New York," reported Global News CA.

In front of the United Nations in a peace activist balanced 360 eggs on the equinox, for reasons. At the exact idea that egg-balancing works better at the equinox. The practice is also been featured in many places around the world.

"Egg-balancing became a fad in the United States," said Eliza Calianese, a graduate of the Class of 2017. "It's all about having fun and being creative."

"I'm so excited to be able to do this," said Eliza. "I've been practicing for months, and I can't wait to see everyone's reactions."
Top Stories in World News: Here’s What You Might Have Missed

BY BRENDAN CAPUANO
AND SABRINA GARONE
Assistant News Editor

Invictus Games
From Sept. 23 through Sept. 30, the third Invictus Games took place in Toronto, Canada. Created by Prince Harry of Wales in 2013, the Invictus Games are an international sporting event in which disabled armed servicemen compete in events such as wheelchair basketball, tennis and volleyball. Five hundred and fifty injured military athletes representing 17 nations came together to show their fighting spirit and prove that they are invincible; unconquered, unshamed and invincible. “Invictus is about the men and women who served their countries, confronted hardship, and refused to be defined by their injuries,” the prince said at the opening ceremony. “In a world where so many have reasons to feel cynical and apathetic, I wanted to find a way to let veterans be a beacon of light.” The overall winner of Invictus Games was the United Kingdom, winning 87 medals, 24 of which were gold.

Response to North Korea:
On Sept. 19, President Trump made his first speech to the United Nations, addressing North Korea’s recent nuclear threats to the United States and its territories. In his speech, he stated that the United States is willing and able to “totally destroy” the country if necessary. “The United States has great strength and patience, but if it is forced to defend itself and its allies, we will have no choice but to totally destroy North Korea,” said Trump. “Rocket Man is on a suicide mission for the total destruction of North Korea,” said Trump.

Rocket Man is on a suicide mission for the total destruction of North Korea,” said Trump.

North Korean dictator Kim Jong-un recently was diagnosed with breast cancer. HBO’s “Veep” star Julia Louis-Dreyfus recently took her stance on the issue. Despite Congress’ failure to compromise, HBO’s “Veep” star Julia Louis-Dreyfus recently took her stance on the issue. Relief efforts are also in full swing on the mainland following the 7.1 magnitude earthquake in Mexico City on Sept. 19. AP reports 333 people were killed in the destruction. The small tourist island of Bali, Indonesia has been evacuated in fear of a volcanic eruption from Mount Agung, threatening thousands of lives. Healthcare:
One of the promises of the Trump campaign was to repeal President Obama’s Affordable Care Act. Nine months later, the Republican-controlled Congress still cannot reach an agreement to repeal the legislation. Despite Congress’ failure to compromise, HBO’s “Veep” star Julia Louis-Dreyfus recently took her stance on the issue. The Emmy award-winning actress was recently diagnosed with breast cancer. In a statement, she said “The good news is that I have the most glorious group of supportive and caring family and friends, and fantastic insurance through my union. The bad news is that not all women are so lucky, and I want to provide compassionate, respectful, high-quality healthcare.”

Sacred Heart Student Awarded Physician Assistant Grant

BY VICTORIA MESCALL
Co-News Editor

Sacred Heart graduate student Sarah Bailey has recently been awarded a student health policy fellowship through the Physician Assistant Education Association (PAEA) of America. Bailey is attending SHU to receive her degree in the Masters Physicians Assistant Studies program.

“I realized I wanted to help people more directly and decided to become a physician assistant,” said Bailey. Even though Bailey is originally from Colorado, she says Connecticut is now a part of her home.

“This is where I’m meant to be,” said Bailey. Bailey enjoys the size of the university and her program, as she receives individual attention, attends classes of small size, and values the relationships her professors have with the students. The PAEA offers this fellowship annually, and Bailey applied for the program this past summer. According to their website, the student fellowships give students the “opportunity to engage at the national level on issues around education and healthcare policy, allowing them to develop leadership skills and gain experience that they will take with them into their professional careers.” Those interested in the health policy fellowship are granted the opportunity to visit Washing DC and meet with congressmen and women to learn about making friendly PA policies. “I think I’m a good fit for the fellowship because I actually used to work in politics,” said Bailey. “I worked for United States Senator Mark Udall of Colorado as a member of his press team, so I have a bit of experience with how bills become law and with how to talk to Senators and congresspeople to get things done.” Eric Neme, one of Bailey’s professors, said, “The fusion of her political background, her health care expertise, and the skills taught during this fellowship will hopefully allow her to be a strong advocate for her patients and her profession. She is a real ‘Pioneer’ in our inaugural class and will be an excellent representative of the Department of PA Studies and the University.”

According to the Sacred Heart university website, “The Masters Physicians Assistant Studies program prepares individuals to practice medicine with the supervision of a licensed physician. The program is designed to prepare future professionals to work as generalist PAs. MPAs graduates will be educated to provide compassionate, respectful, high-quality healthcare.”

Bailey hopes she still has some helpful connections in DC that will help her gain forward in her career as a PA. “With my history of working on the Hill, I hope to eventually forge some relationships as a PA and open doors that are currently closed.”

Sacred Heart graduate student Sarah Bailey has recently been awarded a student health policy fellowship through the Physician Assistant Education Association (PAEA) of America.

SACRED HEART UNIVERSITY OFFICIAL WEBSITE
I never really considered myself a "late" person, more of a "barely on-time" person. But, here I was walking into the Sunday Spectrum topics meeting about five minutes late because, well, Sundays are my lazy days. I just needed to get a Dunkin' Donuts iced coffee before heading to the office. (Blamed on it non-existent traffic.) I was not only greeted by just about all of the staff, but with, "Why are you always late?" and "Wow, nice of you to show up!" In my defense, I am the photo editor and therefore have no topics to present at the meeting, and— as I said before—I needed Dunkin' Donuts. So in reality, I am not necessarily needed at these Sunday meetings that I am always late to. The staff should be happy I decide to grace them with my presence.

