THE SACRED HEART FOOTBALL TEAM GAINED THEIR FOURTH NEC TITLE IN ITS HISTORY DURING THEIR SENIOR DAY.

The Sacred Heart University football team won a share of the Northeast Conference (NEC) Championship on Nov. 17, at Campbell Field by defeating Saint Francis University (SFU), 13-7, during their senior day match.

It is the program’s fourth NEC title in its history and the third in the past six years. The most recent title came in 2014, when Sacred Heart and Wagner were co-champions. This year, Sacred Heart received the honor with Duquesne University, who defeated Central Connecticut State University (CCSU) that same day, 38-31.

“It’s a great feeling to come out on top,” said head coach Mark Nofri. “I couldn’t be prouder of the players this year and what they were able to accomplish.”

Sacred Heart was picked sixth in the NEC Presseason Coaches Poll. The car burglaries happened within a five-mile radius of the main campus. According to the Fairfield Police Crime Statistics Monthly Report, 1,111 crimes were recorded in Fairfield for September 2018.

Sacred Heart held on and won, 13-7. The players rushed out onto the field and hoisted Nofri into the air on top of their shoulders in celebration.

“It was pretty emotional,” said Nofri. “It made me feel very special and it was a great moment, probably one of the best I’ve ever had in my six years as the head coach.”

Local Burglary Updates

BY JOE MCCORMACK
Staff Reporter

Car burglaries and house break-ins have been an issue over the past couple of months in the Bridgeport and Fairfield area. Among some of the victims are Sacred Heart students.

“My neighbor’s house got broken into half way through the night,” said Senior Alex Kroudis. “We weren’t going to let Saint Francis University affect the way we call out plays. We were going to try and dictate the play calling to them.”

After honoring the graduating seniors, Sacred Heart began their game against SFU by going ahead 3-0, after first-year placekicker Noah Gettman hit a 33-yard field goal in the first quarter.

Sacred Heart held on and won, 13-7. The players rushed out onto the field and hoisted Nofri into the air on top of their shoulders in celebration.

“This car break-ins have been a recent problem through the region and the state,” said Public Safety officer and former Fairfield Police Chief, Gary MacNamara. 

The Fairfield patch reported that a group of car burglars were caught after a home break-in on Highridge Drive, in Bridgeport, about five minutes from main campus.

“If you want to see your Tweet in the newspaper, use the hashtag SHUSpectrum and you may be featured!”

"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!
News

International Education Week

BY JAMES HITCHCOCK
Staff Reporter

During the week of Nov. 12, Sacred Heart University celebrated International Education Week. International Education Week provides students and faculty with the opportunity to celebrate international education and the exchange worldwide.

Since the year 2000, this weeklong event is recognized on college campuses across 100 countries worldwide. Sacred Heart has marked its 7th year as a participant.

The International Education Week is a joint initiative of the U.S. Department of State and the U.S. Department of Education, whose goal is to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences," said Wojciech Wloch, executive director of Global Affairs.

Office of Global Affairs is in charge of organizing International Education Week on campus. The office facilitates, encourages, and initiates the internationalization process here at Sacred Heart. With four areas of service under the office, Global Affairs supports and works with various departments to promote international initiatives and effects across campus.

Throughout the week, students had the chance to participate in over 20 activities on campus promoting international education. The Office of Global Affairs held information sessions about their study abroad programs along with live video chats with students from other countries.

Global Affairs provides several notable functions. They extend and communicate Sacred Heart University’s international reach and reputation. They also facilitate and engage individual and institutional connections between faculty, staff, students, and alumni with the world.

Other events from the week included an international education themed trivia night at Red’s, a finance study abroad information session, an Interfaith Thanksgiving Service and meal.

Many study abroad programs are offered during each semester including a trip to Dingle, Ireland, for students to attend in the spring and summer. Simply Smiles is holding a mission trip to Oaxaca, Mexico, over spring break. Simply Smiles is a non-profit organization that seeks to provide bright futures for impoverished children, their families, and their communities.

The trip will allow students to interact and help with the kids at one of the children’s homes. Sacred Heart students have been involved in this mission trip for the past 3 years.

"Volunteering with Simply Smile and their home for children in Oaxaca helped me become more aware of global issues and has shifted my perspective. It has helped shape my college experience in such a positive way that I am so grateful for," said senior Amanda Miller.

"There is such a great need for aid in other countries and Sacred Heart has provided us with the resources to do so."

A second mission trip to Guatemala will be taking place over spring break with the nutrition clinic C.E.R.N.E. A select group of students will get to visit the plantation where they house families and provide schooling and jobs. Throughout their trip last year, students from Sacred Heart installed stoves in each housing facility.

"This year will be my third time returning to Guatemala. Every time I go, I am shown the true importance of love and friendship," said senior Julianna Morone, a student leader of the trip. "Spending time with these kids and their families has given me a home away from home, and they will always have my heart with them."

U.S. News Roundup

California Wildfires

A massive wildfire that killed dozens of people and destroyed thousands of homes in Northern California has been fully contained after burning for more than two weeks, authorities said Sunday.

The California Department of Forestry and Fire Protection said the camp fire had been surrounded by firefighters following several days of rain in and around the devastated town of Paradise.

It dropped an estimated 7 inches (18 centimeters) of rain over the burn area during a three-day period without causing significant mudslides, said Hannah Chandler-Cooley of the National Weather Service.

The nation’s deadliest wildfire in a century killed at least 85 people, and 249 are on a list of missing persons, authorities said. The number of missing dropped in recent days as officials confirmed that more people were alive.

General Motors Layoffs

General Motors will lay off 14,700 factory and white-collar workers in North America and put five plants up for possible closure as it restructures to cut costs and focus more on autonomous and electric vehicles.

