Zeta Tau Alpha Promotes Breast Cancer Awareness

BY CAROLYN LISBOA
Staff Reporter

On Oct. 24, the sisters of Zeta Tau Alpha (ZTA) hosted their annual "G Factor" Talent Show in honor of Breast Cancer Awareness Month at the Edger­ton Theater.

The event was organized by the Sacred Heart chapter of ZTA as part of their contribution towards the sorority's national philanthropy of Breast Cancer Education Aware­nesses.

The Zeta Tau Alpha Foundation raises over $700,000 in scholarships annually to fund research of breast cancer treat­ment and prevention, as well as provide sponsorships for its members to engage in a range of educational and leadership opportunities.

"A lot of work goes into planning an event like this, from getting all the acts and music together, making sure people are interested and signed up to perform, taking care of all the props, and just ensuring every­thing goes smoothly," said junior Dillon. "The students essentially casted all the acts themselves, doing double-duty as theorists. The ZTA sisters stepped up to ensure our event was a success."

The hands-on experience stress­ed the importance of service and compassion.

"We're one of the first colleges in the Northeast to go down to Houston during this time frame," said Cook. "You really take things for granted, and you really don't know how good you have it."

Students interested in becoming volunteers must complete an application in the Spring semes­ter prior to the winter trip. As the spring semester ends, these students will be notified whether they will be among the participants of the program. Freshman can fill out the application in the fall semester if they wish to attend.

Between 16 and 20 student volun­teers go on the trip every year. Mebane anticipated that the program had a positive impact on the community in Mississippi, but that in Houston it will be both more dramatic and more demand­ing for its students.

"[The trip to] Mississippi was dealt with primarily through a habitat for Humanity affiliate," said Cook. "The program worked most­ly with building houses when in Mississippi. This year, students will participate in a broader range of activities including food banks and after-school programs."

"No matter what volunteer work you do, even if it's the smallest­est thing, it makes a difference somewhere along the line," said Breda, student volunteer and Assistant News Editor of The Spectrum.

"Any group might be working on a food bank."

Cook stated that one negative aspect of the experience is witness­ing the extreme hardships faced by the people they are help­ing.

"We're one of the first colleges from the Northeast to go down to Houston during this time frame," said Cook. "You really take things for granted, and you really don't know how good you have it."

Volunteer Programs
Heading to Houston, TX

BY NICHOLAS DIMARTINO
Staff Reporter

Since Hurricane Katrina, Sacred Heart students have annually traveled to Lucedale, Mississippi to help the relief and reconstruc­tion efforts in its aftermath. Since Hurricane Harvey demolished the city of Houston this past month, this year's group of students will travel to the greater Houston area instead to help the relief efforts there.

The trip lasts one week in dura­tion, and this year it is scheduled for the final week of winter break. "I want to put our students in position where they can under­stand that they can help others with the great amount of privilege they have," said Karen Me­bane, Director of Sacred Heart's Office of Volunteer Programs and Service Learning.

The organization that the pro­gram is working with is Community Collaborations International (CCI). The two towns that Sacred Heart students will visit are Port Arthur and Beaumont, both east of Houston.

When the program first began in the aftermath of Hurricane Ka­rina, it was called the Mississippi Matters Service Trip.

Senior Logan Cook, student leader for the trip, said that the program primarily works on houses, food banks, and anything else the hurricane that is in need of repair. The student volunteers wake up to a communal breakfast, and throughout the day work from nine in the morning to three in the afternoon. Cook explained that before the volun­teers go to bed, they participate in group activities and reflect on their day.

The volunteers will be split into two different groups.

"All the students essentially have the same job," said Cook. "One group might be working with home repair and one group might be working on a food bank."

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World News Update: Here’s What You Might Have Missed

BY SABRINA GARONE, VICTORIA MESCALL AND BRENDAN CAPUANO
Co-News Editors

New Refugee Policy (1)
On Oct. 24, the Trump Administration’s temporary ban on refugees entering the United States expired after four months. President Trump signed a new executive order allowing refugees to enter, but under extensive screening measures.

“The security of the American people is this administration’s highest priority, and these improved vetting measures are essential for American security,” Homeland Security Secretary Elaine Duke told the Associated Press.

“These new, standardized screening measures provide an opportunity for the United States to welcome those in need into our country, while ensuring a safer, more secure homeland.”

The new order also includes a 90-day review of 11 countries that the administration classifies as “high risk.” During this time, refugees from these countries will be allowed to enter on a case by case basis.

In early Oct., Trump also changed the maximum number of refugee admissions to 45,000, a significant reduction from the 110,000 limit set by President Obama in 2016.

Opioid Crisis (2)
On Oct. 26, President Trump declared opioid use in the country as a national public health emergency.

The Center for Disease Control describes opioids as “a class of drugs used to reduce pain.”

According to AP, the public health emergency will allow for the government to “redirect resources,” but no additional funding will go toward the effort to combat opioid usage.

Sen. Richard Blumenthal (D-Conn.) said, “An emergency of this magnitude must be met with sustained, robust funding and comprehensive treatment programs.”

Last year, 64,000 Americans died from opioid and drug overdoses. Common opioids are OxyContin, Vicodin, morphine, methadone, and heroin.

The public health emergency will last 90 days and can be renewed at the end of that period.

Some pharmaceutical corporations have implemented their own measures to limits on opioid use. As of Sept., only CVS Pharmacies distribute opioid prescriptions to first-time “opioid naive” patients.

Two Students Murdered at Grambling State University (3)
On Oct. 24, a student and his friend were shot and killed on campus at Grambling State University in Louisiana. The victims were identified as junior Earl Andrews and Monquiarious Caldwell, both 23 from Farmerville, LA.

Jaylin M. Wayne turned himself in after a warrant for his arrest was issued on Oct. 26. The 19-year-old freshman at Grambling faces first degree murder charges.

