Midterm Elections: Are You Voting?

BY TARA ZANNI
Staff Writer

Are you voting in the upcoming midterm elections? With election day quickly approaching on Nov. 6, students and professors on Sacred Heart's campus have had the opportunity to discuss the importance of the midterm elections and engage in political discussions over the past few weeks.

Alexandria Amazan, a senior political science major, said, "Elections for local and state positions are so much more important than the presidential election because these are the politicians that you can communicate with on a more personal level."

Professor Gary Rose, chair of the Department of Government said, "The millennials generation is a light of their raw numbers and levels of education, can profoundly impact the future of this country by voting on Election Day."

"Millennials need to understand that elections have consequences and that it does matter which political party holds power. Voting is now so easy that there is truly no reason why young men and women cannot register and cast decisive votes in the forthcoming elections. The outcome one way or another will have a direct bearing on their future." 

These elections are for positions such as the state's representative or senator in the U.S. Congress, as well as state and local positions in the executive and legislative branches of state government.

"Out of state students must return home or fill out an absentee ballot in order to vote. "Sophomore Brendan Borbome is a New Jersey native that has been registered to vote since he was 17."

"At the New Jersey DMV, one of the questions on your license is if you would like to register to vote, so I just registered then," said Borbome.

As for whether absentee ballots are complicated, Barbone said, "It definitely involves more planning because the deadlines for everything are different." Barbone has already voted and sent in his absentee ballot.

Many Sacred Heart students still have yet to register.

"No, I'm not registered to vote," said freshman Rosie Acramone. "I'm sure I'll get around to it eventually. But if you're someone who is on the fence about certain issues, like I am, I would definitely take some time to decide which candidate you would want to represent your values. That's why it has taken me so long to register, because a vote matters and I would want to be entirely sure."

Some students have registered by filling out an online form, printing it, and mailing it. Others students, such as sophomore and Connecticut resident Lindsey Rodgers, will be going home to vote.

"I feel like my voice is important enough to be heard. I think it's important for students to vote, especially because we are the people who are most affected by the choices being made," said Rodgers.

Websites such as vote.org, vote.dosomething.org, usa.gov/register-to-vote, and rockthevote.org all provide online voting platforms for U.S. citizens. These websites also offer absentee ballots than can be sent to users email in boxes upon request. However, not everyone is aware of these options.

Graduate student Anthony Mattiacciello said, "Personally, I'm not sure where people can register. I remember a representative came to my high school every year so I was able to register there."

The Connecticut gubernatorial race features Democratic candidate Ned Lamont and Republican-backed candidate Bob Stefanowski.

Do Sick Clouds Lead to Health Problems?

BY JAMES HITCHCOCK
Staff Writer

Vaping and electronic cigarette use has become a significant health concern here at Sacred Heart University and on other college campuses across the country.

Sacred Heart received a $10,000 grant from the Connecticut Department of Public Health and Southern Connecticut State University to study the use of vapes and e-cigarettes on campus.

"People who use vapes and even students are now supporting disciplinary actions for those who continue to smoke the vape-free campus policy," said director of SHU's Master of Public Health Program, Anna Greer.

The study incorporates a 29-question research survey directed towards undergraduate students, asking questions such as where vaping takes place on campus and students attitudes towards vaping.

The University has also implemented an informative campaign to help notify students about the major health risks of vaping and e-cigarettes, as well as pushing to prevent the use of such things on campus.

Looking to ensure a clean environment, Sacred Heart recently created a policy that prohibits smoking on campus unless in designated smoking areas. "Nothing is more offensive than the smell of smoke, whether it's from a vape or cigarette. As a student walking through the halls, I should not have to feel unsafe and concerned for my health when considering second hand smoke risks," said senior, Olivia Pinto.

Since 2012, the University has offered smoking cessation programs for both students and faculty. More than 6,500 students in the state of Connecticut were able to benefit from the program.

According to Sacred Heart Raising Awareness of Vaping Health Risks, the youths demand for electronic cigarettes has exceeded cigarette smoking, especially pod mods, of the deleterious effects of vaping can influence future cigarette use in young adults.

"Adolescent and early adult years are times of important brain development which continues until about age 25," said Medical Director of Student Health Services, Betsy Chacko.

The Department of Public Health wants their $10,000 grant to go beyond just Sacred Heart.

The objective of the Tobacco Control Program, according to its website, ct.gov/dph, is to "enhance the well-being of Connecticut residents by promoting tobacco free lifestyles and by educating communities about the economic health costs and consequences of tobacco use."

Some statistics include, over 7,000 chemicals are in tobacco smoke. Hundreds of these chemicals are toxic and about 70 percent of them are known to cause cancer in humans and animals. Heart disease is the number one cause of death in the U.S., and smoking is the number one cause of heart disease.

"A recent article in The New England Journal of Medicine exposed the hazards of so-called "pod mods" like Juul. These devices deliver a concentration of nicotine up to ten times the amount found in other e-cigarette types," said Betsy Chacko, medical director of Sacred Heart's Hamilton Wellness Center.

"I would caution anyone who is using or considering using any vaping device, especially pod mods, of the deleterious health effects caused by these products," said Chacko.

Many electronic cigarettes containing nicotine have other addictive substances that negatively affect the rate at which a young adult's brain develops. According to Scott Gilbert, a writer for the Penn State News, side effects may include increased heart rate, increased in blood pressure, lung disease, chronic bronchitis, and an insulin resistance that can lead to type II diabetes.

"Exposure to nicotine and other additives in e-cigarettes harm the developing brain and leads to addiction which can then cause mood and attention problems, not to mention the respiratory issues due to inhalation of the other chemical additives in the device," said Chacko.
On Oct. 3, 2018, Sacred Heart University's second annual College of Arts and Sciences Conference, CASCon, was held. The conference took place in the University Commons wing of the Main Academic Building.

The event was organized like other academic conferences with multiple sessions and simultaneous panels. The panels were made up of faculty from different disciplines in the College of Arts and Sciences. For CASCon at Sacred Heart, there are three hour-long sessions. During each session, there were various panels taking place in which faculty members presented their scholarship and creative work in 10 to 12 minute intervals.

The Chair of the conference's organizing committee, Psychology Professor and Researcher, Dr. Rachel Bowman said, "The College of Arts & Sciences hosts CASCon as a way to showcase the work of faculty from multiple disciplines and affirm the College's commitment to undergraduate research. The conference seeks to emphasize the interdisciplinary nature of faculty scholarship, model academic excellence, and highlights the various opportunities for student involvement."

