

FEATURED NEWS



ARIANA COLASUONNO/SPECTRUM

What's All The Noise About?
Preview of *Noises Off*, Sacred Heart's newest play



SACRED HEART FACEBOOK

All Aboard!

See Sacred Heart from admission's new trolley

Sacred Heart Dedicates Wellness Center and Student Success Center to Sheila and Maureen Hamilton



TRACEY DEER MIREK (TOP)/ANTHONY DELVECCHIO/SPECTRUM (BOTTOM)

THANKS TO BRIAN HAMILTON'S DONATION, THE WELLNESS CENTER AND THE STUDENT SUCCESS CENTER HAVE BEEN RENAMED AFTER HIS WIFE MAUREEN AND MOTHER SHEILA.

BY MISSY O'ROURKE
Photo Editor

On Nov. 10, Dr. Petillo, members of the Board of Trustees, faculty, staff, and students gathered in the parking lot of the Student Success Center to celebrate the re-naming of the Student Success Center and the Wellness Center.

The ceremony included a number of speakers such as student body president Tayrn McCormick, senior Nikolaus Rubino, Christopher McLeod, member of the Board of Trustees, Rev. Thomas F. Lynch of St. James Roman Catholic Church in Stratford, Conn., Tom Rychlik, a friend of Hamilton's, and Professor Gary Rose.

Hamilton is a Sacred Heart graduate and a member of the Board of Trustees.

He is also the founder and chairman of Sageworks, a software and information company based in North Carolina and of Inmates to Entrepreneurs, a community outreach organization focused on teaching ex-offenders how to start low-capital businesses.

"Like a pioneer, Brian never took the comfortable and easy route to success," said McCormick. "Brian reached success, much like our mascot, by wandering through uncharted territories, pushing through setbacks and challenges, and always seeking new opportunities to better himself through helping and serving others."

Hamilton decided to rename the Student Success Center in honor of his late mother, Sheila Hamilton. Hamilton made this decision because his mother played a crucial role in his educational journey and future success.

Hamilton claimed that his mother was influential in his en-

trepreneurial pursuits and drive.

Additionally, Hamilton chose to name the Wellness Center after his late wife, Maureen Hamilton. Maureen was also a graduate of Sacred Heart.

"What I remember the most about her was that she was a young woman of excellent integrity, and one who personified the mission of our university, in particular our institution's commitment to serving the common good," said Rose.

Maureen was a social worker who focused on the welfare of children and helped families with adoption services.

The Wellness Center is an important and safe place on campus where students can learn to grow as young adults and work through their problems. Due to Hamilton's donation, the number of prevention services and campaigns can continue to benefit the students of Sacred Heart in the future.

"Sheila and Maureen Hamilton are here with us today in spirit. They believed in the value of education and in the importance of helping others," said Petillo. "We are delighted to see our new facilities bear the Hamilton name."

Hamilton graduated from Sacred Heart's School of Business in 1987 summa cum laude and continues to leave his mark on the university. While at Sacred Heart he served as an intern for Thomas Melady, the former-president of Sacred Heart. He then went on to attend Duke University for his MBA.

"I'm happy to be part of Sacred Heart University, which has never forgotten its mission of caring, service and academic excellence," said Hamilton. "I always felt personally aligned with the SHU mission, and it helped sow the seeds of my entrepreneurial successes."

Terror in Texas: Gunman Opens Fire on Church Service

BY NICHOLAS DIMARTINO
Staff Reporter

On Sunday Nov. 5, a gunman by the name of Devin Kelley killed 26 people and injured 20 at the First Baptist Church in Sutherland Springs, Texas.

Kelley served in the United States Air Force (USAF) from 2010-2014 until he was dishonorably discharged for abusing his wife and child.

This history of domestic violence would have prevented him from obtaining a firearm, but the USAF failed to report the information to the FBI. The military admitted their mistake the day after the shooting.

"I think what we have is an individual who exhibits power and control over others in order to achieve his goal. Power and control is at the core of each of his dysfunctional and dangerous behaviors; domestic violence, child abuse, animal cruelty, sexual assault allegations," said social work professor Ken Mysogland.

Kelley was involved in two instances of domestic violence, one of which occurred in 2012 when he choked his girlfriend and fractured her son's skull.

NBC News reported that this was the reason he was court-martialed from the Air Force. In 2014, Kelley was charged with animal cruelty after beating his dog and was ultimately discharged.

The youngest victim of the shooting at the First Baptist Church was 18 months old and the oldest was 77. One of the victims was a pregnant woman. There were eight minors killed in the massacre, the most since the Sandy Hook Elementary School shooting in 2012.

"It would be crucial to know why he was there, if a diagnosis

was made, how the professionals viewed his actions and what course of treatment was recommended," said Mysogland.

Kelley's mother-in-law attends the church, but wasn't there when the shooting took place. However, CNN reported that the grandmother of Kelley's wife was present and killed in the massacre.

Texas resident Stephen Willeford exchanged gunfire with Kelley. Willeford, a former NRA instructor, ran barefoot across the street to confront the gunman. As Kelley fled the scene, Willeford and Johnny Langendorff, 27, chased Kelley in a truck until the shooter crashed his car.

Kelley was found dead in his vehicle with three gunshot wounds, two of which came from Willeford's gun. The third was found in Kelley's head, and is said to be self-inflicted.

"There was no thinking about it. There was just doing. That was the key to all this. Act now. Ask questions later," said Langendorff.

According to Freeman Martin, Regional Director of the Texas Department of Public Safety, Kelley parked his car at a gas station across the street from the church before he opened fire.

"I knew every one of those shots represented someone, that it was aimed at someone, that they weren't just random shots," said Willeford.

Prior to the shooting, Kelley sent threatening text messages to his mother-in-law.

"This is another example of how crucial it is that members in the community, especially family members, are educated on how to recognize and understand domestic violence, child abuse and neglect, and untreated mental health issues," said Mysogland.

The Associated Press contributed to this article.



ASSOCIATED PRESS

A MEMORIAL FOR THE VICTIMS OF THE SHOOTING AT SUTHERLAND SPRINGS FIRST BAPTIST CHURCH INCLUDES 26 WHITE CHAIRS, EACH PAINTED WITH A CROSS AND AND ROSE.

TWEETS OF THE WEEK

@timmy_999

"Only in Bridgeport would somebody break into my car to steal a 2 liter bottle of store brand root beer."

@marissamilazz

"Like I just drove around campus with a cone stuck under my car and turned up my music so I wouldn't have to hear it."

@rachelg1212

"Secret life of the American teenager was a BIZARRE show."

UPCOMING EVENTS

11-15 SHUmo Bot Challenge 2017
Academic Building
12:30 p.m.

11-23 Happy Thanksgiving!

11-29 West Campus Tree Lighting
West Campus
5:30 p.m.

FAKE NEWS Or Not?

Donald J. Trump

Why would Kim Jong-un insult me by calling me "old," when I would NEVER call him "short and fat"? Oh well, I try so hard to be his friend - and maybe someday that will happen!

Donald Trump sarcastically responded to North Korea's insults that described him as a "destroyer" who "begged for nuclear war" during his tour of Asia. In a statement lashing out at Trump on Saturday, North Korea also referred to him as a "dotard," a word meaning a very old person, and one the reclusive nation has used on him in the past. "Why would Kim Jong-un insult me by calling me 'old,' when I would NEVER call him 'short and fat'? Oh well, I try so hard to be his friend - and maybe someday that will happen!" Trump tweeted.

Source: CNN

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

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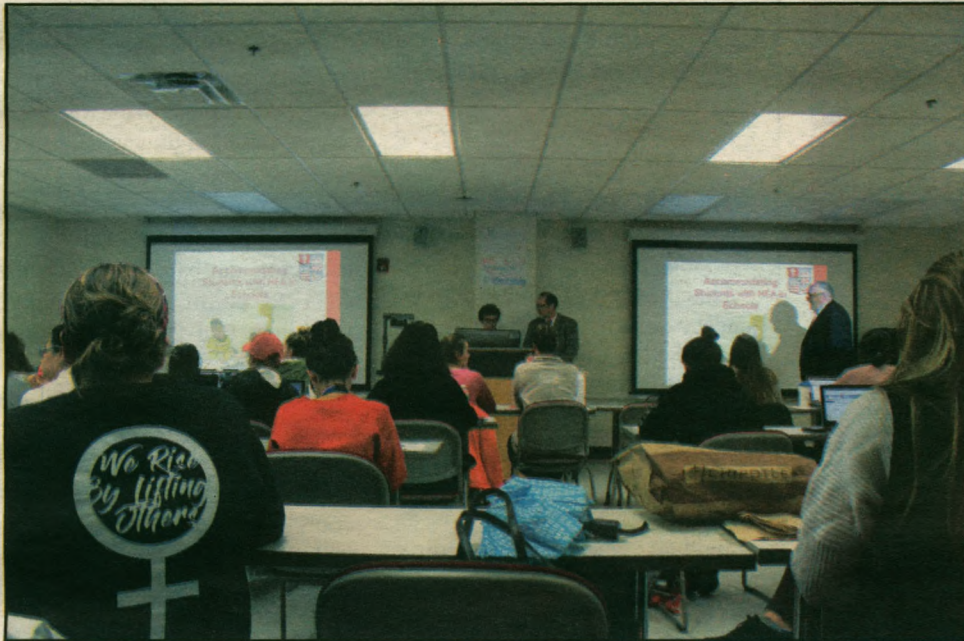
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News

Isabelle Farrington College of Education Presents “Students with Autism Spectrum Disorder Inside the Classroom.”

BY GRAHAM O'DWYER
Staff Reporter



GRAHAM O'DWYER/SPECTRUM

THE PRESENTATION ON HOW TO ACCOMMODATE STUDENTS WITH AUTISM SPECTRUM DISORDER WAS SPONSORED BY THE EDUCATION AND SPEECH-LANGUAGE PATHOLOGY DEPARTMENTS.

On Nov. 7, the Isabelle Farrington College of Education hosted a colloquium at Sacred Heart's Oakview campus discussing how to accommodate students with Autism Spectrum Disorder (ASD) in mainstream classrooms.

The presentation was sponsored by the Education and Speech-Language Pathology departments, and introduced a range of strategies for enhancing both inclusion and academic success of these students.

