Housing Ordinance Aimed at SHU Students Dropped

BY CITALLI GODINEZ
Staff Reporter

If you are a Sacred Heart student worried about not being able to find off-campus housing for the upcoming school year or semester, this news is for you.

Previously, Bridgeport's Mayor Joe Ganim and City Council members announced an attempt to reduce the number of unrelated people living in one household from the maximum of four down to three.

The zoning change was aimed for all residents but some felt it was aimed specifically toward Sacred Heart students. At times, local residents made complaints on how students have overrun their neighborhood.

Students were able to vote to have their voices heard on whether or not the proposal should be forwarded to the Planning and Zoning Commission.

"PioneerVote has an extremely important presence on campus. Many universities stress the importance of being politically active, but unfortunately do not provide tools to help their students be able to do so. Without PioneerVote, Sacred Heart would never have gotten nearly 1,000 students registered to vote, and I think that alone shows its importance," said senior Meridith Keimedy.

Some students said they did not see a problem with large numbers of students living together. "I do not find it important to limit the amount of students as the SHU dorms can have up to 12 students living in one suite so having four or five people doesn’t sound like an issue to me. Also, having more people living in a house lowers the cost of rent which is beneficial to college students," said junior Danielle Koster.

According to ctpost.com, "While the zoning change would have affected the entire city, it was a response to North End residents’ complaints about student attending Sacred Heart University in nearby Fairfield. Homeowners complained the young men and women have overrun their neighborhood, hold loud parties, litter, and use up curbside parking spaces."

Many students say they take their neighbors into consideration. "My housemates and I always try to not make too much noise at night and we try to limit the amount of people who come over at the same time to not crowd the road with cars," said Freshman Khiare Browdy.

In the Oct. 23 issue of Spectrum, contributing writer Neil Grasso reported, "Many students at Sacred Heart choose to reside in the North End of Bridgeport for its close proximity to campus."

Some students enjoy living off campus and don’t have issues with their neighbors. "If I didn’t have to use the shuttle, I would have considered staying on campus. I am currently one of the many students living in the North End of Bridgeport and personally, I love it. I’m close to campus and my neighbors are friendly," said junior Kayla Santos.

Juniors and seniors are typically the classes that try to find housing off campus. "Luckily, I did not face any difficulties in finding housing as a junior or a senior. However, when I was a junior, I lived in the Park Ridge townhouses, so when I saw the news report of a resident on Geduldig complaining about the students, I took it personally. When I lived on Geduldig, I was very respectful of the permanent residents. I never witnessed any Sacred Heart students acting out in the ways described. I now live in a house with four other girls in Fairfield and we have yet to have any issues," said Kennedy.

Ctpost.com reported that the North End Councilwomen Michelle Lynes added that passing any new zoning regulations would take months. "I’m glad the ordinance was dropped because as a rising senior, I will be looking for housing and the North End would be the place I would look because of how close it is to campus," said junior Jenna Wilson. "My housemates and I will most likely try to renew our lease for our senior year and having the ordinance dropped is good news for us," said Santos.

NEW DORMS WILL BE OPENING IN THE UPCOMING SPRING SEMESTER DURING JANUARY OF 2020. THE LAYOUT WILL BE TWO SINGLES AND ONE DOUBLE.
Sacred Heart University announced that they received two grants to help fund a new program focused on helping students in the education department get involved with Bridgeport Public Schools.

The SHU Bridge Portal Program aims to bring together education students and Bridgeport Public School students with an interest in public education.

Dean Michael Alfano of the Isabelle Farrington College of Education is the main developer of this new program. He said, "The purpose of this program is to help address high teacher attrition in the Bridgeport Public Schools and to address minority teacher recruitment in our state's public schools."

According to Alfano, the SHU Bridge Portal Program plans to strengthen the relationship between the Farrington College of Education and Bridgeport Public Schools. It also plans to use focused programming to help achieve Sacred Heart's mission.

In a press release by Sacred Heart about the SHU Bridge Portal Program, Alfano stated that the program directly correlates with the mission of the university, part of that is to help give back to the Bridgeport community by sharing our resources and engaging with our neighbors.

Students also know helping the community is a key part of Sacred Heart. "I believe it is important to maintain a sense of community at Sacred Heart," said junior Hope Lecours. "I think this program will greatly benefit a lot of people and children around the Bridgeport area, resulting in the strengthening of our entire community."

Alfano wants the program to make a long term positive impact with the Bridgeport public schools. "My hopes for the program is that we can form a long-lasting, impactful relationship with the Bridgeport public schools where we can help address a long standing issue-high teacher turnover-utilizing the talent and resources that are available within the city and here at Sacred Heart University," said Alfano.

SHU Alum Recognized at The Ridgefield Independent Film Festival

BY SOPHIA CIRIGLIANO
Staff Reporter

Sacred Heart's very own alumnus, Tyler Stirling, was recognized at the 2019 RIFF, The Ridgefield Independent Film Festival, for Best Student Film. Stirling's 17-minute narrative work, "Little Things," was produced while he was pursuing his master's within Sacred Heart's film and television program.

According to RIFFCT.org, The Ridgefield Independent Film Festival, "celebrates independent films from around the world that enlighten, entertain, and inspire moviegoers through compelling visual storytelling."

The Ridgefield Independent Film Festival, also known as the RIFF, brings innovative films and filmmakers from around the world to celebrate their works throughout the community's annual four-day festival.

"Little Things" is a dark, twisted, hilarious tale, that is based on the main character Joel who has been living an isolated existence since he was a young boy. As Joel begins his mission to end his life by writing a suicide note with a Seconal-Oreo milkshake, something changes his will to live.

As the film turns into a mysterious love-story between the two main characters, Joel and Chandler, many are captured by the film's creativity, showing of real-life events, and honesty.

According to Alfano, the SHU Bridge Portal Program has met with important milestones so far, but the beginning is just the start.

"My larger hope is that the story will be further developed into a small series or expanded to a feature-length film," said Harris.

