



THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

WEDNESDAY, SEPTEMBER 30, 2020

REPORTING CAMPUS NEWS SINCE 1983

This Week at SHU!

Wednesday, September 30th

3:00PM
MAKE YOUR OWN MASK
@QUAD

5:00PM-8:00PM
3 POINT CONTEST
@BOBBY V CENTER

Thursday, October 1st

7:00PM
VIRTUAL LIVE MUSIC SHOW
(YOUTUBE)

8:00PM-11:00PM
THURSDAY NIGHT FOOTBALL, BRONCOS VS. JETS
@63s TV AREA

Friday, October 2nd

7:00PM-9:00PM
TRIVIA
(VIRTUAL)

8:30PM
COMEDIAN JESSI CAMP-BELL
@UNIVERSITY COMMONS

Saturday, October 3rd

10:00AM-1:00PM
FREE THROW CONTEST
@BOBBY V CENTER

12:00PM
TIE DYE T-SHIRTS
@63s PATIO

Sunday, October 4th

10:00AM-1:00PM
BADMINTON TOURNAMENT
@BOBBY V CENTER

1:00PM-11:00PM
FOOTBALL SUNDAY
@HAWLEY LOUNGE

A Tribute to Ruth Bader Ginsburg

BY BRYAN CASEY
Assistant News Editor

On Sept. 18, Supreme Court Justice Ruth Bader Ginsburg passed away in her Washington home at the age of 87.

Ginsburg was known as a prominent activist for women's inclusion and gender equality, and she possessed an active voice for underrepresented minorities. Her work as a Justice, as well as her work fighting for equality, resulted in her becoming a role model for many and led her to gain the renowned nickname of "The Notorious RBG."

Dr. Gary Rose, Department Chair of Government, commented on some of her progressive movements for women.

"Her majority opinion allowing women to enter the Virginia Military Academy is regarded as one of her most far-reaching and important rulings."

Along with this verdict, which ruled that the Virginia Military Academy would have to give up federal funding if they continued to refuse women, Ginsburg pushed to aid those who were being prosecuted in the court system. She voted repeatedly to limit capital punishment, and during her time, it was declared unconstitutional to execute the intellectually disabled, along with murderers under the age of 18.

Former President Bill Clinton, who appointed Ginsburg, said in an AP Newsroom article, "Her 27 years on the Court exceeded even my highest expectations."

On Sept. 23, Ginsburg's body laid at the top of the front steps of the Supreme Court Building for mourners to come and pay their respects. Two days later, she was moved to Statuary Hall to lie in state where members of Congress, highly ranked military officials, friends and family would come to pay their respects.

Among those who paid their respects was Democratic vice-presidential candidate Kamala Harris.

AP reported that Kamala Harris told reporters, "She, first of all, made America see what leadership looks like--in the law, in terms of public service--and she broke so many barriers."

Ginsburg is the first woman to receive this honor of lying in state, and she will be buried next to her husband later this week at Arlington Cemetery.

With election day quickly approaching, there has been tension over the nomination of a new Supreme Court Justice. President Trump plans to announce his nomination for Supreme Court Justice on Saturday, Sept. 27. Democratic nominee Joe Biden believes that the decision should not be made until after the election.

AP reported that Biden told reporters, "There is no doubt—let me be clear—that the voters should pick the president and the president should pick the justice for the Senate to consider."

While these events unfold, Sacred Heart University students reflect upon Ginsburg's legacy.

Sacred Heart's senior class president, Alexandra Myers, considered Ginsburg's impacts.

"Ruth is the one who inspired me to pursue a career in law, and she inspires me every day to push myself so that I can work to uphold the rights she fought so hard for."

While students identified Ginsburg as a civil rights role model, Chief Justice John Roberts shared similar feelings and reflected on her lasting impact.

According to AP, Roberts said in a statement, "Our Nation has lost a jurist of historic stature. We at the Supreme Court have lost a cherished colleague. Today we mourn, but with confidence that future generations will remember Ruth Bader Ginsburg as we knew her—a tireless and resolute champion of justice."

The Associated Press contributed to this article.



ASSOCIATED PRESS
FUNERAL CEREMONY IS HELD FOR SUPREME COURT JUSTICE, RUTH BADER GINSBURG.

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OF THIS WEEK'S PAPER,
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OUR TWITTER FEED)

News

The Merton Hall Lockdown

BY CITLALLI GODINEZ
News Editor

Sacred Heart University knew what the reopening of campus during COVID-19 called for. Many plans and promises were put into place, such as the Pioneer Promise, which aims to protect the SHU community and the surrounding area.

According to Sacred Heart’s website, “The Pioneer Promise asks students, faculty and staff to protect themselves, protect their fellow Pioneers and protect the SHU community as well as our neighboring communities.”