“There is no clear-cut understanding of what helps a child with autism,” said Eugene McDonagh, senior History major. “Everyone learns differently, and autism is another part of this that we have to consider.”

According to the National Institute of Mental Health, Autism Spectrum Disorder refers to “a wide range of symptoms, skills, and levels of disability.”

People with ASD sometimes have social problems, repetitive behaviors, and limited interests or favorable activities.

Symptoms are typically recognized in the first two years of life, and hurt the individual's ability to function socially at school, work, or other areas of life.

According to the Centers for Disease Control and Prevention, about 1 in 68 children have been identified with some form of ASD. While some are mildly impaired by their symptoms, others are severely disabled.

Dr. Rhea Paul, speaker at the colloquium and founding director of Sacred Heart's Speech-Language Pathology department, discussed the differences in the learning environments of students with ASD and those without.

“[Students with ASD] don't learn social concepts quickly. They need some sort of individualization in terms of education. Sometimes they struggle to learn in groups,” said Paul. “The students tend to benefit more from a very structured learning environment.”

According to Paul, students with ASD tend to face social obstacles and lack the skills to interact with others in a way most would consider traditional. This is why exposing them to more typical social situations at an acceptable pace can be greatly beneficial.

“Peer mediation is important to them as well. Even though they don't usually have the skills to interact well with others, most love to have those social interactions,” said Paul. Social interactions do not come easily to those with ASD. According to Paul, this is why incorporating students with ASD into mainstream classrooms is so important.

“With environmental, behavioral, instructional, and social supports, we can help these students become a part of mainstream classrooms as well as create more independent students,” she said.

“I learned a lot from this presentation,” said junior Education major Rosanna Furano. “I feel better equipped going into my field because of opportunities like this, to get a broader look into the way to teach children of all kinds, including those with autism.”

Western Connecticut Health Network Partnership

BY MICHAEL BARRY
Staff Reporter

The Western Connecticut Health Network (WCHN) has partnered with Sacred Heart University's College of Health Professions to find and support improved outcomes for high-risk patients.

The partnership has been planned and discussed since 2016.

The goal of the partnership is to give people meeting the criteria of high risk more consistent medical attention through primary care providers.

It will also give students in the College of Nursing and the College of Health Professions opportunities to work with homeless shelters, hospitals, and other healthcare organizations.

“We are very grateful for the opportunities our relationship with the WCHN gives to our students to contribute to and learn from health care providers as part of a global community,” said Dr. Tammy Testut, a Clinical Assistant Professor of Nursing at Sacred Heart.

This partnership will allow students to expand their involvement in healthcare, both nationally and internationally.

“The College of Health Professions' relationship with the WCHN is primarily with its global health program which is led by Dr. Majid Sadigh. The partnership was established in 2014 in connection with the [WCHN] Dominican Republic location,” said Dr. Patricia Walker, Dean of the College of Health Professions.

Sacred Heart students in the WCHN program will also get a chance to travel to developing nations to better understand their healthcare systems.

“We have a new initiative in which faculty and students from our physician assistant studies program will be traveling to Kampala, Uganda in January with the WCHN global health program,” said Walker.

Kampala is the capital city of Uganda. According to the WorldBank's website, “the country is lagging behind in several important non-monetary areas, notably improved sanitation, access to electricity, education (completion and progression), and child malnutrition.”

Students will be exposed to hardships and adversity that they may not have known about otherwise. Their education in the classrooms will extend to more hands-on opportunities as well.

“The purpose of the program is to expose students to resource-limited settings that challenge critical thinking skills and enhance cultural competence. They will be in Uganda for five weeks at Mulago Hospital, the local public facility,” said Walker.

Dr. John Murphy, the WCHN's president and CEO, spoke about this new partnership on Friday, Nov. 10 in Sacred Heart's recently opened Center for Healthcare Education. There he announced the local implementation of the partnership.

“As a student in the college of nursing at SHU, I find Sacred Heart's partnership with Western Connecticut Health Network to be a very positive opportunity for growth and learning. I think the focus of improving outcomes for high-risk patients is definitely a goal to strive for. This partnership will also benefit the students pursuing careers in the field of health care, as they engage in volunteer opportunities, see the importance of interprofessional collaboration and address the components that contribute to the wellness of high-

risk patients,” said senior Molly Baker, a nursing major.

Besides Norwalk Hospital, the WCHN also includes Danbury and New Milford Hospital in addition to Western Connecticut Medical Group and Western Connecticut Home Care.

“In the new accountable care reimbursement model, health systems are taking on cost overrun risks of unnecessary treatment and emergency department visits. That is why hospitals teaming with communities, proactively identify and provide a continuum to care at-risk population. The coordinated care model reduce health costs and achieve better outcome. More importantly, patients reported improvement of experience and satisfaction. It is win-win for all,” said Professor Frank Wang.

The initial results of feedback have been positive from the patients, providers, and the community.

“The iCAN [Interprofessional Community Academic Navigation] partnership with WCHN has allowed students from multiple health professions to join forces to provide care for some of our most vulnerable individuals in the community,” said Testut.

The iCAN program lets students engage with and follow select high-risk patients while experiencing work as part of an inter-professional team.

“Benefits from this partnership go beyond improved healthcare outcomes. It offers students real life experience working within an inter-professional team which sets the stage for their future careers following graduation,” said Testut. “Being able to work with both the WCHN team and the students who participate in the iCAN program has been an uplifting and inspiring experience. It truly captures the heart and spirit of Sacred Heart University.”

Sacred Heart University Press Office contributed to this article.



RYAN SANUDO/SPECTRUM

THE WESTERN CONNECTICUT HEALTH NETWORK PARTNERED WITH SACRED HEART UNIVERSITY'S COLLEGE OF HEALTH PROFESSIONS TO FIND AND SUPPORT IMPROVED OUTCOMES FOR HIGH-RISK PATIENTS.

Perspectives

Is the Pitt Center Really for Everyone?

She Said

VICTORIA...



All are important. All are valid. And I don't need a Nike or Adidas sponsorship to know that I'm an athlete. And I am just as entitled to use the fitness centers as you are.

You're not hot stuff just because you go D1. The club football team was undefeated this season, just won their conference, and are headed to the playoffs. They deserve just as much respect and support as the varsity team on campus.

The Dance, Cheer, and Color Guard teams are all under loved sports too. Just because they aren't throwing a ball or running a certain distance, doesn't mean they aren't a group of competitive athletes. And it sure doesn't mean their programs deserve any less respect than yours.

I know plenty of athletes that got recruited by D3 schools that could out play, out smart, and out sportmanship D1 athletes. Your division does not make you better than them.

It isn't about what brand you wear, who watched your highlight reel, or how heavy you squat. It's about the love of the game.

We're all pioneers. So when we pack the Pitt in support of a team or in support of our health, remember to respect that.

Every winter, the student body packs the Pitt to celebrate and cheer for the men's and women's basketball teams. But what we neglect to talk about, is how the Pitt Center is packed every other day of the year too.

Sacred Heart University is continually growing, a fact we as students are constantly reminded of by the ever present construction sites on campus. And for that reason, the new Bobby Valentine athletic facility will be hopefully opening in the next year.

But for the time being, the workout section of the Pitt is packed. And it can be intimidating for an average student to try and get their sweat session in, and walk downstairs to an entire sports team in the middle of a training session.

Athletics can be a great unifier. It's can unite people of all backgrounds to support a common goal, or game.

That's why I believe the best day of the week is gameday. And there is nothing better than gameday in college. Looking out over a sea of Pioneers decked out in red and white, and ready to cheer on their peers is absolutely a sight to see.

And what I love most about athletics is the respect it instills in its members. I admire the respect they have for their teammates who turn into family, for the game that is bigger than themselves, and for their schools and programs.

But why does the respect on the field not always translate off? Why does it find fault in the open gym workout section of the Pitt?

Just because I don't have a D1 commitment, doesn't mean I'm not an athlete. I am just as athletic as you, even without an adidas red backpack and a groutfit.

Athleticism isn't an ultimatum, it's a spectrum. Some people are fast, some people are strong, and some people are flexible.



He Said

DANTE...

While a lot of people may not find this topic interesting, I find that it is something that I can write on and on about. Being someone who likes to workout six times a week, I believe that the Pitt Center is not that bad of a place to workout.

I typically start my weekday mornings by waking up, having some breakfast, then heading over to the Pitt Center to get my workout for the day in. While this may seem simple, there a few roadblocks that I typically hit whenever I go the Pitt Center. I believe that behind our school's parking issue, the Pitt Center is one of the most complained about spots on campus. Here are a few things that I come across whenever I get to the Pitt Center that I think can easily be resolved.

I usually show up to the gym on the weekends at around 8:00-9:00 in the morning. Luckily, parking isn't too bad at this time, because it tends to be so early in the morning that most students that aren't athletes are either in class or asleep. Once I find my parking spot, I make my way down to the gym.

One of the first things I see upon arriving is which teams are working out, and how many of the squat/bench racks are reserved for the athletes (I'll get back to the second part of that statement later.) There are some days where I get annoyed, because the athletes that are in there are taking up the equipment I need to use. While I do understand that Division I athletes get priority over students, us regular students have a schedule we need to stick to as well. We don't have all day to wait for athletes to be done with the equipment we need to use.

Whenever I go to the Pitt to workout, I try my best to get done with my workout as soon as I can so I can free up the equipment I am using for other students to use. This, however, is kind of hard to do when racks that are unoccupied are reserved for

athletes who aren't even there yet. This is something I tend to find more obnoxious than the abysmal amount of parking we have on campus.

The reason I find this to be such an issue is because it is something that can easily be fixed. My idea to fix this issue is to write down on the sheet that the trainers place on the rack what time the athletes are coming in. This would allow students to use the rack and get as much of their workout done before the athletes need it. I feel that students being able to use a rack until a certain time period is a lot more useful and productive than just having an open rack not being used for a decent amount of time.

Another thing that bothers me is that while the racks are reserved for the athletes, the trainers at the Pitt center like to hop on the ones that aren't reserved for the athletes. This happens to annoy me because students only have access to the racks that aren't reserved while the trainers are the ones that put the sheets of paper on the racks to reserve them for the athletes. This issue could also be resolved by the trainers reserving one or two for themselves so that they don't take up space that the students have access to.

