FEATURED NEWS

ON THE ROAD AGAIN
SACRED HEART STUDENT VISITS ALL 50 STATES

E-MAIL OR E-FAIL
SACRED HEART BOMBARDS STUDENTS WITH EMAILS

UPCOMING EVENTS
11-15 Agape Late: We Already Have What We Seek, Linda's, 8 p.m.
11-19 Women in Bulsness, Martine Theatre & Forum, 10 a.m.
11-27 West Campus Christmas Tree Lighting, West Campus, 5:30 p.m.

TWEETS OF THE WEEK
@EddyGrancagnolo
"Everything got a lesson to it, if you don't know it then find it!"

@deanna_doherty
"If you're having a bad day, just remember that the earth has existed for over 4.5 billion years and we were all fortunate enough to be alive while chipotle existed"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or the Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!

Little Red's Toy Drive

BY: JOANNA BEACH & NEIL GRASSO
Staff Reporter & Assistant News Editor

You may have seen a person in a bear costume walking around campus, or people with buttons with a teddy bear holding a present, or even decoration. This is the work of Pioneers for Presents and the first ever Little Red's Toy Drive.

The mission of the toy drive is to collect 500 new, unwrapped toys for deserving families in the Bridgeport area.

"Just donating one toy could be a child's entire Christmas," said Claire Conlan, a member of Pioneers for Presents. "We hope to bring joy to children and their families during the holiday season."

Pioneers for Presents is made up of students in CM-227, a class about practical applications of advertising and public relations. They are working in partnership with members of Greek Life, the Office of Campus Ministry, and the Office of Volunteer Programs and Service Learning.

"Campus Ministry and Volunteer Programs work tirelessly to provide necessities for Sacred Heart's adopted families. To us, toys are necessities for children too!" said Professor Paley, the professor of CM-227.

The national poverty rate is 14%. In Bridgeport, the poverty rate is at 22%, according to data from the US census and Data USA, a comprehensive website and visualization engine of public U.S. Government data.

"There are some families in Bridgeport who struggle to give their children a toy for Christmas," said Conlan. "Our professor and her students at another university created a very successful, similar toy drive and she thought it would be great if we could create another one here."

Students and faculty members will have multiple opportunities to donate new, unwrapped toys to the drive before the semester ends.

Pioneers for Presents will be collecting donations at table times in the main academic building throughout the month of November.

They will also be at the end of Sunday masses from now until the end of the semester, taking donations and advertising the toy drive to the community.

Chipotle will also be supporting a fundraiser on Nov. 27 in Fairfield (340 Grasmere Ave) from 4-8 p.m. Proceeds from the event will go to buying new toys for the drive.

Members of the class are working together with Greek organizations.

Midterm Election Results

BY: MAYTE FIGUEROA-CAMILO
Staff Reporter

In the 2018 midterm elections, the Democratic Party took control of the House of Representatives while the Republican Party won majority in the Senate.

"We are going to have a divided government now for the remaining two years of the Trump presidency," said Dr. Gary L. Rose, professor and chair in the Department of Government.

The Democrats needed a net gain of 23 seats to break the Republican's eight-year hold on the House and place a check on the President, reported the Associated Press.

"There's going to be more investigations," said Rose. "Inevitably more people will be required to testify — probably under subpoena."

According to the Associated Press, the 2018 midterm elections were the first in history to exceed over 100 million votes with 49 percent of eligible voters participating in the election.

Connecticut's incumbent Democratic senator, Christopher S. Murphy, was reelected for six more years with 58.9 percent of the public's vote, according to the Associated Press.

"If the millennial generation really showed up at the polls, think of the power and the influence they'd have on public policy," said Rose.

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BY ANAYA VANCE  
Staff Reporter

On Nov. 7th, the Human Journey Colloquia Series and the Department of Social Work presented Human Trafficking in the Schine Auditorium.

Clinical Assistant Professor Elizabeth Johnson-Tyson from the Social Work department moderated the discussion. The department worked closely with the Department of Children and Families in Connecticut.

The event included a screening of the documentary film “Sex + Money: A National Search for Human Worth,” produced by Morgan Perry. It follows a team of young journalists traveling the U.S. documenting the lives of young children and women coerced into a life of sex trafficking and prostitution.

According to sharedhope.org, sex trafficking is the use of force, fraud or coercion to cause a commercial sex act with an adult or cause a minor to commit a commercial sex act. Traffickers find victims through social networks, neighborhoods, clubs, bars, the internet and schools in small cities.

Sophomore Tina Ghancha (Health Science major) said, “After the film I was disgusting and felt it was a total disregard for human life. You would think that everyone in the world is living like you and that opportunity is taken away from women and young girls. Human trafficking is hell on earth.”

According to the film, between 17,000 and 18,000 people are trafficked across international borders into the United States. Children can be trafficked at ages as young as 13 and 14. About 100,000 American kids a year are victims of child prostitution and trafficking.

The film demonstrated how the human body can be owned, used, and reused to make profit with consumers, distributors, and wholesalers governed by supply and demand like any other business. It introduced the lifestyle of 21st century modern day sex slaves in the states of Texas, Georgia, California, New York and Arizona.

Fetherman explained that she got the idea for the app from her brother Michael, who was diagnosed with Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD). Michael, who is 20-years-old, is said Williamson.

According to the film, most of the children being trafficked are in group homes, runaways, and have experienced some type of sexual abuse in their life. In Connecticut, it also includes the children that live in a stable home with a family.

