

THIS WEEK AT SHU!

WEDNESDAY SEPT. 21

3-5PM DRONE FLYING:
CHAPEL QUAD

3:30-5PM FARMERS MARKET:
CABANA 4

THURSDAY SEPT. 22

9AM-4PM FRESHMAN
ELECTIONS: HAWLEY LOUNGE
12-3PM MULTICULTURAL MEET
UP: CHAPEL QUAD
8PM AGAPE LATTE

FRIDAY SEPT. 24

1-3PM STRESS BALLS WITH
PSYCH CLUB: 63'S LAWN
8PM VANYA, SONIA, MASHA &
SPIKE: LITTLE THEATER
9PM-1AM LATE NIGHT LINDA'S

SATURDAY SEPT. 25

12-4PM STUDENT UNION
ANNUAL CORNHOLE
TOURNAMENT: 63'S LAWN
2-4PM WIFFLE BALL
TOURNAMENT WITH FYE:
CHAPEL QUAD

SUNDAY SEPT. 26

7-8PM TRIVIA NIGHT: MOVIE
EDITION: RED'S PUB

Covid-19 Spikes Again

BY EDIJE FRANGU
Staff Writer

On Sept. 16, Sacred Heart University recorded 94 active cases of Covid-19 on campus, an increase from 50 on Sept. 9.

With the rise in Covid cases, some are wondering whether the SHU-flex model will be reinstated. This program was utilized for the fall 2020 semester through the spring 2021 semester.

"I'm just really worried that we'll have to go back to fully online classes," said junior Tristan Saldnha. "I was finally getting used to being back in the classroom and it felt good to be back. I just hope that doesn't change."

However, students do not have to be concerned, as the Coronavirus Planning Team has no plans of going virtual.

"I think it's clear that faculty and students don't love the remote experience, so we're trying all we can to keep it on ground," said Michael Iannazzi, co-chair of the Coronavirus Planning Team.

"We have a 93 percent vaccinated population here, which is fantastic. 93 percent of our people have armor on that protects them from severe illness," said Iannazzi.

Another area of concern is the delta variant.

"The delta variant is a very potent variant and spreads quickly," said Lawrence Wielk, Dean of Students.

The release of the Covid vaccine, which provides a level of protection for people against the virus, had been anticipated since the beginning of the pandemic in hopes of life going back to normal and people staying healthy.

Before the start of the fall semester, the university mandated that students be vaccinated or apply for an exemption. For students to be allowed back on campus, they must have received at least one dose of the vaccine. The first dose was to be submitted on Student Health portal no later than Aug. 13, with the second dose to be submitted by Sept. 15.

As a result of the number of vaccinations, many restrictions were lifted since the beginning of the pandemic in 2020.

"Our number one goal is normalcy," said Gary MacNamera, Executive Director of Public Safety and Government and co-chair of the Coronavirus Planning Team. "Everything that we have done is toward that goal and sometimes we have to pivot and take extra precautions because of what we're presented with."

With these steps in place, some students feel confident that things will go back to normal.

"If we all adhere to the Pioneer Promise, I believe that we can stay on campus without using SHU-flex," said sophomore Ishpal Pandhal.

Additionally, Sacred Heart is now implementing random testing again, where 10 percent of the population will be randomly tested for the virus. There are also testing options available to any student, regardless if they are showing symptoms or not.

Despite the rise in cases, some feel there is a revived sense of energy on campus.

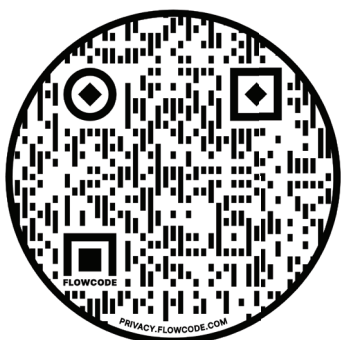
"While the numbers are a little higher than we wish they were, I think things are a thousand percent better than last year," said Wielk. "If we keep working at it, get those numbers down and who knows, maybe at some point this year we can get rid of these masks inside."



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shuspectrum.com

SCAN ME!!



NEWSPAPER RACK LOCATIONS

Martire
(first floor by the main staircase)

Spectrum Office
(in the Communications and Media Arts wing)

Curtis Hall
(just inside the front doors)

Linda's
(first floor across from the bookstore)

Pitt Center
(just inside the front doors)

SC Wing
(first floor near 63's and Edgerton)

UC Wing
(near the Public Safety window)

Melady Hall
(just inside the front doors)

Student Life Office
(in the lounge)

Hawley Lounge
(next to the stairs)

Library
(just inside the front doors)

CHE
(just inside the front doors)

West Campus - West Building
(one rack is toward the Market and dance studio, the other is in between the Factory and Maker Space)



News

Solar Powered by 2035

BY OLIVIA LAROSA
Staff Writer

On Sept. 8, a solar innovation report was released after President Joe Biden announced that climate change is “everybody’s crisis” following the aftermath of Hurricane Ida.

According to the Associated Press, solar energy has the potential to supply up to 40 percent of the nation’s electricity within 15 years but would require massive changes in U.S. policy, as well as billions in federal investing.

“It is very important for us to switch off of gas and oil, and that can be done in many ways,” said Dr. Jennifer Mattei, Department of Biology.

Renewable energy sources, such as solar power, have the possibility to take over for other energy sources like fossil fuels or nuclear energy.

“Renewable energy is energy that won’t run out,” said junior Jill Amari, President of the Environmental Club and Copy Editor of The Spectrum. “Because it comes from natural sources like sunlight, wind, or water, it is consistently replenished and can help reduce greenhouse gas emissions.”

Some students have discussed the positives and negatives of this issue.