As part of their reopening, Sacred Heart also implemented the SHU-Flex program, which serves to provide students with both remote and on-ground learning.

Despite these procedures and plans, the spike of COVID-19 cases on campus was inevitable.

The Coronavirus Planning Team stated that, as of Sept. 6, “We continue to have zero known cases in University housing.” However, it was a different situation for students living off-campus. According to the COVID-19 Dashboard, as of Sept. 25, there were 95 active cases off-campus.

On Sept. 15, the Coronavirus Planning Team informed the university of two positive cases on the same floor in Merton Hall. As a result, the floor was placed in cautionary quarantine. Some students felt that this was a challenge, especially regarding academics.

“I felt that the quarantine was a setback with my learning because then all my classes were online,” said freshman Michael Tchertchian. “I believe that Sacred Heart is doing everything in their power to protect us students so that we can go back to normal and not be restricted from the virus.”

While Merton Hall was quarantined, SHU Dining provided the students with meals three times a day.

“SHU Dining takes a lot of pride in the services and safety we can provide to the students at Sacred Heart, whether in quarantine, in your dorm, or elsewhere on campus,” said Marketing Director of Chartwells Kayla Hawley.

On Sept. 22, Sacred Heart lifted the cautionary quarantine on Merton Hall.

“During the Merton quarantine, I was one of the first to leave to go to my brother’s apartment,” said Tchertchian. “Quarantining there was much better than being stuck in Merton from what I heard.”

Sacred Heart continues to attempt to bring the best experience possible for their students.

“We appreciate the feedback we have received over the semester from students,

parents, and even our social media platforms, and we are always looking for ways to improve and enhance your dining,” said Hawley.

To better find and isolate positive cases of COVID-19 on campus, Sacred Heart randomly tests students every week.

According to the Coronavirus Planning Team, as of Sept. 25, “We have tested nearly 775 full-time undergraduate students, which is 25% of our on-campus residential population. Next week, we will test 1,300, which is 25% of our entire undergraduate population. The week after that, it will be 2,800--more than 50%. We will also be adding faculty and staff to our random testing protocol going forward.”

President Petillo showed gratitude to students by giving them SHU Bookstore gift cards that were donated by SHU alumni.

“The students have been remarkably cooperative, and to show that appreciation, I just took a little tour and stopped some folks and asked them how they were adjusting to this and with them gave them a little token of appreciation. It’s great to see, and hopefully I’ll do some more in the coming weeks,” said Petillo.



ALEX MCCLOSKEY / SPECTRUM

FRESHMAN STUDENTS LIVING IN MERTON HALL POST MESSAGES ON THEIR WINDOWS DURING LOCKDOWN.

SPECTRUM NEWSPAPER SOCIAL MEDIA ACCOUNTS (2020)

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 The Spectrum Newspaper

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Perspectives

Rooming During a Pandemic

BY MAISY CARVALHO
Staff Writer

This fall, students across the country began their first year of college in the middle of a pandemic.

Prior freshmen never had to worry about sanitary precautions and social distancing guidelines, but students must now stay on top of these procedures, which aim to keep people safe and healthy.

“To stay safe, my roommate and I wash our hands constantly, use hand sanitizer every time we enter our room, and wipe door handles down after every time we touch it,” said freshman Victor Dipierro.

In an effort to keep students and faculty safe, many classes at Sacred Heart use the hybrid method, which consists of half in-person classes and half online classes. In some cases, students have classes completely online. This can lead to conflicting Zoom calls for some students.

“My direct roommate and I usually take turns going to the common room when we are both in class on Zoom. That way we don’t get in each other’s way,” said Dipierro.

Others say they have found alternative ways not to distract one another when they are both in class.

“We really have no issue with this,” said freshman Kelly Nolan. “My roommate will put in her AirPods and sit at her desk and I will listen to my Zoom from the computer speaker at my desk.”

Some students say the inability to interact with people in dorms other than their own may not be the worst thing. It allows for students to create a deeper bond with their roommates.

“I think we have gotten even closer this year with all of the time we spend in the room due to the coronavirus restrictions for sure,” said sophomore Robert Fizino.

Many students say that by being restricted to their specific dorms, they find it hard to socialize in other spaces due to the risk of getting COVID-19.

“We always make sure to wear our masks before leaving our room,” said Nolan. “We also try our best to hang out in the common room when we want to socialize with more people than each other.”

Some students believe that utilizing larger spaces to congregate with a small group of people is one way to stay connected with friends. It also provides opportunities to meet new people.

“I figure, if I want to see a friend, I will go on campus and meet up at a dining hall,” said Fizino.

The Pioneer Promise is a list of vows that the university expects all students to uphold. It highlights the importance of maintaining social distancing, wearing a mask at all times, limiting the number of people present in a dorm or house, and keeping track of close contacts in the event someone contracts COVID-19.

