FEATURED NEWS

CT Gubernatorial Race: Policies and Positions
BY MAYTE FIGUEROA-CAMILO
Staff Reporter

As of press time, the results of the 2018 Connecticut gubernatorial election, held on Nov. 6, are not yet known. The two major candidates for governor of Connecticut are Democratic businessman Ned Lamont and Republican businessman Bob Stefanowski.

In April of last year, the Democratic Governor Daniel Malloy announced that he will not seek re-election for a third term in 2018, according to ballotpedia.org. The 2018 Connecticut gubernatorial election will elect the next person to replace Malloy.

"It's significant because elections have consequences and it makes a huge difference particularly more now than probably in any other time in the last 50 years insofar as which party is in power," said Dr. Gary Rose, professor and chair in the Department of Government.

As of Oct. 23, according to a Sacred Heart University poll sponsored by WTNH Connecticut Media Group, the governor's race has been almost tied with Lamont's 40 percent to Stefanowski's 36 percent.

"We have two polls in a row that are showing that this is a toss-up," said Rose.

According to an earlier poll by Quinnipiac University, released on Oct. 10, due to a 22-percentage point lead among women in the governor's race, Lamont had a lead of 47 percent to 39 percent of likely voters over Stefanowski.

Sacred Heart's poll also reported a major gender gap in the governor's race. 50 percent of female voters said they support Lamont compared to Stefanowski's 25.2 percent of female voters.

Connecticut's taxes and budget situation are two of the main issues that may influence the result of the election.

"The polls that have been conducted show that the paramount issue in this campaign is tax reform," said Rose.

In response to the fiscal crisis, Stefanowski proposed zero-based budgeting and tax cut policies and Lamont proposed a tax relief plan for the middle class, according to their campaigns.

"Stefanowski is absolutely confident that he can cut at least five to ten percent out of the state operating budget," said Rose.

As reported by his campaign, Stefanowski's economic plan includes tax cuts for corporate and state incomes. He believes lower income taxes will bring back companies and jobs to Connecticut.

"His plan is probably going to roll taxes back and that probably is going to have consequences for education spending and a lot of other public services," said Rose.

Lamont's campaign reported that an increase in highway tolls will help pay for improvements on the major roads in Connecticut. Sacred Heart's poll showed that 52.1 percent of Connecticut voters reported to agree with this proposal.

Other likely voters have a different stance on Lamont's infrastructure plan.

"Bringing jobs back to CT is really important, because it's expensive to live here. Adding tolls is just going to make it worse," said junior Lindsey Dell/Isola.

"We are in a state now where there is very little compromise between the parties," said Rose. "Do we want Ned Lamont who is a continuation of Malloy or do we want Bob Stefanowski who is in line with Trump's policies?"

Quinnipiac's poll reported that supporting a candidate who shares their opinion of President Donald Trump is important to 65 percent of likely voters, as opposed to 35 percent of voters who say it's important if the candidate shares their opinion of Malloy.

"Students should participate because it matters which party comes to power and it has direct consequences for public policy, which affect their lives," said Rose.

For sophomore Nancy Tonacciu-Cuzzo, the elected governor must be active in social policies.

"I am going to base my vote on a more democratic view. Ned Lamont shows more support towards his community. Lamont is helping with big issues that I am very invested in such as education, because we need to improve our education systems," said Tonacciu-Cuzzo.

"Education policy is right in the forefront of the difference between what could happen depending on who is elected," said Rose.

"Voting in this election is a powerful way to influence change. It's up to you students to bring your convictions to the voting booth," said Mary Luengo, professor in the Department of Catholic Studies.

Fairfield Police Chief to Join Sacred Heart
BY ANAYA VANCE
Staff Reporter

After serving for 30 years, Fairfield Chief of Police Gary MacNamara will be retiring from his current position. MacNamara will be joining Sacred Heart to become the new Executive Director of Public Safety and Governmental Affairs.

"It is a privilege to welcome retired Chief of Police Gary MacNamara to the Department of Public Safety, and to our SHU family. Chief MacNamara is one of the most highly respected law enforcement professionals in Connecticut and it is truly an honor that he has chosen to bring his knowledge, experience, and leadership to this department. I look forward to working with Chief MacNamara as we continue to further our mission of ensuring a safe and secure environment for all of our community members," said Jack Fernandez, Director of Public Safety.

Over the last several years MacNamara has been working closely with SHU, so when the opportunity presented itself, he jumped to make any to the University. Rather, he is looking to come, talk to staff and students, and work one-on-one with administration to continue to make Sacred Heart a safe place for all.

"I'm glad Sacred Heart found someone like Mr. MacNamara with his credentials, but I hope someone with his experience doesn't try to change the dynamic of how things are already run," said Darwin Anderson, senior Criminal Justice major.
Iran Sanctions and Migrant Caravans

BY EVAN DENNY
News Editor

Iran Sanctions Resume

On Monday, the U.S. re-imposed all sanctions on Iran that once were lifted under its 2015 nuclear deal with world powers, grinding further down on the Islamic Republic’s already-slowing economy in what President Hassan Rouhani described as a “war situation” now facing Tehran.

While previously warning it could ramp up its nuclear program, Iran still honors the atomic accord now limiting its enrichment of uranium, according to the United Nations.

The U.S. Treasury Department imposed penalties on more than 700 Iranian and Iraqis linked individuals, entities, aircraft and vessels in the new sanctions. Among those are 50 Iranian banks and subsidiaries, more than 200 people and ships, Iran’s state-run airline Iran Air and more than 65 of its planes.

It says it wants Iran to radically change its policies, including its support for regional militant groups and its development of long-range ballistic missiles.

“All nursing majors should get a cord at graduation,” said Poole. “We all work equally as hard throughout our four years here to reach the same goal.

Another aspect of nursing that is required for graduation is clinical.

Nursing is an amazing and rewarding profession,” said Corrente. “It is a field that will always keep you thinking because science is always changing and evolving so learning never stops.”

Due to inappropriate comments on the petition, it has since been closed.