The shooting took place after an altercation in the dorms that carried on into the courtyard. According to police, it appeared that Caldwell was coming to the aid of Andrews after he was shot.

“It became apparent very early in the investigation that this was not some random occurrence; that these people did know each other,” said Grambling State President Richard Gallot Jr., in an interview with the Associated Press.

As the tragedy took place during the school’s homecoming week, the students decided to hold a “peace walk” on Friday night instead of a homecoming pep rally.

JFK Files (1)
On Oct. 27, President Trump released thousands of classified documents regarding the assassination of JFK. The documents were released in cooperation with the CIA.

Kennedy’s assassination and the death of his assassin two days later has been subject of many theories.

In total, 2,800 documents were released, but more are scheduled to come after a six-month review period. The documents have been scheduled to be available for 25 years, but Trump said releasing them could bring “potentially irreversible harm.”

Catalonian Bid for Independence (4)
Hundreds of thousands rallied in downtown Barcelona on Sunday, two days after the separatist majority of Catalonia’s parliament defied Spanish Prime Minister Mariano Rajoy and the Spanish courts by voting in favor of seceding from Spain.

Rajoy has fired the top three officials in charge of Catalonia’s police, the Mossos d’Esquadra, as part of a crackdown after Catalonia’s parliament voted Friday for a declaration of independence. Rajoy dissolved its parliament and ordered a new regional election on Dec. 21.

“I’ve never felt Spanish in my life,” said Anna Faure, of the city of Girona, some 60 miles northeast of Barcelona. Maps and world governments argue whether Faure’s home city is in Spain, but many secessionists consider it part of an independent republic of Catalonia.

The Associated Press contributed to this article.

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Dancing to the Sunday noon tunes.
And warm your apartment, toasty and bundled in a sugary golden pack
But the gravity of the day doesn't get to me.
Scents of cinnamon buns from the bakery downstairs escape
The Sunday summer sun shines through your bricked window.
I'll stay here with you until the mighty moon glows.
Underneath the light cream sheets
Kathryn Andes, Freshman
November 1, 2017

WeeKend Blues
The Sacred Heart Spectrum

First of all, this He Said She Said is about to get serious and scary. I'm personally very excited to talk about this topic, because ghosts and the paranormal have been one of my guilty pleasures for most of my life (along with TV shows about finding Bigfoot). I've believed in ghosts for as long as I can remember. I totally get that believing in things we can't see is sometimes an unpopular opinion, but all I can say is that I am a firm believer in Casper and his friends.

I think my interest in the paranormal reached its peak when I saw Theresa Caputo, otherwise known as "The Long Island Medium," live at Webster Bank Arena a couple years ago. Now, I know this probably sounds strange to some of you, but the experience was truly one of the most passionate skepticisms, which is obviously fine. To each his own, right? Anyways, something about listening to Theresa from our box seat about 5 miles away from the stage made me believe in the afterlife even more. I could never understand how some psychics could pinpoint specific details of a stranger's life with such accuracy.

But what really convinces me that ghosts are real might be because the house I first moved to when my family moved from Brooklyn to Connecticut was haunted. Honestly, if "The Haunting in Connecticut" house had a less overall eerie aura, it would be more normal, and went up and down the stairs like he had been doing it all his life. The creepy feeling was gone, and everything felt safer.

To anyone else, I'm sure this sounds crazy. I've always believed that there's something else after this life, and I'm sure all the episodes of "Ghost Hunters" that I've watched over the years could be the blame for that belief. Whatever you believe in, just remember that as soon as your dog starts dropping food on the floor you're in trouble.

Are ghosts real? First off, I'll say that I definitely believe aliens exist—and not just because I like Blink 182. Ghosts, though, I'm not really sure where I stand on it. Part of me wants to believe, while another part of me also thinks it's a hoax; a concept made up by ancient peoples who did a lot of drugs. What I've decided to do as I write this is consider reasons I would think ghosts could exist, and I'll come to a solid position on the matter in my conclusion.

I'll start with the basic concept of ghosts. As far as my knowledge on the phenomena goes, they're basically the souls of humans who've passed on from this world and onto an afterlife. I believe there is a high possibility an afterlife exists for living things, so I'm still entertaining the possibility of ghosts thus far.

So we've got an afterlife. Now what? Do I believe that the souls of the deceased "haunt" us, or at least come around to make themselves feel present?

In considering this, I always bring it back to things that seem to be strange coincidences. For instance, if I'm in a rush to get somewhere I don't want to be and get an email saying that commitment is canceled, my quasi-supernatural self often thinks it's the product of some otherworldly good karma coming back to help me. Like perhaps one of my loved ones who's passed on has given me a helping hand when I didn't want to go out and be a person. It's the little things in life, and maybe my ghostly friends are behind some of my good fortune.

Another reason I feel ghosts might exist: doors closing themselves. Yeah, yeah, yeah, "It's the wind; it's basic science; don't give me that horror movie stuff." I don't know whom I'm quoting there, but he or she can go take a hike. Any kind of breeze that makes its way into your house and affects the landscape of it is just an excuse for the ghosts to mess with you. And I think I just officially bought into ghosts—and it's not even the conclusion yet.

Hold the phone. I need to backtrack. Ghosts don't exist. I just Googled the topic at hand and found more headlines that disprove my notion I had of ghosts existing. Something about the Large Hadron Collider, which in a nutshell is a large particle collider that does a lot to prove and disprove things in the universe (I'm not a science guy), and how it would be able to detect ghostly presences in the world but doesn't.

To be fair to both sides, I don't have all the facts on this Large Hadron Collider. However, I am a believer in science—especially 21st century science. And if science tells me that ghosts don't exist, well, they don't.