Citing higher-than-expected costs to modernize the factories, the company said it will close its Lordstown assembly plant in Ohio by November, and its transmission factories in Warren, Mich., and Baltimore.

About 6,000 factory workers could lose jobs in the U.S. and Canada, although some could transfer to truck plants.

Inmate Confesses to 90 Killings

A man convicted of three California murders and long-suspected regarding numerous other deaths now claims he was involved in about 90 killings nationwide spanning nearly four decades, and investigators already have corroborated about a third of those, a Texas prosecutor said.

Ector County District Attorney Bobby Bland said 78-year-old Samuel Little was booked into jail this week following his indictment in the 1994 death of a Texas woman. Investigations are ongoing, but Little has provided details about more than 90 deaths dating to about 1970, Bland said.

If the number of killings Little claims to have committed proves true, it would make him one of the most prolific killers in U.S. history.

During his 2014 trial in Los Angeles, prosecutors said Little was likely responsible for about 30 to 40 killings since 1980.

Papadopoulos Imprisoned

Former Trump campaign foreign policy adviser George Papadopoulos was scheduled to report to prison on Monday after a federal judge rejected his last-minute bid to delay his two-week sentence.

Papadopoulos was sentenced in September for lying to the FBI in the Russia investigation. He had sought a postponement of his prison term until an appeals court had ruled in a separate case challenging the constitutionality of special counsel Robert Mueller’s appointment.

Four federal judges have upheld Mueller’s appointment as proper.

In recent months, he has spent many nights posting on Twitter, as has his wife, venting anger about the FBI and insisting he was framed by the government. He also has offered to testify before the Senate’s intelligence committee, which is investigating Russian interference in the 2016 election, if he’s granted immunity or other conditions.

Midwest Storm

A wintry storm brought blizzard-like conditions to parts of the Midwest early Monday, grounding hundreds of flights and causing slick roads for commuters as they returned to work after the Thanksgiving weekend.

The Chicago area was slammed with up to a foot of snow, and whiteout conditions stalled commuter traffic on the roads. The National Weather Service said 7.5 inches of snow fell at Chicago’s O’Hare International Airport and 4.9 inches fell at Midway International Airport.

The Associated Press contributed to this article.
The Sacred Heart Spectrum Perspectives | 3

They Said: Early Bird vs. Night Owl

People have a tendency to categorize things that actually exist on spectrums. We do this with a lot of things, but we especially seem to do this with personality traits. Political leaning, gender, the four opposing pairs of Myers-Briggs types—none of these are binary sets, but opposite ends of continua. The question of being an early bird or a night owl is another one of these false dichotomies. In truth, most people have relatively average sleep schedules. But I'm not really one of those people.

I have a tendency to feel like I'd be better off elsewhere on some of my spectrums. Exempli gratia: I'm an introvert hopelessly off elsewhere on some of my spectrums. Aspiring to be extraverted, and I prefer to use they/them pronouns. Argumenti gratia, I'm an introvert hopelessly off elsewhere on some of my spectrums.

I naturally wake up early in the morning, and when I'm not falling asleep until after midnight most nights, that means I'm not starting my days until long after the days have already begun. It's frustrating when I wake up to find it's almost noon; I feel like I've wasted half of my day. More frustrating than that, though, is when I sleep straight through my battery of alarms and wind up late to my 9:30 classes, or absent altogether. Thankfully this doesn't happen too often, but even when I do get up and get to class on time, if I'm short on sleep then I often won't have the mental energy to be engaged. It's such a pain. I envy the early birds.

There have been occasions when I have woken up involuntarily early. I've woken from nightmares, dogs barking, my early bird coworkers making a racket downstairs, etc. etc. Not pleasant ways to wake up, but once I'm shocked out of sleep I'm totally alert, and to my delight I suddenly have as many as six bonus hours added to my day. I really enjoy getting stuff done in the morning when that happens—I just have a hard time making it happen on my own. If it weren't for my nocturnally-tuned circadian rhythm, I'd make a great morning person.

Although, I suppose it's just the hassle of getting up in the morning the makes me resent being a night owl. Honestly, it's not such a bad thing. As an admitted introvert, I do adore the tranquility that comes when the rest of society is in repose.

And there's nothing quite like walking downstairs, etc. etc. Not pleasant ways to wake up, but once I'm shocked out of sleep I'm totally alert, and to my delight I suddenly have as many as six bonus hours added to my day. I really enjoy getting stuff done in the morning when that happens—I just have a hard time making it happen on my own. If it weren't for my nocturnally-tuned circadian rhythm, I'd make a great morning person.

But returning to the point at hand: what I was trying to say, before abruptly passing out, is that being a night owl can be really inconvenient at times (id est: unable to take my pleasant ways to wake up, but once I'm shocked out of sleep I'm totally alert, and to my delight I suddenly have as many as six bonus hours added to my day. I really enjoy getting stuff done in the morning when that happens—I just have a hard time making it happen on my own. If it weren't for my nocturnally-tuned circadian rhythm, I'd make a great morning person."

Alas! I want to start off by saying that I am not an anti-night person. I love the nighttime, I just value the morning a bit more!

First off, naturally wake up early in the morning. So, even if I didn't want to sleep in until the afternoon, my internal clock would not allow it. So I have adapted to the "early bird" lifestyle, and use it to my benefit.

During the school year, I run on an informal schedule. I have classes scattered throughout the day, but I've managed to set free time in the morning. Waking up early allows me to set time for self-care. My productivity for the remainder of the day is determined by how I spend my mornings.

