Men's and Women's Ice Hockey
The Sacred Heart University men's and women's ice hockey team opened their season on Oct. 6, while the women's team will start at home on Oct. 9.

He Said She Said
Jordan and Brandon talk about slow walkers and hallway etiquette.

TWEETS OF THE WEEK
@shanguerin
"Link how my cousin won Chopped Jr. and I set a fire boiling water the other day?"

10-25
"I know we're all aware of Kidz Bop as a concept, but I recently listened to a song and it was straight up sick.

@eddie419
"We were exposed to the language barrier and used translators when exploring Guatemala by hiking, exploring the city of Antigua, and interacting with patients."

UPCOMING EVENTS
10-18 Career and Internship Fair
10-18 Pitt Center, 1 p.m.-4 p.m.

Fall Literary Spotlight
10-25 McMahon Commons
10-26 Bingo
Edgerton Center
10:10 p.m.

FAKE NEWS Or Not?
Is This Shoe Blue and Silver or Pink and White?

"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 Twitter posts on the newspaper, use the hashtag #ShuSpectrum and you may be featured!

BY NICK DIMARTINO
Staff Reporter

Twice a year, the Sacred Heart College of Nursing sends students to Guatemala where they provide free healthcare to the local population. Including free medication, home visits and wheelchair fittings, the program prioritizes healthcare for women and children.

"The one or two times we come each year may be the only times they receive treatment and checkups," said Junior Caroline Barry.

There was a total of 31 members of the nursing program who went to Guatemala, including nine juniors, two seniors, a midwife, a physician, an Advance Practice Registered Nurse (APRN), and graduate nursing students.

For nursing students, the trip to Guatemala counts toward their required Obstetrics hours. One week in Guatemala is worth five weeks of Obstetrics hours in the United States.

Common medical conditions faced by the Guatemalan population include hypertension, diabetes, malnutrition, gastrointestinal issues and pediatric stunting.

Dr. Sheri Watson began the nursing travel program in 2008, and in March 2010, Dr. Eileen Yost, Dr. Christina Guethner and Dr. Kathy Fries led the nursing program on their first trip to Guatemala.

JUNIOR GABRIELA PONTE TRAVELED WITH THE SHERI WATSON TRAVELING NURSING TO GUATEMALA TO HELP PROVIDE FREE HEALTHCARE TO THOSE IN NEED.

BY SABRINA GARONE
Co-News Editor

On Sept. 20, Hurricane Maria made landfall in Puerto Rico with wind speeds of 155 mph, causing catastrophic damage to the island. The Category 4 storm was the strongest hurricane to hit Puerto Rico in nearly a century.

Many students within the Sacred Heart community have relatives living in Puerto Rico that have been affected by the storm.

"The first day after the hurricane, we didn't have communication with any of our family members. We were all very fearful," said senior Diana Lento. "As of right now, almost all of my family members are accounted for, but many have lost their homes."

"I know its scary that the ones we know the best are in danger, but we have to continue to focus on doing just that," said Gullo.

 Puerto Rico Aims for Recovery After Hurricane Maria

Puerto Rico aims for recovery after Hurricane Maria.

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The Associated Press contributed to this article.
The Sacred Heart Spectrum

Perspectives

Make Our Hallways Great Again

She Said

JORDAN...

According to Marrian-Webster, road rage is defined as "a motorists' uncontrolled anger that is usually provoked by another motorists' irritating act and is expressed in aggressive or violent behavior." Keeping that in mind, hallways are a lot like roads. Traffic is moving in different directions and there are a wide array of distractions along the way.

Now what happens when you've got somewhere to be and someone is quite literally standing in your way?

This is what I would like to introduce to you as "hallway rage."

Before I go any further, I would like to dedicate my "she said" debut to all of you slow walkers out there. I wouldn't be here if it weren't for you. Scratch that. I WOULD be here, because I needed to be, if it weren't for you.

There are far too many people who take their sweet 'ole time getting from point A to point B. It really isn't that hard to put some pep in your step. Even if you weren't blessed with long legs, that doesn't mean you still can't pick up your feet and GO.

There is nothing more frustrating than being stuck behind someone who just won't pick up the pace. Then there's those times when you just can't take it anymore and you try to go around them and they decide it's the perfect time to walk on the other side of the hallway... and you're stuck... behind them...

If life were like the racing video game, "Mario Kart," I would be dishing out red shells left and right; taking out those times when you just can't get when you're in New York City and can't take it anymore and you try to go between the statue of Big Red served as a god. Slow walkers do not take their sweet 'ole time getting from one place to another and were bombarded with "buy this," "sign this," and "give me all of your money?!" Who actually has cash on campus? Now I'm not saying that the organizations and causes aren't important. But I can see you... you don't need to scream at me and wave flyers in my face. I've got a destination and I don't have time to stop.

Being a fast hallway walker does have its fallbacks.