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The Singularity of Truth: Reflections on the Impeachment Inquiry

Tyler Lascola
COPY EDITOR

December 4, 2019

For some strange reason, it always seems that whatever books I’m currently reading directly correlate with whatever major issues are currently affecting me. I don’t know how it happens. Maybe I have some kind of subliminal association that subconsciously attracts me to timely reads; or maybe it’s just some weird trick of fate. Whatever the cause, it keeps happening. Right now, the literary synchronicities are by-and-large mental health and college-related (how forlornly I laugh), but I doubt even I could think of the one I experienced in mid-November that I want to start my discussion with a few weeks after I was spent shuffling for about a year, something competently managing to make me toss out my copy of David Mitchell’s “Cloud Atlas” again. I finished the section I was on and moved on to the part titled “An Orison of Sonni-451,” a dystopian story set in a future East Asia, written in the form of an interview. A character called the Archivist begins: “Please remember, this isn’t an interrogation, or a trial. Your version of the truth is the only one that matters. To this, the interwievee unconvincingly responds: “Truth is singular. Its versions are mistruths.” Meanwhile, as I resumed “Cloud Atlas,” the congressional impeachment hearings commenced.

As I tuned in and out of NPR’s live broadcast and analysis, Mitchell’s ethical and epistemological dimensions lingered in my mind. The House Intelligence Committee’s hearings concluded on Nov. 21; as of press time, an extended debate was taking place in a joint committee (chaird by Adam Schiff, D-Calif.), who should have voted to approve its release yesterday. However, earlier on Monday, Republicans released their own version, preempting the hearing altogether, prompting the House Judiciary Committee. This is, of course, problematic. How can there be two different reports of the hearings? Paradoxically, it would appear to me that there are indeed two different versions of the facts that the hearings ascertained.

But let’s return to the first hearing, because I think those original opening statements best capture the extent to which the public discourse has degraded. If you weren’t paying attention to what he was actually saying, it sounded like Schiff could have been performing a monologue to the audience. He started off strong. “If you were to think of the Holocaust as a stunt than an actual judicial affair; it was a theatrical performance, the director, as a result, employed strategies designed to stir the audience to suspend belief instead of disbelief. I reaffirm though that even though these hearings are not theater, they engage in civil discourse. They do not bother with counterarguments or with sound, logical reasoning. Reason has been thrown out altogether. Instead, they have taken up the ideological equivalent of scorched-earth tactics. They simply cast doubt over whatever their political opponents say or do. They categorically deny everything—including objective, empirical evidence. Whatever strategic line, no matter how baseless, is employed and promoted.

What’s even scarier, though, is how easy it is to fall into the trap of this pseudo-theretic. The reason is so effective that they don’t have to convince you of anything, they just have to sow seeds of doubt. They, with public trust so destabilized, how are we to defend the truth? Calling out the denunciators feels frustratingly ineffectual, as there’s no way to know what it is that they accuse their enemies of doing the exact same thing: promulgating falsehoods. Instead, they have taken up the ideological equivalent of scorched-earth tactics. They simply cast doubt over whatever their political opponents say or do. They categorically deny everything—including objective, empirical evidence. Whatever strategic line, no matter how baseless, is employed and promoted.

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Instagram: Like it or Not

BY ANGELA VIVONA
Staff Reporter

Do you like people seeing how many likes you get on your Instagram posts?

"Likes are not important to me, but they are neat. I get happy when I get a lot of likes, yet I don't get upset if I don't get that many likes," said junior Nick Palluzzi.

Well, whether you like it or not, Instagram recently removed the visual number of likes a user receives on a post. Which means, users no longer know exactly how many likes their friends are getting on their posts. Instagram is an American photo and video-sharing social network service owned by Facebook. The app allows users to post and share content with their friends and followers.

"I feel that Instagram removing likes from posts is a new tactic being trialed in order to try and create a personal and less stressful experience on the app," said junior Marco Sinapi.

According to Instagram’s Twitter account, they released a statement saying that the decision was made so that users can “focus on the photos and videos you share not how many likes they get.”

"I think likes affect what people post. If you don't get a lot of likes, it shows that people might not personally like it, but when you get a lot of likes it makes you feel better about yourself," said junior Kayla Mossicato.

The new feature allows you to see your own likes by tapping on the list of people who’ve liked it, but your friends will not be able to see how many likes your post has received, according to Instagram’s tweet.

"I'm content with the decision to remove likes because it gives a more private experience, so people could stop worrying about the amount of likes they get. This makes people more inclined to post whatever they feel without the stress of people calling them out for having a low number of likes," said Sinapi.

However, Mossicato did not understand why Instagram made the change at first.

"I didn't understand what the point of it was because I liked seeing who liked who's post. But after thinking about it more, I feel as though it would be for the best," said Mossicato.

In April, Instagram’s CEO Adam Mosseri told Buzzfeed News that removing likes was about "creating a less pressurized environment where people feel comfortable expressing themselves."

"It doesn’t particularly bother me that they took them away. It bothers me more at the fact that people allowed something such as likes on a picture affect their mental health so much that the CEO needed to make a decision to remove the visualization of likes on a picture. However, the person who posted the photo can still see how many likes they get so, to me, it all seems pointless in the long run," said junior Emma Cannetti.

"I think Instagram removing likes is a healthy thing for society as a whole and a step in the right direction for the state of mental health currently. It might take a while for people to get used to, but I feel like I feel like in a few months to a year, not having likes will be normal," said junior Matt Gregory.

"I mainly use Instagram for memes anyways. I normally just scroll through and will like a couple of people's pictures, but it is very thoughtless. I don't really pay attention to how many likes people get and I don't think it will change what people post so it doesn't bother me," said junior Bryan Casey.

Some students say that the removal of likes will not affect their views of Instagram and how they utilize the app. However, they are hopeful that it may just create a better future for social media.

"I don't think people put up a picture because they think it will get them a lot of likes. I think people post pictures to show how unique and individual they are or so on. I don't think that people not being able to see your likes will affect what people post as long as they can see their number of likes," said Hanley.