I don't have a specific morning routine that mimics "what a CEO would do before work." I don't check my emails or immediately start doing work! Rather, I do things that I enjoy in the morning, dedicating an hour or so to "me-time." I usually set my alarm for 7 a.m. and slowly get up on my own time. I tend to stay in bed, reading or scrolling on my phone.

I can never start my day without coffee. Call me addicted, but the first sip of a morning coffee is one of my favorite things. Additionally, I am a relatively active person, so I prefer to go to the gym in the mornings. It provides me with the energy I need for the day. Regardless of what any "early bird" does in the morning: it is a time for self-care.

To give you another perspective on morning people: HuffPost released an article stating that Rottman Research Institute "found that morningness in both younger and older people was associated with greater experience of positive emotions."

I find this relationship pretty interesting. The sunlight provides me energy. No hate on the dark, but I tend to be more productive with the sun out. Additionally, working out in the mornings releases endorphines, so I feel better and gain energy. For me, sleeping in late causes grogginess and laziness. I feel that I've wasted a large chunk of my day and I am unable to take my sweet time in getting ready. Instead, I feel rushed and stressed.

So as you can imagine, and I hope fellow early birds can relate: I NEED MY MORNINGS, for mere survival (that may come off as dramatic, but it gets my point across). Waking up early allows you to set time to do activities that you may not have time to do if you sleep in. I cherish my mornings because they are my me-time. So, regardless of whether you prefer the morning or the night, make sure to dedicate self-care time into your day. Shout out to all my fellow early birds!
Do you feel safe going out?

BY HANNAH JONES
Staff Reporter

Do you feel safe going out on the weekends? With the recent shooting that killed 12 college students at a bar in Southern California, some students have reported that they feel uneasy going out.

"The shooting definitely makes me think twice about going out because it has become more common and that's scary," said senior Marisa Tache, a communications major.

Sophomore Rebecca Radovic, a Theatre Arts major, said, "We really need to stop thinking about it. I try to stay positive but I think of the recent shootings, but because they are so common in the news, I can't help but feel some kind of uneasiness when going out on or off campus."

The iPhone app "Find My Friends" is a location sharing app. Students are able to see their friends' locations with the use of this app.

Many students have reported that they share their locations with friends and family.

"I share my location with my friends because it's easy to know where they are if we need them for something, and in a case of emergency we can always find each other," said Fournier.

Some students report that they use Uber, a ride sharing and transportation network, when going out.

However, most students only feel safe using Uber when they are with a group.

There is a mobile app "Find My Friends" that allows students to track their friends' location. Students are able to see their friends' locations with the use of this app.

Some students report that they use Uber, a ride sharing and transportation network, when going out.

However, most students only feel safe using Uber when they are with a group.

Freshman Noelle Micelli, an education major, said, "Sometimes I feel nervous about taking an Uber, but if I am with my friends I am not nervous. I refuse to Uber alone."

The shooting definitely makes me think twice about going out because it has become more common and that's scary,” said senior Marisa Tache, a communications major.

"I feel comfortable going out, but mostly because these shootings are something you'll never be able to relate to unless you have been directly in one," said junior John Stevens, a nursing major.

Some students report that they get their news coverage about the shootings through social media outlets like Facebook, Instagram, and Snapchat.

"I think this has the potential to get students to stop Juuling or smoking e-cigs," said junior nursing student Madison Wong. "An age limit might make it a little harder for minors to obtain and feel an addiction but at the same time, if they are already addicted, they will find ways to feed this addiction, which I think is a huge problem."

Senior Rob Paepker said, "I feel that kids who aren't old enough to buy a Juul are still getting access to them. Strict age limits will help with limiting access to buying a Juul, but I think they will still find ways around the restrictions."

According to AP, "Juul said it stopped filling store orders Tuesday for mango, fruit creme and cucumber pods and will resume sales only to retailers that scan IDs and take other steps to verify a buyer is at least 21."

"Pods are pretty expensive, so I don't think people are going to spend the money to stock up on the fruit flavors. I think this will cause the people who don't like mango and mint flavors to quit using the Juul," said sophomore Alyssa Miro. "I think this is going to be a huge problem."

Senior Chelsea McNulty, a nursing major, said that due to recent shootings, she is more aware of what's going on around her.

"After recent shootings, I watch and read the news more and pay more attention to what is occurring in our world," said McNulty.

Moreover, students report that recent shootings have made them become more aware of their safety when going out.

"I do my best to keep safe by being aware of my surroundings, never going anywhere alone, and making sure my friends know where I am at all times," said Noto.

"I always remember those who lost their lives to such a horrific act," said Marisa Tache.

"Personally, I don't let the thought of a possible shooting get to me because that's not what I live," said sophomore Jaime Bair, a health science major. "The second we let the shooting get to us and change how we act in our lives is the second that those shooters win."

"So rather than living in fear, spread kindness to remember those who lost their lives to such a horrific act," said Bair.

On the contrary, Mckenna feels safe taking an Uber alone.

"Uber tracks your location, so if anything happens, you can easily be found," said Mckenna.

As many college students enjoy going out on the weekends, the aftermath of the shootings has made students nervous. However, it has not stopped them from living the "college life."

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"So rather than living in fear, spread kindness to remember those who lost their lives to such a horrific act," said Bair.

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Club Spotlight: Her Campus

BY KATELYN NORKOWSKI
Staff Reporter

“We are a national magazine written totally by college women. I like to compare Her Campus to a college version of your favorite fashion magazine, such as Elle, Marie Claire, or Teen Vogue,” said junior nursing major Nina Lauria, editor-in-chief of Her Campus at Sacred Heart University.

