State Lawmakers Gather for “Connecticut Crossroads”

BY MICHAEL BARRY
Staff Reporter

On Nov. 28, seven state lawmakers—across parties and platforms—gave their take on the state’s upcoming holiday season. The legislators shared their favorite traditions, upcoming events, andMaybe even the worst parts of the holiday season.

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News

Sacred Heart Gets Festive with Annual Christmas Tree Lighting

STUDENTS GATHERED ON THE QUAD THE ANNUAL CHRISTMAS TREE LIGHTING, RINGING IN THE START OF THE HOLIDAY SEASON.

Holiday Wordsearch

Find the words below in the grid. The first letter of each word is provided to help you get started.

CHRISTMAS
Kwanza
Hanukkah
Lights
Trees
Santa
Gifts
Stocking
Wreath
Ornament
Snowflakes

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As the fall semester comes to an end we get closer to every college student's favorite time of year-winter break. It's that important period of time between fall and spring semester where students get a month off to go back to their hometowns and celebrate the winter holidays.

My typical winter break is one that a majority of college students also experience. I know I use it as a time to catch up on all the sleep I've missed out on or lost during finals week. I also use it as an opportunity to work and earn extra money because I have quickly learned over the years that college makes you poor.

But I also get to celebrate Christmas and New Years with my family and it's also the best time to reconnect with hometown friends, because it's the first time since summer everyone is back in town together.

Even though I live in Connecticut, I'm not in love with the idea of cold weather or snow, so I also use break as an excuse to find a new show to watch on Netflix and binge watch it for the entire month to avoid walking outside.

We all look forward to getting that break from school and letting our brains rest. However, for me, this winter break will be one that is not so typical to my winter breaks in the past three years.

This past summer my parents offered for me to go to India and travel to India, seeing friends may be fun, but I am excited to leave the typical holiday season at home. As the saying goes, if not now when? Rather than staying at home and seeing friends, I will be taking a trip with each other for senior year during winter break. We are still poor college students and that's the reality of it, if it weren't for my parents allowing us 'to use their timeshare I don't think we would be going in January at all. Something you don't realize when you are young is how expensive traveling can be and two trips within three months just doesn't seem reasonable at the moment on a college students budget.

So while everyone else in the world is taking their trips in March, going to places like Cancun and New Orleans, my housemates and I will most likely be spotting hanging out in Bangladesh with each other because we have already had our fun in January. But we are okay with that.

Some people like to stay home over winter break, maybe even take an online class, and some like to travel the world. Through Sacred Heart's Global Studies program, I was given the opportunity to travel to India to study Global Health in the Rural town of India called Jamshedpur. This experience will greatly differ from the typical holiday season at home. Instead of attending a New Year's Eve party, I will be watching a traditional ceremony involving a snake charmer.

While abroad I will also be working on projects that focus on issues involving the community. I have never experienced a full college winter break. Between returning two weeks early for track and field, and now traveling abroad, I guess I will never really know what it's like to be home for the entire break. However, I feel no regrets in regard to that. If there is ever a time to travel and see the world it is now. In the future, vacation days will be hard earned and tough to come by.

As the saying goes, if not now when? While in college there is no better time to broaden your horizons and experience different cultures. These trips are both educational and provide you with an experience that you will never forget.

To top off these trips, they are comparatively affordable, as well. Although traveling abroad may be out of my comfort zone, I am confident that making an impact in other people's lives will greatly outweigh any thoughts of uncertainty.

Rather than staying at home and doing the same thing I did for 18 years, I am glad to take the opportunity to see the world while helping to improve other people's lives.
**By Dominick Daniele
Staff Reporter**

When you think of the month of December, it is difficult to not think about Christmas. Maybe it is because of almost every store displaying Christmas trees, wreaths with bright lights hanging up outside while the snow and cold air scatter around.

"I really enjoy buying gifts, setting up the Christmas tree, and spending time with my family," said junior Ryan Kalish.

Although the popular holiday of Christmas is very well advertised and celebrated throughout the world, there are other holidays in December that receive attention. One of these holidays is Hanukkah. Hanukkah is the holiday that is celebrated by those who are of the Hebrew faith.