THE SACRED HEART STUDENT NURSES STARTED A PETITION TO GET GRADUATION CORDS WITHOUT HAVING TO RECEIVE EXTRA POINTS FROM NSNA.

Nursing Students Petition for Graduation Cords

BY KATELYN NOROWSKI
Staff Reporter

Sacred Heart University’s chapter of the National Student Nursing Association (NSNA) will no longer grant nursing cords at graduation unless students receive a certain amount of points granted by the SNA.

In order to receive the nursing cords at graduation, nursing students must earn points directly with the NSNA by participating in on and off campus service opportunities. These points vary based on graduation year.

Sacred Heart nursing students have reacted to this rule by creating a petition. The petition argues that receiving these points should not be a requirement to receive cords for graduation.

“I feel that the petition is fair,” said senior nursing major, Jessica Poole.

“I don’t believe a cord should only be given to those who attended NSNA meetings, or those who had the most hours,” said Poole.

The NSNA was created in 1952 and is a nonprofit organization. Their mission is to prepare students for becoming a registered nurse. They also work to encourage nursing students to learn the ethical aspects of being a registered nurse as well as how to be leaders in clinical situations.

“I feel that doing extra hours can be challenging for a number of reasons,” said junior nursing major, Alana Corrente.

First, our education comes first so it can be hard to fit in doing extra hours when we have tests, projects, presentations, etc.,” according to Corrente. “I also think it is hard for the underclassmen because they do not have access to transportation when events are not at school.”

“In the past, a lot of the of the events that were created to get points involved having to spend money,” said Corrente. “For example, going to the Sound Tiger’s Game and fundraising at Panera Bread. This was challenging because we are college students.”

“However, I do think SNA this year has worked on those issues a lot in the sense that they have moved offering points for events and they have added more opportunities to get enough credits to get a cord,” said Corrente.

“This year, you need 15 credits each semester, whereas last year you needed 20,” said Corrente.

According to Corrente, “there are also more meetings this year which allow you to get more points.”

“Overall, the Student Nursing Association is a program that most undergraduate nursing programs have,” said Corrente.

“There are services that they provide on an off campus to help the community, promote developmental skills, and practice standards and ethics that are needed to become a responsible nurse,” according to the Sacred Heart website.

“For example, as a junior and senior nursing student, SNA provides you the opportunity to administer the influenza injections to students at school and we also do fundraisers like the Turkey Drive,” said Corrente.

There are not only requirements within the SNA to receive a nursing cord, but nursing students also have requirements from the University.

“Nursing students must gain a liberal education for Baccalaureate Generalist nursing practice, with knowledge from biological, behavioral, social and nursing sciences,” according to the Sacred Heart University website.

“All nursing students should get a cord at graduation,” said Poole. “We all work equally as hard throughout our four years here to reach the same goal.

Another aspect of nursing that is required for graduation is clinical.

Therefore, according to the Sacred Heart website, “nursing majors must learn to make clinical judgements based on knowledge and evidence, and developed through the process of clinical reasoning.”

“Clinical allows you to be hands on and interact with the patients,” said Corrente. “You are able to practice your skills and gain knowledge from being in real life scenarios.

Futhermore, the website said, “embracing the core values of professionalism that support optimal health outcomes, is required for students to graduate with a nursing degree.”

“Nursing is an amazing and rewarding profession,” said Corrente. “It is a field that will always keep you thinking because science is always changing and evolving so learning never stops.”

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The alignment of the stars do not determine my actions. Or my feelings. Or my future.

According to my zodiac sign (Gemini), I am adaptable, versatile, enthusiastic, soft-spoken, intellectual, anxious, and I lack direction in life.

If this was a test, my zodiac sign would get a fat F. I'd say half of those traits are true, and the other half are completely off. This brings me to my main point: by associating very general traits or characteristics to different months of the year, whoever makes these predictions or horoscopes is bound to get something right consistently.

I feel like people will see a trait or characteristic that is relevant to their zodiac sign and they will latch on to it because it makes them feel good.

Take mine for example – it feels good to be told I am a natural intellectual. It's nice to think that to be true, but I'd personally rather attribute my intellect (the very limited amount I have to any work ethic, and my focus on my studies).

Regardless, it's nice to be informed that you are naturally good at something, or that you inherently possess a positive characteristic. But I think that this leads people believing in their horoscopes because they are being told what they want to hear.

Maybe they do exhibit some of the characteristics that are relevant to their zodiac sign, and maybe their horoscopes serve as a medium for reinforcement.

Maybe there are cases in which people see characteristics that they don't currently exhibit, but want to exhibit, associated with their zodiac sign, and they just start drinking the kool-aid.

Who am I kidding. This isn't a "maybe" situation, this is a definite phenomenon. People will place their faith in the stars, the planets, and the galaxy if it means that they will be viewed as a naturally funny, beautiful, or smart person. Their horoscope also gives them an excuse to berazy, irrational, rude, or erratic during certain months because of the alignment of celestial bodies in the solar system.

Come on. That has to be a joke. Unfortunately for the future of our society, it's not. I guess one of the more frustrating aspects of astrology has to be the "science" from which these horoscopes and zodiac signs are rooted.

According to an article published by The University of California, Berkley, "In the few cases where astrology has been used to generate testable expectations and the results were examined in a careful study, the evidence did not support the validity of astrological ideas."

That's coming from a bunch of pretty smart people from a university I couldn't get into even if I had the chance to take the SAT 36 times. With an answer key. Bottom line – I don't buy it.

Growing up I never paid much attention to astrology or what my zodiac sign represented. I was always skeptical and inquisitive about anything that was said about my sign. One thing that always puzzled me was, who is determining a person's personality based on their date of birth?

However, this summer I started to do more research on zodiac signs and what they stood for. My interest sparked after one of my coworkers kept guessing people's zodiac signs based off of their personalities. One of the first things she would do was try and guess what month people were born. She would always talk to me about how their personalities matched up exactly with what their zodiac sign stood for. When I told her I was born on April 11th she immediately started telling me all the personality traits of an Aires.