According to its website, “Her Campus offers an email newsletter, The Influence, Her Collective, Her Conference, College Fashion Week, High School Ambassador Program, Her Campus Shop, The Her Campus Guide to College Life, and even more products, programming, tools, and events to fulfill its mission of serving college women across every platform.”

Her Campus has about 12,000 contributors and is published nationwide. Popular topics include style, beauty, health and love. This content is sourced locally from more than 370 university chapters, around the nation and in 11 countries.

“Being a part of Her Campus is like being a part of a huge community,” said Lauria. “It means coming up with solutions to global problems,” said the club’s president, senior political science major.

“I love going to Model UN and being a part of the club because it is such a great opportunity to learn about current events and also to improve my skills as a leader, debater, and thinker,” said the club’s vice president, senior psychology major.

“The point of the club, in general is to model the United Nations’ work which essentially means coming up with solutions to global problems,” said the club’s vice president, senior Brian Hardiman, a Global Studies major.

According to the United Nation’s homepage, “The UN provides a forum for its members to express their views in the General Assembly, the Security Council, the Economic and Social Council, and other bodies and committees. By enabling dialogue between its members, and by hosting negotiations, the Organization has become a mechanism for governments to find areas of agreement and solve problems together.”

This is essentially what the club models with their 13 club members on campus at Sacred Heart.

“To me, Model UN means gaining a better understanding of the world around you. This is such an important thing because global events happen everyday and they have a much more direct impact on our personal lives than we realize,” said the club’s president, senior political science major.

“I love going to Model UN and being a part of the club because it is such a great opportunity to learn about current events and also to improve my skills as a leader, debater, and thinker,” said the club’s vice president, senior psychology major.

“Model UN also helps develop professional skills in students such as collaborating respectfully in groups and listening to and respecting opinions that may be different than yours,” said Bland.

“The best part of the club is probably learning more about the world and the opportunity to meet people from all around the world through the conferences. People interested in joining should know that a huge part of the club is going to international conferences as mock country delegations to compete,” said Hardiman.

Sacred Heart’s Model UN Club is currently preparing to take on the Model United Nations New York in April by having practice conferences with their club members.

“Model UN is about recognizing and learning everything that makes countries and individuals unique. It provides students with a place to celebrate those differences which will hopefully create a more tolerant world in the future,” said Bland.

Sacred Heart’s Model UN Club meets every other Wednesday night at 8 p.m. in the Main Academic Building in room HC 202.

Club Spotlight: Model UN Club

BY JACKIE O’ROURKE
Staff Reporter

What is the Model UN?

“The point of the club, in general is to model the United Nations’ work which essentially means coming up with solutions to global problems,” said the club’s vice president, senior Brian Hardiman, a Global Studies major.

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This is essentially what the club models with their 13 club members on campus at Sacred Heart.

“To me, Model UN means gaining a better understanding of the world around you. This is such an important thing because global events happen everyday and they have a much more direct impact with a personal purpose. Writing articles for our chapter is so much fun but it makes it so much more fulfilling when other members at other chapters read and share them,” said senior history major Brooke McCarthy.

“Attending Model UN has helped me develop my writing and research skills. These skills are not only beneficial in the field of international politics but also for any type of career one may pursue,” said senior psychology major.

“Model UN is about recognizing and learning everything that makes countries and individuals unique. It provides students with a place to celebrate those differences which will hopefully create a more tolerant world in the future,” said Bland.

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Restaurant Spotlight: The Tasty Yolk

BY JOANNE BEACH
Staff Reporter

The Tasty Yolk is a breakfast food truck company with three locations in Fairfield and Bridgeport. It was created by two childhood friends Eric Felitto and Mike Bertanza. They opened their first truck on May 5, 2016 and then a second one on Nov. 14, 2017.

While working at a restaurant in Fairfield, Felitto and Bertanza created The Tasty Yolk. They established the truck with the thought that they would both still remain in their main jobs, but Bertanza left his job when the pair decided to open their second truck.

In 2017, the Tasty Yolk was the winner in the Connecticut Magazine’s Best Restaurants in the food truck category. It was also listed inMSN’s “America’s 100 Best Food Trucks.”

The Tasty Yolk’s three locations are on Park Avenue in Bridgeport, Post Road in Fairfield, and Fairfield Avenue in Bridgeport. The hours are 7 a.m. to 12 p.m. on Tuesdays to Fridays, 8 a.m. to 1 p.m. on weekends, and they are closed on Mondays.

“We’re here year-round. Even when it snows,” said Christina Bertanza, creator Mike Bertanza’s sister.

Most of Tasty Yolk’s sandwiches and wraps are $5-6, with the exceptions of one wrap called “The Slenderizer” ($8) and the special of the month sandwich, “Get Stuffed” ($9). They are also accommodating to allergies and offer gluten free bread.

In September 2016, Dan Brelsford, a Bridgeport firefighter and the winner of Food Network’s show “Chopped” teamed up with Tasty Yolk to create a sandwich called “Smoke on the Yolk.” That month, $1 of each purchase of the sandwich went to the AJ Foundation to fight the opioid epidemic.

They are also accommodating to allergies and offer gluten free bread.

“Honestly the Fatone, the Pig, and the Banker I would say would be the three most popular. The specials usually do pretty well too,” said Christina Bertanza.

They get a lot of college students, a lot of construction workers, and the fire department comes here,” Christina Bertanza said.

Sacred Heart students and college students from the area have responded well to the Tasty Yolk.

“I go there at least 3 to 4 times a month, sometimes more. I like getting the Pig with hot sauce,” said senior Chris Iacono.

“I go once or twice a month, but I want to go more. My favorite thing to order is the Banker,” said sophomore Steve Vasile.