The event was attended by many members of the Sacred Heart University student body. Freshman Tyler Heinz said that it was "really cool that SHU is getting involved in doing research to help people and not just to do it."

Students did not only attend the event. Some helped with the planning and organization of it as well. One of the students who worked the event was junior Erin Perotta, who is a psychology major who also works with the psychology department.

Regarding her experience with the 2018 CasCon, Perotta said, "I actually really liked it. I enjoyed it because I got to work it and I got to attend [sessions with] different professors that I normal wouldn't hear talk. I found it interesting to listen and hear about what they do and what their passions are."

One of the sessions that received a lot of attention and recognition was the session titled "Utilizing Creativity to Discover Cognitive Skills in Dolphins and Preschoolers", which was led by psychology professors Deirdre Yeater and Dawn Melzer.

Describing this particular session, the event program said, "Few studies have investigated the development of creativity as a measure of intelligence/cognitive ability in non-human species and children. Creativity assessments are not associated with the same biases (e.g., gender, culture, etc.) often related to traditional intelligence tests and are therefore a valuable tool for studying cognition. Our current research focuses on using a modified creativity task to assess creativity in bottlenose dolphins and preschool aged children to provide insight on the evolution of cognitive abilities."

Perotta was one of the students who attended the session. "One of my experiences was Dr. Yeater and Dr. Melzer talking about cognitive behavioral development within dolphins and preschool children the ages of two, three, and four. They do work with children around Bridgeport and dolphins somewhere locally about how creative they are and what they have to do to see how they learn," said Perotta.

The conference focuses on the research done by faculty in a variety of subject areas outside of their work at Sacred Heart. This event allows them to come together as a group and share their personal insights and outside work.

"It was very interesting how science and computers are connected," said sophomore Lucinda Cahill who also added that the conference included "very different takes" on the variety of topics featured.

CASCon is an annual event at Sacred Heart. This first event was held during the Spring 2017 semester. The committee then decided to move the conference to the fall semester for 2018. Bowman said, "The idea is there is now we have two large research oriented events that book-end the academic year. CASCon is in the fall and the Academic Festival that is in the spring."

Marching Band Performs in Columbus Day Parade with Majorettes di Casperia

On Monday, Oct. 8, the Sacred Heart University Marching Band performed at the 74th annual New York City Columbus Day Parade. The band was joined by the Majorettes di Casperia, a group of 12 baton twirlers from Casperia, Italy.

"This is exciting and important for the program because the NYC Columbus Day Parade is the largest celebration of its kind in the US. The band loves performing for the crowds, which average almost a million people," said Keith Johnson, Director of Bands.

The university marching band has been performing at the Parade since 2009. To practice for the parade, they start doing the two-mile-long parade walk three weeks prior.

"Marching, playing, and doing our best street dance, the Abuga, non-stop for 90 minutes is physically draining. Totally worth it to entertain the crowds and [for] the international TV coverage," said Johnson.

Before the parade, they began to teach each other their routines.

"There was a bit of a language barrier with some of the girls but we did learn that day that [baton] twirling is a universal language. We traded off teaching each other tricks which we were all excited about," said senior Hannah Wood.

The Band first met the staff and coaches of the Majorettes during the Parade back in 2013.

We were staged in the same block as a band and Majorettes from Faleria, Italy, a little mountain town about an hour outside of Rome. They invited us to perform with them at Faleria in 2014 as the towns celebration of the Feast of San Giuliano," said Johnson.

The Feast of San Giuliano is a celebration of the Saint on Jan. 13 with a parade followed by a folklore festival.

"The majorette's director contacted me a few weeks ago to let me know that they would be in the US for the parade; but they did not have a band with them. I invited them to come march with us," said Johnson.

"During the Parade, I heard many people reading our banner out in front and cheering for us. I could hear some alumni in the crowd, cheering loudly for us as well. Twirling with the Majorettes was also a huge way to get the SHU Band’s name out into the world. I have seen the group posting about marching with us on social media, which is bringing the SHU Band to Italy in a sense," said Wood.

"This is a great experience for the band, and it creates memories that will be with them forever. This year was made all the more special by performing with the Majorettes di Casperia," said Johnson.
HE SAID

ROBERTO

You start to really understand how blessed you are with the opportunities and places you’re able to go when you get to a certain age. During younger years of traveling all you’re doing is enjoying the moment.

I had the privilege of going to many places in my life before the age of 21. Some familiar locations to many, while others are virtually (and literally) foreign.

During my life, I had the privilege to go to six countries and thirteen states across the United States. Which for myself as someone who has a strong passion for traveling, feels that is too low of a number.

Despite it counting as a quarter of all the states in America. I feel that when you’re in a country as big as the United States, with all the sights and sounds that there is so much take in.

I’ve got my love for traveling, from my dad, who has traveled and seen the world for a majority of his life. I too have felt that passion since beginning to traveling at a young age.

Of course, you’re speaking to someone who first traveled on an airplane at only six months old and has done so a lot over the last two decades. While I had the privilege of traveling abroad virtually all of my life, I still feel that traveling across the country that you’ve been born and raised in is something unforgettable.

You can be in New York, Boston, Los Angeles, Miami, Chicago or any other major city and you feel that great vibe that perhaps isn’t found traveling internationally. The advantages of traveling across the country are that it’s safer, easier and faster. What I’ve found out that when you’re traveling to an international destination, you need a valid passport to go through customs as well as a visa at times. Also entering the country that you’re visiting, as well as to get back into the U.S can be tricky.

All of that is such a hassle that when you’re going to just another state. Be it on an airplane or even a car for that matter, all you need is your license to travel domestically and you’re all set! Also the language barrier is another factor. You’ll always be able to speak to someone in your native tongue in the United States, that may not be the case in other countries.

Access to other services is also easier due to the fact that you don’t have to rely on getting another phone provider for that said country. You’ll only be using the one you’ve had, meaning that getting Ubers, checking out certain locations to eat or enjoy the nightlife is right there in an instant.

I’ll end with this by saying that not many have the opportunity to visit different places around the world. We do have the opportunity to visit this ‘immense’, different nation. Be it traveling as a teen by car to go to New York City or live on a plane to California, whatever it may be. I hope to travel to many more locations in my life and hopefully view this country in all its shining beauty...

CAROLYN

As someone who moved halfway across the world to get a degree here at Sacred Heart two years ago, international travel has always been my cup of tea.

I am an international student from India, but I grew up someplace completely different. For eighteen years of my life, I lived in Bahrain, a tiny desert island located in the middle of the Arabian Gulf.

