



### FEATURED NEWS



DIANA LENTO/SPECTRUM

**Dance Your Way Into The Weekend**  
Sacred Heart Dance Program puts on a weekend of shows



RYAN SANUDO/SPECTRUM

**Robot Takeover**  
SHUmo Bot Challenge 2017

### TWEETS OF THE WEEK

@nina\_miglio

PEMDAS forever.

@shwelan\_417

"I'm just saying, you had a perfect opportunity to call Season 1 'Strange Things' and Season 2 'Stranger Things' I'm not mad. Just disappointed."

@ewojcik314

"A life without bagels is not the life for me."

### UPCOMING EVENTS

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

**11-30** Annual Campus Tree Lighting  
Main Campus  
4:45 p.m.

**12-12** Finals Begin  
Good Luck!

### FAKE NEWS Or Not?



Donald J. Trump  
@realDonaldTrump

We should have a contest as to which of the Networks, plus CNN and not including Fox, is the most dishonest, corrupt and/or distorted in its political coverage of your favorite President (me). They are all bad. Winner to receive the FAKE NEWS TROPHY!

11/27/17, 9:04 AM

**Who do you think should win the "FAKE NEWS TROPHY?"**

Source: Twitter

"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!



BRENDAN CAPUANO/SPECTRUM

WEST CAMPUS IS CURRENTLY GOING UNDER CONSTRUCTION.

### What's Going on at West Campus?

BY BRENDAN CAPUANO  
Asst. News Editor

It has been just over a year since Sacred Heart University purchased General Electric's former global headquarters in Nov. 2016. The University has been trying to integrate West Campus into the overall fold of Sacred Heart.

"There's different names to the places, but it is all one place," said Michael Kinney, Senior Vice President for Finance and Administration. "We can't just differentiate West Campus."

Many students have been left wondering what is happening over at West Campus. For most students and faculty, West Campus is a place to park their cars.

"You get immediate use for eight hundred cars to park, which would take close to 9 million dollars to build a parking garage. Think of it as \$10,000 a car minimum," said Kinney.

One of GE's athletic facilities has been re-purposed into a dance studio on the first floor of the massive property. Featuring padded floors, large windows, and a wall of mirrors, dancers have been taking advantage of the new space.

"Overall, it's been very beneficial for us and allows us to be in a space of our own," said Angelina Pagano, junior and member of Sacred Heart's ballroom dance class.

West Campus also features a 60,000 square foot hotel, ballroom and conference center which has been used for both university and private events, such as the annual Discovery Gala.

The University's offices of Business, Marketing and Communications, and Information Technologies have relocated to the third floor of West Campus. The combined offices take up less than one third of the floor.

In the future, the first floor of West Campus will be used predominantly for classroom space.

"On the first floor, about one third of the building is getting

gutted, and next year, come June or July, there will be 14 classrooms," said Kinney.

In the academic Spring of 2018 the Isabelle Farrington College of Education will move out of Oakview Campus and begin to offer classes at West Campus.

Also within the next year, the first floor of West Campus will also feature "innovation labs" for science, technology, engineering and math (STEM) programs.

The School of Computing will additionally be moved to West Campus by January of 2019.

The University will be opening incubator spaces for businesses to rent.

According to Kinney, finance firms, drug companies, game or graphic designers could potentially occupy these spaces.

"It brings reality to the classroom," said Kinney.

The hotel, in partnership with the Great River Golf Club, will also be utilized as a resource for Hospitality, Resort and Tourism Management majors to gain practical experience.

West Campus itself cost \$31.5 million, and at the time of the purchase many other university developments were underway. Students are left to wonder: how is it that we can afford such massive projects?

"A lot of it does come down to financial management. We have been saving for a number of years to do these things. We have also gone to the debt market," said Kinney. "The money we owe other people is relatively low, but quite frankly, it's a combination of those things: money we have put aside, money we have borrowed, and some third-party gifts."

West Campus is expected to be up and running by 2019.

"The facility up there is in phenomenal shape, and it can do a lot," said Kinney. "By January of next year, through a combination of staff, faculty and students, there will be about 1,000 people moving around for a facility that will ultimately have 2,500 plus people as time goes on."

### SHU Students Compete in Ethics Bowl

BY SABRINA GARONE  
Co-News Editor

On Nov. 11, Sacred Heart's Ethics Debate Team competed in the Northeast Regional Ethics Bowl held at Marist College. The team made it to the quarterfinals, and placed fifth overall.

Teams from 26 universities argued their positions on complex ethical issues facing our society today. Topics included President Trump's Muslim ban, protests of the Dakota Access pipeline, the regulation of social media and fake news, and many more.

"We worked so well together, and we were very composed while presenting," said senior and team member Nicole Esposito. "Everyone was prepared coming into competition, and it showed."

The team was especially proud of their performance, as many of their members had never participated in the Ethics Bowl until this year.

"I was new to the team and the idea of ethics," said sophomore and team member Laila McGeorge, "but we all used our knowledge to enlighten each other and understand the cases better."

"We had a great camaraderie, and worked really well with each other," she said.

In preparation for the event, the team held weekly meetings to familiarize themselves with the concepts and strategies. After discussing and researching various ethics cases, they would create arguments and practice presenting them to one another.

They would also create responses to potential questions from the

opposing team.

"Meetings were the perfect mix between focus and fun, which made the whole experience enjoyable," said Esposito. "After all the meetings throughout the semester, it was great to see everyone present their findings."

At the event, debate would occur between two teams at a time. The first team would be assigned a topic, and have 10 minutes to present their argument. The second team would then have five minutes to respond, and then a panel of judges would question the first team for 10 minutes. The second team would then be assigned a new topic, and the process would start again.

In the early rounds of the competition, the team defeated the University of Notre Dame and Northeastern University, securing a spot in the quarterfinals.

After 12 rounds of debate, the team lost to West Point by only a few points after arguing the ethics of Gonzo journalism and ethics of discourse and symbols.

"My favorite part of the entire experience was the day of the competition and seeing all of our hard work being put to the test," said Esposito. "We all had the chance to present our research, so it was a great experience."

"Learning about ethics and different philosophical ideas has really ignited an interest in philosophy for me," said McGeorge.

"I was extremely nervous for the unknowns of going into the competition, but it was so exciting to meet other teams and finally present the topics we had been working so hard on," she said.



SACRED HEART UNIVERSITY

ON NOV. 11, SACRED HEART'S ETHICS DEBATE TEAM COMPETED IN THE NORTHEAST REGIONAL ETHICS BOWL HELD AT MARIST COLLEGE

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# News

## SHU Math Professor To Run The Boston Marathon

BY VICTORIA MESCALL  
Co-News Editor

On Nov. 8, 2017, the Sacred Heart community received an email from John Chalykoff, the Dean of the Jack Welch College of Business, searching for an individual to represent Sacred Heart in the running of the 122nd Boston Marathon.

The University was presented with the opportunity to send a representative to the Marathon, being held on April 16, 2018, with one bib and no qualification time required.

The bib comes to Sacred Heart courtesy of Todd Cassler, a member of the Board of Visitors for the Jack Welch College of Business and an employee of John Hancock, a major sponsor of the Boston marathon.

Math Professor Bernadette Boyle was then randomly selected from the 17 entries received requesting to represent Sacred Heart in this year's Boston Marathon.

According to the Boston Athletic Association (BAA) website, "To qualify for the Boston Marathon, athletes must meet time standards which correspond to age and gender. [...] The qualifying times below are based upon each athlete's age on the date of the Boston Marathon."

The exception to the time qualification is if the runner is participating in the Boston Marathon Official Charity Program.

"Each individual who runs the Boston Marathon for one of our official charities is

required to raise a minimum of \$5,000," said the BAA. "Running for one of the Boston Marathon Official Charities not only provides [runners] with a guaranteed entry into the Boston Marathon, but it also provides the opportunity to support a cause that is important to you."

When the bib donation was announced, Cassler recommended that the selected runner set a minimum fundraising goal of \$5,000. However, the average amount fund raised last year for charity runners was \$11,600.

Sacred Heart will be the beneficiary of all the funds that are raised. The money will be used to provide University-wide scholarships to our students, as a result of a University-wide fundraising campaign.

Professor Boyle has been a runner since she was in high school, where she competed in cross-country and track at Notre Dame High School in Fairfield, CT. She also ran on the nationally ranked Division I cross-country and track teams at Providence College in Providence, RI.

As a lifelong runner, Boyle has completed nine half marathons, one a year for the last nine years. Her finishing times have been between 1:43 and 1:57. Also she has competed in several 5K and 10K races during the year.

Boyle also currently serves as the faculty mentor of the SHU cross country and track teams, and occasionally runs with the team and coaches.

Professor Boyle will be running to represent Sacred Heart along the 26.2 mile trek on April 16, 2018.

## World News: Here's What You Might Have Missed

BY SABRINA GARONE AND VICTORIA MESCALL  
Co-News Editors

### U.S. Labels North Korea a Sponsor of Terror

On Nov. 20, President Trump declared North Korea a state sponsor of terrorism, prompting the United States Department of the Treasury to add sanctions on the country the following day.