You guys might not care about these issues that I have presented. You may have never even worked out at the Pitt. But these are just a couple of issues on this campus that I think can be resolved very easily. This rant will pretty much become useless whenever the new athletic center is completed on campus.



Is it Too Early for Christmas?



"I think getting ready for Christmas before Thanksgiving may be a stretch for most people but I'm big on Christmas, so it's never too early to get in the Christmas spirit!" - junior Derek Chapman

"I feel like if you're in the Christmas spirit before thanksgiving that's mad early." - senior Andrew Kalaigian

"People should wait until thanksgiving is over to get into the christmasy spirit in my opinion" - senior Anthony Pellerin

"I definitely feel like it is too early to get into the Christmas spirit. I feel as if companies nowadays are putting out Christmas adornments earlier and earlier as the years go by. Just the other day I saw Christmas decorations the day after Halloween! Although this is a smart marketing tactic, I feel like it takes away from real the Christmas experience and companies put out these decorations early just to get customers to be in the "buying" mindset of the holiday early." - senior Harley Toledo

"I love Christmas, but I do think that it's a little early to be put in the Christmas spirit. I think by starting everything so early it takes away from both holidays." - senior Jess Harry

"No. It's never too early for Christmas." - senior Laurel Mason



"I definitely don't think it's too early. It's cold and why not have Christmas trees for Thanksgiving?" - senior Sabrina Sadler

"I think that people get into it too early. For me being a non-Christian I really don't get the Christmas spirit at all, but I understand that people here love it. But I still think it should be like a week before Christmas not months before" - junior Omar Abdo

Perspectives

How Do You Binge-Watch Shows?

BY DOMINICK DANIELE
Staff Reporter

After writing long papers or studying hours on end for an exam, college students might plop themselves on their couches and ask themselves, "What shows are on TV?"

At some point, students need to take a break, relax, and escape the reality of life. Sometimes, just grabbing the remote and putting on a television show is all one needs for temporary satisfaction.

However, nowadays, people are more in control of their outlets and duration of watching television with streaming programs such as Netflix, Hulu, and Apple TV.

"I use Netflix a lot to watch TV shows," said junior Sheriff Drammeh. "I really like using Netflix because I am able to watch any show when I want and continue to watch it without commercials or waiting for the next episode to air at a different time."

According to a survey conducted by the Bureau of Labor Statistics, watching television is one of the most common leisure activities in the United States.

Sometimes, a show is so entertaining that one might not want to stop watching. The viewer is hooked and could possibly watch an entire season of a show in one day. This type of habit is called "binge-watching."

"I have caught myself binge-watching shows like *Breaking Bad* and *Stranger Things*," said junior John Goodnough. "Mysterious shows that lead into the next episode are so hard not to binge-watch."

According to SurveyMonkey, 64% of people who were asked why they binge-watched television attributed it to high production quality of the show. Also, 68% of people said that they felt more focused on a show when they binge-watched it in comparison to watching a YouTube video.

"For me, I would rather watch a show all at once, because I am able to remember the storyline and have the information fresh in my head," said senior Frankie Scarano.

However, Drammeh is more on the side of watching shows at a normal, healthy pace.

"It is hard to not binge watch shows if you're really into it, but when I watch an episode or two of a show every day until it is over, I feel like I understand, remember, and

enjoy the show more since I didn't get thrown a ton of information at me all at once," said Drammeh.

College students are very busy with classes and other activities. Sometimes binge-watching television shows is a must for students like Scarano.

"It's very common for college students to binge watch TV shows," says Scarano. "I think this is because it is a break from reality. It helps when I am too stressed or fed up with school work. I also don't know when the next time I will have a few hours to spare so I wanted to watch as much as I possibly could."

Drammeh believes that college students need to unwind and take a break from doing work all the time. He believes that the best way to do unwind is by watching television shows, which he thinks can relieve stress.

"I think that it is important for college students to take a break for studies because people can become stressed out by doing a lot of work which is a detriment to students' health," said Drammeh.

Whether one prefers binge-watching a particular show or absorbing a different episode day by day, watching television shows seems to be a habit that most Americans adopt.

"As social beings, watching TV shows that are popular among others allows people to share ideas and is also a good conversation starter," said Goodnough.



Celebrity Sexual Assault Allegations: Does it Help Awareness or Not?

BY LYDIA WIGHT
Staff Reporter

Allegations of sexual assault against famed producer Harvey Weinstein have inspired women to come forward with allegations of misconduct against other big names in Hollywood. The treatment of sexual assault allegations and its victims is now being discussed nationwide, according to Time Magazine.

An Oct. 5 New York Times investigation by Megan Twohey and Jodi Kantor first exposed sexual harassment allegations against Mr. Weinstein dating back to 1990. Actresses Gwyneth Paltrow and Angelina Jolie were among the victims.

Former Gossip Girl star Ed Westwick, House of Cards star Kevin Spacey, comedian Louis C.K., and actor Brett Ratner are some of the Hollywood stars being accused of sexual assault and/or harassment, according to Time Magazine.

"It's ironic how in Gossip Girl, Ed Westwick's character rapes another character," said senior Laurel Mason. "His actions are despicable and it makes me never want to watch the show again. I hope the victims can move forward with their lives."

"I am surprised that celebrities are being accused of assault," said senior Kaitlyn Gilbert. "We don't usually expect celebrities to be the ones doing stuff like that. I think they should be treated the same as regular people and it should be taken just as seriously, if someone else were to be accused of sexual assault."

The New York Times report also included the many actions from Weinstein's reps to keep the story under wraps. Both journalists and victims were encouraged to stay silent.

"I'm a big fan of Gossip Girl, so I was surprised to

find out that Ed Westwick was accused of rape," said senior Stephanie Miller.

"It is so easy to assume that celebrities are good people, but they're just as capable of doing terrible things. The whole thing just makes me so sad, but it's good that it got out so he can be stopped."

Since Weinstein's history of sexual assault came to light, he has been fired from his company. He has denied every allegation of non-consensual sex, according to Time Magazine. "I'm so happy that Harvey Weinstein is finally facing repercussions for his actions," said senior Kylie Elimanco. "So often, perpetrators get away with it and victims are blamed. The way to solve the problem of sexual assault is making sure that victims of sexual assault are treated with respect."

"I appreciate the way I've behaved with colleagues in the past has caused a lot of pain, and I sincerely apologize for it," said Weinstein in a statement to the New York Times.

"I think the worst part is Weinstein's apology statement," said sophomore Emily Singleton. "He clearly shows no remorse for his actions. I also recently saw Louis C.K.'s apology letter, which received a lot of backlash on Twitter. He actually did not even use the word 'sorry' in the entire paper. I'm so disappointed because I was a fan of his before this story came out."

1 in 6 women have been a victim of a rape or an attempted rape, according to RAINN.

"Sexual assault is a huge issue on college campuses, and oftentimes goes unnoticed," said senior Serina Capuano. "It is so important that victims feel comfortable speaking out, so I think it's good that the topic is being discussed in the media. Young women won't be as scared to report sexual violence if they don't feel so alone."

Poet's Corner

Back for The Future

BY AMAL ALSHEHRI

She was sitting behind her desk, in the early hours of morning. No sound around her except the sounds of angry waves hitting the rocks, and nocturnal insects braking the silence. In Malaga, the small Spanish town, which lies on the coast, Jumana started writing her first book about her life in her hometown. The life in her hometown was similar to a life in a big prison. There was only one voice people could follow, the voice that people never chose, the voice that knew no compromise. There was no law to protect people, but there were laws to protect the government. The government officials could easily get away from the punishment crimes for which ordinary people would be sentenced to death.

Jumana was nineteen when she decided to fight. She remembered when a teacher called her mother because of the way she was dressed. "She doesn't respect our religion" the teacher said to her mom. Her mother thought Jumana was out of control, but no one could change Jumana's mind about her beliefs.

Jumana got up and walked to the window. The summer soft winds were playing with her black hair, just like the smell of salty water was playing with her memories. She was staring at nothing when suddenly her phone rang.

"Jumana, Jumana, it's early for you, but I can't wait until tomorrow" her friend talked quickly. "What happened Amir? Please calm down, I can't understand you" Jumana said. Amir took a deep breath and said: "You got what you wanted; you now can enter your country under the U.N protection". There was a moment of silence, and then Jumana said: "I've changed Amir... I've been thinking about it every day since my arrival here. They took my husband. They took my father. They killed my hope. No one can secure my life there, and I'd be out of my mind if I go there".

Amir put pressure on Jumana. He was sure her visit would change the rules of the game. She would go there with a lot of media and news reporters. He thought no one could hurt her or play with her. But, what Amir knew, was nothing compared to Jumana's knowledge. He has no idea how many threats she received day after day. How many times she got rejected when she tried to publish her works.

Jumana was the one who took responsibility for her people. She decided to fight the injustice in her community at an early age. Therefore, many people were scared to be around her. People were scared of everything. They followed what the official channels said, and this was a big problem for Jumana. She was an honest and genuine person, but the government dragged her name in mud.

Amir talked and talked and Jumana finally accepted to go to her hometown and lead a protest for people's rights. She was thinking about changes that may have happened in her town during 15 years of her life abroad. She felt she was getting excited about her trip and good result for her visit.

On the way to her country, the plane was quiet. She was writing the second chapter of her book. "Back for the future", she started writing her thoughts about the coming life.

**I come back,
for hopeful people who want a real change,
for a new white page.
for all love we need to forgive each other,
I come back.**

She was painting a beautiful image in her mind. She was thinking about her readers, their faces, and their voices, and the crowd in front of her plane when she arrives. She was imagining everything, the smell of the air, the sound of the wind, and the touch of the sun.

The door of the plane opened. People were getting out of the plane. Jumana was standing at the door, waiting for the one who was supposed to pick her up.

The last thing she remembered was the blue sky. The only thing she could see was people in "the dark clothes".

Editorials

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Thankful for Life

RYAN TOUHEY
ASST. SPORTS EDITOR

On Tuesday, Nov. 7, retired Major League pitcher Roy Halladay tragically passed away in a plane crash over the Gulf of Mexico. He was 40 years old. Being a baseball fan since I was 5 years old, I was saddened when I first heard about this incident, but at the same time I wasn't overcome with complete shock.

I am not saying that I expected Halladay to die so young and in just a short period of time since retiring from baseball. What I am saying is that incidents such as these occur in life because, let's face it, life is not fair.