"When my family celebrates Hanukkah, we light a candle on the Menorah every night until the 8th night and we say blessings before they are lit," said junior John Goodnough. "We also recite special prayers."

Since the celebration of Hanukkah lasts for eight days, it begins on Dec. 12th and ends on Dec. 20th.

Oil is very sacred when it comes to Hanukkah because a tiny amount of olive oil was miraculously used to light the eight candles, according to Prof. of Theological Studies Daniel Roter. It is a tradition to eat foods fried with oil.

"My favorite are the potato latkes," said Goodnough. "My family also makes the traditional Israeli jelly-filled doughnut."

Surprisingly, Hanukkah is actually not the most important feast of the Jews, says Roter.

"It became a more popular feast in the United States as Jews became more involved in United States culture," said Roter. "It offered an alternative to the popular holiday of Christmas."

Kwanzaa is also another holiday in December that many people recognize, but do not know much about. Kwanzaa begins on Dec. 26th to Jan. 1st. This holiday represents the celebration of the Civil Rights movement and African heritage in the United States.

According to Prof. of Theology and Religious Studies, Jane-Ann Greeley, the main tradition of the holiday is the family gathering together each night, lighting one candle a night until seven are lit. Once the candle is lit, there is a family reading and reflection on one of seven essential principles of Kwanzaa.

"It is a holiday like no other," said Greeley. "It does not celebrate just history or a religious occasion. It focuses on the unity and well-being of the social community, social ethics, ecological consciousness, the pan-African heritage of African-Americans and the fusion of several distinct yet affiliated African traditions and cultural artifacts."

Additionally, there are other catholic holidays in December that do not get as much attention as Christmas, according to sophomore Erin Rederscheid.

"The main one is the feast of the Immaculate Conception," said Rederscheid. "It is the moment when God declares Mary free from original sin from the day of her conception. I think this is very important to celebrate because without Mary, there is no Jesus and therefore no Christmas."

Some students do not take part of the Christmas traditions because of their different religious beliefs, but find ways to be positive. One of these students is junior Omar Abd. "I am Islamic, and we do not celebrate a holiday in December," said Abd. "It does feel strange when everyone is celebrating Christmas here because I did not grow up in that tradition, and I really don't like the Christmas music, but everyone seems very happy during this time."

Although Sacred Heart is a Catholic university, the school tries its best to include and accept everyone's faith during the holidays.

"Here at Sacred Heart, we do a good job of both valuing the religious reality of Christmas and making sure every student feels included even if they are not someone who celebrates Christmas as a religious holiday," said Roter.

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**By Lianna Grillo
Staff Reporter**

After Thanksgiving break, on Sunday, November 26, Sacred Heart dorms re-opened and classes were back in session the next day. Students come back from Thanksgiving knowing that the next two to three weeks they are going to be rough ones, being that finals are approaching. According to the Sacred Heart University finals schedule, finals officially end Saturday, Dec. 16. On Sunday Dec. 17, all dorm halls close and residents must leave by 10:00pm. After this, students will most likely go home and celebrate the holiday season for the rest of the month of December into January. However, before students can even think about the holiday season they have to put their brain in finals mode, and prepare for all the work they are about to have.

According to Huffingtonpost.com music, friends, food, working out, study breaks, staying in, and deep breaths are some of the greatest tips for surviving finals. Huffington Post says that music is a great way to alleviate stress and improve your mood. They also state that studies show that non-lyrical music will improve your brains capacity to function.

Huffington Post also states how your friends can be an awesome resource. Studying with friends can keep you motivated and on the right track. When they mentioned food they mentioned how eating right during finals week is very important. They say that studies show that fish, eggs, and protein boost concentration.

"During finals week I try to get all my work done ahead of time and pace myself, I take breaks by treating myself and getting my nails done when I have some free time. It is relaxing and a way to de-stress," said senior Madison Peters.

According to goconqr.com, speaking out loud instead of just reading to study is proven to help you remember the material you studied. Teaching what you have learned to someone else is also proven to test if you really know something or not.

