniero presented the award to Nutile.

Students in Professor Joanne Kabak’s News Writing and Reporting class, as well as most of The Spectrum’s staff, were in attendance.

“The evaluation committee said they would consider ‘the quality of the writing, as well as the insight of the writer’ for this scholarship,” said Nutile. “I chose to submit a paper that I wrote for one of my communications classes that I was taking while abroad in Rome.”

The award of \$1,000 will go towards Nutile’s tuition. “This award definitely holds some significance to me because it reinforces me that all of my hard work is paying off. When I was younger, I was actually not the best writer and struggled a lot with it, but since high school and now at college, I have worked really hard at making sure my writing grows with each and every year,” said Nutile.

For the School of Communication and Media Arts, this scholarship will help recognize students who are interested in the journalism field, and will inspire other students to remain dedicated to their passions for writing and reporting.

“I’m honored and humbled to have been given the scholarship this year and I thank those who saw me as one of the best applicants and students to receive this award,” said Nutile.



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 televised 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 rule for 50 years.”

Castro’s reign over the island of Cuba, located 90 miles south of Florida, began in 1959 when he led an army of rebels, known as the 26 July army, to victory over U.S. backed dictator Fulgencio Batista.

His regime did away with Batista, dissolving any trace of American capitalist businesses with it.

Replacing Batista with himself as ruler, Castro wielded power like a tyrant, controlling the government, economy, healthcare and relations with other countries, leaving the 11 million people under his rule economically crippled and living in fear of him.

“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 Rose, professor and chair of the Department of Government, Politics, and Global Studies. “He was a vicious dictator who, in the name of ‘equality,’ oppressed the Cuban people, denied human rights, and tortured those committed to democratic reforms.”

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 among 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 oppressed by him. 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.

FTMA Alum Nominated for 7 African American Academy Awards

BY ALESSANDRA SETARO
Staff Writer

For Sacred Heart’s Film and Television Masters Program (FTMA) graduate, Yusuf Al-Rahman, creating an ultra low budget film meant being nominated for seven African Movie Academy Awards.

“It feels surreal being nominated, but it gives me the courage and drive to continue storytelling,” said Al-Rahman.

Al-Rahman’s film, “Niya,” shares the story of a Muslim family and the hardships they endure. Al-Rahman also starred as the father in the film, acting as both actor and co-producer and co-director.

Initially, Al-Rahman planned to cast someone else as the lead role, but after being encouraged by a friend to play the lead in his own story, Al-Rahman took on the challenge.

“Yusuf came into the FTMA program with a profound passion for film and storytelling,” said assistant professor and Director of FTMA, Justin Liberman. “He constantly drew from his life experiences and his heritage to create stories that he hoped would help illuminate the beauty of his culture.”

“Niya” was a story of a family whose faith and relation-

ships were tested through adversity.

“‘Niya’ is a beautiful portrait of the human condition and the unwavering power of faith and family,” said Liberman. “I think the film is a perfect example of the power and universality of cinema.”

Damon Maulucci, Assistant Professor, Director of the FTMA program and professor of Al-Rahman also commented on the budding filmmaker’s work.

“[Yusuf] took risks and was open to learning from his failures,” said Maulucci. “I say this in the most complementary way possible. He understood that our program is designed to foster filmmakers by giving them resources and support to make films.”

Al-Rahman reflected Sacred Heart’s influence to his learning.

“When I started at Sacred Heart, I emptied my cup of everything that I thought I knew about filmmaking and opened myself to learn the basics,” said Al-Rahman. “I couldn’t have made this journey without my FTMA professors.”

Liberman believes that many alumni have the capability to be cinematic storytellers.

“When they use that power and turn their camera on an underrepresented subject to highlight a story that serves to build bridges and tear down cultural walls, we feel very

proud,” said Liberman.

Al-Rahman’s nominations included one for best actor. “My advice would be to master the basics before breaking rules,” said Al-Rahman. “Dream big, work in small steps, building a compelling story arc to build the film off of, and just go out there and do it well without shortcuts. Life is art.”

Yusuf Al-Rahman created “Niya” on a \$7,000 budget for production and editing and took about three months to complete.

This “ultra-low budget” designation, as his film “Niya” is referred to in the film industry, makes Al-Rahman’s nominations even more remarkable.

“Yusuf was an inspirational student in the FTMA program,” said Maulucci. “I was able to see ‘Niya’ in its early stages, as a rough cut. I saw it as a raw and truthful story.”

