

TOP 5 GAMES OF THE WEEK (10/11-10/17)

10/15 - MEN'S ICE HOCKEY TAKES DOWN #12 IN THE COUNTRY BOSTON UNIVERSITY 3-2 WITH A GO-AHEAD GOAL FROM SENIOR RYAN STEELE

10/16 - WOMEN'S VOLLEYBALL TAKES THE 3-0 SWEEP OVER LIU IN REMATCH OF WHAT WAS SUPPOSED TO BE THE 2021 NEC CHAMPIONSHIP GAME

10/16 - FOOTBALL SCORES 24 UNANSWERED POINTS IN ROUTE TO 27-17 VICTORY OVER THEIR RIVALS CCSU

10/16 - WOMEN'S RUGBY WITH THEIR FIRST WIN AGAINST MOUNT ST. MARY'S LED BY FRESHMAN ALYSSA CUNNINGHAM WITH A TRY AND PENALTY KICK

10/17 - WOMEN'S SOCCER TAKES THE 1-1 DRAW TO SAINT FRANCIS UNIVERSITY WITH THEIR GOAL COMING FROM JUNIOR DESIREE CRAWFORD

2021 Homecoming Weekend

BY **BRENDAN WILLIAMS**
Staff Writer

Between Friday, Oct. 8 and Sunday, Oct. 10, more than 2,000 Sacred Heart University alumni returned to campus for its annual alumni homecoming weekend, an event filled with 21 different events including golf outings, a pub night at Red's, and sporting events, as well as various reunions.

"Our programming goal was to create a homecoming experience that highlights the best of university life and showcases the growth and development of our campuses and facilities," said Todd Gibbs, Executive Director for Alumni Engagement.

For some alumni, the memories of homecoming weekend from when they were students made them excited to come back.

"As a student, I loved the energy of homecoming," said class of 2019 alumna Daniele Mascia. "There was so much Pioneer pride shining through because so many of the students would come out to watch the game and just have such a fun time making memories."

Others looked forward to meeting up with friends who graduated in a different class year besides their own.

"My friends and I have all been talking about this weekend a while now," said class of 2021 alumnus Dan Gardella, last year's Editor-in-Chief of Spectrum. "The fun of it is that it's not just your own class, so you get to see all those people that you really haven't seen in a while."

In addition, many alumni were able to attend some of the sporting events throughout their weekend back on campus and even catch up with their former teams.

"Some swim team alumni came to watch our meet at Fairfield University on Saturday," said sophomore swim team member Kate Belle. "It was great to talk to them and see where they are in life."

"Just to see them again was great and for them to watch us play was really cool," said sophomore club baseball player Chris DiGangi.

According to Gibbs, the Pioneer Pre-game Party was the largest event of the weekend with over 1,500 people in attendance. It was "designed as an experience for all age groups. There was music, lawn games, inflatables, food trucks and a photo booth."

The range of alumni in attendance spanned the entire length of time since Sacred Heart was established, with a member of the original charter class of 1967 all the way to the class of 2021.

The "Golden Pioneers" luncheon was held for any alumni that reached the 50-year reunion milestone. There was also an "Original Greeks" reunion, where members of some of the original fraternities and sororities got an opportunity to reconnect.

However, because so many of the alumni in attendance consisted of those who have graduated within the past five years, there was an event specifically for the classes of 2020 and 2021 at Stonebridge in Milford.

"These alumni lost their Senior Week experiences due to the pandemic," said Gibbs. "We thought it would be a great way to provide them a celebratory opportunity as they begin their adult lives as alumni."

Sacred Heart has expanded within the past few years, so the weekend gave alumni the opportunity to tour all of the new places on campus.

"Some members from the class of 2018 were really excited to see all of the new things in Pioneer Village, while a member of the class of 1997 came back to campus for the first time and was blown away by the chapel that opened in 2009," said sophomore student ambassador Kayla Kutch.

Sacred Heart alumni can be found in all 50 states and in more than 50 countries worldwide.

"Being an alumnus is a lifelong relationship to SHU and can bring great fulfillment and value," said Gibbs.



Maria Zegarelli, Photo Staff

Sacred Heart University cheerleader at the Homecoming Game

UPCOMING GAMES



Week of October 17

Field Hockey-Wed. Oct. 20 @7pm- @University of New Haven	Men's and Women's XC-Fri. Oct. 22 @3-30 and @4pm-@CCSU
Women's Soccer-Thurs. Oct. 21 @3pm-Park Ave Field	Women's Volleyball-Fri. Oct. 22 @7pm-@CCSU
Field Hockey-Fri. Oct. 22 @2pm- @LIU Brooklyn	Men's Ice Hockey-Fri. Oct. 22 @7:30pm- @University of Maine
Women's Rowing-Sat. Oct. 23 @The Head of The Charles-Boston	Men's Tennis-Sat. Oct. 23 @12pm- @Fairfiel University
Women's Bowling-Sat. Oct. 23 @10:30am-Fairfield	Men's Ice Hockey-Sat. Oct. 23 @5pm-@University of Maine
Football-Sat. Oct. 23 @12pm- Campus Field	Women's Ice Hockey-Sat. Oct. 23 @5:30pm-Shelton

WEDNESDAY OCT. 20

- 10AM - 2PM FIRST 50 DAYS BLOWOUT GIVEAWAY
63'S LAWN
- 11AM-2PM FRATERNITY AND SORORITY GIVEAWAY
CABANA 2
- 6PM OKTOBERFEST IN RED'S