If we're being real here, anyone who has "seen a ghost" has probably had a legitimate hallucination or other bodily experience—perhaps under some influence of a substance—that gave them that mirage. There are also a host of mental illnesses that make people think they see ghosts, so that's another reason for why people might believe in them.

To anyone reading this who might believe in ghosts, I'm sorry, I thought I brought them into it, but I can't.

Kathryn Andes, Freshman
November 1, 2017
Student Eating Habits in the Dorms and Beyond

BY DOMINICK DANIELE
Staff Reporter

For some college students, the most difficult question seems to be: "What do I want to eat?" Students have their reasons for making food on their own time or getting food on campus. There are factors that play into the decision, being the quickness of the meal or the desire to eat high quality prepared foods.

Sometimes the five packages of Eggo waffles in the freezer just aren’t enough. Students want to eat more, but not have empty pockets mid-semester.

"I think some of the food items on campus are overpriced," said junior Scott Norton. "At Linda’s, you pay five bucks for a chicken sandwich. You can get more with five bucks when you go to the store and buy groceries."

Sacred Heart University has two main food options on campus, being Linda’s and 63s. Some students would prefer getting meals on campus because they don’t want to take the time to cook on their own. A student that prefers eating on campus is junior James Morello.

"I like getting food at places like Linda’s because some food items are made very quickly," said Morello. "I usually get a burger which takes about three or four minutes for the cooks to make, or even the chicken tenders that are basically already made when you order them."

Junior Paul Lombardi thinks that the same old food options offered at these facilities get tiring after a while.

"During my freshman year, I would go to Linda’s a lot when I wanted to get something to eat," said Lombardi. "I would usually get the same thing over and over again and at one point I was tired of it. I then started to make quick frozen meals on my own, which was better since I didn’t get the same thing to eat every day."

The popular social media page called ‘Tasty’, which posts videos on how to make certain meals, posted a video about how a college student can make quick and easy meals by just using the microwave.

The meals aren’t just packages of frozen food being warmed up in a microwave. One of the many recipes is for a three minute-made "mug omelette," which is made with just eggs, cut-up celery, tomatoes, and ham stirred up into a cup.

"I have seen ‘Tasty’ videos a lot on social media, but I have never seen the one about dorm cooking until you mentioned it to me," said Morello. "I really liked the idea of the mug omelette because I make eggs all of the time since they’re so easy to make. I am definitely going to try making that omelette at some point."

Although it may seem like a hassle to go to the grocery store and buy the food and ingredients that one needs, Sacred Heart University is very close to the Westfield Trumbull Mall, which has stores such as Target where students can purchase grocery items. There is even a shuttle route that takes students to the mall directly.

"It’s great that the school is so close to the mall because whenever I’m low on certain foods I just hop onto the shuttle and get there in about 5 minutes or so," said junior Curtis Topper. "I like to buy certain frozen foods and vegetables in bulk because I can make more meals for myself in the long run rather than going to Linda’s every day and spending ten dollars or more in declining dollars."

Trick-or-Treating: Sacred Heart Student Perspectives

BY LYDIA WIGHT
Staff Reporter

Halloween festivities are a staple in American culture. While the younger crowd is busy trick-or-treating, older people go to bars, throw parties, or attend haunted houses. Some are left wondering: how old is too old to trick-or-treat?

"I remember in middle school I was told by someone that I was too old to be trick-or-treating," said junior Kaelyn Dilk. "I was only 12. I think I ended up stopping when I hit eighth grade. After that, it’s more common to have Halloween parties at your house or go to haunted corn mazes."

The time to transition from trick-or-treating to other Halloween activities is a gray area. According to a poll by The Today Show, 53% of parents thought that teenagers over the age of 14 should stop trick-or-treating.

"I live off campus in a house," said Dilk. "I’ve seen a lot of kids in our neighborhood so I would feel bad not giving them candy. I’ll definitely be giving out candy on Halloween."

Some respondents to The Today Show poll stated that their main concern was making sure that the younger kids got candy first. Others were concerned about teenagers wearing scary costumes.

"I think I was a sophomore or junior in high school when I stopped trick-or-treating," said senior Brooke Lopez. "Trick-or-treating is a big thing in my neighborhood in Queens. A lot of my friends have younger siblings and cousins that we would go with. Honestly, who doesn’t love free candy?"

Students at Sacred Heart University who live off campus in houses are faced with a decision: should they be giving out candy to neighborhood kids? Or is this responsibility something to be faced after having kids of your own?

"I lived in an apartment building growing up, so we never gave out candy to the children," said Lopez. "I’m excited to dress up and give out candy because I’ve never lived in a neighborhood like this before."

According to Time Magazine, trick-or-treating started in the 1950s when suburbs popped up across the country. As Americans saw an increase in Halloween parties and costume walks, trick-or-treating to door to door to receive treats became common.

"I think that trick-or-treating should only be for kids in elementary school," said senior Mackenzie Clift. "Growing up my parents would always be annoyed giving out candy to the high school kids. When you’re in high school, you can get a job and afford to buy your own candy."

According to the International Business Times, trick-or-treating typically takes place from 6:30pm to 8:30pm. Some communities will see children continue to trick-or-treat up to 9:00pm, which some parents view as a concern on school nights.

"Trick-or-treating was one of my favorite aspects of my childhood," said sophomore Nikki Wozny. "I always had such a great time with my friends; it was a unique activity that you never had the chance to do any other day of the year. I think trick-or-treating is an important way to bring communities together."

Trick-or-treating is just one of many ways to celebrate Halloween this year. "My housemates and I are probably going to leave a bowl of candy outside, then go to a friend’s house to celebrate," said senior McKenzie Degroot. "That way, we aren’t being mean to the neighborhood kids and we get to enjoy our Halloween."