One time last semester, I was boogying my way down the hallway to go to my 5 o'clock class. Long story short, I was running late, didn't see the wet floor sign right in front of me, and was walking just quickly enough to trample over the sign and slip into the floor. Needless to say, I'm convinced that all of Sacred Heart University witnessed me take a nosedive and get a good laugh.

In that moment, I could imagine how Cady Heron must have felt in "Mean Girls" when she was walking down the hallway with Regina George, Gretchen Wieners and Karen Smith and she ended up falling into the garbage can. The first being anxiety, caused primarily by the dirty glances of people hastily walking past. The second, Morning, most likely caused by the food inhaled about eight minutes previously. The third, and most interesting, you notice things that you might not normally see moving at a breakneck pace.

I decided to take a slow lap around campus, set to the mellow tunes of Jack Johnson's "In Between Dreams" album, and there were things I had never seen in my three years.

This was where my mind officially crossed my mid. I do not endorse slow walking between classes when the halls are packed shoulder to shoulder. But, if you glance behind you and see no one, take some time, hurry up and slow down. Who knows what you could get out of the experience.

Falling

By Charles Pitcher, Junior

The sun is out but my eyes are dark, my voice is dry and cold like a tree with no bark
I tie balloons around my wrist to lift me up because I'm falling farther with every thought.

Night falls and so do I, the stars will mock, laugh and cry, the clouds above are not my allies
I will crawl and the birds will fly as I lock away all my lies
The grass will grow and I will shrink, I'll wash my sins within my sink
The more I wash the more I think, the more I think the more I sink
The more I sink the less I blink, if I blink I'll become a shrink
When I shrink I'll disappear, can't you hear the voices calling
Like the autumn leaves I'll keep on falling.

Perspectives

He Said

BRENDAN...

This week, I was summoned by higher powers, to discuss the swarms of people who walk at a speed which makes me question my own existence and if there is a God. Slow walkers... I do not consider myself to be a slow walker. Slow walkers in fact infuriate me, as I am more used to sprinting from meetings to classes on a tight schedule. Although, it is only right to defend those who stole through the halls at a leisurely pace. To do this, I made the conscious effort to slow myself down and even, willingly, joined behind the slow walkers in the halls.

In this week of slow walking in solidarity, I had to prepare in a few ways. I created a slow walkers playlist comprised of alternative music from the years 2001 and 2006. With my playlist perfected and me feeling adequately mentally prepared, I had to physically prepare as well. I swiped into 63s, ate a hearty carb loaded lunch and then downed water to create a blunted feeling. After this, I was ready to join the world of the slow walkers. I imagined this was how the late Steve Irwin would prepare to live amongst most majestic of crocodiles.

In this time of solidarity, I felt the side effects of living the lifestyle of a slow walker. The first being anxiety, caused primarily by the dirty glances of people hastily walking past. The second, Morning, most likely caused by the food inhaled about eight minutes previously. The third, and most interesting, you notice things that you might not normally see moving at a breakneck pace.

I decided to take a slow lap around campus, set to the mellow tunes of Jack Johnson's "In Between Dreams" album, and there were things I had never seen in my three years.

The first thing I noticed was actually how large Sacred Heart had become in the past three years. I thought back to my senior year of high school on my first tour, looking at the dirty parking lot that would one day become Bergoglio Hall. I remembered how on the car ride home my Mom and I laughed at the fact that the school's name was SHU and now I call SHU my home.

I strolled campus in my gleeful nostalgic state and saw things I had never noticed. I made a stop into the prayer garden, located behind the chapel. I took my time and looked at the labyrinth etched into the wall and traced my finger around the maze and to the center. My mind was as clear as the sound of Chris Martin's (lead singer of Coldplay) soulful voice in my ears.

I made my way to the Pit Center, this was rare for me for many reasons I will not detail. A little groggo directly across from the statue of Big Red served as a great resting point to look over campus fields, Scholars Commons and the final days of construction of JP's diner. I stood here for some time, transfixed in the daydream of a 2 A.M. milkshake.

This was where my mind officially shut off and sometime later I plopped onto my bed back in my Renccoli single. I was tired, still blazed, and once more nostalgic. I began thinking about how three years ago I lived in the triple next door as a freshman. I thought about who I was then and who I am now and how this school has shaped me into the person I am right now.

Then another thought crossed my mind. I would not have had this inner existential monologue had I not taken the time out of my day and slowed my pace.

I thought slow walkers are undeniably the worst people. I have an understanding for why they do so. Slow walkers do not crawl the halls to agitate people. They may be an unoriginal journey of self-discovery for all we know and could care less about the speed their feet move.

I do not endorse slow walking between classes when the halls are packed shoulder to shoulder. But, if you glance behind you and see no one, take some time, hurry up and slow down. Who knows what you could get out of the experience.