Despite these regulations, many students say that their spirits are high, and they are grateful to be living on campus and taking some of their classes in person.

“At least we are here at school getting to spend time with roommates, as well as getting in all of our classes,” said Fizino.



MAISY CARVALHO/SPECTRUM

SACRED HEART STUDENTS LIVING IN CAMPUS DORMS DURING COVID-19 ARE FINDING NEW WAYS TO MAINTAIN RELATIONSHIPS AND MEET NEW PEOPLE WHILE ABIDING BY CDC GUIDELINES.

No More TikTok?

BY ANNA PIRKL
Staff Writer

What would you do if the TikTok app were deleted from your phone forever?

“I am an avid TikToker,” said freshman Olivia Ford. “I think that it is my most-used social media app, and I am probably on it at least an hour and a half a day. So, if it got banned, I would have been very upset.”

According to Business of Apps, TikTok is a video sharing app that has over 500 million users worldwide. On the app, users can create up to one-minute long videos doing just about anything.

The app is currently owned by the Chinese tech company ByteDance. Back in August, President Trump gave the tech company 45 days to sell to a U.S.-owned company or else it would be banned for national security reasons, according to NPR.

“I was actually worried that it would be banned because I’m on TikTok for at least 3 hours a day,” said senior Brigit Kelly.

Whether or not TikTok will be banned from the Apple Store or Google Play in the U.S. is currently being battled in the courts.

A federal judge in Washington, D.C. gave ByteDance more time to get approval from a pending deal that includes Oracle and Walmart, according to The Wall Street Journal.

According to CNBC, the judge did not block a much broader ban that is set to come into effect on Nov. 12 in the U.S. This ban could make TikTok unusable.

“I do not think TikTok is going to last forever. The same thing happened with the app Vine,” said junior Alec Valle. “It got taken over by Instagram and people eventually lost interest. The bigger social media influencers on that app just moved to YouTube and Instagram just like they are planning on doing for TikTok.”

Many Sacred Heart students say that TikTok is their main form of entertainment. While scrolling through the app, users can find anything from cooking videos to DIYs (Do it yourself) to what movie to watch on Netflix.

“I love TikTok, especially the DIYs and the dances,” said junior Abby Radwanski. “They are a real stress reliever for me.”

While some say they are concerned about the potential ban of TikTok, others are unworried by this possibility.

“I deleted TikTok a while ago because it was becoming way too addicting,” said senior Tom Lawless.

TikTok has had a big influence on the media and pop culture. Whether users make their own content or just use the app as entertainment, TikTok is an app that people of all ages can use. Although TikTok is popular, its future is still unknown.

“I like TikTok because it’s a place where people not only post funny videos of dances and funny short clips, but it is also a place where people can share their stories and try to help people through their experiences,” said junior Tori Hanuschak. “It’s unlike any app

on the app store right now.”



CHRISTINA MASSEI/SPECTRUM

SACRED HEART STUDENTS TAKE TIME OUT OF THEIR DAY TO LEARN A TIKTOK DANCE.

Features

Suicide Prevention Memorial Walk

BY JACLYN MONTANO
Staff Writer

Over 100 students gathered at the Sacred Heart University campus field on Sept. 20 for a memorial walk to raise awareness for suicide prevention and remember three Sacred Heart students who lost their lives to suicide.

The Suicide Prevention Memorial Walk was organized by the Alpha Delta Pi sorority and the men's rugby team. The event was hosted to honor Peter DeSalvo, a rugby player, Jelyn Lee, a member of Alpha Delta Pi, and Ryan Lahiff, a member of the Student Nursing Association.

"The main goal of this event was to shine light on mental health and let the Sacred Heart community know that they are not alone," said Mario Cimino, a senior rugby player.

On the field, members of the band and orchestra played classical music while attendees walked around the track.

During the event, the big screen on the football field displayed images of the honored students and listed resources for students. After the walk, event organizers and loved ones gave speeches in honor of those they have lost.

Cimino said that the purpose of having the attendees walk around the track at night was to signify that no one is alone in the darkness.

While the spread of COVID-19 is still a risk, organizers made sure to follow safe social distancing guidelines. Chairs were placed at least six feet apart from each other, and each attendee wore a mask. The university also provided a virtual livestream link to the ceremony to ensure that everyone had the opportunity to take part in the event.

"Regardless of COVID-19 and the craziness going on in the world right now, the school really made this work the best that they could because the reasons behind it are so important," said Mary Kaczmarek, a member of Alpha Delta Pi sorority.

The first speech was given by the President of Alpha Delta Pi, Bridget Joyce, and the captain of the men's rugby team, Brian Cohen.

President Dr. John Petillo also gave a speech highlighting his appreciation for all Sacred Heart students.

