Graduate Student Earns Award for SHU Vaping

BY CITLALI GODINEZ
Staff Reporter

Sacred Heart graduate student Gabrielle Diaz has recently received the Michael J. Perlin award from the Connecticut Public Health Association for her efforts in a Sacred Heart University campaign to bring awareness to vaping. The campaign began in June 2018. Diaz graduated from SHU in May 2018 with a bachelor’s degree in Health Science, concentrating in Health Care Administration. Diaz worked with Professor Anna Greer, the Director of Master of Public Health; Professor Kerry Morgan, a professor in the Health Science program; Jessica Samoulis, a Psychology professor and Victoria Adams, the tobacco program coordinator at Southern Connecticut State University.

“Throughout the 2018-19 academic year, it was my responsibility, as a graduate assistant, to bring awareness to vaping on the SHU community. Our group, known as the Vape Awareness Peer Educators, held various events throughout the year that helped us address our main goals: to increase awareness of risks associated with vaping, prevent vape use among never users, and reduce/eliminate use among current and occasional users,” said Diaz.

Aside from various events on campus to bring awareness to vaping, Diaz, Greer and Morgan worked together to form the “Know the risks. Know the resources. kNOw VAPE!” campaign.

“In the past month, we have presented at two different conferences, the Connecticut Public Health Association Conference and the American Public Health Association Conference. A key focus for us is offering resources to students, faculty and staff who are interested in quitting or reducing their tobacco use, including vape,” said Morgan.

Sacred Heart University provides resources for students who are interested in quitting vaping. If you are interested, you can contact Greer or Morgan for more information and resources.

“We have quit kits available, we can offer one-on-one quit coaching, and we can connect people to external resources,” said Morgan.

The services provided by the university are free of charge and confidential.

The tobacco 21 law is a bill that raises the legal age of purchasing tobacco products to 21. This law was put into effect in Connecticut in October. Greer and Diaz were able to come together with state representative Cristin McCarthy-Vahey to discuss the tobacco 21 law. Vahey is a Democrat representing Fairfield County.

“Working with state representative Cristin McCarthy-Vahey has been one of the most rewarding experiences I have had. We met with her on multiple occasions and she is such a great and important advocate for tobacco control. It has been a pleasure working with her and I hope to continue working with her in the future,” said Diaz.

Gabrielle was amazing. We could not have accomplished so much with our campaign had she not been a part of our team. I asked Gabrielle to oversee our nine-person peer education team. Essentially, I gave her a ‘big picture’ task I wanted to accomplish and she made it happen. I love her initiative,” said Morgan.

Diaz is not only advocating for colleges but is also doing so for high school students. She continues to put forward work that helps raise the awareness of vaping.

Being an alumna of the university, Anastasio felt she could connect with the students. “Being only four years out, I thought I could relate better with the students. I still have that knowledge of being in school and also having experience,” said Anastasio.

Senior Manager & CPA of Deloitte & Touche Lindsey Kendrick is a certified public accountant with 12 years of accounting under her belt. Kendrick credits her success to her internship experience, and believes internship experiences will be key for students looking to get a job out of college.

Factory manager Katherine Brčeno works with Nestle Waters. She has 11 years of experience in manufacturing. She’s also worked in beauty and automotive industries.

Joana Patterson, Vice President at Growth From Knowledge (GFK) Consumer Experiences North America, thought the event would benefit women going into the business field.

“I think it’s a great opportunity for them to hear from a different range of people who provide different perspectives, different levels of experience, and provide passion around different opportunities for women just starting out,” said Patterson.

The event helped students learn they need to believe they can make it in the field. “I’m terrified joining the working world but I have to not be afraid and my confidence is key,” said junior Alessandra Leone.

Others enjoyed hearing from women in power.

“It was awesome talking to empowering women. Listening to their advice was helpful for trying to figure out where I want to go in the future,” said senior Nicole Woznyk.

The event was beneficial for the men as well. Sophomore Liam Atkins said he learned helpful interview tips and what to do when trying to take on bigger roles. He also learned that it is okay to not know the answer to everything.

The panelists career journeys were eye-opening for Atkins as well.

“They realize how little of women have positions like that. Learning about how they had to fight to move up, you have to appreciate how much easier is it for men,” said Atkins.
the 11% of Jewish children that survived the Holocaust. She was in hiding with her mother for a year and a half, travelling from farms to the forest to an attic. According to Boren, her childhood and experience during the Holocaust was vague, but certain memories are etched forever in her mind, and these have made their way into her art.

"I came to the United States at the age of 11. Without making a conscious decision, I decided to speak out or confess my past," said Boren. "There was no safe place for me to be myself, not even in my own school. I was shocked and surprised by the image that I had created; it was an image of a public hanging that I had witnessed as a child. From then on, I continued to work in a feverish manner, exploring my past and creating many Holocaust images," said Boren. Her story was full of trauma, constantly running from danger for months and months. Boren and her mother left their small town, Mizocz, to go into hiding with a Christian family. She explained, however, that her father stayed behind. She said, "We went into hiding. The very next day, Oct. 13, 1942, was the roundup in our town. After condoning off the ghetto in Mizocz, the Germans and the local police marched all the Jews to a killing field. The killing squad shot all the men, women, and children one by one.

"I have experienced one of the worst horrors of our time: the cruelty and inhumanity perpetrated by the Nazis and their collaborators, the people who stood silently by and did not protest. But I also experienced the goodness of people. The farm family, for example, who took us in, putting themselves in danger without any reward," said Boren.

Junior Cameron Silver spoke during the commemoration and brought to light the idea of God's perspective during the Holocaust. He said, "When I think about the way God must have reacted to the Nazi's, I imagine Him responding similarly to the way He responded to Cain murdering Abel. God called out, 'Where are you? My children's blood cries out to me from the ground. Were we not all created in the same image and likeness of God?" Today, lets all respond to God's question: Here I am, working for a better world and a better society.

New Executive Director of Graduate Admissions

Sacred Heart University has recently hired a new Executive Director of Undergraduate Admissions, Pamela Pillo. An alumna of Sacred Heart, Pillo formerly served as the Executive Director of Graduate Admissions. As of Oct. 7, 2019, Pillo returned to Sacred Heart to assume the position.

