FEATURED NEWS

John Moriarty Institute for Ecology and Spirituality to Open in Dingle

TWEETS OF THE WEEK

"If you don’t look like your Bitmoji we’re gonna have trust issues." — @ewojcik314

The Future of Healthcare

11:10 a.m.
Bingo
Edgerton Center
10 a.m.

FAKE NEWS Or Not?

Iphones are Autocorrecting the Letter ‘T’ to an Incomprehensible Symbol

"An update to iOS has irritated iPhone users trying to type the letter ‘T’...” — The Telegraph

Quality of Life in CT Poll Sparks Debate

According to McNamee, it is realistic that a significant portion of citizens with higher incomes could leave Connecticut.

"This would create another set of challenges for the state, businesses, and local municipalities to grapple with," said McNamee.

Residents have the most confidence in local governments at 73.2 percent, while support for the federal government reached only 18 percent.

About forty percent of residents support lowering the corporate tax, and 41.8 percent support the reduction of business regulations.

The "engine of growth and economic development in Connecticut is through businesses," said DeNardis.

Over the next two years, Connecticut is facing a budget deficit of 3 million dollars, even though the state is legally required to balance its budget.

When pressed about how to close the budget deficit, residents were given choices of tax increases, spending cuts, and finding new sources of revenue.

"Most of the people responded that they wanted to find new sources of revenue," said DeNardis.

For views on government revenue, 70.6 percent of residents strongly or somewhat support marijuana legalization, and 55.6 percent strongly or somewhat support the establishment of polls on highways.

Sacred Heart featured in poll

Sacred Heart University recently partnered with GreatBlue Research to conduct a state-wide poll on the quality of life in Connecticut. The poll addressed issues such as the cost of living, taxes and the Connecticut budget deficit.

"Sacred Heart had a desire to be a leader in understanding the outlook of Connecticut, its residents and the climate of the state’s public policy," said Seamus McNamee, former research director at GreatBlue Research. "We are hoping the poll spurs additional conversations about the goals of Connecticut residents and how to address the current challenges facing the state."

Leslie DeNardis, Director of Sacred Heart’s Global Studies program and Executive Director of the Institute for Public Policy, said that the creation of the Masters of Public Administration program was what sparked the idea for the poll.

We decided that as part of the graduate students’ experience, we would involve them in a public opinion poll."

According to the results of the poll published by the Institute of Public Policy on Sacred Heart’s website, 30.3 percent of residents believe that the quality of life in Connecticut is declining, while 63.9 percent of residents reported that it was either very difficult, or somewhat difficult to maintain their standard of living.

"These are the ‘nuts and bolts’ issues of people’s lives, and the fact that they’re feeling this pressure is not at all surprising," said DeNardis. "People, in general, like Connecticut, but it’s become increasingly harder for them to maintain their quality of life," she said. "I think the magnitude of our problems are much greater in other states.

The higher concerns among residents who participated in the poll are the cost of living and taxes—49.7 percent and 90.9 percent, respectively.

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WEDNESDAY, NOVEMBER 8, 2017
SPREADING CAMPUS NEWS SINCE 1963
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Recent Terrorist Attack in New York City Raises Concerns About Safety

BY SABRINA GARONE
Co-News Editor

On Oct. 31, a male driver drove a pickup truck into a pedestrian bike path in lower Manhattan, killing at least eight people and seriously injuring 12. The suspect, Sayfullo Saipov, 29, was shot by police immediately after the attack and was taken into custody. He is expected to survive.

"It's a very painful day in our city," said New York City Mayor Bill de Blasio in a press conference. "Let me be clear, based on the information we have at this moment, this was an act of terror. A particularly cowardly act of terrorism is expected to survive.

Saipov told investigators that he was inspired to carry out the attack after watching videos created by the Islamic State of Iraq and Syria (ISIS), and "decided to use a truck in order to inflict maximum damage against civilians." According to authorities, Saipov shouted "Allahu Akbar" during the attack, and left a note in the truck that read "Islamic state would endure forever."

Christian Colon, Sacred Heart alumnus and graduate student at Columbia University's Journalism school, was there on the scene as a reporter and was able to watch the police gather evidence first-hand.

"We were there until midnight with a camera and a notebook, just gathering details and reporting from those who were there during the attacks," said Colon. "I interviewed a doorman who was working at the time, when suddenly he heard gunshots. Then I interviewed this woman who was protesting and yelling at the other reporters, saying "fake news and Muslims needed to go."

A native of Uzbekistan, Saipov legally came to the United States in 2010 through the Diversity Visa Lottery Program—an immigration program that offers a limited number of visas to people from countries with few immigrants in the U.S. For some people, these attacks are frightening and far too frequent.

"It's scary because anyone is a target these days," said senior Mariana Gallante. "It worries me because my brothers are police officers in the city and their lives are constantly at risk too."

While addressing his cabinet as well as reporters on Nov. 1, President Trump criticized the immigration policies that allowed Saipov to enter the country, and offered solutions to prevent future terror attacks.

"We want to immediately work with Congress on the Diversity Lottery Program on terminating it, getting rid of it," said Trump in a press conference. "Terrorists are constantly seeking to strike our nation, and it will require the unflinching devotion to our law enforcement, homeland security and intelligence professionals, to keep America safe. We have to get tougher, we have to get smarter, and much less politically correct. We are so politically correct, we are afraid to do anything."

President Trump later took to Twitter, calling for Saipov to receive the death penalty as punishment.

The decision on a sentence for Saipov has not yet been determined.

"It's nerve wrecking to be living in a city that has been targeted before, and to this day continues to be a target for terrorism," said Colon.

Opioid Issues Declared a Public Health Emergency

BY MICHAEL BARRY
Staff Reporter

On Oct. 26, President Trump declared drug addiction and opioid abuse a national public health emergency.

The National Institute on Drug Abuse defines opioids as "a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others."

According the Trump administration, the declaration will allow for expanded access either to substance abuse or mental health treatment. This will also enable the U.S. Department of Health and Human Services to quickly hire specialists with experience in combating opioid addiction.