“The pros of solar power is that it will reduce your monthly bills, solar panels will increase your property value and clean up our air, and solar panels will help keep your home powered during blackouts,” said senior Bailey Marzec. “The negatives are that they don’t work at night, they aren’t attractive, you can’t install a home solar system yourself, and having to pay for them.”

In addition, renewable energy sources must be stored properly for future usage.

“Some environments have higher sources of wind than others,” said Mattei. “Renewable energy means it is available to us to capture and we have to come up with better ways to capture and store it.”

The switch to solar power will not be free.

“With the new stimulus package proposed by Biden, the switch to wind and solar energy by 2035 may be possible. However, we cannot over tax people but try to get investments from new companies and technologies to fund resources of energy instead of relying on only federal tax,” said Mattei.

While the investment may be costly, some students have already felt the effects of climate change on their health.

“I have asthma and am susceptible to asthma attacks in places with high pollution,” said Amari. “Over the years, I’ve noticed that the frequency of wildfires and greater air pollution has affected the severity of my asthma attacks. In the future, I see this trend continuing for all people who have health issues.”

For solar power to become a reality by 2035, small scale changes need to happen alongside large-scale ones, including within the Sacred Heart University community.

“Everybody can help with this environmental problem,” said Mattei. “Everything from

reducing use of gasoline to planting trees on campus helps. There’s lots we can do on campus to make our buildings more efficient. I would encourage SHU students to get more involved in making our campus more sustainable and resilient.”



ASSOCIATED PRESS

PRESIDENT JOE BIDEN SPEAKS DURING A TOUR OF THE FLATIRONS CAMPUS OF THE NATIONAL RENEWABLE ENERGY LABORATORY, TUESDAY, SEPT. 14.

U.S. Banned From Europe

BY STONE COFINI
Staff Writer

According to the Associated Press, due to a large spike of Covid-19 in the U.S., the European Union (EU) has recommended its countries to reinstate Covid restrictions. This means the U.S. has been taken off the safe list for non-essential travel.

Since June, the EU has cleared the U.S. to travel with no other restrictions than usual Covid protocols, such as wearing a face mask and social distancing.

On Sept. 6, it was decided that it is too risky to have people from the U.S. travel to the EU when Covid cases are increasing in the country.

It is recommended that other non-European countries also issue travel restrictions for unvaccinated people visiting from the U.S.

According to the New York Times Covid-19 Statistics, there is an average of 152,177 new Covid cases every seven days, as of Sept. 17.

However, it is still up to each individual country to decide whether they require new protocols for their citizens.

According to the Associated Press, as of Sept. 7, Italy requires vaccinated travelers to take a Covid test 72 hours before arrival, while unvaccinated people have to “self-isolate” for five days upon their arrival.

Some students feel that the ban will affect international relations.

“It arguably isn’t an overreach for immigrants and travelers to be vaccinated so that the domestic populace is protected from foreign diseases,” said senior Ryan Silverstein, President of the United Nations Club.

In an effort to reduce the rise in Covid cases, President Biden issued a new vaccine mandate on Sept. 9.

According to the Associated Press, “The expansive rules mandate that all employers with more than 100 workers require them to be vaccinated or test for the virus weekly, affecting about 80 million Americans.”

However, some students still feel that it will be difficult for Americans to go back to their regular routines.

“Frankly, it is very difficult for the leader of the free world to say ‘America it’s back’ when our most important western ally and one of our largest trading partners is closing their borders to our citizens,” said Silverstein.

Meanwhile, the ban will continue to affect European countries on a global scale and on a local level, as seen in Sacred Heart University’s Study Abroad program, which may experience effects from the travel ban.

“Due to COVID-19 and related travel restrictions and concerns, all study abroad programming, including SHU in Dingle, was suspended from mid-Spring 2020 through the Summer of 2021,” said Renee Cassidy Pang, Senior Associate Director at the Office of Global Affairs. “For all SHU programming involving international travel, we require the COVID-19 vaccination. We also need to take into account host country requirements and partner university policies, which do vary, but, yes, may require masking, social distancing, testing, travel restrictions, etc.”

While there may be some mixed feelings about the ban, some international students feel that the travel ban is for the better.

Sophomore Margot Rouquette is from France and plays on the women’s golf team.

“The travel ban hasn’t affected me much. I can always go back to France since it is my home country,” said Rouquette. “Besides, I think the travel restrictions are reasonable to help not spread the virus to other countries. But I feel like people find a way around it to travel anyways.”



DENVER INTERNATIONAL AIRPORT TUESDAY AUG. 24

AP NEWS

Perspectives

Biden's Student Loan Forgiveness

BY ANTHONY GENTILE
Staff Writer

In response to the pandemic, the Coronavirus Aid Relief and Economic Security (CARES) Act was implemented to alleviate the effects Covid-19 had throughout society. One section of the bill is specific to students and the financial burden of student loans.

Since Biden's inauguration, the United States Department of Education has canceled \$9.5 billion in student loans and another \$1.1 billion in student loan forgiveness approved for distribution. Student loan debt is at \$1.73 trillion according to CNBC.

The Trump Administration stopped the collection on defaulted loans, offered 0% interest and suspended payments until Jan. 31, 2021, according to the Federal Student Aid Office. When the Biden Administration came into office, they extended the CARES Act for another full year, along with offering a student loan forgiveness plan for individuals who have a total disability or have been defrauded by their university, according to the United States Department of Education.

These statistics regarding student debt and Biden's plans for loan forgiveness have sparked reactions amongst students.

"I didn't know we collectively owed that much. I think it is a good thing that the government is forgiving loans for individuals in those situations because medical costs aren't getting cheaper," said junior Autumn Garofola.

Similar to Garofola, other students say that student loan forgiveness is needed especially for those that are negatively impacted by a disability.