The Sacred Heart Spectrum | November 1, 2017

How to Use Extra Halloween Candy

Put chocolate in your coffee in the morning

Put it in your backpack as a special treat

Use as decoration or centerpiece for the dining/living room table at home

Buy cookie dough and mix the candy in with the cookie dough

Bring the extras to The Spectrum

Are you more likely to make your own Halloween costume or buy one?

Make it 94%

Buy it 6%

POLL:
November 1, 2017

The Sacred Heart Spectrum

Editorials

Shipping Up to the Sticks

TESSA KIELBASA

ASTT. PHOTO EDITOR

"Oh, you’re from Massachusetts? What’s it like living in Boston?"

Actually, no. I live about two and a half hours from the City on the Hill, and everyone seems to forget about those of us who live out in the "sticks."

I personally think that Western Massachusetts is the forgotten gem of New England. When everyone thinks of the New England fall landscape, no one envisions the beautiful, single cluster of trees standing in the Boston Common. Instead, they are likely thinking of the rolling hills and the quaint colonial neighborhoods in the Berkshires.

Some New York City inhabitants often have lake houses or summer homes out in the sticks on the Otis Reservoir, and that’s because Western Massachusetts is simply better than their other options. Even with all the amazing facts, we don’t get the respect we deserve from not only the eastern half of the state, but also from the rest of the country.

We recognize New York as having the biggest bonus of living out in the sticks is "there be dragons" is not actually on the Massachusetts map for the western half of the state. There are sophisticated towns, cities, and even some small villages thrown in the "irrelevant" sticks. Westfield State University attracts students from all over the state as well as the surrounding area. The biggest bonus of living out in the sticks is that the Big E takes place here every year. We have one of the biggest events in New England and still people count us out.

When I decided to come to Sacred Heart, I thought that I would not be in a minority of Massachusetts students. On a good day, my house is only an hour and a half drive to campus while anyone from the Boston area is almost three hours away.

However, I quickly realized there are not many students from Massachusetts in general. The number drastically drops when the population is narrowed to people from the sticks.

I wouldn’t have traded growing up living out in the sticks for anything. I swim in rivers and lakes, I went hiking all the time and I played outside every day of my childhood.

No matter where you are going out in the sticks, everything is a beautiful and scenic drive. While we don’t have the great city attractions, we definitely have a character all our own.

The Top 4 Best Local Coffee Places

BRYAN KELLEHER

MANAGING EDITOR- MULTIMEDIA

1. Source Coffeehouse – Source is a small coffee shop located on Fairfield Ave in Bridgeport. Their coffee is pretty good; however, seating is limited. The relaxed scene gives off a great vibe, that is tough to beat. Source is located on 2889 Fairfield Ave, Black Rock/ Bridgeport.

2. Las Vegas – Las Vegas is certainly a neat joint that is always busy. From the musical memorabilia posted on each wall, to the unique table art, it is definitely a cool place to be. The bartenders, sometimes they are even SHU students, each have their own specialties which can make or break your coffee experience. Never-theless, it is still a great spot to hang with friends or get that paper done. Las Vegas is located on 27 Unquowa Rd, Fairfield.

3. Tusk and Cup – Although Tusk and Cup is kind of far from SHU’s campus, it is worth the trip. The atmosphere of Tusk and Cup has a tasteful warmth that is profoundly comparable to its coffee. This is a sophisticated, independent coffee shop that does not disappoint. Tusk and Cup is located on 462 Old Ridgefield Rd, Wilton and 51 Ethan Allen Hwy, Ridgefield, CT.

4. Shearwater Coffee Bar – Located next to the famed Milkcraft, Shearwater smooch into my heart last summer when it expanded from its Trumbull location. Shearwater roasts their own organic, Fair Trade, artisanal coffee beans at their Trumbull location. Their Fairfield location is quaint and has fantastic style, and it’s the perfect place to do homework. Shearwater is located on 125 Post Rd, Fairfield and 100 Corporate Drive B106, Trumbull.

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 Friday at noon for consideration for that 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@shu.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers stated in this forum.
Have you ever wondered who stands behind the camera on the "Gilly on the Street" videos and the amazing shots of Sacred Heart from above? That man is Sean Kaschak, the Multimedium Communications Coordinator.

Kaschak is originally from Peru, NY. He attended the University of Dayton, where he earned a Bachelor's degree in Political Science and Master's degree in Education with a concentration in the high school curriculum of Social Studies.

After graduating from Dayton, he taught multimedia just outside of Cleveland, Ohio. He taught there for four years, until he met his wife, who decided it was in their best interest to move back to Connecticut, where she is from.

"We decided we wanted to move closer to home, and a Multimedia position [in the Communications and Public Relations Department] was open at Sacred Heart. The rest is history," said Kaschak.

Once Kaschak started working at Sacred Heart, it was obvious that it was a match made in heaven.

The main jobs on campus related to Kaschak's position are filming and producing videos and photos, as well as running all of Sacred Heart's main social media accounts.

"Some days I will go into work and just run with it until it's real and in front of you," said Capuano.

Kaschak loves to be on campus as much as he can be. When he's not filming or producing, one of the places that he likes to spend his time is with Campus Ministry.

"Through the lens of his camera and from his drone in the sky, Kaschak has seen first hand how fast the university has grown and developed over the years."

"I think the pace at which we're growing is incredibly exciting. Sacred Heart is definitely the place to be, and I can't wait to see what we do next," said Kaschak.

Although he hasn't been a faculty member at the university for long, Kaschak feels his time working here has been both successful and productive.

"Who knows what the future holds for me at Sacred Heart, but being a producer on the show is definitely very rewarding," said Gentile. "It's a great opportunity for those who are interested in TV and studio, as well as anyone who wants to get their full experience in a classroom. This way they can put it on their resume," said Gentile.