"My goal as the new Executive Director of Undergraduate Admissions is to develop and maintain strong collaborative relationships with key university stakeholders in effort to grow our prospective student pipeline and yield qualified candidates," said Pillo.

Pillo said her previous leave from her position as Executive Director of Graduate Admissions at Sacred Heart was due to "the opportunity to diversify my experience and serve as the Interim Assistant Dean for the Dolan School of Business at Fairfield University."

Prior to her nine-month leave from Sacred Heart, Pillo had been part of the Office of Graduate Admissions for ten years. She said the reason for her return to Sacred Heart was because of her pride for the school. "I have a great sense of pride for SHU. I believe in our programs, faculty, staff and coaches and I have great admiration for the leadership team at the university," said Pillo.

Pillo said that there are many similarities between undergraduate and graduate admissions. The major difference between the two are the prospective students and their interests. "Prospective graduate students are generally focused on obtaining information about a specific degree program, while prospective undergraduate students make their college choice not solely on program of study, but also the campus community, involvement and spirit. Each visitor must be provided with a comprehensive experience," said Pillo.
This Week’s National Holidays

**wednesday, 11/20**
**PAY BACK YOUR PARENTS DAY**

**thursday, 11/21**
**STUFFING DAY**

**friday, 11/22**
**GO FOR A RIDE DAY**

**saturday, 11/23**
**NATIONAL ADOPTION DAY**

**sunday, 11/24**
**CELEBRATE YOUR UNIQUE TALENT DAY**

**monday, 11/25**
**ELIMINATION OF VIOLENCE AGAINST WOMEN DAY**

Thanksgiving Traditions

**BY MACKENZIE MAHER**
Staff Reporter

The smell of stuffing fills the air. The 12-pound turkey has been in the oven for two hours and still has an hour and a half to go. Potatoes have been peeled and are ready to be mashed, along with cranberry sauce that still needs to be cracked open.

This is what Thanksgiving morning looks like in junior Maggie Kruse’s house. As the day goes on, she says she, her younger brother, her mom, and her dad sit on the couch watching football.

“The best part about Thanksgiving is making apple pie, it’s been a tradition in our family for years,” said Kruse. “The recipe has been passed down from my grandma to my mom and now it’s something my brother and I get to help with. It brings us all together and the kitchen smells amazing. This is my favorite dessert that we eat on Thanksgiving because it’s one that we made together.”

From savory to sweet, students around Sacred Heart University have differing opinions on what their favorite dish is on the Thanksgiving table.

“My favorite food on Thanksgiving is sweet potato casserole and pistachio cheesecake,” said junior Morgan Rosa.

On the other hand, a more traditional choice of food is favored by some.

“My favorite food is either turkey or stuffing,” said senior Christopher Donato. “Turkey and gravy just make it feel like it’s Thanksgiving.”

Many students say their favorite part about Thanksgiving are the traditions that their families uphold from year to year.

“Every year, my family gets up early and goes for a hike for a couple hours in the morning,” said Rosa. “It’s nice for us all to stop and enjoy this moment together because the rest of the year is always so busy, especially since one of my sisters and I are away at school most of the year. Thanksgiving is all about family and doing this hike every year reminds me of how lucky I am to have them.”

Senior Kailyn Ringel says the part she cherishes most about Thanksgiving is reuniting with cousins she does not get to see as much during the year.

“Each Thanksgiving morning, our entire family plays a football game. We always have so much fun because everyone gets to catch up and laugh together,” said Ringel.

Some students say that Thanksgiving is a time where they reminisce on past holiday memories.

“One of my favorite memories is when my family went to see the Macy’s Thanksgiving Day Parade in New York City,” said sophomore Grace O’Rourke. “It was so much fun because it was something that was so different from our normal Thanksgiving plans. After dinner, we went to the movies in the city which was such a cool experience.”

Junior Julia Kukulka says she is thankful for her housemates and her family this year.

“They are the ones that have really helped me get through this tough semester. Every step of the way they are constantly motivating me to get up when times get hard in school.”

Many students at Sacred Heart say that the Thanksgiving season is a time where they try and step to remember all that there is for them to be thankful for.

“With everything going on in the world and not knowing what tomorrow may bring, Thanksgiving is so meaningful to me because it reminds each of us of how much we have to be grateful for,” said junior Alessandra Maniscalco. “I’m thankful for my friends and family, they mean so much to me and I’m always grateful to have each of them in my life.”

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THANKSGIVING IS ONE WEEK AWAY! MANY SACRED HEART STUDENTS ENJOY THIS HOLIDAY FOR REASONS SUCH AS THE FOOD, THE TRADITIONS, AND BEING REUNITED WITH FAMILY.
Shop Until You Drop?

BY KAITLIN KATZENBACK
Staff Reporter

You have finished your Thanksgiving Day turkey and your holiday festivities are coming to an end — are you getting ready to hit the stores for Black Friday?

“I do enjoy participating in Black Friday. Sometimes I prefer to look for discounts online but I still like to go out on Black Friday. I like to get some Christmas and birthday gifts,” said freshman Lexi Deshommes.

Black Friday is considered to be the first shopping day of the Christmas season. Retailers who participate offer reduced prices on their merchandise.

“I do participate in Black Friday shopping, you can purchase a lot of things at this time for a discounted rate. It’s a good way to spend time with family and also buy Christmas presents,” said freshman Nicole Lemos.

Black Friday has become increasingly popular over the years. According to CNN, American shoppers spent a record $5 billion alone on Black Friday of 2017.

While some students do enjoy the Black Friday sales, others find it to be crowded and exaggerated.

“I’ve never participated in Black Friday shopping. I personally am not a fan of big crowds and I don’t think all of the commotion is worth the sale prices,” said junior Marisa Natale.

Traditionally, Black Friday is the day after Thanksgiving, although, in recent years numerous stores have started opening their stores on Thanksgiving evening.

