

TOP 5 GAMES OF THE WEEK (10/17-10/25)

10/21 - WOMEN'S SOCCER CONTINUES TO FIGHT FOR PLAYOFF SPOT WITH 1-0 WIN OVER LIU

10/22 - WOMEN'S VOLLEYBALL GOES TO 5 SETS IN WIN OVER CCSU 3-2

10/22 - MEN'S ICE HOCKEY SKATES PASS MAINE WITH THE 1-0 VICTORY

10/23 - SHU FOOTBALL TAKES DOWN DUQUESNE 31-13 IN REMATCH OF NEC CHAMPIONSHIP ON PARENTS WEEKEND

10/23 - MEN'S ICE HOCKEY TAKES THE DRAW 3-3 WITH MAINE IN THEIR SECOND MATCHUP OF THE SEASON

DEAD's at Red's

BY STONE COFINI
Staff Writer

With Halloween this weekend, Sacred Heart's on-campus pub Red's will be hosting "DEAD's," a zombie-themed prom night on Oct. 27 and 28.

Students who are over the age of 21 can purchase a "fast-pass" for \$10 at Hawley Lounge, which will allow students to skip the line and have guaranteed entry between 7:00 p.m. to 10:00 p.m due to limited space. Additionally, all proceeds will be going to the Make-a-Wish foundation.

"I missed Red's being closed because it was a place where me and my friends could hang out and there was so much gained from going socially," said alumnus Minas Kostis, class of 2020. "We would find people that we met in freshmen year at Red's, had one interaction with, and became familiar with them again, and I think that's the true Red's effect in that no one is a stranger. But the connection of that went away since we were all remote."

Last year, Red's was closed because of Covid-19, but since its reopening this semester, many people have been flocking there for drinks, food and games.

While there are many drink options at Red's, one favorite is called "The Big Red," which is beer on tap for \$2. Food options include wings, tots and nachos.

"It's great because the pub is located right on campus," said senior Matt Capriglione. "Going with friends is a great time, and you always see a familiar face there because it's primarily Sacred Heart students."

For DEAD's, Red's will be decorated for Halloween and students are encouraged to dress up in unique costumes, not necessarily adhering to the zombie prom theme. For those who wish to remember the night, there will be a spot to take photos.

"I am so excited for DEAD's night at Red's," said senior Madeline Grianddola. "'People already enjoy going to the bar, so when there's a theme night, it makes more people want to go."

According to the New York Post, the most purchased costume this year is from the Netflix show "Squid Game": "From the classic contestant costumes in aqua and white tracksuits to the ominous Red Guards – and even The Front Man, it's a great group costume idea."

While there are Halloween options on campus, there are also off-campus events in the local Connecticut area, such as Toad's Place, a club located in New Haven that will be hosting a Halloween glow party on Oct. 29.

"I heard a lot of people are going to be at Toad's," said sophomore Nick Palumbo. "It's great because any college student can go, and it's not just limited to Sacred Heart people. Students from other schools in the area go as well. My friend group is a mix of all ages, so Toad's is the place to go."

Nonetheless, Red's staff is still looking forward to welcoming students to finally celebrate Halloween this year at Sacred Heart.

"I'm looking forward to working at the DEAD's event," said senior Liam Atkins, a bartender at Red's. "This year, we're going to be wearing a ripped tux T-shirt that is going to match the zombie prom theme."

Sophie Camizzi contributed to this article.



WEDNESDAY OCT. 27

2 - 3PM COLOR WITH THE ADVOCATES: CABANA 4
6PM DEAD'S ZOMBIE PROM NIGHT 1: RED'S PUB
8PM HYPNOTIST DOUG THOMPSON: EDGERTON THEATER

THURSDAY OCT. 28

3 - 7PM COOKIE DECORATING: NC LOBBY
6PM DEAD'S ZOMBIE PROM NIGHT 2: RED'S PUB

FRIDAY OCT. 29

12 - 3PM BETA SWEETHEART: CABANA 2
12 - 4PM HARRYWEEN GIVEAWAY: HC LOUNGE

SATURDAY OCT. 30

1- 3PM KAPPA DELTA RELAY RACE: CHAPEL QUAD
8PM THE OTHER JOSH COHEN: LITTLE THEATER

SUNDAY OCT. 31

2- 6PM DIY HALLOWEEN CANDY CHARCUTERIE BOARD & MECHANICAL PUMPKIN: 63'S LAWN

UPCOMING GAMES

Week of October 24

Field Hockey-Thurs. Oct. 28 @4pm-@Rider University

Women's Ice Hockey Fri. Oct. 29 @4pm-@Post University

Women's Soccer-Thurs. Oct. 28 @7pm-@Merrimack College

Men's Ice Hockey-Fri. Oct. 29 @5:35pm-Webster Bank Arena

Women's Bowling-Fri. Oct. 29 @11am-@Virginia Union University

Women's Volleyball-Fri. Oct. 29 @9pm-@St. Francis College Brooklyn

Women's Rowing-Sat. Oct. 30 All Day-Shelton

Women's Rugby-Sat. Oct. 30 @11am-Park Ave Field

Women's Bowling-Sat. Oct. 30 @9:45am-@Virginia Union University

Men's and Women's XC-Sat. Oct. 30 @11am-@New Britain

Equestrian-Sat. Oct. 30 @10am-Norwalk

Women's Swim-Sat. Oct. 30 @12:30pm-Milford

News

Plans for Halloween

BY EDIJE FRANGU
Staff Writer

What are your plans for Halloween?

“I’m probably going to go out for Halloween weekend. I have four costumes planned but I don’t know if I’m actually going to go out four times in a row,” said Allison Shapinko. “A girl scout and Dora the Explorer are a couple of them.”