One quality of an Aires is being a leader. Aires are known to take on leadership roles because they like to be in charge. When my coworker began to explain the traits of an Aires I instantly changed my perspective on zodiac signs.

After only knowing me for a couple of weeks, she did not know my full personality, but was able to guess it through her knowledge of zodiac signs. My friend Erica and I were sitting in my bed researching the different Zodiac signs. After researching we were shocked by how much our signs reflected our personalities. I was shocked to hear that an Aires likes to take on a leadership role because I have always been a person who likes to be in charge. I am constantly looking to get involved in leadership positions.

On zodiac-signs-astrology.com it states, "Their upbeat and magnetic personality often entices others to follow their lead because their personalities bring excitement into others' lives."

I agree with this personality description of an Aires because I am very outgoing and social. I love trying new things, staying busy, and talking to different people no matter what the situation may be.

Another description that fits me would be about my temperament. An Aires is known for their independence and they do not like to take orders from anyone else. On zodiac-signs-astrology.com, it said, "They can get childish or moody should they be given orders that they do not like and easily take offense to comments made."

This relates to me extremely because I like being independent and having a leadership position rather than someone telling me what to do.

In addition, one of the most accurate things the website stated in relation to me was how an Aires tends to put a lot of pressure on themselves. Zodiac-signs-astrology.com said, "Underneath the strong, independent surface may lie insecurity. This is due to the intense drive to succeed and they put too much pressure on themselves, thus resulting in self-doubt."

This is one of the most accurate statements I have read about my personality.

Although I am very strong and independent I tend to put a lot of pressure on myself to succeed and be the best I can be. An Aires is known for its competitive side and that is exactly what I have. After reading and researching about my Zodiac signs, it leads me to believe that they are accurate and true. I was amazed when I realized that most of the things that were described about an Aires fit a perfect description of me. I find it extremely fascinating that someone's date of birth can tell you so much about them and their personality traits.
Celebrities Encourage Voters

BY MATT WIETK
Staff Reporter

Would a celebrity endorsement about voting and political campaigns make you more inclined to get involved?

Recently, celebrity Taylor Swift gave her thoughts on the upcoming midterm election. Swift is encouraging that people take the time to go out and vote through a post on Instagram. Her post received over 740,000 likes.

Junior Courtney O’Donnell said, “I think it’s nice to see celebrities trying to be involved and take a stand on voting. A lot of people don’t take advantage of the voting system, so if celebrities can influence them to do so, it can be beneficial.”

24 hours after Swift’s Instagram post there were up to 65,000 new voter registrations, according to Kamari Guthrie, an exclusive interview with BuzzFeed News.

Junior Laura Dolan said, “I definitely do think that celebrities have influence on students going out to vote. When students see celebrities voting and encouraging others to vote, it makes them feel like voting is in some way making them more connected to those celebrities or feel like voting is cool.”

Taylor Swift is not the only celebrity using the power of social media to influence their fans to vote. Other celebrities like Chance the Rapper, Kanye West, and Rihanna are doing the same on their social media platforms.

Freshman Max Lionetti said, “I think celebrity endorsements help to get people involved in voting because they have such a huge influence on their fans. It creates an advantage to get people to take part in elections.”

In addition, Dolan said, “I think celebrities encouraging people to vote is a respectable way to utilize their platform to help create a positive change in our society. However, sometimes celebrities can overly push their own agenda onto their fans.”

Some students feel that celebrities over step their boundaries when influencing fans to vote. “I feel like celebrities should not encourage people’s opinions and decisions,” said senior Amber Tischio. “It can lead them to change their own perspectives and that is what makes them who they are.”

Others often have thousands of followers on social media, because of the size of their audience their posts are widely spread.

Freshman Alex Rice said, “These celebrities are encouraging young people to vote. Celebrities, like Taylor Swift, are able to drive masses of young people to get involved.”

Midterm elections are coming up on Nov. 8 and some celebrities are pushing for their fans to get out and vote by using their powers of influence in the media.

“Students are heavily influenced by social media, so by celebrities posting on those platforms it can persuade them to consider voting,” said O’Donnell.
Epilepsy Awareness Month

BRYANA CIELO
FEATURES EDITOR

I've always been one of those people who loves to plan. When I woke up on Linda's the morning of Oct. 1 of last year, I was planning to get breakfast and go back to my room to watch a movie. It was supposed to be like any other Sunday.

Suffering a grand mal seizure was the last thing I planned for. I woke up on the ground looking up at a paramedic, trying to fit the pieces together. Where was I? Why were they there paramedics? Why was my arm convulsing in pain?

As I regained consciousness, the paramedics patiently tried to explain that I had suffered a grand mal seizure. Everytime they explained it, I nodded like I understood, and then asked again a minute later.

When I was finally conscious enough to really take in the information, my brain processed the word seizure. I had heard of seizures and epilepsy before, but that was the extent of it. I didn't really know what a seizure was, and I didn't understand the difference between that and epilepsy.

A seizure is what happens when the nerve cells in a person's brain behave excessively or not as they should. A person can have a seizure for all different reasons: genetic disorders, a stroke, a brain injury, or a brain tumor.

However, if someone has more than one seizure for unexplained reasons, they will most likely be diagnosed with epilepsy, which is a brain disorder that causes repeated seizures or seizure activity. There are a few different types of seizures. They can be as physically harmful as a grand mal seizure, where a person collapses, becomes unconscious, and begins to convulse. However, there are other types of seizures that aren't even noticeable. During an absence seizure, an epileptic will begin staring and zoning out.

Myoclonic seizures are characterized by the simplest muscle twitch. Oftentimes, bystanders aren't even aware that someone is suffering a seizure, yet every single type of seizure can cause brain damage. After undergoing tests that measured my brain activity, it was determined that I had epilepsy. Epilepsy has no cure, just different types of treatment. In cases like mine, I take medicine to prevent seizures and avoid my triggers. Things that can trigger seizures in epileptics are, but not limited to, flashing lights, excessive alcohol consumption, dehydration, and lack of sleep. Many people with epilepsy do not respond to medication, so they have to resort to other methods like brain surgery. Repeated seizures can lead to even greater damage, to the point where a person can't even walk and talk anymore.