THURSDAY OCT. 21

- 10AM-2PM KINDNESS ROCKS PAINTING CABANA 4
- 8PM HALLOWEENTOWN MOVIE NIGHT IN MARTIRE
FORUM

FRIDAY OCT. 22

- 1PM-3PM TURKEY DRIVE FUNDRAISER CABANA 2
- 7PM-10PM SHU HOOPS MADNESS IN PITT CENTER

SATURDAY OCT. 23

- FAMILY WEEKEND
- 10AM - 4PM DUQUESNE VS SHU FOOTBALL AT
CAMPUS FIELD

SUNDAY OCT. 24

- FAMILY WEEKEND

News

Fire Safety at SHU

BY SOPHIE CAMIZZI
News Editor

On Jan. 19, 2000, Seton Hall University sophomores Alvaro Llanos and Shawn Simons woke up to the shrill sound of the Bolin Hall fire alarm. Although initially dismissing it as a prank, they eventually left their room only to be met with an intense wave of heat and smoke, the first signs of what would later be known as one of the deadliest dormitory fires in U.S. history.

“The fire began around 4:30 a.m., spreading out across three couches in the third-floor lounge, and approached temperatures close to 1,500 degrees in less than five minutes,” said Llanos.

While Llanos and Simons were only two out of the 56 who were injured that night, they were still two out of four people who were injured enough to require a lengthy hospital visit due to the severity of their burns.

On Oct. 6, Sacred Heart’s Human Journey Colloquia Series presented “After the Fire: A True Story of Heroes and Cowards,” a documentary and presentation that went into detail about Llanos’s and Simon’s recovery process, as well as investigative insight into the perpetrators who began the fire.

“I did not expect the colloquium to be that emotional,” said sophomore Jillian LaGrega. “Before this, I definitely did not take fire safety as seriously as I should because I had the mindset that it could not happen to me.”

According to the Federal Jeanne Clery Disclosure Act of Campus Crime and Fire Statistics, a report that includes statistics of reported crime and fires on Sacred Heart property within the past three years, there was one fire on Oct. 27, 2020 in Roncalli Hall, but no drills due to Covid-19.

“I do not think everyone takes fire safety seriously, but I do feel that Sacred Heart does provide enough information,” said senior Tyler Dymond. “I know a fire is really rare, but when I stayed in Oakwood there was never a fire drill and no one talked about what we should do if there was a fire.”

While some students have not yet practiced fire drills, there are still prevention systems in place within residence halls both on and off campus.

“Fires do not often occur on our campus, but it is taken very seriously at Sacred Heart,” said Frank Novak, Fire Marshal and Training Coordinator.

“All residential facilities are protected by sprinkler systems and fire detection devices, and safety equipment is inspected on a regular basis as required by the State of Connecticut fire code. Occasionally, Public Safety will find residents who do not evacuate during a fire alarm and when this is discovered, they are referred to the student conduct process.”

In addition, students can still practice fire safety regardless of whether there is a fire or not in a variety of different ways, including counting the number of doors from the nearest exit or learning which exits are the fastest.

“Fire is not what it looks like on TV,” said Simons. “They make it look very theatrical, but when there is a real fire, it’s complete darkness so when you’re crawling on the floor because there is more oxygen down there and can’t see, you can touch and count the number of doors.”

Simons also said, “We are blessed to be standing in front of audiences across the country, especially young adults who never thought that fire safety isn’t a big thing. I tell people all the time that you’re all going to have different adversities in life, this just happened to be ours and it’s just proof that you can survive anything.”

Colleen Shaffer contributed to this article.



Sacred Heart University Public Safety Building

Sacred Heart University

Is Social Media a Threat to Public Safety?

BY SOPHIE CAMIZZI
News Editor

On Oct. 8, Sacred Heart University presented “Public Safety and National Security Challenges in a Post-9/11 World,” a panel moderated by Dr. Gary Rose, Chair of the Department of Government, and featured panelists Robert Antonellis, an alumnus and former Deputy Group Chief of the CIA, and Gary MacNamera, Executive Director of Public Safety and Government Affairs at SHU.

During the panel, topics such as career advice for prospective students, how policies have changed because of 9/11, and various others were discussed.

“I hope that students understand the importance of the type of critical work that Robert Antonellis and Gary MacNamera do, national security and public safety, that protect the type of lives we live as free people,” said Dr. Rose.

Some of the students who were able to attend found the forum to be beneficial to their understanding of safety and security.

“The panel was extremely informative and helpful in understanding just how much public safety and national security has changed since 9/11,” said junior Joe Winterhalter. “Hearing first-hand stories from the panelists made me more confident and prepared for the future.”

However, other students were still concerned about challenges to the mental and physical wellbeing of the public at large, especially in regard to the current digital age.

“Social media can be dangerous for the public,” said senior Andrea Toth. “Not only are there predators disguising themselves as younger children, but it is also dangerous mentally. Every day, people see highly edited photos of celebrities and believe they are natural, but that isn’t the case.”

Recently, there have been accusations made against Facebook about whether the company knowingly causes harm to the public.

According to the Associated Press, Frances Haugen, a former Facebook employee who

copied thousands of internal documents, testified before Congress on Oct. 5. saying that “the company knows its platform spreads misinformation and content that harms children but refuses to make changes that could hurt its profit.”