Young said, “In the state of Connecticut last year, 67% of the kids who were referred to the department were living at home with a parent or guardian. It happens in every part of the state of Connecticut. Human trafficking in Connecticut is a backyard issue. If you don’t believe it’s happening in your community, then you’re completely misinformed.”

BY TARA ZANNI  
Staff Reporter

Juliana Fetherman is a Sacred Heart University alumna who was invited to Bloomberg Live on Oct. 30 on behalf of her mobile application, Making Authentic Friendships.

“It was totally random,” said Fetherman. “This lady who was verified on twitter tweeted at me saying she was interested in speaking with me about my app, and then the next day called me form California and said Bloomberg in New York City is having a panel event with entrepreneurs on the future of crowdfunding. It was very fast and out-of-the-blue, but I’m so thankful.”

The event was attended by about 200 people, who included investors and executives.

“Bloomberg Live brings together the expertise of the largest newsroom in the world,” according to bloomberglive.com.

“I got a lot of publicity from it. They even had a networking event afterwards, and I got 50 business cards from people who wanted to stay in touch,” said Fetherman.

Fetherman’s application is designed to enable individuals with special needs, ages 13 and up, to make friends. It matches people based upon their geographic location, diagnosis, age and interests.

After the idea came to her, she reached out to Sacred Heart president Dr. John Petillo, who then put her in contact with some professors from the Business School.

Fetherman graduated from Sacred Heart in the spring of 2018 with an undergraduate degree in Health Science and a minor in Business. She is currently enrolled in graduate school at Sacred Heart to get her Master’s in Business Administration.

Fetherman explained that she got the idea for the app from her brother Michael, who happens to have the same initials as the title of the app. Michael, who is 20-years-old, is diagnosed with Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD). As he got older, his biggest issue became making friends.

“Autism Club at Sacred Heart is what I credit my passion to,” said Fetherman, who was the president of the club during her senior year.

Another club on campus, called Best Buddies, works alongside children with special needs. Nicole Giordano, a senior nursing major and the president of the club, said that this app is going to be helpful.

“It can be difficult to make friends no matter who you are. Especially for our buddies, it can be hard because a lot of them go to school and then go home, leaving very little opportunity to meet new people. This app seems to work similarly to our program, providing a safe and fun way to make friends,” said Giordano.

Fetherman has even more plans to expand her business and the app.

“It want it to be my future, God-willing, but this is the main thing I wanted to do. Help make like-minded individuals to make friendships. I’m currently working on a part of the app to help other caregivers and family members, for example autism siblings to said Williamson.

According to the film, most of the children being trafficked are in group homes, runaways, and have experienced some type of sexual abuse in their life. In Connecticut, it also includes the children that live in a stable home with a family.

Young said, “In the state of Connecticut last year, 67% of the kids who were referred to the department were living at home with a parent or guardian. It happens in every part of the state of Connecticut. Human trafficking in Connecticut is a backyard issue. If you don’t believe it’s happening in your community, then you’re completely misinformed.”
Black Friday is an interesting time of year. After spending hours with family and friends, stuffing your face with plenty of good food, the natural instinct is to sleep.

However, one day a year, everything you once knew about food coma is thrown out the window and your hearty meal is simply a means of storing energy for the madness to come.

When I was young, going out to shop at 3 a.m. on Thanksgiving night was the coolest thing you could possibly do on Thanksgiving night. I had always wanted to go, but could never convince my family to take me. Once I reached the ripe age of 17, I finally rallied my friends to go to the local outlet shops with me to score some sweet deals. Upon our arrival, I found a parking lot filled with people, freezing, standing in lines for these brand name outlet stores.

From a glance you would believe that all stores were 75% off. As we wandered I began to notice how little the sales filled with people, freezing, standing in even a 30% off. actually were: 20% off, 15% off, maybe looking for a store to stand in line for, lines for these brand name outlet stores. rallies my friends to go to the local outlet shops with me to score some sweet deals.

Imagine yourself about a week from now: it's Thanksgiving. You are with your family, sitting at the table and patiently waiting, or at least trying your best, for the main course. After all that patient waiting, the food is served, and all conversations pause as everyone digs in.

After everyone is finished and the table is cleared up, what does everybody do? Maybe someone turns on the football game. Maybe dad hits the treadmill while mom goes to the store after having too many servings of turkey and mashed potatoes. Maybe you go shopping. You shopping.

For decades, the Friday after Thanksgiving has been known as Black Friday. Black Friday has been recognized as the unofficial start of the holiday shopping season ever since the first Macy's Thanksgiving Day Parade back in 1924. Millions of Americans each year go out bargains shopping, hunting for the best deals before the shelves are completely cleared.

Black Friday is an interesting "holiday." On one hand, there are tons of great deals, or seemingly good deals. Some love the rush and feeling of beating the crowds, getting the deals they wanted so badly. Others are the opposite and don't really care much for the crowds or waiting in the cold temperatures.

Personally, Black Friday doesn't appeal to me much, and at this point it is little more than just Friday. Black Friday might just be changing Thanksgiving into another shopping holiday.

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!!!
Students' Biggest Nightmare

BY ERICA CONDON
Staff Reporter

It is the morning of your class registration time. As you anxiously wait to click submit on Web Advisor, your computer freezes. After about 5 minutes of refreshing the portal, you see that you didn’t get into half of the classes that you wanted.

“For junior Brooke Dado, a health science major, registering for classes is a tedious and stressful process. "In the past, I have hit submit on Web Advisor for my selected classes and then my computer freezes for about 5 minutes," said Dado. "During that time a million things are running through my mind, hoping that I get into the classes I wanted."