I then somehow ended up here in Connecticut to pursue my undergraduate degree in the United States. Explaining my background definitely leads to getting slightly complicated but I wouldn’t trade it for anything; it’s made me the person I am today.

Even as a kid, a family summer vacation to a foreign destination made up the best and most fun time of the year. I loved the thrill of exploring a new country and culture. I would look forward to these trips like no other.

It’s easy to cling to the familiarity, of where you come from, but there’s something indescribable about the feeling of embracing the unknown in a foreign country. It can be nerve-wracking to find yourself in a completely foreign land where no one speaks your language and you don’t speak the language. What’s life without a little adventure though?

With America being such a vast nation in itself, there’s so much to explore within it’s boundaries. The idea of stepping outside the comfort zone of the land you call “home”. Meeting new people, visiting cool places, trying and immerse yourself in a new culture of a different part of the world is incomparable.

Our world is an exciting mixture of people, places and things; a huge whirlpool twisting us into its deep layers of knowledge and wonder. Sometimes, the only way to truly experience everything it has to offer is to travel beyond the constraints of all you’ve ever known (no matter how painfully long the flight can be).

Some people might question traveling outside the country when you barely know enough about the place you come from through domestic travel. It’s incredibly important to take pride in your roots through traveling within your native country but what’s more effective at showcasing your patriotism than by sharing it with the rest of the world through international travel?

Moreover, we place so much emphasis on the Study Abroad program opportunities offered to students here (even though I’m technically already “studying abroad”). It should be no surprise that traveling outside the country is a more superior and worthwhile experience, even outside the context of receiving an education.

If I’d never been exposed to international travel, I would have never got the chance to live out my college years here and Sacred Heart just wouldn’t have become the home away from home that I consider it today.

While there’s no denying that I would love to take visiting the fifty states off my bucket-list one by one, the influence of my background has just made me so much more appreciative of being a global traveler.

Comments or concerns? Email us at spectrum@sacredheart.edu

Off Campus Housing: Are you looking for off campus housing? I have been a SHU landlord for 20 years. We have the most modern, up to date, houses in great neighborhoods with all the amenities that you need. Our houses range in size from 3 to 11 bedrooms. We can accommodate small to large groups. Please call Joe Iannelli or text 407-301-3940. DON’T WAIT — CALL EARLY TO RESERVE A GREAT SPOT!!!
Brett Kavanaugh Confirmed as Supreme Court Justice

BY ERICA CONDON
Staff Reporter

On July 9, President Donald Trump nominated Judge Brett Kavanaugh for the role of Supreme Court Justice. However, on the morning of Sept. 28, the vote was delayed due to an investigation regarding sexual assault allegations surrounding Kavanaugh. The Senate Judiciary Committee recommended he be confirmed, Dr. Christine Blasey Ford, a Stanford University Professor psychology, publically testified to congress. Ford said Kavanaugh sexually assaulted her at a high school party in the 1980’s.

After much debate, on Oct. 6, Kavanaugh was confirmed and elected as the ninth U.S. Supreme Court Justice. This addition to the Supreme Court leaves many students with strong feelings. Senior Mackenna Lamphere believes that this nomination should have been delayed even further in order to make the best decision for the government and society.

“I think the Senate should have delayed the nomination, I think people on all sides should have dug into more things before they went into the prosecution,” said Lamphere.

“However, I am on Ford’s side. It doesn’t matter whether it happened thirty something years ago or it happened yesterday, it takes a lot to face your accuser and say what happened to you and I think we need to respect that of someone.”

The accusations of sexual assault that Ford had presented against Kavanaugh required further FBI investigation because there was not enough evidence to decide based on the accusations alone.

“The worst thing that could happen with a cause like this is someone losing their credibility due to the backing of false claims,” said junior Gavin Hurfloe. “Dr. Ford’s claims had some substantiation, however allegations from other people did not and were refuted quickly. However, people were eager to jump to support those claims without any evidence whatsoever.”

Junior Stavros Xanthacou said that this case was not handled in the best manner and that it is important that both sides are investigated thoroughly.

“The senate judiciary committee was asking FBI officials to investigate a case almost 35 years old, and even Dr. Ford herself couldn’t remember key details that played an important factor in the case,” said Xanthacou. “Sexual harassment is a serious allegation and should not be taken lightly. Both sides should be heard, and a thorough investigation should take place.”

A case this controversial was alarming to some students.

“The case was definitely shocking. It shaped America’s view point on the raw truth for a short while,” said junior Kay Kanakry. “Almost everywhere one looked, media was influenced by the case, even SNL got laughs out of it. It is utterly humiliating a case such as this is just going to be considered the norm in American society.”

The recent case and allegations of Kavanaugh have even left an impact on students like junior Sabrina Fusco, who don’t normally pay attention to politics.

“I personally don’t follow politics but the stigma of protecting men against false accusations is what I saw come out of this trial. However, I don’t believe the idea of false accusations should totally disregard women when there are millions of cases of sexual assault and abuse,” said Fusco.

Ford’s allegations against Kavanaugh go beyond politics, they take part in the #MeToo movement. The #MeToo movement is a nationwide effort to stand up against sexual harassment and assault.

Furthermore, Fusco also believes that many people try to avoid the sensitive topic of sexual assault but the #MeToo movement is helping to raise awareness.

“I’m totally with the #MeToo movement, unfortunately sexual assault is so normalized and a lot of people don’t want to talk about it or help the cause,” said Fusco.

Senior Greg Taylor, also a supporter of the #MeToo movement, “I think it’s great that people are spreading awareness about sexual assault and that more people feel comfortable speaking about it. If someone speaking out about their experience or even hearing others simply say they believe them gives someone the courage to come forward then, we’re making progress.”

The sexual assault accusations against Kavanaugh followed by his joining the Supreme Court have left an impact on not only the government but also on college students.

In general, I think Kavanaugh’s public image has been tarnished for life and his actions and words following this case are now defining him,” said Kanakry.

Dunkin’ Changes It’s Name to Dunkin’

BY GABRIELLA RUVO
Staff Writer

What was formerly known as Dunkin’ Donuts will now be rebadged to just Dunkin’.

According to the Dunkin’ Donuts official website, Bill Rosenberg unveiled the first ever Dunkin’ Donuts restaurant in Quincy, Mass. in 1950. Dunkin’ Donuts restaurants started popping up all over the country. Dunkin’ Donuts has over 11,300 restaurants all over the world. That’s more than 8,500 restaurants in 41 states across the country. Along with that, they have more than 3,200 global restaurants amidst 36 countries.