"When it comes to individuals with disabilities and those who have been defrauded by their university, I think student loan forgiveness is beneficial for them because they cannot generate a livable income, whether that be due to medical bills or having to pay back student loans with a useless degree," said senior Barak Mustafa. "It's not fair to hold them accountable for events out of their control."

Some other students question the availability of loan forgiveness.

"Student loan forgiveness should be determined on a case-by-case basis, due to Covid-19. It left hundreds of thousands of Americans without jobs, and the last thing they need to worry about is how they are going to pay back student loans," said senior Hailey King. "I think it is a good thing that the government is stepping up to help people who want a higher education, but they should make it more widespread."

Some students agree that making student loan relief more widespread is a good idea.

"I think we should extend it to those who do volunteer work for government workers, teachers and other non-profit services," said senior Ryan Conte. "They should expand on those programs and make it so they have opportunities to get their loans forgiven through the program with no strings attached."

Some students also say that receiving a college degree should not come with years of

debt.

"I think that a college degree is worth the educational value but it's not worth the amount of debt," said senior Matt Ferri. "It is not easy to get a full-time paying job that's comfortable for you to live off of after college."

"The fact that institutions are charging \$60,000 a year to get just a bachelor's degree is ridiculous. Then it forces people like you and I to have to take out loans to the point that before we even graduate college, we're going to be in debt," said Ferri.



PEXELS.COM

Favorite Spots to Dine on Campus

BY CAYDEN BRODNAX
Staff Writer



STAFF PHOTOGRAPHER MARIA ZEGARELLI

63'S DINING HALL (TOP LEFT), THE MARKET (TOP RIGHT), JP'S DINER (BOTTOM CENTER)

With SHU's new dining hall addition to campus this fall, Thea's Abbey, there are now numerous choices of what to eat on campus.

When students need a meal, they can choose from various locations including Linda's, JP's, 63's, Einstein's, the Balance Kitchen in the CHE, Einstein's, Thea's Abbey and more.

Since the start of the semester, there have been alterations to existing dining services, like the new sushi bar station at Linda's, Goodfella's pizza being served at the Linda's pizza station and new menu options at JP's.

Each dining hall provides a different experience, such as sit-down meal service at JP's, grab and go from Einstein's or self-serving at 63's. These locations provide meals for each student, whether they have time to sit or need something on the go before another class.

Due to the immense amount of choices, some students and faculty members have different opinions on which dining hall location is their favorite.

"I think it depends. I very much enjoy eating at 63's. I think their food is very good, especially breakfast," said men's lacrosse Head Coach Jon Basti. "The hashbrowns and omelets are my favorite. I think the atmosphere is different because it is all you can eat, and it allows you to get up and move around."

In agreement with Basti, some students enjoy the vast variety and convenience of 63's.

"My favorite spot to eat on campus is 63's because there is a wide variety of options," said sophomore Victoria LoPinto. "I think the food tastes good there, and I like how it changes every day. I feel they have a lot of healthy options as well."

Some students have one particular menu item that sets specific dining halls apart from the rest.

"As a senior, one location that has remained at the top of my list has been JP's. I really enjoy the cookie skillet," said senior Nick Fiore.

Some students say they have also been taking advantage of the new dining hall, Thea's Abbey, saying it is a nice change and addition to campus.

"It's a new environment; I've been going to Linda's and 63's since I was a freshman, and as a senior, it's a refreshing change," said senior Carly Persichilli. "They serve bacon, egg, and cheeses all day, and that's my favorite thing to eat."

Aside from sharing their best-loved destinations for a sit-down meal or a quick bite to eat, some students said that the staff members are also an important part of their favorite dining hall.

"The staff at Linda's always have something nice to say, and they couldn't be easier to talk to at every station," said sophomore Alessia Franciosa.

Be sure to try out all the dining hall facilities to find out which one is your favorite!

Features

Sacred Heart Names First Female Athletic Director

BY EVAN CORMIER
Staff Writer

Sacred Heart University recently promoted Judy Ann Riccio to Athletic Director (AD). She is now one among 57 female Athletic Directors to lead a Division 1 athletic program and holds the title of Sacred Heart's first female athletic director.

"This is a transformational day for SHU athletics," said Jim Barquinero, senior Vice President of Enrollment, Student Affairs & Athletics, according to a press release from the university. "Judy Ann's leadership skills, combined with her passion for the student-athlete experience, will allow her to build on the success of our 33 D-I programs. I am excited to see her impact as she takes on leadership of our program and builds on the success we have already experienced. Judy Ann truly is a Pioneer."

Riccio, who has worked the last 12 years as the Executive Director of Divisional Budgets, was named the interim AD in June 2021. It was only three months before she was promoted to head AD. Before this, Riccio served on SHU's Title IX Committee, the Pioneer Journey of Transformational Education Committee, and the Diversity, Equity and Inclusion Working Group.

"It is such an honor and a privilege to be the first woman Athletic Director at SHU," said Riccio. "I aim to be a role model for younger female staff, and students, who aspire to be at the highest level of athletic administration."

Many students are impressed with the news.

"I think it's great that we have a female athletic director," said senior Abigail Wunderlich. "Especially since it's something the school has never done before."

Riccio understands that athletics often plays a big role in how outsiders view a university, calling athletics the "front porch" of Sacred Heart. She says it is her goal to maximize revenue and resources in order to provide the best student athlete experience possible.

"I'm very excited for the future of Sacred Heart athletics with Judy Ann at the helm on a permanent basis," said Noreen Morris, commissioner of the Northeast Conference (NEC) in the university's press release. "She brings a wealth of knowledge and experience, both internal and external to athletics, that will position her and the department for continued success."

Riccio is already planning several projects on campus, with the goal of providing unique fan experiences as well as the overall improvement of Sacred Heart's athletic facilities.