Sacred Heart University uses Web Advisor, a portal where students are able to search and register for classes offered. Students are assigned specific days and times to register based on their class year, alphabetical order of their last name, and participation in athletics or the honors program.

Sophomore Anthony Gianfortone tends to lose track of his important emails due to the large number of mass emails that he receives daily. “I think the process of finding classes online is easy to understand, although I think they should add more classes,” said Gianfortone. “I don’t have trouble making a schedule but I have trouble actually getting the schedule I made."

Additionally, many students spend hours finding classes to fit their new schedules for the following semester. “I think the most annoying part about registering for classes is when you take such a long time to make a perfect schedule that works for you and then when you go to register half of your classes are already taken and you have to make a new one,” said Dado.

“Even after going through the class registration process for multiple semesters, many upperclassmen still find that picking classes is hectic. "I am finding Web Advisor a little confusing at times, especially because I am first learning how to use it," said Bartoli.

Are there any changes that could help make things run more smoothly for students? "I think the process would go more smoothly if someone sat down with all of the freshmen and went over how to register and actually helped us make a schedule," said Bartoli. "Instead of them just showing us the steps and then making us do it on our own."

“Even after going through the class registration process for multiple semesters, many upperclassmen still find that picking classes is hectic. "I am finding Web Advisor a little confusing at times, especially because I am first learning how to use it," said Bartoli.

“Every year, I feel as though it gets more stressful because sometimes it can be difficult finding in the classes that you need for graduation,” said senior Kathy Mitchell, an accounting and finance major. “Also, there is no guarantee that there will be room in the classes that you need."

Junior Mike Cevino, an accounting and finance major, thinks that Web Advisor is an extremely confusing system that has the potential to be much easier to use.

“Personally, I find registration to be one of the most stressful times of the year. For me it has gotten harder to register as I have gotten older because every semester they switch who gets to register first in your grade based on your last name,” said Cevino. “So now, I am picking during the last time slot instead of the first this semester."

However, some students realize that registration is generally unpredictable and inevitable, and not worth stressing over. "I tend to not even look at Web Advisor until the day before my time. The first schedule you make will never be the one you end up using," said junior Paxton McLean, a media studies major. “I avoid the stress by not setting expectations for myself and my schedule."

With some improvements and new ideas, many students say the email system could be revamped and allow students to choose what emails they receive.

**Ding** – Another Email?!?

BY GABRIELLA RUVO
Staff Reporter

A mass email is an email sent out globally to the entire Sacred Heart community, although it may not pertain to you specifically.

“I think that some of the emails are beneficial, especially if they’re from administration about something important going on in the SHU community. However, the ‘globally’ that get sent out everyday from clubs/departments aren’t always beneficial,” said junior Nicole Longo.

These emails are controlled by leaders of organizations that have the ability to send mass emails. For example, Sarah Kosha, a senior who is also the Student Body President, has the ability to send out those emails.

“We are limited by our advisors on how many emails we send out and everything must be approved. Only I have access as President with my advisor’s permission to send one out,” said Kosha. “Other members do not have access to send out a global.”

Many freshmen come into the university without knowing their inbox could overflow with these mass emails each day.

“As a freshman, I’ve never had to deal with so many emails before; so it is all new to me. I can’t learn to ignore them because I have to scroll through them to get to my important ones,” said freshman Grace Shinn.

On the other hand, seniors have been receiving these emails for many years and have learned to either ignore them or delete them.

“I think the amount of emails we get is so unnecessary. I am so used to seeing 50 emails a day that I don’t even read. They don’t even distract me anymore, I only focus on my important emails,” said senior Elizabeth Bivona.

Within these mass emails, are important emails that students need to read. Those emails could be from professors, tutors, or anyone regarding something important to the student.

Sophomore Anthony Gianfortone tends to lose track of his important emails due to the amount of mass emails in his inbox. "In the midst of all the mass emails we receive daily, I deleted my class registration time email," said Gianfortone. “That email is really important and I shouldn’t have to second guess if I should receive emails I don’t need.”

However, other students have learned to navigate the system and not lose track of their important emails.

“I personally don’t get unimportant emails mixed up with my important ones, but it is only because I check my email 20-30 times a day and I am on top of deleting the ones that don’t pertain to me,” said junior Olivia Hagopian. “If I let my emails get backed up like many of the students do, I would absolutely lose the important emails."

Do students actually read these mass emails and have their school mail accessible on their mobile devices?

“I have the mail app on my phone but I don’t open mass emails because the second I read the subject, I know if it pertains to me or not. I’m not going to read something that isn’t going to benefit me,” said sophomore Alexa Coto.

With some improvements and new ideas, many students say the email system could be revamped and allow students to choose what emails they receive.

“The email system is not run efficiently because so much information is displayed at once,” said Shinn. “Students should be able to choose what emails they are subscribed to so that they know that an email is important when they get it.”

The email system can be a controversial topic at Sacred Heart as email is the official mode of communication for various university channels.

“Although emails may seem like such a small part of our college career, they have a big impact on our success,” said Hagopian.
When I cut my hair, it was really something that I was very worried about. I thought people would look at me differently, give weird looks, and just judge me whether they knew me or not. I was completely wrong when I walked into my first class in the fall semester of 2017 with much shorter hair than I did the semester before. Not only was I not judged, I was not even asked about it either.

Looking back, I really mean it. I was scared to get out of the car. I look back on this with almost being a year-and-a-half ago and much shorter hair than before; I think how crazy it was that I even felt this way. Not only have I not been judged, but I have gotten so much praise and so many compliments on how well my hair suits me.