"I always stress eat during finals week, I know I should be eating healthy but I just always crave junk food," said senior Danielle Tata.

Another fact according to goconqr.com is that taking regular study breaks help you absorb more information, but also keeps you more motivated and focused when you are working. They also stated that staying up all night before an exam is not a great idea because your brain simulates information while you sleep, so you will remember the next day.

"I prepare for finals week by buying all of outtakes and stress eating, stopping by the diner for a milkshake as my study break," said sophomore Sophia Tallarine.

Sacred Heart Mathematics student are also offering a "Cookies and Cram" gathering in EC 216 where they are offering free hot chocolate for students. Every year here, Chartwells also offers a delivery service to dorms consisting of Mac and cheese bites, mozzarella sticks, and other comfort foods students can eat while stressing over finals.

"My way of exercise during finals week is by carrying all my books and资料 with me to the library so I can study anywhere I go."

"I am always at the library so much that I should just bring a sleeping bag there so I can study all night, wake up and study some more," said Tallarine.

According to the Student Success Center, Sacred Heart University is now offering free online tutoring in different subject areas. Sacred Heart partnered with TutorMe.com and will be provided free face-to-face tutoring that can be accessed on any device at anytime.

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**So You Think You Know Christmas Films?**

Here is a list of some popular Christmas films. They vary from drama, comedy, romance, children's and horror.

- **Rudolph The Red-Nosed Reindeer** (1964)
- **A Charlie Brown Christmas** (1965)
- **Dr. Suess' How The Grinch Stole Christmas** (1966)
- **Frosty The Snowman** (1969)
- **Santa Claus Is Comin' To Town** (1970)
- **A Christmas Story** (1983)
- **Gremlins** (1984)
- **Home Alone** (1990)
- **The Santa Clause** (1994)
- **Jingle All The Way** (1996)
- **Elf** (2004)
- **The Polar Express** (2004)
- **A Christmas Carol** (2009)

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

Submit all works to our Perspectives editor, Giovanna Gatto, at gagto@maitsacredheart.edu

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

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THE SACRED HEART SPECTRUM

December 6, 2017

In Response to the Question
“What Are Your Career Goals?”

GIOVANNA GATTO
MANAGING EDITOR

The holiday season can be a hard time for
indecisive and career-confused college
students. For the past four years I have
returned home with the same struggle of
seeing people who seem to have a great
interest in where my life is going. My rela-
tives, friends and neighbors all find it very
important to ask me what my career goals
are. What do you want to do with your
life? Is it hard to get a job in your field?

And for the past four years I have repeat-
edly forgotten all of my social skills and
word vomit by saying, “Uh yeah, I wanna
make stuff.” Luckily people usually just
nod and walk away because I have made
them as uncomfortable as I was when they
first asked the question. However, this
dreaded interrogation has now followed
me outside of my home in Philadelphia,
Pennsylvania and creeped into a interview
that I recently went to.

During the interview I was asked that
same question and it took everything in
my might to keep from rolling my eyes
and grunting in annoyance. I could tell
my subconscious had an instant dispro-
val of this vague and unfair question.
Thankfully I responded genuinely, and

so path. This was an important lesson be-
cause it became clear that when I verbalize
what my “career goals are,” my response
should just ensure the person questioning
me that everything will be okay. It is my
stamp of approval that I have something
figured out even if I don’t know what that
is yet.

To answer the golden question:
“What are your career goals?”

I plan to make things, forever. In pro-
duction, through writing, online and in
person. My goal is to impact others with
my work, in my career and in my every-
day life.

If asked, I would compare my rise on The
Spectrum ladder to the well-known scene
in “Harry Potter and the Goblet of Fire.”
Harry didn’t put his name in the goblet, but
he was chosen to compete in the Tri-wizard
Tourament anyway.

Honestly, that’s really how I got here.
The title below my name on this page kind
of just fell into my lap, but I’ve always
known that journalism was supposed to be
a part of my life—really, it’s in my blood.

Also, journalism has really been under
fire lately, which has only inspired me to
work harder to create something great and
everlasting. The truth is something that
should always be fought for, in my opinion.