According to the Associated Press, on Oct. 10, Dr. Anthony Fauci, the government’s top infectious disease expert, weighed in on whether or not it is okay for people to go out and go trick or treating for Halloween. As Covid-19 cases in the U.S. decline, Fauci said that people should feel safe going out and that children should “go out there” and “enjoy it.”

However, he also recommends that people get the vaccine if they have not already for the “extra degree of protection” as Covid-19 vaccines have recently been approved for people 12 years and older.

This fall semester, Sacred Heart University required students to get the vaccine with some exemptions, but now that most are vaccinated, some students feel a sense of relief.

“A hundred percent I feel safer because I’m vaccinated,” said sophomore Tina Costanza. “But I do believe it should be a choice to get vaccinated.”

However, others worry that testing protocols on campus are not what they should be, yet will still be going out for the holiday.

“Yeah, I do feel safe going out for Halloween,” said Shapinko. “But do we really know how many cases we have on campus because not everyone is being tested? I’m way more excited this year because we couldn’t do anything last year. We can finally have a normal Halloween as normal as possible.”

On the other hand, there are some students who believe that unvaccinated individuals should not be going out at all especially since this will be the first “real” opportunity to celebrate Halloween since the start of the pandemic in 2020.

“I don’t feel like people who are unvaccinated should go out because of the greater risk of them getting sick and getting others sick,” said junior Brianna Rossback. “People are really excited for this Halloween because of how the last two years have been. I feel like a lot more people will be going out this year. I personally feel a lot safer because I am fully vaccinated, and I believe that most students feel this way as well because they have less risk of getting so sick. Honestly, I don’t think people will be wearing masks with their costumes, including me. I think people are confident in the vaccine and will just try to maintain their distance.”

Some have said that they will not be wearing masks with their costumes, especially if it is not part of their costume.

“I won’t be wearing a mask, none of the bars require it,” said Shapinko.

Nonetheless, students are looking forward to going out this year, dressing up and regaining a sense of normalcy in their lives.

“I’m going to this costume event; everyone is going to be dressed up and I’m just super excited to finally have things feel like they’re getting back to normal,” said Rossback. “Also, I’m so excited to dress up in my costume. It just feels like it’s been forever.”



Fall Themed Photo of Witch and Pumpkins

PEXELS

SHU Alumnus Dario Melendez

BY ROBERT FINIZIO
Co-Sports Editor

Between anchoring for sports networks, hosting radio shows and reporting on professional sports teams, Sacred Heart University alumnus Dario Melendez has an abundance of experience in a field that he was introduced to during his time at SHU. His journey to a full-blown career in sports began in 2004, when he made the decision to attend SHU, where he planned on playing football for the Division I team and pursuing a career in television.

“I chose Sacred Heart mainly because of the location and what position they said I could play,” said Melendez. “Obviously it worked out great for me.”

Although Melendez came into SHU for an opportunity to play Division I football, the four years he spent in Fairfield were centered around his career, not athletics.

Melendez was introduced to journalism at SHU when he took a required course for all communication majors, which entailed writing articles for the school’s newspaper, The Spectrum. During his time in this class, he wrote for the sports section and took on the role of circulation manager before becoming a sports editor and eventually assistant editor-in-chief.

Melendez credits much of his success and capability to the lessons he learned when he was a part of The Spectrum, one of which being time management.

“Being punctual, being concise...those all came from Spectrum,” said Melendez. “I would have never had that taste for what it is like without that program.”

It was professors such as Brian Thorne, Andrew Miller, Greg Golda and Joanne Kabak who helped Melendez along his path at SHU, and because of the small class size at Sacred Heart, he was able to build strong relationships with all of the professors he had.

“I couldn’t thank them enough,” said Melendez. “That’s their job. To inspire students and help students, and in my case they did just that.”

Just five years after graduation, Melendez had the opportunity to anchor the Entertainment and Sports Programming Network (ESPN)’s hit show SportsCenter.

“That’s the pinnacle of the profession. That’s all you want to do, you want to be on SportsCenter,” said Melendez. “I was very fortunate that I was the type of candidate that they were looking for.”

Other ventures into his career included reporting and anchoring for New York 1 News and Wisconsin News Television (WISN-TV) as well as hosting two radio shows on Fox Sports Radio.

Currently, Milwaukee is the new home for Melendez and his family as he has hosted pregame and postgame shows for both the Brewers and Bucks for the past three years at Bally Sports. With over ten years of experience, the majority of the research and control

is left in the hands of Melendez and his crew, a major change from his time at ESPN.

“It’s almost like a marathon runner,” said Melendez. “When you run the 26.2 it’s easier because of the hundreds of miles you put in to get here.”



Dario Melendez for FOX Sports Wisconsin

Everipedia

Perspectives

Halloween Traditions

BY ANTHONY GENTILE
Staff Writer

How do you plan on celebrating Halloween this year?

“This year I plan on going to Silverman’s Farm and purchasing pumpkins to carve and put candles in, just like I did before going to college,” said senior Hailey King. “I still plan on dressing up, going out, and possibly making some goodie bags for the trick or treaters.”

Some students consider Halloween as a night to go out, dress up and celebrate. Other students plan to relax at home and continue their tradition of watching their favorite Halloween movies.

“One of my favorite Halloween movies is ‘Hocus Pocus,’ and I just watched it recently with my sister when I was home for the weekend,” said junior Isabella Fazio. “It is just a great story with really funny writing, and it is just a classic. I have to watch it every year during October or else it doesn’t feel like Halloween.”

In order to make sure everyone is safe this Halloween, the Connecticut State Department of Health issued a set of guidelines on their website.