Not only is Facebook a single company, but they also own other social media platforms, such as Instagram and WhatsApp, so they have the ability to reach a wider audience.

“We have to understand that while social media brings a lot of positive, it also brings about a lot of negative, and we would do ourselves a disservice not to recognize that,” said MacNamera. “We have to listen and take action. The problem with social media is that it’s quick, it’s not face-to-face, and the information being gathered and spit back to us may affect the way we think. We have to react to it and understand that it is a threat to all of us.”

According to the Associated Press, Haugen said in her testimony, “Congressional action is needed. (Facebook) won’t solve this crisis without your help.” Instead of a breakup of the company, she is advocating for targeted legislative solutions including “legal protections for speech posted on social platforms.”

Some have disagreed with this sort of potential regulation, but instead have pointed to media literacy education for the public as an alternative solution.

“Personally, I see Facebook as a private company, and I do not think that any private company should be subject to that kind of regulation or break up,” said Antonellis. “However, I do think that people need to be aware what Facebook is, what they receive and what they put on it. It is a social networking tool. I think more individual information would be more useful than dividing a company.”

Recently, Facebook has been making more changes and restrictions following Haugen’s testimony with Congress.

According to the Associated Press as of Oct. 13, “Under the new, more detailed

Perspectives

Vaccine Mandate for Health Care Workers

BY RACHEL DEGENNARO
Staff Writer

Should all healthcare workers be vaccinated?

“As a nursing student myself, I made the decision to get the vaccine. I believed that I did not want to get sick or be the reason that a patient would become ill,” said junior nursing student Chloe Savino. “However, I believe it should be up to the person if they want the vaccine or not, and I would not turn down care from that individual just based on their vaccine status.”

President Joe Biden plans to announce that staff at all health facilities must be vaccinated to rein in the virus, according to MSN news, after a long battle with the deadly Coronavirus pandemic. Outrage has occurred, especially online, as health care workers are being released from their jobs due to their decision to not get vaccinated. Some believe that this steps over the line of freedom, while others disagree and believe those in the health field should be vaccinated against the virus.

The Sacred Heart University’s Coronavirus Planning Team released word of mandatory vaccination status for all students over the summer to ensure campus safety. The first shot of the vaccine had to be done by Aug. 13, and the second had to be done by Sept. 15. Additionally, Connecticut has issued a mandate for vaccinations for health care workers, with many other states beginning to implement the same protocol.

Some SHU students prefer to be cared for by vaccinated doctors and nurses.

“I would prefer them to be vaccinated especially if dealing with Covid patients to avoid spreading this pandemic further,” said junior Alison Romansky.

According to a Forbes article dated Oct. 15, some religious worshipers believe that the Covid vaccine should be a person’s choice, while other religious leaders encouraged their followers to be vaccinated.

“While I do understand the counter argument that those who have religious and health exemptions against the vaccine should not have to be mandated to get it, I still firmly believe that if you are in the healthcare field, you have to support the medicine that you are working behind,” said junior nursing student Lindsay Kassardy. “When an individual makes the commitment to be in the healthcare field, they also make the commitment to stand behind all medications, vaccinations, and medical procedures that support health

promotion and wellness.”

Similar to Kassardy, other students say that the mandate for vaccinations among health care workers will hopefully stop the spread of the virus.

“We need to curve the spread as much as possible, and in order to treat Coronavirus patients, you should believe in the science behind it,” said junior Rachel Wolf.

Sacred Heart requires all students to get the Covid vaccine unless they have applied for and received an exemption for medical or religious reasons. Students who are vaccinated and students who are not vaccinated also all must wear masks indoors to avoid the spread of the virus.

“Healthcare workers that are not vaccinated should understand they are responsible for spreading a virus to another who cannot handle its repercussions, and knowing that risk, they should comply with weekly testing,” said junior nursing student Ava Giamanco.

Other students say the misinformation that is circulating about the vaccine is making it harder for those who are unvaccinated to make an educated decision.

“Misinformation about the vaccine adds to the outrage of healthcare workers who do not want to be vaccinated,” said Romansky.



Covid-19 Vaccine Being Administered

AP NEWS

The Fall Season Is Here!

BY KENLEY PIERRE
Staff Writer

Junior Julia Rosati was jubilant to have the fall weather back and watch the colorful leaves fall to the ground.

“My favorite thing about fall is the changing of the color of the leaves,” said Rosati.

The fall season brings different activities and festivities such as apple picking, pumpkin picking and corn mazes.

“My favorite fall activity is going to pumpkin patches with my family and friends,” said junior Megan Eugenio.

Fall may also be well-liked because of sports that are in this season.

“In the fall, watching and playing sports is something I do a lot in this particular season,” said sophomore Brendan O’Donnell.

Fall in places such as Connecticut, Massachusetts, and New York is known for its beautiful colors, and the leaves falling inspire people to get into the fall spirit.

“I enjoy the colder weather and the fall leaves changing colors before they fall down to the ground,” said sophomore Ella Giorgi.

Some students enjoy fall festivities with their friends.

“I love to go pumpkin picking with my friends in the fall,” said freshman Alexandra Schulz.

For some, fall is their favorite season because of the holidays and activities both on and off campus.

“Fall is for sure my favorite season, especially when you add the activities we do on campus,” said Giorgi.