The Dunkin’ Donuts website eliminated the word “Donuts” from their name. Dunkin’ Donuts will officially rebrand and change their name to “Dunkin’” in new/remodeled restaurants as of January 2019.

There was an uncertainty about it happening in locations Connecticut due to the rebrand only happening at new/remodeled Dunkin’ Donuts restaurants. Junior Lauren McNair, also works at a Dunkin’ Donuts location in Seymour, Connecticut.

“Dunkin Corporate will send a company to remove the sign, and then they will release all new cups, apparel, and other Dunkin products,” said McNair. “It’s going to take a while because there are so many Dunkin’s in the USA, especially in the Northeast. Plus, they would have to use the rest of the DD inventory first before making new products.”

She doesn’t think it’s going to make a big difference.

“For me, it didn’t have a substantial affect because I already knew that Dunkin was going to undergo a rebranding process. I do not think that consumers will be greatly affected because many already call Dunkin’ Donuts, Dunkin’ prior to the name change,” said McNair. Some customers are divided about the name change, those who care and those who have always just called it Dunkin’.

Senior Patrick Faria believes this change could be very beneficial for the brand.

“The change appeals to the masses. Dunkin’ Donuts average consumer doesn’t use the Donuts part of their name anyway,” said Faria. “Their brand loyalty is strong so they have nothing to worry about.”

However, senior Dana Beneventano doesn’t think this change is a good idea and believes it should stay as its always been.

“The original name, Dunkin’ Donuts, is the company’s trademark and changing the name/marketing strategy may make it lose their originality,” said Beneventano. Dunkin’ Donuts and Starbucks, the arch enemies of the coffee world have officially collided. Dunkin’ Donuts has always been two words, while Starbucks has always been one.

Will people prefer Dunkin’ over Starbucks?

“I liked Starbucks because it was easier to say “Starbucks” rather than “Dunkin’ Donuts,” but I do prefer Dunkin’ Donuts over Starbucks,” said freshman Divalene Iglesias.

On the other hand, junior MaryRose Rainey prefers Starbucks and doesn’t think the name change is going to make a difference.

“I like Starbucks more because it’s stronger coffee and has more caffeine,” said Rainey. “Personally think Dunkin’ is more for beginner coffee lovers. I don’t think name change is going to impact if people like Starbucks or not. Regardless, people call it Dunkin’ already, not a lot of people say the full name anyway.”

The subject of popularity arose when talking to students about Dunkin’ Donuts in the Connecticut area close to campus.

“Dunkin’ is definitely popular in Connecticut especially by campuses because the drive through line is always so long and I always see familiar faces from school,” said sophomore Madison Martins.

However, donuts will still be sold at all restaurant locations. According to the Dunkin’ Donuts official website, “Although the word “donuts” will no longer appear in the logo or branding, donuts will remain a significant focus for the brand. As the #1 retailer of donuts in America, selling more than 2.9 billion donuts and munchkin donut hole treats annually worldwide, each Dunkin’ restaurant is required to make the most popular donuts available every day.”
My Writing Background

RYAN TOUHEY
SPORTS EDITOR

This is my second year on the Spectrum editorial board and my third year writing for the paper. I began writing for the paper during the fall semester of my sophomore year as a contributing writer. I still remember the first story that I wrote.

It was about the Sacred Heart University wrestling team undergoing a 24-hour workout challenge. The wrestlers took turns riding on an exercise bicycle on campus for one hour. At the same time this was occurring, their head coach rode an actual bicycle from the Sacred Heart campus, all the way to St. Louis, home of that year’s NCAA Division I Wrestling Championships.

Now this editorial isn’t a reflection about writing that specific article. I bring that story up because I feel that the fact that I still remember all of that, demonstrates how much writing means to me. I also feel that it is how much I’ve enjoyed writing for this paper. When I write, I feel that I’m filling in a void. Writing is a way for me to communicate my inner-self in ways I cannot do physically. I feel unlimited whenever I write because there are many directions that I can go in, and that is exciting for me.

Writing for Spectrum was a goal I wanted to achieve when I came to Sacred Heart in the fall of 2015. After writing a few articles as a contributing writer, I took the News Writing and Reporting class with Professor Kabak during the spring semester of my sophomore year. This meant that I was going to be writing on a weekly basis for the “Sports” section of Spectrum.

Before I wrote my first article for the class (coincidentally it covered the wrestling team challenge), I realized that I had a challenge in front of myself. That challenge involved finding a source of inspiration to propel me to writing a great article. Prior to that point when I wrote, I wrote off the top of my head with little preparation. I remember pacing around my suite in Dorothy Day Hall thinking about how the story should be presented. I had already interviewed all of the sources and taken pictures, which was the easy part. The hard part for me was introducing the story and following through.

After a relentless amount of pacing, my mind went to a film that I had already seen. I was in high school and The President is None occurred with Washington Post reporters, Carl Bernstein and Bob Woodward. The two of them exposed President Richard Nixon’s involvement in the Watergate burglary in 1972, which forced Nixon to resign from office.

I enjoyed the film because of the scenes showing the thoughtlessness of Woodward and Bernstein to get answers from anybody. I admired that about the two of them and I thought that it was how journalists should be doing their jobs.

So before I wrote my article, I watched a few of my favorite scenes from the film in order to pump myself up and get in a positive state of mind to write my article. Luckily for me, that method worked, and I did throughout the semester and I eventually received an A in the class.

In addition to that, I was offered the position as assistant sports editor on the v-board for the 2017-18 academic year. To this day, I still follow the process of watching the same scenes from All the President’s Men. They still get me determined to put out a great story.

Some of you reading this may be thinking that this is an odd way to get inspired to write, which is fine. I know it may seem out of the ordinary, but it works for me.

What I want to address in this editorial is that you can sometimes find inspiration from some of the most unlikely sources. I hadn’t thought too much about All the President’s Men before I took the class. It truly has become a big part of who I am as a writer and how I aspire to write great stories.

The Voice In My Head

STEPHANIE DOHENY
FEATURES EDITOR

Picture this: a girl shaking uncontrollably on her bed. Not knowing why or how to stop it. She can hear certain words, but eyes clenched she sees nothing, just blackness. She continues to shake uncontrollably at the very thought of these words. She never believed she could be here, at this point where her friends have come to help because they don’t know what to do. Unfortunately, unbeknownst to them, there’s nothing that anyone can do. Eventually the shakes subside and she sits up, confused, dazed, out of breath, physically and mentally exhausted.