And sadly, it was Halladay who was the victim of life's dark side. His passing also reminds me of last year when baseball mourned the loss of José Fernández, an active player and pitcher for the Miami Marlins, who passed away in a boating accident. Fernández was only 24 years old.

Now I know what you're thinking. You're thinking to yourself, "Wow, this is really depressing." Look, I'm not going to spend my time on this editorial talking about the unfortunate deaths of athletes. What I am here to talk about is a saying that could not be more true and vital: "Don't ever take life for granted." I've heard this message throughout much of my life but I've never really thought much of it until recently. I'm 20 years old and a junior here at Sacred Heart. I've

been very fortunate to not have endured any sufferings that have left a significant negative effect on my life. But that doesn't mean that I won't ever experience something like that.

As exemplified with incidents such as Halladay and Fernández, I, just like everyone else, am not indestructible to the unpredictability of the world. The world can act against you at any place and at any time in your life. This is demonstrated specifically in world news.

My interest in world news has gradually grown as I've gotten older. As each day comes and goes and the topics of the day change, I've come to appreciate what I've had in my life more and more.

Not every 20-year-old can say that he or she graduated high school. Not every 20-year-old can say that he or she has attended college and is studying something he or she loves. And not every 20-year-old can say that he or she has a home with a loving family and friends by their side whenever they want to be with them.

Although I feel that the news we see today is mostly negative, it's necessary to present that to the public because any topic can make a difference for the good of the world. I think sometimes people get carried away when they haven't experienced something truly devastating in their life.



I'm one of those people who is always happy. You will rarely find me without a smile across my face. With this cheerful mood I also try to make jokes about everything that happens on a day to day basis.

I'm the kind of person who doesn't get upset at the fact that I got a bad grade on an essay or a test. I don't let negative events that are out of my control get to me. I don't take anything that happens in my life too seriously.

I realize sometimes I have to be serious, but for me it's easier to make jokes and laugh about tough things because I can't handle difficult situations any other way.

If I didn't laugh and make a joke at the fact that someone hit my car this past summer while I was working it would have been a lot more of an emotional time for me. But instead I laughed it off and decided I couldn't do anything about something I had no control over.

I attempt to make a joke out of every single situation because it's just in my nature to do so. I live my life as it goes and I don't get hung up on things I can't

change.

Like the fact that I'm a very clumsy person. I'm almost too clumsy. I can't remember how many times I've tripped over my own two feet or stumbled over my words during a presentation in class. It happens at least twice a week and it probably more than I notice.

Just the other day I was walking in my house to put on my shoes. My socks slipped on the hardwood floor and I fell hard to the ground. The first thing I ended up doing was getting back up, laughing at myself and then running to tell my friends because I thought it was hilarious. Turns out they did too.

Learning to laugh at yourself is not an easy task. In fact, I haven't always been this good at it. There have been so many times where I find myself making so many mistakes in every aspect of my life, but I just learned to laugh at them.

No one is going to be perfect, so why be caught up by the idea that you forgot to email a professor or split a drink all over the front of someone else's shirt. Nothing will embarrass you unless you let it embarrass you.



He or she may not think twice about doing certain actions or saying certain things because the inexperience of struggle plays a role in the functioning of that person's thinking process.

The main message that I'm stressing in this editorial is to always try your best to embrace and enjoy your life every single moment of every single day, even if your day isn't going the way you'd prefer it to be.

One day could make a huge difference in your life, good or bad. Just because all seems relatively normal at one moment, doesn't mean it will be normal the next moment. You're never guaranteed a beautiful, smooth sailing day every day.

So I conclude this editorial by saying to be truly 'thankful' for what you have, especially since Thanksgiving is right around the corner. Be thankful for your friends, family, house, dog, cat, food, whatever it may be.

Keep in mind that not everyone has what you have. Say a prayer, or even if you're not religious, keep those who are struggling right now in your thoughts and in your hearts. Appreciate everything that brings a smile to your face because life is a privilege. It is not a guarantee.

Don't Take Yourself Too Seriously

CHRISTINA DIMAURO
FEATURES EDITOR

That statement has been stuck in my brain since middle school. If I was self-conscious about everything I did, my life wouldn't be any fun.

No one should be embarrassed to be the person that they are. I know I'm not. I may not have a lot of fans because of it, but I'm all right with that.

Recently, I was in the passenger seat of my friend's car singing and dancing along to a song and we were stopped at a red light. As people were walking by on the sidewalk they were laughing at me and I just continued to do what I was doing. In that moment, I made the decision to continue having fun with my friends instead of stopping.

No one is ever embarrassed in front of friends or family, so why would anyone let the opinions of strangers dictate what you do with your own life?

I have learned throughout my 21 years of life that laughter is the best medicine for anything and everything. When we don't take ourselves so seriously and can laugh at ourselves it will make our lives more exciting.

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

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

Features

Admissions' New Ride: Introducing the Trolley



THE NEWEST ADDITION TO CAMPUS IS A TROLLEY BEING USED FOR ADMISSIONS TOURS.

BY STEPHANIE DESANTIS
Staff Reporter

From the new diner opening, to the expansion of the campus, Sacred Heart University is always finding new ways to stand-out.

The newest addition to campus is a trolley that will be used for admissions' tours.

This gives prospective students the opportunity to visit the new Center for Healthcare Education (CHE).

The CHE, located approximately a mile away from its main campus, offers a space for an array of different healthcare majors.

It currently houses the College of Nursing and the College of Health Professions.

Since the campus has expanded to different locations, Sacred Heart's admissions department wanted to find a way for potential students to visit all aspects of the university. Thus, the idea of a trolley came about.

Robert Gilmore, Director of Campus Experience, said that the trolley has been in the works for about two years now.

"With the growth of the campus over the past few years, we wanted to provide an opportunity for visitors of Sacred Heart to be able to see all of our campus, not just our main location," said Gilmore.

Because parking is reserved for students and faculty at the CHE, admissions wanted to provide transportation for families touring the facility.

"We decided that we needed to provide some type of transportation to see the CHE facility, in so that we didn't take away parking from our current students," said Gilmore.

Although geared toward students pursuing healthcare professions, anyone can take a visit to the CHE building. Prospective students can visit on the designated CHE tour days, which are Tuesdays and Thursdays, from the hours of 9 a.m., to 1 p.m.

Tours of the CHE building are given by Student Ambassadors, of whom were specifically chosen to show visitors around the CHE building.

Senior, Haily Reatherford, one of the ambassadors doing the trolley tours, is particularly glad she was chosen to show families around the new building.

"I get to speak about what I am truly passionate about- 'academics,' from the

perspective of a health science major. The trolley is just the beginning for families seeing all of the new technology and equipment that is being used in the health professions," said Reatherford.

Other students find that the trolley sets Sacred Heart apart from other universities.

"I think the trolley is a unique experience that we provide for our prospective students. It is definitely something that they are going to remember when they think of Sacred Heart," said junior, Tyler Trzcinski, a Student Ambassador who gives tours of the CHE.

A few trolley tours have already been given prospective students and their families. The feedback has been positive thus far.

"Families love the traditional, old-fashioned feel of the trolley. They like that we have the opportunity to guide them towards campus facilities that are off the premise [of the main campus]," said Rob Gilmore.

Although the trolley has been enjoyable for visitors, current Sacred Heart students have had conflicting opinions on the matter.

"The discussion of the trolley tends to be a sensitive topic for many students, due to the expense, and belief that its use is unnecessary. However, the trolley prevents prospective students from taking up additional parking spaces at the CHE building, which is already an issue," said student ambassador, senior, Gabriella Iadevaia.

So far, prospective families have loved their experience with the trolley, and it has given them a lasting impression of Sacred Heart.

"It is better that students have the positive experience of being driven by the trolley, than having memories of our campus parking," said Iadevaia.

The trolley's main goal is to showcase Sacred Heart's growth to its potential students.

The campus has expanded quickly over the years, and people now have the opportunity to see more than just the main campus.

"The trolley is a positive step for the university in the way that we showcase our school to prospective students," said Gilmore.

Tell Us Your Story: Liam Clare

BY DIANA LENTO
Staff Reporter

Liam Clare, a junior at Sacred Heart University, left his hometown of Ontario, Canada, to pursue a career in hockey, and education, in the United States.

Clare is a defenseman on the Sacred Heart University's Division I Men's Ice Hockey team.

Clare has become a stellar hockey player at Sacred Heart, and is comfortably adjusted to living in the United States.

"In Canada, there is a completely different focus in sporting events compared to that of the U.S. Canada, is all about playing [in a division] of junior hockey. Since many of the top NHL guys are Canadian, and they all have gone through the junior ranks," said Clare.

Clare took two years off schooling after graduating high school, to better focus on hockey.

"We were kind of ready to move away from home after taking that time off," said Clare.

Before coming to the United States, he had some suspicions surrounding the possible stereotypes he had heard of, in relation to people who lived in the United States.

"At first, there was a bit of an adjustment period to the stigma that came with Americans," said Clare. "Then once I actually came down here, and actually started living here, it's all more-or-less, the same. There isn't anyone that is too different than back home, we pretty much live the exact same way."

Since coming to America, Clare has found some of the cultural differences between Americans and Canadians, to be quite surprising.

"Some Americans don't even have passports, and that's crazy to me. They say there are 50 states to see, so they don't really need it," said Clare.

But what really got Clare interested in Sacred Heart, was his passion for the sport

of hockey, and Sacred Heart had the opportunity for him to play with passion.

"I have been playing since I was about five years old," said Clare.

If given the opportunity, Clare would love to continue his hockey career in Europe.

However, if that doesn't happen, he would love to work in a field of the subject that he is currently studying in. He is double majoring in finance and economics, and he is minoring in marketing.

While Clare's interests are versatile, he has a special passion for the stock market.

Clare has also previously worked with The Spectrum, as the Assistant Advertising Manager.

When he's not playing on the ice rink, Clare spends his time in the library studying for his exams, and keeping up with his studies.

Although he seems to be enjoying his time in Connecticut exploring the state has to offer, he said that he does miss his mom, and even more so, her treats.

"We don't get to go home a lot, because of the hockey season. The only time we do go home, is for Christmas and for the end-of-the-year. For Christmas, we are back [on campus] on the 26th [of December]," said Clare.

