

Spread Positivity!

“AN ACT OF KINDNESS
DOESN’T HAVE TO BE
A GRAND GESTURE,
A SIMPLE SMILE CAN
TRULY LEAVE SOMEONE
FEELING LOVED”
- AMY PETROVICH

“WHEN PEOPLE HELP
PEOPLE JUST TO SEE
THEM SMILE”
- KRISTEN CIGNARELLA

“WHEN SOMEONE GOES
OUT OF THEIR WAY TO
DO SOMETHING SMALL,
LIKE HOLD THE DOOR,
ASK YOU HOW YOU ARE,
OR HELP YOU HOLD
SOMETHING WHEN
YOUR HANDS ARE
FULL.”
- GIAN CAPOLINO



Audrey’s Corner is
Back!



AUDREY’S CORNER IS A
SPACE FOR KINDESS AND
POSITIVTY, ESTABLISHED
IN 2018 IN MEMORY OF
AUDREY NIBLO!

CHECK OUT THIS WEEK’S
ARTICLE ON PAGE 5

SHU Drops Out of UB Deal

BY SIAN STOCKMAN
Staff Writer

On Oct. 5, President John Petillo announced to students and faculty that Sacred Heart University would no longer be involved with the plans to acquire part of the University of Bridgeport.

Sacred Heart would have joined Goodwin University and Paier College of Art to own different parts of the university’s programs and degrees. The deal was first announced at the end of June, and University of Bridgeport was to turn into a “university park” where students from the three schools could take classes for their concentrated major.

“We were interested in taking over most of the programs,” said Petillo. “Initially, we were only pursuing a few programs including engineering, education, and chiropracting. Then we did our due diligence, as you would normally do in any deal, and found out that we would walk away from engineering and education. This was because the numbers of the terms of the enrollment were not there.”

Petillo continued to talk about the other programs Sacred Heart was pursuing and said, “Then we came back and made another offer on the nutrition and chiropracting program, and we said we could put the money in escrow, which means a lawyer would hold it, until the accreditors transferred the accreditation to Sacred Heart. The lender wasn’t able to do that, so we didn’t go through with it.”

According to Petillo and Michael Iannazzi, Vice President of Marketing and Communications, the enrollment numbers given to them were significantly less than what University of Bridgeport had initially stated.

“Upon inquiry and verification by Sacred Heart, the enrollment numbers we had been given turned out to be significantly less than what we were led to believe. We made another offer, in line with the new projections, and that was turned down,” Iannazzi said.

Junior Leah Weeks reflected on the decision and said, “I think it’s a good idea that we didn’t act on it, especially considering that the enrollment numbers were lower than expected.”

As for whether the deal will still happen, Petillo said, “The other school, being Goodwin, as far as I know is still planning to purchase it at a much more significant price than we were. But we will see on Oct. 15 if they close the deal which the lender, the bank, was insisting on. If it is, in time, University of Bridgeport will cease to exist.”

Petillo explained that University of Bridgeport has a very rich

history, and that it still needs to be represented in the community.

When asked what the next steps for Sacred Heart are, Petillo said, “The university will have its own organic growth as a school, regardless of what happens to University of Bridgeport.”

There have been many new programs added to Sacred Heart, such as a master’s degree program and a doctorate in social work, along with a number of online programs which continue to grow.

Iannazzi said, “As far as our school as a whole, we will continue with our longstanding commitment to the City of Bridgeport through such programs as our robust student teacher internship program, Horizons, Upward Bound and the many service programs our students are involved in.”

Iannazzi added, “And, in keeping with our mission, we will continue to look for opportunities to support and enrich our local communities in any way that we can.”

Senior Amanda Bernardi said, “I think Sacred Heart dropping the ownership of University of Bridgeport is a good idea because they are already spending lots of money to make our campus better. I think that if they took on University of Bridgeport, then things here wouldn’t get done.”



SACRED HEART UNIVERSITY
PREVIOUSLY, SACRED HEART HAD PLANS TO ACQUIRE A PORTION OF THE UNIVERSITY OF BRIDGEPORT, BUT HAS ANNOUNCED THAT THEY WILL NO LONGER GO THROUGH WITH THAT PLAN.

SHU Begins Saliva COVID-19 Testing

BY GABRIELLA LEFEBVRE
Staff Writer

On Oct. 6, Sacred Heart University began testing students for COVID-19 with a saliva test. Saliva testing takes place at the South Garage on Main Campus. Throughout the semester, tests will be given on Tuesdays, Wednesdays, and Fridays.

According to Dr. Sherylyn Watson, Associate Dean of Academic Affairs and assistant professor, “The goal is to increase the amount of people being tested as well as the ability to have a quick turnaround and accuracy. The saliva testing has a good accuracy rate, and we can do a lot more than the nasal swab ones.”

Sacred Heart is paving the way to using the saliva test in addition to the nasal swab test. “We are one of the first universities to do it,” said Michael Iannazzi, Vice President of Marketing and Communications. “This was just discovered at the end of August. We were waiting for this to come.”

He continued, “One of us on the COVID team saw an article about this SalivaDirect. So immediately we went after it. We really went after them hard because it was a great solution for us.”

SalivaDirect is a new way to collect samples for a PCR test in a centralized lab.

Gary MacNamara, Chief Executive Director of Public Safety and Government Affairs, was the first to be approached by SalivaDirect. He felt it provided a great opportunity for Sacred Heart to pioneer this new form of testing. The university had a unique opportunity to quickly and safely increase student testing.

“We did 254 tests in the first week, which gave us the chance to really work through the logistics,” MacNamara said.