Do You Still Make a Christmas List?

BY SOPHIA CIRIGLIANO
Staff Reporter

It was a typical Christmas morning at the Constantine household. As Christina and her brother waited to open presents in the morning, she would hope that she got everything on her Christmas list.

"I would always write on my Christmas list that I wanted a puppy when I was younger," said junior Christina Constantine. "Unfortunately, I actually never ended up getting one for Christmas."

Many students at Sacred Heart reminisce about when they would write their Christmas list as a child in comparison to how they write their Christmas lists now as college students.

"I would always put down American Girl doll items," said junior Alyssa Zarcone. "I had about eight of them so during Christmas time I would always ask for the doll's clothing, bedding, and accessories."

Zarcone said that the Christmas spirit is very high in her household during the holidays because she has two younger brothers.

"I still do a Christmas list every year because I have younger brothers and I want to keep them in the Christmas and Santa Claus spirit during the holidays," said Zarcone. "I feel like I am never too old to make a Christmas list because you want to be able to know what someone likes and you are not able to give them something they want without a list."

Although many students said they still make Christmas lists, junior Bryan Casey said that he believed there was no age limit to making a Christmas list.

"I think the age for being too old to make a Christmas list is 17 years old," said Casey.

Some students believe that although they do not traditionally write out a list, they find other ways to tell their families what they want for the holidays.

"I do not make a Christmas list anymore," said junior Grace Kraft. "For me personally, as I got older I began to point out stuff I wanted for Christmas or send my mom lists of items I wanted."

As Kraft thinks about items she wants this year for Christmas such as clothes and money, she remembers lists she would make when she was a kid.

"I would always write on my Christmas list something that had to do with Hannah Montana. I really liked her growing up and watching the show on the Disney channel so I would always ask for items or clothes that had to do with Hannah Montana," said Kraft. "I also always asked for Littlest Pet Shop toys. I liked playing with them growing up and I feel like it was a popular toy for my generation."

Junior Danielle Fischbein said making a Christmas list should be something everyone does no matter what their age is.

"You are never too old to make a list," said Fischbein. "Even if you don't physically make a list, I feel like people always still ask you what you want, regardless of your age."

While thinking of popular gifts for this Christmas, Fischbein said that she thinks a lot of college students will be getting a similar gift this year.

"I think the new iPhone will be popular this Christmas for college students," said Fischbein.

Many students agreed that the iPhone will be a popular college student Christmas gift along with other Apple products.

"I feel like college students are going to ask for either an Apple watch or AirPods for Christmas. The products are really popular and convenient for college students to keep track of time and to listen to music," said Constantine. "Getting either an Apple watch or AirPods are perfect to ask for during Christmas time since both products are on the expensive side."

"I wouldn't say that likes are important to me, but it is something I take note of and think it's cool when a photo gets more likes than normal. My friends, family, and health are what's really important to me and I think removing likes is a step to get people hopefully to be more aware of that too," said Gregory.
December 4, 2019

Audrey’s Corner

Building Audrey’s Corner

PROF. JOANNE KABAK
FACULTY ADVISOR

On the morning of May 1, 2018, I bunkered down at my kitchen table with a stack of folders filled with my student’s work. Classes were over and I was set to efficiently and thoughtfully calculate grades. I shut down my desktop and closed my laptop to eliminate the distraction of email.

And then a text came in. It was from the editor-in-chief of Spectrum. She wrote how sad she was about what had happened to Audrey.

What happened to Audrey? All I knew at that point was that her work was waiting for my review in one of those folders. Her last article was in the current issue of Spectrum. Her messages to me and her editor were still in my inbox.

Once I learned that Audrey had passed away so unexpectedly that morning on campus, I knew what I wanted to do: to speak about her at the memorial service in the chapel that afternoon and to remember her in Spectrum now and going forward.

I knew the what, but not yet the how.

For the first step, the words came easily, as Audrey’s distinctive qualities were so fresh in my mind. There was her presence in the classroom in her seat at the back right, her face lit up by her smile, her curls and the turquoise tops she favored. And there was her work. You knew what articles she really liked writing – testing out new flavors of ice creams – and which ones not so much, like tracking down sources for a technology topic. Yet, whatever assignment she got, she pursued it doggedly and joyfully.

The next step – the way for Spectrum to remember her – came a couple of days later. I learned for the first time that Audrey had been bullied in school when she was younger. What’s more, she spoke openly about the pain of that experience and how she worked through it to become the positive, engaged person she was in college.

The editors and I read the article about her published a few years ago in the Greenwich Time, and saw the video interview showing her sitting cross-legged on a couch outdoors, speaking about what for some is unspeakable – being a kid who is pushed into your locker by other kids, just because. We knew what we had to do next.

We established the annual Audrey Niblo Award for Excellence in Reporting and Writing. Spectrum’s editors decided that the way to honor Audrey, a staff writer on the paper, was to remember her and to help others by using the voice of student media to write about what is bullying, what does it feel like, why do people do it to each other, and how can you stop it. Further, Spectrum made the commitment to write about the other types of challenges that students face, such as stress, anxiety, mental health issues, and negative self-esteem.

But just as Audrey did not let bullying stop her, Spectrum does not intend to stop at the problems either. Its goal is to write just as much about support, positive actions, stress relief, friendship.

Spectrum began its work in the fall 2018 on these issues and continues to publish related content. This year’s team of contributors decided for the spring semester to call the material inspired by her “Audrey’s Corner.”

Why tell you about this in an editorial? Because Spectrum needs you too. We want you to read the articles, to pick up the print edition distributed throughout the campus and to scroll through the website. Further, Spectrum needs you to contribute ideas. What do you experience? What do you feel needs to be addressed and communicated about the issues that concern students? What are positive ways you or those you know overcome challenges? What is the research finding out about bullying and its consequences?