It is recommended to avoid “large parties that exceed 25 people indoors or 150 people outdoors, indoor haunted houses where people may be crowded together and screaming, and hayrides or tractor rides with people who are not in your household.” For college students, they recommend to also “consider alternatives to on-campus costume parties or trick-or-treating between dorms, as these activities will be challenging to maintain physical distancing.”

Some students have already adjusted their Halloween traditions because of the pandemic and the Pioneer Promise to remain safe, mindful and compliant with the

guidelines.

“Covid-19 has impacted my Halloween traditions. Last year, it was harder to celebrate with friends because of the restrictions in the dorms, while still being safe. This year, I am going to be extra careful and make goodie bags to give out to the trick or treaters while celebrating with close friends,” said junior Kathryn Ludwig.

However, other students’ Halloween traditions have not been impacted by the pandemic.

“I don’t think Covid-19 has affected my Halloween traditions because I continued to buy pumpkins and carve them, and I decorated my dorm room at school and my house in my neighborhood. Although last year we weren’t allowed to have guests in our dorm rooms, I still was able to watch Halloween movies and get into the spirit of celebrating during the month of October,” said Fazio.

Additionally, students are continuing to bring their at-home traditions to campus.

“For Halloween back home, I like to invite friends over and watch a movie with a big bowl of candy. I plan on continuing that tradition at college with my roommates again,” said junior Nisha Sidana.

On the other hand, many students create new Halloween traditions on campus.

“Last year, Halloween was a risky night to be out due to the pandemic, so this year, I plan on creating a new tradition by going to Red’s with a bunch of my friends,” said senior Matt Dimeglio. “Even though Halloween is going to be celebrated differently on campus this year because of the pandemic, it is nice to see the community finally finding the new normal.”

New Netflix Series “Squid Game”

BY CAYDEN BRODNAX
Staff Writer

Have you had the opportunity to watch Netflix’s latest series “Squid Game”? According to CNN, the South Korean action-fiction thriller is Netflix’s “biggest-ever series launch.” In the first four weeks, 142-million-member households have viewed the show since its premiere debut on Sept. 17.

The layers of dynamics created by writer-director Hwang Dong-Hyeok have not been the easiest road to production, as Dong-Hyeok tirelessly tried to get his script accepted, which took nearly a decade to begin, and lost six teeth in the process due to stress.

What is the reasoning behind the fact that “Squid Game” has taken the streaming world by storm?

“I think it’s entertaining because it’s suspenseful. It was also really violent, and I think it was super interesting how they made the point that people who really need money will do anything for it,” said senior Chelsea Semler.

Some students do not feel that they could risk the lives of others for any amount of money.

“I would have chosen to go home because killing people is something I would not want to be a part of for no amount of money, and I’d be in fear for my own life,” said senior Donovan Lacey.

Aside from the violence and onslaught of bloodshed portrayed in “Squid Game,” there was another element that caught viewers’ attention.

“The relationships and various dynamics created amongst prisoners makes it entertaining, and the drama of course,” said Semler.

The New York Times stated, “Alliances form and shift; players reveal their true makeups; losers are immediately gunned down. The six games, spaced across nine episodes, invoke both reality-TV competitions — “Survivor” with guns — and the more purely kinetic pleasures of televised sports and e-sports.”

On the other hand, the brutality in some scenes arose fear, and even led to eye-covering moments.

“It was so messed up sometimes that I did not like watching it and I had to cover my eyes,” said sophomore Breana Gionta. “It was wild witnessing what they did to innocent people. I did not like it.”

According to Netflix, “Squid Game” is ranked number one in over 90 countries and is on track to become their biggest show ever.

“I would say the show lives up to the hype since people who aren’t avid TV watchers are beginning to turn their heads to watch ‘Squid Game,’” said sophomore Ava Zecchino.

Some students started watching “Squid Game” as they saw the hype grow on social media.

“I was one who bought into the hype after I saw the surplus of content put out by social media influencers, but the scariness and the idea behind the show makes it worth the watch,” said sophomore Grace Schiller.

Other students thought the hype is what makes the show even more interesting.

“I kept seeing the show on social media. Even when I wasn’t watching the show, I was seeing something about it,” said senior Michael Hayes. “The hype was built up

incredibly, and the entertainment made it fun to keep up with.”

Although the publicity and advertisement of “Squid Game” grew at a rapid rate, there were still those who thought that overall, the show did not deserve all the hype it received.

“I thought it was a good show, not great, and not award-winning,” said Semler.

For some who have begun the show and have yet to finish, they can’t seem to keep their eyes off the screen.

“The concept of the show is keeping me on my toes and seeing the different and unrealistic world watching on the outside is eye-opening,” said Zecchino.



Squid Game Characters

NETFLIX



Features

Trick-or-Treat for UNICEF Fundraiser

BY **EVAN CORMIER**
Staff Writer

Trick-or-Treat for UNICEF is a fundraiser that lasts all October long and encourages people to make this Halloween about kids, in a different way.

The United Nations Children’s Fund (UNICEF)’s goal is to administer 1.4 billion doses of the Covid-19 vaccine by the end of the year, and everyone at Sacred Heart University can help them achieve that goal.

Since the end of World War II, UNICEF has been working to provide humanitarian and developmental aid to children worldwide. UNICEF’s mission is to give every child an equitable chance at life. This means providing health care and immunizations, clean water and sanitation, nutrition, emergency relief and more.

During this ongoing pandemic, UNICEF has turned its attention to making sure kids around the world are getting access to the necessities that will keep them safe from the virus.