When asked about the goal of the saliva test, MacNamara said, “The saliva test has those three components we are looking for: the less intrusiveness, the ease in which it can be administered, and the rapid return, which is something we also want.”

Sacred Heart’s main priority is the safety of their students, faculty,

and staff. “The quicker we get results, the quicker we can identify positives and then take appropriate action to avoid the spread,” said MacNamara. “That is what SalivaDirect allows us to do.”

Iannazzi discussed how people are reacting positively to the new saliva test. He said, “There are people calling him (MacNamara) asking where do you get this test, how did you get it, how are you doing it.”

Many students have had positive experiences with SalivaDirect and find it less invasive than the nasal swab test. Junior Madison Craig said about the saliva test, “It was a lot easier to handle, just a little bit awkward to be sitting and spitting. It was a different experience than what I’m used to, but it was better than the nose swab test.”



ALEX MCCLOSKEY/SPECTRUM
SACRED HEART ANNOUNCES THAT THEY WILL BEGIN USING SALIVA DIRECT AS A MEANS OF TESTING STUDENTS FOR COVID-19.

Second Presidential Debate Cancelled

BY GABRIELLA TAMBURRI
Staff Writer

The second presidential debate between Democratic candidate Joe Biden and Republican candidate President Donald Trump that was scheduled for Oct. 15 has been canceled. Both parties have been competing while trying to manage the COVID-19 pandemic.

Sacred Heart students shared their opinions on the upcoming election. “I really am not completely sure how I feel about this election,” said junior Owen Ginley. “In my short life, I’ve only seen a few elections, and this election is by far the most divided I’ve ever seen in this country.”

“When I first heard that the second presidential debate was cancelled, I was disappointed,” said senior Kolby Driscoll, President of the College Democrats. “Election season is one of my favorite times of the year, and I was genuinely looking forward to getting the full presidential election experience.”

Due to Trump contracting COVID-19, the debate was cancelled. According to the Associated Press from AP Newsroom, “The decision was made a day after the commission announced the debate would take place virtually because Trump had contracted the coronavirus.”

The decision to make the debate virtual heightened reactions. “I think a virtual debate is unfair on both sides,” said junior Chris Siclari.

Despite uncertainty about his health, Trump and his administrative team refused to participate in a virtual debate.

“A virtual debate would not have served the voters, as it would have seemed superficial and less than personal,” said Dr. Gary Rose, Chair of the Department of Government. “Debates often provide a window to a candidate’s style, delivery, and poise, which of course are important attributes for voters to consider. A virtual debate would not have provided these opportunities to voters.”

Some Sacred Heart students thought differently. “I think that a virtual debate could definitely be beneficial as a last resort,” said Ginley. Due to the format change of the second debate, the Oct. 15 face-off did not take place. “I can understand President Trump’s position because his strength has always been appearing in person before audiences and commanding a crowd,” said Rose.

“Typical in accordance with his track record and history, President Trump was told something he did not necessarily want to hear, so he reacted in an impulsive and unprofessional fashion,” said Driscoll. “When Trump contracted COVID, it was announced that the debate had to be cancelled, but then announced that the debate would take place on Zoom. I do not know why President Trump feels the way that he does about debating over Zoom, however, I view it as very unprofessional that he was unwilling to participate.”

Instead of having a virtual debate, the candidates participated in two separate town halls

on different television networks. Biden’s town hall was aired on ABC, while Trump’s was on NBC.

As a result of the debate cancellation, there is much attention surrounding the third debate.

As reported by the Associated Press from AP Newsroom, “The Oct. 22 debate in Nashville, Tennessee, is scheduled to feature a format similar to the first.”

“I definitely think the outcome will be interesting and, in all honesty, I think no matter who wins, there will be a large number of people angry at the outcome,” said Ginley.

The United States 2020 presidential election is scheduled for Tuesday, Nov. 3.



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THE SECOND PRESIDENTIAL DEBATE HAS BEEN CANCELLED DUE TO THE UNCERTAINTY SURROUNDING PRESIDENT TRUMP’S HEALTH AFTER HIS COVID-19 DIAGNOSIS.



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Perspectives

Just A Little Boost

BY ASHLIN HALEY
Staff Writer

Back in February of 2018, Sacred Heart University introduced a new method of ordering food in the dining halls: the Boost Mobile Food Ordering App. Instead of waiting in long lines, the app allows students to order ahead and pick up their meals in the dining halls. Especially during the COVID-19 pandemic, many students have utilized this digital alternative due to its convenience and easy access.

“I use Boost all the time,” said sophomore Shea O’Neill. “I live in Christian Witness Commons, so I order food ahead of time, get ready for class, and the food is ready by the time I walk out the door.

Sacred Heart expanded the Boost app to all dining areas on campus this fall, which has allowed more participation with the service. In the app, students select which dining hall they want to order from to view their meal options at each location. Boost notifies students when their order has been placed and when their food is ready.

The app is widely used by students on campus, and many have positive opinions on the functionality of this digital alternative.

“Using the Boost app has been great. It’s very easy to use. It lets me skip the lines in the dining halls, and I can get my food faster,” said freshman Cody Davis.

Many agree that using the app works better with their schedules than standing in line for a long period of time.

“Ordering over the Boost app is more convenient to my own schedule than just waiting in the long lines at Linda’s. It makes getting your food faster and more efficient,” said sophomore Kevin Mrozinski.

Similar to Mrozinski, other students say that Linda’s is one of the best dining halls to use the Boost app, as this dining hall is notorious for long lines. On the other hand, ordering at JP’s Diner through the app is known to take longer.