Tell Us Your Story: Sean Kaschak

BY DANTE CABRAL
Asst. Features Editor & Circulation Manager

Sacred Heart’s New Morning Show, “Daylight”

BY HENRY INDICTOR
Staff Reporter

A new Morning Show, "Daylight," has been created at Sacred Heart University, and the show has since produced one episode.

"Daylight," is filmed and produced in the lobby of the McMahon Business and Communications Center. Sacred Heart students star in and produce the episodes of the show.

These episodes consist of segments related to certain events that occur on campus. The promotion of "the holiday spirit" is a focus of the show, in correlation with the time-of-year the segment is taped.

The show was created by Professor Greg Golda, after he created some night-time shows for one of his Advanced Production classes. He had always envisioned the possibility of creating a morning show.

There were some initial plans that Golda had in place for where he wanted to film the show. Despite the unexpected change in setting, he ended up finding ways for his ideas to work.

"There was a possibility at some point that our studio would be in the Linda McMahon building, but that didn't happen," said Golda. "But in planning for that, we thought of a morning show similar to the 'Today Show' or 'Good Morning America,' where we would take advantage of the big windows in the McMahon Center. "Daylight" was kind of a natural name that fit the show's concept. So once we moved into the Martire, it was only a matter-of-time before I was able to incorporate the 'Daylight' concept into the class.

The first show aired on YouTube on Oct. 11, and has received over 600 views. Golda created the show as a way to let his students get involved and form their own ideas. He is optimistic in the direction that "Daylight" is headed.

"I think the indicator of success for a show like 'Daylight' is how the students react to it both in hits, as well as self-analysis," said Golda. "What I was really happy with after the first episode of show was edited and posted, was the fact that the team came back to the class not dwelling on the faults, but ready to make corrections and improve upon the show."

One important aspect of the show, is that students are the main creators of its production.

Producers senior Lauren Baker and senior Emily Gentile, who is also a Graphics Editor for The Spectrum, are also excited about how the show is going so far.

"We were just kind of thrown into this. But being a producer on the show is definitely very rewarding," said Gentile. "The show allows students to experience both on-air and behind-the-scenes production of a show.

"It was really cool to see how all of our hard work came together, even if on filming day we were all rushing around like a chicken with its head cut off," said Gentile. "And when we finally got to see the edited project, it really made it worthwhile."

One of the goals of the show is to try and be interactive with the faculty and students who are around the Martire as "Daylight" producers are in the process of filming.

"I think we learned a lot from our first show, and its only going to get better," said Baker. "We have so many ideas that we're just bouncing off of. The two producers and I really try to collaborate with each other, but we're really excited about being involved in this."

Plans for the next show which will air on Nov. 8, are to include some games in hopes of the distribution of prizes. Guests will include members of Campus Ministry, who will talk about ways to donate to help aid Puerto Rico.

Other future episodes will include more entertaining performers and students of Sacred Heart, to showcase their talent.

"It is a great opportunity for those who are interested in TV and studio, as well as anyone who wants to get their full experience in a classroom. This way they can put it on their resume," said Gentile.
Dead’s at Red’s: The Highlights

BY DIANA LENTO
Staff Reporter

Photos Courtesy of Hannah O’Brien

Seniors Hannah O’Brien, Gabby Fernandes, and Molly Cristofoletti won best group costume at Dead’s as the witches from Hocus Pocus.

Where else could you find a dancing pumpkin man enjoying a drink with a nerd, a lumberjack, and a priest? Only at Dead’s for Halloween, of course.

On Oct. 26, Red’s Pub transformed itself into Dead’s - a spooky place for people dressed in costumes to celebrate Halloween.

Dead’s was heavily decorated to contribute to its spooky theme, and to celebrate the Halloween season with Sacred Heart students.

Some decorations included: spider webs hanging from the ceiling, the assortment of plastic bugs, and a skeleton sitting at the bar made to look like he was having a drink. In addition, the televisions in Red’s had animations of different pictures that turned into monsters. The tables were also littered with a various assortment of candy.

Many students above the age of 21 have been very excited about Dead’s at Red’s, and have been planning their creative costumes to compete for the costume contest, which included a variety of prizes.

There were various categories for the costume contest.

The categories included "Best Group," "Best Female," "Best Male," "Best Couple," and "Most Original."

The winners for "Best Group," were seniors Hannah O’Brien, Molly Cristofoletti, and Gabby Fernandes. They were dressed as the three witches from "Hocus Pocus."

"My best friends have blonde and brown hair, and I have red hair," said Fernandes. "We were looking for famous trios, when we came across 'Hocus Pocus' and thought it was genius."

To get into character, the trio watched the movie "Hocus Pocus," before heading to Red’s.

“We watched it while we got ready so that we could brush up on our spells. Gabby and Molly’s hair came out perfectly, which got us pumped up for the night,” said O’Brien.

The winner for "Best Male" was Connor Cunningham, who dressed as a Sacred Heart dad.

The winner for "Best Female" was senior Keara Kirk, who dressed as the woman pictured on the Morton Salt container.

The winners for "Best Couple" were Henry Santarpio and Haley Erwin, who dressed as Harry Potter and the Golden Snitch.

The winners for "Most Original" were seniors Christina Kitakis and Lauren Kelly, who were dressed as "The Dress." "The Dress," being the the overdebated topic of, "Are you team blue and black, or white and gold?"

"We chose this costume on a whim," said Kelly.

"Christina sent it to me the morning of, after she Googled 'BFF Halloween costume ideas.'"

Keara Kirk, who won the "Best Female" Costume, didn’t take a lot of time to decide on her costume.

"I was sitting at the kitchen table when I looked at the salt container. As a joke, I said ‘I’m just gonna be this girl since I love salt, and love yellow, and I already have yellow shoes.’ Next thing I knew, I found myself ordering a yellow dress off of Amazon Prime to get here in time for Halloween at Red’s."