Poet's Corner

VISIT
**Allergy vs. Reality: Reasons People Avoid Certain Foods**

**BY DOMINICK DANIELLE**  
Staff Reporter

The prevalence of gluten-free and other diets in modern America has become a trending topic in food culture. Gluten is said to be healthy for most people, but not for those with Celiac Disease and gluten sensitivities. As Michelle Khoury, a freelance writer who has Celiac Disease, points out in her USA Today article “A Celiac’s Guide to Going Gluten-free,” Celiac Disease causes the immune system to negatively react to foods that contain wheat, barley, or rye. When these foods are eaten, the lining of the small intestine is damaged. This body then prevents the absorption of nutrients.

“The reason I am gluten free is because I was diagnosed with Celiac Disease in the first grade,” said junior Michael Bubolo. “Although I have to use this diet for this disease, I think it is a very healthy diet because it helps me watch what I eat. Since there are a lot of candies and junk food that have gluten in them, I am able to avoid such unhealthy foods.”

Gluten is a special type of protein that is found in foods such as cereal, certain grains, and wheat. One of the purposes of gluten in foods is to keep the elasticity of the food intact during the fermentation phase. It is what makes bread “chewy” and prevents other food from having a sticky-like texture. Some of the health benefits of the diet include improvement of cholesterol levels, promoting digestive health, and increased energy levels, if one has a gluten intolerance.

The diet allows the person to eliminate a variety of foods that are unhealthy, such as fried foods and desserts that have a lot of sugar and fat. Celiac Disease affects about 1 in every 100 Americans, according to usatoday.com. Besides damaging the small intestine, people with Celiac Disease also get symptoms such as joint pain, anemia, diarrhea, and fatigue. If someone who has the disorder doesn’t adhere to the diet, additional health issues can occur.

“If I ate gluten, I would feel bloated and wouldn’t want to move that much,” said Bubolo. “It would remain inactive for the day and would feel much better the next day.”

Although the majority of people who adopt the diet have celiac disease, there is an increase in people who adopt the diet by choice or for other health reasons.

“I started the gluten free diet a few years ago because I was having problems with my stomach and energy levels,” said junior Shea Olayos. “I went to the doctor and they suggested trying this diet for a few months to see how I felt and now I feel healthier.”

Although there are health benefits associated with avoiding gluten, there are some negative effects as well. There are many good vitamins and other nutrients that are in the grains that people don’t get enough of because of the avoidance, according to gastroenterologist Dave Stampfl.

Even with common substitutes like brown rice and quinoa, gluten-free diets lack nutrients such as vitamin B, Calcium and Iron.

The grains that people avoid have major health benefits, such as reducing the risk of heart disease, cancer, diabetes, obesity, and other chronic diseases, according to usatoday.com. However, Olayos still believes that this diet is the way to go.

“Although the food is not great on a gluten-free diet, I have gotten used to it and eaten things I would have never thought of eating,” said Olayos. “I consume more fruits, veggies, and meats every day, which is beneficial.”

**Major League Baseball Playoffs**

“Baseball fans love watching and keeping up with the World Series, especially if their team is the one competing...” - said Graduate student Kristen Maurer

“I don’t watch that much baseball, when I’m really bored. Why watch it on TV?” - said senior George Ferris

“I’m not a huge fan of baseball but I am a Yankees fan so I’ve been watching the games and they have been pretty entertaining so far...” - said senior Andrew Kalaigian

“Just hoping for a win for New York.” - said senior Elizabeth Rosa

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**How To Avoid Getting Sick**

**EAT WELL**  
Veggies, protein, and the like. It’s not always easy at college, but it’ll fortify your health and keep you active.

**DRESS WARMLY**  
Even if you wind up hotter than colder. It’s better to be prepared than shivering your way into a cold.

**GET LOTS OF SLEEP.**  
Other thing that’s not easy to achieve at college, it’s definitely another defense against sickness.

**TAKE MORE BREAKS**  
Whether it’s from studying, constant traveling, or a schedule packed with extracurricular activities, detaching from such stresses will help prevent sickness, too.

**VITAMIN C**  
Drink the blood orange lemonade from Panera Bread. That stuff is magic in a plastic cup.

**Poet’s Corner Continued**

“ Burning My Fingertips on a Candle”  
By: Wendy Estavien, Senior

...Despite moment after moment of staring, I place my finger tip gently over the warm of the light. It was my warm in the cold, and light in the dark, until there is nothing left to burn..."
I’m usually hard-pressed to think of a topic when it’s my turn to write an editorial, but the National Anthem protests in professional sports and the controversy surrounding them feels right for this one.

First off, let’s start with the facts that back up the basis of my opinions on this matter.

Colin Kaepernick, currently an unsigned professional football quarterback who started the trend of kneeling during the National Anthem last year, originally sat down during the anthem in protest of racial inequality in the United States. However, he changed his routine to a kneel after meeting with former NFL player Nate Boyer, who was a Green Beret in the Army.