A queen once said, "A queen is never late. Everyone is so early simply." I mean, it was Queen Clarisse from "The Princess Diaries," but a true queen in my book. I have been told from our editor in Chief Alexa that I am the photo queen, giving me permission to live by the quote.

The main issue I have with being a "barely on-time" person, is that I am very easily distracted. Last Thursday, I was working very hard on a personal website for one of my classes. I was getting really into it, placing photos and getting my resume up. Realizing I was hungry I went into the kitchen to make some dinner when my roommate asked, "What are you doing?" In my head I said to myself, "Obviously making dinner." Before I could answer her, asked, "Don't you have dance like five minutes ago?"

Now, picture me in my slippers running to my car to drive to West Campus to make it to dance at a reasonable time. I was so into my homework that I completely forgot what time I had dance practice. I didn't almost miss dance, because I am unorganized. I own a planner and a white board where I write down my dance practices and homework assignments.

This just goes to show how dedicated I am to my studies and how involved I am on campus.

Lastly, in my defense, I don't leave myself enough time to drive to places. Since I am from Staten Island, a borough of New York City, there is a lot of traffic. When I am at home I make sure to leave early enough to ensure that I take traffic into consideration.

When I am at school, there is a lot less traffic, which leads me to think that I don't have to take into consideration when going somewhere. This typically backfires and I am stuck circling the school parking lots for a spot, sometimes making me late for a meeting or class.

I am glad that Giovanna and Alexa chose me for this topic, because now I get to explain myself. Being "barely on-time" or "late" as some may call it, is just a way of life. This is just how I am and it's definitely not going to change. If you're like me, just keep doing what you're doing. A queen is never late.

On the subject of being late to things, I'll start by saying this: I'm not about it. That is not to say I'm on time for everything, as in any kind of occasion under the sun. If there's a party that starts at 10pm, chances are I'll be rolling up to it at 10:30pm the earliest. I'd say that's pretty standard.

However, if we're talking about the subject of tardiness to appointments, then I'm not a fan of lateness—both on the giving and receiving ends of things. If you tell me that you're available to meet at 1 o'clock, being five minutes late without a heads up is no problem. But being 20 minutes late without a text or call, or especially for bluntly not caring about being on time, is just not cool in my world.

I don't care if it's a business meeting for launching the next big smartphone app or plans to go to Merritt Canteen and eat the most delicious food you'll probably regret eating later on, a man's (or woman's) word should be kept within reason. What would we be as a society if everyone thought it was acceptable to go around making plans and not honoring them? Or, like I mentioned, at least revising them if things get in the way? Savages—that's what we'd be.

And listen, I'm not here to persecute people who are honestly mistaken on a mix-up with plans. That happens. Life happens, too, which is why people do have to be late sometimes. But it's the instance of someone having no regard for something they could easily be on time for that irks me.

To be honest, though, I've come to expect and live with lateness more after coming to college. Even in the instances where it's kind of an eye-roller to have to deal with, it just happens so often that I don't rely on people being on time.

What's kind of cool, to me, about caring less about punctuality is I've become less worried about being "on time" to things that aren't so important, like going to gatherings or a friend's house to just hang out. High school me would've broken a sweat trying to be on time to anything. College me? Not so much, and that's good.

Don't get me wrong, people being late to certain things is, and always will be, annoying. However, I've learned that, regardless of the situation, it's rarely the end of the world.

Like I said, I cared about being on time way too much in high school. A lot of it came from playing basketball. I'd say, if someone wasn't on time for practice, my coaches would typically punish everyone by making us run for a while, so the threat of having to get in true shape was always motivation enough to want to be on time. Also in high school, this is the way I'd map out my mornings: if I wanted to hit the diner by 7:45am for class, I'd be the most stressed human in the world if I get there at 7:50am. That extra five-minute padding meant more to me than it should have. The corned beef hash was always on point though, so there was never much to fret about.

Breakfast food aside, I assume my conclusion on this trilling, but actually kind of important matter, is that lateness is sometimes warranted, and almost always annoying. It's so annoying I have to just stop writing about it. Good night. Don't be late if you can avoid it.
Are You “Keeping Up With the Kardashians”?  
When Does Celebrity Gossip Cross a Boundary?  
BY LYDIA WIGHT  
Staff Reporter  

Do you like reading about celebrity gossip? Do you think celebrity news affects a lot on how we perceive our world today?  

Recently, “Keeping up with the Kardashians” became a difficult task for news broke that sisters Kylie Jenner and Khloe Kardashian were pregnant.  

In addition, Kim Kardashian was also expecting a child via surrogate, according to CNN.  

Jenner’s pregnancy came as the biggest surprise to some consumers of pop-culture. Jenner is only 20, making her the baby of the family. “Kylie is 20, so it’s not like she’s too young to care for a baby,” said senior Laurel Mason. “I feel like society still views her as some little girl. She’s still young, but she has her own business and house and she supports herself. Kylie is honestly doing better than your average 20 year old.”  

In Dec. 2015, Jenner told Elle Magazine that she would delete her Instagram account if she had a child. This would mean that she would lose over 98 million followers. “Kylie always said she wanted to be a young mom,” said senior Brooke Lopez. “I watched her TV show “Life of Kylie” and she seemed depressed and under pressure to constantly maintain public image. I am happy for her, because she might turn her life around by deleting Instagram.”  

Only a few days after Jenner’s pregnancy news, her sister Khloe Kardashian was also reported as pregnant. Kardashian is 33 years old and has struggled with infertility issues in the past.  

The father is assumed to be her NBA boyfriend Tristan Thompson, according to People Magazine. “I think the world would agree that she would be a very fun and nurturing mom, because she does so well with her nieces and nephews,” said Mason. “She deserves children of her own.”  

New Tailgating Restrictions: Too Much or Too Little?  
BY RYAN CONKLIN  
Staff Reporter  

SACRED HEART HAS RECENTLY IMPLEMENTED NEW RULES AND RESTRICTIONS ON TAILGATING.  

Throughout the country, college students enjoy social traditions that highlight the spirit and pride they have for their schools.  

Whether they be festivals on campus, fairs with numerous activities or even sporting events, students come together to celebrate all the things that make their school special to them.  