"My work on the complete re-envisioning and subsequent renovation of the Pitt Center and adjacent fields will begin shortly," said Riccio.

A renovation of the Pitt Center not only means a renovation to the home courts of SHU basketball, volleyball and fencing, but would also include a renovation to Campus Field, the home field of SHU football, lacrosse and track.

One project already in the works is the Martire Family Arena, a brand-new building at West Campus that will be an on-campus skating facility for SHU's hockey and figure skating programs. It is scheduled to open in January of 2023.

"I am looking forward to the opening of the Martire Family Arena and I will be working on a premier fan experience for the Arena and all of our venues," said Riccio.

Riccio has spent most of her professional career working on projects for the betterment of the student athletes on campus, and she is eager to continue that work.

"I am most looking forward to getting to know our student athletes better, to be able to spend more time with them and hear directly from them," said Riccio. "I am looking forward to celebrating their successes on and off the field."



SACRED HEART UNIVERSITY

SACRED HEART'S FIRST FEMALE ATHLETIC DIRECTOR. JUDY ANN RICCIO

Adjunct Professor Publishes Debut Horror Collection

BY ISABELLA COSTANZA
Staff Writer

Professor Erik Hanson in the Department of Languages and Literature at Sacred Heart University published his debut horror collection this past August, titled *All Things Deadly (Salem Stories)*.

"In my spare time, I mostly write plays and screenplays. Covid completely impacted the theatre scene. Short plays that were going to be staged in this or that festival were canned," said Hanson. "Overall, I needed to try something new."

Hanson says his debut horror is a silver lining that came out of the pandemic for him. He was able to use his past experience in writing plays and screenplays to write up a debut horror collection.

"I created a main storyline for readers to come back to as they progressed through the debut horror. I'm a sucker for family dramas, so I inserted a story about a fractured father-daughter relationship," said Hanson.

Although the story is fictional and is set in a mysterious town of Salem, Hanson finds a way to incorporate more serious topics, including self-harm. Hanson incorporated the heavy topic of self-harm for various reasons.

"To create awareness. But I worked with someone many years ago, they ended up taking their life in a shocking way," said Hanson. "While I scratch the surface with the main character, I think it's something that could be explored in a follow-up story of some sort."

Hanson wants to inspire his readers to follow in his footsteps.

"I hope they are entertained," he said. "I hope they examine the story structure and realize that they, too, can put together a debut horror in this fashion."

Sophomore Hannah Alexanian, expressed her excitement toward *All Things Deadly (Salem Stories)*.

"*All Things Deadly (Salem Stories)* sounds extremely appealing to me. Being from Massachusetts and that it is written by a Sacred Heart professor compels me even more to give it a read," said Alexanian.

Hanson's *All Things Deadly (Salem Stories)* doesn't end after the last page.

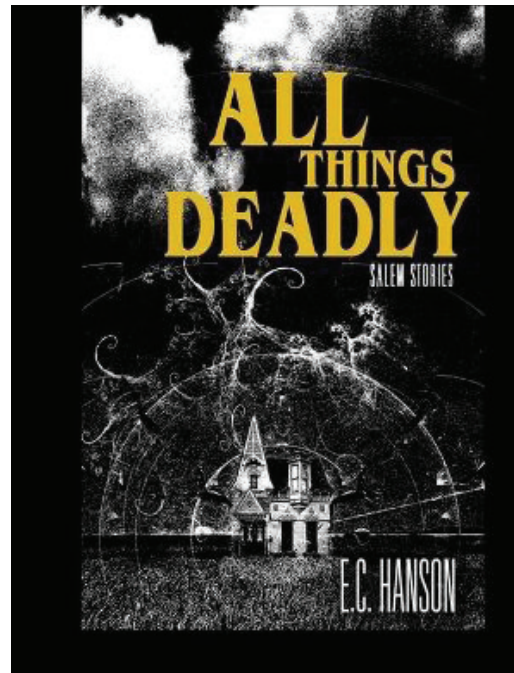
Hanson is working with Dr. Sandra Young, a professor in the College of Arts & Sciences at Sacred Heart, on an on-campus event for the publication of Hanson's debut horror.

The event will take place on Wednesday, Oct. 27. It will be held in the Martire Center in room E145 from 3 p.m. to 4 p.m.

Following this event, Professor Young and Professor Marie Hulme of the Department of Languages and Literatures will host an open house for writing minors in Martire Center rooms W315 and W316.

Although Hanson is satisfied with his various five-star ratings on Amazon, he's not quite ready to put his writing pen down yet. Hanson already has his next project in the works.

"My novella, *WICKED BLOOD*, is slated for release in 2022," said Hanson.



ERIK HANSON

ERIK HANSON'S "ALL THINGS DEADLY (SALEM STORIES) BOOK COVER.

Spotlight



Exercise and Its Positive Impact on Stress Management

KAYLA TESTI AND JILL AMARI

CONTRIBUTING WRITER, MANAGER OF AUDREY'S CORNER

A fun fact about Audrey Niblo is that she was a competitive cheerleader growing up. Cheerleading—and other sports—can be challenging and fun, as well as build friendships that last a lifetime. They can also positively impact mental health. Audrey's optimistic disposition was well known to all who had her in class or met her on campus, and many athletes find that their mood and mental health improve when doing a sport they love with people who motivate them.

Staying active, such as by joining a sports team, creating a hiking group or exercising regularly, has a positive impact on both physical and mental health. In fact, exercise in any form is known to act as a stress reliever. Participating in physical activities such as yoga, strength training and cardio can aid in stress management. It's important for students to manage their stress levels since stress can harm both mental and physical health.