Boyer, who served multiple tours in Iraq and Afghanistan, was upset with Kaepernick for sitting down during the anthem. He thought it was a sign of disrespect towards those in the military. However, the two met and found that Kaepernick “taking a knee” would get the point of honor across without disrespecting the anthem or the troops.

That’s coming from an Army veteran.

Who would’ve thought that the National Anthem protests would be coming from a place like football? The protests are not playing music, let alone making any noise. Sure, the players are kneeling, but at the end of the day, no one is doing any free-for-all protest. It’s just sitting during the playing of the anthem.

Maybe in the beginning it wasn’t the best way to go about it, but it was an attempt by athletes to acknowledge what the anthem means to so many people and the benefit it has given to our country. There are more ways to protest, but the anthem is a place for everyone to come together and appreciate what we have.

I don’t know how we can look past the consequences of the protests when the anthem is the national symbol, the symbol of what the country stands for.

Some people argue that if you disagree with the anthem, you shouldn’t watch the game. I’m not entirely against this, but I also believe that the NFL is a business and if you don’t like the anthem or the protests, there are plenty of other teams you can choose to watch.

We need to hear the other side of the story, but respect the athletes who are trying to bring attention to what is happening in our country. We need to give them the platform to do it.

The example of Nate Boyer shows that not all veterans see the kneeling protests as a sign of disrespect. On my own time, I’ve come across numerous tweets and online articles written by veterans who support the kneeling protests.

“We were talking to [Boyer] about how we missed the message back on track and not take away from the military … and keep the focus on what the issues really are,” said Kaepernick.

Although he’s a free agent and not involved with current on-field protests, Kaepernick’s message has struck a chord that plays on. A host of athletes, fans, and critics across all sports agree with him, and the debate continues.

In my opinion, I see nothing wrong with the protests. Many of my relatives work in law enforcement and I’ll never be ungrateful for the work done by so many police officers across the country.

However, that doesn’t mean we don’t see instances of social injustice related to the police in some tragic situations. I think a national person would agree that such examples of malpractice need accountability, and that’s part of what正好这样的故事是这样的：当你的走路长距离和奔跑时，会感到累。即使是你在哭泣，鞋子还是会给你力量。

end run. Unlike the famous movie, my boss was super sweet and a very lively, open person. If she asked me to go on the little trips I was always happy to do so. I went on my errands not because my boss was kind to me, but also just to keep myself busy and active during the day. After all, I’m a city girl and you know what they say: “it’s the city (and people, in my case) that never sleeps.”

There were a few things on my list to pick up for that coming night. I had to go to Staples on Lexington Ave and try to find some red and blue颜料. Who knew that some shoe supply store, would have enough red and blue颜料? I managed to arrive in time.

As any young college student nearing graduation and eager to get their feet wet in the job market, getting an internship this past summer was the only thing on my mind. I had two internships: one in New York working for a public relations firm and another in a marketing position for an artist in Connecticut. Going back and forth between two states every week was an interesting experience, and it never left me with a lack of motivation.

My New York internship was much busier than the other. Like most jobs, the public relations firm demanded that my work be done in a quick, timely fashion. I frequently wrote articles and helped develop press media kits for the firm. However, I soon found that running errands in the city was the most chaotic of my internship responsibilities.

As a native New Yorker and city girl I thought to myself, “what could possibly go wrong?” A lot, apparently.

I remember one day in particular being super hectic. The film “Devil Wears Prada” is most similar to my experience and the amount of running I had to do that day from the upper-east to upper-west side.

My boss was hosting an event and she needed me to make some last-minute preparations. Hence, I was running around to Staples to buy shoes. Who knew that some shoe supply stores in the city charged 30 bucks for a simple pair of flip-flops?

Thankfully, after searching through five different stores throughout the city I finally found what I needed. I managed to arrive at the event with everything my boss needed and felt the greatest sense of relief in my life.

store, my feet were killing me. My heels had given out from walking so much and broke on me—just my luck when I was trying to make a good impression on my boss and the firm’s investors. After walking barefoot on 20 blocks of the gross concrete sidewalks of New York City, I can safely say that that was probably the roughest day of work I’ve ever had.

The whole time I was afraid of stepping on a piece of gum or glass, and running around barefoot ended up delaying my return to the office until I found the cheapest store to buy shoes. Who knew that some shoe stores in the city charged 30 bucks for a simple pair of flip-flops?

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Tell Us Your Story: Charlie Burt

For freshman Charlie Burt, overcoming obstacles has become a part of his life. As he now begins his freshman year at Sacred Heart University, he is more than determined and focused on his goals.

Burt was born without a left hand. Ever since he was a young boy, he has loved to play football-a sport that he had actively played for the past 10 years, until he graduated from Mahopac High School. Although he has stopped playing football since arriving at Sacred Heart, Burt finds that aspects of the sport have shaped his personality.

"I think the best way to describe football's influence on my personality is through my tenacity and my ability to deny people when they deny me, and keep moving forward no matter what comes my way," said Burt. "So if I hear a no, I then automatically think I can do what I'm being told I can't. For sure, it's my attitude that has put me over the top."