In this regard, one of the ways Sacred Heart University facilitates social spirit and there is no better showing of this bond than tailgate season.”  

However, Sacred Heart has recently implemented new rules and restrictions on tailgating. Students have had mixed feelings about these new rules, due to the popular sport. Restrictions the University has set in place.  

These rules, such as, a limit of 15 people per tailgating car, a ban on glass bottles and a restriction on overly loud music, have been received in varying ways by students.  

Some students expressed that they like going to tailgates, because of the amount of excitement and pride that is shown for the university.  

“School officials becoming more restrictive at tailgates interferes with the excitement and the fun of attending a home football game,” said junior Anne Reboa. “Students are rowdy and passionate when it comes to things that involve their social life.”  

Due to these new restrictions, some students feel they are being restricted and not respected of acting a certain way before anything ever occurs. “Not everybody is there to cause trouble, we are just here to show school spirit and support the football team,” says sophomore John Santia.  

“The whole idea of fifteen people per car is crazy in my opinion, and if they are going to have tailgates like this what is even the point of having them anymore.”  

Some students even look forward to tailgates, because they know that they will get to see friends and classmates that they will normally get to see on a regular basis.  

“The first few tailgates during the fall of 2015 were the first signs of school spirit to me personally, and as word got out they became a lot more popular and many more students started to show their faces,” said Joseph DiCostanzo. “Now, it’s unfortunate and disappointing to me to see a crack down on what we are allowed to do and not allowed to do at tailgates.”  

Although, some students understand that these new rules were set in place to keep students safe during these big events on campus.  

“I think that these new rules will benefit the students because it will keep everyone safer,” said senior Marissa Gallante. “It’s just a way for the university to ensure that no one will get hurt.”  

While the tailgates will not be prohibited, these new rules will stay in place as of now.  

“We were excited to come into my senior year so I could experience the spirit of the tailgates for the football team,” said senior Ryan Cannata.  

“It is disappointing to see that they will not be what they once were and I think this has a lot to do with the tailgate being held in a much smaller area.”  

Results taken from a poll on Twitter.com/shuspectrum  

Hand in hand we dance around the lagoon’s edge  
We stared at the night sky for hours like gnats flying around a lotus flower.  

The soft summer grass squishes underneath our jiving feet,  
And the petals of the flower you gave me are as soft as butter.  

The floating lanterns sashay and twirl through the trees guided by the warm, thick, sugary breeze.  

And if you listen close enough you can hear the couples in the night,  

Snickering by the beach, and whispering “I love you” for the first time and the 100th time.  

Your strong cologne scent pulls me closer,  

The sound of the saxophone playing in the band  

Sends chills up my nervous hand.  

The gentle waters of the lake’s beach splash and patter upon our flitting feet.  

We Asked SHU:  
What’s your favorite fall activity?  

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>40%</td>
</tr>
<tr>
<td>Anything Outdoors</td>
<td>29%</td>
</tr>
<tr>
<td>Haunted Houses</td>
<td>22%</td>
</tr>
<tr>
<td>Pumpkin Picking</td>
<td>9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>40%</td>
</tr>
<tr>
<td>Anything Outdoors</td>
<td>29%</td>
</tr>
<tr>
<td>Haunted Houses</td>
<td>22%</td>
</tr>
<tr>
<td>Pumpkin Picking</td>
<td>9%</td>
</tr>
</tbody>
</table>

Antics of the Night  
by freshman Kathryn Anes  

POET’S CORNER  

Continued
Internships: It's a Love/Hate Relationship

Melina Gutic
Assistant Arts & Entertainment Editor

Let’s talk about internships. Internships are the bane of my existence. Finding one is an impossible task that I sometimes can’t even handle.

I find it mind blowing how hard it is to get an internship. If I can barely get one, how am I supposed to find a job?

Some of the requirements for internships include “interning experience.”

I need to be hired somewhere to have that experience! Can you just take a chance on me and believe that I can do it?

Being a Public Relations major, it’s not the easiest thing in the world to find an internship local to Sacred Heart, and so I decided to expand my search to New York City.

Prior to landing my internship, I usually found myself searching sites like LinkedIn on my laptop until my index finger started cramping from clicking so much.

This past spring, I somehow hit the jackpot and got an interview for a PR agency in NYC, and it was the weirdest process ever. I had to do a FaceTime interview, so I googled “how to look for a FaceTime interview” and “the best place to do a FaceTime interview” (somewhere quiet and with nothing in the background, if you were wondering).

My internship had its benefits, but not without a heavy workload. Every two weeks the company had a manicurist come in and do everyone’s nails, and on Fridays they had lunch catered. I always had work to do, like media lists, which were always boring, and the hours—nine to six during the week—were pretty rough. By the time I left, I ended up with over 300 hours of work when I only needed to meet a requirement of 112 hours.

Did I mention this was an unpaid internship?

I felt that I should’ve been compensated in some way because I was doing work that the account coordinator would do. She was just passing her work down to me!

But that’s a different rant.

This took a toll on my wallet and my school work and activities. It was hard to keep up with both when I was barely on campus. I was always focused on my internship because it’s my career path, and it was preparing me for what I planned to do for the rest of my life. I wanted to do well. I wanted to be the best intern I could be.

I ended that internship in May, feeling like I was on top of the world. I was on such an internship high that I ended up applying for 15 more during the summer.

You’d think that because I had that experience this time that I would be able to get accepted into another one, right?

Wrong.

It is extremely stressful when I’m trying and trying, but it seems that no one else recognizes the hard work I’m doing. Parents are pressing me but there’s nothing I can do. I can always come up with some lame excuse, saying things like “Oh, well everyone is home for the summer so maybe they just hired people that actually live in the city.” Meanwhile, I’m trying to figure out why I can’t even get a “Thank you for applying but...” email response.

If I’m not qualified enough for an internship, how am I going to be qualified enough for a job that I have to start looking for in five months?

Does anyone else feel like this?