Though I still get people who ask me why I cut my hair or whether I will grow it out. And to answer those questions: I cut it because I was tired of having longer hair, and no, I will never grow it back out. I can't imagine my hair being any other way or how I even managed it beforehand, and I simply cannot go back. I share this to not only spread the message that we all should feel comfortable to do what we want and not to worry about what others say, but to feel comfortable in doing so regardless of who approves or disapproves. Because you may end up absolutely loving it, like me, or hating it, which is a great lesson in itself and we should all be happy to experience the blessing that is making mistakes and learning from them. Though I would have been a little upset if cutting my hair ended up being a mistake and going through the many awkward hair lengths as it grew out, I would have learned to never do it again.

I look back on how once going through with it, how I was so afraid of what anyone would have thought. But I also think about how if I let that fear, and if I listened to my friends cosigning the idea (fun fact: they weren't the ones that I approved), I would have not known that I was stopping myself from making one of the best decisions of my life. And I wouldn't change that for the world.

Music is one of the greatest, if not the greatest, human creation. We can capture all kinds of emotions, with all sorts of instruments, and make weird sounds that people relate with. Some people say mathematics and numbers are a universal language, but I argue that music is a language that is unique just like you. One can have a song that is a completely instrument piece, no words at all and still feel a story, an emotion or mood; we all feel something.

I wouldn't be who I am without music in my life and I know many of my peers would feel the same way. It's one of the purest forms of art on the planet, but some people do not see it or treat it as such. Some see music as a business and not art. Just a way to make money and as I've grown, I've noticed that a lot of people abuse the art in this way. There's a difference between making a song and being an "artist" and I think that is something a lot of people in our generation need to realize.

The title of this article is also the title of a song by the band Led Zeppelin, and if you haven't heard the song or anything from the band at all, I'd change that right now. Besides being a classic, the song has and its title have made me think about the state of music now and where it's going, and I am not excited about it.

Before I continue, everyone is of course entitled to their own opinions on the song. I know for a fact that a lot of people out there are subject to editing for spelling, punctuation, and length. What happened to stories, to emotion, to the art? Is this what we should be teaching generations to come? To be close minded, repeat the same things but say they change? To quote Led Zeppelin: "You know what you're missing now? Any little song that you know / Everything that's small has its own place in the sun."
Sacred Heart University Remembers Kristallnacht

BY JACQUELINE O’ROURKE
Staff Reporter

Sacred Heart University held its annual Kristallnacht Commemoration on Nov. 7 in the Chapel of the Holy Spirit. The event featured traditional Jewish music, prayers, and a special guest speaker, Judith Altmann, who is a Holocaust Survivor.

"I thought it was beautiful. We got to sit in front of a row of people who knew the prayers and songs in Hebrew. So it was really awesome to hear them sing, it was really nice and felt very moving," said sophomore Meghan Briggs.

Careful consideration went into choosing the prayers and songs that were included in the event.

"I tried to pick selections in Hebrew that would fit the event today and that would give a strong message," said Dr. John Micheniewicz, the Director of Choral Programs.

"We picked the music in such a way that it would provide an element of hope as well. I think we need to be hopeful that humanity will not allow these horrible things to happen again," said Micheniewicz.

Kristallnacht is known as "the night of broken glass." According to the event's program, "Kristallnacht was a large-scale, pre-WWII program in Nazi Germany that began on the night of November 9-10, 1938."

In his welcoming address, Sacred Heart president John Petillo said, "Let this annual remembrance remind us, although evil exists around us, it is our strength and hope that proves love is much stronger."

"The intentional violence perpetrated by the Nazi regime on the night of Nov. 9, 1938 spelled the beginning of the Holocaust and the end of hope for Jews," said the program.

"This year felt a little deeper than usual," said junior Chris Conte, who has attended the Kristallnacht event for the past three years.

While this event was held in honor of a part of the Holocaust, it happened to fall about two weeks after an attack on two synagogues in Pittsburgh, PA. That too was remembered and brought up frequently at the event.

"The tragedy in Pittsburgh was a direct attack on Judaism and the American Jewry. Something is profoundly wrong in our society when people can't go to synagogues, mosques, churches, schools or theaters without fearing for their lives and the lives of their loved ones," said Rabbi Marcelo Kormis.

"It is very hard for me to comprehend how 80 years after the horrible events that we just remembered, our country can be a fertile ground for racism, hatred and anti-semitism."

"There was no fight, we were just sold," said Altmann.

"Our life was drastically changed. Jewish people could not walk on the sidewalk; we could not go to any place; we could only go shopping only after everyone else had shopped; we were called subhuman," said Altmann.

Throughout telling her story, Altmann went into great detail about her harsh living conditions and the disturbing things she had to witness as a young Jewish girl during the Holocaust.

"After the occupation, they took everything away. We Jewish children could not go to school, so our parents taught us how to knit, how to sew and how to cook in order to keep us busy, but we knew nothing good was going to happen," said Altmann.

Having freedom, knowledge, and education taken from her at such a young age is something Judith Altmann will never forget and something she wants college students to realize and remember.

Once she was free, Judith spent some time in Sweden recovering and taking care of herself.

"I took a whole year to get well. After that year, I went back to school to learn my profession, I'm a technical writer and designer and I learned another language," said Altmann.

As soon as Altmann learned to speak other languages, Altmann began to share her story with others.