“Getting your food is a lot faster when you use the Boost app at Linda’s because you can get it at the time you want. If you do it at JP’s, you need to expect to wait around an hour,” said junior Brooke Cahill. “The one difficulty I’ve had is ordering food from the diner around 5:30 p.m. and not being able to get it until 7:45 p.m.”

Others find the app to take the same amount of time than if they were to wait in line in the dining hall.

“Sometimes I see little to no difference from using the Boost app at places like Linda’s, because waiting in line takes about as much time than if you were to order it off the app and wait for your food to be processed and cooked through the app,” said junior Kristine Udahl.

Boost can also support the need for more social distancing.

“The app allows for scheduled pick-up times, which helps with social distancing as well as decreasing the amount of people we have in our dining halls at a time,” said Kayla Hawley, Marketing Director of SHU Dining.

With the app, some students are more comfortable ordering digitally rather than standing in the crowded dining halls.

“It allows for less contact between individuals, so in a way it helps contain the virus,” said Mrozinski.

Even though some people say the Boost app limits social interaction, the Sacred Heart dining staff continues to make efforts to connect with the students.

“Although there may be less social interaction between guests and employees who are using the app, we are still greeting our students and saying hello at any opportunity,” said Hawley.



CHRISTINA MASSEI/SPECTRUM

THE BOOST MOBILE APP ALLOWS STUDENTS TO ORDER THEIR FOOD AHEAD OF TIME IN ORDER TO AVOID WAITING IN LINE.

The Missing Link

BY SOPHIE CAMIZZU
Staff Writer

Some college students no longer feel the missing link between education and their future career paths with LinkedIn.

Because there is more pressure for upperclassmen to find a job as they near graduation, many decide to create a LinkedIn profile.

“I do have a LinkedIn,” said senior Victoria Salvatore. “As a graduating senior, I am looking for jobs at the moment, and I find this is a great way to keep an eye out for these opportunities.”

According to Business Insider, “LinkedIn is a social network that focuses on professional networking and career development. You can use LinkedIn to display your resume, search for jobs, and enhance your professional reputation by posting updates and interacting with other people.”

Although some students have not created an account, they still see the importance of establishing professional connections with potential employers.

“I do not have a LinkedIn, but it’s definitely something I will look into over the coming time,” said freshman Olliver Persson. “I believe that all the knowledge is in the connections. If you want to succeed, it’s really important to make connections along the way.”

Regardless of experience level, college-aged students comprise a significant part of LinkedIn’s statistics.

According to Oberlo, a computer software company, in 2019, “LinkedIn boasted over 660 million users in more than 200 countries and territories across the globe. As it stands, 18- to 24-year-olds make up a quarter of LinkedIn’s overall advertising audience.”

Nonetheless, LinkedIn is still a social media platform revolving around the user and the content within their profiles.

“Think of it as a professional Facebook – individuals have the opportunity to build a personal profile showcasing experiences and connect with others for career advice,” said Keith Hassell, Executive Director for Career & Professional Development. “Additionally, 95% of recruiters use the site to source candidates for their open roles.”

Each individual profile can be customized to gain the attention of a potential employer.

“LinkedIn has a bunch of information in one place that job recruiters can look at from my education, interests, people I’ve worked with, and my past and current jobs,” said junior Andrea Toth.

By granting employers access to this information, it is important for users to update their profiles.

“It’s essential to grow and keep up your professional network. No one knows when they are going to need a record of people they know professionally,” said senior Andrew Kannally.

Some students regularly update their LinkedIn profiles for higher rates of success.

“I try to update it whenever something changes in either my education or professional life. For example, I recently posted an update about being accepted into Sacred Heart’s Occupational Therapy Graduate program,” said senior Grace Anneser.

Regardless of major or year, LinkedIn can be used to help students make the most of their college experience.

“Every student should have a complete LinkedIn profile by the time of graduation. To be honest, I would encourage you to set up a profile freshman year and use the site almost as an e-portfolio of your experiences throughout your time here at SHU,” said Hassell.



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SHU STUDENTS RECOGNIZE THE IMPORTANCE OF CREATING A LINKEDIN PROFILE TO CONNECT WITH PROFESSIONALS AND EMPLOYERS.

Features

National Coming Out Day

BY JULIA HALLISEY
Staff Writer

Sunday, Oct. 12 was National Coming Out Day and Sacred Heart University celebrated with two separate events on campus. A National Coming Out Day rally was held on Sunday, Oct. 12 on the university chapel quad and a Heart Challenges Hate event was hosted on Monday, Oct. 13 by Reverend Sara Smith.

This year marked the first time National Coming Out Day was celebrated with on-campus events.

“It has become more apparent that in today’s society as a university, we need to reach out to different demographics, and that includes the LGBTQ+ community,” said Keith Johnston, Director of Performing Arts.

The event on Sunday, sponsored by the Multicultural Center, Office of Diversity and Inclusion, SHU Gender Sexuality Alliance and Performing Arts, was filled with musical performances, speeches, food and inspiration.

“I hope that these events serve as an example to everyone hesitant to come out or afraid of coming out,” said senior Carlos Ruiz. “It’s not always an easy thing, but I want people to know that you’re able to be yourself and achieve great things.”

Both events aimed at creating a safe environment where LGBTQ+ students feel included, embraced and important.

“I told everyone at the rally I wanted them to hear three things,” said Reverend Sara Smith. “You are loved, you are not alone, and you are a child of God.”

There were few people in attendance, but that did not stop the enthusiasm at these events.

“Whether there were two people there or 1000 people there, just the fact that we did this is a huge step,” said Johnston.