UNICEF is trusted to lead vaccine delivery in more than 180 countries, representing 80% of the world’s population. They are distributing masks, hand soap, test kits and even administering vaccines in several countries. UNICEF is the largest purchaser/distributor of immunizations in the world and is currently responsible for the immunization of 45% of all of the world’s children.

The club UNICEF at SHU is an undergraduate student club offered on campus that allows Sacred Heart University students to get involved with children in the community. Their priorities are aligned with that of UNICEF, but with more of a focus on supporting children in and around Bridgeport.

The UNICEF Campus Initiative at Sacred Heart is meant to affect people in the surrounding community, and the club usually aims to put on at least five events during a school year.

“I like to support UNICEF when I can because it is an organization that I can trust to always do the right thing,” said junior Gianluca Rojas. “They are very transparent in their campaigns, so we know exactly where our money is going; my family has been donating for as long as I can remember.”

This year and years prior, UNICEF at SHU has run a couple fundraisers to spread their word around campus. On Wednesday, Oct. 13, they held a bracelet fundraiser to raise awareness for their cause.

You may have seen them raising awareness at the 63’s patio earlier in the year as well, as they had set up a bracelet fundraiser and a club meeting in the lawn last month.

Several students and faculty all over campus have been involved with UNICEF at SHU’s mission in the past or are finding ways to acquaint themselves now.

“I have obviously heard of UNICEF before, but I never really knew what they did,” said junior Amanda Ford. “It’s awesome to have an organization that looks out for kids

and families who can’t really look out for themselves.”

Getting involved is easy. You can visit UNICEF USA’s website and make a donation or start your own fundraiser.



UNICEFUSA.ORG/PEXELS

“Legends of Fear” Haunted House

BY **ISABELLA COSTANZA**
Staff Writer

Heart racing, palms sweating, mouth clenching, and jumping at the word “BOO!” all may be some of the many reactions one may have walking through a haunted house this Halloween season. “Legends of Fear” Haunted House located in Shelton, Conn. offers various attractions and experiences during the Halloween season.

Starting Oct. 1, the haunted house opened for the season. Friday and Saturday hours start at 7 p.m. until 10 p.m. Sunday hours are from 7 p.m. to 9:30 p.m. The Haunted House will remain open until Nov. 6 for those who won’t be able to experience it prior to Halloween.

Freshman Zachary Foust-Clark and senior Andrea Toth are two students at Sacred Heart University who work at “Legends of Fear.”

Foust-Clark has been an employee at the haunted house for the past four years and is knowledgeable about the “Legends of Fear” experience.

““Legends of Fear’ has two attractions. The first and the oldest is actually the hayride. This year marks the 25th anniversary of the hayride, so they really went all out and tried to make the hayride really special this year,” said Foust-Clark.

There are also other attractions offered at “Legends of Fear.”

““Legends of Fear’ also has the Hallow Trail, where I work! It features different areas including the ‘Melon Head Revenge Trail,’ ‘Haunted Hemlock Manor,’ ‘Pine Hills Parish,’ ‘The Dark Harvest,’ and the ‘Funhouse of Fear,’” said Toth.

Toth also included other experiences at “Legends of Fear” that go beyond the trail or hayride.

“They also have bonfires, a snack stand, photo ops and a merchandise shop,” said Toth.

In addition to this, “Legends of Fear” offers opportunities for those who would like to visit the farm but aren’t interested in being spooked.

“They also have spooky light nights where there are no actors and customers can come and enjoy the trail without any scare actors on Thursdays from 7 p.m. to 9:30 p.m.,” said Foust-Clark.

When working a unique job like this, there are sure to be many memorable moments.

“When I was working in the dollhouse, I would contort myself up on a stage into a backbend while lunging out at guests,” said Toth. “One time, a few tough-looking men came through the dollhouse and saw me contort down to their eye level. They got so frightened that they ran out of the house and started screaming like crazy!”

Foust-Clark mentioned his appreciation for his job at “Legends of Fear.”

“With all the ups and downs that come with this job, I can still safely say I love working there to this day,” said Foust-Clark. “Each night is a new chance to get a really good scare on someone and each year you get a new part and a whole new role!”

Toth also shared her passion for her job at the haunted house.

“I love working at ‘Legends of Fear,’” said Toth. “Not only do you make amazing friendships with people of all ages, but you get to dress up every weekend, which makes it feel like every day is Halloween!”



Legends of Fear Instagram

Legends of Fear Haunted Walk

Spotlight



The s.w.e.e.t. Life of Therapy Animals

BY KAILEY BLOUNT

Contributing Writer

A few weeks ago, Audrey’s Corner showcased pictures of pets from Sacred Heart University students. This week, we delve deeper into the power of therapy animals and how pets can be helpful in calming nerves and reducing stress.

Audrey found great comfort in animals, especially dogs, and therapy animals are great companions. A Harvard Health article titled “Therapy Offers Stress Relief at Work” states that since the 1980s, studies have supported the idea that dogs and other pets have great health benefits for people. Furry (and feathered) companions are known to reduce anxiety, lower blood pressure and increase self-esteem.

Therapy dogs are trained as volunteers to provide support and comfort for those in schools, hospitals and assisted living centers. Typical therapy dog certifications test how well a dog reacts around other dogs and listens to commands. A dog’s general temperament in different environments and among strangers is also tested.

S.w.e.e.t., Sacred Heart’s Student Wellness Education and Empowerment Team, hosts “Canine Help SHU?” sessions on campus where students can visit therapy dogs to help deal with the everyday stressors of college life. During s.w.e.e.t.’s therapy dog sessions, you can cuddle and play with a furry friend!