Despite the adjustment and the learn-as-
you-go way of things, The Spectrum has
opened a lot of doors for me this semester,
so I thought I’d use this editorial opportu-
nity to give you all, our loyal readers, an
official first semester progress report on
The Spectrum.

When we first began this year, we really
wanted to give the newspaper that you all
know and loved a well-deserved facelift.
We created a new, more professional and
authentic layout; removed and changed
some little details, and added some cool
new features and sections that I’m pretty
proud of. We increased our website and
social media traffic, and nearly doubled the
size of our staff.

I truly would not be able to be like Harry
Potter in the Tri-wizard tournament without
my amazing staff or the editor, Kaleb and
her Newswriting and Reporting classes.

To my amazing and incredibly patient
section editors (Victoria, Brendan, Sabrina,
Anthony, Kelsey, Dante, Christina, Jordan,
Melisha, Heather, Ryan and Kendall)—you
guys are the whole reason we have such
a successful newspaper.

Thank you for letting me toss your topics
around every Sunday, for letting me ramble
on about nothing important, for giving
me students a voice, and for keeping up with
everything that’s fresh and new because I
clearly don’t know what’s cool anymore.

Dante and Roberto, you guys are the
reason our 10-hour Monday production
days are worth it. Thanks for dealing with
doesn’t have of getting these 750 copies
circle or forums, instead of going to the
local store.

To Faye, Eric, and the Public Relations
team, the true wizards behind the curtain—
without you guys and your incredible skills
and the seemingly eternal Monday nights,
we would not be able to do what we do
without you three.

And last but not least, Giovanna and
Bryan. There’s really nothing like calling
Trumbull Printing at 9:30 p.m. and being
told to wait 20 more minutes before being
able to leave. I think that just about sums
up this year for (insert job title here).

Overall, we’re coming off of an incred-
ibly strong first semester. While I’m not
really sure what’s coming up next for us,
I am sure that The Spectrum would be
nowhere without you, our loyal readers.
Thank you for picking the paper up and
reading what we have to say every week.
See you all right back here in January.
Features

Tell Us Your Story:
Frankie Scarano

BY NICOLE D’ANDREA
Staff Reporter

Francesco Scarano, senior, who usually goes by Frankie, is from North Haven, Connecticut. He found himself very involved in many on-campus activities over his past four years at Sacred Heart University.

“My fall in love with the campus as soon as I visited for the first time. Sacred Heart was a perfect school for me because it was not too big, and it felt right,” said Scarano.

Scarano’s involvements on campus include being President of Omega Phi Kappa (OPK), Italian Club, University Band, Ballroom Dance, and Residential Life.

Because he is so involved on campus, Scarano has had the opportunity to see students get more involved on campus.

“I consider myself to be an individual who gets his happiness from seeing other people happy, and I am able to make a difference throughout campus, by just being myself,” said Scarano.

He is the Senior Resident Success Assistant (SRSA) at The Ridge, and lives in one of the townhouses.

In addition, in being President of OPK, Scarano takes on a lot of responsibilities for the fraternity.

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Scarano also plays the trumpet for the University Band.

Scarano's involvements in Ballroom Dance and the Italian Club have allowed him to stay close to his Italian roots.

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Sacred Heart Students Contribute to Project in Ansonia

BY HENRY INDICATOR
Staff Reporter

Four students at Sacred Heart University have made significant contributions to the nearby town of Ansonia, CT, in an attempt to help improve the town's conditions, by implementing their creative ideas.

The concept of this project was spearheaded by Associate Marketing Professor, Joshua Shuart, who lives in Ansonia, and has been working part time in town halls getting to know some of the city officials as he tries to help his community.

“We aim to provide our Sacred Heart students with a challenging real world project, one where they are in the drivers seat, and ultimately responsible for their success or failure,” said Shuart. “The reality is that I am always more concerned with the team following a process than I am with any ultimate outcome, so just going through the process produces an academic victory.”

The project also gave students the hands-on experience that would benefit them in the future.

“If ever there was a perfect place to go down the proverbial rabbit hole, it is with a project such as this one. I would be willing to bet that these four students are now the preeminent experts on brownfields and remediation on the entire Sacred Heart campus,” said Shuart.