Hi there… I’m that girl. My name is Stephanie. I am one of all the basketball players here at Sacred Heart University. I have Anxiety and Panic-Induced Anxiety Attacks.

Before you ask any questions... why don’t we start from the beginning?

Ever since I was in middle school, I was “different.” I never looked like anyone else. I was always “the bigger girl” as some of my classmates liked to say. I was bullied. I didn’t have a lot of friends and that really hurt. Nothing seemed different though. I didn’t feel different, just sad, most of the time.

Fast forward to high school… a little voice in my head started creeping in. I questioned everything I did. Did people like me? Was I good enough? Was I overweight? And everything else you can imagine. I have a high school girl could ask herself. I felt nervous and sad, all of the time.

Over time while sitting at home, usually after eating dinner, I would notice my hands start to shake uncontrollably. Slowly it turned into my arms and eventually my whole body. I would curl up into a ball and whimper in pain from my stomach muscles, all my muscles for that matter, being locked into place.

I thought too much about All the President’s Men. She could have the biggest smile on her face and still go home and cry every night thinking no one loves her. That girl sitting alone by herself at 63’s? Yup, her too.

I’m here to remind you that you are not alone. Your emotions are okay and you are not stupid for feeling a certain way. You are loved. You are worth it too.

I’m not the only one. More people than you know struggle with anxiety, whether they are diagnosed or not. Your best friend? She could have the biggest smile on her face and still go home and cry every night thinking no one loves her. That girl sitting alone by herself at 63’s? Yup, her too.

It’s been eight years. I’m a senior now. I still struggle with my disorder everyday. I don’t “go away” and is still something I still continue to work on.

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Sacred Heart Career Expo

BY AUGUSTUS PFISTERER
Staff Writer

On Wednesday Oct. 3, the Sacred Heart University Career & Professional Development department hosted a career expo in the William H. Pitt Center.

The career expo is designed to encourage early networking with industry professionals both for post-graduate positions and internships while attending Sacred Heart.

"All the companies and employers were very helpful and informative in regards to potential jobs they were offering at the time. I found the event to be very useful and would recommend any future events to all students," said Sacred Heart University junior Ryan Tager.

"We try to make sure that we have a wide variety of companies represented at the career expo, so that students from all disciplines will have potential employers to speak with. Our employers this year included IBM, Vineyard Vines, Yale New Haven Hospital, Tracey Locke, FBI, and Morgan Stanley," said Associate Director, Center for Career & Professional Development Corey Stokes.

This year the career expo had well over 100 employers attend the event to recruit students.

"The best way to stick out at the Career Expo is to just make sure you prepare and do your research on the companies you are planning on speaking with. It is important to be aware of the company's initiatives, goals, new projects, and their leadership/employees. Having a student step up to an employer and ask a specific question about their opportunities or the company in general is incredibly impressive," said Stokes.

"We don't reach out to people we're looking for the people that approach us. We want people to be confident and eye contact is very important because you just have to sell yourself," said Sacred Heart University Alum 15' and State Farm recruiter Sarah Coimor.

"Take advantage of the opportunities that SHU provides you! We have so many programs and opportunities available for our students, that if you take advantage of them you will have no problem finding a job! Remember to not procrastinate either create a resume your freshman year, work on building it up with relevant experiences your sophomore and junior year, and then senior year you can concentrate on a strong internship, as well as job applications and networking," said Stokes.

The Career and Professional Development hosted a Career Expo in the Pitt Center on Oct 3.

GRADUATE OPEN HOUSE

Saturday, October 20
10:00 AM
College of Health Professions
College of Nursing
Register at: www.sacredheart.edu/CHPopenhouse

College of Arts & Sciences
Register at: www.sacredheart.edu/CASopenhouse

Sunday, October 21
10:00 AM
Farrington College of Education
Welch College of Business
Register at: www.sacredheart.edu/GradOpenHouse
The United States Women's National Basketball Team won their third consecutive World Cup on Sept. 30 after beating Australia, 73-56. The 2018 International Basketball Federation (FIBA) Women's Basketball World Cup took place in Tenerife, Spain, from Sept. 22 through Sept. 30.

According to the Associated Press (AP), the team had won nine FIBA World Cup gold medals before entering this year's tournament. This year's victory marks the first time they have won three consecutive gold medals, and the 22nd win in a row overall for the U.S. dating back to the bronze medal game in 2006. The U.S. lost to Russia in the semifinals and have not lost since in the World Cup or the Olympics.

"It is so inspiring that they were able to win gold again," said senior Erin Storck. "They are such a strong team made up of both veterans and rookies."

Storck is a member of the Sacred Heart Division I women's basketball team. She, amongst others on the team, follow the National Team and look up to the players as role models.

"It's so cool to watch the best of the best compete and to have the opportunity to watch the greatest of women's basketball, like Diana Taurasi and Sue Bird, play with the young greatest, like Stewie (Breanna Stewart)," said Storck.

Taurasi scored 13 points and helped the U.S. get off to a strong start with a 10-0 lead. Australia could only get within three points for the rest of the game. It was the first time in the Tournament that the U.S. didn't trail in a game.

According to the Women's National Basketball Association (WNBA), Taurasi and Bird have both been a part of the National Team for more than a decade and have led them to Olympic and FIBA World Cup gold medals. The value they add to the team goes beyond their ability to toss no-look passes and deep three pointers.

"Bringing together such powerful players from different leagues and getting them to play united as a team, is truly amazing," said senior Cleo Polyzou, another member of the Sacred Heart women's basketball team.

Taurasi and Bird understand and visualize the game unlike any other and have the ability to share their experiences with many of the younger players, like Stewart.

Stewart, who scored 10 points in the Final, was named MVP of the Tournament.

The victory gave Bird her fourth World Cup gold medal, the most for any player male or female, and her fifth medal total. Bird also broke the all-time career World Cup assists record on the first two U.S. baskets. She finished the game with five assists bringing her career total to 107.

With the win, the U.S. remains unbeaten against Australia in Olympic and World Cup games, improving to 18-0. In the World Cup, the U.S. has 11 wins over Australia, although this was the first time the teams had met in the Final.


With the World Cup win, the U.S. earns an automatic spot in the 2020 Tokyo Olympics.

scream for ice cream!