“For me personally, I think it’s a nice idea for stores to start their Black Friday sales on Thanksgiving evening. I am already with my family during this time, and Black Friday shopping allows us to continue to spend time as a family and create new and funny memories. We can start to prepare for the Christmas season,” said Lemos.

Others feel Black Friday should not start until after Thanksgiving has ended.

“I don’t like the fact that stores start their sales on Thanksgiving evening. I think it cuts into family time which is essentially the point of Thanksgiving,” said Natale.

Additionally, for those who prefer online shopping, Cyber Monday could be an alternative to Black Friday.

“Like Bordiuk, Deshommes also enjoys participating in Cyber Monday.

“I participate in Cyber Monday a lot. It’s nice to have a big day of sales similar to Black Friday,” said junior Will Bordiuk.

Like Bordiuk, Deshommes also enjoys participating in Cyber Monday.

“I participate in Cyber Monday as well. I think that Cyber Monday is much more organized compared to Black Friday. During Black Friday, you go into the stores, and some shoppers can get out of hand,” said Deshommes.

Others still prefer the in-store shopping experience of Black Friday.

“I participate in Cyber Monday, and to me, Cyber Monday is definitely more convenient than Black Friday; however, I find that I create the best memories with my family on Black Friday,” said Lemos.

With so much attention being brought upon Black Friday, some might consider it to be a holiday all on its own.

“Black Friday can be considered a holiday of its own. So many Americans participate in this event and it is advertised everywhere, so much so that it can be considered its own holiday,” said Natale.

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ASSOCIATED PRESS

MANY SACRED HEART UNIVERSITY STUDENTS ENJOY BLACK FRIDAY AND CYBER MONDAY SHOPPING FOLLOWING THANKSGIVING. PICTURED ABOVE: SHOPPERS AT MACY’S IN NEW YORK CITY.

In Partnership With:
ADOPT-A-FAMILY

Little Red’s Toy Drive

In Partnership With:
ADOPT-A-FAMILY

Donate to SHU’s annual toy drive!
Collections will be held after all masses on:

November 10th
November 17th
November 24th
December 1st
A Farewell To My Dance Career
KRISTIN BURNELL
A&E EDITOR

I wished a bittersweet goodbye to the sport that has been a part of my life for the past 19 years this past weekend. Dance has been more than just putting on makeup and wearing a costume to perform in front of a crowd of people. It has opened new doors for opportunity, helped develop me to be who I am today and taught me numerous pertinent life lessons.

Spending every weekend at a dance competition, rehearsal or event and all the while I was being taught the importance of time. I wouldn’t trade every second of every practice at any given time for all the valuable experiences that came with the sport.

Learning my own personal flaws and listening to constructive criticism was something that was always the most difficult to accept when dancing. However, it is quite possibly the most critical skill to have learned. It has allowed me to build a strong protective armor against whatever harsh judgements I have received in life.

Through dance, I constantly stared at my own reflection in the mirrored walls that enclosed my surroundings. I would critique every inch of my body with a fine-tooth comb. Even though I became my own harshest critic, I also slowly watching myself develop a positive self progression through the years.

I have learned approximately 500 dance routines over the past 19 years that I have consistently poured my heart into. Walking off the field, stage, or floor while struggling to find my breath, full of exhaustion and pride about my performances helped me evolve a strong sense of self-confidence, allowing myself to express my own individuality. It wasn’t until recently that I learned that this indescribable self-esteem would help me overcome my challenges that are thrown my way in this journey of life.

Reflecting back on all the skills that dance has instilled in me also makes me appreciate all the remarkable people that have came into my life because of dance. I have to give a special thank you to all my teammates old and new, coaches, teachers and every individual that has crossed my path throughout my dance career. Every single person has made a special impact on me and I could not be more grateful for them. Especially a big shoutout to all my friends, my number one cheerleaders, who have supported me and been the biggest supporters in the crowds at all my performances at Sacred Heart.

I have an incredibly large amount of gratitude for my parents for being at every dance competition, recital, game and event. For the countless amount of hours spent driving me around to make sure I got to rehearsals and competitions on time. As well as spending many weekends away from home to make sure I got to do what I love. They have been my number one supporters since the very beginning and allowed me to do countless dance activities no matter what. My sisters, Courtney and Kaitlyn, have also had a big influence on my dance career. Without them dancing before me, I would have never took upon the sport that holds a special place in my heart.

Throughout every obstacle, challenge, dance competition, football game or basketball game, I have learned the balance of time, the importance of dedication, and the elements of striving for perfection with every step and movement made. Dance has become an outlet for me to let go, to forget my worries and to even display emotions I couldn’t often fully comprehend in real life while growing up.

As I reflect on a remarkable past nineteen years, I truly realize how much dance has affected my life. It’s hard to imagine a life without dance, a week without a practice, or game to perform at over the weekend. I could not be more grateful for the journey this sport has provided me with through every jump, leap, pirouette, or count of eight that has become a second nature to me. I am going to miss dancing with every ounce of my soul, but I know it will always be apart of my life in every way. So with that being said, I give a special, immense thank you to the sport of dance and all that it has to done for me.

In the Blink of an Eye
GINA D’AMICO
PERSPECTIVES EDITOR

It was a bright and sunny afternoon when I walked across the stage at Plainville High School to accept my diploma. Four years later, on Sunday, May 10, 2020 I will be walking across the stage at the Webster Bank Arena, receiving my bachelor’s degree from Sacred Heart University. I frequently find myself questioning how time passes by so fast. I feel like it was just yesterday that I was going through the college search process, attempting to discover the school that I would call home for the next four years.

After I made my decision to attend Sacred Heart University, freshman year immediately drew to a close and I had many thoughts in my head: Was I going to fit in? Would people like me? Was this going to be the school for me? Now as a senior at SHU, I realize that my choice to attend Sacred Heart was the right decision for me. Sacred Heart University connected me with lifelong friends and memories that I will hold close to my heart. Although going to class was not always the highlight of my day, the professors taught me how to grow as a student, employee, and an adult. The professors at Sacred Heart truly care about their students’ success. They are willing to jump on the phone with you or have a sit-down talk to help make life decisions even when it may be their day off.