"The opioid addiction has ravaged households not only in Connecticut, but across the country," said Dr. Gary Rose, Professor and Chair of Government, Politics, and Global Studies.

According to the Centers for Disease Control and Prevention (CDC), more than two million Americans have become dependent on opioids. Between 2000 and 2015, more than half a million people died from drug overdoses, and 91 Americans die every day from an opioid overdose.

"And what is truly shameful is that the U.S. Congress, as reported on '60 Minutes,' changed a federal statute in order to give pharmaceutical companies a free hand in distributing opioids, while simultaneously diminishing the authority of the federal Drug Enforcement Agency to investigate the criminal negligence of these companies," said Rose. "The '60 Minutes' exposé was truly revealing and disturbing."

The investigative report on "60 Minutes" included a negative portrayal of Rep. Tom Marino of Pennsylvania as a pro-drug industry lawmaker. This lead Marino to withdraw his name from consideration as President Trump's nominee to lead the Office of National Drug Control Policy.

"The declaration of the opioid crisis as a public health emergency is a step in the right direction to help mediate the epidemic," said Dr. Nicole Roy, Associate Professor of Biology.

"The media attention alone has helped bring this important and sometimes hidden crisis into light," she said.

The CDC reports that opioid-induced deaths have quadrupled since 1999, with 91 Americans dying each day.

Many of these deaths are due to legally obtained opioid prescriptions like oxycodone and fentanyl, where people are unaware of the negative side effects of the drug or how addictive the drugs are.

"Although it may be a good start, we need much more of an investment to truly tackle the issue," said Roy. "Declaring the issue as a public health emergency limits what can be done in comparison to what could be done had it been declared a national emergency under the Stafford Act."
The Sacred Heart Spectrum

Perspectives

Cable vs. Streaming

She Said

KELSEY...

Netflix, Hulu, and Apple TV. In this day and age it seems like everyone is all caught up with the latest shows they've been watching on these television streaming platforms. This does raise the question: have streaming shows beat out and become more popular to most people than cable television?

Now personally I have moods where I could go for either streaming shows or cable television. Cable television in some instances can be better than streaming shows. After every episode of a show there is a waiting period until you are able to watch the next show of the season, but at the same time isn't that the reason why we sometimes watch shows in the first place?

Unfortunately, I also hate waiting for a show to air the next week. However, look on the bright side: sometimes it can be a good thing. As many individuals probably think, if you’re watching a show from cable, you end up being very involved in what you have to look forward to. You wonder and contemplate on what could be leading up to something that as a result may be really good or turn out to be something that could just go down hill from that episode you just watched.

You can even relate to that idea of waiting in your personal life, whether that is the anticipation of wondering if your potential love interest is going to conquer and end up going well, or you’re going to get the higher-up job you’ve had your eye on for months or years. That waiting process gets us thinking and engaged in a way that keeps us invested into a show. Thinking can be seen as a great thing.

The anticipation of watching a show from week to week gets people very much excited and thinking. It gets you, as an audience, engaged in a different way to the storyline of a series, as opposed to how you would if you were to be streaming a show.

As from an advertising and marketing standpoint, it brings the show more hype and advertising opportunities for the show’s programming. Every week, as more and more of the season’s shows are progressively being aired, in some cases it also gives the show and advertisers more opportunities to promote their brand in order to boost their ratings and viewers.

On the other hand, streaming shows from whatever television streaming platform you choose as I mentioned earlier is also pretty cool too. It’s such a luxury to watch a show’s season from start to finish and binge watch on something that you really love to do when you absolutely just want have a laidback day or night. Don’t worry I have those days too, everyone does.

On those days binge watching is great. It’s a way that allows for you to be entertained all day without leaving the comfort of your own home.

On rainy or cold days, it is the perfect way to just relax. Having the ability to have the whole show you have been watching at your fingertips without any commercial interruptions is such a pleasure within itself. My one concern that I have that people can disagree with me on is that certain television streaming platforms might not have the show that you are looking for. Streaming shows come and go. The show that you love could be here this month and gone the next month on Netflix, Hulu, or Apple TV. Until a while passes, and then it is back.

Overall, whatever you choose to watch your shows on, I hope you enjoy the show.

In this age of streaming, the world of digital media is really at your fingertips. Pretty much any movie, television series, song or anything of the like is accessible to you if you have a screen to watch it on. What about cable though? Especially at college—at least from my experience—cable doesn’t get the love I feel it deserves. I know a good number of people who elect to exclusively stream content from the internet rather than invest in cable.

As an avid sports fan, I like the freedom of cable. Sure, I can watch the Knicks, Mets, or even national sporting events on my computer and connect it to my TV. But it’s not the same. Not only does cable expedite the process of finding the event you need to watch—even if by only by a few clicks worth of time—but it also provides the comfort of tradition. I cannot begin to describe how important television was to me growing up. As an only child, I was always able to handle being on my own, but at the same time having the TV on was like a safety blanket; it was company for me. Not to get too cheesy and nostalgic, but cable television makes me reminisce and feel cheesy and nostalgic. Boy Meets World and Family Matters and their contemporaries were the soundtracks to my childhood.

Because of all that, I still have a deep appreciation for television, both traditional cable and its new forms of streaming. That’s why I’ll always defend the relevance of a possibly soon-to-be bygone era for the medium.

I actually don’t fault college students who don’t have cable because it can get expensive. And why pay a lot of money for something you can get on Netflix at a fraction of the cost, right? So even though I see it differently, I understand that end of it. As the great Jesus Nice would say on the best podcast in podcasting: ‘The

He Said

ANTHONY...

Bodega Boys”, “Gotta hear both sides.”

And let’s be honest: I’m one of a super small fraction of the population who would actually stream a Mets game in September for the heck of it. Even if the Mets are 0-161, I’ll always be down to watch the best broadcast team in baseball go to work on a telecast.

I do find it very interesting to see the streaming war that’s brewing, namely with the introduction of YouTube TV and PlayStation TV. It makes life for the big cable and satellite providers harder than they probably anticipated, even if they predicted such a development. It’s an unpredictable world—so much so that even the TVs are evolving more drastically than ever.