With the continuing growth of Sacred Heart’s School of Communications and Media Arts programs, Al-Rahman’s nominations promote positive publicity for the program.

The African Movie Academy Awards were held at the National Art Theater Igamu, Lagos, Nigeria on Saturday, Nov. 26.

“We are very proud to be part Yusuf’s story as a filmmaker,” said Maulucci. “To have his voice out in the world strengthens our community.”

Perspectives

Holiday Talk: A Discussion We May Fear

SHE SAID
GIOVANNA...



Congratulations, you have officially made it to the end of the semester, the finish line of every college student's regular academic life.

Picture this, you have packed your life into a duffle bag and backpack. It is time to say your, "see ya next years," to all of your friends and start planning your Netflix and nap schedule.

Now you are officially home! As your front door opens, the smell of warm hugs and hazelnut seep from your kitchen as you see your mom making seasonal cookies.

You get scolded when you try snagging a cookie before the annual party, then it hits you. The holidays are a time for gathering people but they are also a time for awkward conversations and uncomfortable eye contact. This generally can be classified as small talk but during holiday conversation, the pinnacle of small talk is reached. Not only are you catching up from a list of robotic, predictable questions. But now thanks to the season, these questions are everything every college student never wants to be asked. Everything from your GPA to your life plan for the next ten years.

Now, I am sure it is nice to catch up and chat with people that you have not seen in awhile. And hey maybe you made dean's list this year or just had an awesome internship. In fact, you could be looking forward to this chatter.

Yet, if you are like myself, this is the worst time of the year. Family members and friends seem to find interest in things that have not changed in your life and probably will not change for a long time. So to answer a couple of those questions, I have provided a few answers that I find myself turning to every year.

No I do not know where my life is

going.

Yes, I am still a media major.

Yes, I will keep you in mind if I ever make a movie.

No, I am still not 21.

And yes, this is my natural hair.

Now as smooth and rehearsed as these responses may seem, they actually take a lot of effort. In fact, I have developed a science so that I can get the least out of these painful holiday conversations.

When responding, ensure that you smile and insert a laugh in between all the breaths that you choose to take. That being said, only laugh when you find yourself avoiding the continuation of the conversation. Additional laughter can be mistaken as a desire to further the conversation. Thus, if someone asks you a follow-up question that you are not prepared for, ask them a question in response. Example: Question: "Are you dating someone?" Response: "Where is the bathroom again?" Now physical avoidance is always an easy way out. But if you want the person to feel like they do not need to ask you anymore questions, it is always smart to end on a question that makes the person feel like they do not need to continue the conversation when you return.

In the end, everyone has family members that they only see during the holidays. Like that aunt that smells like falafel 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.



HE SAID
ANTHONY...

Christmas is right around the corner and that means there's one certainty for all students. It means we're all going to get to go home for a couple of weeks.

Christmas at home brings many things back into the lives of students that we don't get here at school.

For example, eating a fresh and delicious home cooked meal, being able to lounge around with little to no worries and being able to just hang out with my family.

However, there are some downsides to coming home after such a long time of being away. Our families haven't seen us in a few months, and there is no doubt they missed us and want to catch up on everything.

This means that you have to be dragged through the same longwinded conversation with every family member you see. Since the holiday means big family gatherings, you'll have gone through the conversation enough times to be worthy of an Oscar.

Honestly I think that after the holidays are over every student that's gone home 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.

Plus, there are two major holidays coming up. That results in me seeing double the amount of family I did for Thanksgiving, and let's not forget about close family friends as well.

Like I said before, I love my family to death, but constantly getting asked the same questions isn't my ideal family gathering.

The same questions like: How are all of your classes? 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 nosey 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?

Name: _____
Created with TheTeachersCorner.net Word Search Maker

Christmas Word Search

L	R	E	L	G	N	I	J	Y	O	X	S	P	Z	D	V	D	S	A	K
X	I	S	P	R	E	I	N	D	E	E	R	E	E	B	U	N	A	I	V
N	F	L	H	O	L	I	D	A	Y	F	L	P	C	S	L	E	I	G	H
C	R	A	O	R	N	A	M	E	N	T	S	P	A	F	Z	V	E	H	N
P	A	I	A	S	T	N	E	S	E	R	P	E	E	B	H	E	N	R	A
C	H	R	I	S	T	M	A	S	Q	Y	A	R	P	E	M	I	T	A	M
E	I	N	G	Y	L	L	L	P	I	F	Q	M	U	L	R	L	F	T	W
J	Z	Y	D	A	E	R	B	R	E	G	N	I	G	L	Z	E	K	N	O
O	I	S	U	A	L	C	W	L	Z	W	R	N	H	S	O	B	S	A	N
Z	W	S	F	Z	X	D	B	K	B	Y	B	T	D	P	D	D	U	S	S