When I first spoke about Audrey, I knew her and her concerns only through the role of being her teacher in the news writing class and her advisor on Spectrum. For sure, working with someone on their writing brings you into deeper level of knowledge. Even in the objective, balanced process of news writing, the efforts and the words reveal a lot about a person. But I didn’t know her beyond those parameters.

Since that day on May 1, I’ve learned more. I found out that Audrey passed away from a heart condition. She was deeply loved by her parents, three siblings, and her extended family. She built a new family at Sacred Heart through the bonds she formed with her sisters in Theta Phi Alpha. Her love of her dog, who sat quietly and sadly in the front row at her funeral, was beyond description.

Learning about a person of character like Audrey evolves. Just a few days ago, as I sat with the team of students who’ve committed to be contributors to the Audrey Award project this year, I learned from one of them something I didn’t know before. One of Audrey’s dreams was to participate in buildOn.org, an international organization dedicated to supporting young people through its programs in the U.S. and abroad.

That’s what the passage of time and ongoing communication can do. They reveal new information, meaningful messages, and a way to bring others in who can say “yes, I understand that. It happens to me too and those I know. I want to help.” It is gratifying that this year’s project includes two freshmen – reminding us that goal of this program continues well past the graduation dates of those who knew Audrey personally.

To use a cliché – apologies to my student writers to whom I tell never to use a cliché – it takes a village. In this case, the village includes the Spectrum editors who work tirelessly to put out a weekly newspaper in print and online 22 times a year. It includes the students across majors who’ve responded to the call to be part of the team that creates content. And it includes faculty and staff in the School of Communication and throughout the university, such as Prof. Amanda Moras in the sociology department, and Mary Murphy, Executive Director for University Advancement.

Especially, Audrey’s family has been there for us every step of the way, sharing with us their memories of Audrey and their support for our efforts.

If you would like to read any of the previous articles published by Spectrum since September 2018, let us know. We can send you links. If you would like to contribute to our fundraising efforts, we have a crowd fund option until Dec. 31. This is the link: https://wearesu.sacredheart.edu/project/17129. Our fundraising is important because Spectrum has committed to recognizing the work of the participants in the Audrey Award program through a grant, as well as a certificate.

Most of all, think about the issues in your own life and those of others. Read Spectrum’s work. Contribute your ideas to us. This is my email so I can route your ideas to the best channels for publication: kabak@sacredheart.edu.

When Audrey spoke out through the Greenwich Time, she said, “Being bullied, that’s a fight you can’t win on your own. You need to talk to somebody. Teacher, parent, friend — someone.”

Spectrum’s response to that quote? Here we are. Through the reach of print and in the voice of students, we are talking now and into the future. We want to help others flourish, inspired by Audrey and by the path she set out to follow.
Giving Back During the Holidays

Sacred Heart University offers multiple different ways for students to get involved in community service. This can give students the opportunity to give back and help others, especially during the holiday season. One way part of people’s lives, allowing them to do this through as many different organizations and clubs on campus.

According to The Princeton Review, “in the colleges most engaged in community service list, Sacred Heart is ranked number 13.”

Junior Claire Vreeland said she is heavily involved with the Volunteer Programs and Service Learning Office at Sacred Heart University. Currently, Volunteer Programs and Service Learning Office is running Adopt a Family. Adopt a Family provides students and faculty with the opportunity to give back to families who are less fortunate during this holiday season by donating, gifts, clothes and food.

Those looking to Adopt a Family can sign up in the Volunteer Programs office in HEN 109. "There is always something to do through the Volunteer Programs office. They offer weekly opportunities to schools, churches, food banks, and much more that people can go to during the year and during the holiday season," said Vreeland.

Sophomore Kayleigh Johnson and Junior Lindsay McCarthy are both involved with Love Your Melon. Johnson said she loves how "Love Your Melon is dedicated to supporting children’s cancer and striving to make those who are battling it more comfortable and aware that people are there for them."

This holiday season Love Your Melon gave back by visiting and making dinner for those staying at The Ronald McDonald House in New Haven. "My favorite part about giving back is knowing what a difference we’re able to make on the kids’ lives, whether it be big or small. This to me, is one of the most rewarding feelings," said McCarthy.

Junior Katelyn White is currently the Ronald McDonald House Charities (RMHC) specialist of Alpha Delta Pi. RMHC is Alpha Delta Pi’s philanthropy and they are always thinking of new ways to donate and give back.

“This semester the sisters took part in Pop Tab Wars, where they collect and donate the tabs of aluminum cans. So far, the girls have donated 30,000 pop tabs with all of them being donated to the RMHC, where they will turn them in for money as a donation,” said White. Throughout the semester, sisters of Alpha Delta Pi have also been making visits to the Ronald McDonald house in New Haven approximately twice a month. During their most recent visits, they have baked cookies and made arts and craft turkey leaves, and on the popsicle sticks, they wrote what they were thankful for.

“I feel so strongly about giving back during the holiday season, because that is when families need it most. Not only can the holidays be a really emotional time for some, it is also extremely expensive. Being able to support families by raising money for their Christmas gifts or their holiday dinners can be so meaningful for them,” said sophomore Alpha Delta Pi Community Service Chair, Carly Niemiec.

White’s favorite part about giving back to the RMHC, especially during the holidays, is seeing the brightest smile on the children and family’s faces. She loves to know, that any help they receive, big or small, will make their days easier and brighter.

“The holidays are supposed to be a joyous time, and to be able to provide that in a time where the families need it the most is what my sisters strive to do, all year round. Everyone should give back; big or small, during the holiday season. Bringing a smile to those who need it the most is the least everyone could do this time of year,” said White.

BY ANGELA VIVONA
Staff Reporter

Sacred Heart University’s American Sign Language Club provides students with a variety of ways to get involved in the community service during the holiday season.

The club wants to help students form an understanding of the deaf community and allow them to pick up helpful language for that community.

American Sign Language Club

Sacred Heart University offers a club for students to learn and practice American Sign Language (ASL).