"If God will give me and I survive, I promise I will tell young people that they should know what it means to have freedom and what a difference hate can produce. You young people, ladies and gentlemen, you are our future. You are going to provide a better world," said Altmann.
Chris Kattak Conquers All 50 States

BY AUGUSTUS PFISTERER
Contributing Writer

"I had to sum up my journey across the 50 states in one word it would be "glorious,"" said junior Chris Kattak.

In 2008, the Kattak family set out on a mission to visit all 50 states. "When most people picture a vacation it's sitting in a chair on a beach. Not my family. We moved into hopping in the van and driving to Topeka, Kansas to see the Wizard of Oz Museum," said Kattak.

In 2018, before entering his junior year in college, the journey was finally completed. The idea started as a joke among the family. However, it soon blossomed into multiple cross-country trips that they will never forget.

"Mom came up with idea of driving cross country because I had been all over the northeast through playing hockey, but we never ventured out to those Midwest flyover states," said Kattak.

"We figured, why not just hop in the van and just drive? Let me tell you, if those seats in the 2004 Honda Pilot could talk, they would have some stories to tell," said Kattak.

The main objective of the trip was not only to spend more time together, but also to see what kind of food the country has to offer.

"Before we left we made a rule we would not eat at any chain restaurants. We looked up the TV show 'Man vs. Food' and made it to every single restaurant he went to," said Kattak.

"My favorite place was 'Big Texan' restaurant in Amarillo. We watched somebody eat a 72 oz. steak, a loaded baked potato, and a salad as part of a restaurant challenge. Let me tell you, this guy failed miserably," said Kattak.

However, it was the state fair in Des Moines, Iowa that made a lasting impression on Kattak.

"The Iowa state fair was something special. It was 107 degrees and I got to see the world's largest pig and the world's largest pumpkin. We were 1,000 miles away from home and it seemed like we were experiencing a whole new culture," said Kattak.

The fair is the seventh largest in the country hosting upwards of 1.13 million people in 2017, according to IowaStateFair.org.

Now that he has seen all 50 states, Kattak plans to expand his travels to different countries.

"I've done my traveling in the states but now I think it is time to get out there and see how the rest of the world lives. I have to open the next door and see what's behind it," said Kattak.

Additionally, throughout his quest, he visited 22 of the 31 professional ballparks in the United States.

"My favorite has to be Wrigley Field in Chicago. When you walk through the gates, you can feel the rich history of the franchise, and also they have the best hot dog I have ever eaten," said Kattak.

However, it wasn't just the sights he saw but the people he met that made the biggest impact.

"I feel that every person I met on this journey had a new lesson to teach. When you're in a one street light town in the middle of nowhere Wyoming you learn to appreciate the little things in life we take for granted," said Kattak.

Open Season: Course Evals

BY NEIL GRASSO
Assistant News Editor

Course evaluations at Sacred Heart University have gotten a makeover for the fall of 2018.

The new course evaluations are shorter surveys than previous versions of years past. Senior Michelle Hansell, the Assistant Provost for Teaching and Learning, and his team worked to simplify the course evaluations by reducing the number of questions from 26 to 11.

With this year's shorter format, Michelis and his team hope to increase the amount of completed surveys at the end of the fall 2018 semester - a number that has recently decreased.

"The University had been trending upward (approaching 60%) for the last few years but dropped considerably in Fall 2017, closer to the national average of 50% for online surveys of this kind," said Michelis.

"We are hoping that the shorter, reformed instrument will improve student participation." 

Michels worked closely with Student Government last year in order to successfully produce a revised version of the course evaluations. Members of Student Government provided their input as to how the surveys could be improved to ensure a higher completion percentage.

One idea that Michels and Student Government members discussed was the idea of mid-semester course evaluations which would allow students the opportunity to voice any opinions or concerns they had for a particular course or professor before the end of the semester.

"In the past, I've pushed back completing my course evaluations due to their length and the time they take to complete," said junior Anna Kazis, a Criminal Justice major. "I also wasn't sure if professors were going to read them or not, so I almost felt like they were a complete waste of time."

The objective of the newly formatted course evaluations, according to Michelis, is to encourage students to focus on their personal experience in a given course, rather than rank general aspects of class on a scale from poor to excellent.

In terms of expectations, Michelis is optimistic for the fall semester.

"I do think the changes will increase participation. But more importantly, I think students will want to participate if they know that their feedback matters. Faculty read their evaluations. The Deans and the Chairs read the evaluations. The evaluations matter a great deal in terms of the teaching that occurs at the University, and we need students' help."

Students have also expressed interest in the updated format.

"I would be inclined to fill out course evaluations if they were shorter," said junior finance major David Carchedi. "I think by shortening the survey, you have a better chance of students actually responding and providing feedback on their professors and their courses."

Mom Always Says, "Don't Show Up Empty Handed!"

As Thanksgiving approaches, and the holiday entertaining season begins, remember this useful fact:

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Ariana Grande Moves on In New Song, “Thank U, Next”

BY ASHLEY ENGLE
Staff Reporter

On Nov. 3, singer Ariana Grande released her new single “Thank U, Next”. “Thank U, Next” came out a day after Grande published tweets involving lyrics following ex-fiance Pete Davidson’s joke about their broken engagement on Saturday Night Live.

The highly publicized joke received mixed thoughts amongst fans. “Honestly didn’t see anything wrong with his joke. He’s a comedian, and for him this was Pete’s way of handling his depression with jokes. I think his joke was coming from a place of hurt, but honestly Ariana pushed back with a hit song as a response. So, I mean, Ariana definitely won this one I think,” said senior Kalliopi Gatzoflias.