"...Should have happened a long time ago, should have happened years ago," said President Trump in a cabinet meeting. "In addition to threatening the world by nuclear devastation, North Korea has repeatedly supported acts of international terrorism, including assassinations on foreign soil."

According to the Treasury, sanctions targeted third-country persons who have participated in trade worth millions of dollars with North Korea. These included sanctions targeting one Chinese businessman, 13 entities, and 20 vessels who have histories of millions of dollars worth of trade with North Korea.

"As North Korea continues to threaten international peace and security, we are steadfast in our determination to maximize economic pressure to isolate it from outside sources of trade and revenue while exposing its evasive tactics," said Treasury Secretary Steven Mnuchin in a statement.

### Sexual Assault Allegations in D.C.

Sen. Al Franken, D-Minn., Rep. John Conyers Jr., D-Mich., and senatorial candidate Roy Moore, R-Ala., are among the growing list of politicians that have been accused of sexual harassment and misconduct within the last month.

"A lot of things are coming out, and I think that's good for our society," said President Trump in a press conference, "and I think it's very good for women and I'm very happy that a lot of these things are coming out. I'm very happy it's being exposed."

Franken, who was photographed groping a sleeping woman and forcibly kissed her later on, has come forward and apologized for his actions. Conyers denied the allegations against him, and the Senate Ethics Committee has launched an investigation into the case.

Moore, accused of unwanted sexual advances on teenagers while he was in his thirties, has yet to respond to the claims. President Trump and Alabama Gov. Kay Ivey have received tremendous backlash for their support of the candidate despite the allegations.

### Zimbabwe

After a crisis during which the military staged a takeover and huge crowds demonstrated against Zimbabwean President Mugabe, the country has nearly returned to the ordinary.

Many Zimbabweans applauded the military for its role in Mugabe's resignation after a 37-year presidency on Nov. 21, but resent the police for alleged corruption. At the new President Emmerson Mnangagwa's inauguration on Friday, Nov. 24, military commander Gen. Constantino Chiwenga drew cheers from spectators while the police commissioner, Gen. Augustine Chihuri, was met with boos and disapproval.

President Mugabe was unable to control the terms of his exit after a lifetime of exercising the deft political skills and outright ruthlessness that kept him in power for so long. He had lost his grip on the ruling party, where factional feuding reached a boiling point with

the dismissal of Mnangagwa and the open ambitions of Mugabe's wife, Grace, to take over from her husband in a dynastic succession that many Zimbabweans found abhorrent.

### Indonesia

Authorities ordered a mass evacuation on Monday from an expanded danger zone around an erupting volcano in Bali that has forced the Indonesian island's international airport to close, stranding tens of thousands of travelers.

Mount Agung has been hurling clouds of white and dark gray ash about 9,800 feet into the atmosphere since this past weekend. The National Disaster Mitigation Agency raised the alert to the highest level early Monday and expanded the danger zone to 6 miles in places from the previous maximum of approx. 4.6 miles.

Spokesman Sutopo Purwo Nugroho told a news conference in Jakarta that the extension

of the danger zone affects 22 villages and about 90,000 to 100,000 people. He said about 40,000 people have evacuated but others have not left because they feel safe or don't want to abandon their livestock.

### Egypt

On Friday, Nov. 24, nearly two dozen assailants carrying a black IS banner unleashed gunfire and bombs during a mass and prayer service at the Al-Rawdah Mosque in a small town near Bir al-Abd.

Egypt's chief prosecutor, Nabil Sadeq, said the attackers, some masked, numbered between 25 and 30. Those with bare faces sported heavy beards and

long hair, his statement added.

Dressed in military-style camouflage pants and black T-shirts, one of the attackers carried a black banner with the declaration of the Muslim faith.

There were approximately 500 people inside the mosque at the time of the attack. It is predicted that 305 people were killed, including 27 children. 158 people were also injured in the attack.

After the attack, the assailants checked their victims for signs of life, killed any other people that seemed to be alive after they were originally shot, and then proceeded to flee the scene.

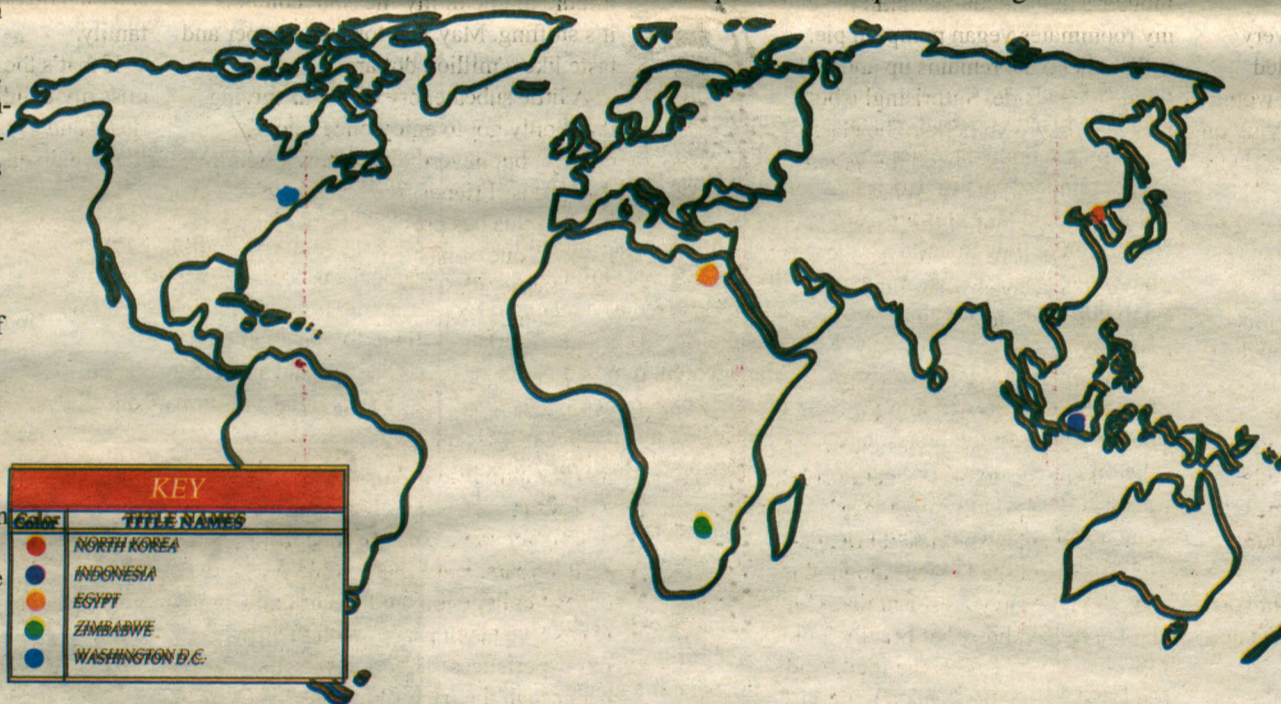
"We knew that the mosque was under attack," said Mansour, a 38-year-old worker in a nearby salt factory who had settled in Bir al-Abd three years ago to escape the bloodshed and fighting elsewhere in northern Sinai. He suffered two gunshot wounds to his legs on Friday. "Everyone laid down on the floor and kept their heads down. If you raised your head you got shot," he said. "The shooting was random and hysterical at the beginning and then became more deliberate. Whoever they weren't sure was dead or still breathing was shot dead."

People who attended the mosque were Sufis, or members of a mystic movement within Islam. Islamic militants, including IS, consider the Sufis barbaric and heretic.

Despite the banner and the attackers' shouts of "Allahu Akbar," IS has not yet claimed responsibility for the attack.

Egypt's military has been responding to threats and violent acts for many months, and has been in a state of emergency since April.

The Associated Press contributed to this article.



# Perspectives

## 'Friendsgiving' and What It Means to Us

She Said

GIOVANNA...



Thanksgiving has a special place in my heart that is filled with mountains of mashed potatoes and gravy slip and slides. However, this food frenzy holiday lives in an unfortunate place on the calendar. Thanksgiving is stuck right between Halloween and Christmas, which sometimes causes people to look right past the holiday and move on with the months. For a college student such as myself, Thanksgiving can be a tease for our decadent month-long Christmas break. This is truly a cherished time for all academics. It is a time where we experiment with how long a person can actually stay asleep without needing food. Then we proceed to see how much food a person can actually eat without getting sick. As you can tell, it is an important time in our lives where our studies are explored and our minds are strengthened.

While I could keep daydreaming about Christmas vacation, it is time to get back to the meat of topic.

This year, myself and my house mates wanted to strengthen our Thanksgiving ties and host our very own Friendsgiving. My food-filled heart rejoiced. This meant that I would not only be able to eat Thanksgiving on the fourth Thursday in November, but I could also feast during my personal celebration. I was giddy with excitement about the preparation that went into the cooking, shopping and baking. It was finally my time to step up to the plate and show everyone what I was made of and what I could make.