My Time on the Cheyenne River Sioux Tribe Reservation

Brendan Capuano
Assistant News Editor

It was windy, it was loud, and I slept for what felt like ten minutes. I remember being huddled in my sleeping bag on the camping cot. I had two sweatshirts on and was curled in a ball trying to stay warm. It was the worst wind of my life and it was the start of the greatest five weeks that I have ever experienced.

As part of my freshman year, I became involved with a non-profit organization called Simply Smiles, which works in Oaxaca, Mexico and in South Dakota.

Their mission is to “provide bright futures for impoverished children, their families, and their communities.”

With a holistic approach, they assess the needs of the community, building homes, organizing community meals, and running programs and summer camps for teens to learn about colleges.

After two flights and a five-hour bus ride on May 13, 2017, I was no longer a volunteer or an office intern, but I started my first day of real work on the reservation.

I spent my first night on the Cheyenne River Sioux Tribe Reservation in the small town of La Plant, South Dakota.

For the next five weeks, I worked as the media intern for Simply Smiles, producing videos and taking pictures. I lived in a staff bunk house behind the Sam D. Horse Community Center, in close quarters with about a dozen other interns and staff members.

For the next five weeks, I was no longer in the America I knew, but rather in what seemed to be another nation entirely. I was exposed to a new culture, with its own unique traditions and a land with its own unique set of problems.

Reservations in America are often overlooked and neglected. The Cheyenne River Sioux tribe, home to the Lakota, is located just south of the Standing Rock reservation, which is in the news last year. Some of the major problems on the reservations include mass unemployment, alcoholism and drug abuse.

Simply Smiles works heavily with the kids of the reservation and, through summer camps, provides them with experience in leadership roles. They empower the youths of La Plant and show them, in a town where unemployment is at nearly 90%, that they can get a job and make a good living for themselves.

I worked to create media for them, but as a Simply Smiles intern, you really do it all. The unofficial intern motto is

*Flexibility is fun* because you never know what you are going to have to do on any given day. I did everything from crawling in an attic and installing insulation to cooking enough sloppy joes for 300 people.

What I enjoyed most on the reservation was talking with the elders. Their stories about Lakota traditions and spirituality are incredibly poetic and are rooted in a respect for life. I heard stories about people from La Plant and their time at the Standing Rock camp. I heard first-hand how the protests were peaceful and how one day they turned violent, then how one of the kids I worked with was thrown into prison when it happened. I heard stories about generations of oppression and the struggles of a nation of people forgotten by just about everyone. But Simply Smiles. I witnessed a community come together to lift it’s children up and show them that they are the future, and that they can create positive change in the world.

Just about every night for five weeks I would fall asleep exhausted to the sound of rain on a tin roof and crickets chirping. That first night was brutal, but every night after that was incredible.

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@shsu.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.
WHRT, Sacred Heart’s student-run radio station, is under new management and has recently redesigned their logo, as well as the way in which they operate the club. The radio broadcasts 24/7, and allows for students to have their own weekly shows on topics of their choice.

“Radio is still a vital and useful medium. We offer a professional experience right inside our office-suite where students can learn technology and methods alongside graduates and professionals,” said Professor Greg Golda, faculty advisor for WHRT.

The station is located on the second floor of the Frank and Marisa Martire Business and Communications Center.

The studio specifically designed for WHRT consists of two studio settings which are equipped for the standards of radio shows. Each studio has sound boards, microphones, and radio software used to broadcast live or to record shows.

The radio station also gives students the opportunity to voice their own opinions and creative processes through an outreach such as radio.

“We want students to help the DJ and to be able to express themselves through musical content. They can talk about whatever they want, just no degrading material or explicit songs,” said Miglio.

Members of WHRT are allowed to make their own decisions for their shows, including creating the name of their shows such as “DJ Wood In the Morning” and “SHUting From The Hip.”

“Our goal is to get students involved and be as active as possible. Before every new show, all the E-board members show our broadcasters how to use the equipment, so that there is no confusion,” said senior Faith Leahy, the Promotion­al Manager for WHRT.

Aside from doing live radio, WHRT has also gotten involved with live events on campus.

“WHRT members have helped us get involved with SET, Student Activit­es, and Student Union,” said Leahy. Recently, WHRT has had the opportunity to DJ at live events on campus, performing at the Just SHU It Fair and Fall Fest.

“We are going to be at Red’s for their Halloween event, and are looking to do more events on campus throughout the year,” said Miglio.

The station is also teaming up with WSHU, the National Public Ra­dio (NPR) station based on Sacred Heart’s campus.

“We’re starting a partnership with WSHU, so students can essentially intern with a profes­sional NPR affiliate without having to travel at all,” said Golda.

If any students are interested in getting involved with WHRT, they are encouraged to email Nina Miglio at miglionc@mail.sacredheart.edu or Professor Golda at goldag@sacred­heart.edu.

WHRT can be accessed live online at whrt.rocks or whrradio.weakly.com.

BY CHRISTINA DIMAURO
Features Editor

Vantage SportsNet is a thirty minute live sports show that is both recorded and produced at Sacred Heart University.

The show airs Monday through Friday from 10:30-11:00am. The show, which is ran by Frontier Communications, takes place in the TV studio located in the Martire Business and Communications building.

One of the unique aspects of the show is that they allow students to intern on the set of Vantage SportsNet.

Lauren Baker, a senior at Sacred Heart University, is an intern for the show.

“If you want a job working for a live tv show, this is a great starting point to a career,” said Baker.

The show staff’s ten interns per semester. Some of the positions include: running the audio board, building graphics, controlling the camera, stage manager, and technical director.

The show also broadcasts sporting events all over Connecticut. Such events range from little league games to professional games.

“Being a part of the live show gets me a foot in the door. I always had a passion for working for in both a sports show and in the control room,” said junior Victoria Balarezo.

The show airs live, which allows for minimal errors. If a mistake is made, it is important for students to learn how to recover quickly from making mistakes in front of a live studio audience.

The show conducts many interviews with athletes. By hosting these interviews, viewers see a window into what they might not have noticed otherwise.

There is a significant following of sporting events both on and off campus. Being a Division I school, it has been found that there is high interest in the sporting events that take place on the University’s campus.