Looking back, I realize now that even before I was diagnosed, I should have had some knowledge of how to help someone who is suffering from a seizure.

When I had my first grand mal seizure in Linda's that morning, I found out later that students were taking videos of me while I was convulsing.

There is not nearly enough awareness surrounding epilepsy and seizures in general. People suffer seizures every day for all different reasons, and most people do not know seizure first aid.

If a person has a grand mal seizure in a body of water, they can drown instantly. If they collapse on land, there is a great risk of concussion or other injury. If the person is lying on their stomach while having a grand mal seizure, they are at a much greater risk of choking due to the restriction of the throat.

If you witness a person suffering from a grand mal seizure, the first and most important thing you should do is call 911. Next, make sure they are laying on their side and move them away from any objects or furniture that they could hurt themselves on while convulsing.

The myth of someone swallowing their tongue during a seizure is just that—a myth. Do not ever put anything in their mouth while they are convulsing, as you can risk your own safety. If someone is having a grand mal seizure, give the paramedics as much information as possible when they arrive at the scene. Seizures that last more than 5 minutes can be fatal.

When the person wakes up, gently explain to them that they suffered a grand mal seizure and that they are okay. Give them a chance to process the information. They just went through a very traumatic seizure and may not be understanding what happened at first. Even if you are afraid, be as calm as possible.

With people with epilepsy, there is always the risk of Sudden Unexpected Death in Epilepsy (SUDEP). Research has shown that a person with epilepsy could suddenly die from a seizure, with no real explanation or reason. While this is rare, it does happen. 65 million people currently live with epilepsy and one in 26 Americans will develop epilepsy in their lifetime.

I have to believe that the students who tried to take videos of me that Sunday morning did so because they didn't know what was happening. There is a problematic stigma that surrounds epilepsy. Epileptics face complications in their lives that go beyond medical dangers. People often believe that we aren't capable of things that other people do, like holding babies, driving cars, swimming, you name it.

Due to my diagnosis, I was let go from my lifeguarding job after six years. I also had to discontinue my swimming career after 13 years, two of which were spent competing for the varsity team here at Sacred Heart.

While epilepsy is very much a physical disorder, it is so much more than that. Last year, after suffering a second grand mal seizure in March, I struggled with my anxiety and fear for days. Days I didn't leave my dorm room in a fear of having a seizure in public. It's not more than 8 hours of sleep, I feel anxious all day. With every muscle twitch, I am in fear. One night a few months ago, I couldn't fall asleep. It soon became a 3 a.m. and I knew I was pushing my limits, but I didn't know what to do. I feared not being able to sleep, the more awake I was. When I tried to get up, my heart rate went up to 135 beats per minute. I immediately woke up my mom to help me as I suffered from the worst panic attack I've ever experienced. I was incredibly dizzy and my entire body shook with fear. It took 5 minutes to finally start breathing normally and calm myself down.

It can take years to determine what anti-seizure medication works for you. The first medication I was prescribed made me incredibly depressed, fatigued, and seznious. Many of the medications can cause suicidal thoughts and other horrible side effects. The process of changing medications is long and difficult. It's been over a year since I was diagnosed and I just began the process of switching over to a new medication. There are still days when I have trouble getting out of bed.

Epilepsy isn't impossible, though. Just a few weeks ago, I drove a car for the first time since I was diagnosed. I pushed through the fear of going into the lake or the ocean on summer break. While I'm able to overcome some of the anxiety I've experienced, it's still there every day and every day.

Epilepsy is more dangerous than people think, and without the proper knowledge and preparations, people who suffer from it are at even greater risk. I am lucky to be able to do most of the things that I was able to do before I was diagnosed, but some people are not. It's in these cases that people need you to step in and help them. To sooth them, to understand them, or even to save their life.

November is Epilepsy Awareness Month. Please take a minute to educate yourself so that you are prepared to help someone who needs you if the time comes.
The Outpost Beer Garden at Sacred Heart

BY BRIANNA MILANO
Staff Reporter

In a recent post on Instagram, the Sacred Heart University Athletics account (@shubigred) announced that they had something big coming to the department of athletics. The announcement sparked curiosity and suspense among students. A few days later, they announced via Instagram again that they were implementing The Outpost.

The Outpost is a place where fans can get beer from various breweries, win giveaways, and get vouchers for free brewery tours. The admission to get into The Outpost is $5.

According to Sacred Heart University Pioneers website, The Outpost made its successful debut on October 27, where Stony Creek Brewery was the first of many breweries to be offered at The Outpost.

"Hearing about how Sacred Heart University added something like The Outpost makes me so excited to finally turn 21," said junior Rachel Dufresne.

"I love going to football games here at Sacred Heart so much, but I think implementing The Outpost will bring new excitement to home games for students and parents as well," said sophomore Sarah Tedesco.

The anticipation of something like a beer garden has been building for those in the athletic department.

"We have been exploring adding this experience for our fans over the past few seasons. In studying national trends, especially in football, it has really gained momentum," said Chris O’Coimor, Senior Associate Director of Athletics and External Affairs.

According to Sacred Heart Pioneers website, at each home game, The Outpost will feature a different local brewery and its different specialties.

"We are always looking for ways to enhance the fan experience at all of our athletic games. We feel as the addition of The Outpost supports that goal of enhancing the positive experiences people have at our venues," said O'Connor.

The main goal of The Outpost is to give Sacred Heart fans a heightened experience at games.

"Our commitment is to our students and fans to ensure that they have a safe, fun, and exceptional environment in which to cheer on the Pioneers," said O’Coimor.

"At this point with The Outpost being relatively new and with two games remaining, the costs are not immediately available," said O’Connor.

"I am excited for The Outpost because it will give Sacred Heart students another place to hang out and get to know each other while being in a football and school spirit atmosphere," said senior Nicole San Fillipo.

Students have had positive reactions so far to this implication of the beer garden.

"This makes me so much more excited to be here when I turn 21. I think The Outpost will be such a great environment for home games and students and family at Sacred Heart," said sophomore Camryn Bennett.