The event on Monday, held in the Multicultural Center, served as a time for any student, regardless of their sexuality, to have a one-on-one conversation with Smith.

“I want LGBTQ+ students to know that they have allies on campus,” said Smith. “There is so much hate in the world. What we need to do is counter that with love.”

These events were not just for the LGBTQ+ community; they were also held for straight students to acknowledge and celebrate their fellow students’ sexuality.

“National Coming Out Day is not just for gay people,” said Smith. “It’s for straight people to stand up and say that’s my friend and I support them no matter what.”

Ruiz, who spoke at Sunday’s event, recognized people who have helped him continue to be himself on campus.

“Sacred Heart’s faculty and staff, my friends, and my teammates are my biggest support system,” said Ruiz.

He also recognized that his openness may not come so easily to others, which is why it is important that Sacred Heart holds these events.

“By having these events, it will hopefully allow students who are struggling or feel as

if they don’t have a place for them on campus to know that they have support and that people will stick up for them,” said Ruiz.

Sacred Heart is encouraging allies to stand with LGBTQ+ students and continue to make Sacred Heart a safe place for them.

“I am truly a believer that visibility matters and that we grow as people when we are together and share in our experiences,” said Johnston.

The Office of Diversity and Inclusion plans to continue to hold events supporting LGBTQ+ students, the Black Lives Matter movement, women’s rights and other important movements.

“We’re just getting started,” said Smith. “We are going to keep doing all kinds of events.”



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SACRED HEART HELD A NATIONAL COMING OUT DAY RALLY ON OCT. 12 MARKING THE FIRST TIME THAT THE DAY WAS CELEBRATE ON CAMPUS.

Volunteer and Community Service

BY JENNIFER HALLOWELL
Staff Writer

Sacred Heart University provides many opportunities for students to get involved in the local community. Amidst the COVID-19 pandemic, the Office of Volunteer Programs and Service Learning has been creating new ways for students to get involved.

“We are ramping up with Adopt a Family in October before students leave us to spend Thanksgiving at home. It might look a little different, but we are providing gifts and food for 85 families from the Bridgeport area. Because of the protocols of touching and wrapping gifts, we thought it would be better to do gift cards for them,” said Arlete Perez from the Office of Volunteer Programs and Service Learning.

Although community service is being impacted by COVID-19, Annie Wendel, Assistant Director of Volunteer Programs and Service Learning, said that there will still be opportunities to volunteer and get involved in the community.

“Due to COVID-19 restrictions, we have transitioned our community engagement opportunities to a virtual format. We encourage students to get involved through virtual civic education and social action activities, which together help students to develop the knowledge, skills, and commitments to interact effectively with fellow community members to address shared problems,” said Wendel.

In addition to these virtual volunteer opportunities, there will be a virtual CURTIS Week and Global Service Learning Programs in January over winter break.

“CURTIS Week is a program that connects faith and service, as volunteers share their time and talent with local organizations through service, as well as participate in interfaith conversations with our university chaplains. This year, the program will run virtually from Jan. 11-14,” said Wendel.

The program will also be hosting their annual Global Service Learning Programs from Jan. 18-22. Students will have the opportunity to immerse themselves virtually in global communities in Italy, Bolivia, Costa Rica and Puerto Rico; learning about the culture and social, environmental and political factors that impact the community.

“The students will engage in virtual service projects that bridge local and global themes and will earn a course credit for their participation. Both programs are great ways to make use of extra time over winter break, earn service hours or even an extra credit,” said Wendel.

Community service does not just happen during winter break. Students can get involved anytime during the academic school year.

“Our opportunities include volunteering at local food pantries, soup kitchens, senior centers and public schools,” said Wendel.

The Office of Fraternity and Sorority Life is also still trying to hold philanthropy and service events to provide opportunities for students to get involved in the community.

Junior Owen Ginley, executive board member of the Kappa Sigma Fraternity, said,

“Due to the coronavirus pandemic, our philanthropy plans were derailed just like a lot of other people’s plans. We usually do a powderpuff event in the fall where we have all the sororities make football teams and play in a tournament. Each sorority pays money to make a team, and the proceeds go to the juvenile diabetes resource fund. Since we couldn’t do this, we are hoping to do our Haircuts for Heroes event, where people pay money to have their names entered in a raffle and three winners get to shave a brother’s head, and the proceeds of this go to military heroes.”

Even with the current pandemic, Sacred Heart University is pushing through and still making a massive effort to allow students to be involved and give back to the local community.



SACRED HEART UNIVERSITY
SACRED HEART STUDENTS FIND DIFFERENT WAYS TO GIVE BACK TO THE LOCAL FAIRFIELD AND BRIDGEPORT COMMUNITIES THROUGH VOLUNTEER SERVICES.

Spotlight



s.w.e.e.t Spotlight & “We Heart Mental Health”

JILL AMARI
MANAGER OF AUDREY’S CORNER

ADRIANNA PERUGINI
S.W.E.E.T. PEER EDUCATOR

The Student Wellness Education and Empowerment Team (s.w.e.e.t.) is comprised of SHU students whose goal is to promote the success and well-being of other students. Whether offering tips to manage stress, hosting events to meet the s.w.e.e.t. peer educators, or putting up the “Stall St. Journal” volumes around campus, s.w.e.e.t. is a wonderful on-campus resource for students to connect with other students who understand the struggles and challenges of college.

s.w.e.e.t. peer educators are not only here to help students overcome challenges, but also to inform the SHU community of ways to stay well both mentally and physically. They have all the facts about issues like drinking, dealing with stress, and getting enough sleep. Especially now when many of us are feeling emotionally overwhelmed with the state of the world, s.w.e.e.t. is here to help.