Participating in a hands-on experience is crucial for individuals within this field. Working on a live show allows for students to gain experience in categories such as, learning how to use video equipment, conducting live interviews, and editing video and audio.

“My favorite position is TD, which is short for technical director. You control all the shots the director wants on and off screen,” said Balarezo.

The internship gives students the opportunity to experience all types of jobs and positions. This then allows students to hone-in on specific areas of expertise.

“The control room has an open door policy, anyone can watch or volunteer,” said Allison Gaskins, a graduate assistant at Sacred Heart.

This job opportunity allows for students to develop life-skills for their future.

There are five student contributors. They go on and film sporting events, edit, and present the show.

“If you want to work for broadcasting, this is the most hands on experience,” said Gaskins.

One of the two professional anchors of Vantage SportsNet works for ESPN. Students at Sacred Heart can become involved with the show by applying to be an intern for the 2018 spring semester.

Vantage SportsNet can be viewed on cable, Frontier, Directv, and Optimum. The show can be found on channel 1500.

“A classmate that had recently participated in the internship enjoyed every moment of it,” said Balarezo.

BY MICOLE D’ANDREA
Staff Writer
Tell Us Your Story: Dylan Ackerson

BY STEPHANIE DESANTIS
Staff Writer

For senior Dylan Ackerson, life at Sacred Heart University has been a challenging ride. Between juggling being both a nursing major and a Division I football player, he has had to learn and adapt to strict time management skills to adequately stay on top of his schedule. Ackerson played football throughout high school in Alabama, where he was born and raised. His love for the sport was so strong that he knew he wanted to continue it in college. In high school, I always dreamed about playing college football and I was willing to travel anywhere to do just that," said Ackerson. Following the recruitment and scholarship offer to Sacred Heart's Division I football team, ultimately convinced him to move all the way from Alabama to Connecticut.

Since the school was his only Division I offer, he felt compelled to come visit. After doing so, he loved the campus and coaches so much that he decided to commit. As to whether or not Ackerson finds himself missing home in Alabama, he says he does more now that he's older. "I'm always either in class, practicing, or planning out my day to day, or planning out his schedule. What the game basically is, is you start off with your farm," said Rizzo. "The nicer you are, the higher your score grows, so does your level and amount of money," said Erickson. FarmVille may be fun to play, but is it too addictive? The chance of losing to your "neighbors" or having crops die away may have some virtual farmers more concerned with their computer rather than everyday life.

"I'm excited to see what opportunities I have once I graduate," says Ackerson.

Feature

Tell Us Your Story: Dylan Ackerson

BY STEPHANIE DESANTIS
Staff Writer

For senior Dylan Ackerson, life at Sacred Heart University has been a challenging ride. Between juggling being both a nursing major and a Division I football player, he has had to learn and adapt to strict time management skills to adequately stay on top of his schedule. Ackerson played football throughout high school in Alabama, where he was born and raised. His love for the sport was so strong that he knew he wanted to continue it in college. In high school, I always dreamed about playing college football and I was willing to travel anywhere to do just that," said Ackerson. Following the recruitment and scholarship offer to Sacred Heart's Division I football team, ultimately convinced him to move all the way from Alabama to Connecticut.

Since the school was his only Division I offer, he felt compelled to come visit. After doing so, he loved the campus and coaches so much that he decided to commit. As to whether or not Ackerson finds himself missing home in Alabama, he says he does more now that he's older. "I'm always either in class, practicing, or planning out my day to day, or planning out his schedule. What the game basically is, is you start off with your farm," said Rizzo. "The nicer you are, the higher your score grows, so does your level and amount of money," said Erickson. FarmVille may be fun to play, but is it too addictive? The chance of losing to your "neighbors" or having crops die away may have some virtual farmers more concerned with their computer rather than everyday life.

"I'm excited to see what opportunities I have once I graduate," says Ackerson.

Feature

Tell Us Your Story: Dylan Ackerson

BY STEPHANIE DESANTIS
Staff Writer

For senior Dylan Ackerson, life at Sacred Heart University has been a challenging ride. Between juggling being both a nursing major and a Division I football player, he has had to learn and adapt to strict time management skills to adequately stay on top of his schedule. Ackerson played football throughout high school in Alabama, where he was born and raised. His love for the sport was so strong that he knew he wanted to continue it in college. In high school, I always dreamed about playing college football and I was willing to travel anywhere to do just that," said Ackerson. Following the recruitment and scholarship offer to Sacred Heart's Division I football team, ultimately convinced him to move all the way from Alabama to Connecticut.

Since the school was his only Division I offer, he felt compelled to come visit. After doing so, he loved the campus and coaches so much that he decided to commit. As to whether or not Ackerson finds himself missing home in Alabama, he says he does more now that he's older. "I'm always either in class, practicing, or planning out my day to day, or planning out his schedule. What the game basically is, is you start off with your farm," said Rizzo. "The nicer you are, the higher your score grows, so does your level and amount of money," said Erickson. FarmVille may be fun to play, but is it too addictive? The chance of losing to your "neighbors" or having crops die away may have some virtual farmers more concerned with their computer rather than everyday life.

"I'm excited to see what opportunities I have once I graduate," says Ackerson.
“Stronger”
A Review of Jake Gyllenhaal’s Latest Film

BY JORDAN NORKUS
A&E Editor

“Look at this... Boston Strong,” said the leading character’s mother in the biographical drama film, “Stronger.”

On Friday, Sept. 22, Lionsgate and Roadside Attractions released “Stronger” in theaters. The film follows the story of Jeff Bauman Jr., who lost both of his legs on April 15, 2013 in the Boston Marathon bombing as he was waiting at the finish line for his girlfriend, Erin Hurley.

Based on the memoir of the same name, “Stronger” shows its viewers that although Bauman became a symbol of hope, not only for Boston, but for the nation as a whole, there were dark times fueled by pain and suffering. The film’s tagline is “Strength Defines Us,” and I think that is something we can all take away from “Stronger.”

When tragedy strikes, we have a tendency to want to give up. We’re not alone and that’s something that we all have in us to drive ourselves to come through the other side stronger than we were before.