"We are excited about the opportunity to foster new traditions at Sacred Heart and hope that The Outpost encourages people to reconnect with one another throughout the fall football season, while cheering on the Pioneers," said O’Connor.
By Elisha Brown
Contributing Writer

This past summer, Sacred Heart University donated hundreds of pieces of furniture to those in need in Guatemala.

Every year, at least one of the residential halls at Sacred Heart disposes of their old furniture to make room for new pieces. Instead of filling landfills with more waste, Sacred Heart has found a way to help those in need.

From Elizabeth Ann Seton residence hall, Sacred Heart donated just over 3,500 pieces of furniture to Guatemala through an organization called Asset 360.

Asset 360 is an environmental non-profit organization that aims to maximize their capacity to provide worldwide aid to communities in need around the U.S. and the developing world.

"The Asset 360 staff have shipped more than 3,500 sea containers to more than 40 developing countries and more than 30 US states in support of humanitarian relief programs as well as disaster relief efforts. These shipments include no longer needed furnishings, fixtures and supplies from higher education facilities, K-12 public school systems, medical complexes, corporate and manufacturing facilities and many others," said Mark Beny, President of Asset 360.

Asset 360 works with numerous public or private institutions, one being colleges and universities, and pairs them with one of their humanitarian relief organizations to provide worldwide aid.

"In Guatemala, almost eight in ten citizens live in poverty with nearly 50% living in abject poverty conditions earning less than $1.50 per day for their families. Almost half of its citizens are illiterate and the same percentage live without clean water. This places tremendous strain on families to provide for their children and many of these families or forced to relinquish their children to residential facilities that are able to care for them," said Berry.

"Joel was the catalyst to getting the company to come and donate the items. We try to donate items locally and have worked with the Habitat for Humanity Restore in the past, but it is tough for groups to take large quantities of items. He felt Asset 360 were in line with our mission to promote the common good and to serve others, especially the poor and suffering," said Gregory Madrid, Assistant Director of Residential Life.

"Asset 360 has been seeking campus clients like Sacred Heart University to increase our annual shipments of reusable durable goods through a network of recipient partners worldwide to desperate needy communities. Our choice of Guatemala as the destination for the 20 sea containers sent from Sacred Heart University was due to the perfect match of available furnishings from the campus with the requested needs of a residential school facility in El Rosario, Guatemala," said Berry.

Through Asset 360, Sacred Heart was able to donate used desks, chairs, dressers, bed frames, mattresses and wardrobes to Guatemala.
**By Ashley Engle**

**Staff Reporter**

Stephen King, notorious horror and science fiction novelist, released his latest book on the day before Halloween: "Elevation." Set in the fictional town of Castle Rock (a frequent locale in King's novels), "Elevation" is about a man named Scott Carey who must deal with a mysterious illness. Carey's battle with the disease brings the "small town together, despite the differences between the characters."

Washington Post book critic Ron Charles was looking forward to King's Halloween book release because, like many other readers, he is a fan of the dark, ominous, and frightening themes King usually imbues into his books. However, with "Elevation" Charles feels that King has a different goal in mind, giving readers a light at the end of the tunnel for once. Charles refers to this unusual book's release as the start of a new era, of the "New King."

Unlike Charles, students at Sacred Heart University were skeptical about the new King novel. "I don't know a whole lot about his classics, but I love that horrific edge that King has always maintained," said freshman Amy Hall. "I think 'Elevation' will bring some success. However, I have some doubt as to whether this new book might fully remove him from the legacy of his original vision of writing."

Other students are not fans of King or the horror genre at all. "I don't really have much interest in horror films or books related to that genre," said senior Deanna Vivirito. "I usually tend to stay away from genres like horror altogether. I've never really enjoyed that kind of reading."

Since the 1976 film adaptation of King's 1974 debut, "Carrie," most of King's books have been brought to life through film and TV – impressive, with "Elevation" being King's 59th novel. A number of the movies based on King's books have enjoyed commercial and critical acclaim.

Film critic Jordan Mintzer from The Hollywood Reporter ranked the "10 Best Stephen King Screen Adaptations" from over the decades. "The Shining," "The Shawshank Redemption," and "Misery" are some of the films that topped the list. Despite widespread acclaim, though, "Misery" remains the only film adaptation of King's work to have won an Oscar.

"Carrie" scored a spot in second place on Mintzer's list – the original film adaptation, though, not the 2013 remake. The 2013 version, starring Chloe Grace Moretz, received mixed reviews and did not gross very much money during its Halloween season release.

The 1976 film about the horrific slaughtering of high school students by Carrie White (portrayed by Sissy Spacek) has been the only version that has upheld King's horrific flair. The film also featured actor John Travolta in his first ever role.

Despite the ceaseless stream of King adaptations, both new ones and remakes, some say that they still prefer the older films. "Though I may not be a big Stephen King fan, I remember watching the original 'Carrie' movie and how I loved it much more than the remake. If I had the time, I would love to re-read the book," said Hall.

Besides "Carrie," King's book "The Shining" was another novel that turned into a significant movie for audiences across the globe. It was also the first movie to represent some aspect of King's life, as the character Jack Torrance and King himself both experienced alcoholism.

"The horror genre, through King's vision, I feel will always be unique in a lot of ways. In relation to me being a psychology major, I feel horror brings out the human experience readers must envision while reading about the unusual and terrifying," said senior Marisa Best.

**Chilling "Sabrina the Teenage Witch" Revival**

**By Dominique Price**

**Staff Reporter**


The movie starred Melissa Joan Hart as the main character, Sabrina Sawyer, which was later changed to Sabrina Spellman in the sitcom.

The show chronicles the adventures of Sabrina Spellman, a girl who discovers that she is a witch on her sixteenth birthday. Her aunts, Hilda and Zelda Spellman, who are played by Caroline Rhea and Beth Broderick, counsel her on the proper use of her magic and give her moral advice.

Like the 1993 animated series – this hasn't been the first reboot of the series – "The Chilling Adventures of Sabrina" is very different from the original family sitcom.