Everybody used to instruct me to “value my time at SHU” because of how fast time passes. These words never made a direct impact on me until this year. Although I used to think of this phrase was a cliché, I truly realized the importance of valuing my time this year. It seems like each year goes by quicker than the year before. The thought of graduation was something that I had always anticipated. As the time is rapidly approaching, it is a subject that is shocking for me to grasp.

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The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Tuesday at noon for consideration for the Wednesday issue. No more than one letter per person is subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.
Features

Fall Literary Spotlight: Gina Athena Ulysse

BY ANTHONY DIGENNARO
Staff Reporter

On Nov. 12, the Department of Language and Literature hosted its Fall Literary Spotlight with Gina Athena Ulysse in the Martire Forum. She is a professor of Anthropology at Wesleyan University and a feminist artist, anthropologist, and activist who was born in Haiti.

In the beginning of her speech, Ulysse used a series of quotes from various writers from the 19th century to the 21st century. A few of the writers she referenced were, C.L.R. James, M. Jacqui Alexander, and Robert D. G. Kelly.

Ulysse had a lot of energy during her performance, and she displayed true passion when she talked with the audience about her history.

I actually wanted to be a singer when I was younger, and then we migrated and I was like - I want to be a rockstar,” said Ulysse.

When Ulysse refers to herself as Post-Zora Interventionist, she said the word Zora bears significant meaning in this terminology.

According to Nameberry.com, “Zora is a meaningful literary heroine name honoring Zora Neale Hurston, an important black writer and leader of the Harlem Renaissance. Spelled Zorah, it is a biblical place name, and is also the name of a character in the Gilbert & Sullivan operetta Ruddigore.”

Prof. Jonas Zdanys introduced the event on Tuesday and encouraged his students to go to the event as well.

“Poetry is not just something that exists in textbooks we are asked to read in our classes. Poetry is a living art, a clear communication between the writer and the reader, and a celebration of life. Gina Athena Ulysse, during her reading, showed us that the words and music of poetry can lift our spirits, expand our horizons, make us think and feel in new and different ways,” said Zdanys.

Ulysse explained that being able to observe your history and see how far we’ve come is an important part of being an individual.

“I do think part of the work that we are here to do, for whatever time we’re here, as individuals and as a collective, given what’s happening in the world, is to be able to look at where we’ve come, and I think looking at it and sitting with it in a lot of work. I think it’s important work and I think art allows us to do that,” says Ulysse.

In her talk, Ulysse raised some questions about how things could be different.

“What would we be like as individuals and as a people if the way we engaged in the world was maybe through grace, through surrender, through humility, deference. If we’re not clinging to power, what’s the alternative?” says Ulysse.

Ulysse also gave some insight about her experiences in dealing with pain.

“I don’t have to keep poking at a wound for it to hurt, but it’s the world that doesn’t acknowledge that it’s there to find, that it needs some tending to,” says Ulysse.

At the end of the talk there was time for questions with Ulysse. Several students attended the talk. Students said that Ulysse gave an understanding of universality, and felt the pain and angst of the topics that she discussed.

One important takeaway that Ulysse said she wanted students to get from the talk was the question, how can we get to a point if we all don’t come together?

Food Review: The Granola Bar

BY ANNE MAY
Contributing Writer

Located only 10 minutes from Sacred Heart University, The Granola Bar, featuring multiple locations, specializes in coffee drinks, smoothies and health-focused food. Customers can sit down and enjoy a meal, order food to-go or find something in the pre-made section.

What was quickly a new and exciting off-campus place to eat, has turned into a regular spot for students, especially for those who follow a gluten-free, vegan or vegetarian lifestyle.

I was initially intrigued to go because, as someone who is gluten free and conscious about food, it seemed like a great option. Although there are lots of healthy, delicious food items, I’m going to break down some of my favorites and least favorites by drinks, breakfast and lunch.

When it comes to beverages, The Granola Bar features lots of fancy coffee drinks and teas, as well as smoothies. Iced Coffee, Cappuccinos and the Nutella Latte are just a few of my favorites. All coffee drinks are customizable by what kind of milk you prefer (whole, skim, almond, soy, coconut). Although all of these are coffee drinks, there are also plenty of tea options. However, the smoothies seem to be lacking. From my experience, there are much better places to get smoothies than The Granola Bar. One of my personal favorite smoothie spots is Catch a Healthy Habit Cafe in Fairfield. If you are going to spend $8-12 on a smoothie, I believe it should be worth it, both in ingredients and flavor.

The Granola Bar serves breakfast all day, and it is quite popular for brunch.

The Granola Bowl is my go-to. Customers can choose from any of their granolas (Cinnamon Honey, Vanilla Almond, Toasted Coconut, Dark Chocolate, Caramel Pretzel, Vegan Grain-Free) and then choose from a huge selection of add-ons. My favorite combination is the toasted coconut granola with chocolate chips, strawberries and almond butter. Another breakfast favorite is the Yogurt Parfait. Customers can choose from Greek to vegan yogurt options, and then add granola and toppings.

Although there are many delicious options, the breakfast sandwich is something that I had once and never really wanted to have again. Although it was good, it was very bland. It is truly just eggs, cheese and bacon. They don’t serve a side with it, and the roll it comes on is so bulky that I felt like I was mostly paying for bread.

Along with breakfast, The Granola Bar also serves lunch. The wide range of options includes sandwiches, wraps, bowls and even chili.

“I feel honored to welcome Gina to our campus. I would like to thank Prof. Jonas Zdanys for arranging and coordinating the talk, which was truly inspirational and empowering for our students. Gina’s eloquent and elegant words about poetry, activism, and the Haitian-American experience have enlightened us all,” said Dr. Cara Killgallen, chair of the Department of Languages & Literature.
The sorority named the volleyball tournament in memory of Audrey Niblo, a beloved sister who passed away suddenly due to a heart condition in May 2018. Some of her many passions were spreading kindness, advocating against bullying, and participating in Theta Phi Alpha's philanthropy.