Burt's hard work and leadership paid off in December 2016, when he was presented with the Heart of a Giant Award by former New York Giants running back Rashad Jennings.

"For the ceremony, I was asked to speak on behalf of our youth program, as well as to all the students of my high school," said Burt. "I was told to speak to the underclassmen about overcoming adversity. To my surprise, Rashad walked out from behind the stage when I had finished talking. I was so happy, everything I had worked for was finally accomplished, and I knew it."

Starting off college at Sacred Heart was initially an adjustment for Burt, especially in the workload he was expected to stay on top of.

College life improved for Burt when he joined the Pi Kappa Phi Fraternity. He felt that he has become a part of a second family.

"It's a great group of guys, I love them. You can definitely sense our brotherhood, and that's something that I have been looking for since football ended for me," said Burt.

Other hobbies that Burt enjoys, include listening to music and working out at the gym.

2016 HEART OF A GIANT AWARD

FRESHMAN CHARLIE BURT WAS BORN WITHOUT A LEFT HAND, BUT OVERCAME THIS TO PLAY FOOTBALL FOR HIS HIGH SCHOOL TEAM. IN DECEMBER 2016 HE WAS AWARDED THE HEART OF A GIANT AWARD BY THE NEW YORK GIANTS.

BY HENRY INDICTOR

Club Spotlight: Rock Club

Do you have a passion for rock music, culture, or just the overall genre of rock? Then the Rock Club is definitely the club for you.

As Burt knows, it is his attitude that has put him over the top in football. But the activity that he takes the most pride in doing, are things like community service, where he has the opportunity to actively help others.

"I did a lot of community service work by helping kids. I used to coach my little brother's football team, and I found they had looked up to me. It's just good to see the impact I had on the next generation. I always loved being a leader."

Burt knows he made the right decision by enrolling at Sacred Heart.

"I love it, it's the perfect size for me. There are great people here, and it's not too far of a distance from where I live," said Burt.

He is currently majoring in chemistry with a plan to get his masters degree in business administration, so that he can accomplish his aspiration of becoming a pharmaceutical salesman.

"Chemistry has always intrigued me, and I have always been fascinated by nutrition, and how chemicals react in the body," admitted Burt. "I'm the type of person who can't sit in the lab all day, so I feel like I can get involved with it, and that would definitely make me happy."

BY DANTE CABRAL

The Rock Club started at Sacred Heart University as a way for students who were interested in rock music to meet and talk with those who shared the similar passion.

The club was initially formed by senior Aidan Satterwhite, who is also a Graphic Designer for The Spectrum.

"I felt as if this club had the ability to bring a rock music vibe to campus," said Martinez. "Whether it's through films based off of bands, playing rock band, or getting people to understand the massive genre itself."

The idea for the club was thought up and created between Martinez and senior Gabriel Martinez, who is also a Graphic Designer for The Spectrum.

"It really came to fruition when we found our fantastic advisor in our art class," said Satterwhite. "I don't think I'm being too dramatic when I say this, but for the first time in my life I really feel like I have a brother."

But the club is still pretty new to Sacred Heart. The last meeting consisted of a presentation of a couple of bands that recently performed near Sacred Heart such as, Living Colour and New Found Glory.

"While the club is still pretty new to Sacred Heart, Martinez and Satterwhite have done their best to try and spread the word about the club. They recently were at the just SHU-IT fair to try and spread the word about their club name."

"It has been so rewarding to see it grow from four or five members to over twenty passionate people," said Satterwhite. Martinez also feels that the club is becoming more successful as time goes on. They plan to hold an event where they will show a film to show people what rock culture is all about.

They also plan to start sending out university-wide emails, as well as design a poster about the club in order to try and attract more members.

To be involved with the club, students are encouraged to attend the meetings as they take place, as meeting attendance is essential for club involvement. If students are interested in getting involved they are encouraged to contact Gabriel Martinez at martinezg95@gmail.com or Professor Lewis at lewisN96@sacredheart.edu.

"My favorite part of the club has absolutely been meeting the wonderful music lovers that have spent their Tuesdays/Thursdays with us," said Satterwhite.
Sacred Heart Jumps Into a Virtual Reality

BY DIANA LENTO

Virtual reality (VR), has become an incredible improvement in technology, and it has even advanced here at Sacred Heart University.

Recently, a new class is being taught in the School of Communication and Media Arts. This class is based around virtual reality and the contribution it makes to society.

This production course is being taught by media Professor Shanshan Wang.

"In the class students are allowed to use the 360 degree camera. It has eight cameras and four microphones for surround sound, and they are able to put together a short film," said Wang.

During the semester, students will be able to find a deeper meaning into what virtual reality is, and the work that goes into making a virtual reality or 360 degree film.

Students have the opportunity to rent out the new 360 cameras from the equipment room, located on the second floor of the Martire Business and Communications Center.