The series turns the original sitcom into a Gothic horror series. It stars Kiernan Shipka as Sabrina, the half-human, half-witch star of the show. It takes on heavier topics as well as explores dark side of what it takes to be a witch.

"I love the show 'Riverdale,' and it would be amazing if there was a crossover between it and the new series, 'The Chilling Adventures of Sabrina.' I can't wait for what each of the seasons have in store for us," said junior Gianna Nutile.

According to Netflix, Sabrina's mysterious black cat, Salem, unlike being originally human in the family sitcom, is now considered a familiar, which are goblins who have taken on the shape of animals to better serve their witch masters.

"It's nothing like the 90's saucy, mean Salem at all. That's its own thing that we're not going to try to compete with or be in the slightest because you can't live up to that in any way," said Shipka.

The series still takes place in Greendale, like the original sitcom. Greendale is the neighboring town to Riverdale, located on the opposite side of the Sweetwater River, in the American drama series, "Riverdale."
Drake Tops The Beatles

BY ABRAHAM SEABROOK
Staff Reporter

On Oct. 27, Drake broke the record for most #1 singles to reach the U.S. Billboard Hot 100 in a calendar year, a record previously held by The Beatles for 54 years.

Drake, born Aubrey Drake Graham, is a Canada-born singer, actor and rapper who is considered to be one of the most successful artists in recent years. He is a three-time Grammy Award-winner and holds records in the Hot 100 for most charted songs among solo artist and most debuts in a week.

"I like listening to Drake because he puts so much creativity with his music. He has so much variety that it can help with whatever mood anyone is in by how he can rap and sing," said senior Adrienne Hoffman.

The Beatles were an English rock band, known worldwide to be one of the most prominent rock bands in history. The band holds the record for most number one hits on the Hot 100 chart, has received seven Grammy Awards, and has been inducted into the Rock and Roll Hall of Fame.

"As someone who has been singing jazz music for years, I'm personally just not a fan of Buble's covers. They were the greatest and most influential act of the rock era and introduced more into popular music than any other rock band of the 20th century. They synthesized all that was good about early rock and roll and changed it into something original and even more exciting," said Albo.

"The Beatles are legendary, I always heard about them and how they were the rock band in the world. I do not really listen to them, but they did influence a lot of the music I listen to now. I would just rather listen to something faster with more rhythm and flow," said junior Parker Tuthill.

Throughout the year Drake released 12 songs that helped him surpass The Beatles in 2018. The songs that made the Hot 100 this year are "God's Plan," "Diplomatic Immunity," "Walk It Talk It," "Nice For What," "Yes Indeed," "Nonstop," "I'm Upset," "Emotionless," "Don't Matter To Me," "In My Feelings" and "MIA."

"I really enjoyed listening to 'Walk It Talk It' and 'Nonstop.' Those songs gave me this feeling of wanting to go out and have fun," said Tuthill.

"I really enjoyed listening to 'Walk It Talk It' and 'Nice For What' because I would always find myself dancing at some point during either of the songs," said Hoffman.

According to Billboard, Drake has led the Hot 100 for 29 weeks, breaking the previous record held by Usher. He accomplished this with "In My Feelings," "Nice For What" and "God's Plan" staying popular among fans.

As internet has changed over the years, there have been multiple new ways to listen and buy someone's new or old music. For example, using streaming services that you can access on your phone or laptop.

Drake broke the Beatles record of most #1 singles on the U.S. Billboard Hot 100.

No Slowing Down Michael Bublé

BY ANNIE MAY
Staff Reporter

The weather is getting colder, the days are getting shorter and your playlists may soon be filled with Holiday tunes.

Michael Bublé released a Christmas album in 2011 that featured many covers of popular holiday tunes, which seems to reappear over and over again each holiday season. The album is titled "Michael Bublé Christmas."

"I love Michael Bublé. My parents and I have been listening to him for forever. His Christmas album is one of my favorites," said sophomore Catherine Diane Albo.

Bublé's famous Christmas album isn't the only reason he has been talked about lately. Bublé was recently quoted saying that he would be retiring from the music scene following his son's battle with cancer. However, he recently told USA Today that he was misquoted, and shut down any rumors of retirement.

"If I can continue to have joy and to bring joy to my journey to be a happy one. I'll probably keep going until the news of my death comes out, which will probably be fake," Bublé said in a recent video interview with USA Today.

Although Bublé originally gained attention in the music scene for covering jazz standards, his holiday album has gained him just as much attention. Seemingly journeying back to his roots, his new album, entitled "Love" is set to be released Nov. 16. It features 13 songs, all of which are covers of jazz standards.

"I didn't actually hear about the new album but I'm so excited to hear it. I love his music so much," said Albo.

Not all of Sacred Heart University's students are eagerly awaiting the album release.

"As someone who has been singing jazz music for years, I'm personally just not a fan of Bublé's covers. He just doesn't do anything different with them," said junior Sofia Iacono.

This past week, on a segment of "Carpool Karaoke" on "The Late Late Show with James Corden," Michael Bublé opened up about his son Noah's battle with cancer.

"It's so hard to have to acknowledge it because it's so hard to talk about. We got the diagnosis and that was it man, my whole life ended," said Bublé.

Bublé became emotional, saying, "I'm not okay. My wife, honestly when this all started, I became the strength to somehow pull us and lift us up and to be positive and when they got it out and the chemo was done the doctors said "we did it, it's good, he's okay." I fell. I just fell, and my wife picks me up now," said Bublé.

Students reacted to the struggles that Bublé was facing.

"I can't believe everything he has had to go through with his son. It is just so sad. I don't blame him for need a break from touring and everything. I'm just glad it was just a rumor," said Albo.

He urged viewers at the end of the segment to donate to cancer research and treatments.

"You think you're one little person who can't make a change, but all of us can completely make that huge difference. If you do it and you save just one little person, that's it," said Bublé.

With this "Carpool Karaoke" segment receiving 5.3 million views on Youtube so far, Bublé's plea for help seems to be capturing world-wide attention.

According to Cure Search for Children's Cancer, every day 43 children are diagnosed with cancer.