Yet, due to poor planning and a lazy college lifestyle our Friendsgiving turned into pasta with chicken cutlets. Also known as, Sunday night dinner. Yes, our Friendsgiving was a failure, a bust and a total disappointment. However, what did not disappoint was sharing a meal with some great friends surrounded by great food. Yes, I wish there were mountains of mashed potatoes and leftovers for days. Yet, that isn't what Thanksgiving is all about. I

know it may be cheesy, but I was truly thankful. Each year black Friday tries to cast a shadow over the Thanksgiving holiday, and as we know, it already has the short end of the stick on the calendar. And each year, I hope people take a step backwards and express their gratitude for what they have in their lives.

Now, before my words turn to mush, I do have one food success from my attempt at a Friendsgiving. After all of the festivities finished and the food was wrapped up, it was time for myself and all my fellow failed Friendsgiving pals to travel back to Bridgeport, CT.

Upon our arrival we all came with our post-Thanksgiving feasts in hand. As we began putting the treats away it became clear that we all had different types of food at our Thanksgiving gatherings. One of my friends celebrated her first vegan Thanksgiving which prompted a taste test between the leftovers that we all had accumulated. The big test of taste was between my mother's homemade pumpkin pie and my roommate's vegan pumpkin pie.

We sliced the remains up and dished them side by side. Surprisingly, both pies had their own perks. The classic pie was well, classic, and the vegan pie was rich and dense. What interested me the most out of this experience was how we were able to share in our different holidays by learning what each other does to celebrate the most thankful time of year.

Now before I wrap up the leftovers, I have one more mission. While my Friendsgiving this year was unconventional according to no real set of rules, I do have a request for next year's holiday. I want a food-filled Friendsgiving with mashed potato mountains and pools of gravy. Yes, I'm thankful blah,blah,blah, but what I really look forward to each year is the food. And frankly, one day of Thanksgiving just isn't enough for a holiday stuck in the middle.



He Said

ANTHONY...

People call the holiday season "the most wonderful time of the year"—and it kind of is. Christmas and New Year's are right around the corner, and they're pretty damn awesome.

However, this time before Christmas and New Year's is actually sad. Why? Because Thanksgiving is over.

I honestly look at Thanksgiving as the Super Bowl of holidays, and I don't think too many people would disagree with that. There are some actual football games on TV, but I just think it has the best overall feel to it amongst all holidays.

I have heard from some of my 17th century buddies that the first Thanksgiving was a bit tense between the pilgrims and Native Americans. However, I think Thanksgiving has evolved nicely. It's become a secular holiday that people of all walks of life can enjoy by taking time to appreciate family, friends and stuffing, the best side dish known to man.

I just want to give a quick and proper shout-out to stuffing. If there's a food that deserves its own arbitrary paragraph in the middle of one of my 'he said' columns, it's stuffing. May you forever prosper and taste like a million dollars.

A little subcategory of Thanksgiving that I only got to enjoy once I got to college, but nevertheless know I will love forever, is 'Friendsgiving'. Whoever's reading this has probably either participated in one or has at least heard of it, but just in case, it's Thanksgiving...only with your friends. (Much needed explanation there, I know.)

I've participated in at least two Friendsgivings (I might've flaked on one, not quite sure how that went), and I know that it's a tradition I hope to continue with each year.

I've got some close friends from my earlier years. But I made some pretty great ones at college too, and the Friendsgiving feasts I've taken part in with them were fun experiences. The food was almost better than the friendships.

If asked by anyone what my favorite

holiday is, I'd confidently say Thanksgiving. The food is spectacular, but the whole idea of thankfulness and relaxing around family and friends makes it even more special. I feel like Christmas, Valentine's Day, and Halloween have been commercialized to a near nauseating degree. However, other than the food that has to be bought, there isn't too much commercial pressure for Thanksgiving. I like that too.

Thanksgiving's just really cozy. It feels like a Wednesday night NBA game with the Christmas lights on in the middle of winter with some UberEATS on the way. Of course that's probably a bad comparison because that and Thanksgiving are two very different types of occasions, but they're both heart-warming dispositions, so I'm going to go with it.

As I'm a senior in college, and hoping to have a full-time job come this time next year, it's quite possible that I may have to work next Thanksgiving. That's not a guarantee, but I've come to find out that a lot of people starting out tend to have to work on such holidays in favor of their veteran coworkers spending time with family.

If that's the case, then so be it, but I will miss my childhood Thanksgiving memories—and I hope to replicate the feelings they've given me in years to come.



### The Best of 2017- What Were Your Highlights?

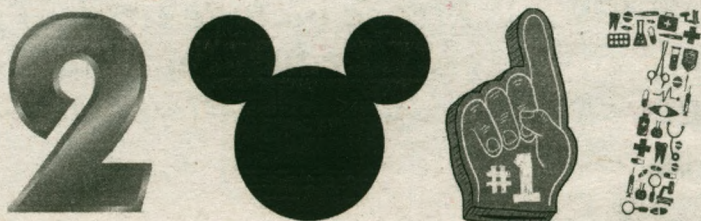
"There were no highlights."  
-Sophomore Seiji Hosakawa

"Going to Guatemala to set up medical clinics for children."  
-Senior Julia Boisoneau

"Winning the flag football intramural championship game."  
-Senior PJ Ciocca

"Taking a spontaneous trip to Disney with my family."  
-Senior Sam Facini

"My highlight of 2017 was definitely achieving goals, both mentally and physically that I have set for myself in the past year."  
-Senior Brandon Roth



# Perspectives

## Flying Ubers: A Thing of the Near Future?

BY RYAN CONKLIN  
Staff Reporter

How would you feel if you could fly right over Friday afternoon traffic? Would you do it? For the general public, this could be a real possibility in the near future. In April 2017, Uber unveiled the company's plans to partner with NASA to start work on a flying fleet of taxis known as UberAIR, according to CNN.com.

"The four-person ridesharing flights won't become a reality anytime soon but Holden said there are plans for demos coming to Los Angeles in 2020," according to CNN.com. "Uber previously announced cities Dallas, Texas and Dubai as other partner cities."

"Yeah, I definitely think that's pretty cool; I would take it, if it was trustworthy and has been tested enough," said Sacred Heart Alumni Nicholas Quaid. "We don't know where the future is going, but with new technology this could be a much more efficient way to get from place to place."

One of Uber's new vehicle's main purposes is to fly over heavy traffic jams in hopes of significantly reducing city travel times. However, programs still need to be developed on how to prevent mid-air collisions, that on top of calculating affordable costs, according to the Associated Press Newsroom.

"I feel like I would do it, if I were to go from Connecticut to New York or Connecticut to Long Island because I would love to avoid tolls and the terrible traffic in this area, which is pretty much around the clock," said junior Daria Sanfillipo.

The company hopes to have their first paying customers ride from destination to destination by 2023 and to have demonstration flights by 2020. The vehicle would also be

good for the environment, considering it is battery-powered and generates lift using rotors instead of jets.

"Flying taxis? I think they are a great innovation yet kind of a stretch," said freshman Liam Roche. "I think it would significantly cut travel times. Taxis would no longer be bound by roads and maybe you could even be picked up in your own backyard!"

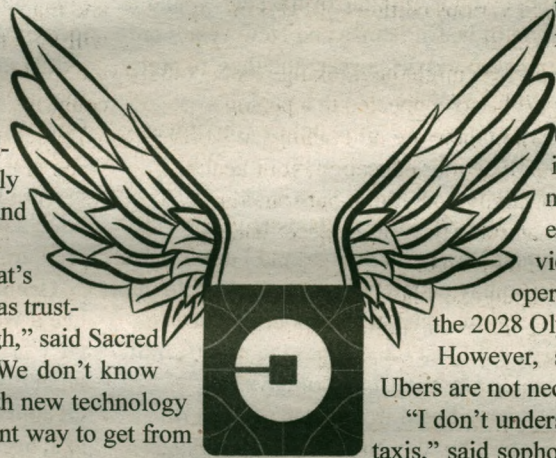
"To get a sense, Uber projects that trips from the Los Angeles airport to the Staples Center during rush hour will take less than 30 minutes—down from 1 hour 20 minutes by car," according to CNN.com. "It expects to offer rides in the flying taxis for prices comparable to its UberX service. The goal is to make transportation fast, and inexpensive -- and it hopes the service will be ready for commercial operations 'several years ahead' of the 2028 Olympics in Los Angeles."

However, some students feel that flying Ubers are not necessary.

"I don't understand why we would need flying taxis," said sophomore Maria Koch. "It would be convenient for some people but I do not think the masses will be using it. Honestly, I am fine with just using regular taxis to get from place to place."

Uber is looking to move on from a troubled period, in which, its image has been damaged by investigations that found rampant sexual harassment of employees and multiple reports of drivers assaulting passengers. Those episodes did not slow development of the flying taxi project, according to the company's Chief Product Officer Jeff Holden.

*The Associated Press contributed to this article.*



## Staying in Shape During the Winter Months

BY LIANNA GRILLO  
Staff Reporter

Working out and eating healthy are important factors to living a balanced life. Although going for a jog or bike ride outdoors can be difficult when the ground is either covered in snow or the temperature is extremely low, Sacred Heart University has the William H. Pitt Center for cold weather recreation.