Despite the short Christmas break, he will again this year, be able to make the eight-hour trip home, and spend time with family.

While his family may live far away, Clare has found a brotherhood in his teammates and in his coaches.

"I am close with my team members, and our class is especially close, because we lived with each other, and we all live pretty close to each other back home," said Clare. "So for Christmas break we will all drive home and drop each other off on the way and pick each other up when we're coming back."



PHOTO COURTESY OF LIAM CLAIRE

JUNIOR LIAM CLARE DECIDED TO COME TO SACRED HEART FROM HIS HOME IN CANADA TO PURSUE HIS EDUCATION AND PLAY HOCKEY.

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Features

Blast From the Past: Features- Nov. 12, 2009

'Deck the Halls' With Extra Holiday Pounds

BY STEPHANIE KANNER
Staff reporter

Ready or not, the feasting season is here.

It is an infamous time of temptations, that starts with Halloween Candy, and continues on to temptations of indulging in 'Thanksgiving Stuffing,' 'Santa's Cookies,' and 'New Year's Toasts.'

Even when you think it's over, awaiting is-chips-and-dip at 'Super Bowl Sunday,' and Valentine's Day Chocolates. The holidays are just around the corner, and so is the ongoing fear of weight gain that comes with it.

"I think that people pack on the pounds while they're home. They don't have the luxury of having access to a gym located directly on campus, which makes it harder for them to maintain a certain weight," said senior, Chris Rivera.

You think one little cookie won't do much damage?

Then you're wrong.

According to the website "Fast Food Facts Online," consuming a cookie-a-day for just one month alone, can add one pound onto the scale.

One might say that an easy solution for fighting holiday weight gain, is just adding a little physical activity into your day-to-day lifestyle.

But even for athletes, the possibility of holiday weight gain is still a real problem.

"Even though I am a runner, and I'm constantly active, I do metabolize my food much more quickly than some people would," said sophomore, Brigid Paddock."But even so, I do find myself gaining a few extra pounds while I'm at home for the holidays, because I eat more there than I do at school," she said.

Portion control, a method encouraged in day-

to-day eating, is also suggested as a solution to holiday overeating.

"I never really find myself gaining weight during the holidays. I am just one of those people who spend a lot of time at the gym, and really watch what I eat. It's more like I portion myself correctly," said Rivera.

It's hard to rid the weight once it's been gained, but there might be a way to prevent it.

"Since most people tend to not lose weight once they gain it, it would probably be better to take a more preventative approach," said Dr. Beau Greer, of the Exercise Science Department.

"For example, if you know you're going to have a huge Christmas dinner, try and eat less for lunch," he said.

Since the holiday weight gain can be a common fear and topic of discussion between party-goers, some feel that the truth behind extra pounds can be stretched.

"Often, the amount of weight gained during the holidays is extremely exaggerated.

Adults in the U.S. typically gain only about a pound over the winter holidays'," said Greer.

A study conducted by the website WebMD, found that in a study of holiday weight gain, the participants gained 1.36 pounds during the season.

Nevertheless, some people still express worries about gaining the supposed weight over the holiday season.

"I honestly didn't know that the average adult only gains one pound over the holidays," said junior, Christine Gray. "Even though I know that now, I'm still going to be cautious about what I eat."

"There are so many holidays where numerous meals and sweets are pretty much everywhere," she said.

The best ways to avoid holiday weight gain can be categorized under normal weight loss methods including portion control, and increasing physical activity.

"A little advice for people who are worried about their weight...I would say don't panic," said Greer.

"If you just return to your normal eating habits and either slightly reduce the portion sizes, or increase your physical activity levels, your weight should return to pre-holiday levels within a few weeks," he said.



Do you agree that it's time to lower the drinking age to 18?

- You're old enough to vote at 18.
- You're old enough to get married at 18.
- You're old enough to join the military to fight for, and possibly die for, this country at 18.

If all of the above are true—and they are—shouldn't 18-year-olds be able to legally have a bottle of beer or a glass of wine?!

WANT TO ADVERTISE IN SPECTRUM?

Email us at SpectrumAdvertising@sacredheart.edu or call us at 203.371.7963

We are looking for campus volunteers / campus organizers to help promote our cause. If interested, please visit www.LowerTheDrinkingAge.org or call 203-521-6427.



Arts & Entertainment

What's All the Noise About?

BY JORDAN NORKUS

Arts & Entertainment Editor

Sacred Heart University's Theatre Arts Program is bringing Michael Frayn's comical British farce, "Noises Off," to the Edgerton Center for the Performing Arts on Thursday, Nov. 16.

"Noises Off" is a play about a company of actors, a narcissistic director, and a bumbling crew, trying to put on a well-oiled production of their play, "Nothing On," said senior Patrick Robinson, who plays Lloyd. "Due to clashing personalities, farcical moments, and a lack of common sense, it becomes rather difficult to do so."

The play follows the struggles of the cast and crew through three acts: the first act takes place on stage during a dress rehearsal before opening night, act two takes place backstage during a performance, and act three takes place on stage during one of their final performances.

"The cast really worked together to put this show up in a short amount of time," said sophomore Rose McKenna, who plays Doty/Mrs. Clackett. "This is such an outlandish show with trying to make the characters as relatable as possible."

Cast members said the rehearsal process has been both challenging and entertaining. Since the show is very prop and set heavy, early rehearsals were difficult because they didn't have a lot of the necessary elements yet.

"The rehearsal process has actually been incredibly difficult. It's the kind of show where you need a full set, a full cast, full props and full costumes to actually get work done and for it to make sense. It's so hard to have all of that together, especially when we all have classes and work outside of theatre," said senior Katherine Horne, who plays Belinda/Flavia. "It has been fun though. Now that it's all coming together and we get to see that our hard work has paid off, it makes it all worth it."

For some cast members, they found difficulty in trying to master the timing behind all of the comedic elements.

"Timing, timing, timing... So much of the play is dependent on the reactions to the actions the characters make," said senior Edward Feeley. "The entire show could be thrown through a loop if the timing is even slightly off."

In comparison to the other shows in the Theatre Arts Program's 2017-2018 lineup, "Noises Off" has a lot of moving pieces and situational slapstick comedy.

"I think the pace of this show really makes it stand out from all the rest," said sophomore Andrew Patino, who plays Frederick/Phillip. "As soon as the show starts, it's full speed ahead. There are sardines flying around stage, sheets thrown around, and constant comedic bits. The entire show is controlled chaos."

Production Manager Chris D'Amato has been designing and building sets for the Theatre Arts Program since 1994. "Noises Off" features a two-story revolving set, which allowed cast members to be able to expand their skillsets in new ways.

"I've worked on big sets before, but I'd say the most unique thing about this set is how it turns around," said Feeley. "There's something eerie about seeing a fully furnished set

facing the back wall of the stage while people are acting on it."

Since "Noises Off" is a play-within-a-play, many of the cast and crew members said it reflects real life situations in the theatre world.

"The reality of theatre is that you have to deal with egos and large personalities on a very personal level. It's very important to be able to work on the fly and be flexible when things don't go according to plan," said Feeley. "Remaining rigid to the original plan can sometimes get you into more trouble."

Different critics from around the world have called "Noises Off" one of the funniest farces ever written, and many of the cast and crew members agreed.

"I think the audience should be on their toes," said Patino. "There are so many funny moments, that if you aren't paying attention, you'll miss them. The controlled chaos of this show, makes it one of the funniest out there."

Cast and crew members involved in the production hope that the audience members enjoy the show as much as they do.

"The audience should expect to laugh harder than they ever have," said Horne. "This show is hysterical, you don't want to miss it."

"Noises Off" opens on Thursday, Nov. 16 at 8 p.m. in the Edgerton Center for the Performing Arts. Additional performances will be held Nov. 17 and 18 at 8 p.m., and Nov. 19 at 3 p.m.



ARIANA COLASUONNO

NOISES OFF FOLLOWS THE STRUGGLES OF A CAST AND CREW AS THEY TRY TO PUT ON A PLAY. IT OPENS IN THE EDGERTON THEATRE ON NOVEMBER 16.

Recap of the 51st CMA Awards

BY ARIANA COLASUONNO

Staff Reporter

The 51st Annual Country Music Association Awards, also known as the CMA Awards, aired on the ABC Network on Wednesday, Nov. 8.

The event took place at the Bridgestone Arena in Nashville, Tenn. and was hosted by country music stars, Carrie Underwood and Brad Paisley, who have hosted the ceremony for ten consecutive years.

The ceremony included 12 award categories and featured 28 different performers.

The star-studded night started with Eric Church singing "Amazing Grace" a capella and was followed by Darius Rucker, Keith Urban and Lady Antebellum singing Hootie & the Blowfish's single, "Hold My Hand."

Toward the end of the song, the performers were joined by Brooks & Dunn, Reba McEntire, Little Big Town, Thomas Rhett, Garth Brooks, Luke Bryan, Kelsea Ballerini, Tim McGraw, and Faith Hill to finish the song together.

Throughout the ceremony, many different country and pop stars performed: Rhett; a tribute to Troy Gentry by Dierks Bentley, Rascal Flatts and Eddie Montgomery; Ballerini and McEntire; Bryan; Miranda Lambert; Brooks; Brothers Osborne; McGraw and Hill; P!nk; Old Dominion; Little Big Town and Jimmy Webb; Chris Stapleton; Maren Morris and Niall Horan; an "In Memoriam" tribute by Underwood; Paisley and Kane Brown; Jon Pardi; Dan + Shay and Lauren Alaina; Urban; Church, Joanna Cotten and The McCrary Sisters; and Alan Jackson.

After the opening performance, Underwood and Paisley gave a speech of love in honor of the victims and families affected by the recent mass shootings and hurricane devastations.

"This has been a year marked by tragedy," said Underwood. "Tonight we're going to do what families do: come together, pray together, cry together and sing

together, too."

The first award of the night was awarded to Brooks for "Entertainer of the Year," beating Bryan, Church, Stapleton and Urban.

"Single of the Year" was then awarded to Urban for his song, "Blue Ain't Your Color."

"I was happy that Keith Urban won 'Single of the Year,'" said sophomore Gregory Blohm. "Blue Ain't Your Color" is an overall likeable song."

The next award on the table was "Album of the Year." Stapleton took home the award for his album, "From A Room: Volume 1."