The song broke records upon its release. According to Forbes, ““Thank U, Next” broke Spotify’s global, single-day streaming record for a female artist. The song has earned nearly 8.2 million streams, according to thespotifycharts.com.”

“Thank U, Next” pays tribute to all of Grande’s exes, including Big Sean, Ricky Alvarez, Pete Davidson, and the late Mac Miller who died of an accidental overdose on Sept. 7.

Grande’s new song is adored by numerous students because of the praise for her exes and how they each taught her life lessons. “I think ‘Thank U, Next’ pushes the envelope just a little bit more compared to anything she’s ever done. Besides the catchy beat, I love the personal touch she’s placed in this song by referencing her exes. She does it in such a positive way, it is very different from anything the music industry has seen before,” said senior Ciara Ryan.

SHU Theatre Arts Program Gets Earnest

BY ANNIE MAY
Staff Reporter

From Nov. 15 to 18, “The Importance of Being Earnest” will be performed at the Edgerton Center for the Performing Arts.

“It’s one thing to read a play in class and dissect it, but it’s another thing to see it with life in it,” said senior Kalliopi Gatzoflias, Production Stage Manager and Theater Arts Program Co-Technical chair.

The play, written by Oscar Wilde, portrays the comedic story of two bachelor friends who take on double lives to capture the attention of two women. These two bachelors have to face consequences for their actions throughout the show.

“It’s a very simple show, about real people and the character of real people,” said senior Brady Taylor, playing the role of Algernon Moncrieff.

Show writer Oscar Wilde was an Irish poet and playwright. Some of his other well-known works include “The Picture of Dorian Gray,” “The Canterville Ghost” and his well-known tragedy “Salome.”

“The Importance of Being Earnest” is described in the original text as “A trivial Comedy for serious people.”

“It’s humorous, it’s a lot of subtle things that makes you laugh,” said Gatzoflias. “It’s a lot of looks and glances and side-eyes, and it’s hard not to just crack up.”

The play was first performed in 1895 at St. James Theatre in London on Valentine’s Day.

“The main thing with this show is getting the accents down. Our director is amazing and helps the actors learn the accents and dialect, along with inflection which can change the meaning and tone of the line,” said Gatzoflias.

“Favorite part about being in this show has definitely been getting to work with everyone in the cast and crew. They are all such funny, hardworking individuals and truly great actors. It’s an honor to get to share the stage with each and every one of them,” said junior Courtney O’Shea, playing the role of Gwendolyn Fairfax.

Before opening night on Nov. 15, Kalliopi Gatzoflias, the production manager for the show, explained how much behind-the-scenes work goes into a production.

“After a show is casted, my job is to look at the student’s schedules & conflicts and talk to the director and plan out rehearsals,” said Gatzoflias. “Rehearsals on Saturdays are sometimes seven hours long. Especially when we get to tech week.”

ARIANA GRANDE'S NEW SINGLE "THANK U, NEXT" WAS RELEASED ON NOV. 3 AND BROKE RECORDS UPON ITS RELEASE.
Bohemian Rhapsody” Rocks the Box Office

By Alexandra Loukeris
Staff Reporter

On Nov. 2, “Bohemian Rhapsody,” a film about the band Queen, was released in theaters around the globe. The biopic has gained mixed reviews since its release last weekend.

“I saw ‘Bohemian Rhapsody’ this past weekend and I absolutely loved it! I’m a huge fan of Queen, not just of their music but of the band itself,” said sophomore Camryn Bonetti.

The movie follows the development of the band, while giving more focus on their front man, Freddie Mercury, and his life. The film brings the audience through the band’s journey to their success, including concert scenes. Fans are able to learn the backstory of the band and see all the events that went on behind-the-scenes.

“The film did a good job showing some things, like how the band fought, but I heard that they got a lot of important facts wrong in the film,” said sophomore Vincent Avalone. “The concert parts spread throughout the film were especially enjoyable, but I believe that it was poorly paced in the beginning with how quickly the film went from story to concert and back in the beginning, although it did get better at pacing halfway through.”

Rami Malek portrays Freddie Mercury in the movie, where they talk about his life leading up to Queen and his journey with his sexuality. His performance as Mercury has been receiving Oscar buzz since its release.

“I thought his performance as Freddie Mercury was super accurate. A lot of performances that were portrayed in the movie showed him creating a similar energy that Freddie had,” said Bonetti. “He also looked similar to him with the different costumes and hairstyles that were given to him which was really cool!”

Junior Lauren Lowther has been a fan of the band from a young age.

“They’re my favorite rock band, my father, brother and I would just listen to Queen albums on the way up to hockey tournaments,” said Lowther. “I’m planning on seeing it over Thanksgiving break because of my busy college schedule, but I am very excited.”

Through the concert scenes throughout the film, fans can witness their favorite hits being played on the big screen.

“My all-time favorite song is ‘Somebody to Love,’” said Lowther. “But I also love the classics like ‘Bohemian Rhapsody’ and ‘Don’t Stop Me Now.’ I can guarantee you that I will be singing along in the theatre.”

Critics and students have acclaimed that people of all ages can enjoy this film and its well-known music.

“I definitely recommend everyone to see this movie, whether you enjoy Queen or not!” said Bonetti.

CNBC reports that “The Queen biopic took the No. 1 spot with an estimated $50 million haul in North America and $141.7 million globally.”

The well-known character of Freddie Mercury is appreciated by fans throughout the movie making it a must see film.