Sacred Heart University holds many activities for students to get involved in the season, celebrating fall through the annual Fall Fest, a trip to Salem, Mass. and Halloween movies at the community theater in Fairfield.

“My favorite fall movie I saw at the theatre is ‘Halloweentown’ because it’s something that gets me in the fall spirit,” said freshman Donika Anty.

Other students have different classic Halloween movies in mind that they enjoy the most.

“I prefer ‘Ghostbusters’ as opposed to the horror movies because it gives a different Halloween vibe,” said Rosati.

Some students have a special reason to look forward to Halloween this year.

“I am looking forward to Halloween especially because my birthday is close to it,” said Eugenio.

Some college students still enjoy trick-or-treating on Halloween.

“I enjoy dressing up with my friends and trick-or-treating with my friends,” said Giorgi.

Many students have been enjoying the fall weather and views on campus, as well as the change in the environment.

“I love the fall foliage around the campus,” said Rosati.

“The leaves and cool weather are one of the things that get me interested in the fall, but wearing sweaters and coats with hoodies is also what I like,” said Eugenio.

Other students prefer the cold weather in the winter, while some prefer the opposite heat in summer.

“I like fall a lot but winter by far is my favorite season. It is even colder, and we get snow,” said O’Donnell.

“I like summer because in fall it gets chilly and I like the warm weather,” said Schulz.



Colorful leaves on the trees near the Main Academic Building

Joe Decarlo, Photo Editor

Features

ZTA Celebrates Breast Cancer Awareness Month

BY JULIA HALLISEY AND CHRISTINA ALAIO
Features Editor/Staff Writer

During the month of October, Zeta Tau Alpha (ZTA) holds events to raise money for their philanthropy, Breast Cancer Education and Awareness. During the month, they hold smaller events on campus to lead up to their biggest fall event, Z-Factor.

The members of ZTA are passionate about breast cancer awareness year-round, but especially in October.

“Breast cancer education and awareness is important to me and the other members of our chapter because it is a cause that allows us to be a part of something bigger than ourselves,” said senior Natalie Dente, President of ZTA.

This year, ZTA held their Pink Lemonade and Donuts event on Oct. 6, during which they sold lemonade and donuts to raise money for their philanthropy.

“Our events are a way to come together with a lot of different people on campus and raise money, eat good food and have fun,” said junior Carolyn DeFranco.

ZTA also holds a virtual fundraiser to involve more of the SHU community.

“Other organizations can submit creative videos of their members spreading awareness for our philanthropy to win a donation to a cause of their choice,” said Dente.

However, their biggest event is Z-Factor, a spinoff of the television show X-Factor.

“Members of other organizations, clubs and sports teams sign up to participate in the talent show,” said Dente. “Z-Factor is one of my favorite events because there is always a combination of acts ranging from extremely talented performances to silly crowd-pleasing acts.”

The winner of Z-Factor is offered a donation to the philanthropy of their choice.

“It’s really nice to see people from other organizations get involved in our events,” said junior Gabriella Teutul.

At each event, ZTA takes time to educate participants on the importance of breast cancer awareness.

“We’ve had speakers in the past at Z-Factor and last year we had a video that played before the event,” said DeFranco.

These events also bring the ZTA chapter closer through the planning process.

“There are so many components to making these events happen,” said Teutul. “It really increases participation, because we all have the common goal of spreading our message.”

ZTA also participates in events outside of Sacred Heart, like Breast Cancer walks where they partner with the American Cancer Society. Earlier in the month, members participated in a Making Strides walk.

“At the last walk, we worked at the survivor tent,” said DeFranco. “We helped check them in, gave them goodie bags and sat down with them and got the opportunity to talk to them about their stories.”

For many members of ZTA, the breast cancer walks are a very eye-opening experience.

“Getting to meet survivors and offer them support during their five, 10, or 20 years of remission has been one of the most memorable things I have been able to do as a member

of Zeta Tau Alpha,” said Dente.

ZTA will continue to spread their message of breast cancer education and awareness throughout the rest of the month while attending more walks and holding their Z-Factor event on Oct. 27 at 7 p.m. in the Edgerton Theatre.

“As an organization, we will keep fighting until pink is just a color,” said Dente.



Jake Cardinale, Photo Staff

Zeta Tau Alpha Sorority Members at Their Philanthropy Event

The Environmental Club at SHU

BY ADRIANA FRANCHINO AND JULIA HALLISEY
Staff Writer/Features Editor

The Environmental Club at Sacred Heart University focuses on raising awareness for specific environmental issues and working to improve them. This club is representative of the growing state of young people becoming more environmentally conscious and striving to make impactful changes on issues such as pollution, conservation and recycling.

“This club really focuses on helping our earth and community like no other club,” said junior Madison Murphy, Environmental Club member. “Our organization gets others involved and allows for our community to come together while cleaning and making our earth a better place to live.”

They have been collaborating with other organizations and having fundraisers to promote all of their environmental efforts.

“We work on continuing to clean up our community and discard litter properly,” said Murphy.

All club members are passionate about educating themselves and educating the SHU community on the importance of environmentally-friendly practices.

“Being environmentally friendly benefits not only us, but the world around us as well,” said Murphy. “It allows for cleaner air and a brighter future for generations to come.”

The club has been working on a composting initiative to help make SHU Dining more environmentally friendly.