You can visit the s.w.e.e.t. page and meet the s.w.e.e.t. peer educators at the following link:<https://www.sacredheart.edu/offices--departments-directory/counseling-center/sweet-peer-educators/>.

In an effort to focus on mental awareness, one of the s.w.e.e.t. peer educators, Adrianna Perugini '21, has begun a social media campaign called “We Heart Mental Health.” In addition to being a part of s.w.e.e.t. and creating content for the Stall St. Journals, Adrianna is a senior Welch Scholar for the College of Business and Technology. As part of her Welch Scholar Project, the “We Heart Mental Health” campaign strives to change the social norm on campus to allow students to feel comfortable talking about their mental health issues in order to better address them. While this campaign is not affiliated with s.w.e.e.t., it does relate to s.w.e.e.t.’s mission to promote mental well-being on campus.

Throughout this campaign, which is taking place on Instagram, Adrianna will be providing facts, resources, and helpful tips for students. There will also be contests, polls, and giveaways.

Adrianna needs YOUR help to ensure this powerful message has a lasting impact on the SHU community. You can help by following @shu_weheartmentalhealth on Instagram

or at the link https://instagram.com/shu_weheartmentalhealth?igshid=1ryxcnykm7qnx. Spread the word, encourage others to follow the campaign, and join the conversation!



Staying Connected Through Faith

BY TYLER DUFF
Staff Writer

The Sacred Heart University Office of Campus Ministry offers various ways to keep students aligned with their faith. During the summer of 2020, Sacred Heart partnered with Holy Family retreats, connecting with college students around the region.

On Wednesday, Oct. 14, a virtual retreat for students took place. It was an evening of reflection where students shared some of the struggles and joys they have experienced over these past few months, as well as a platform to share and practice their faith together.

“It’s important for everyone to stay connected, especially right now. A lot of students may have questions they don’t know where to find the answer to, so the ability to connect in virtual retreats is useful,” said senior Zack Marino.

The next Holy Family virtual retreat is on Nov. 11 at 7 p.m., and all students are invited to join and connect with one another.

In addition to virtual retreats, Campus Ministry offers several other opportunities for students to stay connected to their faith.

“We want to offer a variety of different events and ways for our students to stay aligned with their faith and feel most comfortable in a time when we need each other most,” said Campus Minister Valerie Kisselback.

On Thursday, Oct. 22, Campus Ministry is hosting Agape Latte, a coffeehouse speaker series that takes place in the chapel. During this time, the Interfaith Chaplains will come and speak on their own faith in college.

On Nov. 5, Campus Ministry is having an event in the Multicultural Center for the celebration of Day of the Dead, giving students the opportunity to remember and celebrate the lives of family members who have gone before us.

On Nov. 12, a paint and pray event is being held for anyone who would like to reflect and paint in a comfortable and welcoming environment.

Campus Ministry offers other ways to stay aligned with faith and destress. “Take a Deep Breath” is a video series in which a video is uploaded daily to the Campus Ministry Instagram account (@shucampusmin). Students, faculty and staff can hear a reflection from the Campus Ministry staff or see one of their friends dancing or singing. These videos can also be accessed on YouTube.

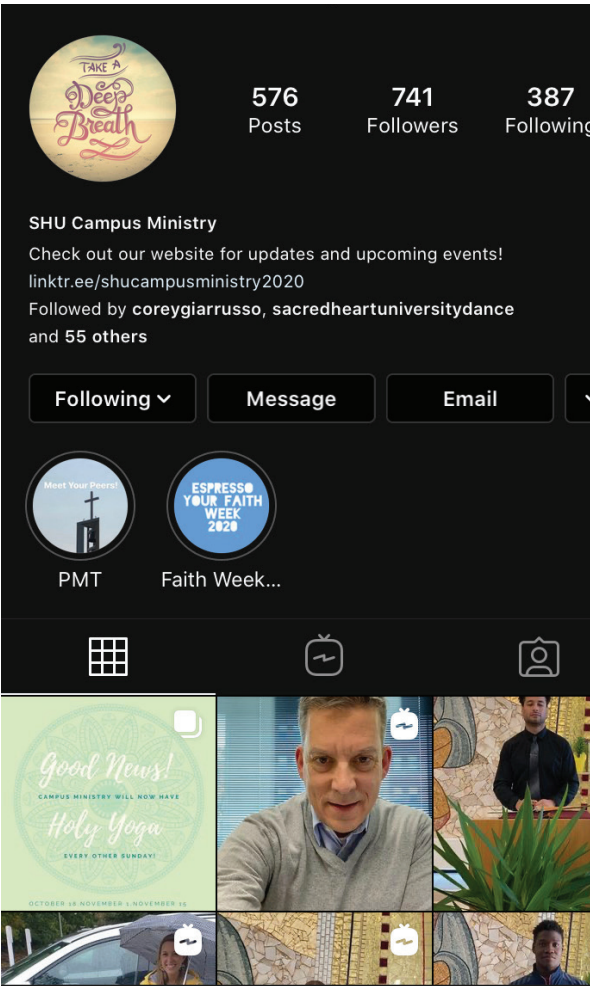
Campus Ministry also offers holy yoga, which is held in the chapel and takes place on Nov. 1 and Nov. 15. The only requirements are to bring your own yoga mat, hand sanitizer and face mask.

In addition, there are virtual masses held every week.

“I used to go to mass at the chapel, but ever since the pandemic started, I have been praying on my own and also found it helpful to attend virtual mass,” said senior Chris Kennedy.