The students know that they took on a great opportunity when participating in this project and they see Shuart’s influence and leadership in improving their local community.

"Educationally, he’s helped us a lot because he’s been giving us a decent amount of reading and research material to work with, and he’s giving us just enough instruction to help us, and then he’s giving us the freedom to go down the proverbial rabbit hole, it is with a project such as this one. I would be willing to bet that these four students are now the preeminent experts on brownfields and remediation on the entire Sacred Heart campus,” said Shuart.

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The project is part of Sacred Heart's Problem Based Learning Lab class, and it was a choice that Jackson chose along with senior Brendan Walsh, Nicolette Black, and junior Julian Linke.

“Our main goal is to refurbish Ansonia to make it more attractive to younger individuals. The route we’re going for right now, is a brownfield, which means ‘empty space,’ like the empty space in old industrial buildings,” said Linke.

“What we want to do is put a sports complex in that building, and a few other add-ons, to make it more attractive for younger people who want to come to Ansonia, and make them want to stay,” said Linke.

One of the important aspects of the project, is the emphasis on teamwork and all four of the students have each divided up the responsibilities in their attempts to make their vision a reality.

“We had a meeting with Dr. Shuart a few weeks ago, and we came in with a presentation, he wasn’t even expecting a presentation. He didn’t know we were going to conduct one, but we kind of thought that it would be a better way to present all the information we had, and he really liked it,” said Jackson.

For the students and Dr. Shuart, it has proven to be a new kind of learning experience, and they have had some significant takeaways.

“I think above all, the students gained a great appreciation for municipal finances, and government. That angle of this project will provide a unique takeaway for the them,” said Shuart.

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December 6, 2017

The Sacred Heart Spectrum

Features

Food Review: JP’s Diner

BY DIANA LENTO
Staff Reporter

When JP’s Diner opened, there was a great deal of excited anticipation to see what this new dining spot on campus would have to offer.

Since the diner officially opened in early November, there has been quite the demand for the much anticipated burgers, omelettes, and grilled cheeses, among other delectable meals that are offered on the menu.

The outside of the diner has appeals to the typical 50’s retro theme, with silver and red flourishings. Because of the holiday season, the diner is currently decorated for Christmas.

The windows display some delightful festive Christmas wreaths. There are many booths inside the diner along the windows where people can sit and enjoy each other’s company.

There are also two sizable televisions inside playing some Christmas classics.

Of course, for the people who just want to enjoy a cup of coffee on the go, the bar stools offer a convenient, yet pleasant, seating option. The diner is spacious and allows for groups from one to ten to enjoy themselves in a comfortable environment.

The decor was tasteful, displaying the school colors on the seats of the booths, floor, and the ceiling. Sacred Heart’s crest was embellished on the back of the single seats.

Because of the excitement that preceded the grand opening of the diner, there is often an hour-long wait to be seated. I was with a friend and we placed our order with the cordial wait staff.

We ordered a grilled cheese, a chocolate milkshake and a west coast omelette.

Our grilled cheese was quite appetizing. The bread was perfectly toasted with the Swiss cheese.

I was able to share an omelette and the grilled cheese with my friend.

The omelette was fluffy yet substantial. The avocado and salsa, which were served as a garnish, is such a detectable taste combination and an ideal complement to the dish. The heat of the salsa was cooled down by the avocado and the eggs. A large serving of hash browns accompanied the omelette, perhaps a welcome portion for those with larger appetites.

The chocolatey rich milkshake was perfectly sweetened, causing us to promptly order another one.

Initially, a few difficulties were reported at the earliest stages of JP’s development. Most students have reported pleasant experiences. Some students have felt that the diner wasn’t the best, by receiving a burnt waffle or a burnt burger.

However, the general consensus on campus is that many students have given JP’s a high rating. This diner is a unique addition to our campus. Not many universities can boast that they have such an establishment right on campus. Its setting makes it a perfect meeting place for students, professors, and visitors.

But as to my own personal experience, I found that the diner is overall a great environment and a comfortable place to sit and enjoy a meal. The food is delicious and I wish I had a meal plan so that I could eat there more often.