There’s so much love coming at Jeff. People line up, they really do, to talk to him. They’re like, “this thing happened to me,” “that thing happened to me.” Gyllenhaal, in an interview after the film’s festival premiere. “When we first met, I was trying to learn about him and figure out what was going on was a little harder. And now I feel like I know him better than even when I played the role.”

Themes of alcoholism, bitterness, suffering and pain are present throughout the whole course of the film. And the AP also reported that Bauman moved out of his mother’s apartment and got his own place, is now 15 months sober, and studying engineering in college. He is hoping to work for a prosthetics company.

He started homing in on what I wanted to do as a person. Just try to grow up; “I took my hand off the pause button,” said Bauman. “I had my life on pause. You get stuck, especially when you’re drinking and isolating. I started homing in on what I wanted to do as a person. Just try to grow up.”

And I think that is something we can all take away from “Stronger.”

John Gordon Green, “Stronger” stars Jake Gyllenhaal, with him from start to finish. The Associated Press contributed to this article.
October 4, 2017

The Sacred Heart Spectrum

Arts & Entertainment

“Banding Together” with Be The Match

BY MEGHAN RICE
Staff Reporter

Sacred Heart University’s Band Program took a break from performing and partnered with Be The Match, a nonprofit organization run by the National Marrow Donor Program (NMDP), to “band together” and seek out college students on campus willing to donate their bone marrow to blood cancer patients.

“We do a lot of college stuff, because it’s the prime age,” said Jon DeCasanova, a representative from Be The Match. “Prime age and gender would be 18 to 25 and male because males can give us more cells—but we have many female donors as well.”

Supported and funded by the United States Navy and numerous families and doctors, Be The Match started after Dr. Robert Graves’ 10-year-old daughter, Laura Graves, was diagnosed with leukemia.

In 1979, Laura received the first-ever successful bone marrow transplant and it gave her a chance to live again.

“Be The Match does a lot of work with teams, schools and universities. We heard they particularly have worked with a lot of bands at other schools,” said sophomore clarinet player Ashley Penozynzyn.

The event took place on Tuesday, Sept. 26 from 10 a.m. to 6 p.m. in the University Commons Auditorium. There are currently 118 members in the band and throughout the day, each member came together to run the event with the Match.

“We wanted to do this, because it is a good cause,” said senior drum major Eric Willenbrook. “Here we won’t play for everything, but we wanted to help this specific community together, as a type of band community service.”

Members of the band said that about 50 to 50 people came to sign up to donate within the first three hours of the event. In order to join at the registry drive, prospective donors had to confirm that they were between the ages of 18 and 44, review the health guidelines and confirm that they didn’t have any of the listed health issues, and commit to donating to any patient in need.

Sophomore Liam O’Donnell stepped in to donate his time and bone marrow to the cause.

“I have a couple of friends in band, so I am here to support them,” said O’Donnell. “I have not heard of this type of thing before but I was happy to help someone who might need it.”

Every three minutes, someone is diagnosed with blood cancer. Be The Match has a message on their website for prospective donors:

“The cure for blood cancer is in the hands of ordinary people. Join our cause. You could be the cure.”

“The Match, a nonprofit organization run by the National Marrow Donor Program,” directed it.

The film discusses the deinstitutionalization amongst mental hospitals across America and how it has degraded the country's mental health system. It explores the negative effects of what getting rid of state mental hospitals has done to our society.

“We don’t really have a system for mental health and I am hoping maybe we can go from here by making improvements and spreading awareness to the general public,” said Maciog.

The film provides insights about mental health from various sources, including: former state hospital employees, state officials, therapy professionals, as well as parents from the Sandy Hook Elementary tragedy.

The documentary was named after Dorothea Lynde Dix—an American author and reformer for mental health during the 19th century. She advocated for having new institutions created across the United States and Europe. By doing so, Dix changed people’s awareness about the mentally ill.

This was one of the reasons that inspired Maciog and Teng to make a documentary about mental health.

“We want to make people aware of what’s happened with mental health and where we are right now,” said Maciog.

Throughout the documentary, it’s mentioned that the number of mental hospital patients has decreased as they were defunded by the state. According to the Vision Project website, the goal was to normalize mentally ill patients and consolidate them into the community. However, the mentally ill have ended up in prison, city streets, or in county morgues.

“After watching the documentary, I never realized how damaged our mental health system was,” said sophomore Mariass Pecirevalle. “The film opened up a whole new perspective for me on mental health.”

The film was also unique because it actually showed all the positives that came from these institutions.

The film features Fairfield Hills State Hospital in Newtown, Conn. The hospital opened in 1931 and housed nearly 4,000 patients. It was shutdown in 1995 and all patients were moved to Connecticut Valley Hospital. Maciog and Teng spoke with former employees of Fairfield Hills. A nurse that worked at the institution expressed her concerns about a former Fairfield Hills patient. She visited in a state prison. He was put there once the hospital shut down, and has not been the same since.

Students who attended the screening were in awe over the film.

“I was moved when I walked out of the doors to the screening room, I still haven’t been able to get my mind off the topic,” said sophomore Jake Dobbe. “The documentary is so powerful and shows us proof on how mental health care is something we as Americans should focus on providing for everyone.”

After the film ended, Maciog and Teng opened up a discussion session to audience members. They both talked about their personal opinions on mental health and their ultimate goals for the documentary.

“The biggest problem is not a lot of people are talking about this situation happening in this beautiful country,” said Teng. “That’s the most important thing. That’s scary. We don’t finish problems. We just show problems to society and just let people talk about it, not do anything about it.”

Run by Coordinator of Multimedia Journalism and Professor of Communication and Media Studies Rick Falco, Vision Project is an organization dedicated to the development of investigative journalism, documentary photography, film and multimedia, and education.

It is Falco’s hope that “Dorothea’s Tears” will become a widespread documentary; as he is working deals with the Public Broadcasting Service (PBS) to showcase the film.

“Our goal is to give us information,” said Falco. “Our society has to have values that take care of our people.”