According to Mayo Clinic, exercise increases the production of endorphins. Physical activity also serves as a form of meditation in motion since participating in fast-paced activities such as running and swimming laps around a pool helps people focus on their body's movements and temporarily forget about the struggles and stressors they face. Additionally, exercise improves sleep cycles, which are often disrupted by stress and anxiety.

Sacred Heart University is known for its athletics program, with the athletic department consisting of 33 Division I teams and 30 club sports. From golf to football to figure skating, there are countless options for students to choose from, and each of these teams provides students a chance to destress and improve their mental health.

Sports teams bring students together on campus and make the community stronger. They serve as a way for students to make new friends, destress and simply have a fun time.

Emaly Pereira is a junior at Sacred Heart and a member of the fencing team, and says fencing has helped her manage her stress levels. A typical morning at practice involves a warm-up and footwork, and then team members practice by fencing each other.

Emaly said that fencing practice aids in managing her stress levels because exercise distracts her from anything stressing her out.

When she has had a stressful day, she can attend practice and play a sport she enjoys. She has something to look forward to, which pushes her through anything stressful going on in her life, and fencing serves as an outlet to release any stress she feels.

Carlos Ruiz, a graduate student on the club cheer team, agreed that exercise helps him both physically and mentally, especially by releasing stress.

"I believe that exercise and working out are vital for having a stress-free life," said Ruiz. "You're working on yourself and becoming the best version of yourself, which I think is amazing to see."

Teamwork is also a big proponent of sports and stress relief, as it establishes trust and a close bond between teammates. However, successfully doing a sport competitively or for fun involves trust in yourself, too.

"While there is a team aspect to it, cheerleading is also an individual sport," said Ruiz. "The progress you make as a cheerleader is your own journey. You learn to trust yourself and not let your mind affect what you can do."

The first step toward using exercise as an outlet to release stress and build a healthy lifestyle, according to Mayo Clinic, is to create an exercise program that is consistent and attainable. The best way to create this program is to choose a sport of physical activity that you enjoy. It is also vital to begin exercise at a slower pace and gradually build up the fitness level over time. For example, you have to walk or jog before running. Finally, a critical step toward creating a successful exercise program is to create a schedule and pencil in workout days and routines.

Exercise is a great way for students to manage their stress levels. College can be a stressful time, especially when it comes to studying, writing essays and managing time efficiently. However, by following these steps, students are likely to improve their stress management skills by using exercise and the athletic programs that Sacred Heart offers as an outlet to relieve stress and build a healthier lifestyle.

Fashion

New York Fashion Week

BY ARIANA BONILLA
Staff Writer

New York Fashion Week took place from Sept. 7 to Sept. 12 in New York City. The week was filled with designers and companies debuting their latest collection.

According to Marie Claire, the origins of Fashion Week date back to 1858, when fashion designer Frederick Worth started showing clients a pre-prepared selection of original ideas. He also presented his clothing on women in Paris, forming the idea of a "collection" and creating the role of "models."

It was not until 1943 that Fashion Week came to the United States. Up until then, American designers relied on the French. However, when World War II made traveling unavailable for the elite, Eleanor Lambert launched the first Press Week to showcase American designers.

Fashion Week is more than debuting clothing. According to "Love to Know" writer Valerie Steele, fashion is defined as "the cultural construction of the embodied identity."

Some Sacred Heart University students commented on what fashion means to them.

"I like fashion generally and I think fashion shows are pretty cool to sit and watch. I love seeing new trends going around," said senior Gabriella Lotardo.

"Fashion means a lot of things to me," said junior Adrianna Byczko, Vice President of the Fashion Club. "I grew up loving fashion and I still do today. It is more of an art, and it has grown enormously. People can make real careers out of it. It is a way I can express myself and it is the easiest way to let others know what I'm about. It's really fun to play with different colors and patterns. Knowing what is in style that year allows you to mix-match and elevate your style."

New York is not the only place that holds Fashion Week. Many other countries including France, Italy and China have a Fashion Week as well.

"I loved New York Fashion Week the best because I feel like it has a very big variety. I am pretty sure it is the biggest one in the world, and I love that it combines big brands with smaller named brands as well. It allows a lot of these brands to be recognized and how innovative and creative they are," said Byczko.

Fashion shows are usually filled with fashion journalists, photographers, fashion enthusiasts and celebrities. One celebrity that was in attendance this year was Kylie Jenner.

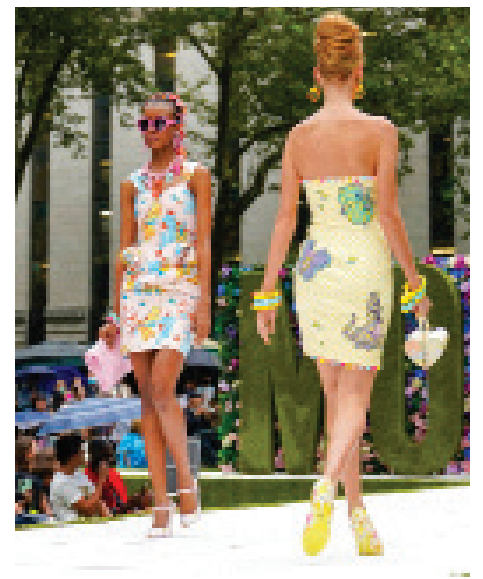
Kylie Jenner debuted her pregnancy days before Fashion Week, and her attendance was a surprise to many. According to Elle, Jenner continued her maternity style streak throughout Fashion Week.

"I think Kylie going to Fashion Week was a good thing. Maternity clothes are looked at as a cheaper type of clothing. Kylie Jenner is someone of high status and is looked at as

a fashion icon," said senior Xu Nguyen. "It can be good exposure for designers to make better quality maternity clothing. She can also empower women to not be ashamed of wearing certain things when pregnant."