To be honest, I think the big providers are going to either be phased out or remodel drastically within the next twenty years. They have to. You can’t sit back all cozy while YouTube evolves from viral cat videos to partnering with every company ever to take over the world.

It’s pretty wild, though. I feel like every generation has predictions of what’s to come with media, and when the time comes, the latest technologies and models exceed our expectations.

To conclude this commentary, I’ll say that I don’t really care how you’re watching your television. As someone who wants to work in television one day, I’m just happy that people are still watching.

Spitting On Emptiness

Brian Hogan, Graduate Student

*written in a botanical garden in Ghana, West Africa

I linger in green places.

I shuffle my feet on wet earth, the cirrus are a heavy grey with rain and emotion dampness in thick air twilight's colors awaken me

I thirst;

I drink flower purple and eat rubber tree latex

I dance to cricket song and leaves breathe.

My wooden cup is full

Poet's Corner
Perspectives

Amazon Key Set to Redefine Home Deliveries

BY RYAN CONKLIN
Staff Reporter

How would you feel about Amazon delivery services walking into your house at any time, whether you are home or not? According to theverge.com, "Amazon Key is a new service that lets couriers unlock your front door." Consumers that use this product will need a smart lock and Amazon's new 'cloud cam' for the couriers to gain access to your house.

"What kind of person would let a stranger into their house unattended," asked junior Cole Bruni. "It is a cool concept but in practice it seems like it is way too risky for me to want to invest in it.”

According to Vogue, these pop-up shows have been going on since 2011 but now for $249 the customer first buys a smart lock then the Cloud Cam camera from Amazon," according to usatoday.com. "The Cloud Cam is also available for purchase as a standalone security camera for $119.99. Both will be available for purchase and can be installed by the customer or for free by a professional Amazon technician."

"I wouldn’t use this service," said sophomore Alyssa Brown. "I think it is creepy to have someone there that I don’t know come into my house whether I’m there or not. I feel like it is a good price for the concept, but I still feel price no matter how cheap will not sway my opinion."

For such a helpful concept, there is an overwhelming amount of negative opinions.

Amazon provides a massive variety of products to anyone who uses their site frequently or even just once in a while. Consumers who use Amazon frequently have shed negative light on Amazon’s new service.

“Are these people vetted at all?” said Bridgeport resident William Powers. "Although they may be able to drive a truck, I do not want someone I have no familiarity with at all coming into my home and possibly cleaning out my safe.

Senior George Ferris agrees with Powers’ sentiments. "I don’t know who on Earth would actually want a stranger to have the ability to go into their house," said Ferris. "Not everybody’s going to steal from you, but you do open that up to a higher percentage chance with this."

Amazon Key is set to launch on Nov. 8 for Prime members.

Southwest Airlines: Bringing Live Music to the Sky

BY LIANNA GRILLO
Staff Reporter

According to Billboard, Warner Music Nashville announced that they are teaming up with Southwest Airlines to produce an array of promotions that will bring music into the sky.

These pop-up shows involve a singer or band playing a few spontaneous songs that passengers on the plane can listen to while eating their airplane snacks. According to Vogue, these pop-up shows have been going on since 2011 but now has the official name "Live at 32k.”

"On my 26 hour flight to Australia, I took Benadryl and just wanted to go to sleep to make time go faster," said senior Gabrielle Sapienza, who studied abroad in Australia last semester.

Warner Music Group is an American worldwide entertainment and record label headquartered in New York City. It is one of the "big three" recording companies and the third main company in the global music industry. New Yorkers are similarly familiar with the concept of hearing music during their commute to work or simply just being in the subway.

On a recent flight from Nashville to Philadelphia, Devin Dawson performed his single "All Of Me." However, according to Thriller, he may have interrupted a few naps during the flight.

"I would absolutely hate live music on planes," said Sapienza. "I really just like to sleep and that would really interrupt my sleep.”

Sacred Heart students are finding it hard to believe that live music on an airplane is actually going to happen. Many feel that concerts are places you should be able to dance and make memories with the people you are closest with. Some students feel an airplane is the wrong venue for such activities.

"If there were live music on my flight I would really not like that, but I would still dance to music," said senior Stephanie Miller. "When I’m on a long plane ride, I usually like to sit by the window and look out at the clouds," said Miller. "They are peaceful to look at.”

Southwest states that only certain lucky flights will be having these pop-up concerts. They will not be on every single Southwest flight.

"On long flights I bring my pillow on the plane and just want to go to sleep, so I would not enjoy live music," said senior Lauren Schaffer.

"Little kids behind me are usually kicking the back of my seat, now with music on a flight I am not sure how flying could get any worse," said Miller.

According to the website Genius, singer and musician Devin Dawson states that he is just looking to bring a smile to peoples faces on flights. He hopes it’s a cool surprise for the passengers and makes them forget about their everyday stresses by just playing a few songs.

"I don’t really think being squished against a window crowded next to strangers is the best place for a concert to be taking place," said Sapienza.

"I do not sleep on planes whatsoever, I usually watch movies on my laptop because I have nothing else to do,” said senior Cecilia Martinez. "I would definitely not like live music on my flight though.”

NETFLIX

First month is free! If you get the standard package after the first month it’s $10.99 per month with the ability to watch in for locations at once. Stranger Things is back this month, but after November, How I Met Your Mother is joining 30 Rock and One Tree Hill on the long list of shows that Netflix let go.

HBO

For $15 per month might seem like a lot, but not for any Game of Thrones fans.

HULUPLUS

For $4.99 a month you can get access to an endless ad-free music library along with a free subscription to Hulu with is limited, but still free.

If you are looking for some bunk for your buck and an upgrade to Spoti- fy’s student deal. Hulu plus might be your answer with access to HBO, Cinemax, and Showtime. For the first year, each month is $5.99, and the price goes up to $7.99. A benefit to this is that most shows are available the day after they have aired. However, it would also require you to go to extreme lengths to avoid spoilers.
Exposing The Spectrum...