“I wanted to learn more about American Sign Language and the culture that comes along with it. American Sign Language takes a lot of dedication and drive to be able to fully learn,” said senior ASL Club President, Colleen Casey.

Casey joined the ASL Club her sophomore year. The club is student run, with an advisor and a few Graduate students who help run it as well.

“I joined the club because it applies to my field of study and I’m super interested in it. It’s hard to be a hearing person in the deaf community, but trying to use it in the right way is a challenge that I’m trying to accomplish,” said senior Michelle Munos.

According to the Sacred Heart University website, “The ASL club exposes sign language to the Sacred Heart community. The club provides insight on a culture that some students aren’t widely recognized as other languages and cultures.”

Munos has been a member of the club for a year and plans to apply the skills she has learned in club in her future profession.

“I plan to be a Speech Language Pathologist and hopefully work in a school with children. I would love to know sign language to be able to work with these children, because most children who might be behind in language might have a hearing loss of some sort, where sign would help,” said Munos.

Students can learn sign language with the group and the club also provides an environment for those already skilled in ASL to sign with others.

“The club has taught me not only sign, but also how to interact well with people in the deaf community as well. When signing, you need to use facial expressions as if you were speaking with someone, so that way the person knows the context you’re talking to them with,” said Munos.

Students learn not only how to sign, but also about the deaf culture and community.

“This semester, we learned about deaf culture and how important it is to the deaf community. Being deaf is not a disability, but a part of people’s lives that we need to embrace and support; American Sign language is the connect that hearing people have to those who are hearing impaired and deaf. ASL gives the connection of communication to others in a way that is unlike any other language,” said Casey.

Casey plans to use the skills she learned in the club in her future profession.

“I hope to one day become a social worker and help individuals in a way that creates a better society for all. I think that it is important to know American Sign Language because communication is one of the most basic things that we do as humans and to be able to communicate with all individuals is very important to me,” said Casey. “It is important to learn a language like American Sign Language. It can give a perspective on how others use different forms of communication in their daily lives.”

“We have learned so many different helpful signs I may need for the future that each student can use differently for their own profession. For example, we have learned medical signs that can be so important in an emergency situation or helpful to students going into the medical field. We have also learned funny signs and common language that we may need to just have a regular conversation and communicate with someone deaf,” said Munos.

The club wants to help students form an understanding of the deaf community and allow them to pick up helpful language for that community.

BY JACKIE CLIFFORD
Staff Reporter

Sacred Heart University presents students with a variety of ways to get involved in community service during the holiday season.

Sacred Heart University offers a club for students to learn and practice American Sign Language Club allows students to learn and practice American Sign Language (ASL).

Pictured above: Club members learn and practice sign language by watching a video.
The Jandrisevite Learning Center, better known as the JLC, has planned “Stress Reduction Techniques” workshops this semester in order to aid students in managing their stress and anxiety.

“In a concerted effort of the university to provide new tools for students to academically succeed in college, the JLC offers mindfulness workshops for students to learn new techniques to overcome their stress and anxiety, especially during midterm and final exams,” said Executive Director of the JLC, Ardiana Sula.

According to the JLC, many students at Sacred Heart reported dealing with stress during the academic year.

“I find myself under a significant amount of stress, actually. I feel like I have a heavy workload and not a lot of time to get everything done,” said junior Nicole Gomez-Nieto.

While some students experience high levels of stress, others find ways to keep their stress to a minimum.

“I think that I have learned good time management skills from high school and can ultimately handle my work and extracurricular activities. I make sure there is enough time to get everything done,” said sophomore Mary Kaczmarski.

Though some studies show that a majority of college students are negatively impacted by stress and anxiety.

“Research shows that nearly two-thirds of college students report anxiety and there is a strong correlation between stress and underperformance,” said Sula.

According to NexToday.org, anxiety is the number one complaint amongst college students seeking mental health services. A quarter of these students complain that anxiety affects their ability to perform well in school.

“I think I handle my stress really well, I never let my stress impact my grades. While it can definitely be challenging sometimes to find the motivation to finish all my assignments, I feel I do a decent job at managing my stress with my workload,” said Gomez-Nieto.

As final exams are approaching, some students will experience an increase in their levels of stress.

“I run the stress reduction workshops at Sacred Heart to give students the tools they need to relax and take care of themselves through the challenges that they experience during the semester. When assignments pile up or students experience difficulties with their coursework, the stress can take a toll on their health as well as their performance in school. These workshops at the JLC are aimed at reducing students’ stress and anxiety. This, in turn, helps students become more successful in school,” said Professor Erika Murphy.

The workshop will discuss numerous techniques to help students ease their levels of stress and anxiety.

“During the workshop, I touch on the importance of paced breathing, which is a slow 5-second breath in, and then a slow 5-second breath out. Slowing down our breathing ‘resets’ the nervous system and allows the body to relax. I also discuss mindfulness meditation as a great way to help refocus the mind and calm the body,” said Murphy.

Some students have found their own coping methods for dealing with stress.

“I normally like to do something fun and relaxing when I start to feel stressed. Hanging out with my friends, going to get coffee, or walking around the mall are some of the things I find myself doing the most,” said Kaczmarski.

If you are interested in attending any future workshops, information regarding schedules and registration can be found on Sacred Heart’s website.

“College can be very challenging, so it’s important to take care of yourself. I encourage students to take advantage of all the resources on campus such as the counseling center and the health center, especially when they are starting to feel overwhelmed,” said Murphy.
The Jonas Brothers also performed during the ceremony. The AMA nominated group presented their song, "Only Human" live at their concert in Boston. Lizzo took the stage as well with a falsetto performance of her song, "Jerome" from her album "Cuz I Love You." The singer was also nominated for "New Artist," "Best Soul/Reggae Album" as well as "Best Female Soul/R&B." Halsey brought a live television art piece to life with a performance of her new song, "Graveyard" and earlier in the night took home the "Favorite Song for Pop/Rock" award for her song "Without Me." Cardi B did not attend the award show, she was awarded "Rap/Hip Hop Favorite Artist" and thanked her fans via an Instagram video.