Professor Keith Zdrojowy described the intimacy of 360 degree film in terms of news and broadcasting, and how it can now be used to tell stories and spread information.

"You could take a 360 degree camera and bring it into an environment where it is a war zone, or in a poverty stricken area, and just let it sit there," said Zdrojowy. "Potential viewers could see what living in that environment is like, and hopefully get a different perspective that you wouldn't normally come to with a traditional camera lens."

The whole idea of 360 video is to immerse viewers into a world or situation they would not otherwise encounter.

"It's very easy when it's on a TV screen to block things out, but when you put the glasses on and see the situation at hand, it has more of an impact on people compared to the traditional 2-dimensional screen," said Zdrojowy.

With all of the benefits VR has, there are also many faults to it as well.

"With traditional TV you can hide a lot of stuff behind the camera, but with 360 video, there is no hiding. Everything is in the shot, so it presents a whole new set of challenges on how to present the material," said Zdrojowy.

Despite this minor issue in production, it has not stopped students from being incredibly intrigued by this form of media.

"I am actually really enjoying this technique of filming. It's something different, and it makes you think outside of the box when you're placing the camera and deciding what to film," said senior Alexa Bianchi. "VR definitely has its frustrations though. For example, it's hard to figure out where to stand when you're filming."

The idea of virtual reality allows for more virtual and audio capabilities, giving this newer medium of technology more importance.

"I do think this is the future of filming. Although it's expensive, I think it offers a different and fun aspect for audiences," said Bianchi.

Very few medias have been produced in virtual reality, so it is still a fairly new technology to be rightfully introduced into the world.

It is now offering many opportunities to a wide range of people and places.

"Universities are starting to use VR for tours around their campuses," said Bianchi. "Artists are even making virtual reality experiences that place you into the middle of their music videos.

As Sacred Heart advances their own use of virtual reality and 360 videos on campus, it will surely be used more often.

"I think it's a trend that's quickly catching on, and is bound to take off soon," said Bianchi.
"American Idol" Returns

BY ARIANA COLASUONO
Staff Reporter

Despite prior claims of the show’s supposed farewell, the American singing competition television series, "American Idol," is back for a 16th season.

"I’m so excited," said sophomore Shannon Sweeney. "I used to watch ‘American Idol’ with my parents and siblings every week as every new episode came out."

On May 11, 2015, Fox announced that the 15th season would be the final season of "American Idol." The season was later branded as "American Idol: The Farewell Season" and the series concluded on April 7, 2016, with country pop singer Trent Harmon as the final winner.

"I’m really not excited about ‘American Idol’ coming back," said junior Anushka Chowdhuri. "I probably haven’t watched it since 2007."

After the American Broadcasting Company (ABC) announced in May that they were making a bid to revive the series, they acquired the rights and "American Idol" was officially coming back for another season.

"I think that they thought they would get a lot of viewers since they marketed it as the last season," said Chowdhuri. "[They] thought there would be even more of an reaction and excitement that there’s a new season after its fan base thought it was gone."

The show’s original judges were Simon Cowell, Paula Abdul and Randy Jackson. After 12 seasons, none of them were further involved in the series.

"It shouldn’t have came back unless they were going to bring back the original crew: Simon, Paula and Randy," said junior Nebeel Khandwala. "I think it’s fine, but just a pathetic attempt to bring back a dead show."

Before the show concluded, Jennifer Lopez, Keith Urban and Harry Connick Jr. were the judges. After the series revival was announced, three new judges were chosen: Katy Perry, Luke Bryan and Lionel Richie. They will be joined by Ryan Seacrest, who hosted "American Idol" for the past 15 seasons.

"Katy Perry has a huge fan base and Lionel Richie is a music icon with decades of knowledge," said junior Shauntane Scott. "I think Lionel might be the standout judge." "American Idol" isn’t the only singing competition television series. Other students believe that even with the new judges, they don’t compare to the judges of the show’s competitors like "The Voice" and "America’s Got Talent."

"There are way better judges on ‘The Voice’ and ‘America’s Got Talent,’” said Chowdhuri. "Especially because ‘America’s Got Talent’ has a solid group of core judges and when ‘The Voice’ gets new judges, they always get celebrities who are relevant in today’s popular music."

"I think ‘American Idol’ isn’t the only singing competition television series. Other students believe that even with the new judges, they don’t compare to the judges of the show’s competitors like “The Voice” and “America’s Got Talent.”"

"American Idol" isn’t the only singing competition television series. Other students believe that even with the new judges, they don’t compare to the judges of the show’s competitors like "The Voice" and "America’s Got Talent." "There are way better judges on ‘The Voice’ and ‘America’s Got Talent,’” said Chowdhuri. "Especially because ‘America’s Got Talent’ has a solid group of core judges and when ‘The Voice’ gets new judges, they always get celebrities who are relevant in today’s popular music, such as Miley Cyrus.”