I would recommend that every Sacred Heart student at least goes and experiences the diner at least once, it’s something new on campus, so you have to see it for yourself.

STUDENTS HAVE BEEN ENJOYING JP'S DINER, THE NEWEST ADDITION ON CAMPUS, FOR THEIR FUN DECOR AND VAST MENU.

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Sacred Heart University's Dance Program showcased their "Midnight Cabaret" show in the Edgerton Center for the Performing Arts on Friday, Dec. 1. The performance consisted of the Dance Company, Dance Ensemble, and the Hip Hop Production Class.

"Being a Captain this year made the show much more special," said senior Photo Editor for The Spectrum and Show Coordinator for the Dance Ensemble, Missy O'Rourke. "I am very proud of all of the dancers in the Dance Program for putting on such a great show."

The show started with an upbeat jazz and ballroom style dance, titled "Sax in the City." It was performed by the Jazz I class. The routine highlighted dance skills between partners as well as advanced tricks.

"I knew as soon as I watched the opening number, the show was going to be very entertaining," said sophomore, audience member, Mary Magliozzi.

The performance continued with more dances which featuring other dance styles: tap, ballroom, and hip hop. Each routine followed a classy flair of a cabaret theme.

"The theme was incorporated into the show pretty much through the decorations on stage, as well as the different lighting used throughout the performance," said senior Dance Ensemble member, Kristyn Velez.

"Midnight Cabaret" was the first of three shows, all a part of the Dance Program's three day Winter Concert Series.

Presented by the Dance Company, "Mosaic" took place on Saturday, Dec. 2. The series concluded with "Winter Solstice" on Sunday, Dec. 3 and featured the Irish Dance Ensemble, Hip Hop Production Class, and other groups within the Dance Ensemble.

"We picked dances that went along with the winter type of theme, as well as a cabaret style," said Velez.

"Show Me How You Express" was a burlesque/jazz styled dance that tied into the cabaret theme. The production featured hard-hitting technical skills amongst the dancers who stayed synchronized throughout the piece.

"I loved the burlesque piece and the "Payback" dance number," said sophomore audience member Julia McLaughlin. "They were both very impressive and the dancers were amazing."

"Payback" featured the Dance Company and displayed hip hop moves all throughout the number. The audience loved the fun, fast paced dance as they clapped along to the beat.

"The atmosphere and being around all of the dancers was what I enjoyed most about the show," said senior Dance Company member Rosalita Cormier.

Many audience members were on the edge of their seats throughout the show and were thrilled by all of the dances performed.

"Each number brought something different to the performance and I liked watching each dance group," said Magliozzi. "There was a lot of talent shown on that stage."

"Midnight Cabaret" concluded with the Hip Hop Production Class's number of the night, '4 the Millennium;' displaying striking ripples and unique solos.

"I loved everyone's positive energy and getting to bond with people you did not think you would bond with," said Velez. "I loved it so much and being apart of this dance program is one of the many things I love about going to Sacred Heart."
Band Program to Take Audience Members on a “Holiday Voyage”

BY ARIANA COLASUONNO
Staff Reporter

The band will be performing a total of nine songs.
“The first part opens with Alfred Reed’s ‘A Festival Prelude,’ one of the great classics of band literature. We follow that with a piece called ‘Joy,’ composed by Bridgeport native, Joseph Curtale,” said Johnston. “The first part ends with Robert W Smith’s ‘The Divine Comedy,’ an epic symphony for band. We’re doing the last two movements from this work: ‘Ascension’ and ‘Paradise.’ These pieces are absolutely glorious, and fill your soul with hope,” said Johnston.

The second part of the concert involves a chance for the audience members to participate in the holiday celebration.
“The second part opens with two Mannheim Steamroller Christmas pieces: ‘Celebration’ and ‘Fanfare and Hark! the Herald Angels Sing,’” said Johnston. “After that, we give the audience a chance to join in the fun with our annual Christmas Sing-A-Long, ending with ‘Sleigh Ride.’”