Shania Twain closed the show with a medley of her songs, "Any Man of Mine," "Man! I Feel Like A Woman!" and "That Don't Impress Me Much." "The American Music Awards is one of the few events that could bring the world's biggest artists together for one night!" said senior Brenna Leonard.

On Nov. 24, ABC Network presented the 47th Annual American Music Awards at the Microsoft Theater in Los Angeles, Calif. The fans had the power to vote for who deserves the award for each category presented from all genres of music, including pop, country, R&B and alternative. Selena Gomez opened the show with a debut performance of her newest songs, "Lost You to Love Me" and "Look At Her Now." Viewers get a performance from the host, Ciara performing her new song, "Melanin," which led into the start of handing out the awards.

The first award of the night went to Billie Eilish for "Favorite Artist in the Alternative Rock Category." Throughout the night, she took home other awards including "New Artist of the Year" and also performed her single, "All the Good Girls Go to Hell." Camila Cabello hit the stage multiple times in a performance with Shawn Mendes in their collaboration, "Senorita" which later won "Collaboration of the Year." She finished her performances with a debut of her newest single, "Living Proof."

Post Malone took home the award for "Favorite Album in Rap/Hip-Hop," for his album, "Hollywood's Bleeding." He also performed his song, "Take What You Want" featuring Travis Scott, Wilt and Ozzy Osbourne.

Taylor Swift was honored as the "Artist of the Decade" which was presented by Carole King. Swift performed a medley of her old hits including "Shake It Off" with a cameo from Camila Cabello and Halsey. She also sang "I Knew You Were Trouble," "Blank Space" and new music from her album, "Lover," including the song, "The Man."

Swift made history as the artist with the most American Music Awards ever, with a total of 26 trophies including awards like "Favorite Female Artist," "Artist of the Year" and "Favorite Pop Album" for 2019.

Kesha also performed with her new single, "Raising Hell" featuring Big Freedia and also sang her first released song from 2009, "Tik Tok." Country duo Dan + Shay won the award for "Favorite Country Song" for their piece, "Speechless." Carrie Underwood won the award for "Favorite Country Album" for her recent album, "Cry Pretty."

Fans voted J Balvin as their "Favorite Latin Artist" and Marshmello winning "Favorite Electronic Dance Music Artist" as well.

The band has been rehearsing since Halloween and have been doing the Christmas concerts for the past couple of years. For some band members, they have played numerous instruments since they started band at a young age.

"I have been in band since 4th grade, and played an instrument from 3rd, but I have gained instruments over the years, going from piano to trumpet, and then to French horn and mellophone, the last two of which I play here at SHU. In this Christmas concert however, I will be playing French horn," said sophomore Stephanie Pixley.

Pixley considers the band her second family and she enjoys being around the band because it is a good way to end a rough day.

"Even though the marching band, pep band and concert bands have crazy hours and time commitment, this really is my second family," said Pixley.

The concert has gotten the attention of many different students around campus as well. "I am actually looking forward to the concert. Some of the best music is played during Christmas time and to hear it right before we leave for Christmas will get my pumped up for Christmas," said sophomore Noah Decaminada.

Students are excited to hear their favorite holiday hits be performed in the concert.

"My favorite all time Christmas song is 'All I Want for Christmas Is You' so I hope they play it. There are so many different versions of the song, so it'll be interesting if they play it. This is the best time of year! I am very excited to see the concert," said Decaminada.
On Nov. 24, Taylor Swift was honored with the Artist of the Decade award at the American Music Awards.

Swift and Big Machine Records, the label to which she was previously signed to, had a public back and forth argument, mainly through social media, about her performance prior to the AMAs.

"When I first heard about the controversy between Taylor Swift and Big Machine Records, I was astounded. As big and powerful as Taylor Swift is as an artist, she also is taken advantage of so often," said junior Mickey Pirro.

On Nov. 14, Taylor Swift took to social media to make an announcement that had people upset and angry on both sides of the argument. The post was titled "Don't know what else to do" on Facebook. She posted the same content on her Instagram story and Twitter account.

"Guys - it's been announced recently that the American Music Awards will be honoring me with the Artist of the Decade Award at this year's ceremony. I've been planning to perform a medley of my hits throughout the decade on the show. Scott Borchetta and Scooter Braun have now said that I'm not allowed to perform my old songs on television because they claim that would be re-recording my music before I'm allowed to next year. Additionally - and this isn't the way I had planned on telling you this news - Netflix has created a documentary about my life for the past few years. Scott and Scooter have declined the use of my older music or performance footage for this project, even though there is no mention of either of them or Big Machine Records anywhere in the film," said Swift in the opening of the post.

"I think it's very unfair that Taylor Swift, or any artist for that matter, has to experience something like this. She's a talented artist and she unfortunately can't celebrate that for herself and that is what is the worst part," said senior Quinn Garvey reacting to this post.

Over the summer, Scooter Braun, who manages artists such as Justin Bieber and Ariana Grande, purchased Big Machine Records. Taylor Swift used to be signed to this label and recorded her first six albums with them.

According to AP, "In late June, Braun's Ithaca Holdings announced that it had acquired Big Machine Label Group, which was led by Scott Borchetta and home to Swift's first six albums, including the Grammy winners for album of the year, 2008's 'Fearless' and 2014's '1989.'"

With the purchase of the record label, Scooter Braun also purchased the masters to all of the music on Taylor Swift's first six albums.

On June 23, Taylor Swift said on Tumblr, "Some fun facts about today's news: I learned of the music on Taylor Swift's first six albums, including the Grammy winners for album of the year, 2008's 'Fearless' and 2014's '1989.'" Always on my mind is that Taylor Swift is one of the greatest artists of all time, and she deserves to own her music. It's unfair that she can't perform on television what she recorded when she was a young girl in her bedroom writing these songs, this was not what she imagined for their future," said Garvey.