"We come together to remember how much we need each other and how much their absence reminds us of that fact," said Petillo.

Towards the end of the memorial ceremony, Valerie Kisselback, Sacred Heart's Campus Minister, said a few words regarding how each student made an impact throughout the university community. Following her speech, she initiated a candle-lighting ceremony.

"So, carry your candle, run to the darkness, seek out the hopeless, the confused and the torn," said Kisselback. "Hold out your candle for all to see it; take your candle and go light the world."

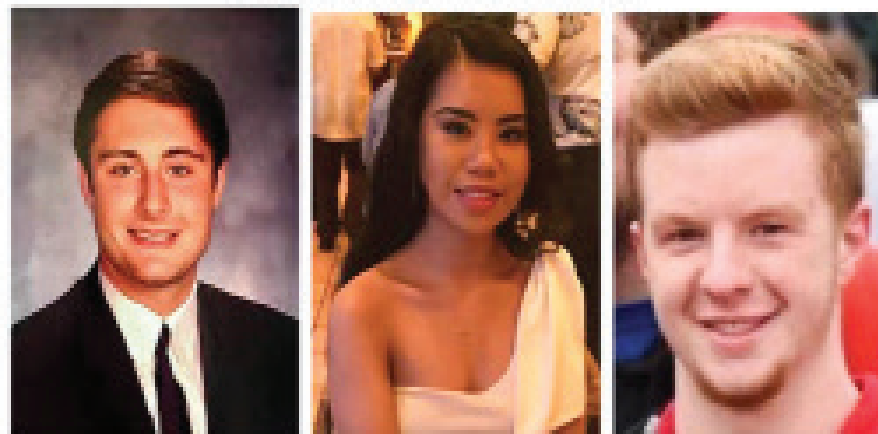
Director of Wellness Services Mary Jo Mason gave the final speech to conclude the ceremony. Mason mentioned different ways that students can reach out for help when needed and listed multiple resources to call.

"One of the most important steps we can take is to talk about our mental health concerns," said Mason. "By sharing, we can see that mental health concerns are common, treatable, and we have help for that here on campus."

If you or anybody you know may be at risk of suicide, call the National Suicide Hotline: 1-800-273-TALK (8255).

An additional resource is the university's wellness center. You can contact them at: 1-203-371-7955, or email masonm@sacredheart.edu.

In Loving Memory of



Peter DeSalvo

Jelyn Lee

Ryan Lahiff

SACRED HEART UNIVERSITY

THE SUICIDE PREVENTION MEMORIAL WALK ON SEPT. 20 HONORED SACRED HEART STUDENTS PETER DESALVO, JELYN LEE AND RYAN LAHIFF WHO ALL LOST THEIR LIVES TO SUICIDE.

Mud Magazine

BY GRACE CROWLEY
Staff Writer

When you think of mud, what comes to mind? Perhaps a muddy field after a rainstorm, or sneakers covered in thick, brown mud. Students on the Sacred Heart University campus, however, have a different perspective on the word mud.

Mud Magazine is an independent magazine on the rise, whose focus is encouraging young adults to express themselves and their creative minds. This magazine was created by young adults who write about their struggles as well as the good things that come out of everyday stressors.

Mud also touches on dark humor that sheds light on the hardships that consume the minds of college students. Their aim is to reach those who struggle with mental illness or are unsure about their college experience and to encourage their readers to embrace their individuality.

"Through the lenses of the internet, partying, and college culture, as well as mental health, our goal is to help college students navigate all aspects of their experience by publishing content that is relatable, authentic, bold, and with a fresh perspective," said Hector Gutierrez, Mud Magazine Editor-in-Chief.

Gutierrez centers his content around one question, "What does it mean to be young today?" His ability to reach others and connect young adults through the internet culture of today brings this magazine's identity to light.

"Hector does a fantastic job running this magazine as close to a real-life magazine as he can," said senior staff writer Gabby Fezza. "I do feel the community in Mud."

Not only does Mud Magazine have a unique way of getting through to young adults dealing with the burdens of college through relatable content, but it also makes readers feel like they are not alone. Every writer shares their thoughts as they come. Whether they are risky, embarrassing, or emotional, the writers use their thoughts to deeply resonate with their audience.

As a publication run on a university campus, this magazine lays it all on the line with intentions of reaching other college students who are experiencing similar struggles.

"We all love Mud and its mission," said Fezza. "Deadlines aren't as scary as they are exciting. We all really care about elevating one another's work, and there's a level of love as well as professionalism."

Mud doesn't just publish different writings of students; they also publish different photo essays.

"Mud posted a photo essay of mine regarding mental health on their Instagram," said Fezza. "I had numerous SHU students reach out to me about how helpful it was to see someone be so open about mental health on a wide platform. It was really touching to see a direct impact of me just writing my experiences, unsure if anyone would resonate."