“To see the inside of Freddie Mercury’s mind. I think there are so many questions that I need answered and just to see quality music being made and the history of the band,” said Lowther.

If I knew someone that has an account or if I have the opportunity I would watch ‘Homecoming’ and maybe some other shows. Until this happens, I doubt I will be watching, even though I am kind of interested in how Julia Roberts is going to play her role,” said Evans.
Women’s Volleyball Playing in NEC Tournament

By Josef Samilenko  Staff Reporter

The women’s volleyball team clinched a Northeast Conference (NEC) Tournament berth after sweeping Central Connecticut State University (CCSU) in three sets at the Pitz Center on Nov. 3.

The sweep against CCSU marked the team’s final home game of the season. It was also Senior Night, and the team recognized the graduating seniors for their contributions to the team for their time at Sacred Heart University: “Our seniors have meant so much to the team,” said head coach Rob Machan.

Senior Lauren Middledam was one of the five seniors who saw their last home game come and go. “Naturally, home games bring a special energy and we had great vibes all around,” said Middledam. “A team never wants to lose on their own court, especially on Senior Day.”

The team’s previous run-in with CCSU this season was on Oct. 6, which resulted in a 3-1 loss for Sacred Heart. Their time with CCSU may not be over yet, as their program also clinched a bid in the NEC Tournament three out of the four years Middledam has been on the team. They fell to Long Island University (LIU) Brooklyn in 2015 and 2016. The team missed the Tournament last year.

Middlemass and the rest of the senior class have stressed the importance of enjoying the experience of playing in the tournament to the underclassmen. “Our level of play against CCSU was the highest we ever reached,” said Middlemass. “To come out swinging and digging the way we did at this point of the season was a great portrayal of all of our hard work this season.”

Sacred Heart will be looking to win their first NEC title since 2011, when they defeated LIU Brooklyn in four sets to win their second straight team title.

“The players on this team have worked so hard this year to come together and be able to play at the level they have, with all the work they have put in. They’ve earned the right to have a great postseason,” said Machan.

Sacred Heart finished their regular season 16-9 overall, with an 8-2 record at home. They went 9-5 in conference play.

“Tobias Harris, Kenneth Faded, and even Giannis Antetokounmpo highlights,” said Spellman. Junior Kinnon LaRose has seen the grit and intensity in his teammates’ eyes during training.

“We have some young guys who give a certain edge to the team,” said LaRose. “We did some preseason drills with military training. We went to a swimming pool and incorporated them in everything that we do.”

Head coach Anthony Latina is in his sixth season at Sacred Heart. “We have so many young and new guys,” said Latina. “You’re either winning or you’re learning, so we try not to get discouraged when times get tough and we just try to get better every day.”

Building and gaining chemistry is the goal for the team this season. They are looking for individual improvements from certain players.

Sophomore E.J. Anosike and junior transfer Jare’l Spellman have two different approaches to improving themselves on the court.

“I was a vegan for about two months during the summer, which was a little difficult, so now I just watch what I eat,” said Anosike.

Spellman, who became the Florida Southern all-time leader in blocked shots before transferring over to Sacred Heart, also went through an off-season workout program.

“Tobias Harris, Kenneth Faded, and even Giannis Antetokounmpo highlights,” said Spellman. Junior Kinnon LaRose has seen the grit and intensity in his teammates’ eyes during training.

“We have some young guys who give a certain edge to the team,” said LaRose. “We did some preseason drills with military training, and we went to a swimming pool and were running around the football field at 4 a.m.”

The team will have two games featured on ESPN programs this season. On Jan. 10, they will take on Wagner, which will be televised on ESPN3. On Feb. 9, they will face Mount St. Mary’s, which will be on ESPNU.

Latina will stick to his usual suit-and-tie attire for those two games that the team will play in.

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The team played their first home game of the season on Nov. 12, at the Pitt Center against Western New England College. Sacred Heart would go on to win the game, 114-72, evening their record at 1-1.

Their next game is against the United States Military Academy in Providence, R.I., on Nov. 16.
Chestnut and Meachum Receive NEC Honors

BY COLIN CANNATA
Staff Reporter

Senior Jordan Meachum and freshman Julius Chestnut of the Sacred Heart University football team have received recognition from the Northeast (NEC) Conference this season for their athletic performances.

Meachum rushed for 318 yards on 23 carries in the team's 49-26 victory against Bryant University on Oct. 27, at Campus Field. According to the Sacred Heart athletics website, this broke the program's rushing yard record in a game, which was previously 302 yards.

"It felt great to be able to rush for that record but truthfully I wouldn't have been able to do it without the big guys up front, the tightness, and also the wide receivers," said Meachum.

Meachum received the STAT FCS “National Offensive Player of the Week,” and NEC “Co-Offensive Player of the Week,” for his performance. According to its website, STAT FCS aims to transform the way college football is presented through data and content.

Even though the fall season is not as competitive as the spring season, the team has remained driven, and they understood what each new member of the team had to show to improve.

"They're great kids and they work hard," said Nofri. "Julius has fit into our system really well, and Jordan has worked his butt off for the past four years, so I'm glad to see the success that they've had."

The team’s goal for an NEC Championship could’ve been realized on Nov. 10. Sacred Heart traveled to Pittsburgh to take on Duquesne, looking to win the title for the first time since 2014. However, they wound up losing 28-24, making the 4-1 in conference lay.

"It's a big accomplishment and it means a lot to me and my family," said Chestnut. "It was the offensive line and me being patient and listening to the coaches that helped me get it," said Chestnut.