Therapy dogs help many people, but it’s important to recognize the differences between therapy dogs and service dogs. Unlike therapy dogs, service dogs are trained for specific tasks to help disabled people. Where therapy dogs provide comfort, service dogs provide necessary accommodations and assistance.

It is important that therapy dogs follow the rules and regulations set in place for them so that service dogs are given the freedom, trust and respect they need to perform their jobs. When therapy dogs forego proper training and pose as service dogs, the general public loses trust in the authenticity of service dogs. This mistrust leads to many problems for disabled people who need their service dog for everyday life.

However, when doing their jobs correctly, both service dogs and therapy dogs provide great help within their communities, earning their spots as our best friends.

Below this article is a picture of my dog, Ellie, who hopes to gain training as a therapy dog at Saint Barnabas Hospital. There, Ellie would provide comfort in the pediatric wing

of the New Jersey hospital.
Make sure to check out s.w.e.e.t.’s therapy dog sessions on campus!



Blount’s dog named Ellie!

Kailey Blount

Fashion

Halloween Costumes

BY OLIVIA CURTIN
Staff Writer

“Halloween is one of my favorite holidays,” said junior Matthew Monopoli. “I am going to be dressing up as a 70s disco roller skater, with leg warmers and sweatbands to truly dress the part.”

Many Sacred Heart University students are looking forward to wearing their costumes throughout the weekend.

“Since Halloweekend is four nights this year, I have to get four different costumes. I plan on being Tinker Bell, a pirate, Blair from Gossip Girl and a mouse,” said junior Calista Zahos.

Halloween is a holiday celebrated on Oct. 31 every year, when kids go out trick-or-treating, carving pumpkins, eating candy and parading in costumes. As you get older, it becomes customary to wear costumes with friends and celebrate together.

According to History.com, “Halloween’s origins date back to the ancient Celtic festival of Samhain. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. On the night of Oct. 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.”

Throughout the years, Halloween has become less symbolic and more like other holidays. It incorporates family and friend get-togethers, rather than witchcraft and ghost talk. It allows for all groups of people to come together and have a fun time.

One way these men, women and children have continued to celebrate is through costumes.

At first there were only witches and ghosts, but eventually people became more creative. Costumes for Disney characters and princesses were created, different types of candies became popular, and on the scarier side, people started dressing up as vampires and clowns.

According to Inside writer Talia Lakritz, “Ever since the late 19th century, Americans have been dressing up to celebrate Halloween. The costumes people choose to wear are always changing, influenced by popular culture and current events.”

People love the idea of keeping up with the times and dressing up as famous celebrities or presidents. Over the years, there have been many people dressed up as Donald Trump and Joe Biden.

“My friend is dressing up as Britney Spears for one night. She loves her and believes she deserves to be free from her conservatorship. She has been very popular recently because of the free Britney movement,” said junior Lauren Torres.

Many college faculty members worry about what students will wear on campus. According to the New York Times writer Mark Bauerlien, “We’re coming up on Halloween, the most frightening time of the year — for college administrators. The debate over what costumes are too offensive to be worn on campus prompts some outsize emotions.”

Luckily for colleges this year, Halloween is on a Sunday, so the administration does not have to worry about what students will be wearing in the classroom. However, that doesn’t mean students won’t be dressing up on campus.

At Sacred Heart’s on-campus bar Red’s, there will be events for students to get together if you are over the age of 21.

“We are going as Bratz dolls and to have a good time with our friends and to socialize with our classmates,” said senior Kate Pierro.

Since many students weren’t able to celebrate last year, they are very excited to be able to do it this year.

“As a kid, I always looked forward to Halloween. It was so fun to get dressed up and go trick-or-treating with all my friends. This year, I am excited that we are actually able to celebrate Halloween, being that we had Covid last year,” said junior Audrey DiMella. “I plan on going as Jasmine from Aladdin, an angel and Audrey Hepburn.”



DEAD’S 2019 Stanger Things Theme

Sacred Heart University

Arts & Entertainment

The Art of the Duo and the Diálogos Duo

BY ARIANA BONILLA
Staff Writer

“The performance was so good. The music seemed very light and airy. Each song that they did was a little different and had its own vibe. I still saw the similarities in style between each one and can tell that both performers have good chemistry together. They really do love what they do,” said senior Gabriella Lotardo.

On Oct. 21 at 7 p.m., Sacred Heart University hosted part two of the three-day Guitar Festival, The Art of the Duo and the Diálogos Duo. The event took place on campus at the Chapel of the Holy Spirit and featured Sacred Heart faculty and world-renowned musicians. The third and final part of this festival will be on Nov. 4 at 7 p.m. in the same location.

Director of Academic Music Programs Prof. Joe Carter stated with the exception of last year due to Covid-19, the Academic Music Program has presented a Guitar Festival every fall for the past few years. The purpose of the concert is to present the guitar in a variety of settings and showcase different genres of music.

“In the past we’ve had solo guitar, duos, trios and quartets performing Jazz, Classical and World Music styles. This year we’re focusing on Duos and showcasing how special that format is, allowing the musicians to perform in an intimate and empathetic setting,” said Carter.

Many other Sacred Heart students attended as well. The second night of the festival was about an hour long and featured clarinetist and bass clarinetist Louis Arques from Grenoble, France, and guitarist-composer Richard Boukas. Each movement was a tribute to an illustrious Brazilian composer.

“The first evening was guitar and acoustic bass performing Jazz, the second evening is guitar and clarinet performing Brazilian music and the last evening is a mix of two guitars, vocals and piano performing a mix of original music and Jazz,” said Carter.

Music is influential and impactful. It can help people express themselves and often times give them an outlet to be who they are.

