

TOP 5 GAMES OF THE WEEK (9/29-10/4)

10/1 - WOMENS FIELD HOCKEY WINS OT THRILLER OVER BRYANT 4-3. GAME WINNING GOAL BY ISABELLE CHAMBERLAIN

10/2 - WOMEN’S ICE HOCKEY SHUTS OUT ST. MICHAELS IN 7-0 WIN. THEY IMPROVE TO 1-2 ON THE SEASON

10/2 - FOOTBALL LOSES A CLOSE ONE TO HOWARD 22-19. PIONEERS HEAD HOME THIS WEEK AGAINST MERRIMACK FOR HOMECOMING GAME 10/9

10/3 - WOMEN’S GOLF FINISHED SECOND AT THE NAVY FALL INVITATIONAL. MARGOT ROUQUETTE AND KAILEE WELCH FINISH TOP 15 IN TOURNAMENT

10/3 - MEN’S SOCCER DEFEATS ST. FRANCIS UNIVERSITY 2-1. PIONEERS FIRST WIN OF THE SEASON

Women Leading SHU

BY OLIVIA LAROSA AND SOPHIE CAMIZZI
Staff Writer / News Editor

How prevalent is female leadership at Sacred Heart University?

“Female leadership growing at SHU allows our students a day-to-day reminder to aspire to achieve at the highest level in their future careers,” said Judy Ann Riccio, Director of Athletics.

“Sacred Heart currently has three female deans, an Acting Provost, Vice President of Information Technology and a female Athletic Director, which shows females that they can be whatever they want to be.”

In addition to a number of women in leadership roles, there are some other steps being taken at Sacred Heart regarding diversity and inclusivity.

“The university has also worked to become a more welcoming place to lesbians, bisexual, transgender, and women of color,” said Dr. Kelly Marino, Director of the Women’s, Gender, and Sexuality Studies Minor.

Dr. Robin Cautin, Acting Provost and Vice President for Academic Affairs, has been working on planning Sacred Heart’s Inaugural Women’s Leadership Conference that will be called “Leading Together: A Roadmap for Women Leaders and their Allies.” This will not only be open to women, but also anyone who is interested in a discussion on gender equality.

Many female students at Sacred Heart have also gained a high position in their own respective clubs and organizations.

“Having so many clubs and organizations that promote leadership is definitely an important factor in having so many women in leadership roles on campus,” said senior Gabriela Dos Santos, Student Government President. “I have never experienced a person looking down on me because I am a female or something like that. People are very respectful on our campus to any gender who occupies any office, regardless of if they’re under or upperclassmen, man or woman, experienced in the position or not.”

However, some students have found that there is still work to do regarding the equal treatment of women.

“You have to work five times harder for people to take you seriously as a female leader,” said senior Natalie Schlillaci, President of Kappa Delta Sorority. “There should be more female leaders on campus to empower women. A lot of women are leaders, but we need those women to be given the opportunity to get leadership.”

While some of these issues may be tied to Sacred Heart, a lack of female leadership is a global phenomenon.

“It isn’t a SHU-centric issue, but more of a larger systematic, sociological and cultural issue in the U.S. It’s one that women activists have been fighting to challenge for a decade,” said Marino.

Women in other countries outside of the U.S., such as Afghanistan, are sometimes not allowed to hold positions of power at all.

According to the Associated Press on Sept. 19, “Female employees have been ordered to stay at home. Hamdullah Namony, Interim Mayor of Kabul, said exceptions were made for women who could not be replaced by men. His comments were unusually specific and affected a large female work force that had been involved in running a sprawling city of more than five million people.”

However, in other areas of the world, there has been some improvement.

According to the Associated Press, “Despite 13 women making up less than 10% of speakers over the first four days at the UN General Assembly, the 13 represent an increase from last year, when just nine women spoke over the course of the session. There are also three more female heads of state or heads of government – 24 – than there were at this point in 2020.”

Regardless, some students think that women can gain positions of power as long as they have confidence in themselves.

“Don’t take no for an answer and never tell someone that you can’t do something,” said Schillaci. “You are a lot stronger and capable than you think.”