According to MayoClinic.com, working out is proven to enhance your mood, boost your energy, promote better sleep and combat health conditions and disease. However, you might assume that the colder the weather, the less your motivation to go to the gym might be. Sacred Heart students have mixed feelings towards that idea, and some stay very motivated while others do not.

"I go to the gym every morning at 6am before class," said sophomore Marissa Percivalle. "I need to go, because I want to stay fit all year round."

"My motivation to eat healthy and stay active during the winter months comes from within," said senior Marissa Gavilan. "I set goals for myself that I want to achieve in a certain amount of time. If I'm looking to lose weight or tone up, I find that having a timeline helps me achieve my goals better. For instance, in three weeks, I'll see a difference."

There are many different gyms around the Fairfield area such as Orangetheory Fitness, Planet Fitness, LA Fitness and others. Many students are now interested in kickboxing, cycling and Zumba to stay fit.

"In the winter I put the heat higher in my room, so in the morning my room is warm and it is easier to get out of bed," said Percivalle. "I also feel extremely guilty when I don't go to the gym and think about all the junk food I ate."

"I would say staying active and eating healthy during the winter is super important, because it gives you more energy that the bad weather sort of takes away," said senior Deanna Kosmalski. "If you allow yourself to be strict with your exercise and healthy habits for three days, it becomes

so much easier and you'll end up finding that you're not going to want to stop because you feel so good."

The American Academy of Nutrition and Dietetics suggests a few ways to keep fit in the winter. They recommend, instead of taking the elevator or escalator, to take the stairs, and rather than curling up in a blanket on your couch to watch a movie, watch a workout video instead and follow along.

"I barely go to the gym in the winter," said sophomore Anna Iasevoli. "I have too long of a walk to the Pitt Center and I would rather just be under a blanket snuggling in my room."

Eating healthy in the winter can also be tough. According to Pubmed.gov, Daily caloric intake was higher in the fall compared to the spring, and the lowest physical activity level was observed in the winter and the highest was in the spring.

"If I'm just looking to eat healthy and feel good, I tend to meal prep, especially in the winter months," said Gavilan. "I find that this keeps me motivated because the school week gets hectic and it's easier to just grab something unhealthy in between classes when I have nothing prepared. If I meal prep on Sunday for the entire week, all my meals are ready and I have no excuse not to eat healthy."



## Poet's Corner

### Whistling

BY Nina Miglio, Senior

I remember my fathers whistle

A soothing noise that I was familiar with

I felt comfort in his presence

It was a daydream

He'd whistle and I'd go into a calm state

When I looked at him he'd smile

Whistle

Whistle

Whistling

The teapot whistles through my ears and down my spine

I look up at the clock, its 8:43am

I need to be at work in fifteen minutes

The keys clank and clunk as I rush out the door

Whistling

## WOULD YOU LIKE TO HAVE YOUR POETRY IN PRINT?

Submit all works to our Perspectives editor,  
Giovanna Gatto,  
at [gattog@mail.sacredheart.edu](mailto:gattog@mail.sacredheart.edu)

Please include titles of pieces, your full name, and class year or title/position.

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2019
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2018
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PROF. JOANNE KABAK

## The Game That Will Never Lose Its Beauty

**ROBERTO ROJAS**  
ASST. CIRCULATION MANAGER



I've always considered myself a big sports fan, and I've grown up watching NFL players such as Tom Brady, Eli and Peyton Manning, and various others. In baseball, growing up as a Yankees fan, I've always considered Derek Jeter as my idol in the MLB but still appreciated players like Alex Rodriguez, Ichiro Suzuki, Mark Teixeira and Albert Pujols. For basketball, I always admired Kevin Garnett when he played for the Boston Celtics but also enjoyed the superb and amazing talent of once-in-a-lifetime players like Kobe Bryant, LeBron James, Stephen Curry, Kevin Durant, Dwayne Wade and Tim Duncan.

I've just enjoyed playing and watching sports all my life, and I don't know where I would be without it.

However, there is one sport I love more than baseball, basketball and football. A sport that quite literally came into my life nearly 20 years ago and hopefully remains a part of it until the day I die: soccer.

Growing up with parents of Paraguayan descent, it was no doubt that soccer was always going to be a part of my life. How could I escape it? From what my parents tell me, the first gift I ever got for my birthday was a soccer ball from the 1998 World Cup. I knew then, even as an infant, that this sport would change and ultimately shape my life.

I'll admit that I was never the greatest soccer player in the world, but I still played so much as a kid growing up in Bridgeport. Whether it be on youth teams in elementary school and high school or just a random game of pickup at my local

park, I still played soccer as much as I watched it on TV or YouTube videos. I'd watch certain teams and players and tried my best to copy their styles, and I even played various editions of FIFA on my Xbox 360.

Now you might be thinking, "how could a sport be so connected to a person's life when there are other things to worry about, like your education, your health, your family—anything but something as material a thing as a soccer ball?" It's much more than that.

Ask anyone who's been involved in the sport for a majority of their life and they'll probably articulate that it's more than just a game. For some, soccer is an escape from the problems of the world. For others, it's a source of joy, sometimes a source of drama, and even anger, occasionally.

With the World Cup coming next summer, it'll be time for the entire world to tune in to watch some of the greatest players in the world who dominate week after week for their clubs—i.e. Barcelona, Real Madrid and Manchester United—and represent their countries with the goal to end the tournament as the best team in the world.

However, this upcoming World Cup will be a different one for a lot of fans in the United States. For the first time since 1986, the United States won't be participating in the biggest sporting event in the world, alongside some other countries such as Italy, the Netherlands and Chile.

Despite this, watchers shouldn't just turn off their TVs and tune out from the World

Cup. Instead, I encourage you to watch it because of wonderful superstar players like Lionel Messi, Cristiano Ronaldo, Neymar, James Rodriguez, Paul Pogba and many others from 32 countries who will fight to become the champions of the world, all representing their native countries.

Those names I've mentioned are just some of those who have become popular in a sport that perhaps hasn't caught the interest of the United States compared to more established American sports like baseball, basketball and football. Nevertheless, there is life for soccer in this country despite the United States not participating in the World Cup.

However, millions of kids around the nation are falling in love with the sport in ways and through resources just like I did when I was little. With those aforementioned players being more noticeable year in and year out on par with players in the American leagues, there are also some players who could be the flag bearer for this sport, like 19-year-old Christian Pulisic of Borussia Dortmund or Alex Morgan of the women's national team, who is serving as an inspiration and idol like a Messi or Ronaldo for boys and girls around the country who play the sport.

So all I can say is that I want to thank my parents for introducing me to soccer, "the beautiful game," which not only served as something that truly became influential in my life but will serve as something useful for as long as I live.

## Spectrum Word Search

R C O Z X G Z K H O C H C Z G J A A Y U  
 K A B A K M H L Q M F X S Y N A I D H P  
 P R D Z V E D Q E K M T O C Z E U E C I  
 U J P R J O U R N A L I S M G G W E V E  
 K Y V Y G R G D I B S I J Q K T Y S R D  
 V T Y P Y L Z K S S T F M D A Q B R A I  
 A R D H Y E R I X D E A E Y Q S O V M T  
 O Z F O U Q E D I T O R Q P V Z B U U O  
 N M F T Z E R Y H S C K N V R Z R H S R  
 I A E O Y T T D V B V M P V J T Q Q G I  
 G F A V Z K S D R X Z S M U C W E X E A  
 N F T L D E P I P D N C E E M R O F N L  
 G T U U U N R R O W O V P K A H N C A S  
 P E R S P E C T I V E S B W O Y X S A D  
 A M E W T W T K K N O J F H E Q M H F E  
 A Z S I Y K Y W A U X A K Q H W Q N A E  
 A V H F A P U S P O R T S B Z Q X U L U  
 H J Z X U Q K C O J Q W X C Q N B H H B  
 O M I E J W A J S I Q O N U V Z K S J K  
 Z V H V B F L Q W V P Q H X I L B C I T

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# Features

## Sacred Heart University's Student-Run Snapchat



MEGHAN RICE/SPECTRUM

SENIOR, SHAWN LEE, RUNS THE SACRED HEART SNAPCHAT ON WEDNESDAY AND CALLS HIS SEGMENT "WHAT UP WEDNESDAY" WHERE HE FEATURES DIFFERENT PEOPLE AND CLUBS.

BY HENRY INDICTOR  
Staff Reporter

In this day in age, schools and other places have used a wide variety of social media platforms to successfully market and showcase themselves to the eyes of the world.

Snapchat has become a key medium in selling products in a fun way, which has skyrocketed for the triumph in marketing and advertising techniques.

Sacred Heart University has created its own Snapchat account, which gives students a chance to get involved in promoting the highlights of the University.

Sean Kaschak is the Multimedia Communications Coordinator at Sacred Heart, and he is in charge of the uploads involved in the 'students portion' of the University's Snapchat account.

"We're in the business of Marketing and Communications, so staying on top of the medium of the day is crucial," said Kaschak. "The 'SHU Snapchat' was created mostly to engage its current and prospective students. They're the population most active on the platform."

One of the main reasons that Snapchat has become popular, is due to the "stories" feature on the app.