This year, many social media influencers and TikTok stars were in attendance, which sparked lots of conversation. According to the New York Post, TikTok influencers dominated New York Fashion Week. While the front row used to be "A-list" celebrities, it is now social media moguls.

"I personally don't have a preference to it - TikToker's going to Fashion Week. I think that since technology is advancing so much, it is becoming a big part of our lives, and it's inevitable. The way we're going and how we're advancing, it's expected," said Byczko. "With influencers being invited, I just hope they are being invited for the right reasons. That they are going to be a part of New York Fashion Week because they earned it, not just to rep the brand on social media."



TOM FORD SPRING/SUMMER 2022 FASHION (LEFT), THE MOSCHINO COLLECTION (RIGHT)

Arts & Entertainment

The College Tour

BY QUINLAN SULLIVAN
Staff Writer

Sacred Heart University will be featured in the newest episode of Amazon Prime's TV series *The College Tour*. The episode is 30 minutes long and exhibits the growing campus and the Sacred Heart community.

The episode is directed by Alex Boylan, who also starred on camera as the episode's host. Sacred Heart's episode, along with all episodes of *The College Tour*, is available to watch on Amazon Prime TV with a paid subscription.

"The College Tour," which began airing late last year, features a different university in each episode. The episodes include interviews with students and staff, along with reflections on the university's best features.

Sacred Heart's episode stars ten students with experience in each school of the university. Sacred Heart President, Dr. John Petillo, makes a cameo during the credit sequence.

Tomas Koeck, a senior in the School of Communication and Media Arts (SCMA), is featured in the episode and explained how the professors at Sacred Heart have an "open door policy."

He further summarized that this means all professors at the university are available for mentorship in each field of study. Koeck said that he "was able to utilize the information (he'd) accumulated from the programs and put it out into different projects."

"It was amazing to represent the SCMA program and to work with all the wonderful professors, and the program truly readies its students for a strong professional career after college," said Koeck.

Koeck has produced his own film titled "Sentinels of the Boreal," where he was able to refine his skills and further develop his portfolio.

The episode shows some of the campus's brightest moments, including the greeting of new and returning students to their dorms.

The episode also features students who studied abroad through Sacred Heart.

Graduate student Nikki Ziner is featured in the episode and explained how her trip to Dingle was "life changing"--so much so that she went back as soon as she could the following year.

In the episode, Ziner said, "This program was the gateway to my study abroad experience that taught me new methods within the film industry and international cultures I would soon learn to love."

Ziner's part of the video also touched on Sacred Heart's other international campus in Luxembourg. Ziner said, "It is such a unique and commutable location, so I was able to see and create the most during my time on our campus."

Along with specific areas of study, the episode showcased the newly built on-campus dorms and the widespread community of students that call them home. Senior Deandre Byrd, who was featured in the episode, said, "As soon as I stepped on campus, the amount of love I received was unmatched."

Many Sacred Heart students enjoyed watching the episode of *The College Tour*.

"I thought it captured our school's atmosphere perfectly, and it reminded me of the fresh and inviting feelings that coming to Sacred Heart as a freshman gave me," said junior Chris Venezia. "I haven't seen the campus life as it was shown in the episode since I was a freshman myself, before the pandemic."

"All the students are very much sensitive to the differences of culture, of ethnicity, and they're very inclusive and celebrate those things, and so for that it's a great learning experience as they transition from high school, to adulthood and to college and a job position," said Petillo.



ERIN TORRENS, SACRED HEART UNIVERSITY

AMAZON PRIME FILMING "THE COLLEGE TOUR" ON CAMPUS THIS PAST JUNE.

MTV Video Music Awards

BY OLIVIA CURTIN
Staff Writer

On Sept. 12, the 40th MTV Video Music Awards aired live at the Barclays Center in Brooklyn, N.Y. The award show was hosted by pop artist Doja Cat, and included performances from Olivia Rodrigo, Lil Nas X, Shawn Mendes and Busta Rhymes.

The MTV Video Music Awards first aired in 1984 and featured a performance from Madonna. According to Biography.com, this performance is referred to as one of the most iconic moments in pop culture history.

"And they said we wouldn't last. But we're still here," said Madonna, who opened the show with a video showcasing her work over the last few decades.

After performing her song "good 4 u," Rodrigo won Song of the Year for "Driver's License," and later went on to win Best New Artist, one of the biggest awards of the night.

Some Sacred Heart University students enjoyed watching the MTV Video Music Awards because of the live performances.

"My favorite performance of the night was Justin Bieber and The Kid Laroi. Even though this was at the beginning of the show, I have been a huge fan of Justin Bieber my whole life so I love everything he sings," said junior Calista Zahos.

"Doja Cat for me ruled the night," said junior Matthew Monopoli. "Between her outfit choices, hosting abilities and performance, she was amazing."

Doja Cat won Best Collaboration for "Kiss Me More" featuring SZA, as well as Best Art Direction for her song "Best Friend."

When it was time for Cyndi Lauper to present, she reflected on her performance of "Girls Just Want to Have Fun" from 1984. She also gave a political statement. Lauper said, "Girls want funds, equal pay and control over our bodies. Fundamental rights."

Lauper is not the only artist to use their platform to discuss things outside of music. Bieber said, "There is a lot going on in the world... this Covid thing that's happening... music is an amazing outlet that brings us all together." Bieber went on to take home awards for Best Pop Video and Artist of the Year.

This year was the first time in nine years that the show was held in New York City. Some celebrities showed their appreciation and love for the city.

Professional Ultimate Fighter Championship fighter and presenter for the night Conor McGregor said, "New York is back."

Alicia Keys sang her hit song "Empire State of Mind" at Brooklyn Bridge Park. A camera followed the skyline of New York City, acknowledging the 20th anniversary of Sept. 11, which occurred the day before.