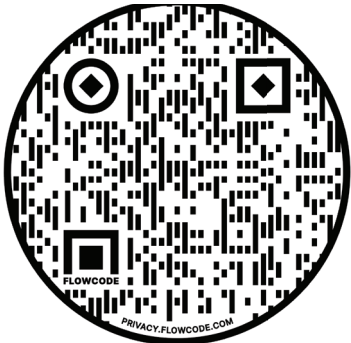


SACRED HEART UNIVERSITY
Dr. Robin Cautin, Acting Provost and Vice President of Academic Affairs

Visit Our Website

shuspectrum.com

SCAN ME!!





NEWSPAPER RACK LOCATIONS

Martire
(first floor by the main staircase)

Spectrum Office
(in the Communications and Media Arts wing)

Curtis Hall
(just inside the front doors)

Linda's
(first floor across from the bookstore)

Pitt Center
(just inside the front doors)

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

UC Wing
(near the Public Safety window)

Melady Hall
(just inside the front doors)

Student Life Office
(in the lounge)

Hawley Lounge
(next to the stairs)

Library
(just inside the front doors)

CHE
(just inside the front doors)

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



UPCOMING GAMES



Week of October 3

Women's Soccer-Thurs. Oct. 7 @3pm-Park Ave Field	Field Hockey-Fri. Oct. 8 @7pm- New Haven
Women's Ice Hockey-Fri. Oct. 8 @4pm-@Post University	Women's Volleyball-Fri. Oct. 8 @7pm-William H. Pitt Center
Women's Swim-Fri. Oct 8 @6pm- Fairfield University	Women's Rowing-Sat. Oct. 9- @Derby
Men's and Women's XC-Sat. Oct. 9 @11am-Franklin Park, Mass.	Men's Ice Hockey-Sat. Oct. 9 @7pm-@Merrimack College
Women's Swim-Sat. Oct. 9 @12pm-@Fairfield University	
Football-Sat. Oct. 9-@2pm-Campus Field	

News

Hungary’s Anti-LGBTQ+ Law

BY EDIJE FRANGU
Staff Writer

In June, Hungary’s government passed a law that bans the portrayal of homosexuality and sex reassignment in the media, including TV shows, films, advertisements and educational programs. The law plans to stop any intended promotion of homosexuality for those under the age of 18.

Hungary’s decision to enact this law has caused some backlash from its neighboring European nations who, according to the Associated Press, believe the law breaches the rights of the LGBTQ+ community and even jeopardizes the future of democracy.

“I’m disappointed that this day in age, countries are still dictating how individuals can feel and express themselves,” said junior Kate Iannazzi. “One of the most basic fundamental rights that a person can have is their sexuality, and they’re taking away even the possibility of them exploring that.”

Some worry about how the law will affect the well-being of children.

“They won’t see it being normalized, so they’ll see it as a wrong feeling or identity, which it isn’t,” said junior Brianna Rossback.

Others have expressed concern for the freedom of arts and censorship in terms of creative and personal expression.

“From a media perspective, it brings up issues of freedom of speech and expression, but those are different in every country,” said Prof. Todd Barnes in the Master’s Film and Television program at Sacred Heart University.

Barnes has extensive experience in the film industry, and said that attempting to stunt creative freedom can be a difficult task, even when forged by the government.

“Any time governments try to ban anything, the kids want to get their hands on it more,” said Barnes. “Artists tend to respond to censorship with as much creative force as they can muster. It may end up as a problem for the government of Hungary more than anything.”

He also explained that restrictions in children’s lives should be directed by parents and

that legal regulations such as this law block that ability.

“In my house we talk to our kids about everything we see in the world around us, and that includes lifestyles unlike our own,” said Barnes. “But we also shield them from explicit content of all kinds. In Hungary, we would have less choice as parents to make those decisions.”

Some students believe that members of the LGBTQ+ community should be portrayed within the media because it allows for understanding within the community.

“The media I believe is one of the best places for anyone to express who they are,” said sophomore Dyoe Hostin. “With this law being added, it takes away their platform to express all the issues that are going on in their community.”