According to the North Shore University Health System, music can improve mood as well as decrease pain and anxiety. It can also benefit our physical and mental health while facilitating opportunities for emotional expression.

“For me personally, music is a big part of my life and brings balance to my life. I feel I have one foot in the ‘lab’ and one foot in the ‘field.’ The lab is the classroom where I teach about music, the field is where I’m able to take those things that I teach and put them into play. I have the best of both worlds; I wouldn’t want to be strictly a teacher and I also wouldn’t want to just perform. I enjoy both and I get a lot out of doing both,” said Carter.

The second part of the show exhibited all aspects of an instrument being used. They showed how music is not just playing the instrument. During one movement, Boukas began plucking his strings, tapping the base of his guitar and even singing.

“The type of music I listen to depends on how I am feeling. Listening to the type of music that was performed at the festival was very uplifting and made me feel at ease,” said senior Brianna Goldy. “It’s not something you see every day and you can tell just how creative they are. You can also just tell how they feel the music with every piece they play.”

Halloween Movie Sequels

BY QUINLAN SULLIVAN
Staff Writer

Some of the most iconic Halloween movies are confirmed to have upcoming sequels, and one of them is already out in theaters in time for Halloween this year. “Halloween Kills,” “Scream 5” and “Hocus Pocus 2” are the three newest sequels to the original blockbuster hits that are to be released by the end of 2022.

“Halloween Kills” is the second movie in a new trilogy of films that began in 2018 as a revival of the original movie “Halloween.” Originally released in 1978, “Halloween” is about the rampage of the crazed killer Michael Myers, who broke out of a psychiatric hospital and went after people such as a young babysitter. The babysitter Laurie Strode, played by Jamie Lee Curtis, ends up returning to the new trilogy, still haunted by the events of her past.

The film is available to watch on Peacock with a premium subscription or can be viewed at your local theater.

“I really enjoyed the movie and was able to be engaged throughout the entire thing. The movie was thrilling and action packed,” said sophomore Tommy Wilson.

“Halloween Kills” features a returning cast of not only Curtis, but Judy Greer and Andi Matichak, who joined Curtis in the 2018 movie to kick off the new trilogy of films.

“Hocus Pocus 2” is the long awaited sequel to the original film “Hocus Pocus” from 1993. In the original film, three witches from 1693 Salem Massachusetts are indicted for

the death of a woman and for cursing the man who attempted to save her, turning him into an immortal cat. However, before they are killed, the witches cast a spell that allows for them to be brought back to life on a Halloween night.

“I remember watching Hocus Pocus as a kid during Halloween one year. It’s not really a scary Halloween movie but definitely a classic. I can’t believe after all this time they’re actually making a sequel,” said junior Eric Fuga.

In the new sequel film, all three of the actresses who played the witches are returning to reprise their roles. The film is set to release by late 2022.

The last movie sequel set to be released soon is “Scream 5.”

“Scream” is a series of movies that features a killer on the loose, with the signature mask that emulates the famous painting “The Scream” by Edvard Munch. The films all feature high kill counts and extreme violence, much like the “Halloween” series.

The newest sequel to the series features the return of main character Sidney Prescott, played by Neve Campbell, as well as returning characters David Arquette and Gale Weathers, played by Dewey Riley and Courtney Cox respectively.

“Scream 5” has a release date set for Jan. 14, 2022. The trailer for the film is already out and can be viewed on YouTube.



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Sports

Football Grabs Win over CCSU

BY **BRYAN SMITH**
Staff Writer

The Sacred Heart University football team, behind three second-half touchdowns from junior running back Malik Grant, scored 24 consecutive points en route to a 27-17 victory over in-state Northeast Conference (NEC) rival Central Connecticut State University (CCSU) on Saturday, Oct. 16.

It was a second half explosion for the Pioneers, who trailed 7-3 at halftime. “Our execution was a lot better in the second half,” Head Coach Mark Nofri said. “Once we stopped shooting ourselves in the foot, we were able to get it going.”

The three-touchdown performance from Grant earned him NEC Offensive Player of the Week honors, the second straight week he has won the award, and the third time this season. Senior punter Noah Gettman also won NEC Special Teams Player of the Week honors.

Grant, who is filling in for the injured Julius Chestnut, has taken the starter’s role and run with it--his 853 rushing yards are the most in the country according to the NCAA.

“Obviously, having these accolades feels amazing, it feels great to get out there and do stuff like that,” Grant said. “With that said, I can’t do this stuff without my offensive line. They’re amazing up front and they work their tails off.”

Junior quarterback Marquez McCray helped carry the load offensively, going 11-19 for 178 yards through the air.

“In the first half we were just one block away from scoring big, and in the second half we knew what we had to do,” said McCray. “Malik ran well, the o-line blocked well and the receivers caught the ball extremely well.”

For McCray, this is his first full season as the starting quarterback for the Pioneers, after taking over for the final three games in 2019 and going through 2020’s abbreviated campaign.

“My leadership skills have gotten a lot better since then. I’m a lot more vocal than I was then, and I’m a lot more confident,” said McCray.

The Sacred Heart defense also had a strong showing in the second half, forcing three CCSU turnovers. Senior safety Shamere Collins had two of those turnovers, collecting both an interception and recovering a fumble.

“Early in the season I felt I was struggling to make an impact in the game, so having those two turnovers in such an important game felt tremendous for me as a weight off my shoulders,” said Collins.

The Pioneers’ defense has been stout so far this season, ranking second in the NEC in scoring defense (6.7 points allowed per game), total defense (288 yards allowed per game), and passing defense (132.3 passing yards allowed per game) according to the NEC website.

“Even though the statistics say we are [playing well], when we go into our meetings we always feel like we could’ve done more,” Collins said. “Right now we aren’t content with where we are.”