“That project will hopefully be operating in the dining halls,” said sophomore Amanda Malatak, the retention chair of the Environmental Club.

Along with this, they have been working on a pollinator garden at West Campus, a garden planted predominantly with flowers and native species that provide nectar or pollen for a range of insects.

“This garden will be a safe space for animals to live and where students can spend time outside,” said Malatak.

This semester, the club is bringing the SHU community together through events such as clean-ups, recycling days and volunteer days at the pollinator garden.

“We have many clean-ups this month. We are pushing our members and anyone, in general, to help with this cause,” said Malatak. “More recently, our members did a campus-wide clean up.”

The club is actively looking to make improvements on the SHU campus, and their goals aim to make the campus more environmentally friendly. Another initiative they are tackling this year involves recycling, composting and waste reduction.

“Though the university has recycling bins, they are scarce. The recycling system that is set in place does not properly dispose of our recyclables,” said Malatak. “Sacred Heart, as of now, does not have any composting system in place. Our goal is to have the dining hall kitchens be responsible for separating the garbage. Everyday items are being wasted

or not used to their full potential.”

Many members of the club feel inspired by other members and the projects they have been working on.

“As an aspiring marine biologist, the environment is extremely important to me,” said Murphy. “Being involved in an organization where others have that same passion is amazing.”

The Environmental Club is always looking for new members to join their organization.

“When it comes to all this new policy we are trying to implicate into our school, it is a slow moving process. So we must get new members to carry out our programs so that hopefully, they will be accepted and implicated at Sacred Heart,” said Malatak.

The Environmental Club meets bi-weekly on Tuesdays at 7:00 in HC211.



Jill Amari, Environmental Club Member

Environmental Club Logo

Spotlight



The Art of Appreciation

BY JORDAN GREENE
Contributing Writer



There are many things in life that we take for granted. Whether it is a gift, an act of kindness, or even a simple smile on someone's face, sometimes we do not see the importance of certain actions when they first happen.

Personally, I have fallen victim to this many times throughout my life. But as I get older and things change around me, I am slowly starting to learn how to take in the things that I once took for granted. This is what I like to call the art of appreciation.

To be more specific, there are two main elements in mastering the art of appreciation: being aware and taking note of symbols.

Being aware is a simple concept, but it is hard to practice on a consistent basis. Your surroundings and environment are what shape you, so it is up to you to be aware of what your environment consists of that can either help or hurt you. When you are conscious of the things that will benefit you in the long run, it will help you appreciate them on a higher level. On the other hand, a lack of awareness will allow you to be blind in seeing the good, so you will not be able to fully appreciate it.

In regard to symbols, these relate to objects or people that are of much importance. For example, a teddy bear that you used to play with when you were little can become a

symbol as you get older. Whenever you see a teddy bear, it brings you back to the state of innocence that you had when you were a kid, which equals appreciation.

It only takes a split second to miss something that can change your day, or even your life, for the better. In my case, these little seconds of time are some moments I wish I could get back. Now that some of those I love who I was able to share those moments with are gone, it becomes evident that most things on this Earth do not last forever.

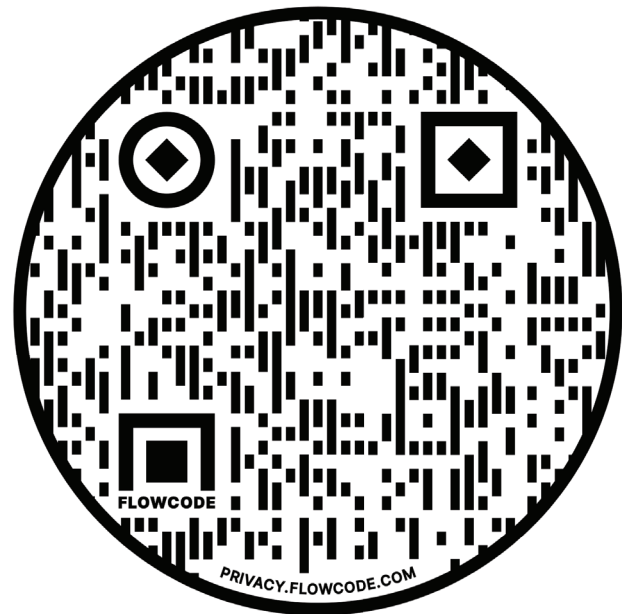
But something that can last however long you want are memories. The things that you hold dear in your mind will be with you forever. They will last longer than the money you earn in the future, certain relationships, and material items.

Now that I am a freshman here at Sacred Heart University, it is important for me to remember the art of appreciation. These next four years, whether I like it or not, will go by very fast. It's important for me to capture the important moments now so when I look back, I will know that I did not waste any time throughout my years here.

The art of appreciation is a universal code that we should all follow. If this art is performed, there will be nothing that you will regret and there will be peace for the rest of your life.

SCAN ME TO VISIT OUR WEBSITE!

**CHECK OUT THIS WEEKS ISSUE
ONLINE AND FIND OUT WHAT
YOU MISSED LAST ISSUE!**



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)



Arts & Entertainment

“Dancing with the Stars” Season 30

BY ELIZABETH COYNE AND TALIA PIERTROBUONO
Arts and Entertainment Editor, Staff Writer

The 30th season of ABC’s hit reality show “Dancing with the Stars” has begun, and many fans are talking about the new celebrity cast and the changes to the show’s format.