Swift and Big Machine Records, the label to which she was previously signed to, had a public back and forth argument, mainly through social media, about her performance prior to the AMAs.

"Taylor has written every one of her songs, not Scooter Braun. Taylor sells out stadium tours, Scooter Braun does not. So why is he making money off her when he is not, and has never been, her manager? This infuriated me," said Pirro.

Since then, Swift has made plans to rerecord her first six albums so that she can own the masters to those versions of her songs.

"When she was a young girl in her bedroom writing these songs, this was not what she imagined for their future," said Garvey.

Scooter Braun spoke out on the matter on November 21 via Instagram. In his post, Braun said, "As the world knows you can and should perform any song you would like at the AMAs. I have never and would never say otherwise. You do not need anyone's permission to do so legally but I am stating it here clearly and publicly so there is no debate or confusion."

In the end, Swift did perform an over 10 minute medley of her hits throughout the decade at the American Music Awards. The show took place at the Microsoft Theater in Los Angeles and aired on live television through ABC.


While not addressing the prior drama directly, opening the performance, Swift wore a white jacket with the names of her first six albums in bold black font on it while singing the lyrics, "I'm so sick of running As fast as I can. Wondering if I'd get there quicker If I was a man. And I'm so sick of them. Coming at me again. 'Cause if I was a man, Then I'd be the man."

"Moving forward I would like to find a resolution. I will make myself available whenever works for you. Many have told me that a meeting will never happen as this is not about truth or resolution but instead a narrative for you. I am hopeful that is not the case. I'm right here, ready to speak directly and respectfully. But if you would prefer to make large public statements while refusing to work towards resolving things amicably then I just pray that nobody gets seriously hurt in the process. I continue to wish you the best and hope we can resolve this," said Braun.

TAYLOR SWIFT RECEIVED THE ARTIST OF THE DECADE AWARD AT THE AMERICAN MUSIC AWARDS ON NOV. 24 AFTER A LONG FEUD WITH FORMER MANAGER SCOOTER BRAUN.
Cameron Parker Sets NCAA Single Game Record

BY DAN GARDELLA
Sports Editor

On Dec. 1, the Sacred Heart basketball team defeated Division III opponent Pine Manor 101-57. In the victory, sophomore guard Cameron Parker set an NCAA single game record by recording 24 assists.

The previous record was 22 assists in a game, set by four previous players. The last player to have recorded 22 assists was former Oklahoma guard and current Atlanta Hawk Trae Young.

"It's definitely everything that I've worked for," said Parker. "I've dreamed of moments like this. Putting myself in the record books as a sophomore is crazy to think of."

Parker however, focused the praise on his teammates. He explained that without his teammates making shots throughout the game, he would not have accumulated all the assists to set the record.

From the opening tip-off, Parker was in a giving mood. Through the first ten minutes of the first half, Parker was already nearing double-digit assists as Sacred Heart began to extend their lead over the Gators. As the first half progressed, Parker continued to pass the ball with great consistency, something that doesn't come as a surprise to head coach Anthony Latina.

"I remember that we got the stat sheet, and at the under-eighth media timeout, he had 11 or 12 assists. I was like 'Cam's got 12 assist already?'. He does it so often that you don't even realize it," said Latina.

Around the same time, Parker was told of his high assist count early on. From that point on, he wanted to challenge himself.

"When someone told me I had 12 assists at the under-eight timeout, I wanted to see how many I could get, honestly," said Parker.

Parker finished the first half with 15 assists, just one off from his career-high, which he set in Sacred Heart's previous game against Quinnipiac on Nov. 24.

Parker tied his career-high early in the second half and continued to pass. With 12:25 left in the game, Parker found senior Jason LaRose on the fastbreak to give him his twentieth assists of the game, which broke a Sacred Heart program record, one that stood for 47 years.

New looking to set an NCAA record, Parker tied and broke the record on consecutive possessions, finding junior forward P.J. Anokwe to stand alone in the single game assist record.

As Sacred Heart's next game is against UMass Lowell on Dec. 4. The game gives the Pioneers a chance to climb above the .500 record mark for the first time this season. With five games left before the Pioneers begin conference play, there is a high confidence level within the team.

"The confidence comes from the players that we're counting on starting to really play well," said Latina. "It's all about performances, and when they perform at that level, we have a chance to be pretty good."

Jayne Lewis

Sport: Ice Hockey
Class: Senior
Hometown: Troy, IL

Lewis scored two goals and added an assist in the Pioneers' 7-1 victory over Johnson & Wales on Nov. 30. Lewis leads the team in goals scored on the season, with 8.
The Sacred Heart Women’s Basketball team got their season underway in early November, since the start they have posted a 3-4 record with the three wins coming against Hofstra University, the University of Bridgeport, and Detroit-Mercy College.

Redshirt-Junior guard Nikki Johnson is one of the players who got off to an extremely hot start, in her first two games she racked up a total of 46 points. In her most recent game, she scored 31 points, four rebounds and four assists per game.

“We have grown as a team, and our offense is flowing better,” said Johnson. “We now know our strengths and weaknesses and we have been able to work on them and grow.”

Junior guard, Adrienne Hagood, has been the focal point of the teams scoring. Since the start of the season, she has averaged 18.3 points per game while scoring 20 points or more in three of the six games she’s played in.

“I always make sure I get in the gym and get shots up and keep confidence in my shot,” said Hagood. “I make sure I work on things in practice as well so it will be easier for me and flow better in the game.”

Against the University of Bridgeport, Hagood dropped a career high of 29 points.

“Adrienne is something special,” said head coach, Jessica Mannetti. “She plays hard on both ends, and our most dynamic scorer.”

Mannetti is coming off of coaching the Pioneers to a league-record twentieth consecutive NEC Tournament appearance. She coached the Pioneers to the semifinal round for the fourth straight year and earning a spot in the WNIT for the fourth time in the last seven seasons.

As the season progresses, Mannetti’s mindset is to continue to improve on both ends of the court.