The Pioneers currently sit at 4-3* overall and are 2-1* in NEC play. They enjoy their only bye week of the season this weekend, before finishing their season with three more NEC matchups, the first of which will come against St. Francis University in Loretto, Pa. on Nov. 6.

Sacred Heart Athletics contributed to this article.



Julie Dunn, Photo Editor Assistant
Football Team Preparing for Game Day

Sacred Heart Men’s Hockey Upsets #12 Boston University

BY **PATRICK QUIGLEY**
Staff Writer

The Sacred Heart University men’s ice hockey team returned to campus with a 3-2 upset win over #12 Boston University on Friday, Oct. 15. This was the Pioneers first victory of the season after dropping their first two games on the road.

“BU (Boston University) is a very explosive offensive team, they have a lot of top National Hockey League (NHL) draft picks. For us, we harped on the details of our game, defensively we had to be really good,” said Head Coach C.J. Marottolo. “We talked about playing aggressive but not playing high-risk. That’s what we did all weekend, I give our guys a lot of credit. They believed in the game plan and executed it.”

Despite going up against a non-conference team, the Pioneers stuck to their gameplan like it was another day on the ice.

“Our structure stays the same. We might tweak a few things here and there, but we have a system and structure in place that our guys need to rely on.” said Marottolo. “We don’t change exactly how we play.”

Entering the third period after intermission, the Pioneers found themselves trailing by a goal.

“We just had this idea, even with other teams, when you’re down you just don’t quit,” said senior forward Austin Magera. “We just kept playing to our ability and it worked out.”

Sacred Heart remained focused and followed the lead of their coaching staff.

“We talked to each other and knew it was a game we could win. We thought we were playing really well and thought we deserved the lead,” said senior forward Austin Steele. “We stuck to it and executed. Things worked out for us.”

After 12:59 of play in the final period, the Georgia native notched the game-tying goal. This was Magera’s second straight multi-point game.

“Austin has been a great player for us, so when he got that goal for us it provided us with a lot of momentum and carried it through for the rest of the period,” said Steele. “There was no quit in us and came out with the win.”

Magera mentioned that there was a lot of energy coming from the boys and that they just wanted to get back to the game.

The game remained tied with just 13 seconds remaining in the period until Steele ripped a shot to give the Pioneers a 3-2 lead and bring them to an upset victory.

“It was big, right after that I almost felt like I blacked out. I was so excited,” said Steele. “It was great, all the boys were just so fired up. That was huge for us to get our first win.”

The Pioneers feel as if this team victory is just a stepping stone in what they hope to accomplish this season.

“There is a lot to be proud of, there is a lot to build off of. We build off the good,” said Marottolo. “We deserved that win, it was a great feeling to get our first win of the year especially against a Top-20 team in the country.”

Just like their gameplan, Sacred Heart isn’t changing their ultimate goal to accomplish throughout the duration of the season.

“The goal for us is to win an Atlantic Hockey Championship and go to the National Collegiate Athletic Association (NCAA) Tournament,” said Steele. “That’s not going to change throughout the year, that’s going to be the goal. It starts with next weekend, we just have to keep getting better every week.”

The Pioneers host the Purple Eagles of Niagara University in their home opener on Friday, Oct. 29 at Webster Bank Arena in Bridgeport, Conn.

Sacred Heart Athletics contributed to this article.

Women’s Bowling Looks to Roll over Competition This Season

BY **JAKE CARDINALE**
Staff Writer

With the 2021-2022 season just starting, the Sacred Heart University women’s bowling team was picked to finish second in the preseason coaches poll and 12th in the National Tenpin Coaches Association Preseason Poll.

The team was also picked to finish second in the preseason poll last year. They moved up two spots from where they were picked to finish in the National Tenpin Coaches Poll last year from 14th to 12th.

Captains for the 2021-2022 team include junior Amanda Shelters, junior Nicole Cona and graduate student Colby Jones.

“We’ve been on the team for a long time,” said Jones. “We know what’s expected for the whole team and how we should run for it to be effective and for us to go to championships.”

Sophomore Paige Donovan made the Northeast Conference (NEC) All-Rookie team last year, but she focuses more on how successful the team is rather than her own accomplishments.

“As much as it’s nice to do well individually, for me, it’s more about the team’s success,” said Donovan. “The more one person works hard, the more likely your teammates are going to work hard no matter what position you’re in.”

Despite losing an All-American player from last year, the team has a few key players returning.

“Colby came back for a fifth year which is helpful. Amanda Shelters, Hannah Mannetta, Nicole Cona, and Paige Donovan were the other ones that bowled last year,” said Head Coach Becky Kregling.

The Pioneers also bring in eight new freshmen to the roster.

“A couple of the freshmen look pretty good right now. Right now, Racheal is looking pretty good. Molly, Morgan, and Nancy, their numbers are looking pretty good,” said Kregling.

The team will be looking to dethrone the defending champs Fairleigh Dickinson University.

“I think we have a possibility. I think we’re a strong enough team to be able to give them a run for their money,” said Jones.

Donovan still believes that this team can get better.

“I’m proud of all the effort everyone has put in to get to this position. It makes me more motivated to work harder because I think that we are definitely in a position to improve,” said Donovan. “I think we’re a competitive group and I think that it’s very motivating.”

The team’s next matchup will be against Virginia Union University (VUU) on Oct 29-31 at the VUU Invitational in Richmond.

Sacred Heart Athletics contributed to this article.