Other students put careful thought and effort into their costumes as well.

"I dressed up as a priest, and I borrowed the Bible from Sacred Heart’s library," said senior Jim Parker. "I also acted the part, in that I said a few ‘Our Fathers,’ and invited everyone to church."

The event was filled with more music and more people than a typical night at Red’s.

Dead’s was also a way for upperclassmen to celebrate one of their last Halloweens in college together.

"People were more sociable at Dead’s because they were commenting on each others costumes, and it was a lot more interactive than normal," said senior, Chris Tomassi. "Normally a typical night at Red’s is just a place to hang out with your friends."

Seniors Hannah O’Brien, Gabby Fernandes, and Molly Cristofoletti won best group costume at Dead’s as the witches from Hocus Pocus.

Senior Keara Kirk won best female costume as the Morton Salt Girl.
Theatre Arts Program Brings “Next to Normal” to the Little Theatre Stage

BY JORDAN NORKUS
A&E Editor

"Day after day, we'll find the will to find our way. Knowing that the darkest skies will someday see the sun."

Sacred Heart University’s Theatre Arts Program will be bringing the American rock musical, "Next to Normal," to the Little Theatre stage starting on Thursday, Nov. 2.

With book and lyrics by Brian Yorkey and music by Tom Kitt, “Next to Normal” follows the story of a family coping with crisis and mental illness.

“It shows, at great lengths, how different people deal with not just their problems, but others’ as well,” said sophomore Justin Weigel, who plays Dr. Fine/Dr. Madden. “The show is about a real family with real problems and common themes that will resonate with everybody.”

The show explores the struggles behind a “perfect loving family”: a mother, father, daughter and son who are all searching for something different.

Each character is important in telling the story, and with a sensitive subject like mental illness, the cast really banded together to form this family [in order to] portray the characters as best as we could,” said senior Chris Faccenda, who plays Henry in the production.

"The mother, Diana, played by senior Julia Vezza, suffers from manic depression...but that doesn’t totally cover it.”

“Something I’ve learned from playing this character is to put yourself first,” said Vezza. “You need to love yourself before you can love anyone else.”

Directed by Executive Director of the Edgerton Center for the Performing Arts, Jerry Goehring, cast and crew members said the rehearsal process has been long and arduous, but extremely rewarding. The day after the show was cast, they had their first rehearsal and have been preparing ever since.

"Recent rehearsals have been every day for almost eight hours a day, but we need it to make the show live up to the potential that it has," said sophomore Delaney Lynch, who plays Natalie. “They are long and sometimes tiring, but in the end, to portray a story like this, I have a feeling it will all be worth it.”

In order for the cast to fully grasp the material, they had to get used to leaving their comfort zones.

“The experience of this show has been wildly intimate and immersive,” said Weigel. “We’ve all gotten so close as a cast and comfortable enough to open up to each other, creating an environment where it’s okay to go to those places and dive into the material.”

The sensitive subjects came with some challenges for the cast, which included portraying everything as accurately and correctly as they could.

“It’s so raw and so real,” said Weigel. “It’s a real struggle to put yourself out there—to put everything you have out on stage and open yourself up to an audience, knowing that you’re nothing but vulnerable. It’s very unsettling and tough to do.”

For some cast members, the hardest part of the whole experience was disconnecting themselves from their characters after a run-through of the show.

"The challenges relate to playing characters dealing with these mental illnesses and the stress it places on the family," said junior Mike Villanueva, who plays Gabe. "It’s hard to really face that, day in and day out, because it’s not always easy to leave those emotions at rehearsal."

The cast and crew believe that there are different messages within the show that audience members can take away from after seeing it.

"It’s a really powerful story that I hope will show just how important this topic is," said Villanueva. “The message is definitely about taking the time to be healthy, mentally. For some, it may be to listen to those calling for help.”

A week before it even opened, every performance of “Next to Normal” was sold out. This was a first for the Theatre Arts Program, resulting in having to add two additional Saturday matinee performances.

"When we sold out before we even got into tech week, my stomach dropped," said Lynch. "I was both happy and immediately nervous knowing that no matter what, the audiences will all be filled, wanting to get a story and we would have given that to them.”

Through two acts and 37 songs, the cast and crew of “Next to Normal” will take audience members on a journey full of discovery, struggles, love and self-worth.

“The audience will not be ready for the amount of raw emotion that will be poured out on that stage," said Lynch. "It’s going to be an amazing, tear-jerking experience filled ultimately with love and hope.”

“Next to Normal” opens on Thursday, Nov. 2 at 8 p.m. in the Little Theatre. Additional performances will be held Nov. 3 through Nov. 9 and Nov. 12 through Nov. 17. Thursday, Friday and Saturday night showings begin at 8 p.m., Saturday matinees are at 2 p.m., and Sunday matinees are at 3 p.m.

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**Do You Want to Play a Game?**

*BY ANTHONY DEL VECCHIO*

Staff Reporter

The American horror film, "Jigsaw," was released in theaters on Thursday, Oct. 27, just in time for Halloween weekend. Directed by Michael and Peter Spierig (The Spierig Brothers), "Jigsaw" is the eighth film in the "Saw" franchise, after "Saw 3D" was supposed to be the final installment. The film acts as both a prequel and a sequel, since it goes back and forth between present time and 11 years prior to the first "Saw" film. The storylines of the diverse group of captives and the detectives searching for them parallel to each other; which is an interesting directing style not yet seen before in the series. The captives in the film are Laura Vandervoort as Anna, Paul Braunstein as Ryan, Mandela Van Peebles as Mitch, and Brittany Allen as Carly. After the individuals are captured, they are given a form of torture. Their captor, the infamous serial killer, John Kramer, also known as "Jigsaw." Kramer puts them in literal life or death situations, due to their pasts and how their choices have harmed innocent lives. Throughout the different "Saw" films, this results in most of the captives dying in some form of torture.

