TWEETS OF THE WEEK
@_timmy_999
"Only in Bridgeport would somebody break into my car to steal a 2 liter bottle of soda!"
@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."

NEVER call him 'short and fat?' Oh well, try so hard to be his friend - and maybe someday dial will happen!
@rachel1212
"Secret life of the American teenager was a BIZARRE show."

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 Ryckhil, a friend of Hamilton’s, and Professor Gary Ros.

Hamilton is a Sacred Heart graduate and a member of the Board of Trustees. He is the founder and chairman of Sageworks, a software and information company based in North Carolina and of Famato 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 had a played a crucial role in his educational journey and future success.

Hamilton claimed that his mother was influential in his entrepreneurial 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."

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 while 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 Myogland.

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.

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 Myogland.

Kelley’s mother-in-law attends the church, but wasn’t there when the shooting took place. However, CNN reported that the grandson 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 crushed 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 Myogland.
Isabelle Farrington College of Education Presents
“Students with Autism Spectrum Disorder Inside the Classroom.”

BY GRAHAM O’DWYER
Staff Reporter

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.

By Michael Barry

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 WHCN 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 Hospitals 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 overruns of unnecessary treatment and emergency department visits. That is why hospitals learning with communities, proactively identify and provide a continuum to care at-risk population. The coordinated care model reduce health costs and achieve better outcomes. 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.
Is the Pitt Center Really for Everyone?

Perspectives

She Said

VICTORIA...

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 continuously 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 working 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 (call backgrounds to support a common goal, or game.

That's why I believe the best day of the week is game day. 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 coaches who turn into family, for the teammates who turn into family, for the athletes that are in there so that they don't take up the equipment I need to use. 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.

All are important. All are valid.

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.

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

"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 Haryar

"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 Harley Toleda

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

"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 Haryar

"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

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 are 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. 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.

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.

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The Sacred Heart Spectrum

November 15, 2017

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 pop themselves on their couches and ask themselves, “What shows are on TV?”

At some point, students need to take a break, relax, and escape their everyday 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 outlet. With binge-watching television with streaming programs such as Netflix, Hulu, and Apple TV.

“I use Netflix to watch TV shows,” said junior Sheriff Drahmem. “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. “I have enjoyed watching TV shows with my roommates and put on a television show is all one needs for comfort and relaxation.”

According to SurveyMonkey, 64% of people who were asked why they binge-watched television attributed it to 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.

“I feel 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 detrimental to students’ health, said Drahmem.

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 also be 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 Hollywood stars are rampant. Binge-watching 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 exposed explicit sexual harassment allegations against Mr. Weinstein dating back to 1990. Actresses Gwyneth Paltrow and Angelina Jolie were among the victims.

Former Gawker Girl, East Westrick, of 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 Gosip Girl, East Westrick’s character raps and vice versa,” 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 Caitlyn Gilberg. “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 vice versa were encouraged to stay silent.

“I’m a big fan of Gosip Girl, so I was surprised to find out that East Westrick 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 am so happy that Harvey Weinstein is finally facing repercussions for his actions,” said senior Kylie Elamience. “His women, perpetrators get away with it and victims are blamed. The way to solve this 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 apologoize 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 disappoint because I was a fan of his before this story came out.”

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 Serena Capuano. “It is so important that we speak up and be comfortable talking about it, so I think it’s good that the topic is being discussed in the media. 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 ALSHEHI

She was sitting behind her desk, in the early morning hours. She was meant to talk quickly, as the sounds of angry waves hitting the rocks, and nocturnal insects bracing the silence. In Malaga, the small Spanish town, which lies on the coast, Jumana started writing her first book about her life lived 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 nobody chose.

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 spoke. “What happened Amir? Please calm down, I can’t understand you” Jumana said.

Amir took a deep breath and said, "I’m sorry, but I got engaged to your best friend, 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 I found out she arrived 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. She was sure her visit would change the rules of the game. She would go there with a lot of media and news reporters. She 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 book. She 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 forced to be around her or else lose 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 was not used to her name.

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 smiles, 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”. **
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 Jose Fernandez, an active player and pitcher for the Miami Marlins, who passed away in a boating accident. Fernandez 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 wouldn’t ever experience something like that.

As exemplified with incidents such as Halladay and Fernandez, I, just like everyone else, am not indestructible to the unpredictability of the world. The world can act upon you at any time 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 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 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 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 forget 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.

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 copy submitted for publication. The Spectrum reserves the right to reject any letter or portion of a letter for any reason, including the potential for libel. The Spectrum suggests that anyone who is named in a letter contact the editor prior to its publication.