Some also believe that "American Idol" shouldn’t have come back because it won’t attract the same amount of viewers it once had—which was a big concern for prior seasons.

"I don’t think ‘American Idol’ has a chance because the show has gone on for too long," said senior Christina Mavroudis. "If I don’t think, it will be successful because it probably won’t get as many viewers as they would like."

"American Idol" is known for discovering big stars in the music industry like Kelly Clarkson, Carrie Underwood and Jennifer Hudson. Some past viewers believe that the show returned because its fans fought for it to stay.

"I think it came back because a lot of younger people who want to become singers have always wanted to be on ‘American Idol’ and audition," said Mavroudis. "They probably had a lot of people reaching out to them."

Whether the revived series will make a comeback or not, "American Idol" fans believe that there is something that sets the show apart from its competitors.

"I think ‘American Idol’ started a huge chain of singing competitions on television," said Sweeney. "Maybe they had to come back one last time to honor a tradition and prove who started it all."

The official air date of the 16th season of "American Idol" is not yet known to the public. However, it is set to air sometime during the beginning of 2018 on the ABC Network.

Elephant Wondering in The Garden
Dana Sorge, Sophomore

MOUNTAINSIDE LAKE
Evan Fox, Graduate Student
Lady Gaga is known for her powerful performances and raw personal stories. Her documentary, "Gaga: Five Foot Two," offers a glimpse into her life. The documentary, directed by Alex Gibney, explores Gaga's experiences with chronic pain and her struggle with her public image. It also shows viewers a behind-the-scenes look of the production and release of her fifth studio album, "Joanne." It also showcases her health struggles, such as the challenges she faces with migraines and other conditions. Despite these challenges, Gaga remains committed to her art and continues to push boundaries in the entertainment industry.
Club Softball Sets Sights on World Series Return

BY NICK TROIANO
Contributing Writer

The Sacred Heart University club softball team has high expectations for the 2017-2018 season. The team is returning after a season in which they clinched a regional tournament berth. The Pioneers have started the year 6-0, sweeping Hofstra University in the first three games of the season. Unlike last year, the team is very strong both defensively and offensively. This year, the team is striving to create a more suitable balance to push themselves further into the regional tournament. Not only does the team have its sights set on the regional tournament, but they also have a goal to make the College Club Softball World Series, as they had last year.

“Compared to last year, one of the biggest strengths we have as a team is that we have both a solid offense and defense,” said junior co-captain, Julia Collins. She goes on further to say that, “We are able to put some runs onto the board to get ahead of our competition, while also stopping the opposing team from trying to do the same.”

The team is as confident as ever. This newfound confidence is leading to positive results on the field. “We have been great at dealing with tight situations that we have been faced with this season. If we can perfect our defensive side, our team will be close to being unstoppable,” said Collins.

The three game sweep of Hofstra was a wake-up call for the team. “The first game was extremely significant because we were down 4-0 by the 4th inning and ended up winning 11-6, said junior co-captain, Stefani Antoshak. “The game was integral to our growth as a team, not only because it was the first time ever playing together as a team, but also because we never gave up.”

This attitude has the team hopeful that they will continue to win more games. Starting the season with six consecutive wins set the bar high for the Pioneers. The main goals for the team heading into the season are to win our division, go back to regionals, and to make another World Series appearance,” said head coach and Sacred Heart Club Sports Director, Raymond Mencio.

The team remains confident, but at the same time they are aware that accomplishing their goals will not be an easy task considering the competition is as fierce-as-ever.

“In order for these goals to be accomplished, we need to consistently put in a lot of time and effort both on and off the field in order to compete with the competitive teams within our division,” said Mencio.

“There’s a lot of competition within our conference from teams like UConn, Rutgers, Penn State, and Delaware.”

The team will build from the positives, while simultaneously continuing to critique and learn from the negatives. “Winning game two 12-1, and game three 10-6, sets a high bar of expectations for our team for the rest of the year in hopes to win all the games we plan to play,” said Antoshak.

Women’s Volleyball Begins Conference Play

BY MELANIE DASILVA
Staff Writer

The Sacred Heart University women’s volleyball team concluded their non-conference play and began the Northeast Conference (NEC) action on Sept. 22 against Fairleigh Dickinson University. The Pioneers beat Fairleigh Dickinson 3-1.

Following this win, the team took a weekend trip to play against Robert Morris University and Saint Francis University, in Western Pennsylvania from Sept. 29-30.

“The NEC is very strong this year. It’s the strongest I’ve seen it since I’ve been here, which it is great,” said head coach Rob Machan. The team would go on to four both games on their road trip, moving their record to 1-2 in the NEC to end the September matches.

The Pioneers had time to figure out how to stop their losing streak and turn their season in the right direction before returning home on Oct. 6.

Machan believes his players put up a good fight against both teams. They were prepared for the two matches in Pennsylvania, but have since found that constructive improvements are a must.”They came back with a great mindset to practice after the trip to Pennsylvania. We really started getting back into the fundamentals of what makes us successful,” said Machan. "This includes our team energy, our aggressiveness, and our attacking mindset.”