According to IMDb, “‘Dancing with the Stars’ is based on the British series ‘Strictly Come Dancing,’ where celebrities partner up with professional dancers and compete against each other in weekly elimination rounds to determine a winner.”

“I actually really like ‘Dancing with the Stars.’ I’m not a dancer, but I used to watch shows like that all the time when I was a kid with my family and so now even as an adult, I still look forward to watching every season,” said senior Patrick Coyne.

The show’s host is super model and television personality Tyra Banks, who is joined alongside a panel of judges including Len Goodman, Derek Hough, Carrie Ann Inaba and Bruno Tonioli.

The celebrities on the show change each season and include a wide range of professions. Most commonly, the participants have included actors, athletes and musicians. However, “Dancing with the Stars” has recently branched out to different types of celebrities, including but not limited to race car drivers, fashion designers and online influencers.

One of the celebrity contestants invited on the show this season is JoJo Siwa. 18-year-old Siwa is best known for her past role on the Lifetime reality show “Dance Moms.” Since her time on “Dance Moms,” Siwa has become a singer and an online influencer, tailoring her content to a younger demographic.

Siwa is the first contestant on “Dancing with the Stars” to be paired with a professional dancer of the same sex, Jenna Johnson.

In an interview with “Entertainment Tonight,” Siwa said, “When I read the email it was like, ‘Would JoJo prefer to dance with a girl or with a boy?’ And I was like, ‘Wait, that’s an option? Let’s absolutely do it!’ It was like, whoa, I’m changing the future because I have such a kid demographic. It’s making it acceptable, and I love that and I’m so proud of that.”

Some Sacred Heart University students reacted positively to the star’s choice to change the show’s traditional format.

“I think it’s so cool that JoJo chose to dance with Jenna Johnson. She’s opening doors that are just making it easier and easier for people to feel comfortable as themselves,” said junior Hailey Morelli. “What a cool role model for kids. She’s the Hannah Montana of their generation!”

Another celebrity contestant who has received a lot of press surrounding her place on the show is online influencer Olivia Jade. Daughter of actress Lori Loughlin and fashion designer Mossimo Giannulli, Jade has remained hidden from the public eye since her involvement in the 2019 “college admission scandal” was publicly exposed.

Some Sacred Heart students were divided on the choice to bring Jade onto the show.

“I was personally happy to see that Olivia Jade was going to be on ‘Dancing with the Stars.’ I used to love watching her YouTube videos, and when everything happened to her

family, I missed getting new videos from her. So, I’m happy that people are giving her a second chance again,” said sophomore Bianca Castaldo.

“I feel kind of indifferent about the whole thing that happened with her college admission scam, but honestly I don’t think she deserves a platform. Why give her fame and attention when clearly, she doesn’t know what to do with it,” said junior Reagan Daly.

Along with casting, an obstacle for the show this season has been allowing the dancers to perform their pieces in person while still adhering to Covid-19 safety guidelines. One set of partners, Cody Rigsby and Cheryl Burke, recently performed their dance routine virtually after Burke contracted Covid-19 mid-season.

In an interview with Us Magazine, Banks said, “There will be some nostalgia on ‘Dancing with the Stars.’ But we still want to stay fresh and relevant and constantly looking to the future, and doing that thing that makes people go, ‘oh my gosh!’”



Tyra Banks hosting “Dancing with the Stars”

ET ONLINE

Artists Back on Tour

BY MARIA JEAN ZEGARELLI
Assistant Arts and Entertainment Editor

The Covid-19 pandemic caused a major setback in live music. All musicians were forced to cancel their shows and/or postpone their tours following Covid safety guidelines. However, after almost two years, many musical artists are making their way back on stage to perform live in front of their fans.

Some Sacred Heart University students reflected on what it was like to enjoy their favorite artist’s music during the pandemic.

“Last year, Luke Combs had an online concert that I watched on YouTube. It was great, though I was heartbroken that I wasn’t able to experience this type of show in person,” said junior Alaina DeRose.

Harry Styles is one of the musicians, after putting his tour on hold in 2020, who is performing live again, to many fans’ excitement. Styles will perform hits from his latest album “Fine Line” during his appropriately titled show, “Love on Tour.”

“I was a big One Direction fan back in the day and I’m so excited to see that Harry is performing live. I saw him live recently at Madison Square Garden and the experience was amazing! He’s a great musician and I fell more in love with him after seeing him live,” said DeRose.

Styles isn’t the only artist back on stage. Popular boy band the Jonas Brothers are also back to performing live.

“I first saw the Jonas Brothers in 2008 when I was at a Hannah Montana concert. Seeing them again live was a lot of fun,” said senior Sarah Lindskog.

The Jonas Brothers will be touring with their “Remember This” show through 2022, which features a variety of new and nostalgic hits from the band. According to Forbes, “Nearly a decade in the making, their comeback tour has taken the world by storm.”

Many shows, including “Love on Tour” and “Remember This,” require all attendees to be fully vaccinated and/or wear masks to attend.

Another artist, rapper and pop-punk singer Machine Gun Kelly, is currently on his “Tickets to My Downfall” tour featuring the songs from his newest album of the same name. According to Billboard, “The tour will be followed by a new album release with recurring collaborator, Travis Barker. ‘Born with Horns’ will serve as a contrast to his last release.”