- | | | |
|------------|-------------|-----------|
| REINDEER | CHRISTMAS | ORNAMENTS |
| PEPPERMINT | JINGLE | BELLS |
| SANTA | CLAUS | SNOWMAN |
| PRESENTS | PEACE | BELIEVE |
| SLEIGH | GINGERBREAD | HOLIDAY |



Perspectives

25 Days of Christmas Celebrates 20 Years

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 kickoff 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 "Rudolf: 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 launch of Netflix, that number is almost unheard of now unless people are watching sports.

The people most likely to watch are the millennial adults, the group of people who have stopped watching old school television for Netflix.

"I live by Freeform's 25 Days of Christmas in December. It is one of my favorite things about the holiday season to look forward to. It gives people holiday spirit with the different movies played each and every day," said junior Lauren Petrozzi. "Those two hours of movie watching can escape you from your busy and stressful school lives and it is like being a little kid again watching old Christmas specials. I actually have the 25 Days of Christmas calendar of movie premieres hanging up in my suite."

Vulture also reported that the movies played on Freeform aren't just love movies either, they get the most views when they play their comedy films.

With Freeform's rivals, such as AMC and Hallmark, playing mostly love movies, 25 days of Christmas had 200 percent more viewers. It is said that people enjoy to party around the holidays so having funny movies is exactly what they need to get people in the right mindset.

"Growing up, and to this day, Freeform's 25 days of Christmas is one of my favorite parts of the holiday season. I remember sitting in my living room with my older sister, mom and dad in my pajamas watching How the Grinch Stole Christmas," said sophomore Margo Douglas. "During December I always looked forward to watching the Christmas shows because it was a time my family could spend time together in anticipation for Christmas. We would watch shows my parents watched when they were little so they felt like kids again too. Christmas movies have a way of making all individuals feel like a kid again, full of joy and memories. It's one of my favorite traditions."



The Burger Brawls Series

BY CODY ZARO
Staff Reporter

When it comes to naming the top burger joint in Fairfield there are many options to choose from. Anything from Plan B to Sacred Heart University dining could be mentioned in the conversation.

Each person has their 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 Bridgeport 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 got your slim lean burger, fat juicy burger, and the cheesy messy 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.

Each and every person enjoys both a specific style and specific toppings.

"I was at Merritt last night and had an awesome bacon cheese burger, those are the best," said freshman Augustus Pfisterer.

Alongside the Merritt Canteen, there are a few other burger joints that found their way into the conversation, such as Plan B or Archie Moore's Bar and Restaurant.

"I try to get around to as many places as possible. Archie Moore's has an awesome thick burger with some really nice decoration. Whenever someone asks me where to go, I always suggest Merritt, and in the same breathe Archie Moores," said Thibault.

While Fairfield is riddled with places to find a great burger, students don't have to venture far for a quality one.

"It's definitely tough to compete with a place like Merritt, but if you're looking for a good burger, Linda's is a pretty good option," said Pfisterer.

Though many wish that they could venture to these local burger joints more often than not, the reality is that many students are on a college budget.

"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.

On the rare occasion that a college budget grants the possibility for some off campus eats, students often find themselves heading to one of these highly recommended Fairfield burger joints.

"Thick, thin, or juicy, you can find the burger you're looking for here in Fairfield," said Thibault.

Dorm Wars: Which One is the Best?

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 Taft Commons. All three consist of apartments, but Park Ridge also has townhouses.

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 Martire building, which is where I had all of my classes, and my suite there consisted of all my closest friends so it was nice to have them around me," said senior Kristen Maurer.

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

Roncalli on the other hand, is a freshmen 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 the 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.

"I like the Berg because it has bigger and quieter rooms, and it also gives you a chance to get closer with friends in the suite style living," said sophomore Nicole Perin.

But to have a successful dorming experience, it begins with the staff of RSA's. They are the ones that help you transition from home life to dorm life.

"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.