The University's Snapchat stories visually display events that occur on campus, and allow it's student's to keep up with one another.

"I think showcasing life on campus is critical. We particularly like to focus on authentic experiences, even if they're routine. It keeps things relatable. I also get to be a little goofier, and informal, compared to the other social platforms I'm on, which is fun for me," said Kaschak.

While working as an intern, senior, Shawn Lee, has become involved with the account. One of the segments that he participates in is called, "What Up Wednesday."

"Every week I try to do the same things here and there, but if there is anything interesting happening on campus that week, I'll try to get some footage for the account. For example, last week, I talked to one of the stars of Next to Normal, a production

run by the Sacred Heart's theatre program. We had a little thirty-second conversation on snapchat about the show, and how to go about seeing it," said Lee.

Other things that Lee likes to promote, include some of the advertisements that are hosted by different organizations near the tables outside of Outtakes and 63's. This month, he has been giving shoutouts to some of the student's who were running the annual "Turkey Drive."

Lee also had the opportunity to take the snapchat on the road with him, on his trip to pick up his younger brother from college, in Pennsylvania.

"Since doing this, I got another internship for next semester, which solely surrounds on social media based off the Snapchats that I showed the guy I was interviewing with. I found that social media is currently such an untapped and big market, and our generation can definitely get into it more," said Lee.

While simultaneously having fun while working hard at promoting the University, Lee has gained some benefits and useful insights from his experience with the inner-workings of social media.

"I noticed that although a lot of these companies have been existing for a while, they need to reach these markets, but they don't know how to. Snapchat is just so simple to use for our generation, and now you can even get a job out of it," said Lee.

Like Lee, Kaschak has also shown that he is doing his best to showcase Sacred Heart as the student friendly environment that it is. Getting the students involved, has been a big reason into the success in the Snapchat account.

"Student engagement with the Snapchat has been incredibly important. It's the student experience we're looking to highlight. The students tell their own story far better than I can," said Kaschak.

Follow Sacred Heart University's snapchat, @shuadmissionsug to see what's being posted.

## Sacred Heart's First Year Engineering SHUmo Bot Challenge

BY RYAN SANUDO  
Staff Reporter

On Wednesday, Nov 15, Sacred Heart University's first-year engineering explorations lab class held an event called "The SHUmo Bot Challenge," held in the Main Academic Building.

"I don't know much about engineering, but this event is very intriguing," said freshman, Brian Smith, spectator. "Between the excitement of the crowd, to the effort of the students, I'll definitely go to one of these again."

It was organized by Dr. Tolga Kaya, assistant professor of computer engineering.

"We meet on Wednesdays," said Kaya. "In this class, I want students to explore, design, and program. They've done that. By doing this project, I wanted them to simply tune-up today, so they wouldn't control the robot, and that [the robot] would do it by itself."

Five groups of four, competed against each other in a battle with their robot creations. Each robot battle was a one-on-one combat on a sumo ring, hence the event name, "SHUmo". If the robot fell out of the platform first, then it lost that particular battle.

"Every semester we will do an event like this, to broaden the knowledge of the engineering students, and get them acclimated to this type of setting," said Kaya.

Freshman, Nathaniel Barrone, discussed the technological aspect of making these robots.

"We had to build a machine with legos," said Barrone. "We built everything, except for the main block. Outside of that, we had to program where we coded everything into the block which then ran the program to turn what it would do on the actual arena."

For Barrone it was time-consuming, to say the least.

"It took four weeks to make. We meet once a week, for two and a-half hours. It was about four hours of actual work, but that was learning the program and building our individual robots," said Barrone.

Of the five groups that participated: International, SHUMakers, Pioneers, Pacha, and Kangas, Kangas won the challenge in the final match against Pacha.

Freshman, Steven Bader, was very excited his group won after all the work they put into building their robot.

"We were a little nervous, because we had a couple of on-the-spot problems that developed, but thankfully, we were able to fix the whole thing up towards the end," said Bader. "We have a lot riding on this robot, since it took eight hours of work."

There will be another opportunity to participate in an event like this, says Bader.

"There's another preceding lab after the lab we're in now, that we're all deciding to take next semester. Since we took Engineering I, we'll be taking Engineering II," said Bader.

Speaking of immediate problems, a couple groups had difficulty with the robot. In one instance, the robot was going out-of-control, and was moving backwards, which forced a defeat.

Freshman, Matt Lawrence, described the issues that occurred in his group, 'International.'

"Our program stopped working, so I had to make a program on the fly within five minutes," said Lawrence. "In the program, there are infrared sensors. It detects any object, so if the sensors detects in a certain amount of space, it'll move forward. There are times though, in which it may malfunction. If any of the wires come out of place, it would stop moving."

Dr. Kaya was pleased with the way his students handled the project, and sees promise in them.

"I'm so proud in them building and programming robots that could sumo-wrestle in just four weeks. Truly remarkable," said Kaya.



RYAN SANUDO/SPECTRUM

SACRED HEART'S BRAND NEW ENGINEERING PROGRAM HOSTED A SHUMO BOT CHALLENGE WHERE ROBOTS BATTLED IN A SUMO WRESTLING STYLE.

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# Features

## Tell Us Your Story: Danielle Vigliarolo

BY STEPHANIE DESANTIS  
Staff Reporter

For senior, Danielle Vigliarolo, life at Sacred Heart University can be hectic at times. Between being the President of her sorority, Alpha Delta Pi, and President of an academic club, the National Student Speech Language Hearing Association (NSSLHA), Vigliarolo has a lot on her plate.

Balancing the responsibilities of both involvements requires strict time management and organization skills.

"I write everything out in my planner. I actually have two separate planners, one for school, and one for clubs," said Vigliarolo.

Along with balancing both organizations, Vigliarolo has to find the time for her schoolwork. She is a double major in Psychology and Health Science, with a minor in Speech-Language Pathology, something she is very passionate about.

Since she does so much on campus, there's a question of whether or not Vigliarolo ever gets overwhelmed.

"There's certain times where there's a lot due at once, or there's a lot of events going on within each club. During that time period things can be stressful, but if you just stay on top of everything, it's not too bad," said Vigliarolo.

As for her duties for President of Alpha Delta Pi, Vigliarolo has to oversee the operations and events of 26 officers, including 7 executive officers. She also runs all chapter, standard, and executive board meetings, along with being the liaison between the Director of Greek Life and the sorority.

"Being the President of ADPi is rewarding, but stressful at the same time," said Vigliarolo.

There are periods of the year when sorority life can be more involved, such as recruitment season, or new member season. However, Vigliarolo has gotten to a point where she knows how to juggle many things at once.

"I've learned you just have to balance everything in order to get it done," said Vigliarolo.

Along with doing things for her sorority, Vigliarolo also has to manage the NSSLHA club.

As President of the NSSLHA, her job is to communicate with the other five members on the executive board about any events that are to be held on campus.

Composed of about 60 members, the club meets biweekly. Their main goal is to raise awareness on campus about speech and hearing disorders, as well as fundraising.

"Last week we handed out lollipops with speech and hearing facts on it, just so people are aware of the problems that exist," said Vigliarolo.

In the club's meetings, they inform members on what is going on within the speech-language pathology major, and the department. They also host workshops to learn interview and resume skills.

"At our last meeting, we had a graduate panel with the speech students from the master's program here, and they answered questions about the admission process into grad school," said Vigliarolo.

Since it's Vigliarolo's senior year, she herself is applying to many graduate schools, hoping to get her master's in speech-pathology.

She is applying all over New York, as well as to Sacred Heart's speech-language pathol-

ogy graduate program.

"The graduate application process is a lot different from the undergraduate admissions process. It's a lot more extensive because of the competition to get a master's degree," said Vigliarolo.

Despite its competitiveness, Vigliarolo is positive she wants to go into speech-language pathology, a career that has interested her since she was a young child.

"I once needed to see a speech pathologist for three years myself, so that's why I wanted to go into it," said Vigliarolo.

Although still in college, she has already begun her journey of helping others.

Over this past summer, she had a job as a teacher's assistant and aid at a school for children with down syndrome, called ACDS (Association for Children with Down Syndrome).

Everyday for two hours, Vigliarolo would perform applied behavioral analysis (ABA) therapy, with the children. She is now considered trained to perform this therapy.

The goal of this therapy method, is to improve certain behaviors, while decreasing others.

"I could see that in just two months, they had improved so much. Some kids take longer, but there are still noticeable minor improvements," said Vigliarolo.

This summer job has prepped Vigliarolo for her future plans in assisting those in need.

After graduate school, she hopes to get a job specifically in speech-language pathology, where she will help those with speech and hearing disorders.



SENIOR DANIELLE VIGLIAROLO IS VERY BUSY WITH HER DOUBLE MAJOR AS WELL AS BEING PRESIDENT OF ALPHA DELTA PI.

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# Arts & Entertainment

## Joel Nsadhha and the “Soul of Man”

BY ANTHONY DEL VECCHIO  
Staff Reporter

As part of The Human Journey Colloquia Series for Fall 2016, photographer Joel Nsadhha presented and discussed his ongoing photography project on Wednesday, Nov. 15 in the University Commons Auditorium.