Others believe representation is crucial in accepting the LGBTQ community.

“We have outcasted them from the world for too long,” said Hostin. “So, taking this away from them is a step backward



LGBTQ+ Flag

PEXEL

Food Insecurity On Campus

BY STONE COFINI AND SOPHIE CAMIZZI
Staff Writer / News Editor

Are you aware of food insecurity on campus?

“I was not aware that students were struggling to pay for food,” said sophomore Davie Goldie. “We have to pay an insane amount to go to this school, and it could be a lot to manage for some people.”

According to the Associated Press, “A poll has found 23% of Americans say that they have not been able to get enough to eat or the kinds of foods they want. Most enrolled in a government or nonprofit food assistance program in the past year, but 58% still had difficulty accessing at least one service.”

While food insecurity has always been an issue, it has recently worsened because of the Covid-19 pandemic. Sacred Heart University offers some programs that are available for students, such as SHU Shares.

According to Sacred Heart’s website, “SHU Shares works to address and bring awareness to the food insecurity needs within our campus. The program strives toward inclusivity and helps to remove the stigma associated with food insecurity.”

Through the program, students can voluntarily donate a meal swipe, request a meal swipe, or make a monetary donation online to assist other students who may be struggling.

In a video on the Sacred Heart website, Dr. Petillo, President of Sacred Heart, said, “Four out of 10 college students in the U.S. experience food insecurity while on campus.”

Not only is the school making steps to help out their own students, but Sacred Heart Dining will also be assisting those in other areas as well.

“We encourage working with local food banks and pantries,” said Kayla Hawley, Marketing Director for Sacred Heart Dining. “Sacred Heart is currently working with an organization in the Fairfield area to coordinate donations in our local community as

well. This is a joint effort that we are working on with Volunteer Programs and Service Learning.”

While food insecurity affects all demographics, there are some groups who are more affected than others, especially in the local area.

According to the Associated Press, “Black and Hispanic Americans, Americans living below the poverty line and younger adults are especially likely to face food challenges.”

The town of Bridgeport is located next to Fairfield, with a significant number of people who fall within these numbers.

According to the United States Census Bureau taken in 2019, 35.1% of the population is Black or African American, 40.8% of the population is Hispanic or Latino, and 21.8% of the population is persons in poverty.

One of the nonprofit organizations in Bridgeport that seeks to relieve those in poverty is the Green Village Initiative (GVI) through their four core programs: reservoir community farm, school gardens, youth leadership program and urban roots community garden.

According to the GVI’s website, “The mission is to grow food, knowledge, leadership and community through urban gardening and farming, to create a just food system in Bridgeport.”

While this is only one of the many organizations, both on and off campus, that seek to alleviate food insecurity, some students have found that these programs are beneficial for others in need of assistance.

“It sounds like an amazing program,” said sophomore Jenna Ender. “The Green Village Initiative allows people to volunteer and help out the community, and even helping one person can make the world a better place.”

Intramural Sports Are Back

BY ALEX MARCINIAK
Assistant Sports Editor

With the reopening of many events and activities at Sacred Heart University, intramural sports have made their way back into campus life.

During the 2020-2021 school year, intramural sports did not have leagues, due to Covid-19. Instead, they had events that were set up in a tournament style in order to limit the exposure students were having with each other.

“We’re very happy we’re opening everything up, and it’s good that a lot of the students are cooperating with me and the new mask rules,” said Graduate Assistant Joseph Sciancalepore.

All indoor sports in the intramural leagues are played at the Bobby Valentine Center under the supervision of Sciancalepore and his staff.

Unlike past years, a new mask policy has been introduced to all indoor leagues, and failure to comply will result in being asked to leave and not participate.

Other new Covid-related regulations include a fixed amount of spectators that are allowed to congregate together when watching outdoor sports like flag football and soccer.

“Most of our players are very understanding of the new rules,” said Sciancalepore. “I feel like that’s the one thing (understanding) that people got out of Covid.”