The content that Mud Magazine publishes goes further than just words or photos on

paper or a computer screen. Their work is initiating important conversations among young adults.

"I'm a non-native speaker, and Mud is one word that I knew I could pronounce correctly every time," said Gutierrez.



MUD MAGAZINE

MUD MAGAZINE, AN INDEPENDENT MAGAZINE FOR YOUNG PEOPLE, IS PUBLISHED ON THE SACRED HEART UNIVERSITY CAMPUS.

INTERESTED?

To learn more about Tri Delta, visit us at www.tridelta.org/joinsacredheart
RECRUITMENT BEGINS SEPT. 28



Become a **TRI DELTA** at Sacred Heart

TRI DELTA OPEN HOUSE - HYBRID

Recruitment Kick Off

Monday, Sept. 28

Tune in online at 6:30 p.m. to learn more about the recruitment process.

Stop by to meet us in person from

7:00 - 9:00 p.m. at Event Tent.

Register to join the webinar.

Attire: Come as you are from class or work.

INTERVIEWS - VIRTUAL

Virtual

Thursday, Oct. 1 - Saturday, Oct. 3
10:00 a.m. to 7:00 p.m.

Video meeting with an alumna.

Required appointment to join as a founding member. Attire: Be your best self.

BE BOLD BRING YOU - HYBRID

Saturday, Oct. 3

Join us online at 5:00 p.m. and in person from 6:00 - 8:00 p.m.

Register to join the webinar.

Attire: Come as you are from class or work.

PREFERENCE - VIRTUAL & BID DAY - HYBRID, both by invitation

PREF: Sunday, Oct. 4 Online at 1:00 p.m. or 2:00 p.m. Details emailed to those invited. This invitation-only round will take you deeper into Tri Delta. Attire: Dressy Casual

BID DAY: Sunday, Oct. 4 3:30 p.m. Details emailed to those invited. Invitation-only hybrid celebration of our founding class. Attire: Casual

Tri Delta is an assembly of women who are committed to being brave, bold, and kind on their campuses. We are interested in empowering and elevating our women through leadership academics and philanthropic service. If you are looking for a community of women where you can be unapologetically you, Tri Delta is the right fit for you!

KIND

BOLD

BRAVE



Arts & Entertainment

Dancing with the Stars Begins 29th Season

BY MIA STARK
Staff Writer

On Sept. 14, “Dancing with the Stars” premiered its 29th season. The show cast 15 new celebrities to compete for the Mirror Ball trophy.

After being cut from the show last season, professional dancer Artem Chigvintsev returns this season.

The pairs of contestants this season include Vernon Davis and Peta Murgatroyd, Skai Jackson and Alan Bersten, Nelly and Daniella Karagach, Nev Schulman and Jenna Johnson, Chrishell Stause and Gleb Savchenko, and Carole Baskin and Pasha Pashkov.

Another addition to “Dancing With The Stars” is a new host, Tyra Banks. Banks follows the footsteps of former 15-year host Tom Bergeron.

“Honestly, I don’t think Tyra Banks is as good a host as Tom Bergeron and Erin Andrews,” said senior Carlie Rivera. “I miss having two hosts because the dynamic was so much better. When Tyra asks the contestants and professionals questions, it just seems so scripted. It’s kind of cringe-worthy.”

The judges this season are Carrie Ann Inaba, Derek Hough, and Bruno Tonioli.

“I’m a fan of Derek Hough and I think he’s a great judge,” said Rivera. “It’s nice to have a younger person on the judging panel. During the first episode, he made a TikTok reference and stuff like that definitely appeals to the younger crowd.”

Many shows, including “Dancing with the Stars,” have had to make significant changes due to COVID-19. Changes to the show include the new makeover of the ballroom, the judges sitting six feet apart, and the lack of a live audience.

Carole Baskin is one of the contestants on the show this season despite only rising to fame this year due to her appearance in the Netflix documentary series “Tiger King,” which was released in March.

“I have absolutely zero dance experience,” said Baskin on the show. “I need to get into tip top cat fighting shape.”

Speaking of her dancing partner, Baskin said, “I wanted someone who was tiger tough and bobcat strong, and Pasha is that.”

Baskin and Pashkov took the stage on the premiere of the show, performing the Paso Doble dance to “Eye of the Tiger” by Survivor. Pashkov appeared in a cage with tigers. Baskin wore a neon pink number with tiger stripes down the sides and Pasha wore tiger striped pants.

“I feel that this season is purely for promotion. They are really capitalizing on Carole. For example, incorporating in her costumes a tiger theme (which nobody else has a costume based on their career) and having her dance to the ‘Eye of the Tiger.’ She could be doing this to promote the new CBS ‘Tiger King’ miniseries they are creating, and ABC is obviously using her for views,” said senior Maria Serpiento.