Nsadhha's project is a black and white portrait series which seeks to capture the shared humanity and dignity throughout the world by focusing on a variety of different faces from different places.

“I chose to do black and white because it simplifies our differences,” said Nsadhha after his presentation. “It makes it easier to accept these differences without the distraction of color.”

Nsadhha was born in Jinja, Uganda and lived in Uganda until 2015. He is now based in Vestal, New York but has lived and travelled to many countries including: Denmark, Sweden, Germany, Kenya, and different regions of Eastern Africa.

After attending the Margaret Trowell School of Industrial and Fine Arts at Makerere University in Kampala, Uganda, Nsadhha also studied at the International People's College in Helsingore, Denmark.

For the past 10 years, Nsadhha has shared his passion of being a photographer of “people and places” while also focusing on non-profit documentary work with commercial clients.

His work has gone on to make him seven-time award winner of the Uganda Press Photo Award. He also won first place in National Geographic's “People” category for the 2015 National Geographic Photo Contest for his photo titled “At the Playground.”

“I thought it was very interesting how all those photos were taken all over the world,” said junior Mike Nick. “It's like each image told a different story.”

Before the end of Nsadhha's presentation, he opened the floor for anyone in the audience who wanted to ask questions. He was asked what he found intriguing about the human face and what made him focus on it.

“As humans, our eyes tell so many stories,” said Nsadhha. “Showing all these different faces best tells the story I am telling and [helps] others focus on the human thread that cuts across us all.”

By talking to strangers, planning photo shoots and travelling, Nsadhha has had plenty of stories about the encounters he has had while doing this project... stories that he hoped students and faculty members could connect with.

“Society is changing and by coming to things like this and seeing such diversity, it really does change your perspective on life,” said sophomore Alexandra Keelan. “Everyone is equal. Seeing all of those pictures in black and white just makes you see we are all the same, we are all human.”

Nsadhha doesn't predominately work in black and white, but for the series, he thinks it really captures the message of equality and togetherness.

“What impressed me about this is that it didn't want what culture or country these people came from. When you focus on the human face, you see the universality of what it means to be them,” said Adjunct Instructor of Catholic Studies and English Joseph Nagy. “We have a shared humanity.”

The personal element Nsadhha has brought to his work is one reason why his work can be seen galleries, malls and online. His pictures have also been published for print and online publications for National Geographic, CNN, The Guardian and more.

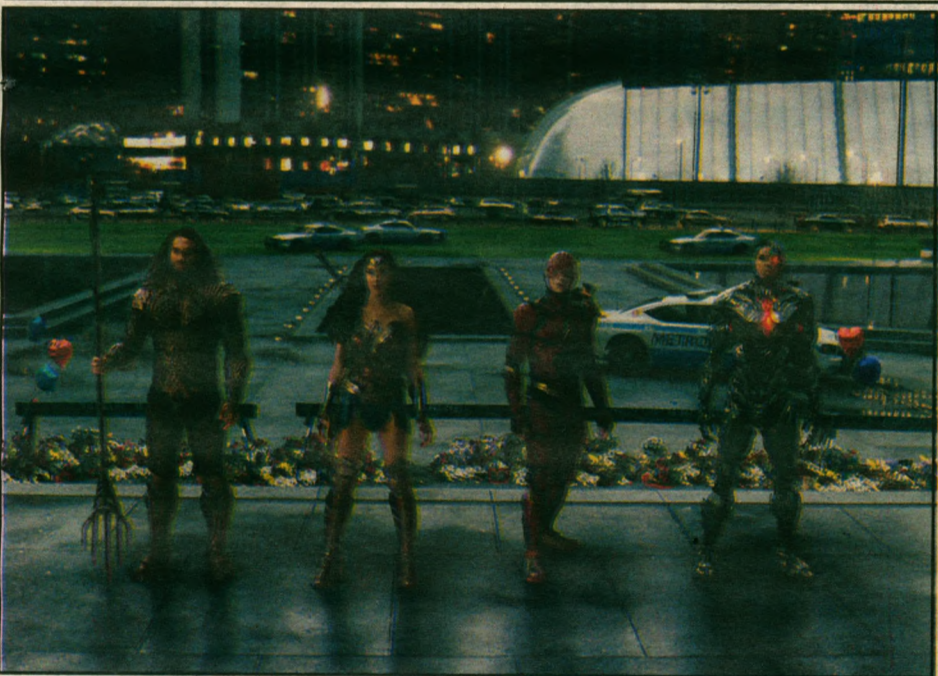
“I am so lucky to have met so many people and to have made friends from these places,” said Nsadhha. “It's one of the best things about being a photographer.”



PHOTOGRAPHER JOEL NSADHHA PRESENTED HIS ONGOING PHOTOGRAPHY PROJECT AS A PART OF THE HUMAN JOURNEY COLLOQUIA SERIES.

## DC's “Justice League” Hits Theaters

BY KRISTIN BURNELL  
Staff Reporter



WARNER BROTHERS VIA AP

THIS IMAGE RELEASED BY WARNER BROS. PICTURES SHOWS JASON MOMOA, FROM LEFT, GAL GADOT, EZRA MILLER AND RAY FISHER IN A SCENE FROM “JUSTICE LEAGUE.”

DC's fantasy/science fiction film, “Justice League” was released to theaters in the United States on Friday, Nov. 17.

The film features an ensemble cast, starring: Ben Affleck, Henry Cavill, Amy Adams, Gal Gadot, Ezra Miller, Jason Momoa, Ray Fisher, Jeremy Irons, Diane Lane, Connie Nielsen, J. K. Simmons and Ciarán Hinds.

“Justice League” is based on the DC Comics superhero team: Batman, Wonder Woman, The Flash, Aquaman and Cyborg. The five of them come together to honor the death of Superman and try to save the world from the threat of Steppenwolf and his army of Parademons.

“I am mostly excited to see ‘Justice League’ because it features Aquaman and Wonder

Woman, two very awesome superheroes,” said sophomore Tara Longo.

Associate Professor of Philosophy, Dr. Jesse Bailey, teaches a course called “Comic Books and Philosophy” and believes that the film will be fun and have lots of action.

“Superheroes are, in a lot of ways, best understood as [part of] our culture's mythology. These films reveal a lot about who we are as a culture,” said Bailey.

“Justice League” picks up right where “Batman v Superman: Dawn of Justice” left off.

“‘Batman v Superman’ was not my favorite, mainly because I enjoy Marvel more than DC,” said sophomore Allison O'Reilly. “However, I think that ‘Justice League’ will be better, considering all the good actors featured.”

The topic of how DC compares to Marvel is a popular discussion amongst superhero fans. Many find Marvel's films more entertaining than DC's films.

“I think it is the depth of the characters, their dynamic development through the films, and the way their characters drive the plot and theme of those movies that make the MCU films superior to DC films, so far,” said Bailey.

“Justice League” is the fifth installment in the DC Extended Universe. The film was directed by Zack Snyder and the screenplay was written by Chris Terrio and Joss Whedon.

“So many people are interested in hearing what we have to say, and that is an amazing thing that's not to be taken for granted,” said Gadot, who plays Wonder Woman, in an interview at the film's Hollywood premiere. “That is the reason we keep on doing these movies, because people care so much.”

Many students are looking forward to watching “Justice League” because of the dynamic superhero league that is formed in the film.

“I already have plans to go see the movie this month because I am really looking forward to seeing all these superheroes team up,” said sophomore Mary Magliozzi. “Usually movies just focus on one hero, not a bunch coming together.”

The film is expected to surpass box office records of the popular DC film, “Wonder Woman” as well as other hit DC Universe movies.

The Associated Press reported that “Justice League” brought in \$13 million at its midnight showing on Thursday, Nov. 16. As of Monday, Nov. 27, the film has a box office weekend gross of \$40,730,000 and received a 7.3 out of 10 rating on IMDb and a 41 percent rating on Rotten Tomatoes.

“I definitely cannot wait to see how all the actors work together in this film,” said O'Reilly. “Any action, superhero movie is always entertaining to watch.”

“Justice League” is now playing in theaters.

*The Associated Press contributed to this article.*

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# Arts & Entertainment

## Dance Program Prepares for Weekend Full of Shows

BY MISSY O'ROURKE  
Photo Editor

The Sacred Heart University Dance Program will be performing three different shows in the Edgerton Center for the Performing Arts from Dec. 1 to Dec. 3.

Taking place on Friday, Dec. 1, "Midnight Cabaret" will be presented by members from the Dance Program.

"Midnight Cabaret" is intended to be a fun night of dance for students on the SHU Campus," said Director of Dance Kari Williams. "Students can expect sassy, sexy and fierce choreography by student and professional choreographers."

"Midnight Cabaret" starts at 10:10 p.m. and will feature a number of dance styles; including jazz, hip-hop, tap, musical theatre dance and ballroom.

"The audience should feel just as involved and a part of the show as the dancers are," said freshman Gabriella Trani. "The dancers in this program are full of exuberant spirits and are performing to connect with the audience and showcase their talents."

The next show, "Mosaic," takes place on Saturday, Dec. 2 at 2 p.m. and will feature the pre-professional Dance Company.