Kind Of

MISSY O'ROURKE

PHOTO EDITOR

For my editorial I decided to write about The Spectrum. I feel like everyone who has worked on The Spectrum has never written about The Spectrum in The Spectrum newspaper, so here is doing just that. Are you still with me? When I first started Writing and Reporting class, I was pretty surprised to learn that I was going to be writing for the school newspaper. I had never heard of AP style or interviewed anyone, so I wasn’t really sure what to expect. What I did know was that I loved photography and that I wanted to be on the photo staff; I was actually excited each week when I picked up a copy of the paper and saw my photos in print.

When the editors came in each week and sat on the stage in front of the class, I knew I wanted to be up there too. I wanted to learn more about how The Spectrum was made and get involved. I even declared a minor in journalism. That’s when I decided to apply for the assistant photo editor position, and the rest is history.

I started as an assistant during my junior year, and at first I was definitely nervous. I didn’t really know anyone too well. But as the weeks went on, I began to spend more time with everyone. I grew closer and more familiar with each other by the end of my junior year; I knew I wanted to move up to the position of photo editor and continue my time on the board, which is just what I got.

I told Alexa and Giovanna that I was going to expose The Spectrum for what it really is. Now this may seem like I’m just saying to say some negative stuff or blow up their spot, but I’m actually about to get a little mushy. I absolutely love being a part of The Spectrum, and through it I have met some truly amazing people at Sacred Heart. There is nothing better than working alongside people who you get along with so well. The hours that I spend in the office each week are some of my favorite.

Getting to take over the photo desk as my own was easily one of the most exciting things happening for me. I hung up a tapestry (which Professor Kabak loves), brought in some desk decorations, and even made the background on the computer my dog (which someone changed twice, while Kelsey and Evan (my assistant) only face single bans. A fun thing that also happens all the time is being fired by Alexa. Ever since Alexa was chosen to be the new Editor in Chief, she has fake fired me probably a thousand times. It’s all out of love though, so don’t worry Professor Kabak—I’m not going anywhere.

As the first semester of The Spectrum is coming to a close, I am looking forward to more laughs with Alexa at the photo desk on Mondays, being scared by Bryan, having Christina fetch me more water (and then pour it in the trash), training Tessa, and continuing my reign as photo queen.
**Food Review: Wahlburgers**

BY STEPHANIE DESANTIS

Wahlburger's, a popular casual dining-chain owned by the Wahlberg brothers, recently opened a location in Trumbull, on Oct. 27. The restaurant replaced its prior location, Ruby Tuesday's, in the Westfield Trumbull mall.

Paul Wahlberg, the owner and chef of the chain's original location in Hingham, MA, is partnered with his brothers Mark and Donnie Wahlberg. The restaurant is the center of the well-known A&E television series, "Wahlburgers." The television series gives a direct inside-look into the chain that the Wahlberg brothers have created.

Wahlburger's is mostly known for their burgers. If you're looking for a taste other than burgers, the menu also offers an assortment of foods ranging from sandwiches, to salads, to milkshakes, to milkshakes, and much more.

When I looked up the menu online, the selections appeared to mirror a menu closer to a fast-food chain, as opposed to that of a restaurant chain. Therefore, I was surprised to find that Wahlburger's is actually a sit-down type restaurant.

Once inside, everyone is given a menu, and their order is taken down. I found the whole layout to be quite unique. As for the interior, the restaurant follows the same green color scheme that the chain is known for.

In addition to dining-in, Wahlburger's also offers it's customers take-out and has a designated bar area.

Since the restaurant just opened in Trumbull, CT, and is a popular chain, I presumed that going at night was not an option for me, because the wait would most-likely be too long. So, my friend and I went during the day on a Thursday, and there was no wait at all.

The staff was very friendly right off the bat, which always makes for a more pleasant dining experience. After being seated with no wait, I took a look at the menu. The food selection is small, but definitely offers something for everyone. Prices range between $5 to $10, and is very affordable.

Although Wahlburger's is known for their burgers, I personally am not a huge burger person. When ordering, I opted for 'Hein's Chicken Sandwich;' instead.

The quick amount of time it took to get our food out to us, is proof of the fast-food vibe that the place holds. Our food probably only took around ten minutes to come out, which could also be attributed to the fact that the restaurant wasn't busy that Thursday night. Even so, I was pleased that the food came so quickly.

However, I was disappointed to see that when I got my food, there was only the sandwich. French fries were not included with my order.

Obviously, this was not a huge deal, but I wish the waitress told me that fries were to be ordered separately.

Nevertheless, my sandwich looked extremely good, and I was ready to try this popular chain's food.

In the end, I found that I liked my sandwich, but I can't say that I loved it. "Jeno's Chicken Sandwich" comes with both caramelized onions and crispy onions, along with lettuce, topped with Wahlburgers' housemade honey-garlic mayo. I really liked the crispy onions and the sauce, but in general, the sandwich lacked some flavor for me.

My friend, who did get fries, said that they were good, but did not stand-out to her.

For me, Wahlburger's seems-to-be more about experience, than the food. I found the restaurant to be a bit overpriced.

However, I could understand the appeal in the eyes of someone who is a fan of the Wahlberg brothers in being able to say that 'you've been to a Wahlburger's.' I would recommend this place to other people, but would tell them not to hype it up too much. The atmosphere is nice, but the food falls a bit short.

Overall, I enjoyed the experience of Wahlburger's and liked my food, but probably won't go back there.

**SCMA Graduate Students Working with WSHU**

BY NICOLE D'ANDREA

Have you ever wondered what the house at the edge of the North parking lot of Sacred Heart is used for? It's currently the home of WSHU, a National Public Radio station that has partnered up with Sacred Heart University.

WSHU is a professional radio station that produces news broadcasts, features stories, and plays different genres of music for its dedicated listeners.

Two graduate students in the School of Communication and Media Arts have had the opportunity to intern with WSHU this past semester.