Serpiento also discussed the range of dancers this season. “I do appreciate that it is not all athletes and that they also have dancers that are all different ages!” she said.

“Dancing with the Stars” airs Monday nights at 8 p.m. on ABC.



USA TODAY

ABC’S “DANCING WITH THE STARS” PREMIERED ITS 29TH SEASON ON SEPT.14 AND AIRS MONDAY NIGHTS AT 8 P.M.

Recapping the 72nd Emmy Awards

BY SAL MORLINO
Staff Writer

On Sept. 20, the 72nd Primetime Emmy Awards were presented by The Academy of Television Arts & Sciences. The ceremony, hosted by Jimmy Kimmel, was streamed live on ABC and broadcast internationally.

Due to the COVID-19 pandemic, the ceremony was not held in the normal theatre setting. Instead, it was held at the Staples Center in Los Angeles without an audience. Winners accepted awards virtually and made speeches on Zoom from their homes. Some also took the opportunity to speak on social and political issues.

“On the one hand, I appreciated that the actors acknowledged what was going on in the world,” said Dr. Lori Bindig, Department Chair of Communication Studies at Sacred Heart University.

Regina King and Uzo Aduba were among some actors and actresses who expressed their pride and care toward the social justice struggles in the United States. King and Aduba both represent the Black community and wore T-shirts with the late Breonna Taylor on it. Taylor was shot and killed by police in March.

“The cops still haven’t been held accountable,” King said. “She represents just decades, hundreds of years of violence against black bodies. Wearing Breonna’s likeness and representing her and her family and the stories that we were exploring, presenting and holding a mirror up on ‘Watchmen,’ it felt appropriate to represent with Breonna Taylor.”

Aduba admired King’s decision to use the opportunity to make a statement and said, “I loved when I saw her shirt and standing in it with such strength and power, which we all know she has.”

The Canadian sitcom “Schitt’s Creek” made Emmy history. The show took home nine awards in total, both for the show itself and individual actors and actresses.

“It is absolutely incredible. I think my dad said it best earlier this evening: it’s a dream you don’t want to wake up from, to be honest. What an absolutely unbelievable way to end our series,” said Dan Levy.

Some of the awards “Schitt’s Creek” won include Best Comedy Series, Outstanding Writing in a Comedy Series, Outstanding Actor in a Comedy Series, and Outstanding Lead Actress in a Comedy Series.

“I definitely think ‘Schitt’s Creek’ was deserving of every award they won; it’s such a uniquely hilarious and comforting show with a diverse cast of characters,” said Castle Yuran, student success coordinator at Sacred Heart University. “Not to mention it was created by the father and son duo who starred in it.”

History was made yet again at this year’s Emmys when 24-year-old Zendaya took home the award for Outstanding Lead Actress in a Drama Series. Zendaya earned the award for her performance in the HBO drama “Euphoria.” This is Zendaya’s first Emmy,

and she is the youngest to ever receive the award.

In “Euphoria,” Zendaya plays the role of Rue Bennett, a teenage drug addict who constantly struggles to recover from her addiction. Although Zendaya had to limit the amount of people she could celebrate with due to the coronavirus pandemic, she still accepted the award with tears of joy.

“I usually don’t cry,” Zendaya said backstage during a virtual interview. “I go through it without letting it take over me. It was a very emotional moment. I still can’t believe it myself. It’s pretty crazy.”



ASSOCIATED PRESS

THE 72ND PRIMETIME EMMY AWARDS WERE HELD ON SEPT. 20 HOSTED BY JIMMY KIMMEL AND BROADCASTED LIVE FROM THE STAPLES CENTER IN LOS ANGELES WITHOUT AN AUDIENCE.

Sports

NCAA Votes on College Basketball Start Date

BY PATRICK BILLINGS
Staff Writer

On Sept. 16, the National Collegiate Athletic Association (NCAA) voted on playing the 2020-21 basketball season. After much debate, the committee decided to start the season on Nov. 25, while practice is able to be held as early as Oct. 14. Most people thought there would be no season at all.

"I thought that the committee would push our season back to January so we would only be playing conference games," said senior guard Jayla Davis. "At one point, I did think we weren't going to have a season with COVID-19 getting more serious."

Men's basketball head coach Anthony Latina explains that this time away from basketball gives his team a new perspective on the upcoming season.

"I don't know if it is a different type of intensity from the team but it is definitely a much different perspective. The level of gratitude and appreciation is probably greater than it ever has been."

Latina believes his players realize that things can change and also be taken away at any given moment. Knowing this has strengthened their focus, but it has also helped them not to take this opportunity for granted.

The committee agreed that teams will play a 27 games schedule instead of 31 games. Each conference will decide on their own regarding a start date for conference play.