Many members of the band are excited for this concert, due to the amount of hard work they’ve put into it.
“I am excited to perform in the concert and play the pieces that we’ve been working on as we transitioned from marching band season to concert band,” said senior Nicholas Rivera.

In the midst of their transitional period, the band will be embarking on a ten day European tour.
“Our tour lasts for 10 days and includes stops in Vienna, Salzburg and Prague. We’ll be giving four concerts in conjunction with some well-known bands from Austria and the Czech-Republic, as well as giving a concert for a local school in Austria,” said Johnston.
“I’ve wanted to take the band here for many years, and I’m thrilled that 65 band members are traveling on this: the band’s fourth international tour.”

Most of the band members who are going on the tour are excited for the experiences that lie ahead.
“I’m extremely excited because this is my second international tour with the band,” said senior Frankie Scarano. “Along with getting great experience playing overseas for a crowd more than excited to hear us, we will be getting a cultural experience and get to see some of the beautiful history of other countries.”

Before they go on their tour, the band wants to encourage everyone to come out and see their final live performance of the 2017 Fall Semester.
“If you haven’t taken the time to come hear the band in concert, try your best to do so, because it is a great concert and an awesome experience looking from the other side,” said Scarano.

“Holiday Voyage” will be taking place in the Edgerton Center for the Performing Arts on Saturday, Dec. 9 at 7 p.m.

Four Sacred Heart Students Accepted into Society of Illustrators of Los Angeles

Walter White by Allison Riback – graphite

JFK by Hailey Hastings – watercolor

Deryck Whibley by Sarah Shamatovich – graphite

Robin Williams by Anna Leone – graphite
Equestrian Finishes Fall Season as High Point Team

BY RYAN SANUDO
Staff Writer

On Nov. 19, the Sacred Heart University Equestrian team finished as the High Point team on Senior Day. The group tied for High Point in the first competition of the day, and went on to win the second competition of the day against Mt. Holyoke College by six points.

Coach Tiffany Hajdasz has a soft spot for the seniors, and knows how much it means to them. "We played all of our seniors that day," said Hajdasz. "Our seniors, as well as our underclassmen, were inspired to do well for each other, so they could have a lasting memory." The team has three days of competitions where the players are competing at different events in separate locations. Hajdasz praises the team's resilience against unfamiliar territory. "Every season is different, and presents a new set of challenges which can make balancing the roster challenging," says Hajdasz. "Our student-athletes are team players and are willing to play whatever position we need, which enables us to plan our competition rosters strategically."

Their have been obstacles for the group which senior, Kassandra Bayles, thinks the team has overcame. "I think the toughest meet for us was the first time we had a Hunt Seat show, and a Western show, on the same day," said Bayles. "It was hard having the team split up and down a few people." Unfortunately, the team has caught illnesses along the way. "We mostly have been plagued by illnesses, and not injuries," said Hajdasz. "The typical seasonal viruses have been prevalent amongst our student-athletes this semester. We pulled back on some of our activities to allow our players additional rest and time to recover." On Dec. 3, the team wrapped up their fall season. The Hunt seat squad placed third behind Fairfield and Trinity. Senior, Isabel Rodriguez, specifically pointed out that the event was a difficult task for the team. "Our roster consists of about thirty girls, and we had three horse shows that day," said Rodriguez. "Half of the team traveled up to Mount Holyoke College in Massachusetts to compete Western, while the other half hosted a Hunt seat show at home. This was especially challenging for us, because out of the 14 girls who helped to host the show, 12 of them were also showing." The team practices a minimum of twice-a-week, and workout three times per week. Rodriguez is impressed with her teammates motivation to practice. "The amount of dedication that every student athlete on the equestrian team must possess, is incredible," said Rodriguez. "But as the year goes on, all of our hard work and dedication is evident in our scores, and in the commitment shown by the team in our practices. The best feeling that you can have leaving a competition, is, knowing that you did your best, no matter what color your ribbon is."

Hajdasz and her team have set goals they hope to accomplish for the remainder of the season. "One of our team goals, is to qualify as a team for post season, in both Hunt seat and Western," said Hajdasz. "So far our team is leading our region in both hunt seat, and western competition. We would like to lengthen our leads and ease the pressure heading into our final competitions of the regular season." The Pioneers will begin competing in the Spring on Feb. 3, where they will compete in a Western double header at UCONN.