DOROTHEA’S TEARS’ WAS PRODUCED AND EDITED BY SCMA GRADUATE STUDENTS GEER TENG AND KEITH MACIOG.

Vision Project Presents

“Dorothea’s Tears”

BY KRISTIN BURNELL
Staff Reporter

On Tuesday, Sept. 26, the Vision Project organization presented the documentary “Dorothea’s Tears: The State of Mental Health Care in America” in the Maritime Center Media Theater.

The film was presented by Master of Arts in Communication graduates Keith Maciog and Geer Teng. Taking nearly two years, Maciog worked as the Producer of the project and Teng directed it.

The film discusses the deinstitutionalization amongst mental hospitals across America and how it has degraded the country’s mental health system.

It explores the negative effects of what getting rid of state mental hospitals has done to our society.

“We don’t really have a system for mental health and I am hoping maybe we can go from here by making improvements and spreading awareness to the general public,” said Maciog.

The film provides insights about mental health from various sources, including: former state hospital employees, state officials, therapy professionals, as well as parents from the Sandy Hook Elementary tragedy.

The documentary was named after Dorothea Lynde Dix—an American author and reformer for mental health during the 19th century. She advocated for having new institutions created across the United States and Europe. By doing so, Dix changed people’s awareness about the mentally ill.

This was one of the reasons that inspired Maciog and Teng to make a documentary about mental health.

“We want to make people aware of what’s happened with mental health and where we are right now,” said Maciog.

Throughout the documentary, it’s mentioned that the number of mental hospital patients has decreased as they were defunded by the state. According to the Vision Project website, the goal was to normalize mentally ill patients and consolidate them into the community. However, the mentally ill have ended up in prison, city streets, or in county morgues.

“After watching the documentary, I never realized how damaged our mental health system was,” said sophomore Mariass Pecirevalle. “The film opened up a whole new perspective for me on mental health.”

The film was also unique because it actually showed all the positives that came from these institutions.

The film features Fairfield Hills State Hospital in Newtown, Conn. The hospital opened in 1931 and housed nearly 4,000 patients. It was shutdown in 1995 and all patients were moved to Connecticut Valley Hospital. Maciog and Teng spoke with former employees of Fairfield Hills. A nurse that worked at the institution expressed her concerns about a former Fairfield Hills patient. She visited in a state prison. He was put there once the hospital shut down, and has not been the same since.

Students who attended the screening were in awe over the film.

“I was moved when I walked out of the doors to the screening room, I still haven’t been able to get my mind off the topic,” said sophomore Jake Dobbe. “The documentary is so powerful and shows us proof on how mental health care is something we as Americans should focus on providing for everyone.”

After the film ended, Maciog and Teng opened up a discussion session to audience members. They both talked about their personal opinions on mental health and their ultimate goals for the documentary.

“The biggest problem is not a lot of people are talking about this situation happening in this beautiful country,” said Teng. “That’s the most important thing. That’s scary. We don’t finish problems. We just show problems to society and just let people talk about it, not do anything about it.”

Run by Coordinator of Multimedia Journalism and Professor of Communication and Media Studies Rick Falco, Vision Project is an organization dedicated to the development of investigative journalism, documentary photography, film and multimedia, and education.

It is Falco’s hope that “Dorothea’s Tears” will become a widespread documentary; as he is working deals with the Public Broadcasting Service (PBS) to showcase the film.

“Our goal is to give us information,” said Falco. “Our society has to have values that take care of our people.”

THE SACRED HEART UNIVERSITY BAND PARTNERED WITH BE THE MATCH, A NONPROFIT ORGANIZATION RUN BY THE NATIONAL MARROW DONOR PROGRAM.
Men’s Lacrosse Announces Three Coaching Changes

BY JOHN FLANIGAN
Staff Writer

According to a Sacred Heart Athletic Communications press release, men’s lacrosse head coach Jon Basti has announced three changes to his coaching staff for the 2018 season. Mike Chanenchuk has been named the offensive coordinator and an assistant coach, and Ian Farley has been added as a volunteer assistant coach, and Chance Calkin has been named the Coordinator of Operations.

Calkin has taken on a new role in his third year as a part of the Pioneer coaching staff. Serving as the Coordinator of Operations next season, Calkin will now be working on game scouting and video preparation.

Last season under Calkin’s guidance as an assistant coach, Sacred Heart had two of the top six face-off specialists in the Northeast Conference (NEC). Prior to working at Sacred Heart, Calkin was a graduate assistant. In his career as a student-athlete, Calkin attended the University of Denver, at which he was a member of two NCAA Final Four teams.

According to the press release, Basti said that Calkin, “is someone that has brought a lot to our program the last two years. We’re very happy to keep him on staff and help us with his new role.” Sacred Heart is not the first school where Chanenchuk will serve as an offensive coordinator and assistant coach for the 2018 season. He spent the past two years serving in the same roles of assistant coach and offensive coordinator at the New York Institute of Technology.

“It’s an honor to be here, the Pioneers have a great atmosphere with the lacrosse program. We are heading in a great direction, and I’m really excited to add positively to the program,” said Chanenchuk. Chanenchuk played lacrosse at Princeton and Maryland, where he had a decorated career as a student-athlete. He was selected 11th overall in the 2014 Major League Lacrosse draft, and has been a member of the Charlotte Hounds since. He is a two-time MLL All-Star for the Hounds and was invited to represent Team USA this year.

“Being able to play and be coached by some of the best coaches in the world gives me the ability to have different experiences than other coaches. It gives me more options in regards to different offensive sets, plays, and perspectives being a player and a coach,” said Chanenchuk.

Farley, the new volunteer assistant coach, is a Sacred Heart alumnus and former player under Basti. After graduating from Sacred Heart in 2015, Farley began his coaching career as a volunteer assistant coach at Vassar College.

Farley moved on to John Carroll University for the 2016 season, where he helped lead the team to an NCAA Tournament berth as an assistant coach. Last season, Farley worked primarily as an assistant coach with the Marist College face-off unit, a team which reached the MAAC title game.

“It’s a privilege. It’s good to see where not only the lacrosse program is going, but also where the school in going. I’m excited for the opportunity, and I’m excited to see where Sacred Heart goes this year,” Farley said.