According to the Tasty Yolk’s website, Chef Eric Felitto is a Fairfield native. He started cooking at a young age with his family and friends, and in high school he began working in multiple restaurants.

Felitto ended up at the New England Culinary Institute in Essex Junction, VT. and graduated with a BA in Culinary Arts.

The panel helped expose the fact that women are worthy to be in higher corporate positions, not just men.

“Women in Business Event

BY BRIANNA MILANO
Staff Reporter

On November 19, Sacred Heart University’s Jack Welch College of Business presented a “Women in Business” panel and networking event.

Gianna Deangelis, a junior business management major here at Sacred Heart created and executed this event.

“Event meant a great deal of importance to me, and those who helped me organize it for a variety of reasons,” said Gianna Deangelis.

The event hosted guest speakers Cindi Bigelow, President and CEO of Bigelow Tea; Suzanne Greco, Former CEO of Subway Restaurants; Elizabeth Hiza Chief of Staff, Barnum Financial Group; and Jennifer Tombaugh, President of Tauck.

John Goodenough, a senior finance and marketing major, said, “I thought it was interesting, being male myself, seeing the women’s perspectives on being a woman in business.”

Gianna Deangelis felt strongly impacted by the event that she put together and how students perceived the panel.

“I feel strongly that the students in attendance were inspired by the panel, and impacted in an amazingly positive way by the networking session,” said Gianna Deangelis.

“This event was so eye-opening for me. Elizabeth Hiza impacted me incredibly because she explained that you can’t label yourself, you just have to work to make yourself better,” said sophomore Makenzie McCormick.

Deangelis felt the importance of having women come speak about their stories for many different reasons.

She spoke about how she can relate to how overlooked women in the business world can be and thought that it would be interesting for influential speakers like the ones who came to explain their journey.

“A woman in business is different and unique qualities to bring to the table, and unfortunately often is overshadowed and undermined,” said Gianna Deangelis.

Throughout the event, the message that kept recurring to students was to not let your struggles and doubts get in the way of what you want to accomplish.

“It is crucial to have men and women alike who believe in the strength of business women and encourage their passage to the top,” said Deangelis.

The panel helped expose the fact that women are worthy to be in higher corporate positions, not just men.

There were many steps in making sure that this panel and networking event ran smoothly.

Deangelis explained that her and her team wanted to ensure that the women coming were treated with the most utmost comfort and respect.

“We really tried to make it fun for our women. On the day of the event, we stood in the parking lot to usher them inside and held up signs with their names on it,” said Deangelis.

Gianna, alongside her team, made for a successful event and the women explained that they event felt like celebrities.

“I feel that one of the best things that was done to ensure the success of this event was personalization,” said Deangelis.

The turnout for the event was between 40 and 50 people.

“The turnout was better than I hoped in the sense that I saw an equal distribution of both males and females in attendance,” said Gianna Deangelis.

She explained that it was not the turnout that the team and herself had hoped for, but left off with an inspiring quote about moving forward and changing things in the future.

"However, in business, despite setbacks, it is crucial to move forward and stay committed,” said Deangelis.

Restaurant Spotlight: The Tasty Yolk

BY JOANNA BEACH
Staff Reporter

The Tasty Yolk ended up at the New England Culinary Institute in Essex Junction, Vt. and house-made stuffing and topped with shredded turkey gravy.

*restaurants in southern Connecticut; *positions, not just men.

smoothly.

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said sophomore Makenzie McCormick.

"The Tasty Yolk is an amazing positive way by the networking session,” said Gianna Deangelis.

"This event meant a great deal of importance to me, and those who helped me organize it for a variety of reasons,” said Gianna Deangelis.

"A woman in business has different and unique qualities to bring to the table, and..."
Many expressed their prayers to those who have been affected by the California wildfires. "Many of my friends are in the SHU Dance Company, SHU Dance Ensemble, Hip Hop Production, and as well as SHU Irish Dance Ensemble. I look forward to going to all of the shows to see the wonderful dances they have been working on all semester," said senior Harry Williamson.

The annual Midnight Cabaret will be held on Friday, Nov. 30 at 10:10 pm in the Edgerton. Presenting works by both professional and student choreographers, the performance will include dancing and singing.

In addition to the Friday show, the Dance Company will present their show, Pieces of a Dream, on Saturday, Dec. 1 at 7 p.m. The Dance Ensemble will be showcasing their Winter Soulstice show on Sunday, Dec. 2 at 2 p.m.

The Midnight Cabaret is a selection of works by the SHU Dance Company, SHU Dance Ensemble, and the Hip Hop Production program. "I am very excited to present my piece, Best Life, at the Midnight Cabaret, with some of my fellow Dance Company members," said student choreographer, junior Sidney Choate.

The pieces selected for this show are fun, upbeat, exciting, and energized—meant to inspire and entertain.

"Pieces of a Dream will also feature the award-winning SHU Irish Dance Ensemble. The theme of the show is open ended to allow for some of the most well-known professional choreographers in New York to interpret in their own way.

"For Pieces of a Dream, I have created a 15-minute piece called Lucid, featuring music by Ben Howard, Nina Simone, and Son Lux. The piece is intended to be an exploration of what it would be like inside of a Lucid Dream," said SHU Dance Program Director, Kari Williams.

Winter Soulstice is a collection of student choreographed works by members of the Leadership track of the SHU Dance Ensemble. "Although this is my first year on the Leadership track for Dance Ensemble, I am so grateful for all of the hard work my fellow dancers and I have put in to make my vision come true. I'm looking forward to the show and excited to be choreographing again for next semester," said sophomore Danielle Davanzo, student choreographer.