Editorials

meetTHESTAFF

- EDITOR IN CHIEF
NATALIE CIOFFARI
2017
- MANAGING EDITOR
JESSICA CHALOUX
2017
- COPY EDITOR
GABRIELLA NUTILE
2017
- CO. COPY EDITOR
CHRISTIAN COLON
2017
- ASST. COPY EDITOR
JESSICA LEWIS
2017
- NEWS EDITOR
ALEXA BINKOWITZ
2018
- CO. NEWS EDITOR
ANTHONY SANTINO
2018
- PERSPECTIVES EDITOR
GIOVANNA GATTO
2018
- ASST. PERSPECTIVES EDITOR
ANTHONY MATTARIELLO
2017
- FEATURES EDITOR
GABRIELLA NUTILE
2017
- ASST. FEATURES EDITOR
THOMAS PETICCA
2017
- ARTS & ENTERTAINMENT EDITOR
JULIANNA MAURIELLO
2017
- ASST. ARTS & ENTERTAINMENT EDITOR
JORDAN NORKUS
2018
- SPORTS EDITOR
SHAWN SAILER
2017
- CO. SPORTS EDITOR
ALEXANDRA PADALINO
2018
- PUBLIC RELATIONS MANAGER
JENNA BILLINGS
2017
- WEB MANAGER
BRYAN KELLEHER
2019
- CIRCULATION MANAGER
VICTORIA MESCALL
2019
- PHOTOGRAPHY EDITOR
ALEXA BRISSON
2017
- ASST. PHOTOGRAPHY EDITOR
MELISSA O'ROURKE
2018
- GRAPHIC DESIGN EDITOR
GINA BATTAGLIA
2017
- ADVERTISING MANAGER
SYDNEY RUGGIERO
2018
- FACULTY ADVISOR
PROF. JOANNE KABAK

'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.

Merry Christmas & Happy Holidays from the Spectrum Staff



FROM LEFT: CHRISTIAN COLON, BRYAN KELLEHER, JORDAN NORKUS, ANTHONY SANTINO, SHAWN SAILER, ANTHONY MATTARIELLO, ALEXA BRISSON, JULIANNA MAURIELLO, GABRIELLA NUTILE, PROFESSOR KABAK, GIOVANNA GATTO, ALEXA BINKOWITZ, NATALIE CIOFFARI, SYDNEY RUGGIERO, MELISSA O'ROURKE, ALEXANDRA PADALINO

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

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

Features

Tell Us Your Story: Natalie Coe

BY CHRISTINA DIMAURO
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 Bachelors and Masters degrees 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 of 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 travelled to places like the Soviet Union, when it was still considered the Soviet Union, Czechoslovakia 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.