In order for these leagues to function properly, a team of student referees like Jeremy Hamel have to officiate each sport without bias.

“It is my third year doing this now and I still enjoy refereeing games and watching my fellow SHU students compete with each other,” said Hamel.

Unlike Division I and club sports teams at Sacred Heart, all intramural teams are co-ed, meaning that teams are filled with diverse rosters combined with both women and men.

“Intramural Basketball at SHU, in my opinion, is quite competitive,” said upperclassman Jayden Wiggins. “Because the majority of the competitors are experienced basketball players with a good basketball IQ, the competition is a little more difficult.”

For first-year students on campus, intramural sports are one of the many options of events that Sacred Heart has to offer to its new students.

“As a first-year student here at Sacred Heart, the fall basketball season is the first sport that my friends and I have signed up for,” said freshman Ryan Tashman. “We are strongly interested in the wide range of intramural sports Sacred Heart has to offer.”

With the extensive growth of Sacred Heart’s undergraduate population, this has trickled into a much larger intramural program that looks to accommodate the influx of new students.

“I absolutely believe that intramural sports will continue to grow each year,” said senior Patrick Billings. “Seeing how it was when I first started, there are so many more people involved now than there were three years ago.”

All registration is done online, so for more information and full access to the intramural handbook, look on the intramural page on the Sacred Heart website.

Perspectives

Are You Getting the Covid Booster Shot?

BY ANTHONY GENTILE
Staff Writer

In August, a press release by the Center for Disease Control (CDC) encouraged those who received their initial Pfizer-BioNTech vaccine early in the program to get the booster shot for added protection. As of September, Pfizer is the only company to release a Food and Drug Administration (FDA) approved Covid-19 vaccine along with a booster shot; approved under the emergency use authorization (EUA).

According to the FDA, for those who received the Johnson & Johnson or Moderna vaccine, more information will be released on the effectiveness and safety, and they will keep the public well informed. As far as Pfizer’s booster shot distribution plan, the CDC says they plan on starting with the elderly, people with underlying medical conditions, and those who are at high risk of catching the virus due to occupational and institutional exposures. Distributions are already underway for those who meet the criteria.

Student opinions vary on the booster shot and the necessity of them.

“I think taking the booster shot is a good idea and will help combat Covid-19 further and help us reach herd immunity. I plan on getting the booster shot when it becomes available. I got the vaccine when it became available in March, because I was working on the frontline at a grocery store then,” said senior Dreya Weaver.

Other students question the need for a booster shot and plan on waiting until more data is released.

“I’m a bit confused as to why there is a need for a booster shot if the CDC supports studies that the regular vaccines are effective in preventing the spread and lessening the virus symptoms,” said junior Autumn Garofola. “Therefore, I will be waiting until the FDA fully approves the booster shot.”

Some students are skeptical about the vaccine’s effectiveness if a booster shot is recommended.

“Yes, it absolutely makes me question the legitimacy of the first two shots. Usually, boosters are like two to five years after the initial dose, if not even more. Are people going to need to keep getting boosters every six months or so for the rest of their lives? That’s insane for me to think about,” said senior Dom Pasquarella.

Other students say that that even though the booster will be available in the future, they will not go out of their way to receive it.

“I think it will come out later for the general public, but I do not plan on getting it.

More extensive testing should be done by the FDA and CDC,” said senior Christina Chalis. “The regular vaccines are still fairly effective at fighting the virus and its variants. It would put a lot of people off if they overlooked anything, especially if it negatively impacted the people who work in healthcare or education.”

Many students believe that the booster shot will become mandatory in the future. “I think that within time if you do not get the booster shots you won’t be allowed back to school or work until you get it. For those who got the Pfizer (vaccine) early on, I think it is smart to get the booster shot to further protect yourself,” said senior Christian Haase.



Covid-19 booster shot

AP NEWS

Missing Coverage for Missing BIPOC

BY CAYDEN BRODNAX
Staff Writer

According to the National Crime Information Center’s Missing Person and Unidentified Person files, there were 543,018 people reported missing in 2020, and nearly 40% of those individuals are Black.