The SHU Dance Company is a Pre-Professional performance company where audition is required but all levels of experience are welcome. It is part of the Dance Program for students who love dance and want to continue being a part of staged productions without the commitment of course work. "Dance Ensemble has given me the opportunity to express myself more through choreographing, while Dance Company has motivated and pushed me to become a better dancer," said dance program member Tabatha Maxine.

The Claddagh Dancers of the SHU Irish Dance Ensemble is a high skill level, competitive Irish dance group. Their award-winning performance of "BOOM!" will be showcased at Winter Soulstice.

According to the Sacred Heart website, Hip Hop Production is a high-energy program designed for experienced Hip Hop dancers to further develop movement and technique, but also musically, rhythm, precision and quality of movement.

The Hip Hop Production's piece, Hip Hop 4 Life, choreographed by Kim Elliot will also be showcased in the Midnight Cabaret. "I am inspired by the quote, 'Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world,' by Harriet Tubman," said Williams.

The SHU Dance Ensemble and Dance Company will be performing three shows from Nov. 30-Dec. 1.

People's Choice Awards Airs on E!

On Nov. 11, the People's Choice Awards hosted by Joel McHale, aired for the first time on the E! network. From 1975 to the present, it was previously broadcasted on CBS.

This award show recognizes well-known individuals, movies, television shows, music, and pop culture that have been popular throughout the year. The general public have the ability to choose online who or what they liked in a certain category.

"I did not watch the People's Choice Awards, but I think he deserved the award. He has been frying the wildfires all over southern California," said student choreographer, junior Sidney Choate.

The theme of the show is open ended to allow for some of the most well-known professional choreographers in New York to interpret in their own way.

"I have seen the wildfires all over social media and how it has affected the people and animals there or nearby," said junior Deanna Nico. "I am inspired by the quote, 'Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world,' by Harriet Tubman.


"I definitely agree with this award. I really liked watching 'Black Panther' and thought she played her role really well. I enjoyed watching her character throughout the whole movie and thought she helped me like the movie even more," said Jean-Baptiste.

Danai Gurira, The Walking Dead and Black Panther Star was on the stage many, many times thanks to the Avengers wins as well as taking home one of her own, Action Star of 2018.
The Sacred Heart Spectrum

Arts & Entertainment

Posthumous Music from Late Artists

BY ELISHA BROWN
Contributing Writer

We've lost some of the greatest musicians of our time in the last couple of years. From musical legends like Aretha Franklin and Prince, to new influential artists such as Lil Peep and XXXTentacion, fans are eager to keep their spirit alive with posthumous music.

In previous years, Drake has released new music with late artists, such as R&B singer Aaliyah. On his new album, Scorpion, he used an unfinished track to release a song "Featuring" Michael Jackson.

"Drake is known for sampling a lot of tracks. He uses influences from past artists to make who he is today, and I think it's more of a tribute to different artists," said graduate student, Trevor Thompson. "I think it's more of a celebration. We listened to their music when they were alive and then they're deceased, and people still love them."

Amy Winehouse, the British singer who passed in 2011, is expected to "perform" via hologram next year. "We've lost some of the greatest musicians of our time in the last 24 months and a song that features Amy Winehouse is expected to release a song "featuring" Michael Jackson."

Sophomore, Shannon Szenfinski, wasn't aware of how widespread this phenomenon is, but was pleased to know how artists are kept alive in the hearts of their fans.

"I think that's so cool, their memory is living on. I didn't really know they did that. I think that's so cool," said Szenfinski.

This type of behavior isn't reserved for the classic artists. Lil Peep and XXXTentacion both passed away in the last 24 months and a song that features both of them was released on their behalf. That track, "Falling Down," was released in September.

Lil Peep passed away from a drug overdose in November 2017 and XXXTentacion was shot in June this year. One of the writers of the song says he co-wrote it with Lil Peep, but after Lil Peep died, XXXTentacion added a couple of verses.

"Posthumous music is only cool if it's in accordance with the artists' wishes and is going to the people who intend for their estate to go to. The money has to go to the people they intended, not executives or anybody else," said graduate student Ibrahim Abendonjo.

"If they have it in their will that the music can be released, and they trust certain people to release their music, then it's okay. If it's records that they didn't have any intention of releasing and someone wants to release it for a cash grab, I feel like that's horrible." Even though it seems like some students are okay with music being released after an artist dies, there are a few people who would rather remember the artist for the legacy they created while they were living.

"Personally, I don't think it's good. I prefer if they just left it alone because the artist already established a career," said graduate student Johnny Bledsoe. "Unless the quality of music is so good that people just have to hear it, but for the most part it's not. It's usually not their best work. So, I'd prefer if they didn't."
THE CLUB FOOTBALL TEAM WAS THE CONFERENCE CHAMPIONS AGAIN HOWEVER THEY LOST IN THE NATIONAL SEMIFINALS.

SACRED HEART UNIVERSITY'S CLUB FOOTBALL TEAM REPEATED AS CONFERENCE CHAMPIONS OF THE NORTH ATLANTIC CONFERENCE. THEY DID SO BY BEATING JOHNSON & WALES UNIVERSITY (JWU) 36-0, ON NOV. 10, AT CAMPUS FIELD.

THE PIONEERS THEN TRAVELED SEVEN-A-DAY TURNING POINT AND A QUICK ONE," SAID JONES.

"THE ONE CONSTANT GOAL HAS BEEN TO CONTINUE TO HAVE GUYS LOVE THIS GAME AND REVITALIZE THE ONES THAT HAVE LOST THAT PASSION," SAID HEAD COACH GREG JONES.