"I don't think having fewer games will affect our team toward playoff time. We have a lot of returners on the team that know how playoffs feel," said Davis. "Since our season ended last year right when we got our momentum going, we know this year we want to win a championship."

Women's head coach Jessica Mannetti understands that despite the absence of training over the summer, the SHU Athletic Department and the Athletic Training & Strength Conditioning programs have done a tremendous job guiding the athletes back to competing safely and healthily. This was done with their "Return to Play" protocols.

The beginning of the season occurs when students head home for winter break. Having less people on campus will make the possibility of contracting COVID-19 rare.

"It will be a challenge in terms of developing a team chemistry as quickly as we normally would expect to have it down, considering we all just met as a unit not even three weeks ago for the first time," said senior guard Zach Radz. "However, I'm extremely confident that our team chemistry on and off the court will not be an issue because we have a great group of guys. I'm looking forward to battling and overcoming obstacles under some rare circumstances to make this season even more special."

As everyone waits for Nov. 25 to come around, the delayed season has resulted in different guidelines and regulations.

"We know we are going to have to adapt to potentially many unusual situations, so when that does happen, we are going to have to be able to adapt and figure it out," said Latina. "That is the mindset we are going to have all season."



SACRED HEART UNIVERSITY ATHLETICS
SENIOR GUARD JAYLA DAVIS IS READY TO LEAD THE SACRED HEART WOMEN'S BASKETBALL TEAM FOR THE UPCOMING 2020-21 SEASON.

Michelle Reed Elected to the NIRA Executive Committee

BY MIA SANSANELLI
Staff Writer

Michelle Reed, head coach of the women's rugby team at Sacred Heart University, was recently elected to the National Intercollegiate Rugby Association's (NIRA) Executive Committee as the Division I coach chair.

"I am honored to be selected to represent all the NIRA DI rugby programs and their coaches," Coach Reed said. "It's a proud moment but now it's time to see how I can make more of an impact from this position."

After tearing her ACL in her senior year of high school, she was looking for something to fill the void that her athletic career once held. When she found rugby, the game immediately changed her life. So much so, it brought her across the country to live out her dream as a Division I college coach and an advocate for the sport.

Rugby has helped her find her voice, she said. By finding the people she relates to, she was able to develop her self-esteem and confidence.

Her newly established position comes with the opportunity to have more of an impact in helping to grow the sport and reach the 40 teams needed to be a full-fledged NCAA championship sport.

For over 20 years, Reed has been involved with collegiate rugby. In the 2018-19 season, she coached the Pioneers to the NIRA Tier 2 Championships for the first time in program history.

The university's program is not the only one that has benefited from Reed's presence. Her players speak about how she has impacted their lives as more than just a coach.

"Honestly, coach Reed has made such a tremendous impact in my life on and off the field," said senior Izzy Cuddy. "There are so many reasons she stands out, not only for the way she coaches, but also because of the way she is our mental health advocate."

Her players believe she deserves the coach chair position of the 17-member committee due to the hard work and dedication she has devoted to their program.

"She is a huge reason why I am still on this team and at Sacred Heart today. I know she would do anything for us. She goes above and beyond the typical college coach," Cuddy said.

"Coach Reed is a great coach that's very active in all of her players' lives," said sophomore Makinzie Youngblood. "She makes sure to check in on our academic and social lives often and shows that she cares about each of us. I know she works tirelessly to put every practice plan together and innovate our game."

Reed said she believes in what rugby does for young women, on and off the field, and is passionate about providing that opportunity for as many collegiate women as she can.

When discussing goals for the future, she says her main goal is to help develop women's collegiate rugby into a NCAA championship sport.

She also hopes to grow the program at SHU and provide interested institutions with a successful model that they can turn to when deciding to add a rugby program.

"I want SHU to be a program where Athletic Directors say, 'I want that to be our university,'" said Reed.

Through the hard work of the student athletes and the athletic administration, Reed believes that Sacred Heart has already built these strong foundations.

"The progress these last five years has been inspiring and motivating," said Reed. "I am excited for the future and whatever else rugby will bring to my life."



SACRED HEART UNIVERSITY ATHLETICS
WOMEN'S RUGBY HEAD COACH MICHELLE REED NAMED TO THE NIRA EXECUTIVE COMMITTEE.

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Helping Me 'Rebound' From a Sports-Less World

DAN GARDELLA
EDITOR-IN-CHIEF

It has been 205 days since Sacred Heart had a basketball game. It was Mar. 7 when the women's basketball team played their way into their fifth straight Northeast Conference tournament semifinals.

At that time, the sports world was still up and running. College basketball was nearing their stretch run, highlighted by the NCAA Tournament, the NBA was beginning their playoff push, and Major League Baseball was in the middle of spring training. Fast forward one week, and all of these things were taken away from everyone.