The MTV Video Music Awards is one of few awards shows that allows the fans to vote for their favorite artists, many of whom thanked their fans in their speeches.

When accepting the Video for Good award for her song "Your Power," Billie Eilish said, "I love you guys so dearly." When accepting the award for Best Hip-Hop Video,

Travis Scott said, "I love all the amazing fans."

BTS took home Best K-pop Video for their song "Butter," as well as Best Group.

"It is a good thing that they added a K-pop category," said junior Lauren Torres. "Their fan bases are huge, so whenever they are nominated they dominate in the category. Now more American artists have a chance at winning."

The biggest award of the night went to Lil Nas X, who won Video of the Year for his song "Call Me By Your Name." This was followed by a performance from Machine Gun Kelly, who sang his song "Papercuts."

Machine Gun Kelly also won Best Alternative Video for "my ex's best friend."



SACRED HEART UNIVERSITY

MADONNA (TOP LEFT), LIL NAS X (TOP RIGHT), STATUE OF MTV MOON MAN (BOTTOM LEFT), OLIVIA RODRIGO (BOTTOM RIGHT)

Sports

Men's and Women's Cross Country Off to the Races

BY **BRYAN SMITH**
Staff Writer

The Sacred Heart University men's and women's cross country seasons are underway, with both teams competing in two invitationals so far this season.

At the Stony Brook season opener on Sept. 4, the men's team finished seventh and the women's team finished sixth, according to Sacred Heart Athletics.

The top performer on the men's side was graduate student Moetiz Shilleh, with a 20:46:50 in the 6K. The women's team had first-year Emily Bloom leading the way with a time of 15:24:50 in the 4K.

"We've gone against some pretty stiff competition, but we've done pretty well for ourselves," said Shilleh.

In the team's second meet at the Ken O'Brien Minuteman Invite at the University of Massachusetts (UMass) in Amherst, Mass., the men came in fourth while the women finished in sixth. Senior Corey Picard had the top time for the men, crossing the line with a time of 21:51 in the 8K race, while Bloom once again had the top time among the women, finishing with a time of 19:39 in the 6K.

"We ran into some very tough competition in the first two meets, so I don't think the team standings are going to necessarily reflect the kind of team we have," said Head Coach Christian Morrison.

The men's team was picked to finish sixth in the Northeast Conference (NEC) this season, while the women's team was picked to finish third, according to the NEC Preseason Coaches Poll.

For Picard and Shilleh, the two veteran captains are pleased with how their season has kicked off.

"The first two meets of the season are usually rust-busters, you're just shaking off not racing for a while," said Picard. "But for the most part the team has been competing, they've been working together well."

Morrison expressed pleasure with how Bloom has begun her collegiate career, having finished with the top time for the women's team in her first two collegiate races.

"Emily is going to be really good in college. She's already a fairly mature racer and I'm excited to see what the future holds for her," said Morrison.

Bloom was also content with her performances to begin her collegiate career.

"I've liked what I've turned out, I'm excited to push myself more and see what I can do throughout the season, but I'd say my first two meets have gone pretty well," said Bloom.

The men's and women's cross country teams are back in action again on Sept. 25 at the Ted Owen Invitational hosted by Central Connecticut State (CCSU) in New Britain, Conn.

Sacred Heart Athletics contributed to this article.

UPCOMING GAMES

Week of September 19

Men's Soccer-Wed. Sept. 22 @1pm-@Iona College	Women's Volleyball-Fri. Sept. 24 @7pm-@Bryant University
Men's Tennis-Wed. Sept. 22 @1:30pm-@MONMOUTH UNIVERSITY	Women's Golf-Sat. Sept. 25 @University of Hartford
Women's Ice Hockey-Fri. Sept. 24 @6pm-@Clarkson University	Women's Rugby-Sat. Sept. 25 @11am-Park Ave Field

UPCOMING GAMES

Week of September 19 cont.

Men's and Women's XC-Sat. Sept. 25 @11am-@New Britain	Equestrian-Sat. Sept. 25- @Deleware State
Men's and Women's Tennis-Sat. Sept. 25 @12pm-@Holy Cross	Women's Ice Hockey-Sat. Sept. 25 @2pm-@Clarkson University
Football-Sat. Sept. 25 @1:30pm- @Dartmouth	Women's Volleyball-Sat. Sept 25- @5pm-@Merrimack College

Women's Soccer Team Kicks Off Season

BY **JAKE CARDINALE**
Staff Writer

The Sacred Heart University women's soccer team entered this season ranked third in the North East Conference (NEC) preseason poll. SHU is 3-3-1 so far this season. The Pioneers beat the Wagner College Seahawks 2-0 on Sunday, Sept. 19, marking their first conference win.

The women's soccer team has had several impressive performers so far. Their most dangerous goal scorer to this point has been freshman Grace O'Hara. O'Hara leads the team in goals, shots on goal, and is second in shots attempted as well. Another top performer for the women's soccer team has been junior Azria Malloy.

Junior forward Michelle Clarkin is a two-time All-American. Despite this, Clarkin does not feel any added pressure on herself and credits this to the positive energy given off by her teammates.

"We have a really great support system with our coaches and teammates. Everybody's there to just root each other on and be positive energy," said Clarkin.

Junior forward Azria Malloy leads the team in shot attempts. Clarkin has also been a leading performer this season.

"I think the chemistry on the team is great. I think it starts from what we do in practice, just because we're together all the time and we work hard together," said Malloy.

Freshman forward Grace O'Hara leads the team in goals, shots on goal, and is second in shots attempted, but soccer is not just about each individual's talent or scores.

"I think everyone has it honestly, I don't think it's one specific person," said O'Hara.