In addition to dedicating its spring philanthropy event to Audrey's memory, the organization honors her life in several other ways, including a bracelet fundraiser. Theta Phi Alpha purchased blue bracelets with the words “Audrey Smiles” written on them to give to others as a way to carry out her mission towards spreading kindness while remembering her infectious smile. Sisters wear these bracelets in solidarity, and Greek Life sold them to anybody outside of the organization who was interested in joining this movement. Greek Life donated all proceeds to the Audrey Niblo Award.

Jordan Frederick, president of Theta Phi Alpha, said that “philanthropy to Theta Phi Alpha is an act of service that extends beyond just an event on campus. It is an act of giving with the intent of change.” The organization combines two different causes into its philanthropy. First is its local philanthropy, disability awareness. The leading organization that Theta Phi Alpha supports through this cause is Dylan's Wings of Change. Founded by Ian Hockley, whose son Dylan was killed in the Sandy Hook Elementary School shooting, Dylan's Wings of Change strives to provide aid and a positive atmosphere for children with disabilities.

To support Dylan’s Wings of Change, Theta Phi Alpha hosts a philanthropy event every fall and donates all the proceeds to the charity. This past fall, they hosted a carnival-themed philanthropy event, Theta Phi Fright Night. At the event, different Greek Life organizations participated in a Halloween costume competition. The winning organization received $50 towards their philanthropy. The organizations also participated in several different carnival games and activities throughout the afternoon.

“This year, we put on Theta Phi Fright Night to fundraise for this wonderful organization so that they can create a more welcoming environment for children with disabilities,” said Frederick.

One event that Theta Phi Alpha hosts every spring to support the hunger and homelessness awareness cause is Audrey’s Spike Out for Hunger and Homeless. At this event, different clubs and organizations gathered together and competed in a volleyball tournament. Theta Phi Alpha donated all proceeds to the hunger and homelessness awareness cause.

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According to Theta Phi Alpha’s national website, the mission of the organization is to “create close comradeship, to advance educational, social and philanthropic interests and leadership training; to encourage spiritual development and adherence to the highest moral standards; and to promote lifelong bonds of friendship.” Theta Phi Alpha is one of eight sororities at Sacred Heart, and something unique about this sorority is its philanthropy. The organization as a whole places a strong emphasis on philanthropy and giving back to others.

In addition to philanthropy, Theta Phi Alpha also values sisterhood. Throughout the year, sisters bond through many different sisterhood activities. Some of these activities include paint nights, hikes, and watching movies together. One sisterhood activity that is a favorite of most sisters, is the annual apple picking day. Every September, after reuniting for the first time since summer vacation, sisters go apple picking together at Silverman’s Farm.

“My favorite sisterhood event is apple picking because it’s the first event with sisters after coming back to school. I love the fall and spending time with Theta Phi sisters,” said sister Kiley Bakis.

The organization will be hosting additional philanthropy and sisterhood events soon. One event that Theta Phi Alpha hosts every spring to support the hunger and homelessness awareness cause is Audrey’s Spike Out for Hunger and Homeless. At this event, different clubs and organizations gather together and compete in a volleyball tournament. Theta Phi Alpha purchased blue bracelets with the words “Audrey Smiles” written on them to give to others as a way to carry out her mission towards spreading kindness while remembering her infectious smile. Sisters wear these bracelets in solidarity, and Greek Life sold them to anybody outside of the organization who was interested in joining this movement. Greek Life donated all proceeds to the Audrey Niblo Award.

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The organization will be hosting additional philanthropy and sisterhood events soon. One event that Theta Phi Alpha hosts every spring to support the hunger and homelessness awareness cause is Audrey’s Spike Out for Hunger and Homeless. At this event, different clubs and organizations gather together and compete in a volleyball tournament. Theta Phi Alpha purchased blue bracelets with the words “Audrey Smiles” written on them to give to others as a way to carry out her mission towards spreading kindness while remembering her infectious smile. Sisters wear these bracelets in solidarity, and Greek Life sold them to anybody outside of the organization who was interested in joining this movement. Greek Life donated all proceeds to the Audrey Niblo Award.

According to Theta Phi Alpha’s national website, the mission of the organization is to “create close comradeship, to advance educational, social and philanthropic interests and leadership training; to encourage spiritual development and adherence to the highest moral standards; and to promote lifelong bonds of friendship.” Theta Phi Alpha is one of eight sororities at Sacred Heart, and something unique about this sorority is its philanthropy. The organization as a whole places a strong emphasis on philanthropy and giving back to others.

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**Arts & Entertainment**

**“What You See Is What You Get” New Album**

**BY WILL PESEK**  
*Staff Reporter*

On Nov. 8, Luke Combs released his sophomore album, “What You See Is What You Get.” The album features 17 songs, including four songs that were released in early June, as part of Combs’ EP called “The Prequel—EP.” Combs’ new album came in with high hopes and had much more fanfare than his debut album, “This One’s for You.”

Combs’ second album came just months after he headlined his first arena tour just one album. His headlining tour featured older hits like “One Number Away,” “Hurricane,” “When It Rains It Pours” and “Beautiful Crazy.”

This album is unique because his songs are very well written and relatable. Combs writes almost all his songs. He writes songs to reach all members of his audience about several topics.

Combs is able to connect with people to the point where almost every single one of his listeners can relate to at least one song on his album.

There are love songs such as “Lovin’ On You,” “Better Together” and “Nothing Like You.” There is a touching song about a father and son saying goodbye: “Even Though I’m Leaving.” He also relates to the average joe in his working-class song, “Blue Collar Boys.”

Some other songs on the album are “All Over Again,” “Every Little Bit Helps” and “Blue Collar Boys.” “All Over Again” is about Combs and his ex-girlfriend falling in love all over again and both knowing that it will never work. “Every Little Bit Helps” is about Combs trying to forget about his past girlfriend.

Many people like this new style of country that Combs brings with his new album. Other stars like Luke Bryan and Thomas Rhett are more of a country-pop type of genre, while Combs brings back the 90’s country-style. It really brings back the true definition of country music. Luke Combs even features a 90’s country duo featured in his song “1, 2 Many” which is about reaching your limits on alcohol.