"Song of the Year" was then awarded to Taylor Swift for Little Big Town's song, "Better Man." This award came as a shock to some because not many people knew she wrote it for the country music group.

"The most shocking part was when 'Song of the Year' went to Taylor Swift for 'Better Man,'" said junior Helena Kizildag. "I don't think many people realized she wrote this amazing song, because most people don't associate her with country music anymore."

The next two awards were "Female Vocalist of the Year" and "Male Vocalist of the Year." The female category was awarded to Lambert, who received the most CMA nominations this year, and the male category was awarded to Stapleton.

Little Big Town then won "Vocal Group of the Year," beating Lady Antebellum, Old Dominion, Rascal Flatts and Zac Brown Band.

"Tonight should be about harmony," said Little Big Town bandmate, Karen Fairchild. "About what we can do together to change things."

"Vocal Duo of the Year" was awarded to Brothers Osborne and "Musical Event of the Year" was awarded to Glen Campbell and Willie Nelson for their duet of "Funny How Time Slips Away."

Next, "Musician of the Year" was awarded to Mac McAnally for his guitar skills and was followed by the

second-to-last award of the night, "Music Video of the Year." Brothers Osborne received the award for the music video of their song, "It Ain't My Fault," directed by Wes Edwards and Ryan Silver.

The final award of the night went home to Pardi for "New Artist of the Year," beating Brett Young, Old Dominion, Laura Alaina and Luke Combs.

According to the Country Music Association's website, the nominees and winners are determined by more than 6,300 industry professional CMA members, and the CMA Awards are the longest running, annual music awards program on network television.

"The CMA's are different from other award shows in a good way," said Kizildag. "The artists in country music bring a different vibe, which makes the show more relatable to watch; and country music makes the show more unique."



CHRIS PIZZELLO AP

HOSTS BRAD PAISLEY, LEFT, AND CARRIE UNDERWOOD SPEAK DURING THE 51ST ANNUAL CMA AWARDS AT THE BRIDGESTONE ARENA ON WEDNESDAY, NOV. 8, 2017, IN NASHVILLE, TENN.

Arts & Entertainment

Taylor Swift's Breaks Her Silence With "Reputation"

BY MEGHAN RICE
Staff Reporter

"My reputation's never been worse, so you must like me for me," sings singer-songwriter Taylor Swift in her most intimate album yet, "Reputation."

The album dropped on Friday, Nov. 10 and has proved that Swift's talent has not gone anywhere.

The 15-track album consists of passionate ballads, redemptive love songs, and new beat drops.

"Nine of the 15 new songs [were] written and produced for the most part by Swift with superstar producers Max Martin and Shellback, the other six in tandem with indie band Bleachers frontman Jack Antonoff," said contact reporter Randy Lewis in his article for the Los Angeles Times.

These songs show a side of Swift that is ready to come back into the lime-light after a long break from the media. She is not afraid of the reputation she has been given, and this album shows that she is moving into a better, new era of her life.

"The bombastic, unexpected, sneakily potent 'Reputation' is many things. It's the first album on which Ms. Swift has cursed, it's the first time she has sung about consuming alcohol, and it's the vehicle for her most overt songs about sexual agency,"

said Jon Caramanica in his article for the New York Times. "Ms. Swift is 27 now, and the things she used to deny herself—in song, at least—are no more."

The first track on the album, "End Game," features singer-songwriter Ed Sheeran and rapper Future. "End Game" sets a powerful tone for the album as a strong track that has the ability to create a "big reputation."

"Delicate," "Dancing with our Hands Tied," "New Year's Day," and "Don't Blame Me" are some of the stand-out tracks on "Reputation." Swift takes her vocal ability to the next level in these four tracks and invites a unique sound to each tune.

"New Year's Day" is the only slow ballad on the album. Real Swift fans will recognize the soft tone of her voice and identify with the love story she is telling throughout the song, like she would do in her earlier albums. This track sounds the most like the old Swift, while showing that she is still growing up.

In comparison to her other albums, "Reputation" stands out because it shows the edgy side of Swift. Her first album, "Taylor Swift," turned her into country music royalty, and 2015's "1989" was her transition into pop stardom. "Reputation" launches Swift into a league of her own,

with songs that are both focused and irresistible.

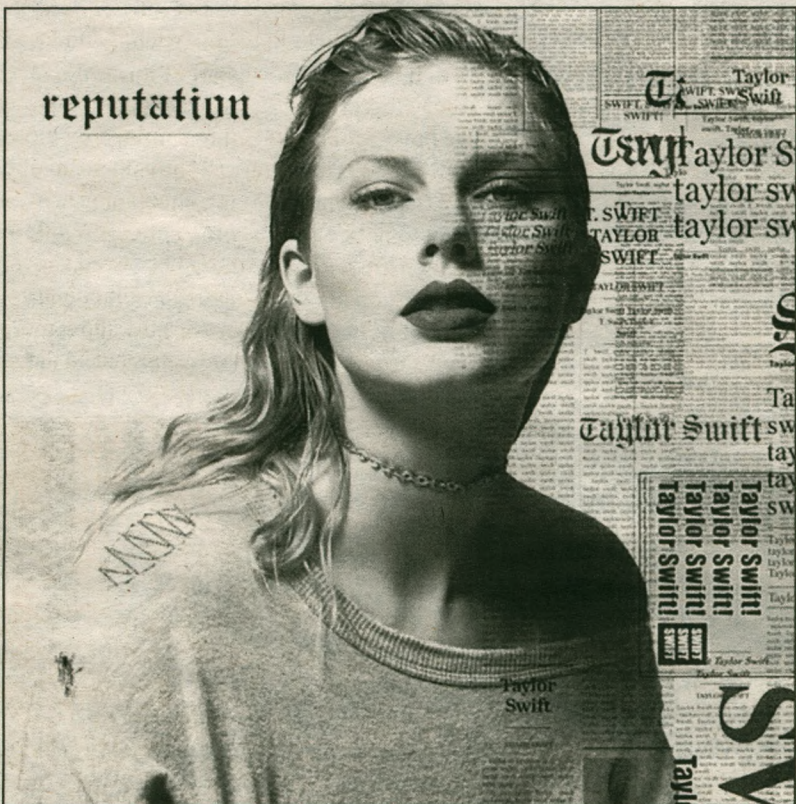
"Taylor Swift's talent remains intact on 'Reputation,' her most focused, most cohesive album yet," said Lewis. "I'd also say that in many ways 'Reputation' echoes one of Bob Dylan's greatest lines of the last two decades: 'I used to care...but things have changed.'"

Swift continues to bring the surprises for her fans with each coming album and likes to keep the media on their toes. Her sixth album, like past albums, has secret messages for fans to decode and wonder who or what she's singing about.

"Over the course of 'Reputation,' Swift takes ownership of her narrative in a way listeners haven't heard before," said Maeve McDermott in her article for USA Today. "She's the predator, the person holding all the control, the gatekeeper to her own heart... flipping the script of one of her famous songs from her long-ago 'Red' era, 'I Knew You Were Trouble.'"

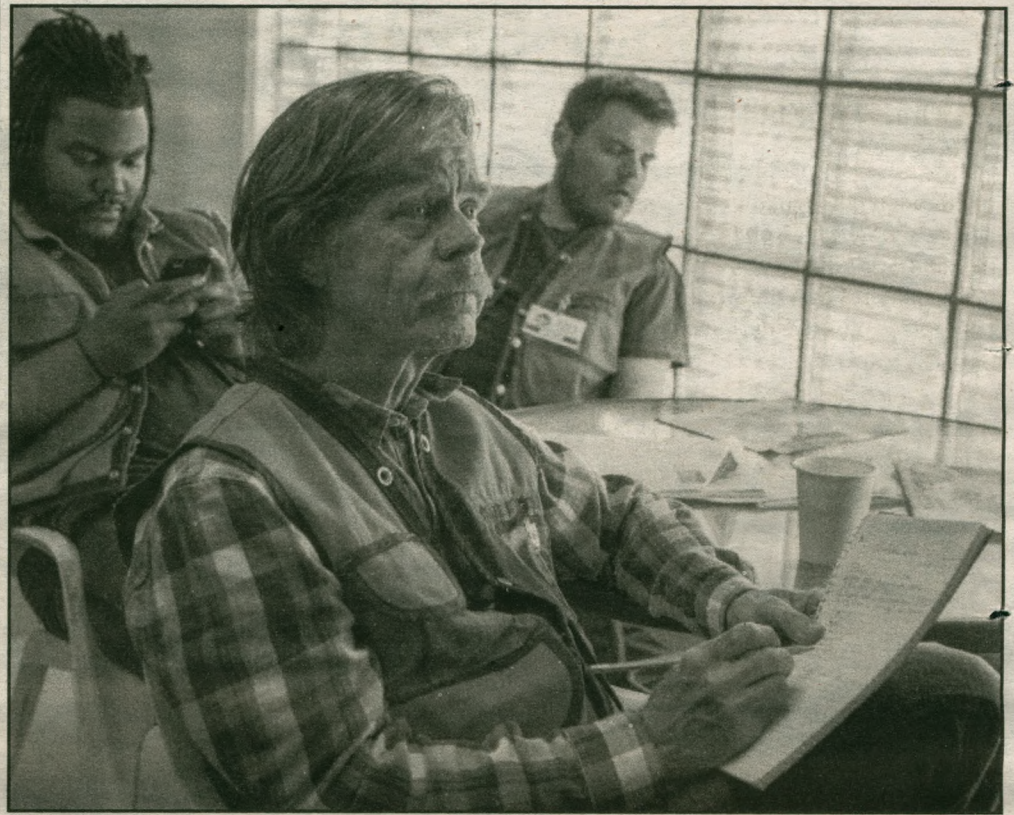
On all of her social media accounts, Swift has been sharing exclusive sneak peaks and inside looks behind the creation process—all the while showing love to her dedicated fans.

"'Reputation' is out now," said Swift. "Let the games begin."



TAYLOR SWIFT'S NEW ALBUM "REPUTATION" DROPPED ON NOV. 10.

No Shame in Liking Shameless



SHOWTIME/CHUCK HODES

THE EIGHTH SEASON OF "SHAMELESS" PREMIERED NOV. 5.

BY ANTHONY DEL VECCHIO
Staff Reporter

The American comedy-drama television series, "Shameless," premiered its eighth season on Showtime on Nov. 5.