During the pre-production phase of the film, the original running title was supposed to be "Saw: Legacy." After seeing the film, that made a lot of sense because it started to feel like the original "Saw" film. The group we follow in "Jigsaw" is important to the series because the "game" we watch them play is the one that started it all. Matt Passmore plays Logan Nelson, a forensic pathologist who works directly on the body of Jigsaw's victims, and Hannah Emily Anderson plays Nelson's assistant, Eleanor Bonnville. The film starts to take some interesting turns when the two of them are interrogated and pursued by Detective Hal loran, played by Callum Keith Rennie, and Detective Keith Hunt, played by Clé Bennett. The "Saw" powerhouse is run on shock factor, gore elements, and the fact that the creators took their interesting ideas and made a new type of horror movie, instead of forcing it into the already long and complicated story that has been drawn out over the last thirteen years.

Coming in for its opening weekend, "Jigsaw" had an opening weekend gross of $16,250,000. So far its has a 6.4/10 rating on IMDb and currently sits with a 38% critic rating and a 96% audience rating on Rotten Tomatoes. With an interesting story, a very clever plot twist that is well thought out, and a style of directing that moved the movie along and felt different, "Jigsaw" is a decent film. If you're a fan of "Saw" and have made it this far, you just have to see how they end the story... again.

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**Netflix’s "Stranger Things" Returns for Second Season**

*BY ARIANA COLASUONNO*

Staff Reporter

After the first season premiered in 2016, "Stranger Things" fans have been anticipating its return. The teaser trailer for season two was released during Super Bowl L1. Months later, the second season in its entirety was made available for streaming on Netflix on Friday, Oct. 27.

"I think 'Stranger Things' is a well put together show for just being a Netflix Original Series," said junior Samantha Tust. "They definitely didn’t think it was going to be this big of a hit."

"Stranger Things" takes place in a small town during the 1980s. It follows a series of disappearances and other horrific events; including the disappearance of the character, Will, played by Noah Schnapp. With an interesting story, Netflix has itself to be the brave hero of the older generation can relate to it but the storyline is entertaining to anyone, especially those into science fiction."

When the show first premiered, it quickly caught on and got a fanbase.

"I started watching 'Stranger Things' because my best friend had it on her TV and forced me to watch it, since I usually don’t like shows like this," said senior Christina Mavroudis. "But I ended up really liking it."

However, for some people, watching "Stranger Things" was not on the top of their to-do list.

"After watching the show "Lost," I have commitment issues when it comes to TV shows," said senior Christopher Kantor. "But "Stranger Things" sounds good."

"Stranger Things" has an 8.9 out of 10 on IMDb, and a rating of 95% on Rotten Tomatoes. "I like the series. It’s very different than anything I’ve ever watched," said Mavroudis. "I normally don’t like scary type of shows, but after the first episode I kept wanting to watch more."

After the first season, viewers had mixed emotions on whether they were happy with how the first season ended. "Yes and no. Yes because my homegirl Eleven showed herself to be the brave hero we all knew she was," said Santoro. "But no because you clearly know something was wrong with Will after everything he’s been through."

After the success of the first season, the expectations and excitement surrounding season two were high. "I expect the same sort of style where something entertaining is going on, which makes you want to binge-watch the season," said senior Ermir Celaj. Since all of the episodes in season two are going to be released at the same time, it makes it easy for viewers to binge-watch the whole season. "Maybe I won’t binge-watch it right away, but I’m probably not going to watch it without binge-watching," said sophomore Christian Masses.

Seasons one and two of "Stranger Things" are available to stream on Netflix.
BY RYAN SANUDO
Staff Writer

Sacred Heart University's assistant rowing coach, Jaclyn Smith, was acknowledged by the United States Olympic Committee for "Best of September Honors." The honorees recognize her team's performance at the World Rowing Championships for "an immense reason.

"Every year is a different experience," said Smith. "From our fans there's more hype about the Paralympics. You understand more about the Paralympics since it's more publicized. We prefer the World Championships because it's better streaming for our fans."

Smith qualifies as a Paralympian because she was born with a genetic condition called ocular albinism. This means she has no pigment in her hair, skin or eyes. She has photophobia, which is sensitivity to light, and nystagmus, which causes her eyes to move rapidly and involuntarily from side to side. Her vision is at a level that makes it legally blind.

Last year, Smith won the silver medal at the Paralympic Games in Rio de Janeiro, Brazil. It's an accomplishment that Smith will never forget because of an immense reason.

"The thing that got me for the Paralympics was that our final was on Sept. 11," said Smith. "Both of my parents are New York City police officers. If you told me 15 years ago that I'd be competing in the Paralympics on this day with a shot to win gold and both parents would still be there, I'd tell you that you're crazy. Back then I didn't know that my mom and dad were coming home that day. It was pretty surreal."

It wasn't easy for Smith and her team to play in Rio last year. With all the conditions and the environment, those obstacles for Smith were tough to just forget and play on.

"Never in my wildest dreams did I think I could do this," said Smith. "Being able to go over to Brazil through a time of adversity with the water conditions was tough. But going over there, it wasn't nearly what they were saying. The people were great, the security was great, and being able to compete with other athletes with different countries was phenomenal."

As for the Sacred Heart women's team, the rowing program is taking strides in its development. Smith has seen encouraging signs during practices and competitive events.

"The program is getting better every year," said Smith. "We have such a strong crew that will continue to progress. The girls are getting more into it. We're getting girls from high school programs now overall, I like our direction."

Smith still enjoys rowing and the physical nature of the sport, but coaching is what motivates her now.

"It's a different relationship," said Smith. "Being an athlete, you get to spend time with each other on the weekend. I really try to watch what I do because I want to lead them by example. If I'm not at my best all the time, I can't expect them to be at their best."