“We need to work on our defensive consistency and taking care of the ball. Our goals are to get a little better each day, so as long as we do that, we will get better,” said Mannetti. “However, even though we may go through a rough patch, we are still good at staying together and being connected.”

The Pioneers also have a group of five new freshmen trying to integrate themselves into the system.

“The rotation changes every day, it fluctuates. They have been challenged because college basketball has much more physical and mental demand,” said Mannetti. “They definitely have a lot to learn.”

According to junior guard/forward Olivia Dahney, the freshmen have adjusted and have helped impact the team’s performance.

“Everyone brings something to the table,” said Dahney. “They have done a great job trusting the process and adjusting to the culture. Our coach has a team phrase which is ‘never give up’ and we have done a really good job in honoring that.”

The Pioneers will have challenging non-conference games in the future at schools such as Big Ten Conference foes Nebraska, and Penn State.

“We have a really tough schedule, but every game is a chance to get better. We want to win 50/50 balls, play through failure, stay positive and resilient, and focus on program growth,” said Mannetti. “I love the ‘never give up’ slogan that was chosen by the players, they wanted to be held accountable. We want to ask ourselves, ‘Did we not give up? If the answer is yes, then we grow as a team.”

The Sacred Heart Women’s Basketball team currently have a 3-4 record. Pictured above: Junior Jayla Davis.

Behind Agyemang, Football Wins on Senior Day

BY MITCHELL KIERNAN
Staff Reporter

The Sacred Heart Pioneers football team showed its resilience on Senior Day, as they defended their home turf with a 13-6 win over Lehigh on Nov. 16. The win marked the fourth in a row for Sacred Heart. The Pioneers win streak is because of a couple of key components such as the defense and a particular sophomore running back.

Senior defensive end Chris Agyemang thought if everyone contributes, then their defense is pretty stout and tough to go against.

“As long as everyone does their job, it makes it easier for everyone to have a good game and execute,” said Agyemang.

In the victory over Lehigh, Agyemang contributed two sacks and three tackles for loss. He credits his coaches and teammates for putting him in these positions to make a play.

“My credit has to go to my coaches and my teammates. They work with us and put us in positions to be successful. Any play that I do make, does not happen without my teammates doing their job,” said Agyemang.

The senior defensive end credited how the defense has stepped up huge in this win streak in particular.

“There have been times where the defense has struggled and the offense had to pick us up. Right now I feel like the defense is in a great groove in the middle of this streak,” said Agyemang.

Agyemang looked onto the next game with hopes to continue the streak to five. Even though they weren’t lined up to win a conference title, they still treat this game the same way as any other.

“Unfortunately, we weren’t in a position to play for a conference championship, but I want us to be firing on all cylinders. At the end of the day, just getting the win in the last game is the ultimate goal. I plan to play as hard as I can to put my team in a position to win,” said Agyemang.

Sophomore running back Julius Chestnut is also a huge part of this winning streak. In the win against Lehigh, Chestnut rushed for two touchdowns and 130 yards. In the win, Chestnut became the first underclassmen in program history to surpass 2,000 rushing yards for his career.

“I have to give credit to my offensive line. Everybody is blocking for me and creating for my numbers,” said Chestnut.

He also credits his hard work for his fantastic season and the sacrifice he’s made to get where he is. “I stayed here all summer, getting the chemistry right with the offensive line. Working in the weight room getting bigger, stronger and faster,” said Chestnut.
Happy Thanksgiving, Pioneers. I hope that your time at home, or wherever you travelled, was relaxing and restful. I know that as the calendar turns to December, final exams are on your mind and Thanksgiving break comes at the perfect time to prepare for the final push.

As the Executive Director of Athletics at Sacred Heart University, there are so many things that I am thankful for, and I hope you have a long list as well. The family that we have built at SHU is unlike any other. From Dr. Petillo, to our faculty, our staff, and students, this campus is a special place. I hope that you all feel the same and make the most of the time that you are able to spend on our great campus and within this wonderful community.

It is an honor to work at a University that explores all facets of our lives. Not only enriching our minds, but focusing on the entire person. On December 4th, John Trautwein will be visiting campus. If you don’t know his story, type his name into google and you will understand why I am looking forward to introducing him to our campus on Wednesday.

I am thankful, and grateful, for the hard work and dedication of our student-athletes. We see that dedication pay off in so many different ways and in the case of our women’s volleyball team, it paid off with an NEC Championship. The student-athletes of our volleyball program swept two NEC Tournament matches and earned an NCAA Tournament berth. I can’t wait to see them on the court against top-ranked Baylor on Friday evening. I commend the coaches, student-athletes and staff that have made this season possible. It has been a wonderful journey thus far, and there is more to come.

If you were able to make it back early on Sunday and stopped by the men’s basketball game, you witnessed NCAA history. Cameron Parker finished the game with 24 assists - an NCAA Division I record. The previous record was shared by several players, including 16-year NBA veteran Avery Johnson. A truly selfish statistic, the assist, our team had a program-record 33 assists on Sunday.

Make sure to check out our winter sports before you head home. Our men’s hockey team comes home this weekend after knocking of perennial NCAA contender Boston University, 4-1. The squad will play at Webster Bank Arena Saturday and at Yale’s Ingalls Rink on Sunday. A perfect holiday Sunday, shopping in New Haven and SHU Hockey.

The women’s basketball team will play at home on Dec. 14 against Holy Cross. I know that is at the end of finals, but that is another squad that has a tremendous ceiling this season, and are fun to watch on the court.

Throughout winter break, our teams will be competing on campus and the road – maybe even close to your hometown. Having fans in the seats when playing on the road is one of the coolest things that can happen for an athlete and I hope you take the opportunity to show your SHU pride over break.

And having put thoughts of winter break in your minds, let me end by focusing back on campus. The last week of classes is underway and many of you have already presented final projects, or taken final exams. I wish you the best of luck on the projects, papers and exams you have remaining. I wish you all safe travels home following finals and a peaceful and joyful holiday season.

Go Pios!