“Our staff, Father and office are always available to help and answer any questions

faith and non-faith related. We love to try new things and really appreciate feedback so we can be here for the community. We are not aware of all needs, and being isolated makes that even tougher, so if there is something we could be offering that we are not already, let us know and it could be set up,” said Kisselback.



INSTAGRAM / @SHUCAMPUSMIN

THE OFFICE OF CAMPUS MINISTRY IS FINDING CREATIVE WAYS TO KEEP STUDENTS CONNECTED TO THEIR FAITH DURING THIS TIME OF SEPARATION.

Arts & Entertainment

Sacred Heart’s Production of “The Flick”

BY **SAL MORLINO**
Staff Writer

After two shows last semester were cancelled due to COVID-19, Sacred Heart’s Theatre Arts Program (TAP) has returned with the play “The Flick.” The performances were held from Oct. 3-11, and SHU student tickets were sold for \$5.

“The Flick,” written by American playwright Annie Baker, tells the story of three individuals: Sam (played by sophomore Zack Gaiero), Avery (played by senior Jay Williams) and Rose (played by junior Jill Jackman).

“My experience working on the show was great. As the stage manager, my job during the show is to make sure everything is running smoothly between the actors, lights, sound, and props,” said senior Erica Allocca, Production Stage Manager and Theatre Arts Program President.

This show differed from other shows TAP has done in the past in that the audience had to enter through the back doors of Edgerton Theatre, where they then sat on the stage. The show took place in the seats, where the audience would usually be, as though the actors were in a movie theatre.

The characters work at a movie theatre together, and during their shift, they discuss their daily lives and the struggles they go through. Throughout their conversation, they realize they have a lot in common.

“It allowed the audience to feel they were truly watching the characters interact at the actual movie theater. The blocking, costumes, props, set, and lighting were amazing. The actors did a phenomenal job sharing this story with the audience,” said senior Michaela Viera.

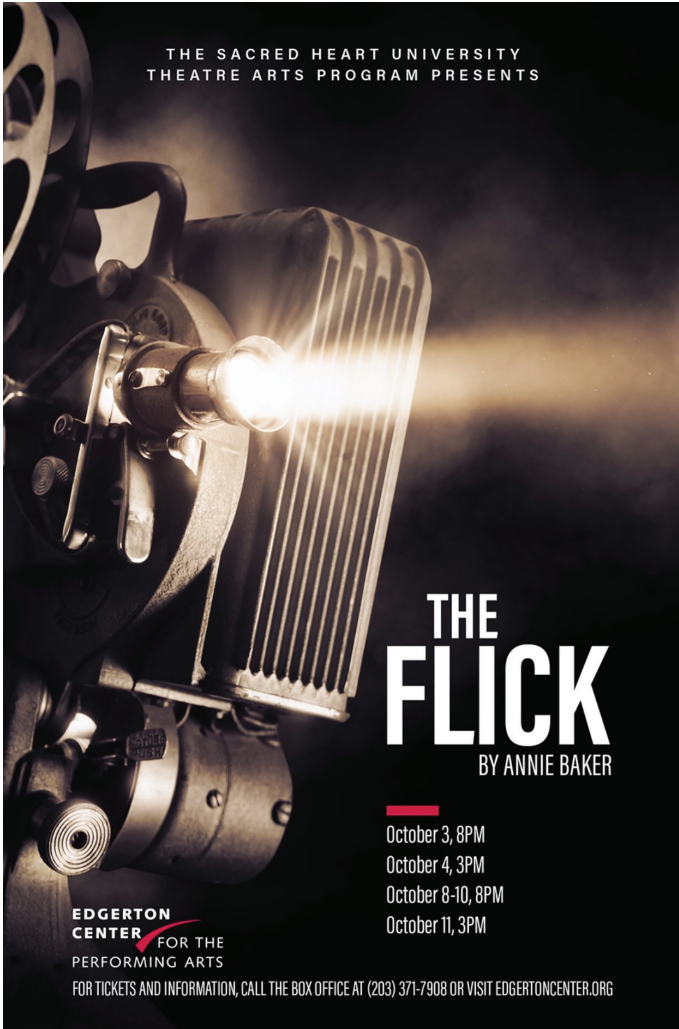
The rehearsal process for this show was different than past years, and included several necessary precautions due to COVID-19.

Allocca said, “The rehearsal process with the new COVID guidelines was very manageable. Everyone in the cast and crew had their temperatures taken before every rehearsal, and we all wore our masks for the entire rehearsal. We also had a COVID team that wiped down all the props after each time they were used.”

The cast of “The Flick” also included two cameo characters; Skylar (played by freshman Sam Eaton), and the Dreaming Man (played by freshman Brad Hutchinson). The Dreaming Man only had one scene and one line.

This was Hutchinson’s first show at Sacred Heart. Regarding his character, Hutchinson said, “He knew that when he left the theatre, the problems in his life would hit him. Although my character didn’t have much backstory, I still was able to work with our director Jerry in creating my own to help create a motivation behind my actions.”

“This was my first time working on a show at Sacred Heart, and I was amazed by the level of talent, the professionalism, and the work ethic that was carried out from the beginning to the end of the process,” added Hutchinson. “This was an incredible opportunity because even through the COVID pandemic, we were able to safely carry out a piece of theatre. I am extremely fortunate to be at Sacred Heart because few colleges or professional theaters are picking up performing for an audience again.”



SACRED HEART UNIVERSITY
SACRED HEART’S THEATRE ARTS PROGRAM HAS BEGUN THEIR PERFORMANCE SEASON WITH THE FLICK.