"CREATING THAT CARING AND PASSIONATE ATMOSPHERE IS WHAT DRIVES NOT ONLY THIS YEAR'S TEAM BUT ALL THE TEAMS I HAVE COACHED." JUNIOR WIDE RECEIVER TYLER TOUSSAINT AGREES THAT THE PASSION AND VIBE THAT JONES GIVES OFF ARE INFECTIOUS.

"WHEN I STEP ON THE FIELD AND LOOK BACK AT COACH, I SEE THE ATTITUDE AND PASSION IN HIS EYES," SAID TOUSSAINT. "YOU FEEL LIKE YOU ALMOST HAVE TO GIVE THAT SAME ENERGY BACK.


"THEM [THE PLAYERS] LOVED THAT PUNCH IN THE MOUTH COMING IN THE FIRST GAME. IT WAS A WAKE-UP CALL." SOPHOMORE QUARTERBACK MIKE CONTENTO ALSO SAW ANOTHER TURNING POINT IN THE DURATION OF THIS SEASON.

"ONE OF THE BIGGEST MOMENTS DURING THE SEASON WAS THE FIRST MATCHUP AGAINST JWU," SAID CONTENTO. "WE CAME BACK DOWN 20, AND SINCE THEN WE HAVE BEEN A WELL-OILED MACHINE." JONES AGREES WITH CONTENTO, SAYING THAT THEY WERE OUT OF THEIR ELEMENTS, GIVING UP AN 80-YARD TOUCHDOWN ON THE THIRD PLAY.

"CAPTAINS DALVIN CHARLES AND ANDREW CROOKES HELPED INSPIRE THE TEAM AT HALFTIME AND PROPULSED US TO A WIN," SAID JONES.

"UP UNTIL THE SEMIFINALS, THE PIONEERS HAD ONLY ALLOWED A TOTAL OF 33 POINTS IN THEIR CONFERENCE MATCHUPS, 20 OF WHICH COMING IN THAT ONE GAME VS JWU."

"BEFORE THE MATCH-UP, CONTENTO BELIEVED THAT THE GAME COULD BE WON WITH THEIR WORK IN THE TRENCHES. "THE DEFENSIVE LINE HAS BEEN MAKING THE RUNNING BACKS AND QUARTERBACKS UNCOMFORTABLE ALL YEAR," SAID CONTENTO. "IF THE OFFENSIVE LINE CAN OPEN UP SOME HOLES AND WE CAN ESTABLISH OUR RUN GAME, WE WILL BE IN GOOD SHAPE.


"HE [JONES] CARES ABOUT EVERY GUY FROM TOP TO BOTTOM, AND THAT IS WHAT MAKES THE DIFFERENCE," SAID CONTENTO.

THE SACRED HEART EQUESTRIAN TEAM WON THEIR HOME SHOW ON NOV. 19 WITH A TEAM SCORE OF 38. PICTURED ABOVE: EMILY SCROBE, JUNIOR.

THE SACRED HEART EQUESTRIAN TEAM WON THEIR HOME SHOW ON NOV. 19 WITH A TEAM SCORE OF 38. PICTURED ABOVE: EMILY SCROBE, JUNIOR.

BY LOUIS FREY
STAFF REPORTER.

The Sacred Heart equestrian team won their home show with a team score of 38 points on Nov. 10.

Senior Cariana Johnson was named the High Point rider and sophomore Hailey Tyler was named team MVP. Johnson placed first in the Open Flat Section B and Open Fences Section B. Tyler placed first in the Novice Fences Section B and helped carry the team to the victory.

"By finishing first, we were able to position ourselves as the leading team going into the final Hunt Seat competition of the semester at the University of Connecticut (UCONN) on Nov. 17," said head coach Tiffany Hajdasz.

The win gave the team a six-point lead in their region.

"We were determined to leave that home show in the first place position," said Johnson.

Other notable results from the home show were senior Victoria Caputo placing first in the Morning show. They'd win the High Point title, accumulating 26 points in the afternoon show.

"I feel our team could rise to the next level if all of our student athletes took more accountability and responsibility for themselves on competition day," said Hajdasz.

Hajdasz wanted her riders to not take anything for granted and ride with stride during the show.

According to the Sacred Heart athletics website, Hunt Seat went up being named the High Point team of the event, again finishing with 38 points. Johnson and junior Gabriella Sorrentino qualified for Hunt Seat Regionals for their performances. Sorrentino won the Open Fences Section A title, while Johnson won the Open Fences Section B title and Open Flat Section A title.

On Nov. 18, Western had a doubleheader against Mount Holyoke College. According to Sacred Heart athletics, the team won seven contests, and took second in the event's morning show. They'd win the High Point title, accumulating 26 points in the afternoon show.

"I feel our team could rise to the next level if all of our student athletes took more accountability and responsibility for themselves on competition day," said Hajdasz.

Hajdasz is looking for the team to learn the courses and to know when to be at the gate. Hajdasz said this would be helpful to the team as a whole because it gives everyone time to mentally prepare without external distractions.

The biggest challenge for the team this year has been their schedule.

Smith said the team has at least one competition every weekend.

"Competition days are usually 12-hour days," said Smith. "Combine that with practices, lifts, and other team activities during the week, shows that we are very busy," said Smith.

The team will wrap up its fall slate in a Western doubleheader against Mount Holyoke College on Dec. 2, at 9 a.m. and 1 p.m.
Swimming and Diving Raises Awareness for Epilepsy

BY CAROLINE BOLLETINO
Staff Reporter

On Nov. 10, the Sacred Heart University women’s swimming and diving team dedicated their meet against Assumption College to epilepsy awareness, in support of teammate, junior Bryana Cielo. Cielo, who is the Features editor on the Spectrum, was recently diagnosed with epilepsy, and can no longer swim competitively.