A SPOOKTACULAR GRAND OPENING

October 25 & 26
6 p.m.-12 a.m.
Christian Witness Commons
Lower Level

The Peak, an on-campus ice cream parlor, is managed entirely by Jack Welch College of Business students.
After five years, Avril Lavigne and Lil Wayne released new music. Lavi-agne's new single, "Head Above Water" and Wayne's long delayed album, "Tha Carter V," on Sept. 19 she released her new Christian single, "Head Above Water." Money. He claims that Birdman is violating the terms of his contract by withholding causing the delay of his album. Over the last five years he was forced to delay his al-

"I want off this label and nothing to do with these people but unfortunately it ain't been resolved for eight Grammy Awards, as well as Billboard Music account.

"Tha Carter V." "The lawsuit, which Wayne is still pursuing to this day, seeks to end his contract with Cash Money by asking the court to declare the contract invalid.

"Head Above Water." Money. He claims that Birdman is violating the terms of his contract by withholding causing the delay of his album. Over the last five years he was forced to delay his al-

"The buddy System", which is about specially trained dogs for children with autism played at RIFF. "My wife's boss was a lead sponsor and when he found out that the festival needed a new management team he asked us," said Harris.

Harris is no stranger to RIFF, one of his films screened Q&A afterwards, moderated by FTMA's Prof. Todd Barnes.

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"Lavigne was diagnosed with Lyme disease three years ago which caused her to take a break from making music.

independent producers, film festivals are often the only way they can get some exposure and build interest in their projects, with the hopes of getting enough attention they can find broader distribution," said Harris. "Locally, we are very fortunate to be in a very creative, artistic area which allows us to draw on many great films, and their directors, producers and stars... and provide a venue and festival setting for everyone to enjoy. So, it's a real win-win-win, for the films, the festival and the community.

The festival will end on Oct. 21. The full list of events and tickets can be seen at www.riffct.org/events-parties.

"Beyond hosting the screening, SHU's support is helping promote both the festival and the great media opportunities to promote the festival and the aid of women filmmakers from all over the world to even the playing field," said Smith-Harris.

"The ideas, artistic expression and production techniques are often innovative and important. For independent producers, film festivals are often the only way they can get some exposure and build interest in their projects, with the hopes of getting enough attention they can find broader distribution," said Harris. "Locally, we are very fortunate to be in a very creative, artistic area which allows us to draw on many great films, and their directors, producers and stars... and provide a venue and festival setting for everyone to enjoy. So, it's a real win-win-win, for the films, the festival and the community.

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"Its a Beautiful Day in the Neighborhood"

BY ANNIE MAY
Staff Reporter

Next fall there will be a new neighbor on the block. Sony Pictures has announced that Tom Hanks will be playing the role of famous TV personality, Mr. Rogers in an upcoming film about the television icon. Mr. Rogers, formally known as Fred Rodgers, was an American TV icon starring in his own show for children titled "Mister Rogers' Neighborhood" which aired from Feb. 1968 to Aug. 2001, producing 912 total episodes. Rodgers' passed away in 2003 from stomach cancer.

"He was radical, I know everyone says that, but he really was," said Elizabeth Seamus in the recent documentary "Won't You Be My Neighbor?" and who played the role of Mrs. McFeeley in the series. "Mister Rogers Neighborhood" touched upon topics that were not of popular conversation at the time. Some subjects discussed were divorce to racial segregation.

These were topics at the time that were not openly discussed, especially to children. This information may sound familiar, as Rogers' life and legacy was documented in, "Won't You Be My Neighbor?" that premiered in June of 2018. This film touched upon his life and legacy. However, this new upcoming film, according to CBS news, will delve deeper into Roger's personal life and the impacts he made on others throughout his lifetime.

"I heard about it and I was super excited because I like Tom Hanks as an actor. The preview looks good, it looks like they are taking everything a step further and not just documenting who Mr. Rogers was, but also the impact he made," said junior Sophie Nestico.

According to an interview from Entertainment Weekly, the director of the film Marielle Heller said that the movie is not a documentary, instead the film follows a reporter and how their life changed after meeting Fred Rogers. USA today reports, "This film is inspired by a real-life friendship between Rogers and journalist Tom Junod. Junod is depicted as a cynical scribe who begrudgingly accepts an assignment to write an enquiring profile on the iconic Mr. Rogers. He finds his life perspective transformed in the process."

For Tom Hanks, recently announced to be playing Mr. Rogers, this is not the first time he has played a well-known celebrity. In 2013, Hanks portrayed the role of Walt Disney in the film, "Saving Mr. Banks."

"I'm not sure how I feel about the film. Tom Hanks was phenomenal as Walt Disney in 'Saving Mr. Banks', but I feel that Mr. Rogers is a bit more of a sensitive guy and I'm not sure how Hanks will tackle that," said senior Danielle Neville. "Also, a lot of Mr. Rogers persona is the fact that he voices the majority of the characters, and I'm not sure how Hanks will be with impressions."

Hanks has won numerous awards, one of the more memorable ones being his portrayal of Forrest Gump in 1994, where he won an academy award for Best Actor in a Leading Role (1995). Hanks also won Best Performance by an Actor in a Motion Picture for his acting in "Sleepless in Seattle."

"Tom Hanks is amazing in any role he takes and the fact that he is playing a national treasure like Mr. Rogers makes me feel like everyone will be a part of 'Mr. Rogers' Neighborhood," said junior Victoria Oliva.

This upcoming film is expected to be in theaters Oct. 2019.

"This Is Us" Returns for its Third Season

BY ALEXANDRA LOUKERIS
Staff Reporter

On Sept. 25, NBC's hit show "This Is Us" returned for its third season. When the show first aired in Sept. 2016, viewers believed the show had the intention of making the audience cry each episode. "This Is Us" is definitely an emotional show and I cry during most episodes, but I love it!" said junior Annie Moran.

In addition to the moments of sadness, the show also displays numerous moments of joy, happiness, anger, and grief. "Even though the show is sad most times, there is humor throughout it especially whenever Randall is in a scene," said junior Allison O'Reilly.

"This Is Us," was written by television producer and screen writer Dan Fogelman, who also wrote the screenplay for the 2011 film "Crazy, Stupid, Love." The series deals with the lives of siblings Kevin, Kate, and Randall who are referred to as the "Big Three." These siblings are the kids of Jack and Rebecca Pearson, respectively played by Milo Ventimiglia and Mandy Moore. Randall, played by Sterling K. Brown, was adopted by the Pearson's and is portrayed as a miracle child, once the Pearson's lose one of their triplets during labor.

The show shifts from the various viewpoints of these three siblings lives as they grow as individuals and as a family. The moments that occur in each of their lives are captured from past to present in many episodes since the pilot.