“The Bachelorette” Season Premire

BY **CHRISTINA MASSEI & JACKIE O’ROURKE**
Staff Writer

On Oct. 13, the new season of “The Bachelorette” featuring Clare Crawley aired on ABC.

This season is different from all of the previous seasons. During the episode, host Chris Harrison said, “A lot of people feel like they know exactly what’s happening this season. You don’t. It is an explosive season, unlike any we’ve ever had.”

Crawley is 39 years old, which is older than most contestants who are chosen to be the Bachelorette. She has been a part of “The Bachelor” franchise for a while. She was first a contestant on Juan Pablo Galavis’ season of “The Bachelor” in 2014. Then, Crawley went on to be a contestant during the first two seasons of the spinoff show “Bachelor in Paradise” in 2014 and 2015. Crawley also competed in “The Bachelor Winter Games” in 2018.

“As an avid Bachelor/Bachelorette watcher, I was very excited to see a familiar face from many seasons ago. I love Clare so much and I can’t wait to see her find her better half,” said freshman Remy Folan.

COVID-19 did not stop fans like junior Rachel Gilroy from tuning in. “I think that having this show be filmed during quarantine will make it more interesting,” said Gilroy.

“I was interested to see how the show ended up dealing with the COVID-19 situation, and how they would have to change things,” said senior Maya Isom.

The whole cast had to quarantine for two weeks at the La Quinta Resort in Southern California. Then, each cast member had to test negative for COVID-19 before filming began.

“One of the things we had to do is be really creative because we were shooting at one resort in Palm Springs, which is a little confining and restrictive—comparatively speaking, we’re in 10 different countries usually,” said Harrison. “We reimaged the show and had to be really creative.”

According to Devon Ivie, a writer for Vulture Magazine, Crawley left to be with contestant Dale Moss, because he is the man Crawley wanted to be with, and will be replaced by a new woman.

In this week’s episode, Crawley was able to meet all of the contestants. When she met Dale Moss, Harrsion said, “She’s just met her husband.”

Tayshia Adams was a contestant on Colton Underwood’s season of “The Bachelor” in 2019. According to the same Vulture article, Adams will replace Crawley in the middle of this season. Never in Bachelor or Bachelorette history has there been an instance where the show had to replace a Bachelorette mid-season.

“I have been watching ‘The Bachelor’ and ‘The Bachelorette’ for years and I’ve never seen anything like this. I’m really excited to see how this plays out,” said junior Phoebe Yuan.

Even people who don’t watch “The Bachelorette” were drawn to watch this season because of all of the new elements involved. Senior Adrianna Braid said, “I had seen a teaser on my Twitter feed and I felt like I needed to watch this season, and I really never felt the need to watch this show before.”

“I just can’t wait to find out how it ends,” said senior Sarah Birch.

“The Bachelorette” airs Tuesday nights at 8 p.m. on ABC.



YAHOO NEWS
THE NEW SEASON OF “THE BACHELORETTE” PREMIERED ON ABC ON OCT. 13 AT 8 P.M.

Sports

Sacred Heart Wrestling Coach Finishes SCM Program

BY KYLE BRENNAN
Staff Writer

John Clark, the Sacred Heart University men’s wrestling coach, is continuing his education by completing a Master of Arts: Sports Communication and Media (SCM) - Sports Broadcasting program at Sacred Heart.

According to Sacred Heart Athletics, Clark was a 2004 graduate at Ohio State University (OSU). He was a two-time All-American selection and qualified for the National Collegiate Athletic Association (NCAA) championship every four years. He was fourth all-time in Ohio State history with 134 matches won and ranked third at OSU with 486 takedowns.

Clark broke the coaching ranks in August 2005 at Stanford University before moving to Lehigh University to become a volunteer assistant for the 2006-2007 season. He then spent the next six years as the assistant head coach at Brown University. In July 2017, Clark was named the head coach of the Sacred Heart wrestling team.

One of Clark’s goals is to win the NCAA Championship. “I want to win the NCAA Championship and that’s the goal. We end every practice here at Sacred Heart by saying ‘NCAA Champs,’” said Clark.

Clark enjoys coaching the SHU wrestling team, and he enthusiastically takes on the challenge of competing against the best schools in the country at the Division I level.

“I enjoy seeing the progress, and the mantra I have with the team is, ‘All I ask for is improvement,’” said Clark.

Clark’s biggest challenge is being able to fit everything into a 24-hour window. Besides having a busy schedule, he has a two-hour commute to SHU from Rhode Island.

“It has been a very busy start of an academic year for sure. I am currently coaching two teams, going to graduate school, and I just finished writing a book,” said Clark.

Clark is currently taking classes at Sacred Heart while coaching the wrestling team. The class he is taking is Sports Media Production (CM-555) with Professor Brian Thorne. After an eight-week module, he will then take Studio Sports Broadcasting (CM-561).

According to the School of Communications Media and the Arts website, the Master’s program in Sports Communication and Media has academic and professional tracks in Sports Broadcasting and Athletic Communications and Promotions.

The curriculum for an SCM student includes a combination of sports media history and theory, single camera production, editing, live-event broadcasting, television studio production, and hands-on practicum and internship experiences.

“I have always had a passion for photography and film, and this Master’s degree falls directly in line with a lot of my interests,” said Clark.

Before taking these classes at SHU, Clark had a goal for his future: he wanted to

become a full-time Assistant Athletic Director and also a wrestling coach. His boss, Mike Guastelle, was able to do both before becoming a full-time administrator.