Brooks & Dunn are featured in the new song while making their country return on their “reboot album.” Also, Brooks & Dunn have Combs featured in their revision of their classic “Brand New Man,” which was originally released by Brooks & Dunn in 1991.

When Combs has his new album headline a tour this coming summer or fall, one can expect the same costume for Combs. He wears the same black Columbia PEG fishing hat while holding a red solo cup. Quite typical for a country singer!

Luke Combs won song of the year at this year’s Country Music Awards. His song “Beautiful Crazy” beat out three other excellent songs. He also won Male Vocalist of the Year. Quite the resume Combs is putting together after just two albums.

Senior Gillian Kenney, a member of the Irish Dance Team, said, “The team has grown so much since my freshman year and it’s amazing to see how much talent each dancer brings to the team. The choreography this year is on a whole new level and the team hopes to keep the intensity and camaraderie going strong!”

COUNTRY SINGER LUKE COMBS RELEASED HIS SOPHOMORE ALBUM ON NOV. 8, CALLED: “WHAT YOU SEE IS WHAT YOU GET.” THE ALBUM CONSISTS OF 17 SONGS AND IS FOLLOWING HIS FIRST ARENA TOUR.

In 2016, North Carolina native Luke Combs performed songs on the Vine app and in local bars. His first number one hit is called “Hurricane.” “Hurricane” became a country hit and made him country’s biggest rising star at that time.

Combs has had five singles climb to the top of country’s airplay chart. His most recent number one hit, “Beer Never Broke My Heart,” is headlining his brand-new album.


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Sophomore Noah Decaminada is a huge Luke Combs fan and had high praise for the new album.

“This album is absolutely incredible. You hear so many different songs that vary from ballads to drinking songs to breakup songs. My favorite song is “Even Though I’m Leaving,” said Decaminada.

**Dance Preview Shows**

**BY KALI D’AGOSTINIS**  
*Staff Reporter*

On Friday, Nov. 22, the Sacred Heart University Dance Program is presenting their fall productions. The three-day event will include performances from students in the Dance Company, Dance Ensemble, Hip Hop Production and the Irish Dance Ensemble.

Held in the Edgerton Center, the different dance shows are called “Midnight Cabaret,” “Imagine” and “Winter Moves.”

“Audiences can expect to see a diverse population of incredibly talented dancers performing in all dance genres, works choreographed by both student and professional choreographers,” said Kari Williams, the Director of the Dance Program, who has held the position since 2016.

Within that time period, the dance programs have earned national and international recognition for the various teams.

Over 300 dancers are in the program. They practice various styles of dance, which will be showcased throughout the weekend.

“Midnight Cabaret,” which will take place on Friday, Nov. 22 at 10:10 p.m., will include works by professional and student choreographers and feature performances from the Dance Company, Dance Ensemble and the Hip Hop Production.

“The Midnight Cabaret is an event that is strongly supported by the SHU student population. There is such a fun positive energy in the theater that night. Definitely not to be missed!” said Williams.

At 7 p.m. on Saturday, Nov. 23, the Dance Company will showcase a professionally choreographed performance from all styles of dance in “Imagine.”

To conclude the three-day event, “Winter Moves” will feature performances from the Dance Ensemble, Hip Hop Production and the Irish Dance Ensemble on Sunday, Nov. 24 at 2 P.M.

The Irish Dance Ensemble has a unique style of dance.

“We have an outstanding, award-winning Irish Dance Ensemble where half of the team are World Qualifiers, which means that they at some point have been considered in the top one percent of Irish dancers in the world,” said Williams.

Senior Gillian Kenney, a member of the Irish Dance Team, said, “The team has grown so much since my freshman year and it’s amazing to see how much talent each dancer brings to the team. The choreography this year is on a whole new level and the team hopes to keep the intensity and camaraderie going strong!”

On Nov. 16, the Irish Dance team traveled to Villanova University to compete in the Villanovian Intercollegiate Irish Dance Festival with Irish Dance teams from across America. They will be taking their performances to Dingle, Ireland, during the spring semester.

Junior Katrina Riggi, who has been a part of the Dance Ensemble since her freshman year, is performing in the “Midnight Cabaret.” “The shows are innovative and exciting,” she said. “Something you do not want to miss, because of all the creativity we are bringing to the table.”

The groups have been rehearsing for this production since August with practices all throughout the semester to train for the shows.

“Rehearsals are going great! We are definitely working really hard to make the dances as best as possible and producing intricate performances,” said Riggi.

Tickets to individual shows or all three days are currently available at the Edgerton Box Office or on the Edgerton Center for the Performing Arts website. Tickets are $15 for the general public and free for SHU students who present their ID at the door.

“I couldn’t be more proud of the dedication, love and this entire community,” said Williams.
The Sacred Heart Spectrum

Arts & Entertainment

Release of “Last Christmas”

BY ALEX IRIZARRY
Staff Reporter

On Nov. 8, the latest new Christmas movie, “Last Christmas,” was released in theaters. Many students around campus said they are looking forward to seeing this new romantic comedy.

“I want to see it so bad,” said junior Ava Fasano. “I have heard about this movie from seeing it advertised all over Hulu and YouTube. It looks like such a good movie to get into the holiday spirit.”

This is about a young woman named Kate, who has a job at a year-round Christmas shop. The movie was created with the intent to spread the holiday spirit.

According to the Associated Press, “the must dress daily in a green elf costume. A repeatedly self-described men living couch to couch, Kate’s life begins to change after she meets a mysterious stranger (Henry Golding) whose life advice — ‘Just look up’ — would be too hokey for anything but aspiring meteorologists.”

After seeing the movie, some students have mixed reviews on how they thought the movie was.

“I thought the movie was okay. It wasn’t the best or the worst Christmas movie I have ever seen. It was mediocre,” said junior Lauren Parks.

Other students say the movie did not live up to their expectations.

“I wish the movie was a little funnier and more romantic,” said junior Samantha Hartson. “Since the genre of it is romantic comedy, I expected those two elements to be better executed than they were.”