Sophomore Julia DeMaggio is an avid viewer of "This Is Us," and enjoys the different elements that make the show unique. "I like how the show goes back and forth from past to present. I feel like this helps develop the storyline overall. My friends really encouraged me to watch it. It had so many good reviews once it premiered that I figured why not try it out," said DeMaggio.

For Junior Cassie Simonides she felt the show made her become even closer with her own family as well.

"Every Tuesday my mom and I will watch it and text each other about what happened. It is a good way to bond with my mom while also showing me how important family truly is."

"This Is Us" was nominated for numerous Emmy awards including; Best Drama Series, Best Lead Actor in a Drama Series, Best Supporting Actor in a Drama Series, Best Supporting Actress in a Drama Series, Best Writing for a Drama Series, Best Directing for a Drama Series, and Best Original Music and lyrics for "I'm Gonna Fly Now" by Jimmy Buffett.

Executive producer, Elizabeth Berger, said, "Our Big three are sort of all embarking on really new life situations. We're going to see Randall in an exciting professional situation, Kate and Toby continuing—they're newlyweds, and trying to have a family. Obviously, Kevin is very into figuring out exactly what happened in his dad's past, so it's really an exciting time."

Fans of "This Is Us" continue to enjoy the show and the theme that it brings to their television screens.

"The message of this show to me is all about family. Your family may go through ups and downs, but moments like these make us grow a stronger bond. Without these moments we wouldn't be able to grow as people," DeMaggio said.
Julian Garritano Selected in National Lacrosse League Draft

BY LOUIS FREY
Staff Reporter

Sacred Heart University alumnus and lacrosse player, Julian Garritano, was selected in the 2018 National Lacrosse League (NLL) Draft. He was chosen in the third-round and 35th overall by the Colorado Mammoth.

The NLL Draft took place on Sept. 25, at Philadelphia’s, “Xfinity Live!” According to its website, “Xfinity Live!” is a dining and recreation region that is located within the Wells Fargo Complex.

“Playing professional lacrosse has been one of my lifetime goals,” said Garritano, who graduated from Sacred Heart in 2018.

Garritano is from Markham, Ontario, and played midfield during his four years at Sacred Heart. According to the Sacred Heart athletics website, he played in a total of 59 career games. In that span, he accumulated 79 career points, 64 career goals and 15 career assists.

Garritano felt he had a good chance at being drafted, but he also knew it wasn’t a guarantee. According to Garritano, the NLL is growing in popularity around the country, which is making it more difficult for lacrosse players to be drafted.

He focused on improving his game over the summer by working with coaches, and also received guidance from his head coach at Sacred Heart, Joe Basti.

“We found out that I was drafted, it was humbling to know that all of my hard work and support that I received had paid off,” said Garritano. “I was at the Draft in Philadelphia when I heard my name, so it was a surreal experience.”

The NLL has 10 teams in addition to the Mammoth. The teams are located in Toronto, Buffalo, Rochester, Georgia, New England, Saskatchewan, Calgary, Vancouver, San Diego and Philadelphia.

Coaches and players of the Sacred Heart men’s lacrosse team who had coached and played with Garritano, weren’t surprised that he was drafted.

“Julian has a tremendous work ethic and is a pure leader,” said Basti. “He has proven to me that if he sets his mind to it he will do it.”

Graduate student and attack, Joe Saggese, looked up to Garritano at how he handled himself and others.

“Julian was a great leader on and off the field and he led by example by always pushing his teammates to go the extra mile,” said Saggese. “His teammates respected him and had trust in knowing he was the right guy to lead our team.”

Saggese also looked up to Garritano’s stickhandling skills.

“He could catch any ball thrown to him and also obtains the craftsmanship and composure to always finish the ball when close to the cage,” said Saggese.

Garritano’s former teammates believe that it’s because of these skills, that he has what it takes to be successful in the NLL.

“Julian really gives everything he’s got whether it’s in practice or in games,” said senior defenseman Joseph Cipoletti.

Senior midfielder Joe Tittle is looking to keep up with Garritano as he begins his NLL career.

“Hopefully I can catch a game,” said Tittle. “It’s awesome he got drafted, especially by my hometown team.”

Garritano is a bit nervous to play in the NLL, but he believes playing with professionals during the summer has prepared him for the upcoming season.

He also gives credit to his family for helping him achieve his goal. They are happy for him and they were with him every step of the way.

“Everyone was overcome with joy,” said Garritano. “From traveling to and from games during the week when I was little, to the early morning practices and games, it all paid off to get me to this point in my career and I wouldn’t be where I am today without my family.”

Garritano’s professional career begins on Dec. 1, at 7 p.m., as the Mammoth will host the Calgary Roughnecks at the Pepsi Center in Denver.

Women’s and Men’s Ice Hockey Seasons Underway

BY COLIN CANNATA
Staff Reporter

Sacred Heart University men’s and women’s ice hockey teams have both began their respective seasons.

The women’s team opened their season with two wins against Post University from Oct. 5-6, in Shelton, Conn. The men’s team opened their season a week later with two losses to 15th-ranked Northeastern from Oct. 12-13, at Webster Bank Arena in Bridgeport.

Heading into this season, the men’s hockey team was ranked 10th in the Atlantic Hockey Preseason Coaches Poll.

“The Atlantic Hockey Preseason ranking in the big picture means absolutely nothing,” said head coach C.J. Marottolo. “Our group has been going about their business and they feel that they have a lot to prove and have been focused and driven in preparing for the upcoming season.”

Senior co-captain Liam Clare believes that the team has come together. He has also been impressed with some of the new players on the team this season.

“We’re a fast team that can play four lines without fear,” said Clare. “We have depth this year, depth that in the past I don’t think we’ve had. I firmly believe we have a bunch of guys that are poised for breakout years.”

In addition to facing Northeastern, the men’s team will also face 4th-ranked Providence College on Oct. 20. From Jan. 19-20, they will take on Air Force, who received two Top-15 votes in the USA Today/USA Hockey Magazine Men’s College Hockey Poll.

“We want to show that we can play with the best teams in the country,” said senior co-captain Mike Croceck.

Marottolo is looking for Clare and Creockey to set the best examples for the rest of the team on how to play the game.

“Both Mike and Liam have played a lot of hockey for us the past three years and they know what it will take for us to reach our goals,” said Marottolo. “Without question, they will lay it on the line for their teammates.”

The women’s hockey team won 6-0 and 7-1 respectively, in their games against Post.

The team was picked to finish first in the New England Women’s Hockey Alliance (NEWHA) Preseason Coaches Poll. They are the inaugural and defending NEWHA Champions.