"We are a talented staff of news producers, music producers, and much more. WSHU holds a special place in my heart. I have been on the team for about two months now, and I see myself improving each week," said Natalie Cioffari, one of the graduate students working for WSHU, and also the former Editor-in-Chief of The Spectrum.

WSHU's broadcasts extends further than just Sacred Heart University.

"We cover most of Fairfield county, but also regions all throughout the New England coast, as well as Long Island, New York," said Cioffari.

WSHU also gives interns the ability to work hands-on in the journalism and radio broadcasting fields.

"I have never reported for the radio before, so it has opened the door to learn a new skill for myself, as a journalist," said Cioffari.

Interns are also able to enhance their writing, interviewing, and producing skills, through assignments and reporting opportunities.

"Print is very descriptive. However, in radio there are shorter pieces where you may have only forty-five seconds to a minute to tell your story to the listener," said Cioffari.

While classical music is the most common form of music played at the station, other genres are played alongside newcasts.

"We have classical music with Kate Remmington. She is wonderful, she has a library of CDs across all her walks," said Cioffari.

Interns are also quickly exposed to the fast-paced nature of the news business. WSHU reports on local, national, and international, news stories.

Christian Carter, a graduate student interning with WSHU, comments on his internship.

"A normal day in the news room would consist of receiving an assignment from my producer, Dan Katz, every morning, Monday-through Wednesday. These assignments would range from writing general news headlines, conducting interviews via phone or in-person, traveling with senior reporters on public stories, and recording on-air news content."

Both Carter and Cioffari have experienced different media internships before working with WSHU.

"I've done a wide variety of internships at News 12 CT, ABC7NY, MTV, and ABC's 'The Chew.' They are all different and unique in their own way, because they all had their own intern description," said Cioffari. "I've worked behind-the-scenes, and in front-of-the-camera for their websites."

Carter also has some journalism experience this past summer, but the experience more specified to that of sports broadcasting.

Carter was also a senior producer and reporter at The Pulse, Sacred Heart's television production.

"This summer, I worked as a production intern with Vantage Sports Network, located in Fairfield, CT. These internships differed in many ways. With Vantage, I assisted with the production of Connecticut's live sports highlight shows, CT Sports Now. On both a daily and weekly basis, my roles changed constantly between roles as a technical director, audio technician, and stage manager," Carter said.

WSHU has prepared both Cioffari, and Carter, for strong careers in journalism.

"Working at WSHU grants me the chance to expand my journalistic portfolio, preparing me for my later career goals," said Carter.

"We are a talented staff of news producers, music producers, and much more. WSHU holds a special place in my heart. I have been on the team for about two months now, and I see myself improving each week," said Natalie Cioffari, one of the graduate students working for WSHU, and also the former Editor-in-Chief of The Spectrum.
For eighteen years, Leslie Roggen, both manager of Mobile Computing, and the managerial head of The Factory, has dedicated her time to helping out Sacred Heart University students with their technological issues.

At the Factory, many students run into a variety of problems with their laptops, ranging from spilled beverages, cracked screens, dropped laptops, and viruses. While assisting students with various technological mishaps, Roggen also likes to focus on the big picture in order to avoid any future laptop problems.

"Technology isn’t as easy as everyone thinks it is, and it’s not always perfect. The network can go down, and people can get viruses," said Roggen. "And what that we would like to make people more aware of, is [the importance] of not opening up e-mails that you do not know, as well as not clicking on links when you have no clue of their context. There are so many people in the advanced world, and they put things out there to cause havoc. We need to become more aware of this issue."

Roggen started working at Sacred Heart with the "laptop program," but soon took over the "help desk" and customer service obligations of The Factory.

"99.9 percent of what we do here, is communicating with people to make them feel comfortable, and to have them know that we’re going to help them," said Roggen. Roggen says that her willingness and desire to help people, stems from morals she was taught in her early-childhood.

"We do support software on someone's computer. So, if a student comes in and they have a software issue, we have no problems helping them, in seeing what we can do," said Roggen. "The students that work for us are trained as level 1 technicians. They can evaluate the issues, and sometimes they can fix the technological issues as well."

According to Roggen, The Factory has four different locations in close proximity to Sacred Heart.

One is located in Stamford, Conn., and the other three are located on the main campus outside of 63's, inside the Martire Center, and the newly built Center for Healthcare Education.

They employ 11 full time workers, 4 graduate assistants and around 30-32 graduate students.

In addition to managing The Factory, Roggen has other hobbies and part-time interests.

When she is not spending her time with technology, she likes to sing and takes cabaret classes.

A native of Brooklyn, NY, Roggen is also an avid sports fan and her favorite teams are the Yankees, the Giants, and the Knicks. She also spends a significant amount of time keeping up with current news and events.

"I like to know what’s going on in my world," said Roggen. "It’s more the visual posts, than the paper. I read it online, and I watch news shows. I like to dabble between Fox News, MSNBC and the Huffington Post. And I do try to watch CNN when I watch the cable news because I feel like they do a good mix of liberal and conservative. It’s pretty split down the middle."

She takes a lot of time to make her own decisions when it comes to current news.

"There are usually three sides of a story, one side, the other side, and the one thats right down the middle. I like to try to listen and come to my own conclusion," said Roggen.

Although she had never worked in technology prior to working at Sacred Heart, Roggen has made the most of her skills.

"I would say that I'm not really a technician. I am really more of a businessperson and a manager," said Roggen. "Because I think its important to have someone that isn't so focused on technology and someone who can see the bigger picture. A lot of times when you are a technician, you are looking at the small issue in itself, rather than the bigger picture."
"Thor: Ragnarok" Hits Theaters

BY JORDAN NORKUS
Arts & Entertainment Editor

On Friday, Nov. 3, "Thor: Ragnarok" was released to the United States in theaters. Starring Chris Hemsworth, Tom Hiddleston and Cate Blanchett, "Thor: Ragnarok" follows Hemsworth as Thor as he fights for his home and the Asgardian civilization against Odin's first born daughter and the goddess of death, Hela.