"I think everyone just enjoy it is his iconic Christmas album, an upcoming jazz album, a tour cancellation rumor or even discussing with vulnerability his son's recent battle with cancer, there is no slowing down for Bublé.
Women's Basketball Season Underway

BY CAROLINE BOLLETINO
Staff Reporter

The Sacred Heart University women's basketball team opened their season against the University of Massachusetts on Nov. 6.

"Our team is looking to start off the season strong and maintain more consistency as we pursue our goal of a Northeast Conference (NEC) Championship," said head coach Jessica Mannetti. "The team seems to really be coming together this season."

Over the summer, the team traveled to Argentina for their foreign tour, which Mannetti said allowed them to get a head start on things they needed to work on. When they returned from the trip, they were picked to finish third in the NEC Preseason Poll.

"We are grateful for the respect that we have earned from the teams in our league. We even collected three first-place votes," said Mannetti. "Yet we are not extremely focused on pre-season rankings because the only rankings that mean anything to us are the ones at the end of the season."

Last season, the team lost in the Semifinals of the Conference Tournament.

"We have set high expectations for ourselves. We want to improve every day to become the best team we can be," said graduate student guard Erin Storck. "By trusting this process, we believe that we can end up with the trophy at the end of the year."

The team has returned all but one player from last year and has added redshirt junior Nikki Johnson, who transferred from Western Carolina University in Jackson County, N.C.

"Since we've returned almost the entire team, we feel more experienced and comfortable on the floor together," said Storck.

The team looks to bring the energy that their former teammate Tykera Carter, used to bring to the court. Carter graduated from Sacred Heart after last season.

The returners on the team look to carry on lessons taught from previous seniors, to incoming players.

"We try to really value the legacy of the players who came before us," said Storck. "Each player who has come through the program has made an impact to shape who we are today."

The home opener is Nov. 13, against St. Bonaventure.

"Our core focus this year includes staying together, holding each other responsible, committing to communicating, and remaining resilient," said Storck.

On Oct. 26, Sacred Heart Student Government hosted the annual SHU Hoops Madness event at the Pit Center, which kicked off the season for both the men's and women's basketball teams.

"We are thankful for the support we receive from the students and families on campus," said Mannetti. "Our team looks forward to the energy and excitement that SHU Hoops Madness creates at the start of our seasons."

This season will also feature two games on national television. On Feb. 9, the team will take on Mount St. Mary's College, which will be shown on ESPNU. On Feb. 25, the team will take on Fairleigh Dickinson University on ESPN+.

"There are many positive areas that we are continuing to build on and get better at every day," said Mannetti. "While we still need to challenge ourselves to improve on our weaknesses, we continue to work hard and bring great effort in preparation for a tough season ahead."

Fencing Teams Compete at Big One Invite

BY JOSEF SAMILENKO
Staff Reporter

The 2018-19 Sacred Heart University fencing season began on Oct. 28, at the Big One Invitational hosted by Smith College in Northampton, Mass. Sacred Heart competed against other northeast schools at the event such as Boston College (BC), Boston University, Vassar College and Brandeis University.

The men's and women's teams combined for four medals, including one first place finish. Three of the team's medals came from the epee competitions. The other medal was earned in the saber competitions. The competitions differ in the type of sword the fencers use. The swords are the foil, the epee and the saber.

Senior captain Dante Cerminara took home gold for Sacred Heart in the epee. It was his second year in a row placing first at the event. He is the first Sacred Heart fencer to achieve this feat.

"Winning the epee for the second year in a row was a huge success for me and it motivates me," said Cerminara.

Freshman Bennett Cohen tied for third place at the event. Bennett is from the New York City Fencers Club, which is where the U.S. Olympic fencing teams train.

"We knew he [Cohen] was good coming into the season, but that medal solidified that in my eyes," said sophomore Erik Galaska.

Additionally, sophomore Nicole Cerminara and Troy Kaptizke placed seventh and eighth respectively in the epee event.

Cerminara is one of three international fencers for Sacred Heart and the lone international fencer on the men's team. He is from Milan, Italy, and competed for the Italian National fencing team. He also had a sponsorship from an Italian fencing company.

In the men's foil, Sacred Heart saw three individuals place in the Top 15. Sophomore Lucas Wetmore, junior Julien Mallet, and freshman Frank Riccio placed 12th, 14th, and 15th respectively.

"Racking in all these medals was a big deal to show us where we stand prior to conference meets," said Cerminara.

The women's team had two individual Top 5 placements in the saber. Sophomore Amanda Fischer led the team, placing second. Senior Remi O'Shaughnessy placed fifth.

Fischer is another international fencer and one of two on the women's team. She is from Porto Alegre, Brazil, and competed on Brazil's National fencing team.

Fischer went 6-0 in pool play. She then bested her next three challengers with scores of 15-4, 15-4 and 15-10. In the semifinals, she earned a win with a score of 15-6. Her run came to an end in the finals, losing 15-14 to a member of the Boston College team.

O'Shaughnessy advanced to the Table of 8 before falling to semifinalist Gillian Lawrence, a sophomore from BC.

Sophomore Daria Rudakova was the other women's team member to medal for Sacred Heart. She finished tied for third.

Rudakova is the other international fencer on the women's team, hailing from St. Petersburg, Russia.

Sophomore Ashley Cherry and senior Samantha Abbott placed fifth and sixth respectively. They were both knocked out in the quarterfinals by the eventual finalists. Sophomore Caroline Fischer took 21st place.

"I learned at our first event that I do have the potential to do well," said C. Fischer. "I need to practice harder and hopefully I can become a better fencer."

Both team's next match takes place on Nov. 11, against Vassar College in Poughkeepsie, N.Y.
They deserve a lot of credit for the pride and dedication they all put in," said Mencio. "It's a solid program," said Bertucci. "Year to year, we're going to start to build something.

"Both teams are in our conference and have always put up a good fight in the past. Our goal for those two series is to sweep them because that will give us the best chance at being division champions," said Hall.

On Wednesday, Oct. 23, Robert Bertucci was named the new head coach of the Sacred Heart University men's volleyball team.