Not everyone can say that their coach is an Olympian. Senior captains Sarah Poirier and Anne McFadyen have the opportunity to know what it's like having a coach of that stature.

"Coach Smith is extremely dedicated," said Sufcynski. "I can always count on her to have an answer, to be at every practice and race, and to give great advice about anything."

According to the Sacred Heart Athletic Communications press release, Smith will automatically qualify for the 2017 Team USA Awards, which will be held in December.

"As an Olympian, she is taught not only how to row as one, but to behave as one, which gives us a role model to base our actions off of," said Poirier. "She has seen and raced against teams from other countries which broadens her knowledge of rowing altogether, which she then uses to coach us.

The Pioneers' next meet is Nov. 4 at The Head of the Hooch Regatta in Chattanooga, Tenn.

_Nardiello and Sacred Heart Bowling Prepare for Upcoming Season_

BY OLIVIA MITTLEMAN
Staff Writer

She's already received a major Northeast Conference (NEC) accolade—Bowler of the Year—but senior Amanda Nardiello has even bigger plans for her final season.

"Hopefully, if I bowl well enough, I can become an All-American," said Nardiello.

Head coach Becky Kregling believes Nardiello can achieve All-American honors before the end of her senior year.

"It's attainable," said Kregling. "She wasn't that far off last year."

Last year, at the first NEC Conference Championships meet, the team went 10-0 with Nardiello averaging 220 points.

"I became Bowler of the Week from that, and I was really happy," said Nardiello.

The following week at the second NEC Conference Championships meet, Nardiello was awarded Bowlor of the Year.

Kregling has her own set of expectations for this upcoming season.

"Every year you hope everyone has a better season than the prior year," said Kregling. "We tweak a few minor things, but at this point it's all about repetition."

The team will travel for the first time of the season on Nov. 3 when they participate in the Fairleigh Dickinson University Jamboree.

"The biggest competitor there, I'd say, is FDU because we lost to them twice in NEC Championships," said Nardiello.

In the past 3 years, the bowling team has only beaten FDU once.

"Hopefully we can beat them at their own tournament," said Nardiello.

In addition to traveling to New Jersey, the team will also travel to Wisconsin, Delaware, and Tennessee this season.

To prepare for the upcoming season, team members began training during the offseason back in May.

"A lot of the girls bowl in summer leagues," said senior Sarah Morris, "so it keeps them in the repetitive, weekly competition." This past summer Nardiello bowled in two separate summer leagues.

"Just because I was the Bowler of the Year doesn't mean I can stop working and just expect to bowl well again," said Nardiello.

During the school year, the bowling team practices from October until the NEC Conference Championships in March.

"During practice throughout the week we do a lot of spare and target practice," said Nardiello.

The team's roster carries 15 members. Five of the 15 on last season's roster graduated in May.

"When five players graduate it becomes a different team," said Kregling. However, Kregling believes the changes have been positive. Morris said the team culture is also different than it was in the past.

"The seniors who graduated last year were like the center of the team," said Morris. "Now it's figuring out who takes over those positions. Everyone is doing what they can to help."

Leadership roles could have been shuffled around. Nonetheless, the team dynamic is still positive and the players spend time together away from the lanes as well.

"We get along well with each other," said Nardiello. "After practice we'll have a team breakfast or sometimes we'll go see another game together."

Although the team has changed since last season, their goals remain the same.

"We were ranked ninth last year," said Kregling. "It's a different team, but staying in the Top 10 would be an amazing thing."

Although it's only the beginning of Nov., Nardiello, Morris, and the rest of the team have their eyes locked on March.

"Winning the conference championship in March is the main goal," said Kregling.
Women's Rugby Coach Michelle Reed, Interviewed by Gift-Time Rugby

BY MELANIE DASILVA  Staff Writer

The Sacred Heart University women's head rugby coach, Michelle Reed, was interviewed by Gift-Time Rugby for an article that was published on Oct. 21 about the Pioneers.

Gift-Time Rugby is an entertainment site that highlights news on players, teams, and events through live streams, talk shows, podcasts, and other forms of media throughout the United States.

The rugby program at Sacred Heart is relatively new to the Division I program. Originally a club team, the program was named to National Collegiate Athletic Association (NCAA) Division I in the fall of 2015. Reed was thrilled with the opportunity and is still trying to expand and grow the program at Sacred Heart.

"Because we are in our third year, we are a new NCAA rugby program that has made two and a half years to build, and Gift-Time Rugby wanted to see where we were at," said Reed.

Reed is touched on how rugby is not as widely covered as other sports but hopes to change that by being more transparent about the experiences as a new coach and growing the program.

"Going out there every tournament and giving everything I have to help my team win, the main goal," said Reed. "I want to win our conference. Everyone on the team has to do their part, but we believe we have the talent and chemistry to do just that."

The Pioneers know repeating as divisional champions isn't an easy task. The team finished in eighth place at the Rutgers University Invitational on Sept. 10, and placed sixth at both the Navy Fall Invitational on Sept. 17 and Dartmouth University Invitational on Sept. 24.

With consecutive top three finishes at the Hartford Hawks Fall Invitational on Oct. 1 and the SHU Fall Classic, the positivity is building for the upcoming spring season.

"Every year I try to improve my scores from the year before," said Hood. "I have done this my last three years, and would love to still improve my game in my senior year to help us win the conference again."
THE SACRED HEART UNIVERSITY FIELD HOCKEY TEAM FELL 3-2 TO GEORGETOWN UNIVERSITY IN OVERTIME ON OCT. 22 IN NEW HAVEN, CONN. COLLEEN MCMINLEY (PICTURED) OPENED THE SCORING AT 26:19 AS NICHOLE TOLU SENT A LONG PASS TO HER FOR THE 1-0 LEAD.