Showtime released the first season of the American version of "Shameless" back on Jan 9, 2011. With this new season only two episodes in, Showtime has already renewed the show for a ninth season and will begin production in 2018.

"I think that it is incredibly powerful yet humorous," said junior Brian Welch.

Showtime's version was developed by John Wells and is a remake of a British T.V. series with the same name, which was created by Paul Abbott and aired from Jan 2004 until May 2013.

For those who are new to the series, Showtime calls the series "fiercely engaging and fearlessly twisted" and gives a more in-depth description:

"Chicagoan Frank Gallagher is the proud single dad of six smart, industrious, independent kids, who without him would be... perhaps better off. When Frank's not at the bar spending what little money they have, he's passed out on the floor. But the kids have found ways to grow up in spite of him. They

may not be like any family you know, but they make no apologies for being exactly who they are."

"It's crazy to think others live like that or have that lifestyle," said senior Madelyn Gerrity. "The show is not hard to follow but is so ridiculous that anything can happen; you just have to keep watching."

Oscar-nominated actor William H. Macy stars as Frank Gallagher, the father, and Oscar-nominated actress Emmy Rossum stars as Fiona Gallagher, his eldest daughter, leading the cast of "Shameless."

Frank's children consist of Jeremy Allen White as Phillip "Lip" Gallagher, Cameron Monaghan as Ian Gallagher, Emma Kenney as Debbie Gallagher, Ethan Cutkosky as Carl Gallagher and multiple babies used to play the youngest child, Liam Gallagher.

Other characters focused on, who are outside the Gallagher family, include Shanola Hampton as Veronica Fisher, her boyfriend Kevin Ball played by Steve Howey and Justin Chatwin as Jimmy/Steve Lishman.

Since the original 2011 release, "Shameless" has become Showtime's longest running and arguably most successful and/or popular series to date.

"I like this show because all the characters are realistic and not picture perfect characters," said junior Kristina DeMarco. "I can relate to some of them and what they go through in everyday situations."

Besides the show's clever themes and plot twists, the material itself can be extremely graphic at times, but that comes with a TV-MA rating. For some, this graphic nature makes for entertaining, realistic TV.

"I think it's the best part," said Gerrity. "The best part is that, it's nothing compared to my actual life, and it gives you a completely different perspective on life."

While this raw component keeps some glued to the screen, others can't help but look away when it comes to that.

"It's not a typical show I'd watch, and a major thing that turned me off from the show was how graphic it was sometimes," said junior Jessica Durray. "It seems like there's a sex scene every episode; it was a little too much".

"Shameless" airs on Sundays at 9 p.m. on Showtime.

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Sports

Men's Tennis Ends Fall Season with Connecticut State Invite

BY JOHN FLANIGAN
Staff Writer

The Sacred Heart men's tennis team ended their fall season this past weekend with a matchup in the Connecticut State Invite, at Yale University.

According to a Sacred Heart athletics press release, sophomore Seiji Hosokawa, and senior Cory Seltman, were the B Doubles Champions.

As explained by head coach William Boe-Wiegaard, the B tournament win for the number one ranked doubles pair, was a first in Sacred Heart's history.

"I'm extremely happy with my performance at the Yale Invite. This year I partnered up with Seiji Hosokawa," said Seltman. "We played a lot of high quality tennis in order to win the double B flight."

Individually, Hosokawa finished in fifth place in B draw singles, and Seltman finished fifth in 4A singles. In his final match, Seltman defeated a player from Quinnipiac University 2-6, 6-4, 12-10.

"The final of the backdraw, I played against a really good player. That match was one of the best matches of my life," said Seltman. "I saved two match points, and was able to take the victory on my first chance."

Although Hosokawa lost to Harvard's #2 in a close match, the sophomore had an impressive win over a 5-star recruit from the University of Pennsylvania

in the first round.

"He is one of the most talented players in the National Collegiate Athletic Association (NCAA) at the moment in terms of shot making ability," said Boe-Wiegaard about Hosokawa.

"I'm very proud of the overall performance of the team. Cory and Seiji's doubles win was amazing—considering the skill of the teams they played against," said senior, Francisco del Valle.

The competition at the Invite was "intense," according to Seltman.

Teams that competed included the host school Yale University, St. John's University, Boston College, University of Connecticut (UConn), Fairfield University, and Quinnipiac University.

For del Valle, this tournament was his most satisfying moment of the season.

"This was the last tournament of the fall season, so nothing makes me happier than knowing that the team finished off strong with some impressive results," said del Valle.

As far as the rest of the fall season, Boe-Wiegaard was satisfied with the results. This is his first season as an NCAA coach.

"I am happy with the way we competed, but I know we will compete harder and smarter in the spring," said Boe-Wiegaard.

For the spring season, each player goes into the

season goal-oriented for individual improvements needed in the games that they will play.

"I need to improve my mental game. Experts say tennis is 70% mental skills, but I'd say it's even more," said del Valle. "I feel very physically fit right now.

If I work on being more composed throughout the matches, and get on a good winning streak, I'm sure I'll be playing 'great tennis' during the spring season."

Hosokawa, also feels he needs to improve on his mental aspect of the game.

"I need to become strong mentally so that I am not easily frustrated on the court," said Hosokawa.

Seltman, however, has another aspect of his game he feels the need to improve upon.

"I want to improve on my fitness going into the spring. I'm going to spend much more time focusing on strength and conditioning, so that I'm ready for tough, long, matches," said Seltman. "I want to have the best chance at giving our team a win."

Boe-Wiegaard expressed that the team needs to work on being more positive and excited for the opportunity to play tennis at this level.

"The goal for the spring is to improve tennis skills, win the Northeast Conference (NEC) title, and go to the NCAA tournament," said Boe-Wiegaard.

Club Football Wins North Atlantic Conference Championship



SACRED HEART CLUB SPORTS FLICKR

SACRED HEART'S CLUB FOOTBALL TEAM WON AGAINST EASTERN CONNECTICUT STATE UNIVERSITY TO BRING HOME THE CHAMP

BY RYAN SANUDO
Staff Writer

On Saturday, Nov. 11, Sacred Heart University's club football team defeated Eastern Connecticut State University (ECSU) 13-0, as they won the North Atlantic Conference Championship. This victory captured the team's second championship in three years of being established at Sacred Heart.

The team posted five shutouts in-a-row to end the season, the last two against ECSU, a top ten team. The road to the championship game wasn't easy according to head coach, Greg Jones.

"This team fights for 60 minutes," said Jones. "They have battled through injuries, and 25-degree weather. I could not be prouder of these 45 young men and what they have accomplished."

This year was the second year in-a-row for Sacred Heart's club football team to have an undefeated regular season. After losing the championship game 19-14 last year against ECSU, junior outside guard, Ryan Welch, realized what was at stake for the upcoming season.

"We came into this season with a great mindset, but at the same time, a 'chip on our shoulder,'" said Welch. "We made sure the freshmen knew what they were getting themselves into. We worked hard, and knew where we should be when all was said-and-done."

Welch credits not only the players, but Jones, as well.

"Coach stresses the importance that everybody has to do their job," said Welch. "He played for the D1 team here—he knows the game of football, and knows how to get us ready. You need to watch film, be at practice, come to meetings, and talk to each other, because that's what makes the team work."

The team used a defensive game-plan tactic against ECSU, which was effective, according to senior captain and defensive lineman, Brian Moore.

"Our players do a lot of screen passes. They like to send their runningback or fullback to be a lead blocker," said Moore. "In practice, we have a thing called 'Smell a Rat.' This phrase holds the idea that if you happen to notice that the linemen are letting you go too easy—you know something's not right—so you sink back. We have to constantly be 'on edge,' and that's what we were ready for."

The Pioneers' defense allowed only 13 points for the entire season.

"We hate to lose," said Moore. "We're a bunch of guys with raw talent. We're constantly picking each other up, and challenging each other. That's something I feel other teams don't have. While other teams fight with each other, our team

has a common mindset [of community,] that propels us forward in each game."

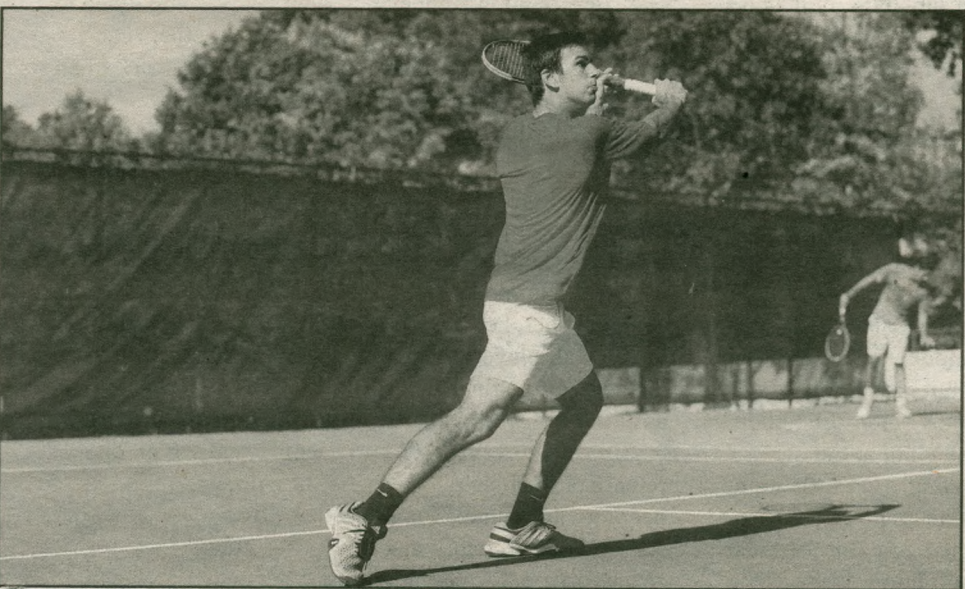
Some of the team's successes can be attributed to their dedication to attaining being in the best physical shape as possible.

"We do a lot of conditioning, which makes us out-perform any team we face," said junior running back, and linebacker, Yanni Papadopoulos. "On top of that, my teammates and I lift on our own time, whether that be before, or after, practices. We sacrifice a lot in order to accomplish our common goal-to win."

Jones is proud of this group, and knew from the start of this program that these athletes were something special.