Head Coach Matt Micros noted that the team did not always have an opportunity to step up last season due to challenges with Covid-19, such as missing players because of quarantines as well as not having fans in the stands.

"Last year we were always missing people, whether it was injuries or quarantines. It was a very tough season. I think the kids were very excited to finally have a full season again for the first time since 2019," said Micros.

The return of fans has also had a positive impact on the team.

"It feels great. Everyone loves seeing people come to the game," said Clarkin.

Despite their ups and downs so far this season, Micros feels confident about where the team currently is.

"We've played a tough out-of-conference schedule, which we're hoping will prepare us for conference play," said Micros. "We know we are going to have to work extremely hard and play well to make the playoffs."

The women's soccer team faces off against Mount Saint Mary's University on Sunday, Sept. 26 in Emmitsburg, Md.

Sacred Heart Athletics contributed to this article.



SACRED HEART ATHLETICS

FRESHMAN FORWARD GRACE O'HARA COMPETING AGAINST ST.PETER'S DEFENDER ON SUNDAY, SEPTEMBER 12.

Editorial

Cooking Is Fun

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FACULTY ADVISOR
PROF. JOANNE KABAK

So, who was going to tell me that cooking was so fun? For the first 20 years of my life, I did not have to even think about cooking, as my mom never let my brothers and I stay hungry (which I am so thankful for), and 63's and Linda's were my go-to food joints in my underclassmen years.

Now, living in an off-campus house has brought with it the challenge of cooking for myself. Yet I do not see it as a challenge, but a true blessing.

I think I might actually be addicted to cooking to some degree. It started out simple, a bowl of pasta and sauce or even some oven-baked chicken. Now, every meal I have is a mental competition of how I can make an elegant dish out of something so simple.

I am beginning to understand why Remy from Ratatouille loved cooking so much. Remember that scene where Remy combines the strawberry and the cheese in his mouth for a new taste? That is definitely my new mindset. Find new flavors out of old classics and run with it.

Take, for instance, a bacon, egg and cheese. From Gordon Ramsey, I learned that you always cook the bacon before the eggs, so that you can cook the eggs with the grease of the bacon. Then you season your eggs generously with salt, pepper and my personal favorite seasoning, chipotle garlic from McCormack. Then you toast your bread, lay the egg and bacon in-between, and boom. You have a delicious sandwich to start your day. Cooking is fun.

One of my favorite parts about cooking is the fact that you appreciate the meal a whole lot more when you are the person cooking it. I actually think it tastes a little better knowing you put all the work into it. There may be some bias to my self-critiquing, however.

Another reason I enjoy cooking is because it is a way that I can be a giver. What I mean is that I can use cooking as an expression of gratitude. You had a bad day? Baked ziti. Stressed out? I'll make you some burgers. It feels like a superpower.

And just like in Spider-Man, with great power comes great responsibility. A discovery I have made is that one of the biggest parts of cooking has nothing to do with the food at all but has everything to do with cleaning. I always clean up the kitchen a little bit before I cook, then I load up any dishes I used to cook in the dishwasher. You have to think smarter, not harder.

If you are ever hungry and don't have the time to cook, just give me a call.

Learning How to Market Myself as an Author

JILL AMARI
MANAGER OF AUDREY'S CORNER

I've never been a big fan of posting on social media, but as I attended meetings with my writing group this past summer, I realized the importance of having an online platform—whether it be a blog, website, or Instagram profile.

One of my dream goals is to become a published author, and in the publishing world, it's extremely important to establish a brand or market—and an audience! The only way you'll make money is if people actually buy your work, and more people will buy it if they know about it in the first place. That's where social media (especially things like BookTok) come in.

So, this past August, I sat down with my sister and started writing down ideas for my brand—what platform I wanted to use, ideas for usernames and posts, how often I should post. After a couple weeks of putting it off, I finally put together a Word document to keep track of all my ideas and created my first public Instagram profile: @author.in.the.attic.

My hope for this page is to connect with other readers and writers, share my work and advice, and, most importantly, stay true to myself. I'm paraphrasing here, but one post I saw last week from @quillandcup said something along the lines of "It's better to have 50 dedicated followers who really get to know you than 5,000 strangers." Those 50 followers may not feel like a lot, but they actually care about you and your work and will support you however they can, whether by sharing your posts, offering writing tips, or buying your book once it's on the shelves.

While it's not always easy to be myself on social media—especially since this is my first public profile—I know I don't want to veer away from my values and voice. I write all my posts as authentically as I can, share small details about my life, and offer writing advice along with pieces of my own writing. I think having this page is good practice for being published someday, because once my words are out there, there's no taking them back.

But managing all this can feel like a lot sometimes. How am I expected to be my own marketing manager, social media chair, editor and writer? Aren't there other people—actual professionals—for those things? Isn't my writing enough?

Okay, there are pros who exist to help with all the other stuff besides writing—but that's once you've established a name for

yourself and are racking in some big bucks. For novices like me with nothing but a couple stories and poems to her name, the publishing realm is a bit more difficult to navigate.

But doing all the work myself can be overwhelming, which is why I also stress the importance of mental health and self-care in both my personal life and on my profile. Writers often feel alone and are cooped up in their rooms or offices, and it's essential that we take time to rest and recharge away from social media—and even away from our books. It's okay to take a step back, watch some TV, hang out with friends...whatever it is that helps you relax and revitalizes you for the next time you pick up a pen and paper.

For me, some ways I relax are by reading for fun, working out, listening to music, or watching whatever show I happen to be currently obsessed with. My ways of relaxing may be different from yours, but as long as we're all taking care of ourselves and giving ourselves these healthy breaks, we'll be able to bounce back with enthusiasm. And, in my case, I'll be ready to tap on the Instagram icon again and scroll through my author page.

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