According to epilepsy.com, epilepsy is a neurological condition which affects the nervous system. It is also known as a seizure disorder. It is usually diagnosed after a person has had at least two seizures that were not caused by some known medical condition.

“I am so thankful that my team has been by my side throughout everything,” said Cielo.

“They [teammates] all have done an amazing job in understanding what the disorder is and supporting all of those who have it.”

The meet began with a speech from Cielo about her personal experience and diagnosis. The swimmers set up the pool area with purple decorations and posters they had made together as a team. They also wore purple ribbon tattoos and stickers that they shared with the opposing team.

“The atmosphere of the event was truly amazing,” said junior Kimberly Hylan. “The swim team, spectators, and even the opposing swim team all came together to show support for Bryana and everyone who has been diagnosed with epilepsy.”

November is National Epilepsy Awareness Month. Head coach John Spadafina said awareness for epilepsy really hits home for him and the team.

“Not many people are aware of how this disease affects those diagnosed and the reaction when people witness someone having a seizure,” said Hylan.

Cielo said one in 26 people have epilepsy and one in 10 people will have a seizure in their lifetime. Epilepsy awareness allows people to understand what a seizure is and how to react to one.

“I'm glad that our team was able to raise awareness for such a good cause,” said Lauren Somers. “It was also great to be able to support a cause that has impacted our team.”

The team won the meet 162-115. Spadafina said the team swam well. Somers was a quadruple winner, and both Hylan and Emily Peter won three events.

“The team has been working really hard this season. Every day at practice we are working towards our goals as a team, as well as individual goals,” said Hylan.

The Northeast Conference Championship will take place in February, and the team is preparing for it now.

“All of our work in and out of the pool is aimed at preparing us to perform the best we can at NECs,” said Somers.

The team has made improvements this season. The win over Assumption, who has beaten Sacred Heart in previous years, was a win that Somers said will ensure Sacred Heart a winning season.

C.J. Marottolo Reaches 100 Wins as Men’s Ice Hockey Head Coach

BY KENNETH EKERT
Staff Reporter

On Nov. 9, C.J. Marottolo won his 100th career game as the head coach of the Sacred Heart University men’s ice hockey team. The team defeated the United States Military Academy (USMA) in West Point, N.Y., 4-2.

“Winning 100 games has a lot more to do with all the players who took pride in playing for Sacred Heart than me,” said Marottolo. “I appreciate all of my players’ efforts and sacrifices that they’ve made throughout my years here.”

Marottolo is in his 10th year as head coach of the team, but his career in college ice hockey dates back to the 1980s, when he played at Northeastern University from 1985 to 1989.

According to eliteprospects.org, a website that provides stats on hockey players and teams, Marottolo continued his playing career in France after graduating college. He served as a player-coach for the Hockey Club Metz and also coached at the Euro-Sport/Drummond Hockey School in Amenville.

He then accepted an assistant coaching position for the men’s ice hockey team at Trinity College in Hartford in 1992.

After two years at Trinity, Marottolo began a 15-year tenure as an assistant and associate head coach of the men’s ice hockey team at Yale University beginning in 1994. According to Sacred Heart athletics, Marottolo helped guide the team to two NCAA Tournaments in 1998 and 2009.

After the 2009 Tournament berth, Marottolo accepted the head coach position for the men’s ice hockey team at Sacred Heart and has remained with the team since.

“I have absolutely loved my time here at Sacred Heart,” said Marottolo. “I have had the opportunity to coach terrific young men and work with passionate people.”

In his first year at Sacred Heart, Marottolo led the team to a 21-13-4 record, and a second place finish in the Atlantic Hockey League. According to Sacred Heart athletics, it was the most wins in the program’s history and Marottolo was named Atlantic Hockey Coach of the Year.

Since then, Marottolo has led Sacred Heart to three Atlantic Hockey Quarterfinals in 2011, 2015 and 2018.

Senior co-captain Liam Clare believes that Marottolo has the ability to combine the technical and emotional sides of hockey together in order to get the best out of his players.

“Coach C.J. offers advice for things to improve your game and always listens for an ear or a helping hand if a player is going through something personally,” said Clare.

Freshman Ryan Steele has also noticed the same characteristics in Marottolo.

“He [Marottolo] not only instills the value of hard work in his players, but he also emphasizes intensity and execution in both practices and games,” said Steele. “Reaching 100 wins as a college hockey coach is incredibly difficult, and I’m glad I was able to help C.J. reach that milestone.”

Clare said that Marottolo’s accomplishment is a testament to his commitment to the program, and how he’s always looking for ways to improve the team each year. He’s also determined to add bring some hardware to Sacred Heart.

“Coach C.J. wants an Atlantic Hockey Title,” said Clare.

Marottolo has been stuck at 100 wins since Nov. 9, as the team has gone 0-4-1 in their last five games. They are 2-7-2 overall and 2-5-1 in conference play. They have a two-game homestand against Robert Morris at Webster Bank Arena in Bridgeport from Nov. 30 to Dec. 1.
TOP: THE SACRED HEART UNIVERSITY WOMEN’S SOCCER CONCLUDED ITS 2018-19 SEASON WITH A WIN OVER NORTHEAST CONFERENCE RIVAL FAIRLEIGH DICKINSON, 1-0. PICTURED: MARANDA GIBBONS, SENIOR.

BOTTOM: FOR THE FIRST TIME IN PROGRAM HISTORY, THE SACRED HEART UNIVERSITY WOMEN’S RUGBY TEAM ADVANCED TO THE NIRA TIER II CHAMPIONSHIPS WHICH WAS PLAYED ON SATURDAY, NOV. 10 AGAINST MOUNT SAINT MARY’S. THEY LOST 22-15.