"Chris Hemsworth's performance as Thor is a nice turn for the character; as the film became more humorous, rather than dark and brooding," said senior Patrick Robinson. "I am really excited for 'Thor: Ragnarok' because I have been a fan of Taika Waititi for a long time," said Robinson. "I am curious to see his take on a large budget studio movie after spending most of his career making indie films."

The Associated Press reported that "Thor: Ragnarok" is one of this year's best box-office debuts, opening with an estimated $121 million in North American theaters. "Everyone I have talked to has liked it so far, and I've heard it's the funniest one yet," said senior Ken Young. "But not too comical to take away from the action. I think 'Deadpool' was really well done, so I have high hopes."

Many different critics said how the film is bold, extremely funny, and unlike the other Marvel films to date.

"I am always pleasantly surprised that they let me do these weird jokes. It's almost like all of the elements individually are so ludicrous—the giant wolf and the zombie army and the fire demon—the idea of sticking all of those things together in one film shouldn't work, but it does," said Waititi. "It was like asking a bunch of six year olds what they wanted in a movie and then just being like, 'Okay. Greenlit.'"

Waititi also talked about how Marvel wanted something different for "Thor: Ragnarok," compared to the other two "Thor" films. He said how "Thor" has the least amount of identity compared to the rest of the franchises under Marvel. In order to achieve what they wanted, Waititi ignored the source material and the first two films, and tried to do his own thing.

"[Marvel] wanted it to be a departure from what they had done before, and Chris had wanted to do something that felt less familiar," said Waititi. "The secret weapon to all of this was letting Chris be more himself, because he is very funny and that was the part of Thor was not exploited in the right ways. I know he wanted to do more in the other movies, but there are just so many characters."

After its opening weekend, "Thor: Ragnarok" received an 8.2 on IMDb and a 93% on Rotten Tomatoes. According to Marvel Entertainment, it's the best reviewed Marvel movie of all time.

"I think it's getting great reviews because it broke the formula of Marvel movies and [Waititi] decided to create something new," said Robinson. "I also really enjoy the work of Mark Ruffalo and I think Marvel can always use more Hulk."

After some of the cast members and filmmakers surprised fans at opening night screenings, Hemsworth turned to his social media accounts to thank his fans for the support. "The turn out and response is just amazing," said Hemsworth. "Thank you, thank you, thank you for letting me do this for a living."

"Thor: Ragnarok" is now playing in theaters.

The Associated Press contributed to this article.

THESE IMAGES FROM MARVEL SHOW SCENES FROM "THOR: RAGNAROK."

ARTIST'S CORNER

Dak Prescott
By: Dominic LaFerlita, Sophomore
**English Club and GSA Welcome Kavi Ade**

**BY MEGHAN RICE**  
Staff Reporter

"Do you ever have an experience in your life where you say, 'I'm going to remember where I was in this moment for the rest of my life,'" said poet Kavinda "Kavi" Ade. On Wednesday, Nov. 1, Sacred Heart University's English Club and Gender Sexuality Alliance (GSA) held a writing workshop and poetry performance in the Art & Design Gallery. The workshop and performance featured Ade.

"It was nice that he took time to talk to us in between reciting his poetry; but then he went real deep with his poetry and made me question my life," said senior Ariaima Taite. "Also, I thought he was really good and inspired me to start writing.

According to his website, Ade is a writer, activist, arts educator, and a nationally recognized spoken word poet from Philadelphia. He told the audience that he started writing when he was only nine years old, and his first poem was about a duck in a park. "Kavi is a powerful poet who writes about topics that are relevant to GSA," said senior Giovanna Gatto, Editorial Managing Editor for the Spectrum and President of the English Club. "So, myself and the president of GSA felt that he was a wonderful choice to give students the ability to learn and engage about writing and identity."

Before the performance, the Sacred Heart community was invited to attend a writing workshop. During the workshop, everyone worked with Ade and members of English Club and GSA to improve their skills and learn new techniques to enhance their writing.

"At the writing workshop, Kavi did some different types of writing exercises. One that I thought was particularly interesting was based on our vulnerabilities,," said Gatto. "Everyone was asked to place their heads down. When they were tapped on the shoulder, they had to go up to the whiteboard and write something vulnerable that they thought that day: "While this turned into a chance to understand how to be vulnerable as a writer," said Gatto. "Kavi explained how writing is personal and he wanted us to feel open in our work."

Freshman Beth Turello is a new member of the English Club who attended the workshop. "Writing has always been a passion, so I decided to come and check this out," said Turello. "The best part of English Club is getting together with people who enjoy the same type of stuff as me."

Social Chair of GSA, junior Annie Wilson, said that GSA is becoming more involved inside and outside of the Sacred Heart community; doing more collaborative events with other clubs. English Club's next event will be an open mic night sometime after Thanksgiving.

After the event, President of GSA, senior Rachel Zacharyczak, said what made the whole night so powerful. "Kavi artistically inspired the creative expression of our vulnerabilities during his poetry workshop. His presence on our campus was striking due to his identity as a person of color who is openly trans-gender," said Zacharyczak. "By creating a space to be safely visible through his poetry, the joint efforts of SHU's English Club and GSA were successful, impactful and beautiful."

**Choral Programs' Sing Out! A Concert Against Bullying**

**BY KRISTIN BURNELL**  
Staff Reporter

On Saturday, Nov. 4, Sacred Heart University's 4 Heart Harmony and Blended Hearts choral groups hosted their annual "Sing Out! A Concert Against Bullying." The event was held in the University Commons Auditorium.

4 Heart Harmony is Sacred Heart's smaller chamber choir, which consists of a select group of men and women who have a high caliber of background and experience with choral music. Blended Hearts is an all-female a cappella singing group.

The concert featured several musical pieces that focused on the subject of bullying.

The choral groups opened with "Stand Together," composed by Jim Papoulis. In the refrain, choir members sang: "If we stand together, we will sing forever of the dreams growing in our hearts.