At the beginning of the suspensions of sports, I suddenly found myself with more time than I knew what to do with. Mid-March would be a time of watching college basketball around the clock while getting ready for the return of baseball. It quickly turned into "Who knows how long it will be before sports come back?"

In the early stages of the pandemic, my attitude changed from thinking it would blow over in a few weeks, to wondering if I was even going to walk across the stage next May to graduate. Many emotions swirled through my head, from anxiety, to depression, to frustration. It was a tough few months for me, who was accustomed to running around the clock covering sports.

When the news came down in the middle of the summer that no football would be played in the fall, things became even more real that my senior year, and some of the things I love about Sacred Heart, were being taken away by the pandemic. Those same emotions that arose in March were suddenly beginning to crawl their way back into my head.

Even without sports this fall, the great people within Sacred Heart sports allowed me to get my fill of college sports without any games being played.

Mark Nofri gave me time to talk about his coaching career at SHU.

Jessica Mannetti let me talk to her about how this summer was the calmest summer she's had in 15 years.

Anthony Latina allowed me to talk to him for 45 minutes over the summer to talk about how difficult it was to recruit in the middle of a pandemic.

Even Aaron Gaberman and the athletic communications department allowed me to start an interview series for Sacred Heart student athletes.

For people who know me, they know that Sacred Heart sports has been a massive part of my college experience, sometimes to a fault. Last year especially, I dedicated a lot of my time to covering Sacred Heart basketball. I traveled to Providence, UConn, Hartford, and Quinnipiac and covered 18 games on site last year, by far more than what I covered the year before. The relationships and memories I made throughout the season is something I will never forget.

While the postseason was cut short last year, my biggest nightmare was having no college basketball my entire senior year. Luckily, I won't have to worry about that (knock on wood).

With college basketball set to return Nov. 25, Sacred Heart sports makes its triumphant return. It will be more than eight months between Sacred Heart games, and game day cannot come soon enough, for both players and student media.

Even though we've been sport-less at SHU for months, this time showed me that the coaches are far more than just coaches at the university, they are amazing people and role models.

Let the countdown to college basketball begin. It's good to have you back, old friend.

More Than Just a Restaurant

CITLALLI GODINEZ
NEWS EDITOR

Zapata, a Mexican Restaurant located in Palisades, N.Y., has been my second home ever since I was about five years old. Since then, Zapata has greatly influenced my way of living and my parents have instilled in me values and morals that have shaped the person I am today.

For me, Zapata is a legacy. A legacy that represents my family. A legacy that speaks volumes on the importance of dedication and hard work.

At the restaurant we have multiple fun nights, but if I had to pick one of my favorite nights, it would be the anniversary. The anniversary is celebrated every Feb. 6. To celebrate, my parents bring a Mariachi band for our customers to enjoy while having their dinner and drinking margaritas. The Mariachi starts at around 6 p.m. and ends at 10 p.m. During the 4-hour time period, my family and I cut a cake and take family pictures. This night serves to show the immense amount of dedication and hard work my parents have put into the restaurant. Thankfully, this upcoming February, it'll be our 17th anniversary.

If I had to pick what stresses me out the most about working at the restaurant, I'd say nothing. In reality, the stress motivates me to work harder and prove to my parents that my siblings and I are able to run the business. Although the hours I work don't compare to the hours my brother Christian works, I'm able to get a sense of what it is like to run a business. For that, I thank my parents because not many are granted that opportunity while being instilled important values that will help shape their own future.

The desperation and anxiety my family and I felt during COVID-19 is unexplainable. In March, when there was a

mandatory shut down, we were hesitant on where this pandemic would take us business-wise. Following the shutdown, we began working on a delivery and take-out basis. Aside from that, the two pillars of the business, my father and my brother, got sick. In this particular instance, I was determined to prove myself to my father. I opened and closed the restaurant while doing deliveries, taking orders, and doing multiple Restaurant Depot runs for over a month. In the midst of it all, I was still a full-time online college student. I got through it and learned an immense amount during these times.

In reality, Zapata has been a learning experience.

As I sit at a bar table working on this editorial, surrounded by customers who are enjoying a chilly night out, I'm reminded of how loved my family is.

I could spend my whole entire day here taking my online classes while helping out and I can't complain. This is what I love. This is what I enjoy doing.

I'm fortunate enough to have a home away from home that makes me feel comfortable and allows me to be in a positive environment.

There are many aspects of the restaurant that I could speak volumes on, but if I had to choose the most important one, I'd say that creating a relationship with customers is vital. I have learned from my father that one must be welcoming while establishing a friendship with patrons. Make a customer feel at home, and they'll come back.

My father is the pillar that holds Zapata up while continuing to instill in me values and morals.

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