“My college coach was able to be a broadcaster for NBC and he worked numerous Olympic games in addition to being a head coach,” said Clark. “I want to broadcast in the Olympics one day, and these classes are going to prepare me for that.”

Clark also wants to be able to make the highlight video at the end of the year for the team by using the skills that he learned about editing film through the graduate program. However, his ideas for the future do not stop there.

“I am happy we can offer women’s wrestling while improving the men’s team as well,” said Clark. “I will oversee both wrestling programs and we will begin to develop a Regional Training Center in the spring so that we can build our program even further. I want there to be opportunities to win National, Olympic and World Titles right here in Fairfield, CT.”



SACRED HEART UNIVERSITY ATHLETICS
MEN'S WRESTLING COACH, JOHN CLARK, CONTINUES HIS EDUCATION AT SHU WITH A MASTER'S DEGREE IN SPORTS BROADCASTING.

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A Love Letter to Harry Styles

ELIZABETH COYNE
ASSISTANT A&E EDITOR

When I think of someone who inspires a generation of young, creative minds to stand up for what they believe in and be unapologetically themselves, I only think of one person. The image that pops into my mind is one of the man, the myth, the legend, Mr. Harry Styles.

Aside from being a style icon, dreamy heartthrob, and total singing machine, Harry Styles is a powerhouse for the people! Young adults today, myself included, look up to Harry Styles because of his unapologetic nature and passion for good. The examples of this go on and on. A prominent one that sticks with me is how Harry ends his shows wrapped up in a pride flag to show his support to the LGBTQ+ community. Another example is that Harry Styles' merch is all tagged with the phrase "Treat People With Kindness." This works to spread love and positivity in the community he has built of devoted fans.

Harry also is extremely experimental with his style, and surprisingly this has a bigger impact on the normal people of the world than it does Anna Wintour. His mix of feminine clothing into his wardrobe gives courage for those who feel trapped in one identity to dress in a way that makes them feel most comfortable. Along with all of that, Harry has also donated millions of dollars to charities and organizations all over the world.

I personally feel more than comfortable saying that I love Harry Styles and he is one of my favorite singers. Arguably, even to the snobbiest critic every song is a bop and a half. The lyrics included in his hit songs are personal and dramatic, but still manage to be relatable to millions of people from all different walks of life. You can tell that he draws lots of inspiration from classic artists before him, such as The Beatles. This gives him a nostalgic sound and creates unity between his young and old fans.

Some of my favorite songs by him between both of his albums are "Sweet Creature," "Canyon Moon," "Two Ghosts," and "To Be So Lonely." I would highly recommend you give those a listen!

He has developed such a beautiful way of singing lyrics that is pure storytelling. This storytelling is then told over a wonderful sound that you can tell was worked on for hours on end and was heavily worked on using more than the typical instruments. His music really speaks to me, and I love having such a wide variety of songs to listen to.

One thing that makes me support Harry Styles as much as I do is knowing how much he supports me. He has said in multiple interviews how much he respects his followers. When faced with criticism over having young teenage girls as his primary fan base, he replied with how these young girls are the future doctors, lawyers, teachers, leaders, and mothers of the world. He said that it is because of this, their opinions matter and shouldn't be disregarded. Knowing that there is someone out there that views me as a respectable member of society and not just a sparkly pink teenager feels really good!

Harry Styles is honestly just the best. I do not know a single soul who dislikes him or any of the wonderful things he stands for. He is an example of an artist who has used his platform to spread only positivity and good music. I cannot wait to see the look on his face when I read this to him at our wedding!

When Does it End?

ELIZABETH KALFAYAN
ASSISTANT FEATURES EDITOR

This semester has been a rollercoaster in more than one way. It's been a rollercoaster of emotions when realizing it's my final year at Sacred Heart. A mix of pride, happiness and sadness all rolled into one. It's also a rollercoaster of stress, everything just piling up one on top of the other. I finish one task and I turn around and the next one is handed over to me. It's a busy kind of stress in a sense.

The semester is a little more than halfway over now and everything is starting to become slightly more real. What's going to happen to me after graduation? What am I going to do after college? What's going to happen to us next semester even? When will all of these questions be answered?

I don't know to all of the above. There are probably many more people than I think who are still very unsure of where they want to go or what they want to do once being an undergraduate is finally complete. It almost seems as though I'm extra unsure of what I want to do post-graduation though.

A lot of my peers are talking about grad schools, what their future job looks like, or just their general plans once we graduate. But me? I could go to grad school, but I don't know for what and I don't want to waste time or money on something I'm not interested in. My future career, I still don't really know. I don't even really know what I want to do tomorrow or the day after that or the day after that. I was still unsure of what to write about for this until I started writing it. That is how indecisive I can be.

I've joined all these different groups and organizations to try and figure out more of what I want to do later in life. But have I joined too much? Maybe I have. But, I wouldn't want to trade

any of them no matter how many times I tell myself I'm going to quit. There are a lot of stressful moments that come with these groups, but there are also a lot of positives that have come out of being a member in the groups.

When I look back on my time at Sacred Heart, I'm probably going to forget all of the things I was involved in and all of the classes I took. But, I won't forget how I felt on campus, the people I met along the way and who stuck by me the whole time. It sounds really cheesy and corny, but it's time to be trapped in the feelings for a little bit.

Especially since the start of COVID, I have started to appreciate the people around me a little more and the memories I have made with them. Will these people still be in my life after graduation? Will I still be in their life? Where are our lives going to take us once that empty red tube is in our hand at graduation? Why am I asking so many questions?

The answers are still I don't know to all of the above. I guess I'll just have to see what the rest of senior year brings and hope I can figure it out soon.

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