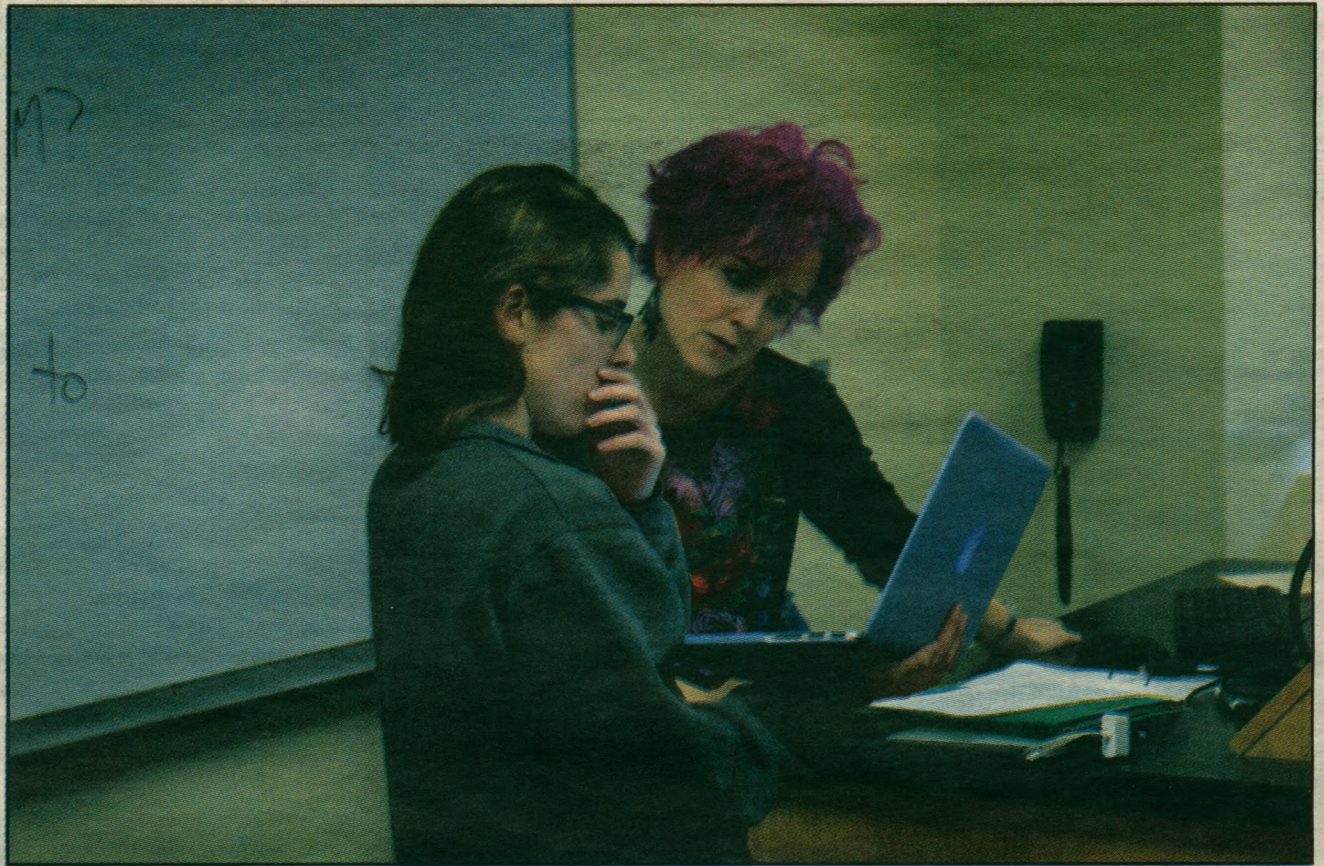
"Christel told me that Natalie was a really creative and interesting person," said Theology and Religious Studies Professor Brian Stiltner. "So I interviewed Natalie and I found her to be an engaging conversationalist who knew her stuff about philosophy while also having great instincts about how to 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 also 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



CAROLINE FALLON/SPECTRUM

PROFESSOR COE WORKS WITH STUDENTS TO ENSURE THEIR SUCCESS IN HER CLASS

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 icicles. 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.

During this event, the club showed a collection of short documentaries featuring inspiring characters and heroic stories from across America. The night included a sneak peak of the Mental Health Channel's new series "PBS Stories of the Mind," as well as other videos from Academy award winner Ross Kauffman, Goro Toshima and other rising stars.

Senior Victoria Caputo is the president and founder of the club, which first came to Sacred Heart's campus a year ago.

"I personally struggle with all of the illnesses such as depression, addiction, self-harm and suicide in which I face everyday. It really shocked me that being at Sacred Heart with plenty of students who may face these illnesses as well, that there was no club on campus to support students with these illnesses. So I decided to start this club here to help people in need," said Caputo.

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.

The title of the club was created in 2007 by the founder Jamie Twokowski 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.

On the TWLOHA official website, according to Twokowski, "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 they 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.

OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit us at:
www.shuspectrumnewspaper.com

f SHUSpectrum
Newspaper

Twitter
@SHUSpectrum

Instagram
@SHUSpectrum

Features

Club Spotlight: SHUsine Culinary Club

BY ATENE DILUCA
Staff Reporter



APPLE ROSES, ONE OF SHUSINE'S FUN AND CREATIVE TREATS

SHU CULINARY CLUB OFFICIAL INSTAGRAM

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.

"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 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 two weeks 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 Kaplan, Secretary of the Culinary Club.

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

"The club is also known for a late-night snack delivery service during finals week, and the late-night food truck service, which is also done by SHUsine members, work alongside Chartwell's staff," said Burns.

Many students love the idea of having snack foods available to them anywhere on campus at just the touch of their fingertips.

"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.

"I hope that the club is able to expand on the different types of opportunities for hands-on culinary experiences for students at the university. I also hope that more students get involved with the club and continue to pursue different types of demos and fundraisers," said Burns.

Ultimately, the SHUsine Culinary Club hopes that students are left with a very rewarding experience, an open mind and a few unique recipes to use in the future.

"Food is a part of life and we want people to not only involve themselves in that but to celebrate it too, and that is what the whole purpose of this club is," said Gilmore.



INTRODUCING

PIONEER
Network

OUR NEW CAREER SERVICES PLATFORM

Be sure to activate your personal account today!