"These kids are always together whether it's on, or off, campus," said Jones. "They're one cohesive unit that gets along well, because from the minute they step out of practice, it's like their mood changes. We've got sophomores, juniors and seniors—and although they may not hold the 'captain title,' they're leaders, in that the freshmen look up to the upperclassmen."

Sacred Heart will play Saturday, Nov. 18, against defending champion Oakland University, in the National Semifinal in Erie, Pennsylvania.



SACRED HEART ATHLETICS

FRANCISCO DEL VALLE, PICTURED, SAID THAT THIS TOURNAMENT WAS THE MOST SATISFYING MOMENT OF THE SEASON

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Sports

Wrestling Opens 2017-18 Season

BY MELANIE DASILVA
Staff Writer

The Sacred Heart University wrestling team opened their season on Nov. 4 at the Tiger Open, held at Princeton University. Out of the 17 teams in-attendance, Sacred Heart finished in 15th place, with a team score of 1,941 points.

The season is starting out fresh, with a new coaching-staff leading the Pioneers.

On Jul. 17, John Clark was announced as the Pioneers head wrestling coach, according to Executive Director of Athletics, Bobby Valentine.

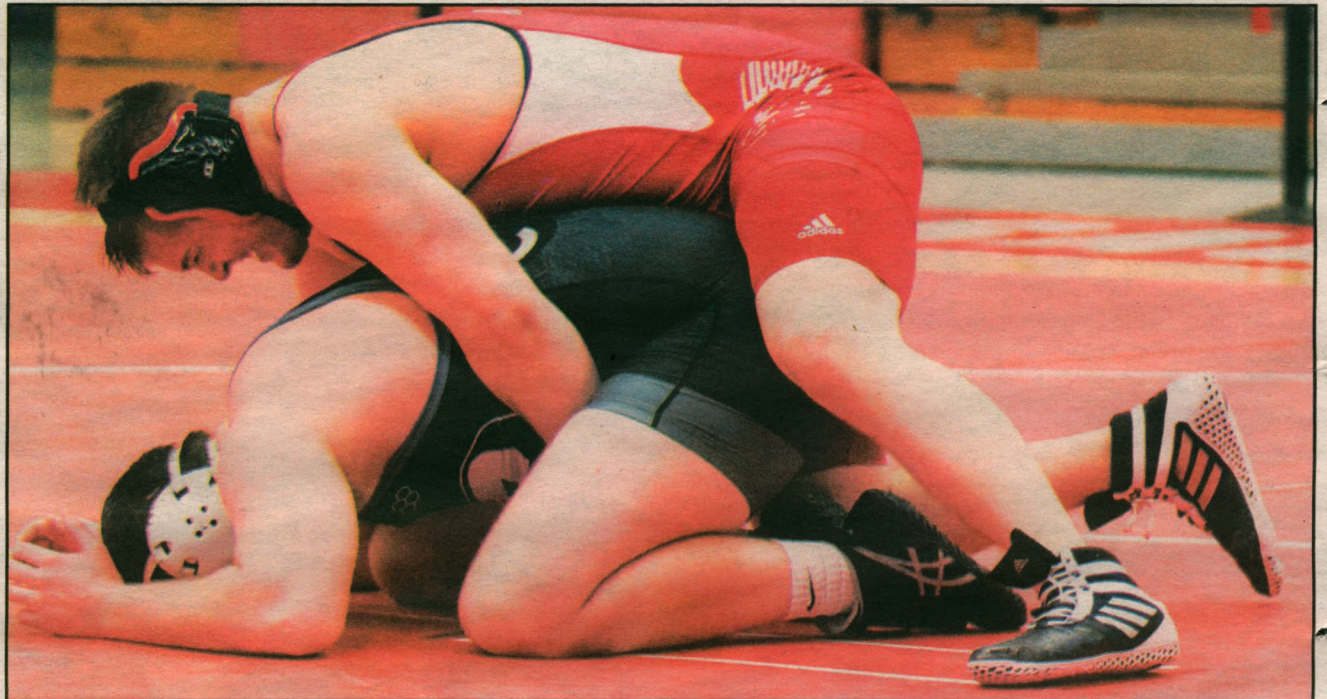
Stated in a press release given by the Sacred Heart Athletic Communications Department, Clark is the owner of 'John Clark All-American Wrestling Academy,' which is located in Providence, R.I. In its second year of existence, Clark has led his program onto 10 individual state championships.

The wrestling team also added a new assistant coach, Stephen Jarrell. Clark says that he is thrilled to be coaching alongside him. Both coaches went on to explain that the transition was a smooth process, and their players have answered very well to the changes that were made.

"Stephen Jarrell has been a tremendous addition to my staff. He is a great person, and an amazing role-model for the student-athletes to look up to," said Clark. "He is just coming off making the NCAA finals as a competitor, and is trying to stress to our team the need of adopting a 'winning attitude.'"

Athletes on the team are also thrilled to have a new coaching staff. Junior, Gerard Daly, will be redshirting this athletic year, but he has seen the potential that the new staff is bringing to the team.

"I believe the new coaching staff is like a breath of fresh-air for both the program, and the wrestlers of the team," said Daly. "I believe as a whole we were mentally preparing as a team for some major changes to be made in our culture, and the whole team seems to be buying-in."



SACRED HEART ATHLETICS

THE SACRED HEART WRESTLING TEAM TOOK THE MAT AT THE JOURNEYMEN NORTHEAST DUALS. PICTURED: SENIOR JOHN HARTNETT

In the upcoming months ahead, both the coaches, and the athletes, are looking forward to a growing season. Daly's goal this year is to grow as a wrestler, by learning new techniques that the coaching staff is implementing on the mats at practices.

"Hopefully I can still contribute to the team by pushing my teammates in the practice room every day, and building up their confidence before every match," said Daly.

With Daly redshirting, he cannot participate in helping his team in competitions. So he will do so in practices, so that the team will utilize their practices more, as that will only help them in the long run.

"I think the fact that our team has been so close, and more like a family, will catapult us into a great season this year," said Daly.

The Pioneers compete in the Eastern Intercollegiate Wrestling Association (EIWA). Off of the mats, they have made the national rankings in elite academic success over the past several seasons.

The coaches and athletes know that it is not only important to strive to do well in competitions, but also, in their studies in the classroom, as well.

"I'm hoping to see a lot of improvements made on the team this year both in the classroom, and on the mats," said Clark.

On Nov. 11, the Pioneers competed in the Journeyman Classic in Albany, N.Y. against: Oklahoma University, The Citadel, and Castleton University, losing all three matches.

The Pioneers next match will be held on Nov. 19 at the Keystone Classic, in Philadelphia, PA.

2018

Winter Intersession

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Winter Session A: December 18 - December 29

CH-130-AO	CHEMISTRY OF NUTRITION
CJ-232-AO	POLICE COMMUNITY RELATIONS
CM-101-AO	INTRO TO MEDIA CULTURE
CM-299-AO	SP TOPICS IN COMM & MS
MK-201-AO	PRINCIPLES OF MARKETING
PH-221-AO	HISTORICAL DEVELOPMENT OF PHIL
PO-243-AO	TERRORISM
PS-110-AO	INTRODUCTION TO PSYCHOLOGY
PS-201-AO	RESEARCH DESIGN & ANALYSIS I
PS-211-AO	HUMAN SEXUALITY
PS-351-AO	BRAIN AND BEHAVIOR
SM-265-AO	SPORT MARKETING
TRS-265-AO	INTRO TO WORLD RELIGIONS

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Winter Session B: December 18 - January 12

BI-103-A	THE HUMAN BODY
CJ-246-AO	ORGANIZED CRIME
CM-257-BO	WOMEN & ADVERTISING
EC-202-AO	PRINCIPLES-MICROECONOMICS
EC-203-AO	PRINCIPLES - MACROECONOMICS
FLO-125-AO	THE ART OF THINKING
HI-102-AO	WEST. CIVIL.: SINCE 1500
HI-223-AO	US HISTORY SINCE 1865
MGT-375-OL	OPERATIONS & SUPPLY CHAIN MANAGEMENT
MU-102-AO	HISTORY OF JAZZ
MU-110-AO	WOMEN IN MUSIC
PH-290-AO	FOUNDATIONAL TOPICS IN PHILOSOPHY
PS-241-AO	PSYCHOLOGY OF PERSONALITY
PS-295-AO	HEALTH PSYCHOLOGY
TRS-290-AO	SP FOUNDATIONAL TOPICS IN TRS
TRS-361-AO	WOMEN IN ISLAM



Sacred Heart UNIVERSITY

Winter Session C: January 2 - January 12

CH-120-AO	DRUGS & THEIR IMPLICATIONS ON SOCIETY
CJ-242-AO	WHITE COLLAR CRIME
CM-101-CO	INTRO TO MEDIA CULTURE
CM-299-CO	FASHION ADVERTISING
DA-100-CO	INTRODUCTION TO DANCE HISTORY
EX-255-AO	NUTRIT. ASPECTS/HEALTH & PERFORMANCE
EX-299-AO	SPECIAL TOPICS IN EXERCISE SCIENCE
EX-399-AO	SEMINAR IN EXERCISE SCIENCE
MGT-202-AO	ORGANIZATIONAL BEHAVIOR
MK-205-AO	ADVERTISING
MK-237-AO	SOCIAL MEDIA MARKETING
PH-221-BO	HISTORICAL DEVELOPMENT OF PHIL
PH-315-AO	PHILOSOPHY OF GENDER
PS-212-AO	ABNORMAL PSYCHOLOGY
PS-252-AO	CHILD DEVELOPMENT PSYCHOLOGY
PS-335-AO	HUMAN & ANIMAL LEARNING
SO-110-AO	SOCIOLOGICAL IMAGINATION
TRS-204-AO	LETTERS OF PAUL
TRS-232-AO	CHRISTIAN SPIRITUALITY
TRS-265-BO	INTRO TO WORLD RELIGIONS

For more information, visit www.sacredheart.edu/wintersessions or call 203-371-7942.

Sports



THE SACRED HEART WOMEN'S VOLLEYBALL TEAM TOOK THE FIRST SET DURING THEIR MATCH AGAINST LIU BROOKLYN ON NOVEMBER 10. PICTURED: FRESHMAN MADI POPE

SACRED HEART ATHLETICS