Throughout the ongoing investigation of the case of Gabby Petito, which has taken mainstream and social media by storm, the question as to why missing people of color fail to receive the urgency and attention as their white counterparts has surfaced.

Many faculty members from Sacred Heart University have opinions on this topic and discuss what needs to change in America.

“I think you have to put in a larger context to ask the question ‘well why does that happen?’ in media and our whole society where unfortunately, and a lot of people don’t want to look at this because it is a hard truth to look at, America historically has not taken the issues of people of color as seriously as white people’s issues,” said Associate Professor Bill Yousman.

In a case that was reported to the Arizona law enforcement as early as June 9, a Black man by the name of Daniel Robinson of Arizona was labeled missing once his parents realized their son never returned home from work. Although his father David Robinson sympathizes with the Petito family, he said to CNN, “You wish you lived in a world where everything was equal, but it’s not really equal.” This case remains unsolved.

On Sept. 11, Petito’s family reported her missing to the Suffolk County police. The FBI confirmed that they found the remains of Petito’s body on Sept. 21.

The question arises within many people as to why missing white people receive more urgency and media attention than people of color.

“I think that’s a question for the gatekeepers. And most of those gatekeepers are white males. In the end, in media and culture, it’s really about ratings. What is going to increase ratings, viewers, readers? In the end, media is a business,” said Ann Marie Somma, an adjunct faculty member in the school of Communication and Media studies.

Others attribute the lack of media coverage to the fact that people of color are underrepresented in the journalism and the media field.

“If there were more people of color in newsrooms, they might be able to say, ‘Hey wait a minute, let’s also cover this or let’s also pay attention to that,’ and then organizations would have to respond. So, I think we have to address this on both a societal level and media industry level to make sense of this,” said Yousman.

A demographics report completed by Zippia: The Career Expert obtaining a database of over 25 million profiles displayed that 69.6% of journalists are white, followed by Hispanic or Latino journalists with 13.7% and lastly Black journalists, who make up 7.5% of journalists.

Through this, many individuals have ways in which people and the media can adapt to becoming bigger advocates in promoting a greater concern for people of color.

“Stop waiting for Black History month, and Hispanic Heritage month, and Asian American Pacific Islander month. Stop. Our country takes their foot off the pedal, and our society does that, and our nation does that. The issue is not solved. There is still work that needs to be done,” said Director of Multicultural Affairs Robert Johnson.

Some say that these kinds of topics should be meaningful to everyone, as every life should be sacred.

“This is a topic that should be important to everyone. Because we’ve seen the power of the media and helping solve missing persons cases. Everyone should be afforded that media coverage equally. Every life matters,” said Somma.

Others say that uncomfortable conversations must happen in order to address issues like this.

“The reason why uncomfortable conversations are uncomfortable is because we don’t have them often enough. It won’t be uncomfortable if you talk about it more often. Our country is not ready to face their ugly side,” said Johnson.



Gabby Petito “missing” sign posted

AP NEWS

Features

Discovery Science Center and Planetarium Reopens

BY **EVAN CORMIER**
Staff Writer

Sacred Heart University’s Discovery Science Center and Planetarium, which closed its doors well over a year ago when Covid-19 struck, officially opened to the public on Saturday, Sept. 25.

Previously known as the Discovery Museum, this facility came under Sacred Heart ownership Jan. 1, 2021.

“The Discovery Museum and Planetarium staff and trustees are proud to join with Sacred Heart University in this momentous collaboration,” said Robert A. Panza, chairman of the Discovery Museum and Planetarium. “Sacred Heart University shares our continuing commitment and mission to providing a strong STEM education experience to our community.”

The museum, which has been a staple in Bridgeport for 62 years, underwent a \$1.8 million renovation over the summer which brought improvements to the planetarium, as well as several other exhibits, and included a complete revitalization to the look both inside and out.

The freshly decorated exterior includes a fitting red and grey paintjob, and the interior sports a fresh modern vibe.

“The lobby is bright and exciting, it makes you want to walk around the entire building,” said sophomore Mike Burke, who visited the museum for the first time.