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The Nanny Named Fran

ELIZABETH COYNE

ARTS AND ENTERTAINMENT EDITOR

If you’re lucky, you also got to sneak downstairs just in time for Nick at Nite to play a few episodes of classic 90s sitcoms. Despite them playing absolute bangers like “Friends,” “Full House” and “The George Lopez Show,” my favorite was always “The Nanny.”

If you’re unfamiliar, the talented actress laced with a New York accent Fran Dresser played Fran Fine, who “worked at a bridal shop in Flushing, Queens before her boyfriend kicked her out in one of those crushing scenes.” Also, before you ask, no that’s not a spoiler, it happens to be the first line of the iconic title sequence track that stays constant through the entire series.

Miss Fine becomes a nanny to the children of Max Sheffield, British accent and all. We watch for six seasons as Fran Fine helps the Sheffield kids grow up and Mr. Sheffield fall in love.

One thing that I love about Fran Fine is her unapologetic embrace of style. Her simple silhouettes paired with funky patterns inspired a generation of grungy teens to start dressing up and looking their best for the everyday. Nineties cult classic film “Clueless” had the same effect. It gave teens the impression that designer fashion trends were something that they could actually follow, while still differentiating themselves from the outdated styles they saw their mothers in.

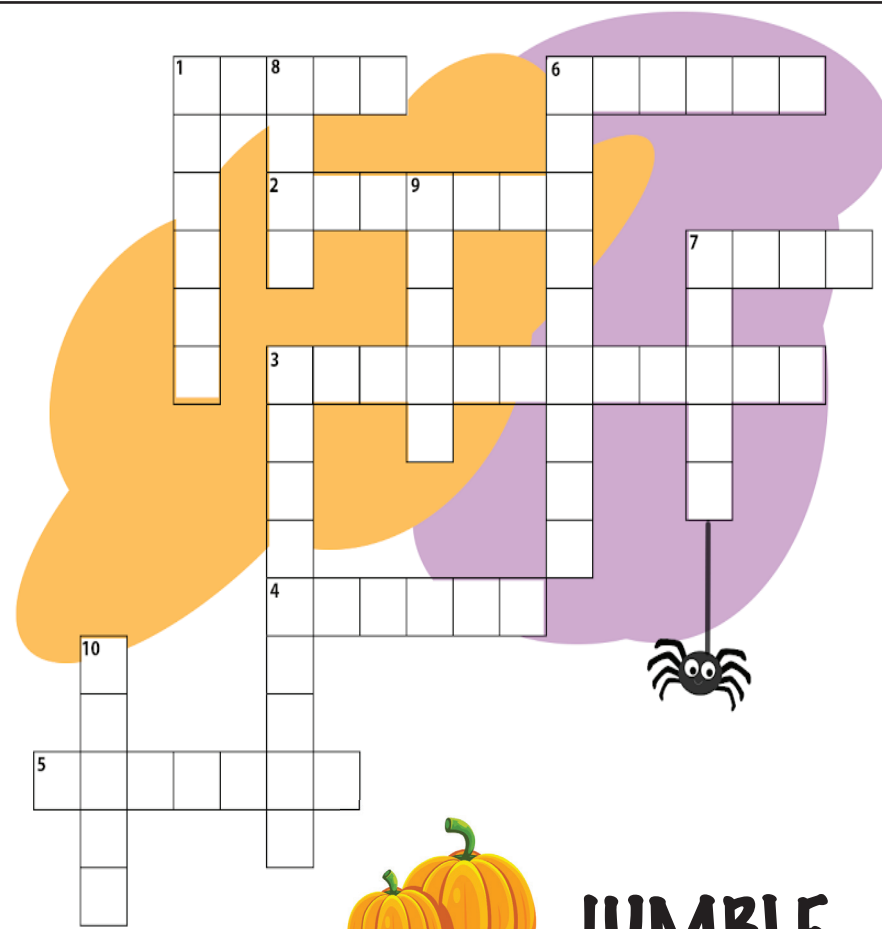
The reason Fran Fine has a style that works just right every time is due to the simplistic structural formula behind each look. Each of Miss Fine’s outfits consist of an undershirt, usually a turtleneck or button up blouse, paired with tights and a miniskirt.

Costume designer Brenda Cooper played a huge part in Fran Fine’s iconic 90s bold, eccentric and skin-tight style. She shopped at discount department stores and thrift stores, similar to the storyline of Fran herself, who throughout the show continually mentioned she got all her pieces on sale at Loehmann’s. As the series went on, Copper was able to dip into a larger wardrobe budget and dress Miss Fine in designer pieces, almost always tailoring, embellishing or shortening the garment before it was perfect for the star’s vibrant character.

I think the reason I resonate so deeply with Fran goes beyond my love for fashion and big hair. Funnily enough, it’s her accent that makes me feel so at home while watching. The thick Queens accent reminds me so much of my family in New Jersey, a state that fools those growing up in it that older women dressed in head to toe animal print is the height of luxury.

In only the best of ways, Fran Fine reminds me of my mom. So chic and effortless as she parades around in a fabulous outfit. Always having her hair sitting just right, talking up the town with her big smile in full view. In some ways this is a love letter to my favorite character, but in more ways than one this is a love letter to my always fabulous style inspiration, my mom.

“The lady in red when everybody else is wearing tan” will forever and always be my favorite character on television, she’s just fabulous!



DOWN

1. “___ Pocus”
2. Carved for Halloween
3. What one says to receive candy
4. Eerie
5. Loves blood, hates garlic
6. Eight-legged arachnid
7. “He did the monster ___ it was a graveyard smash”

ACROSS

1. Feeling of fear
3. Change in form
6. Hocus Pocus sisters
7. Halloween” Michael ___
8. Superman wears this
9. Place where pumpkins are picked
10. Another word for tombstone



JUMBLE



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