He or she may not think twice about doing 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 life 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. Being 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 it’s 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.
Admissions' New Ride: Introducing the Trolley

BY STEPHANIE DESANTS 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 see 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, Haley Heatherford, 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 Heatherford.

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 Trezinski, 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,” 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 it 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 Iadaveia.

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 Iadaveia.

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.
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,” 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.
What’s All the Noise About?

BY JORDAN NORKUS
Art & 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. 8.

“‘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 sophomore 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 pull this show up in a short amount of time,” said sophomore Mckenzie, who plays Dotty/Mrs. Clackett. “This is such an outstanding 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 for it 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 Karen Fairchild, 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 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 Feely. “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 Mckenzie, who plays Dotty/Mrs. Clackett. “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 about this set is how it turns around,” said Feely. “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 Feely. “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 Haehn. “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.

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 13 times to date. Actress and singer Dolly Parton was the first female Country Music Hall of Fame inductee to host the CMA Awards.

The event 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 show, 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; Pkka; Old Dominion; Little Big Town and Jimmy Webb; Chris Stapleton; Maren Morris and Niall Horan; an “In Memorium” tribute by Underwood; Paisley and Kane Brown; Jon Pardi; Dan + Shay and Lauren Alaina; Urban; Church; Joanna Cotten and The McCray 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. “I think 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 performance on the table was “Album of the Year.”

Stapleton took home the award for his album, “From A Room Volume I.”

“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 Helen 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.”

Christine Pizzello/AP
HOSSTS BRAD PAISLEY, LEFT, AND CARRIE UNDERWOOD SPEAK DURING THE 51ST ANNUAL CMA AWARDS AT THE BRIDGESTONE ARENA ON NOVEMBER 8, 2017, IN NASHVILLE, TENN.

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 and change the world.”

“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, “If 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, Lauren 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.”

For more information, visit the official website at www.cmaawards.org.
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 limelight 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, sneaky potent ‘Reputation’ is many things. It’s the first album on which Ms. Swift has censored, 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 Mave 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 on the love story she is telling.”

“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.

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 by ITV2 from January 2004 until May 2013.

For those who are new to the series, Showtime calls the series “ferociously 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 that I grew up in a house like that or have that lifestyle,” said senior Madison 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 Cukokusky 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.
Men’s Tennis Ends Fall Season with Connecticut State Invite

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-Wieg­uard, 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 Selman. “We played a lot of high quality tennis in order to win the double B flight.”

Individually, Hosokawa finished fifth in 4A singles. In his final match, Seltman defeated a player from Quinnipiac University finishing fifth in 4A singles.

In his final match, Seltman defeated a player from Quinnipiac University finishing fifth in 4A singles, and Selman finished fifth in 4A singles. According to Seltman, were the B Doubles Champions.

“The final of the back­
draw, I played against a really good player. That match was one of the best matches of my life,” said Selman. “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-Wiegward 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 Selman. 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 most satisfying moment of the season.

“Last time the tournament was finished off strong with some impressive results,” said Del Valle.

As far as the rest of the fall season, Boe-Wiegward was satisfied with the results. This is his first season as a head coach.

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

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 Selman. “I want to have the best chance at giving our team a win.”

Boe-Wieg­ward expressed that the team needs to work on being more positive and excited for the opportunity to play tennis at this level. His goal is to improve tennis skills, win the Northeast Conference (NEC) title, and go to the NCAA tournament, said Boe-Wieg­ward.

Club Football Wins North Atlantic Conference Championship

On Saturday, Nov. 11, Sacred Heart University’s club football team defeated Eastern Connecticut State University (ECSU) 13-4, as they won the North Atlantic Conference (NAC) 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, Rylla 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 fresh­
men 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 de­

fensive 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 something’s not right-do 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.

“The Pioneers’ defense allowed only 13 points for the entire season. We hate to lose,” said Moore. “We’re a bunch of seniors and juniors-and although they may not hold the ‘captain title’, they’re leaders, in that they come to meetings, 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.
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 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 only help them in the long run. "I think the facet that our team has been so close, and more like a family, will catapult us into a great season this year," said Daly.

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.

BY MELANIE DASILVA
Staff Writer

The Sacred Heart Wrestling Team took the mat at the Journeymen Northeast Duals. Pictured: Senior John Hartnett

The Sacred Heart Spectrum November 15, 2017

Sports

Wrestling Opens 2017-18 Season

SACRED HEART ATHLETICS

THE SACRED HEART WRESTLING TEAM TOOK THE MAT AT THE JOURNEYMEN NORTHEAST DUALS. PICTURED: SENIOR JOHN HARTNETT
The Sacred Heart Women's Volleyball team took the first set during their match against LIU Brooklyn on November 10. Pictured: Freshman Madi Pope.