The team has a significant amount of players who are upperclassmen. These players have had years of experience on a competitive college team. They know how to approach each game, as well as how to turn their season around, if needed be.

"It was an eye-opening experience to travel all the way to Pennsylvania and end the weekend 0-2," said senior, Kiki Robinson. "We did a lot of team reconstruction that following Monday at practice, and I think we have our mindsets geared toward corrections."

The Pioneers decided to take matters into their own hands to fix their mistakes, which involved techniques and skill both on the court, and in the weight room. Senior, Makayla Dole, said that the team is focusing more on working on individual goals, which will in the end benefit the team as a whole.

"Even though I am a senior, I still have times where I’m not fully engaged in the moment. I therefore, set goals each day that I hope to accomplish,” noted Doyle. "Step-by-step we need to focus one game at a time, one point at a time, and make each point have a purpose.”

The team then went on to play four home games, breaking even on the homestand going 2-2. The Pioneers move their record to 3-4 in NEC play and still have seven games left.

"It doesn’t matter who we play,” said Robinson. "Coach Rob tells us all the time that the most important opponent we have is that of ourselves at this point.”

For the rest of the season the women’s volleyball team hopes to conquer not only their opponents in the NEC, but also themselves. They hope to achieve what they have done in past seasons and work extremely hard to get back to where they were.

"Obviously, our goal is to make the playoffs and win the NEC championship,” said Robinson. "But we do need to stay focused on one game at a time instead of only looking at the big picture.”

The Pioneers continue their chase for the NEC playoffs with their next game at Fairleigh Dickinson on Oct. 20.
The Sacred Heart University men's ice hockey team opened their season on Oct. 6, at Northeastern University, while the women's team will start at home on Oct. 20 against Saint Anselm College.

This year, the men's team will experience a youth movement, as the Pioneers graduated one of their largest senior classes in 2016-17.

Junior defenseman and captain, Liam Clare, had taken notice of what a young team can bring forth before the season had even started.

"We found ourselves focusing this year on offseason development. We have a summer workout program every year. This allowed us to bond as a team early on," said Clare. "We make the new players feel welcomed as a part of the team. It's great to have all these new faces while simultaneously rejuvenating the program."

Head coach, C.J. Marotollo, is already aware of the willingness his team brings to the table during practices.

"Their enthusiasm and thirst for learning has been terrific," said Marotollo. "There's been a lot of teaching and video reinforcement going on. The atmosphere has been high-paced, from players to coaches."

Last year, the team finished 13-19-5 under Marotollo. This resulted in the team being ranked 10th out of 11 teams in the Atlantic Conference Preseason Coaches Poll. Progressions will need to occur heading into the new season.

"One area we need to improve on is our power play. We have to score more goals. Special teams play a big part in winning or losing, at any level," said Marotollo. "I'd like to improve on limiting the amount of shots on defense as well. If we do that then we'll put ourselves in a better position to be on the right side of the ledger at the end of the night."

Junior defenseman and captain, Michael Crocock, sees the Atlantic Conference Preseason Coaches Poll as an inspiration.

"Obviously it's not where we see ourselves as a team," said Crocock. "But then again it's added motivation. People doubt us. We have a lot of new people on this team that can improve our team as a whole."

This year's women's team would like to replicate their last season's goals and more, as they finished 18-9-2. Head coach Thomas O'Malley, has a lot of praise for the areas his team works on.

"This year's women's team would like to replicate their last season's goals and more, as they finished 18-9-2. Head coach Thomas O'Malley, has a lot of praise for the areas his team works on."

"There's a lot of solid offensive players on our team," said O'Malley. "We have a really fast team that is five lines deep. Our goaltending has also stepped up."

Senior forward, Taylor Moreland, is impressed with the intensity her team has shown her over the course of her career.

"The commitment and work ethic in lift and practice is remarkable," said Moreland. "We show up every day to grow as individual players and as a team. We're so excited to see our dedication pay off when we host Team China for our home opener."

The Pioneers have plenty of returning players coming back for the 2017 season, which bodes well for the team's success according to senior forward, Brittany Smith.

"With so many returners it should be easy to continue to build from last season," said Smith. "We are already implementing skills and systems into our practice that we had perfected at the end of last season."

Assistant coach, Katherine Pauletti, is credible for the success in the team as well.

"Assistant coach, Katherine Pauletti, is credible for the success in the team as well. Katherine's on the ice every game," said O'Malley. "During the game, she primarily runs our defense. She's a wonderful recruiter, and is great with film breakdowns, influenced from her hockey background."

Despite the success they had last year, the team is now focusing on the season in front of them.

"We're not looking to settle on how good the season was last year," said O'Malley. "We want to be even better this year."

Both the men's and women's teams have games scheduled for their regular seasons through February 2018.

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