[HTTP://SACREDHEART.12TWENTY.COM](http://sacredheart.12twenty.com)

Arts & Entertainment

“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 studios,” 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 studios 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.

Levin said that having a director and location produc-

ers 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.

iHeartRadio Jingle Ball Heads to Madison Square Garden

BY ALEXA BIANCHI
Staff Reporter

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 all the biggest names in music come together on one stage and perform their most popular songs,” said Z100 intern, Michelle Miloscia.

The celebrity line up includes: Justin Bieber, Ariana Grande, The Chainsmokers, Fifth Harmony, Diplo, Meghan Trainor, Niall Horan, Ellie Goulding, Charlie Puth, Daya, DNCE, Hailee Steinfeld and Lukas Graham.

Tickets for the show are in high demand as it sold out in just a few days and there are very limited ways to obtain them. Call-in contests are one of the few methods left in obtaining tickets to the sold out event. Ticket re-sell vendors are asking for any price up to \$10,000 for one ticket.

For the chance to win tickets, listeners can also enter different contests on Z100's website or show up to a pop-up event where big names in radio are going to be giving away tickets.

“Listeners will call nonstop for the five hours I'm at work,” said Miloscia. “People will really do anything for these tickets. It's going to be a great show so I can't really blame them.”

One of the few lucky Z100 call-in winners was Sacred Heart sophomore Alexa Hotchkiss.

“Winning tickets is extremely hard. Before I won, I used to think it was basically impossible. I have tried so many times to win a contest for Z100 and I was never lucky enough,” said Hotchkiss. “Altogether, I probably called a few hundred times.”

One of the most anticipated performers at the concert is former One Direction member, Niall Horan, as he begins his solo career.

“I'm most excited for Niall's performance. I think going from seeing him as a part of One Direction and

their large production, to seeing him by himself singing a song that is personal to him will be awesome,” said junior 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 cwvtv.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 though.”

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 Miloscia. “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.”

Staff reporter Alexa Bianchi is currently working as an intern at Z-100, the sponsor of the iHeartRadio Jingle Ball.

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



Taco Loco

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."

With about 230 students involved, the Choral Program is composed of seven ensembles: Concert Choir, Liturgical Choir, Pioneer Choir, 4 Heart Harmony, Blended Hearts, SHU L.O.V.E. and The SHUpermen.

Director of Choral Programs Dr. John Michniewicz has been the choral director for 12 years. He hopes this upcoming performance will kick off the holiday season on a high note.

"The concert will begin the holiday Christmas season into a cheerful, joyful and spiritual way where people can come together and celebrate the season," said Michniewicz.

The Choral Program will be performing traditional and contemporary Christmas classics, such as "Santa Claus is Coming to Town" and "That's Christmas to Me," to promote joy and spread cheer during the holiday season. Each group will sing two to three songs each.

The SHUpermen, the men's ensemble, Blended Hearts, and the women's acappella 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 Christmastide" by Donald Fraser and "O Holy Night" by Linda Chapman and Bonnie Heidenreich.

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.

"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 "Capriol 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 'Branden-



SACRED HEART UNIVERSITY'S BAND PROGRAM PLAYED A VARIETY OF MUSIC AT THEIR ANNUAL INSTRUMENTAL CHAMBER ENSEMBLES CONCERT

berg.' 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 violist Lydia Espailat. "It's incredible 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 Whispered, Your Children Are Dying." The piece featured 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)."

Sports

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 and hitting our routine to the best of our ability is something that I expect from each and every girl and myself. I mainly just want to be the best captain possible."

In 2014, the Pioneers claimed the program's highest finish at the National Cheerleading Association National

Championship in Daytona Beach, Fla. finishing in tenth place with the help of former head coach Aimee Piccin. In 2015 they took home another national title at the Universal Cheerleaders Association National Championship at Walt Disney World. They showed their improvement by finishing tied for sixth place.

"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.