“I saw MGK prior to quarantine. Not only is he a great artist with consistently great music, but he is a great performer as well. I really enjoyed his show back in 2019, and I would absolutely see him again,” said junior Nina DiProffio.

Along with concerts, music festivals such as the Governor’s Ball, Firefly and Rolling Loud have returned to being in-person events.

“I loved Gov Ball. The music, food, people and just the overall energy of the entire festival was so much fun. I have yet to go to Rolling Loud, but it is definitely on my

bucket list,” said sophomore Stephanie Zustovich.

Other groups that are performing live this year are rock band The Strokes, pop-punk band Wallows and mid 2000’s boy band Big Time Rush.

Big Time Rush will be having two reunion shows, previously cancelled due to Covid, in December. The first show is at the Chicago Theater in Illinois on Dec. 15, and the second is at the Hammerstein Ballroom in New York City on Dec. 18.

“As a 2000’s kid, it makes me giddy to see BTR perform one more time. All of these upcoming shows are so exciting and to have concerts live again is a relief,” said DiProffio.



Governor’s Ball Music Festival

Maria Zegarelli, Photo Staff

Sports

Men's Volleyball Heading to the NEC

BY RYAN DIFRONZO
Staff Writer

On Sept. 30, the commissioner of the Northeast Conference (NEC), Noreen Morris, announced that the Sacred Heart University men's volleyball team will be the 25th sport in the NEC, eligible to compete for a conference championship.

Eligibility will extend not only to Sacred Heart but also to five other Division I NEC programs, including Fairleigh Dickinson, Long Island University, Merrimack, St. Francis Brooklyn and Saint Francis University.

"It is really cool as a program to compete with other teams in the same conference as our school," said junior setter and libero Tyler Kwinta. "It's great for men's volleyball as a whole, especially with all the competition on the East Coast."

Kwinta registered 23 assists in the 2021 season, and 11 of those against St. Francis Brooklyn on Jan. 10.

Additionally, with the help of the First Point Volleyball Foundation, NEC men's volleyball will be able to give out weekly awards, such as player of the week and rookie of the week, starting in the 2024-2025 season.

"It's cool to see new teams, new conferences, new competition," said junior outside hitter Nick Galasso. "There's a lot of new freshmen, and it's the upperclassmen's job to keep them together and make sure they develop and understand what the program is about."

The team welcomes 11 new faces to the squad as they are coming off a 1-19 season just last spring.

"We still have a very young team, but since the freshmen have a year under their belt, I think we should be better than we were last year," said Head Coach Bertucci.

In just her first month of taking over the athletics program, Athletic Director Judy Ann Riccio has already seen the strides the NEC is making to better represent the programs.

"I am pleased that Sacred Heart men's volleyball will be under the Northeast Conference umbrella in 2022-23," said Riccio. "This is a terrific move for our program and future."

The team opens up their season on Jan. 12 on the road against Springfield University. Their first NEC matchup will be at the William H. Pitt Center on Feb. 11 against St. Francis University.

"We're hoping to be one of the top six teams. That's our goal," said Bertucci.

Sacred Heart Athletics contributed to this article.



Pat Mucherino serving for the Sacred Heart University Men's Volleyball Team

Joe DeCarlo, Photo Editor

SHU Diving in Head First This Season

BY MICAH BRANTLEY
Staff Writer

The Sacred Heart University swimming and diving team was projected to finish in fifth place in this year's upcoming season for their conference. In the Northeast Conference (NEC) last year, Sacred Heart placed fourth, and the team is looking to do better than last year this upcoming season.

"Our preseason ranking is the highest ranking we have received. Although we placed fourth last year, we are eager to get back in the top four in the NEC," said coach John Spadafina.

The SHU swimming and diving team finished their first meet of the season against Fairfield University at Fairfield. This meet was known as the Fairfield Invite.

The matchup was Friday, Oct. 8 and Saturday Oct. 9, during which both swimming and diving competed very well.

Casey Barret finished her sophomore season strong, placing fifth in 200 IM finals at the NEC Championship last season, and she is looking forward to picking up from where she left off.

"I feel as though this year is going to be a good year. I have been looking forward to our team competing and doing well, especially in my junior season as a leader," said Barret.

During the Fairfield Invite, sophomore diver Olivia McNicholas swept the diving events.

"In our team meet at the Fairfield invite, I think we have improved more from last year, and I was happy to compete," said McNicholas.

Since Sacred Heart competed well at their two-day meet at Fairfield University, they are looking to use their momentum to boost them into their next competition.

"I was very happy how we swam and dove at the Fairfield Invitational last weekend. It was a tough two-day meet and our team responded very well," said Spadafina.

Sacred Heart's swimming and diving team also has fresh new faces who are looking forward to contributing to the team, including freshman Emma Chambers.

"My freshman year, the team has been super welcoming and I just want to help the team out the best way that I can," said Chambers. "In my first meet, I think we did well as a team, and we can improve more throughout the rest of the season."

Spadafina mentioned that the team has grown due to the challenges they faced last season.

"You are always going into the season with optimism, and after last year, you never knew what you were going to expect each day during Covid," said Spadafina. "This year, we are very talented: we are getting more mature in the water and on the diving boards, so this will help us as college swimmers and divers. I am very excited to see how the 2021-22 team starts to perform on a weekly basis in competition."