Featured within the film is Emilia Clarke, who is known for her role in “Game of Thrones” as Daenerys Targaryen.

According to the Associated Press, “Clarke’s natural charm comes through — she looks ecstatic to be out of Westeros and playing a less upright character — but such a brazen-screwup role feels better suited to a more comedic performer.”

Clarke’s performance in “Game of Thrones” was enjoyed by some students.

“Emilia Clarke did not really have much of a love life in the show and was very independent. Seeing her in a genre like this would leave a weird feeling while watching it,” said junior Steven Travers.

“I did watch Sesame Street when I was a kid,” said junior Andrew Santiago. “Big Bird was by far my favorite character out of the bunch.”

Big Bird is one of the tallest characters in the show with a height of over eight feet tall.

The show is created by Joan Ganz Cooney and Lloyd Morrisett, who worked with Developmental Psychologist Gerald Lesser at Harvard University to create the series.

“Sesame Street is really important to me,” said professor Jerald Dunvan, the news reporter for WSHU. “It is something that made the world a better place. I loved how it showed an urban neighborhood with a diverse cast of characters. It was capable of showing some things that kids had to deal with.”

“Sesame Street” has a large cast of puppets who play the characters on the show. Elmo is the star of the series who is voiced and puppeteered by Ryan Dillon. Dillon has been playing Elmo since 2013 when Elmo’s previous actor Kevin Clash retired in 2012. Clash was the voice and puppeteer of the character since 1985.

Some students recall watching the series when they were younger.

“I want to see it so bad,” said junior Ava Fusaro. “I have heard about this movie from seeing it advertised all over Hulu and YouTube. It looks like such a good movie to get into the holiday spirit.”

“I think Christmas movies being released before Thanksgiving is a good thing. I love it because it gets people more in the holiday spirit,” said sophomore Julia Dinino.

According to the Associated Press, “‘Last Christmas,’ which is a Universal Pictures release, is rated PG-13 by the Motion Picture Association of America for language and sexual content. The running time is 103 minutes and it received two stars out of four.”

“Last Christmas,” a new Christmas movie, was released on Nov. 8. Pictured above: Emilia Clarke and Henry Golding in a scene from the romantic comedy.

Sesame Street Celebrates 50 Years on Air

BY TREVOR MONORE
Staff Reporter

The children’s television show “Sesame Street” celebrated its 50th anniversary. The show first aired in 1969 and is currently airing its 49th season.

On Nov. 10, the children’s television show “Sesame Street” celebrated its 50th anniversary. The show aired for the first time in 1969, when there were not many educational television shows on air.

Cartoon shows that were in production at the time included “Captain Kangaroo,” “Romper Room” and “Tom and Jerry.” Another show on-air at the time that was dedicated to the show is children was “Mr. Rogers,” with the goal that, “It was mostly teaching social skills,” according to the Associated Press.

Phillip Levine, a professor of economics at Wellesley College said in an AP News article, “There was nothing even remotely that contained any educational component at all for the other shows.”

According to AP News, “The show was designed by education professionals and child psychologists with one goal: to help low-income and minority students aged 2-5 overcome some of the deficiencies they had when entering school.”

“Sesame Street” has a specific setting and cast of characters for the show. The multicultural cast and urban settings are included to make the target audience a large demographic.

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Some students recall watching the series when they were younger.

“I did watch Sesame Street when I was a kid,” said junior Andrew Santiago. “Big Bird was by far my favorite character out of the bunch.”

Big Bird is one of the tallest characters in the show with a height of over eight feet tall. Big Bird is played by Carol Spinney for a majority of the show’s history. He was replaced in 2018 by Matt Vogel.

The show has introduced characters with certain disabilities, which included a puppet living in foster care who was HIV positive.

The show is also known for tackling tough topics like “death.” One of the hardest episodes was when the character Mr. Hooper died. The character was played by Will Lee, who passed away. The show involved Big Bird learning of his passing and coping with the death.

“Sesame Street” also tackled the events of 9/11. The plot of the episode revolved around Mr. Hooper’s store burning down. The episode was made to help kids understand that firefighters are there to help them.

Sesame street is currently airing its 49th season, with episodes being played on both PBS and HBO. The Partnership with HBO began in 2015, which was a result of financial troubles.
Wrestling Splits to Start Season

BY ROBBIE FINIZIO
Contributing writer

The weekend of Nov. 8 marked the beginning of Sacred Heart’s wrestling season. The Pioneers had two team matches, one against Utah Valley, and the other facing off against LIU Brooklyn.

In their first match, Sacred Heart fell to the Wolverines of Utah Valley by a margin of 40-3. The only winner from SHU was redshirt sophomore Kyle Randall in the 125-pound match with a win by decision, according to shubigred.com.

“I think I brought the match to him,” Randall says. “I came out on top at the end after coming after him the whole way through.”

Sacred Heart’s second match up against LIU was much more successful. They secured a 26-12 win over the Sharks, with seven different weight class wins. Two of these wins came off falls, one of which from graduate student Brandon Levesque and the other from sophomore Kyle Davis, according to Athletic Communications.

The Pioneers are led by their head coach John Clark, who is entering his third year of coaching at Sacred Heart. Clark is excited about what this Sacred Heart wrestling team is capable of this year, considering how much new depth has been added to the roster, considering that when Clark began coaching, the team consisted of just 26 athletes. Now, there are 51 athletes eligible to wrestle this year for Sacred Heart.

“We have a lot of recruits, a lot of transfers,” said Clark. “We returned a lot of experience, plus brought in a lot of depth, so we’re really excited about our potential this year.”

Clark is also very excited about the recent hire of new assistant coach Will Switzer.

When asked about coach Switzer and the impact he generates being on the sideline, Clark said, “He’s done a wonderful job, most importantly the athletes really like him, he runs a great practice and he’s really good in the wrestling room both as a workout partner and a coach.”

Among the 21 new recruits, one of the biggest standouts looks to be Junior Joe Accousti, who transferred into Sacred Heart this past year from Appalachian State University. He was named a member of the Southern conference all-freshmen team, and had a two-season record of 31-12 according to appstatesports.com.