Club Ice Hockey Moves Into Second Half of Season

BY JOHN FLANIGAN
Staff Writer

This past weekend, the Sacred Heart club hockey team ended the first half of their season. The team is entering the winter break with a record of 7-5-2 in 14 games from October, to November.

Rookie head coach, Dave Jurasek, said the coaching staff as well as the team were, "very happy with the performance. Winning always feels great, and there hasn't been a team thus far this season that we haven't skated with." Sacred Heart was able to record a point in their first seven games, winning six out of seven games. This streak included a 4-2 win over conference opponent Mariot College, the No. 9 team in the rankings.

"The benefits of experience proved to be massive in the first third of the season. To grind out some of those wins the way we did was crucial for getting our new and returning players on the same page," said senior defenseman, Michael Blando.

However, the winning streak was lost on October 28, as Roger Williams University, the No. 1 team in the rankings, defeated Sacred Heart 3-1.

The team then lost a string of tough games as they found themselves riding a five-game losing streak, bringing their record to 6-5-1.

We lost some hard fought battles against some of the consistent top contenders in the Northeast Conference, including William Patterson, Keene State, and New Hampshire," said Blando. "This showed us the level we need to play at, on a consistent basis."

In a hard fought 4-2 win, Sacred Heart defeated Montclair State University, on Nov. 17, to get back to their winning ways. Junior, goalie, Brandon Rozzi, made 26 saves en route to his and the team's seventh win of the season.

"It felt really good to get that solid win over a conference opponent, and snap that long losing streak," said Rozzi.

Senior, Rocco Covello, scored three-of-the-four Sacred Heart goals, including a hat-trick.

"Montclair State, is notoriously known for being a gritty team. To go to their rink and earn a win was huge, especially after working hard and coming up short for five games. The physicality of that game helped us come together as a team that night," said Blando.

Last season, the team advanced to Regionals, but fell to Eastern Connecticut State University, 6-2. In the offseason, the program made some major changes towards legitimizing club hockey as a top team in the American College Hockey Association Division II.

"The additions of our head coach Dave Jurasek, and our assistant coach Geoff Dumas, has already been greatly beneficial to how the team operates," said Blando.

The team also switched conferences from the NECHA conference, to the Super East, which can be considered as the most competitive conference at the Division II level. "The ability to play top teams on a consistent basis under the leadership of two coaches that are passionate about taking this team to the next level, will be a massive benefit for the team’s future," said Blando.

As far as the rest of the season, there are a few things Jurasek says the team needs to improve upon. "Offensively, we need to be stronger with the puck, and shoot every opportunity. Defensively, we need to hold our positions, while maintaining faith that our teammates will hold theirs," said Jurasek. "We already have the talent and the ability, we just need the patience to play within the system."

As far as returning to
Club Football Wins National Championship

BY OLIVIA MITTLEMAN
Staff Writer

The Sacred Heart club football team finished their season undefeated as they won the National Club Football Association (NCFA) National Championship, on Saturday, December 2.

The Pioneers traveled to West Liberty University, where they beat the Eagles of the University of Fort Lauderdale with a score of 21-18.

The Pioneers earned their ticket to the NCFA National Championship game for the first time in program history, after upsetting defending champions, Oakland University 28-6.

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For the seniors on the team, this was the last game of their careers, so taking home the championship title meant something even more special.

"I have been playing this game all of my life, so it is definitely a key part of my life. I was fortunate to continue playing through this year," said Criscuolo.

Jones said that the team was ready for the game after watching a lot of films, which prepared them in practices for a team that is dynamic, like Fort Lauderdale.

"We just have to do what we know works best for us, work hard, and come together as a team, and in return, we should put up a good fight to win this game," said Moore, and they did just that.

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THE SACRED HEART WOMEN'S TRACK & FIELD PROGRAM OPENED THEIR SEASON AT BOSTON UNIVERSITY ON DEC 2. (PICTURED, SENIOR TARA CONNELLY.)