The museum focuses on delivering an enriching education experience in all science, technology, engineering, art and mathematics (STEAM) subjects.

“My favorite exhibit was the planetarium,” said Burke. “The entire room is immersive, and the exhibits are stunning.”

The planetarium includes several interactive exhibits, including a moon landing simulation game and an interactive kiosk that allows you to explore the universe and learn about planetary bodies.

The Earth and Us exhibit tells the story of life on Earth, starting with the age of the dinosaurs and leading up to the age of humans.

The new exhibits introduce children to concepts like physics and anatomy in fun and exciting ways.

Sophomore and education major Celia Ponto thought that the exhibits are a great way to introduce kids to these complex ideas “without them even knowing.”

“The exhibits are like games,” said Ponto. “They make learning fun. The basketball hoops introduce the science of motion; the teddy bear section is a great place for kids to use their imagination and pretend to be doctors while nursing their toys back to health.”

These new exhibits help Sacred Heart deliver on its promise to give back to its community and help educate the youth.

“This project is another example of how a university gives back to the community where it resides,” said SHU President John J. Petillo.

As well as opportunities for the youth to learn, the museum introduces a unique

opportunity for STEM students at SHU to receive a hands-on education.

There are plans to incorporate students with education majors into programs involved with the museum that would allow the students to strengthen their teaching skills while working with kids from the area.

The museum also plans to offer summer internships to Sacred Heart students of all majors and interests, as well as high-school aged students in the area.

“Working together, we’ll realize a new and vibrant future for all who study and visit with us,” said Panza.



Sacred Heart University Discovery Museum

Fun at Fall Fest

BY **ISABELLA COSTANZA**
Staff Writer

Fall foliage, apple cider donuts, corn mazes, make your own zen gardens, lines of students outside food trucks, and smiles among the Sacred Heart University community make up some of the scenes of Fall Fest 2021.

On Oct. 2, Sacred Heart’s Student Events Team (SET) welcomed the fall season by hosting their annual Fall Fest event from 12 p.m. to 4 p.m. on 63’s lawn.

“The planning for this event began this past summer. From picking a theme, finding novelties students would enjoy, figuring out an advertising plan, and reserving space and supplies, plans changed every day,” said junior Jenn Larson, SET Special Events Chair.

Fall Fest offered many activities for students to partake in. There was a “MYO” (Make Your Own) station where students were able to customize their own zen gardens, lucky bamboo and tea bags. Students could also play carnival games and challenge themselves by escaping a corn maze.

Since the event was outside, masks were not required, and students did not have to sign up before attending.

“I am enjoying the event so far. It’s so nice to have it in person with no masks, no capacity, or time limits. It’s just nice to see everyone outside having a good time,” said Larson. “I’m really excited for the corn maze; it’s been a while since we had that on campus.”

While there are many activities at Fall Fest, there are also many foods to indulge in.

“We have two food trucks. One of them is The Whey Station, which is grilled cheese with bacon, plain or tomato. Chartwells food truck is doing corndogs, pretzels, apple cider and apple donuts,” said senior Jenna Karpowich, SET President.

SET holds multiple events a week, and their efforts do not go unnoticed by students.

“I love how Sacred Heart tries so hard to make the students happy, and they have so much cute stuff with the inflatable corn maze and the apple cider,” said junior Audrey Dimella.

Many students look forward to this event year after year, including senior and SET Public Affairs Chair Dayna Pendino.

“I am most excited for the Lucky Bamboo event. Every year since freshman year I got a Lucky Bamboo, and it is by far one of my favorite events on campus,” said Pendino.

On the other hand, for some students, this was their first Fall Fest.

“I’ve never been to Fall Fest before. Everyone has always talked about it the last two years I have been here, and how much they loved it,” said junior Calista Zahosy. “My favorite part is the corn maze. I have tried the food too, and it is super good. It definitely lived up to my expectations.”

Although Fall Fest 2021 has come to an end, SET is always offering free activities and events for students to partake in. If you are interested in any of these events, make sure

to follow their Instagram (@SHU_set), or send them an email, student-events-team@sacredheart.edu.