The opportunity to coach a Division I men's volleyball program was what appealed to Bertucci about the job. "It felt like it was a good fit," said Bertucci. "I was able to talk with Bobby Valentine (Sacred Heart Athletic Director) and I got the chance to meet some of the other people in the Athletic Department who are really nice guys."

Bertucci's career in college volleyball dates back to the 1970s, when he played at Springfield College in Massachusetts. According to the Springfield athletics website, he was the captain, and the team went 85-14-3 during his time there. He also helped the program get its first Division I "Final Four" berth.

After graduating from Springfield in 1974, Bertucci coached volleyball at the United States Military Academy at West Point and the University of Tennessee. In 1987, he began coaching the men's and women's volleyball teams at Rutgers University in Newark, N.J. According to the Sacred Heart athletics website, Bertucci led the men's team to the "Final Four" in 1995.

After seven years at Rutgers, Bertucci moved on to Temple University in Philadelphia in 1995. There, he coached the women's volleyball team and led them to four NCAA Tournaments and a "Sweet Sixteen" appearance in 2002.

Bertucci would remain at Temple until 2011, when he moved to Lehigh University in Bethlehem, Pa, in what would be a seven-year tenure as the women's volleyball head coach.

According to the Sacred Heart athletics website, Bertucci led Lehigh to six playoff appearances and was also named the Patriot League Coach of the Year in 2014.

Bertucci also has coached at the international level as a member of the USA Women's National Team. "My favorite memories in college volleyball are winning conference championships," said Bertucci. "Beating Penn State in the EIVA at Rutgers and winning the first SEC title at Tennessee are all really good memories."

Sacred Heart went 7-15 overall last season and went 2-12 in conference play. "It's no secret that our program hasn't been very successful in years past," said junior setter Noah Ricchetti. "It is encouraging that we are now being coached by someone who has won a lot in his career and can potentially turn the program into a successful one."

Bertucci is looking to create a new culture and strategy for the team. "I think we have a very competitive team right now, and what we need to do is make it a solid program," said Bertucci. "Year to year, we're going to start to build something that is going to last long after I'm gone."

Ricchetti has seen improvements in himself and many of his teammates through strength and conditioning workouts, and standard team practices. "Personally, I feel a hundred times more athletic, smooth, and controlled after hearing just a few things from our new coaches," said Ricchetti. "If this upward trend can continue, I really feel that our performance will skyrocket."

Bertucci was impressed with the players' initiative to train and practice on their own before he arrived at Sacred Heart.

"I was pleasantly surprised to see how eager they were to go," said Bertucci. "They are there to pick each other up when they need to and do what it takes to win."

"We do not rely on pitching to strike everyone out. We utilize players on the field. We have a very strong infield with five returners. The outfield is fast and all have great arms," said Ricchetti.

Mencio believes that aside from their offensive and defensive play, there are other reasons for the team's 7-1 start to the season.

"They are there to pick each other up when they need to and do what it takes to win. They deserve a lot of credit for the pride and dedication they all put in," said Mencio. "I was pleasantly surprised to see how eager they were to go," said Bertucci. "They seemed like a really nice group of guys."

Ricchetti feels that everything that the team has done with Bertucci has been more purposeful, compared to previous seasons. He hopes that this camaraderie shows itself when the season begins.

"Our team has a lot of potential that hasn't been brought out yet, which is something that Bertucci is excited to work with," said Ricchetti. Bertucci has made it clear to his players that wants to win the conference championship this year.
FOOTBALL

| Robert Morris | 0 0 7 0 7 |
| SHU 21 14 0 3 38 |

Pa: Kevin Duke -138
Ru: Julius Chestnut - 152
Rec: Kezio Snelling - 59

WOMENS ICE HOCKEY

| Post | 0 0 0 0 |
| SHU 1 4 0 5 |

SHU goals:
Lexi Edwards (1)
Jayne Lewis - 2 (5)
Victoria Grimmer (4)
Dakota McMahon (1)

MENS ICE HOCKEY

| SHU 0 2 1 3 |
| Bentley 1 0 1 2 |

SHU goals:
Jason Cotton (2)
Ryan Steele (1)
Austin Magera (1)

WOMENS VOLLEYBALL

| CCSU | 11 16 21 0 |
| SHU 25 25 25 3 |

K: Liiisel Nelis - 13
B: Kiley Ridgway - 4
D: Emma Smallcomb- 15
SA: Alix Polk, Megan Mordon - 2

FIELD HOCKEY

| SHU 0 1 1 |
| Monmouth 4 3 7 |

SHU goals:
Kayla Bedel- Franklin

MENS SOCCER

| St. Francis U | 1 0 0 1 2 |
| SHU 1 0 0 1 2 |

SHU goals:
Oscar Curras (2)
Alejandro Arribas (4)

WOMEN'S SOCCER

| SHU 1 4 0 5 |
| Post 0 0 0 0 |

SHU goals:
Lexi Edwards- 2 (3)
Anna Klein- (3)

Bentley OT Win
SHU goals:
Matt Tugnutt - (2)
Alex Bates- (1)

11/9
- Women's Volleyball at Saint Francis U 7 PM
- Men's Ice Hockey at Army West Point 7:05 PM

11/10
- Football at Duquesne 12 PM
- Men's Ice Hockey at Army West Point 2:05 PM
- Women's volleyball at Robert Morris 5 PM

11/12
- Men's basketball vs. Western New England 7:30 PM

11/13
- Women's basketball vs. Siena 6:30 PM

THE SACRED HEART UNIVERSITY WOMEN'S ICE HOCKEY TEAM COMPLETED THE WEEKEND SWEEP OF POST UNIVERSITY ON NOV. 3 WINNING BY A FINAL SCORE OF 3-0. THE TEAM WILL RETURN TO ACTION ON FRIDAY NOV. 16 WHEN THE PIONEERS HOST FRANKLIN PIERCE. GAME-TIME IS SET FOR 4:00 P.M. PICTURED ABOVE: MADIE BISHOP, JUNIOR.