“I’m getting adjusted really well, it’s a great school,” Accousti says regarding his changing of schools, “It was a good easy transfer process coming in from App State to Sacred Heart, the team was great.”

One of the best elements that this years Sacred Heart wrestling team brings to the table is the strong team chemistry among the athletes.

Graduate student Gerard Daly said, “I think it’s not really a team, it’s a family out here. I would die for all these kids; they are my brothers and I know they feel the same way about me.”

Daly racked up 34 takedowns, three pins and four tech-falls last year in a 12-win season.

Daly also excels in the classroom, earning him an EIWA (Eastern Intercollegiate Wrestling Association) academic achievement award according to Athletic Communications.

“Having a room that all believes in him, means we can all rally behind him, it’s really special,” said Daly.

“We haven’t had a national qualifier since 2007, that’s probably our first priority. We want to have a winning record as a dual meet team as well and we want to place a lot of people at the conference tournament,” said Clark.

The Pioneers will be back in action November 24th at the Keystone Classic at UPENN. Their first dual meet of the season will be against Binghamton on December 20th, at Binghamton.

SHU Players of the Week

Julius Chestnut

Sport: Football
Class: Sophomore
Hometown: Bowie, MD

Chestnut had a record setting day against Lehigh. In the win, he rushed 25 times for 130 yards and two touchdowns. He also became the first underclassman in program history to have 2,000 career rushing yards.

Liisel Neiis

Sport: Volleyball
Class: Redshirt-Senior
Hometown: Estonia

Neiis recorded a combined 22 kills and 19 digs for the Pioneers, who went 2-0 over the weekend with victories against Merrimack and Bryant.
Football Wins Fourth Straight After Senior Day Win

BY MICHAEL CONTENTO
Staff Reporter

Sacred Heart's defense delivered the dagger on the next possession, as a third down pass was tipped by linebacker Alien Shaw and intercepted by Noah Provenzano at the Sacred Heart 4 yard line, who leaped and glided his way to a 59 yard interception return touchdown. It was his first interception of the day and his second interception return for a touchdown in his career.

"I think it stems from a good game plan," Provenzano said of the defense’s record day. "Throughout the week in film, we got a jump on a lot of the stuff they wanted to do.

Provenzano wasted no time increasing his interception total on the day, as he intercepted the ball at the Wagner 35 yard line on the second play of the next Wagner drive.

Julius Chestnut would push across a touchdown on the next possession for Sacred Heart, his second of the day. He made McCrory's first start an easy one with his 116 yard, two touchdown day. Chestnut, the FCS leading rusher, had his 4th straight 100+ rushing yard game of the season.

"Julius is a great running back and anytime you line up as a quarterback and have the number one running back in the conference it helps ease the pressure off of you," Coach Nofri said.

Including Chestnut's second touchdown, Sacred Heart put up 24 points in the fourth quarter as they ran away from Wagner. Noel Hijazi and Mike Wilen each recovered a fumble, McCrory threw his first career touchdown, and Ramchanda added his first career interception for a touchdown to seal it.

Head Coach Mark Nofri earned his 50th win as head coach of the Pioneers, moving his record to 50-40 during his tenure as head man for Sacred Heart. His 50 wins are most for a Sacred Heart head coach all time.

"It's not about me, it's about Sacred Heart football and the legacy and the culture that we built here," Coach Nofri said. "I couldn't ask for any more support than I've been getting from the students, the faculty, the administration, and the players."

The Sacred Heart football team hosted Lehigh for senior day on Nov. 16 and won 13-6. They will travel to Robert Morris on Nov. 23 for the final game of the season.

The Bobby Valentine Athletic Center includes a new bowling alley that the bowling team has taken to their advantage. The team no longer has to travel to practice, but can walk in, and practice whenever they want to outside of the team coordinated practices.

"The convenience of it is amazing, we can put down tough shots that we want to practice on," said Kregling. "The machines allow us to shoot individual spares, which you can't do anywhere else in the state of Connecticut."

The new technology allows the Pioneers to practice in a real life game setting by setting up shots that focus on the teams weaknesses to strengthen their overall technique.

There are two more meets remaining for the fall season. The Pioneers are back in action Nov. 22-24 to compete at the UMES Hawk Classic, in Millsboro, Del.

Bowling Season Update

BY MIKENZIE CARBONE
Staff Reporter

The Sacred Heart University women's bowling team played in their first Northeast Conference (NEC) meet of the season over the weekend of Nov. 9-10 in Mechanicsburg, Penn. The Pioneers split the meet with a high of 218 against FDU, 213 against St. Francis and a loss to Duques. and Mount St. Mary's. The Sacred Heart University women's bowling team played in their first Northeast Conference (NEC) meet of the season over the weekend of Nov. 9-10 in Mechanicsburg, Penn. The Pioneers split the meet with a high of 218 against FDU, 213 against St. Francis and a loss to Duques.

The Sacred Heart Spectrum - November 20, 2019

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"I thought for his first time, against the number one defense in the conference, he did a good job," said Coach Nofri. "I hope he improves and gets better each week and can be the guy for us for the next three years."

"We tried to erase what happened in the first half and just wanted to focus on the remaining 30 minutes of play," said Ramchanda.

The offense got the ball to start the second half and lead the way. "I hope for his first time, against the number one defense in the conference, he did a good job," said Coach Nofri. "I hope he improves and gets better each week and can be the guy for us for the next three years."

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The game changing play for Sacred Heart came on the ensuing kickoff, as CJ LaFrogola forced a fumble that was recovered by Mike Wilen at the Wagner 25 yard line. Seven plays later, Julius Chestnut crossed the goal line on 4th and goal from the 1 to give Sacred Heart its first lead of the day 10-7.

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THE SWIMMING AND DIVING TEAM WILL BE COMPETING THE WEEKEND OF NOV. 22 AT CENTRAL CONNECTICUT STATE UNIVERSITY FOR THE BLUE DEVIL INVITATIONAL. PICTURED ABOVE: FRESHMAN GABBY WIRA.