ISABELLA COSTANZA, SUPPORT STAFF
Melanie Mercereau (Left), Zoey Bozarjian (Middle), and Julie Dunn (Right) enjoying apple cider at the Fall Fest



College can feel overwhelming at times, and students may experience stress and anxiety from the academic or extracurricular workload. The uncertainty of the pandemic may also contribute to this stress, and sometimes, it can overwhelm people and lead to burnout.

Burnout not only causes people to feel overstressed and exhausted all the time, but it also affects people in other ways.

“Burnout is very common for college students,” said Sacred Heart University counselor Nancy Dekraker. “Symptoms include being emotionally and physically exhausted, lack of interest or commitment to work, and a sense of incompetence.”

Burnout affects people in a multitude of ways, but it is especially overwhelming for students because of their busy lifestyles. If they experience symptoms of burnout, it may be difficult to stay on top of schoolwork and other commitments, which can further worsen anxiety.

However, there are many on-campus resources available to students who are struggling to overcome burnout or other mental health issues.

“Burnout can be a quick fix with a self-care regime that includes the appropriate amount of sleep, social connections, physical activity each day, eating well, and relaxation/ mindfulness practices,” said Dekraker.

Mental health issues only worsen when people do not seek help, so the first step toward battling burnout is looking for guidance and support. Sacred Heart Success Coordinator Castle Yuran believes not seeking help makes it more difficult to overcome burnout and other issues.

“Don’t keep it inside... that’s what happens too often, and I definitely recommend those students who are struggling reach out to the Counseling Center,” said Yuran.

For students here at Sacred Heart who have mental health concerns, the university has several resources on campus that can help. One of these is the Counseling Center, which offers free counseling to SHU students.

According to Dekraker, because of the pandemic, there are school counselors located

Battling Burnout

BY JAKE CARDINALE AND JILL AMARI

Staff Writer, Manager of Audrey’s Corner

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in several parts of campus.

“Two counselors are in the offices across from the main parking garage, four counselors are on the third floor of Martire, and our athletics counselor remains in the Pitt Center,” said Dekraker.

Another resource for students is the Learning Center, which works very closely with the Counseling Center.

“If a student has expressed a mental health concern with one of us here, we’ll always refer them to the Wellness Center for counseling,” said Yuran.

A final resource on campus is a group of students called s.w.e.e.t. (Student Empowerment and Education Team) peer educators. These students are very approachable and help other students destress, as well as offer tips on how to stay mentally healthy and avoid burnout.

“We’re students... so a lot of times students will find that a lot more approachable than having to go to the Wellness Center, and we hold a lot of educational events,” said junior Emma Drzewiecki, a s.w.e.e.t. peer educator. “We do stress relief events around campus.”

One of the best ways s.w.e.e.t. is known is for their events with therapy dogs, which help students destress and add a calming atmosphere to campus.

If you are experiencing stress or anxiety, it’s okay to ask for help. The counselors, peer educators and professors are here to guide and support you.

To get in touch with s.w.e.e.t., please visit their page on SHU’s website: <https://www.sacredheart.edu/offices--departments-directory/counseling-center/sweet-peer-educators/>.

To contact the Learning Center, take a look at their website page: <https://www.sacredheart.edu/offices--departments-directory/student-success-center/jandrisevits-learning-center/>.

To reach the Counseling Center, call 203-371-7955 or visit their website at <https://www.sacredheart.edu/offices--departments-directory/counseling-center/>. To make an appointment, call their office manager at the number above, and they will help you set one up. Counseling Center hours are 9 a.m. to 5 p.m. on weekdays.

In case of an emergency or after hours, contact Public Safety at 203-371-7911.

Fashion

“Sex and the City” Reboot

BY OLIVIA CURTIN

Staff Writer

Are you excited about the fashion in the “Sex and the City” reboot?

Many Sacred Heart University students are looking forward to seeing what the cast will be wearing in the upcoming show.