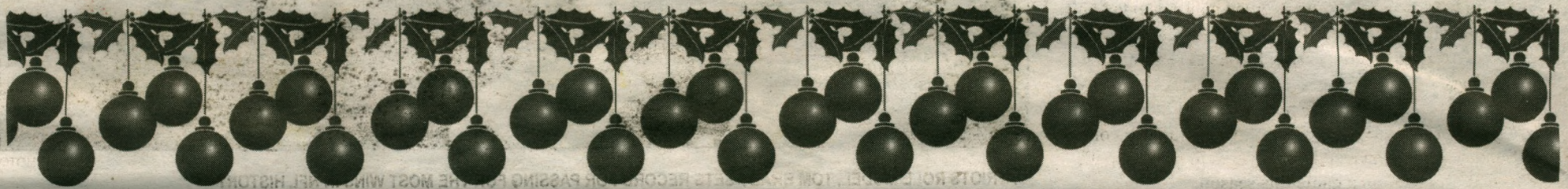
"I am looking forward to showing everybody our routine. This year we have a lot of talent and I am very excited to show people what we have," said senior captain Lauren Grieci.

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

12/18 Men's Basketball at Boston College 1:00 PM Women's Basketball at New Hampshire 1:00 PM	12/21 Men's Basketball Holy Cross 7:00 PM Women's Basketball at Iowa St. 7:00 PM	12/22 Wrestling at Wilkes Open 9:00am 1/6 Men's Ice Hockey at RIT 7:00 PM Women's Ice Hockey vs Hamilton @ Doubletree Hockey Classic 4:00 PM	12/29 Robert Morris 3:30 PM Women's Basketball Robert Morris 1:00 PM Wrestling at Midlands 9:00am 1/7 Men's Basketball at Wagner 4:00 PM Men's Ice Hockey at RIT 7:00 PM Women's Basketball at Central CT State 1:00 PM Women's Ice Hockey at St. Michael's 4:00 PM	12/30 Men's ice Hockey Air Force 3:00 PM Wrestling at Midlands 9:00am 1/8 Wrestling at Buffalo 2:00 PM 1/14 Men's Basketball at Bryant 4:00 P Men's Ice Hockey Holy Cross 2:00 PM Women's Basketball at Bryant 1:00 PM Women's Ice Hockey at Salem St. 4:00 PM Diving Sacred Heart at Manhattan College 2:00 PM	12/31 Men's Basketball Saint Francis U 3:30 PM Men's Ice Hockey Air Force 3:30 PM Women's Basketball Saint Francis U 1:00 PM 1/9 Women's Basketball at Wagner 7:00 PM 1/16 Women's Basketball at St. Francis Brooklyn 1:00 PM	1/3 Women's Ice Hockey at Southern Maine 4:00 PM 1/10 Women's Ice Hockey Morrisville St. 7:00 PM
--	--	--	--	--	---	---

Sports

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 33 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. LeGarrette 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.

Los Angeles was outgained 402-162 for the game.