Head coach Mark Nofri has been pleased with Chestnut's and Meachum's efforts this season.

"They're great kids and they work hard," said Nofri. "Julius has fit into our system really well, and Jordan has worked his butt off for the past four years, so I'm glad to see the success that they've had."

Rowing Wraps Up Fall Season at Mets

BY KENNETH EKERT
Staff Reporter

The Sacred Heart University rowing team ended their fall season on Nov. 10, at the Fall Mets in Orchard Beach, N.Y. The team competed in 1500 and 2000-meter races against Albany, Manhattan, Iona, Fairfield and State University of New York Maritime.

Sacred Heart competed in three races at the event – the Varsity 8, the Varsity Four and the Frosh/Novice 8. According to row2k, which is an official rowing publication website, Sacred Heart finished in fourth place in the Varsity 8 at 7:15, which is a minute and 10 seconds behind Manhattan. They took second place in the Varsity Four, by finishing in 9:01.9, one second behind Fairfield, who finished in ninth minutes.

"We were able to close the gap a lot on Fairfield, which is a team that has been beating us for a while and is a team that is very hard to catch on the water," said junior co-captain and Spectrum writer Caroline Bolletino. "We were in a very close race with them [Fairfield], and it was the closest we've ever been." Sacred Heart and Fairfield had faced each other the weekend prior to the Mets, at the SHU Scare Regatta. The event took place in Fairfield on Nov. 3, and Fairfield wound up winning all four races at the event. The "Scare" was originally scheduled for Oct. 27 but was pushed to Nov. 3 due to inclement weather.

"The "Scare" was started three years ago as a scrimmage between SHU and Fairfield University so we could add another race to the NCAA requirement of completing a certain number of races in order to qualify for the MAAC Championship," said head coach Nicoleta Mantescu.

In the Frosh/Novice 8 event at the Mets, Sacred Heart was represented by an "A" team and a "B" team. According to row2k, the "A" team won the race in 5:23.9, while the "B" team finished in third, 20 seconds later. The "B" team finished ahead of Iona and Fairfield while finishing behind Albany.

"The novice stood out because they have worked so hard this season," said Mantescu. "The boats were full of a lot of new rowers and walk-ons who did not know much about rowing before this year."

The team added 22 new members to their roster for the fall season, with 16 of them being freshmen.

"The season was very demanding considering that most of the newcomers were walk-ons," said Mantescu. "But it is great for the future of the program."

Even though the fall season is not as competitive as the spring season, the team remained driven, and they understood what each new member of the team had to show for themselves.

"Getting all the newcomers to learn our rowing techniques is a big plus because usually recruits come in with different styles," said Mantescu.

Senior co-captain Danielle Varely believes that the team will be able to improve when the spring season arrives.

"It's not the easiest waking up at 5 a.m., but everyone always has a smile on their face and the mindset of a competitor," said Varely. "I'm really looking forward to seeing the work we will put in during the offseason and the rewarding results in the spring."

Mantescu said that the team’s mood and performance in practices and races depends on how she and Varely reach out to the rowers.

Mantescu believes the two captains will be big role models for the other 37 rowers in the water, in the classroom and around the Sacred Heart campus.

"We are very lucky because for the first time in a long time, we have two captains that work great together and their unity reflects on the team unity," said Mantescu.
The Sacred Heart Spectrum

**Womens Volleyball**

SHU 32 25 25 3
St. Francis 30 18 16 0

K: Liisel Nellis - 15
B: Gianna Scioletti,
Kiley Ridgaway, Lissel Nellis - 4
D: Emma Smallcomb - 18
SA: Lauren Middlemass - 2

SHU goals:
Ryan Steele (2)
Marc Johnstone (1)
Austin McIlrurray (2)
Jason Cotton (3)

Army West Point

SHU 0 1 1 2
Bo: Jordan Meachum - 174
Rec: Jordan Meachum - 16

Upcoming Games 11/16-11/27
11/16
Women's Volleyball at LIU Brooklyn: NEC Semifinals

**Mens Ice Hockey**

SHU 1 3 0 4
Army West Point 0 1 1 2

SHU goals:
Marc Godbout: (1)

**Football**

SHU 0 7 14 3 24
Duquesne 14 7 7 0 28

Pa: Kevin Duke - 37
Ru: Jordan Meachum - 174
Rec: Jordan Meachum - 16

Upcoming Games 11/16-11/27
11/16
Women's Volleyball at LIU Brooklyn: NEC Semifinals

**Men's Basketball**

SHU 0 7 14 3 24
Duquesne 14 7 7 0 28

Bo: Jordan Meachum - 174
Rec: Jordan Meachum - 16

11/18
Women's Basketball at New Hampshire 1 PM
Men's Basketball vs. UMass Lowell @ Providence 7:05 PM

11/21
Women's Basketball at Providence 12 PM

11/23
Men's Ice Hockey at Canisius 1:05 PM

11/24
Men's Ice Hockey at Canisius 1:05 PM
Men's Basketball at Binghamton 2 PM
Women's Ice Hockey vs. New England College 6:30 PM

11/25
Women's Basketball vs. Monmouth 1 PM
Men's Ice Hockey vs. New England College 2:30 PM

11/27
Men's Basketball vs. Hartford 6 PM

**The Sacred Heart Women's Basketball Team Dropped A 78-61 Decision At UMass On Nov. 6 In The Season Opening Game For Both Squads. Grad Student Erin Storch (Above) Scored A Game-High 26 Points For The Pioneers.**