The audience can expect to see everything from classical ballet and pointe, as well as musical theatre dance, tap, contemporary,

modern, and a special performance from the Irish Dance Ensemble.

"Our dancers, dance faculty, student choreographers and professional guest choreographers have been working to prepare for the entire Fall semester," said Williams. "Each piece is important and reflects a vision of the choreographer that the dancers are tasked with bringing to life."

Even if some members of the Dance Program are not involved with any of the shows, they are looking forward to seeing them from the audience.

"I can't wait to support my fellow dancers by going to see the shows," said senior Samantha Mays. "The program is so big that you don't get to see all of the dances before they hit the stage. I am looking forward to seeing what everyone has been working on this semester."

The final show of the semester is "Winter Soulstice," taking place on Sunday, Dec. 3 at 2 p.m.

Put on by the Dance Ensemble, this show will feature pieces by student choreographers, as well as performances by the Irish, Hip-Hop, and Ballroom ensembles.

"The audience should expect to see an incredibly wide variety of dances," said freshman Justyna Jablonska. "Just from the dances I'm in, I know there are some extremely exciting ones in the show ranging from burlesque jazz to contemporary and

hip-hop."

Apart from the special guests' pieces, all of the dances in "Winter Soulstice" have been choreographed by students. Each dance has a different style and they all have their own meaning.

"My tap dance is entitled 'Stand By Me.' The inspiration was that as a member of Dance Ensemble, it is a place where we are friends... all there for each other and looking out for one another," said senior Taylor Coughlin.

The dancers and choreographers have been working throughout the Fall semester to prepare for each of the shows.

"Each show has something special to offer and the audience will definitely be able to see our level of dedication," said junior Maria Citarella. "I'm looking forward to sharing my art with the audience and sharing the stage with an incredibly talented group of dancers."

Tickets for all three performances are available to purchase at the Edgerton Center's box office or on the Edgerton Center's website.

"These shows are a wonderful portrait of the dance community we have created here in such a short time. As we grow, we evolve every semester into something more spectacular than anyone could have anticipated," said Williams. "I feel blessed everyday to call this program my home and its students and staff my family."

## "Noises Off" Review



GRAHAM O'DWYER/SPECTRUM

THE THEATER ARTS PROGRAM PERFORMED "NOISES OFF," A COMEDIC PLAY BASED OFF THE PLAY WRITTEN BY MICHAEL FRAYN.

BY MELIHA GUTIC  
Asst. Arts & Entertainment Editor

Sacred Heart University's Theatre Arts Program premiered "Noises Off" at the Edgerton Center for the Performing Arts on Nov. 17, 18, and 19.

The show is a comedy based on the play written by Michael Frayn. The show is a play within a play and the actors are performing in a show called "Nothing On."

At first, this didn't really catch on but as soon as Lloyd Dallas, played by Patrick Robinson, came onto the stage, you could tell that he was acting as a director and it clicked.

I will truthfully say that I have never attended Theatre program here at SHU, but I was very pleasantly surprised.

During the first ten minutes of the show, the acting was done so well, that the line was blurred as to when they were performing in "Nothing On" and when they were performing in "Noises Off," the actual show.

I'm not an avid play watcher, but what I can say is that the acting in this show is phenomenal.

The first character we see is Dotty/Mrs. Clackett, played by Rose McKenna. She plays the housekeeper and she is charming and witty, yet relatable. She had people in the audience

howling and she absolutely nailed the character.

After that, we see Garry/Roger played by Zachary Lane, and Brooke/Vicki played by The Spectrum's very own Arts & Entertainment Editor, Jordan Norkus. Brooke is an inexperienced actress who comes off as a dumb blonde and her one-liners were hilarious.

Garry on the other hand is a very frazzled and jealous man and is in a relationship with Dotty. The acting for this character was incredible because it was very fast-paced and Lane nailed it.

Katherine Horne plays Belinda/Flavia and I think the character Belinda reminded me a lot of myself because she was the one that was constantly trying to make everyone happy so that the show could go on. Andrew Patino plays Frederick/Phillip and I think the role fit him perfectly.

The show is a comedy and it definitely delivered. I didn't want to laugh too hard! I was trying to take everything in at once, because I didn't want to miss anything.

One of my favorite things about the show was that it was set in three acts, which is unusual since most plays are set in two.

In the first act, we see the

stage. In the second act we see the back of the stage, and in the third, we see the front of the stage again. What I loved was that it gave the audience different perspectives on what happens during a show.

The first act was a basic rehearsal of the play "Nothing On" and then in the second and third act, it was a view of the actual show and how everything went terribly.

The second act was my favorite, because it almost felt like I was intruding on something that I am not a part of. I feel like backstage is an actor's own world, something the audience will never see and here we are, seeing something that seems very personal. I would imagine that the backstage during a show is just as chaotic with a little less drama. Maybe?

I also have to give credit to everyone who worked behind the scenes such as the director, production manager, and everyone else involved. The production put into the show was amazing and it enhanced the show that much more.

Overall, the play was a stunning display of Sacred Heart's Theatre Arts Program, and I can't wait to see what else they have in store in the Spring.

**MIDNIGHT Cabaret**  
Presented by the Dance Program  
This performance will honor the tradition of cabaret style dance and feature works by both professional and student choreographers.

**winter SOULSTICE**  
Presented by the Dance Ensemble  
This event will feature our student-run Dance Ensemble performing works of student choreography in all styles of dance!

**MOZAIC**  
Presented by the Dance Company  
This performance will feature our Dance Company in original works by professional choreographers in Ballet, Modern, Contemporary, Jazz, Tap and Musical Theatre Dance.

EDGERTON CENTER FOR THE PERFORMING ARTS FACEBOOK

THE DANCE PROGRAM WILL BE PERFORMING THREE SHOWS FROM DEC. 1-3.

# Sports

## Women's Ice Hockey Defeats Holy Cross for 1st Time in 10 Years

BY OLIVIA MITTLEMAN  
Staff Writer

On Nov. 12, the Sacred Heart women's ice hockey team defeated out-of-conference rival, The College of the Holy Cross, for the first time in 10 years.

"They're our main rival," said head coach Thomas O'Malley. "We've had some very close games with them in the past, especially in the last two seasons."

According to Sacred Heart Athletic Communications, senior Taylor Moreland netted the team's first goal during the first period at the 11:15 mark. Moreland then added another goal during the second period at the 19:42 mark.

"I felt like 4 years of hard work was paying off," said Moreland.

Holy Cross scored a goal of their own in the third period with 8:42 left to go.

"Once they scored the penalty kill goal, I knew we all had to be dialed in," said sophomore Jayne Lewis. "In the last few seconds everyone was just trying to fall on the puck. Everything was for the team and for the win."

Junior goaltender Sarah Erban recorded 27 saves.

"She was the glue that held the team together," said Lewis.

Moreland and Lewis said there was a lot riding on the Holy Cross matchup because of the history

between the teams.

"Last year when we played them we were winning 2-0 going into the third period," said Moreland. "They came back to win 3-2. So I think we all wanted revenge."

Sacred Heart fell to Holy Cross 2-1 on Nov. 11, the first game of the two-game series.

"We kept the line-up the same for the second game," said O'Malley. "We were confident in the players."

O'Malley said the key to the team's success was their ability to stick together and believe in each other.

"This year we're a really family-oriented team," said Moreland.

Unlike previous years, Moreland said the team focuses on spending time together both on and off the ice.

Prior to games, O'Malley gives the team a game sheet. O'Malley said one of the things on there was to defend together, attack together, win together.

Sacred Heart and Holy Cross will face each other again before the end of the season. Holy Cross will travel to Sacred Heart on Jan. 26 and Jan. 27.

"Our season doesn't just end with Holy Cross," said Lewis. "We have about 30 games left to play and we have to play every single

one of them to the expectation we played against Holy Cross."

In the past two years, the team has finished 12-13-2 and 7-15-3. The team has high expectations for this season and puts an emphasis on the Holy Cross win.

"I think it's a big step moving forward, since Sacred Heart women's ice hockey hasn't had the best record in a while," said Moreland.

Moreland also said it could be the turning point in the season. Now the team knows they can beat Holy Cross and similar adversaries.

"I think it's a big confidence builder for the whole team, and especially the whole program," said Lewis.

The team defeated Franklin Pierce University on Nov. 17 and Nov. 18. They also defeated Neumann University on Nov. 21 to go 3-0 heading into Thanksgiving break.

Both wins over Franklin Pierce were by one goal, while the win over Neumann was a 10-0 game.

Next, the Pioneers will play Becker College in a one-on-one series, starting away on Dec. 1 at Becker and at home at The Rinks at Shelton on Dec. 2.

## Football Team Ends Season with Senior Day



SACRED HEART ATHLETICS

ON A DAY WHERE THE SACRED HEART FOOTBALL TEAM HONORED ITS 22 SENIORS, THE PIONEERS LOST THEIR SEASON FINALE 28-15 TO THE WAGNER SEAHAWKS AT CAMPUS FIELD.