4 Heart Harmony and Blended Hearts' main goal of the event was to spread awareness about bullying. The message I want the audience members to take away from this concert is that bullying is just not okay," said freshman 4 Heart Harmony member Mark Bosse. "That is why we have this concert. We want people to know their resources and that there are people out there for you."

Before some of the pieces were performed, choir members spoke about their own personal experiences with bullying.

Senior Cory Robinson opened his testimonial by asking audience members to close their eyes and raise their hand if they had been affected by bullying. When opening their eyes, nearly half the audience had their hands raised. "It is something that is everywhere," said Robinson. "I, myself, was bullied in the 6th, 7th and 8th grade. Everything changed when I stepped on this campus."

Bullying continues to be an ongoing issue in schools and campuses all over the world, as well as occurring places throughout society. 4 Heart Harmony and Blended Hearts used their voices to stand up to the cause and give advice to those who suffer with bullying. "For anyone who has been bullied, this too shall pass," said junior Connor Sivacek.

Other songs that were performed included "Fight Song" by Rachel Platten, "You Will be Found" from the Tony Award winning musical, "Dear Evan Hansen."

"I thought the concert was very inspiring and moving," said sophomore audience member Nicole Longo. "The concert is so powerful, this too shall pass." Public Service Manager Bethany Sivacek, who attended the event as part of their Catholic Intellectual Tradition and academic music classes. "I thought the concert was very inspiring and moving; the sense of unity among the people singing and people watching, was so powerful."

The concert concluded with singing "You Feel My Love" by Bob Dylan, "Try" by Colbie Caillat, "You Will Be Found" from "Dear Evan Hansen.

"I thought the concert was very inspiring and moving; the sense of unity among the people singing and people watching, was so powerful.

The concert concluded with singing "You Feel My Love" by Bob Dylan, "Try" by Colbie Caillat, "You Will Be Found" from "Dear Evan Hansen."
The Houston Astros Secure First World Series Title in Franchise History

BY JOHN FLANIGAN
Staff Writer

The Houston Astros, and Los Angeles (LA) Dodgers, battled in a thrilling seven-game series for the 2017 World Series title. In the end, the Astros defeated the Dodgers 5-1 in Game 7, winning their first World Series championship in franchise history.

“That was one of the best World Series I’ve ever seen,” said Rob Coloney, Director of Student Experience for the Jack Welch College of Business and former MLB announcer.

Houston finished the regular season with a record of 101-61. They opened a thrilling postseason run by defeating the Boston Red Sox in four games in the American League Division Series (ALDS). The Astros then clinched their first American League (AL) Pennant, by defeating the New York Yankees in seven games.

“Houston is an enjoyable team. They have a great core four of George Springer, Jose Altuve, Carlos Correa, and Alex Bregman,” said junior Brendan Fils.

The Dodgers finished the regular season with the best record in baseball at 104-58. They opened the playoffs by sweeping the Arizona Diamondbacks in three games. LA then defeated the defending World Series champions, the Chicago Cubs, to clinch their 22nd National League (NL) Pennant.

“This is the best Dodgers team I have seen in a long time. They were dominant in the regular season, and carried that over to the postseason,” said junior, Nick Fabrizio. “But in the end, the Astros just wanted it more.”

Game 1 was a pitchers’ duel, as both teams had their aces on the mound. Clayton Kershaw of the Dodgers and Dallas Keuchel of the Astros, battled in the record-setting heat as the temperature at first pitch was 103 degrees, the highest in MLB postseason history.

Kershaw struck out eleven, and both Justin Turner, and Chris Taylor, homered as the Dodgers won 3-1 and took a 1-0 series lead.

In a come-from-behind win that featured extra innings and six home runs, the Astros won Game 2, 7-6. In the eleventh inning, Connecticut native and World Series MVP, George Springer, hit a two-run home run to give the Astros a 7-5 lead at the time.

After a poor showing for most of the postseason, Springer tied the World Series record for home runs in a series with five. Houston returned home for Game 3 and was propelled to a 5-3 victory in front of the home crowd.

In what was a pitchers’ duel until the ninth inning, the Dodgers took Game 4 to even up the series. Jose Perdomo’s three-run home run capped off a five-run ninth inning Dodgers rally.

Game 5, was quite possibly one of the best baseball games of all-time. Houston took a 3-2 series lead with a 13-12 win in ten innings on an Alex Bregman walk-off single.

“That was easily one of the best baseball games I’ve ever watched. I stayed up until 2 AM and watched the whole game,” said Fabrizio. LA returned home for Game 6 with a 3-1 win, forced the decisive winner-takes-all Game 7, which Houston won by the score of 5-1.

“The combination of offensive power combined with some of the best young arms in the game allowed every baseball fan to enjoy the beauty of the game,” Coloney said.

Congratulations to the Houston Astros and the city of Houston on a well-deserved World Series championship.

The Associated Press contributed to this article.

Men’s Basketball Exhibition Game Benefits Hurricane Relief Efforts

BY OLIVIA MIDDLEMAN
Staff Writer

On Friday, Nov. 3, the Sacred Heart University men’s basketball team participated in a charity exhibition game at Manhattan College. All proceeds from the game will benefit the American Cross hurricane relief efforts: in Texas, Florida, and Puerto Rico.

According to Sacred Heart Athletics Communications, the National Collegiate Athletic Association (NCAA), has granted a waiver to schools to play an extra exhibition game, provided that the proceeds of the game are donated to hurricane relief efforts.

“It’s kind of a win-win. You get an extra exhibition game, and raise money for a very good cause,” said head coach, Anthony Latina.

The charity game was an opportunity to adjust to each other’s offense and defense, as well as a chance to work hard and not cheat against us, said Latina. “I think it’s going to give us an opportunity to adjust to what their game plan is and what their game plan is against us,” said Latina. “As long as we continue working hard and not cheat, we feel like we’re doing our standards are what makes us special, and hopefully it’s what makes us a championship.”

Sacred Heart defeated Manhattan 81-71. According to Sacred Heart Athletic Communications, the team had four players to score in double figures.

Sean Hohen led the team with 19 points and six rebounds while Zach Rada led all players with 10 rebounds off the bench.