“It’s nice to have that recognition, but that’s not something we have addressed as a front and center issue,” said head coach Thomas O’Malley. “Whether we’re the top ranked team or another ranked team, we’re just going to go out and play our game.”

O’Malley is excited about the way the team has come together both offensively and defensively.

“We have another solid group of people on our team,” said O’Malley. “We’ve been working very hard both on and off the ice.”

After their victories over Post, the team traveled to take on the University of Maine for two games from Oct. 12-13. Maine is ranked 13th in the nation by the National Collegiate Athletic Association (NCAA).

Sacred Heart ended up being shut out in both contests.

As the men’s team prepares for Providence, the women’s team will return home to Shelton, Conn., to take on Saint Anselm for two games from Oct. 19-20.
The Sacred Heart University women's golf team has gone through the bulk of their fall season. What sits ahead is their last event, the SHU Fall Classic, where they will most likely not travel. The event will take place from Oct. 21-22, at the Great River Golf Club in Milford, Conn.

The par-72 course boasts its ranking as, "One of America's Top 100 Golf Courses in the US," according to Golf Digest Magazine. "We are looking for a complete effort from the team and walking out of the fall season on a positive note," said head coach Matthew McGreevy, who is in his 13th season with the team.

The season up to this point has consisted of four events. The team opened their season by competing at the Dartmouth Invitation in Hanover, N.H., from Sept. 15-16, finishing 12th out of 15 teams. After that, they competed at the Boston College Invitational in Canton, Mass. That event went from Sept. 24-25, and the team placed 15th out of 17 teams. Four days later, they competed at the Hartford Invite in Bloomfield, Conn. There, they came in 4th out of 8 teams.

Their last competition was over Columbus Day at the Yale Women's Invite in New Haven, Conn. They came in 15th out of 17 teams.

Senior Chelsea Sedlar is one of two golfers (the other being freshman Hana Bowman), who has played in all four events this season. She posted the best score for Sacred Heart at the Boston College and Yale events.

According to the Sacred Heart athletics website, Sedlar finished in a tie for 44th individually out of 89 competitors at the Boston Invite. She finished with 237 points, going 21-over-par (21)."Having played in the fall, we now have a better understanding of our team dynamics and are really starting to come together," said Sedlar.

Sedlar saw her best score at the team's first tournament, the Dartmouth Invitation, where she posted a 9, tying for 28th out of 85 participants. Her best individual placement came at the Hartford Fall Invitational, where her +16 score netted her for 8th place overall.

"We shot lower numbers than in previous events so we really started to mesh as a team," said Sedlar.

Sedlar has been selected to the All Northeast Conference (NEC) First-Team throughout her first three years at Sacred Heart.

In the past two years, she has placed high at the SHU Fall Classic. In 2017-18, she placed 3rd in the event. In 2016-17, she tied for runner-up. "We want to show what we can do, and our home course is a great place for us to do that," said Sedlar. "We have the advantage of playing here every day and hope to use that advantage to poll better scores." Despite a season that has not produced any victories for the team, they are looking forward rather than reflecting on the past.

"We are a young team and are still finding our footing," said McGreevy. "There is a lot of upside and we are looking forward to our final event this fall and getting better in the offseason."

The team hopes that traveling together often this season will give them a chance to work on the mental challenges they are facing together.

BY JOSEF SAMILENKO
Staff Reporter

Men's Soccer Travels During Conference Play

BY CAROLINE BOLLETINO
Staff Reporter

The Sacred Heart men's soccer team has faced a month full of traveling for the Sacred Heart University men's soccer team. They have played three of six scheduled contests for this month and five of these six contests are road games.

"We always love playing at home and having the feeling of defending our home turf," said redshirt sophomore Joey Zacchia. "But we see no difference playing somewhere else. We just have to put our best foot forward and win." The team's first game this month came on Oct. 5, against Mount St. Mary's College. Senior defender Sean Cline scored the overtime goal to defeat Mount St. Mary's, 2-1, in what was the team's first Northeast Conference (NEC) win of the season and second win overall.

The team's first victory of the season came at home at Park Avenue Field on Sept. 2 against Manhattan College. They won that game, 2-1, as well.

"That was one of our standout games," said head coach Joe Barroso. "They (Manhattan) are nationally ranked in the Top-30." The team lost their next two games following the victory over Mount St. Mary's. On Oct. 9, they lost 2-1, to the University of Connecticut (UConn), in Mansfield, Conn. It was also their final non-conference match of the season.

Three days later on Oct. 12, they traveled to LIU Brooklyn and lost 3-2, in overtime. "We wish we could be playing at Park Ave Field more often, but that is how the schedule is," said senior Oscar Curran Caballero. "We face those away games just as if they were at home."

The team is currently sitting at 1-3 in NEC play this season.

"If you look at the record, we are having a bad season so far but the team does not feel like that, which is the best part," said Caballero. "We are going to try to turn it around."

At the end of each game, the team analyzes what went wrong during play.

"We always watch the games, we highlight mistakes we have made, and then we take it to the field and we prepare," said sophomore Zander Hyltoft.

One thing that the team has recognized this season are their second half struggles in games. Of the 13 games the team has played so far this season, they've allowed a second half goal in 11 of them.

"We have lost games that we did not deserve to lose and that has affected the team mentally," said Caballero.

The team hopes that traveling together often this season will give them a chance to work on the mental challenges they are facing together.

"I love this team. They all really get along and the atmosphere is great," said Barroso. "We are a young team, we have more than 50 percent new starters."

"The team lost some of their starters from last season due to graduation. However, they focus on maintaining a positive atmosphere in order to allow each player to improve.

"We want to be able to make it into the NEC playoffs and contend for the title," said Zacchia.

The team's next game is their first and only home contest of October. It will be against Bryant University at Park Avenue Field on Oct. 21.

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THE SACRED HEART WOMEN'S RUGBY TEAM CELEBRATED SENIOR DAY ON OCT 13. THEY WENT ON TO DEFEAT NEW ENGLAND IN A 50-5 VICTORY. THIS NOW MAKES THE TEAM 3-3.

THE SACRED HEART WOMEN'S SWIMMING AND DIVING TEAM HAD A RECORD BREAKING PERFORMANCE IN ITS FIRST TRI-MEET OF THE SEASON ON OCT 13. IT WAS THE FIRST TIME IN PROGRAM HISTORY THAT SHU DEFEATED BOTH CENTRAL CONNECTICUT AND LIU POST. PICTURED ABOVE: JULIA PUSATERI, JUNIOR.