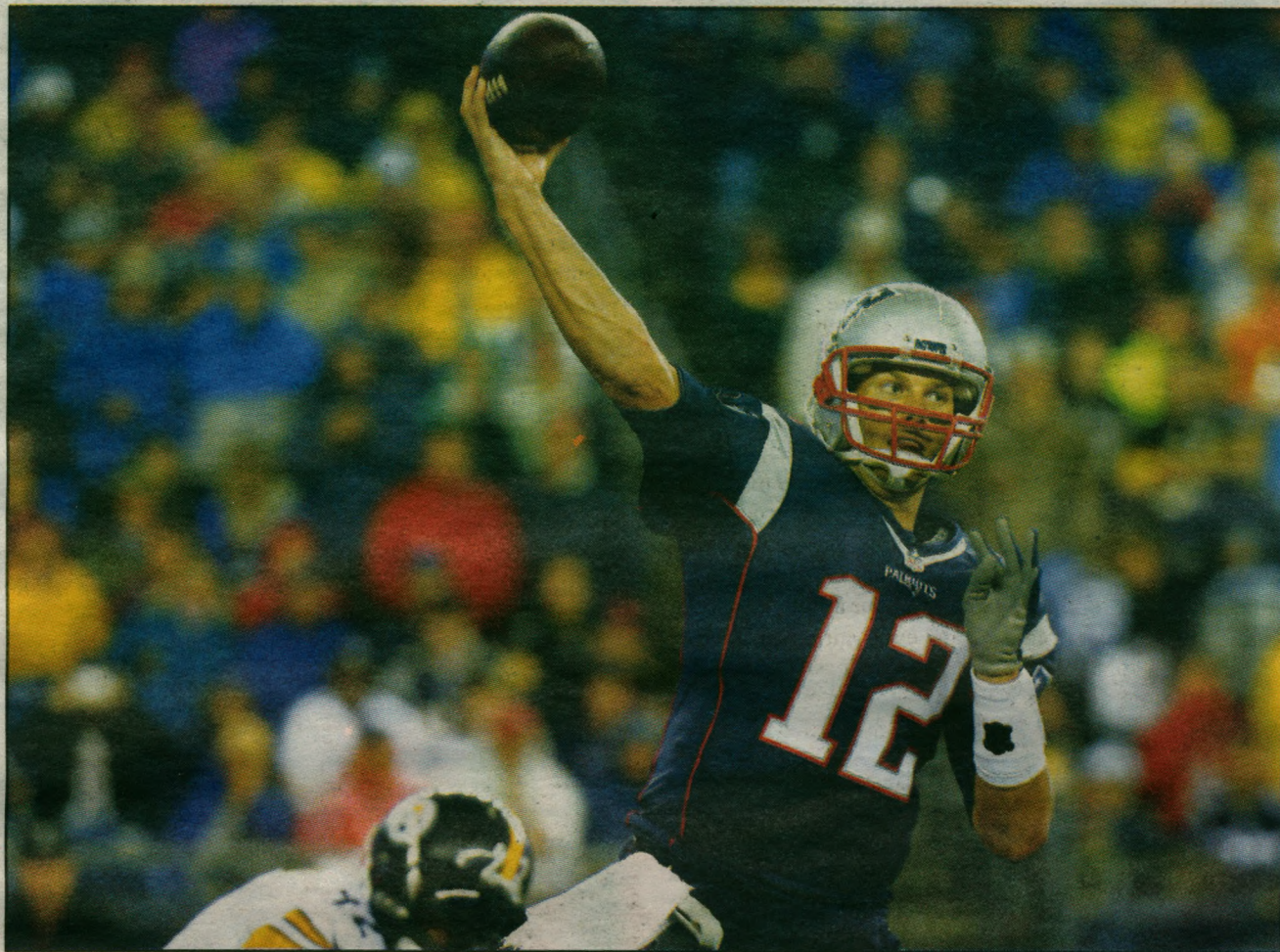
In his third career start, rookie Jared Goff was picked off twice, completing 14 of 32 passes for 161 yards.

QUOTABLE

"That's a record that I don't think will ever be broken. He'll continue to build on it, I'm sure." — Blount on Brady's wins mark.

"I kind of made a point to watch his first drive." — Goff on watching Brady, whom he congratulated postgame on setting the wins record.

RAMS FUTILITY: How bad was the Rams' offense in the first half? The Patriots had more fourth-down conversions (two), than the Rams had total first downs (one).



PATRIOTS ROLE MODEL, TOM BRADY SETS RECORD FOR PASSING FOR THE MOST WINS IN NFL HISTORY

AP PHOTO

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 cornerback 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 yards. 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.

Women's Volleyball Caps Season With NEC Tournament Appearance

BY KENDALL GREGORY
Staff Reporter

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 to 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."

Machan was also recognized for his coaching performance this season. He was named NEC Coach of the Year for the third time in his coaching career.

Along with NEC honors, two players broke Sacred Heart records this season.

Krufka now holds the record for most career kills, passing Tricia Moore. She broke the record at the end of October. Moore, who previously held it with 1,447 kills, played for the Pioneers from 1996-99.

"Holding the career kills record is something I never thought would happen. I think it is pretty awesome that my name is up there in those record books and hopefully will stay there for a long time," said Krufka.

Gonzalez broke the record for most career aces on Nov. 5 while playing Farleigh Dickinson University.

Younger players on the team have learned a lot from playing everyday with their team leaders.

"Sarah is one of the reasons why I came to Sacred Heart," said junior Makayla Dole. "I have been able to become a better player from her. She motivates and pushes me constantly in everything I do."

Machan will build off of the programs foundation and the past season to get ready for next season. He believes that with the mix of returning players, incoming recruits, and their off-season workout plan, the team will have a successful 2017 season.

The team will graduate a handful of seniors in May, but it does not seem as though this will hinder the team's success going forward.

"What we do is hard, so try to keep it light, stay together, and on that twentieth sprint of the morning, remember why you do it," said Losure. "If you didn't realize it already, you don't just have a team, you have a family to support you and pick you up when you need it the most."

OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit us at:
www.shuspectrumnewspaper.com

f SHUSpectrum
Newspaper @SHUSpectrum

Sports



SACRED HEART UNIVERSITY WOMEN'S VOLLEYBALL TEAM MAKES AN APPEARANCE AT THE NEC TOURNAMENT

SACRED HEART ATHLETICS