BY JOSEPH SIEGEL  
Staff Writer

The Sacred Heart football team closed their 2017 season on Saturday, Nov. 18 when they hosted Wagner University for Senior Day.

The seniors would not finish their career with a win, as Sacred Heart lost to Wagner 28-15.

The team finished up their 2017-2018 season with an overall record of 4-7 and 2-4 in conference play.

With Sacred Heart honoring 22 seniors in the game, head coach Mark Nofri will have to make major changes for next year's season.

"Records don't show the true effort," said Nofri. "This is one of the best teams I've been around from a chemistry and talent standpoint, records don't speak for who they are."

Nofri knows the team has the talent to succeed in the future years.

"Obviously the way the kids have been playing hard and all four quarters they never give up," said Nofri.

Though the team fell short of achieving their goal of winning the Northeast Conference (NEC), the team had many encouraging statistics.

"We've had a pretty good year, we placed second in the conference in overall points," said Nofri.

Senior quarterback, Kevin Duke, was a contributing factor as to why the team succeeded in many offensive categories.

"Kevin loves his teammates and the game," said Nofri. "Turnovers aren't all on him but if you look at the games Kevin plays well in, we came out on top. We've been very happy with his progress and for him staying healthy all year."

Duke set new program single-game records with 39 completions, 62 pass attempts and 429 passing yards against Bryant University on Nov. 4.

"There are a million different ways to look at it," said Duke. "Yes I broke some records but we lost the game. I would rather win the game than break millions of records."

Duke put together an impressive senior year, finishing with 2,596 passing yards and 15 total touchdowns.

"I could have been a lot better in situations, but this season has shown our progress and talent," said Duke. "The chemistry I have with the receivers and offensive line, gives this team the trust to have me to throw the ball 62 times."

The team recognized

seniors Dylan Ackerson, Kevin Daly, Jake Davis, Jaylin Deveau, Kevin Duke, Matthew Du Pilka, Vincent Favorito, Alec Finelli, Josh Freiria, Mickey Haller, Matt Ilalio, Anthony Merejo, Michael Montemurro, Mustapha Noibi, Andrew O'Neill, CJ Parvelus, Brendon Slade, Paul Stanton, Max Trudeau, Mike Whalen, and Khaamal Whitaker.

"Senior day is always sad and emotional since you see these athletes come in as young freshmen," said Nofri. "Seeing all the kids' growing pains, and now they are young men ready to take over the world, they represent the true meaning of a student-athlete."

One positive note the team had from their loss on Saturday is that their quarterback Duke will not be graduating.

"Tough to have emotions when you have a fifth year," said Duke. "I have made a lot of good friendships with these kids, we left all we had on the field, training room, and inside the classroom through our four years."



SACRED HEART ATHLETICS

THE SACRED HEART WOMEN'S HOCKEY TEAM WON, 2-1, AGAINST HOLY CROSS. (PICTURED LILLY CLEARLY, JUNIOR).

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# Sports

## Aftermath of UCLA Shoplifting Incident

BY KENDALL GREGORY  
Assistant Sports Editor

On Nov. 7, three men's basketball players from the University of California, Los Angeles (UCLA) were arrested in Hangzhou, China on shoplifting charges. Freshmen LiAngelo Ball, Cody Riley and Jalen Hill were suspected and arrested the morning after the incident.

The UCLA and the Georgia Institute of Technology (Georgia Tech) men's basketball teams were in China to play their season opener in Shanghai on Nov. 10. UCLA defeated Georgia Tech 63-60.

On Nov. 6, the players and coaches were given a tour of Alibaba Group Holding Limited, an e-commerce company and the sponsor of the game between the two teams.

After the tour, players and coaches returned to their hotel and were given 90 minutes to explore the city on their own. It was at this time that Ball, Riley and Hill shoplifted from a mall near their hotel.

The following morning, the UCLA men were questioned by police and then taken into custody for further questioning. All three men were released on the morning of Nov. 8 on bail and the agreement to give up their passports and adhere to travel restrictions.

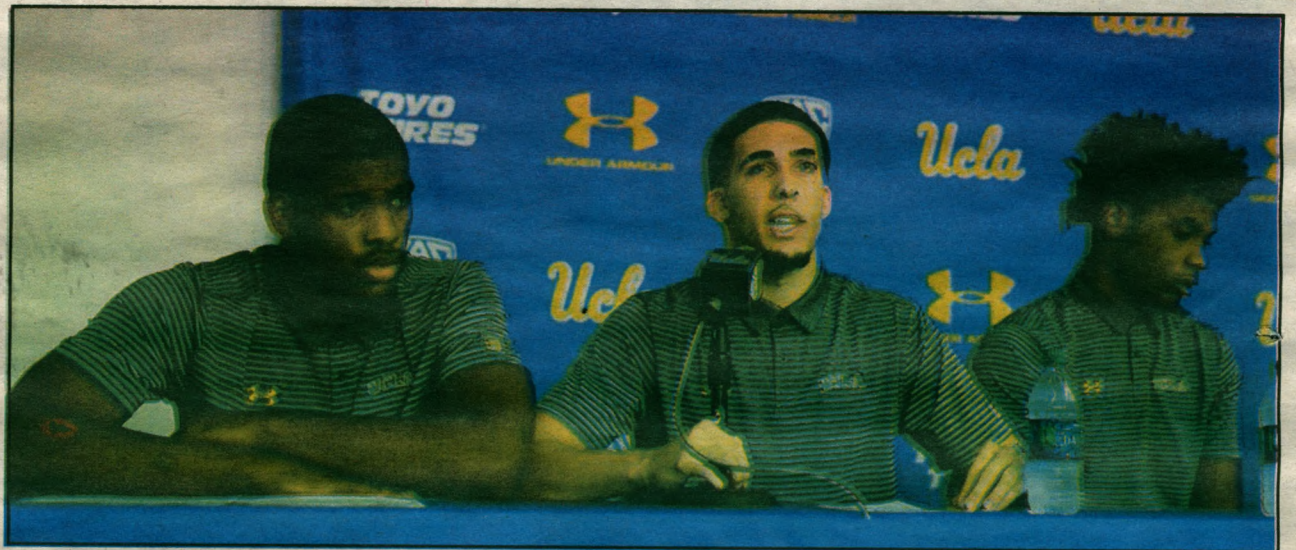
The athletes would not travel with the rest of their team to Shanghai for the game.

"I'd like to start off by saying sorry for stealing from the store in China," said Ball. "I didn't exercise my best judgment, and I was wrong for that."

Ball is the son of former professional basketball player LaVar Ball and the brother of current National Basketball Association (NBA) rookie Lonzo Ball.

The players were given permission to leave China on Nov. 14 and arrived back in Los Angeles on the same day.

According to the Associated Press, President Donald Trump reached out to the President of the People's Republic of China, Xi Jinping, in regards to letting the three men



FLANKED BY TEAMMATES CODY RILEY, LEFT, AND JALEN HILL, UCLA BASKETBALL PLAYER LIANGELO BALL READS HIS STATEMENT DURING A NEWS CONFERENCE AT UCLA WEDNESDAY, NOV. 15, 2017, IN LOS ANGELES. THE THREE PLAYERS WERE DETAINED IN HANGZHOU FOLLOWING ALLEGATIONS OF SHOPLIFTING LAST WEEK BEFORE A GAME AGAINST GEORGIA TECH IN SHANGHAI.

return to the United States.

Following their release, Trump took to Twitter. "Do you think the three UCLA Basketball Players will say thank you President Trump? They were headed for 10 years in jail," said Trump in a tweet.

China's laws regarding shoplifting are among the strictest in the world and in result can carry a sentence of up to 10 years in prison.

All three players, coach Steve Alford, and Athletic Director Dan Guerrero have reportedly personally thanked Trump.

Trump was displeased when Ball's father seemed ungrateful for what Trump did to get his son out of jail. He then took to Twitter and said he should have left Ball and the two other players in jail.

"That's on your mind, that a father didn't say 'Thank you'? And you're the head of the U.S.?" said LaVar Ball.

"There are a lot of other things going on. Let him do his political affairs and let me handle my son."

The players have been suspended indefinitely and are not allowed to participate in team workouts, practices, suit up, be on the bench during home games or travel with the team.

"To the three UCLA basketball players I say: You're welcome, go out and give a big thank you to President Xi Jinping of China who made your release possible and, HAVE A GREAT LIFE! Be careful, there are many pitfalls on the long and winding road of life," said Trump in a tweet. UCLA is currently 5-1, with their only loss coming from Creighton University, and is ranked 23rd in the country.

Associated Press contributed to this article.

# 2018

## Winter Intersession

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# WINTER WISELY

### 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

### 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

### 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

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# Sports



SACRED HEART ATHLETICS

SENIOR TYKERA CARTER'S (PICTURED) CAREER-HIGH 20 POINTS SPEARHEADED THE SACRED HEART WOMEN'S BASKETBALL TEAM TO A 73-68 WIN OVER HOST FLORIDA A&M, WEDNESDAY AFTERNOON INSIDE OF THE AL LAWSON CENTER. THIS MARKS THE FIRST ROAD VICTORY FOR THE PIONEERS THIS SEASON.