Men’s Soccer Begins NEC Schedule

THE SACRED HEART MEN’S SOCCER TEAM WILL PLAY THEIR FIRST CONFERENCE GAME ON SUNDAY, OCT. 8.

BY JOSEPH SIEGEL
Staff Writer

The Sacred Heart University men’s soccer team is getting ready to begin conference play. Their first conference game will be against LIU Brooklyn on Sunday, Oct. 8.

The team had significant success last year when they secured their first Northeast Conference (NEC) Tournament berth since 2011. The team is striving to get back this year after putting in hard work during the offseason.

With new talent and familiar faces, the team has all the pieces to make the push to get back to the NEC playoffs. “Every year the goal stays the same, it’s to make the NEC playoffs,” said head coach Joe Barroso.

“Only the top four teams make it, so that’s our goal for now and we’ll take it from there.”

Senior defensemen Dylan Santos, believes that the team’s confidence will be an advantage this year against their conference adversaries.

“We should definitely get a playoff spot. We see ourselves matching up well in conference play,” said Santos.

The Pioneers played four games during a homestand from Sept. 9-20, ending the stretch with a 3-1 record. Two of these matches were sent into single overtime periods against Saint Joseph’s University and Vassar College. The games against Saint Peter’s University and Vassar College were forced into double overtime. The loss suffered by the Pioneers was to Saint Joseph’s in the 90th minute of play.

“It’s great when you win in overtime, because it’s sudden death. I believe the game we lost was the game we played the best. The latest game we won against Iona, they are a very good team so there’s a lot of positivity building off from that win,” said Barroso.

The team is currently focusing on the experience and maturity that has come from their extended performances, which will help them throughout the whole season.

“It was hard because every other day we had to play a 110-minute game during the four game homestand. The positives outweigh the negatives though; these games get us through adversity,” said senior Ermel Celaj. Barroso and the coaching staff are happy with the team play over the exhibition games. The team has a lot of work to do, but Coach wants the team to get the job done within the 90-minute time period.

“It shows the team is fit and is always ready to win no matter the circumstance,” said Barroso. “We’ll fix things as the season goes on, but for now I’m so proud of what these guys have been doing.”

The team is focusing on being on the same page and having an unbreakable chemistry, and these qualities were showcased in their exhibition games. “It really defined who we are as a group. When it comes down to it, we fight until the last minute. We just really want to win, we’re not going to let it slip,” said Celaj.
President Trump Attacks a United NFL

BY OLIVIA MITTLEMAN
Staff Writer

Since Sept. 24, several players in the NFL have taken a knee or locked arms during the playing of the national anthem in protest against what they see as social or political injustices.

The protests have spread to players in other sports as well as to some team owners. President Donald Trump has made statements and issued multiple tweets in reaction to the protests.

On Friday, Sept. 22, Trump spoke at a rally in Huntsville, Ala. According to the Associated Press, he said, "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a bitch off the field right now. Out!' He's fired."

"I thought the language he used towards the players was uncalled for," said senior Alex Padalino.

On Saturday, Sept. 23 members from the Baltimore Ravens and Jacksonville Jaguars took a knee during the national anthem prior to their game at Wembley Stadium in London. Players who did not take a knee stood and locked arms.

Players did not kneel during the British national anthem.

Trump responded to the protesters via Twitter.

If a player wants the privilege of making millions of dollars in the NFL, or other leagues," he tweeted, "he or she should not be allowed to disrespect our Great American Flag (or country) and should stand for the National Anthem. If not, YOU'RE FIRED."

Rob Coloney, Director of Student Experience for the Jack Welsh College of Business, said protesters aren't disrespecting the flag. "These athletes are not protesting the anthem," said Coloney. "I think that there's a really strong separation in our country between the understanding of that truth and the myth of, 'they hate the national anthem and the flag.' That's not true."

On Sunday, Sept. 24 some players, coaches and owners reacted to Trump's comments and tweets.

More than 200 NFL players chose to protest by sitting or kneeling during the national anthem. In addition, players who stood protested by raising their fists. According to the Associated Press, about 1 in 8 players did not stand for the anthem.

"Athletes in general are getting more engaged politically," said sports media professor Andrew Miller. "They're taking advantage of their role as people on a nationally-televised broadcast."

Miller said football has a teamwork narrative. "By Trump attacking the players, the owners responded," he said.

At a handful of games, owners stood in solidarity with their teams and locked arms during the anthem.

Though, owners backed their players' decisions, 'many are Trump supporters. According to the Associated Press, more than seven owners contributed at least $1 million to Trump's inaugural committee.

Trump commented on the NFL protests on Sept. 24, tweeting, "Standing with locked arms is good, kneeling is not acceptable." At other games, players who were standing placed a hand on the shoulder of their teammates who knelt to show their support.

"I will never sit during the anthem. But will I support somebody who uses that time to protest the inequalities that they feel they have been in their communities? Absolutely I will support that person," said Coloney.

Some players, such as those on the Miami Dolphins, protested with their pre-game apparel choices. Players wore black shirts with #IMWITHKAP across the front in support of free agent Colin Kaepernick.

Kaepernick, who is no longer employed by the NFL, was the first player to kneel in protest last year.

"In the beginning, I think these protests were about race and equal rights for all. If we look at Kaepernick, he did it for the equality of various races," said Padalino. "Now, these protests have a whole new meaning. They are in response to a personal attack by the President of the United States."

In addition to the protests at NFL games, protests also took place at other professional sporting events.

During the first game of the WNBA Finals, the Los Angeles Sparks walked onto the court after the national anthem. The first MLB player to protest, Bruce Maxwell of the Oakland A's, took a knee on Sunday. NBA players tweeted about their disappointment with the President's comments.

"These athletes are social figures, role models, and mentors," said Coloney. "If a conversation could be set up to talk about and get on the same page it would make us appear unified as a nation."
Kelsy Hopkins and Lauren Lawson both recorded their third goals of the season, while Colleen McAninley and Rebecca Hauser both recorded their first assists of the season.