More recently for the SHU swimming and diving team, they faced Iona College and Wagner away at Iona College in New Rochelle, N.Y. on Oct. 16. On Oct. 30, they will be home against Stony Brook University.

Sacred Heart Athletics contributed to this article.



Freshmen on Women's Swimming Team (Left), Juniors on Women's Swimming Team (Right)

Jess Goldfeder



The Sacred Heart University Women's Swimming Team

Sacred Heart University Athletics

Editorial

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From Failure to Division 1

ALEX MARCINIAK

ASSISTANT SPORTS EDITOR

Ever since the age of 15, my goal was to become one of the best wrestlers in New York State, and eventually go on to the Division I level. Through sophomore to senior year, the dream was slowly nearing reality.

Going into my last high school year, I had already made the sectional finals the year prior, and had attained all-county status for the past two seasons. My final goal going into the final stage of my high school career was to place at the state tournament.

The first two tournaments went well, with a perfect 5-0 record in both of the competitions. With six pins and one tech-fall (beating your opponent by 15 points) I was very comfortable going into the mid-season county tournament.

I was seeded second behind a wrestler I had previously beat my sophomore year, so the pressure wasn't as high as what I thought it would be. My whole team thought I had it in the bag up to the point.

My first two matches of the tournament were easy wins where I didn't have to struggle in order to advance to the next round. When I made it to the semi-finals, I looked at the bracket to see who my next match would be.

I looked at the name but had never heard of this guy before. Because of that, I thought it was going to be an easy way to the finals to get the championship I've been working for. What I wasn't expecting was a 20-year-old man who had five times the muscle of me and looked like he could bench 400 pounds.

As soon as I stepped on the mat, I watched this mountain of a man take off his shirt and prepare to face me. He looked as if he was prepared to go to prison in order to take me out. When we shook hands right before the match, I could feel how strong he was.

The matchup was close, and I gave up one takedown to him going into the third period. I was down by one point and I knew that I had to put in all of my effort if I was going to beat him. Looking at the clock and seeing 25 seconds remaining, my initial reaction was survival.

I took a desperate shot, but in my attempt, my head connected with his knee, cracking my head open immediately. I knew I only had a few seconds until there was so much blood that the referee would stop the match, so I rolled him over and was so close to getting the two points I needed to win.

Instead, I failed, and the referee stopped the match because of the blood and my injury. I had lost and the feeling of defeat came over me. I ended up finishing the tournament before rushing to the hospital, but not until I saw the finals match between the guy that beat me and the guy I had previously beaten.

I watched as my rival who had taken me out dominate and defeat the first seed. I couldn't help but feel jealous like he had taken what was mine.

Fast forward a couple months, and I committed to Sacred Heart University, where I now wrestle at the Division I level. Wrestling is something I love to do and is something that I don't think I can live without at the moment. I'm blessed to have the opportunity that I have, especially since I found out the guy who had beaten me had planned on wrestling at Bucknell University but instead had to pull out because of a serious brain injury.

After looking back at my situation and seeing that I could have won the tournament in high school, but would have to live with the fact that I would never be able to wrestle again, I can confidently say that some things really do turn out for the better, even if the path doesn't look so bright in the beginning.



Making the Most of It

MAISY CARVALHO

EDITOR-IN-CHIEF

These will be the best four years of your life.

That's what they all told me as I finished my senior year of high school. Friends, friends' parents, family members, people I work with, people I don't even know. They all told me to cherish every moment as I prepared to enter my first year of my undergraduate experience.

To be totally honest, I didn't believe them. I would scoff at the thought of 'peaking' in college. Life has to be better than four years of living away from home with a bunch of stinky college kids who I had nothing in common with. I was not excited for the extra freedom to do what I please. I already had that in high school and it was not an appeal to me. I had my eye on the prize. Get good grades and get a degree. That was the plan.

Well, four years later...I can say I was wrong and I will be walking away with much more.

The past three and a half years have been more than I could have ever imagined, and as I am preparing to register for my last semester of classes, I find myself becoming more and more grateful for my time here at SHU.

The people I have met have helped me grow out of a person I don't even recognize anymore. Each day I think more about the fact that this is not something that will last forever. It feels like it when you're a freshman, but I promise you'll blink and suddenly be where I am right now.

Like everyone, Covid-19 put a damper on the experience. Part of me knows it is changing my view on these last few months. Since 2020, I have become obsessed with capturing memories to turn into time capsules that we will look at years from now. Memories we can share with new friends and someday our children.

After sophomore year ended by logging off a Zoom class from my bedroom, I created a video combining snapchat of my friends and me. To thank them for a great year, and to remember that life was not always walked through with a mask on.

Last year, after junior year, I did the same. Three minutes and 45 seconds of my friends at our wildest moments. One of us was graduating and it was the last time we would all live together. It

is something that we still rewatch at least once a month (I do at least).

I knew my senior year would be jam packed. No doubt I was correct. So how would I fit it all into under four minutes? Instead of a year long video, I challenged myself to create one video a month. With fancy new vlog equipment and friends who were used to me shoving a camera in their face, we successfully created a video for September. So far October is coming along great.

I am so excited to be able to have nine videos to relive our senior year. The best year. Because those who said these would be the best four...I hear you now...and you were right.

Let's make the most of it all. Capture the memories. And build a time capsule. So when my kids and their friends go off to school, and I say "Those will be the best four years of your life"...I'll have proof to show them why.



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