While the exact amount of money raised has not been reported Latina hoped it would be significant. “What we’re supposed to be doing,” said Latina.

On Nov. 10 Sacred Heart will open their season at home for the first time since 2004. The team will face out-of-conference opponent Holy Cross.

Latina said the charity game was an opportunity to give back and to come together as a team,” said Tucker. “As long as we continue to work hard and not cheat, the process the conference could be ours.”

The Sacred Heart Spectrum
November 8, 2017

Sports

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SACRED HEART ATHLETICS

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SACRED HEART ATHLETICS
Fencing Opens Season at Big One Invitational

BY JOSEPH SIEGEL
Staff Writer

The Sacred Heart men's and women's fencing team kicked off its season on Nov. 4 with the Big One Invitational at Smith College, in Northampton, Mass.

The team is looking to improve on their 2016-2017 season. The men's team finished last year with a record of 7-13, and the women finished at 12-10. The fencing team as a whole sent eight fencers to the National Collegiate Athletic Association (NCAA) Northeast Regional Tournament at the end of last season.

The Pioneers had seven fencers named to the Northeast Conference (NEC) All-Conference Team, which included senior Tyler Endee, who received the "NEC Conference Fencer of the Year Award."

"The goal is to win the tournament," said head coach, Yuri Molchan. "As a team, we want a majority of our players to earn a couple of medals. With everyone competing, there's a lot of hope we can do that."

"I knew we had the personnel to win, but so many things can go wrong in a cross country meet," said Morrison. "It's difficult to get five athletes to perform so well all on the same day, I felt relief," said Morrison. "Just knowing post-race that everything came together as it did, and knowing that all the hard work and dedication of our team had paid off."

"One thing that is an individual event. All of the athletes fence for themselves and their own records. Their results don't affect the team's standing in the NEC."

"I like every year at the Big One, we are looking to do our best, get as many people on the podium as we can, and to have fun doing it," said senior, Gianna DiMartino. "The men's team finished second in the place in the NEC last year."

"The men should take the next step and overheat Boston College, whose players won the conference last year," said Molchan. "The team has all the pieces to finish first in our conference and we expect to win our conference."

"I'm expecting first place for the men's team," said Mochlan. "With players like junior, Dante Centeno, and senior, Tyler Endee, these are veterans that can lead us to a championship."

"This is Mochlan's second year as head coach. Previously, he had spent time at Ohio State University, where he was an assistant coach for four years. Molchan is looking towards a promising future for the fencing program at Sacred Heart, and envisions major success for the fencers on this team."

"Coach has emphasized the importance of not being lazy, or careless, on the strip. If we do that now, we won't succeed during the season," said DiMartino. "Training hard every day at practice and working on the smallest and simplest of things will help us all out in the long run, and we will be the best team out there if we stay focused. 'We already are the best team,' he says, 'we just have to be ready to prove it.'"

The team is ready to do anything to win the conference. "Over my four years I have also switched weapons each time in order to help out our squads that lacked in numbers," said DiMartino. "I have traveled every season as an alternate and was a starter for one mid-season last year."

"We're definitely excited and we want to kick the season off with a bang," said DiMartino.

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Men's and Women's Cross Country Teams Dominate at NEC Championship Meet

BY MELANIE DASILVA
Staff Writer

On Oct. 28, the men's and women's cross country teams battled for the Northeast Conference (NEC) Championship at Stanley Quarter Park in New Britain, Conn. The women's team took home their fourth NEC title in five years, and the men's team finished second, behind Central Connecticut State University.

Both teams recorded their lowest score ever in a conference championship, and head coach, Christian Morrison, was relieved and thrilled with their performances.

"It's difficult to get five athletes to perform so well all on the same day, so when that happened for us on Saturday, I felt relief," said Morrison. "Just knowing post-race that everything came together as it did, and knowing that all the hard work and dedication of our team had paid off."

"For the women's team, receiving the lowest score in a conference championship earned them the conference crown. Seniors, Kate Svensen, and Tara Connelly, placed first and second respectively, in the individual race."

"My mentality going into the race was to stay focused and determined on achieving our team goal. Last year we lost our title and as a team we were determined to regain it," said Connelly. Runners on the team said that even though people perceive running to be an individual sport, it is more than that. In order to be successful as a team, more than one individual needs to do well.

"I knew we had the personnel to win, but so many things can go wrong in a cross country meet," said Morrison. "It's difficult to get five athletes to perform so well all on the same day, but that happened for us on Saturday."

The Pioneers have been ranked 15th in the region, in the latest U.S. Track and Field and Cross Country Coaches Association's (USTFCCCA) Regional Poll.

"We have regionals coming up, and we have been regionally ranked for two weeks now, which is great, since our region is competitive," said Svensen. "I am just excited to get out there, and have the opportunity to race with the best of them."

"As a whole, Morrison said that both teams have had a great season. He touched upon how they have had great individual performances, and how the women's team won two invitational meets, and the men's team won one meet leading up to the NEC Championships."

"To have our women win, and our men take second in the NEC, really put an exclamation mark on our season," said Morrison. Even though the men's team also recorded their lowest score in a conference championship, it was not enough to give them the "conference crown." According to Athletic Communications, the Pioneers have earned second place in three consecutive seasons behind Central Connecticut.

Sophomore, Gilmar Barrios, placed third in the individual race, which was better than where he placed his rookie season. "I came in 15th place my freshman year, and missed All-Conference by one spot. That really gave me the motivation and drive to train hard over the summer and during the season," said Barrios. "I'm just glad that it paid off."

Barrios hopes that he will keep improving individually along with the team as a whole, by training to get better and stronger. He is also hopeful that they will do well in the upcoming Regional Championships.

The men and women's cross country teams are both preparing for Friday Nov. 10, where the NCAA Division I Regional Cross Country Championships will take place at the University of Buffalo, N.Y., at 12 p.m.
The Sacred Heart Women's Tennis Team lost 6-1 to Quinnipiac on Thursday. Pictured: Junior Olivia Podsiebierski.