“I watch reruns on E! whenever ‘Sex and the City’ is on just for the fashion,” said junior Calista Zahos. “I am so excited to see if they will incorporate the fashion from twenty years ago or just be completely modern.”

Although the original series wrapped up in 2004, the story isn’t over yet. The main characters Carrie, Miranda and Charlotte will be returning for a 10-part revival airing on HBO Max, titled “And just Like That,” to navigate life and friendship in their fifties.

In the original series, Carrie Bradshaw, played by Sarah Jessica Parker, is the writer of the “Sex and the City” column for the fictional New York Star. The original show focused on Carrie and her three friend’s love for fashion, romantic relationships and life changes in their thirties and forties. Living in Manhattan, despite their different lives, they remain best friends.

“In 1998, high school girls would gather at a friend’s house each week to catch the latest episode of Sex and the City. It was before social media, and this show single-handedly exposed and lured new demographics to luxury bags, shoes, and style,” said Material Culture in History Prof. Ellen Gang.

According to fashion stylist Cameron Silver, “The show was the first to name-drop designers and brands on a regular basis. It taught a generation about designer fashion and had a tremendous impact on our knowledge of style.”

“Charlotte was more traditional, preppy, tame and ladylike wearing more reserved ‘country club’ looks in pastel dresses. Miranda, a lawyer, dressed in no-nonsense suits in serious colors, often black. Carrie was flirty, fun and feminine. She is probably remembered most for her Fendi ‘baguette’ bag, and her Manolo Blahnik heels,” said Prof. Ellen Gang.

In some of the latest shots from the reboot, Carrie was wearing her famous Fendi baguette, as well as the new Gucci x Balenciaga bag, making it the bag’s first sighting since Alessandro Michele dropped the collection in April.

Charlotte, played by Kristin Davis, is bringing back ruffles in Givenchy. Cynthia Nixon, who stars as Miranda, is keeping her classic silhouette with a Altuzarra button up suit.

Many people online have expressed their disappointment that Kim Cattrall will not be making an appearance in the reboot as Samantha. She is now replaced by Nicole Ari Parker who will play Lisa Todd Wexley, a notably chic documentarian, and Sara Ramirez’s as Che Diaz, an edgy non-binary comedian.

In some of the revealed photos, Nicole Ari Parker was rocking a bold pink and yellow suit, only to hint at her attitude for the show. Sara Ramirez’s character has more of a laid-back streetwear look, different from the rest of the characters.

“And Just Like That” will have stylist Molly Rogers, Patricia Field’s protégée from the original show, along with co-costume designer from the “Sex and the City” movies, Danny Santigao.

Some Sacred Heart University students commented on their favorite looks from both the original and new series.

“My favorite outfit from Carrie was when she was wearing her fur coat, had her hair in a messy bun and was carrying multiple shopping bags,” said Zahos. “It has a laid back, yet chic luxurious look to it.”

Another outfit worn by Carrie, has her in a fuchsia Carolina Herrera dress with a studded Streets Ahead belt she wore in the first “Sex and the City” movie and her vintage Judith Leiber clutch, that Big gave Carrie in the original show’s second season.

“I like how simple it is, but the contrast of colors between the purple dress and the turquoise purse looks really good and classy,” said junior Gianna Paseka.

“It’s hard to imagine that the reboot could be as groundbreaking as the original show,” said Gang. “It’s no longer shocking for women to dress provocatively, in large part a credit to ‘Sex and the City.’”



Original Sex and The City cast. (Left to Right) Cynthia Nixon, Kristin Davis, Sarah Jessica Parker, and Kim Cattrall

Arts & Entertainment

Ariana Grande on “The Voice”

BY QUINLAN SULLIVAN
Staff Writer

The latest season of NBC’s “The Voice” is bringing to the table a new, young and popular coach: Ariana Grande. The show, being renewed now for its 21st season, has incorporated Grande into the role of coach after replacing previous judge Nick Jonas.

NBC’s “The Voice” Season 21 is available to watch on NBC through cable, or streaming services such as FuboTV, YouTubeTV, Hulu, and DirecTV Stream.

“The Voice” stars four celebrity singers as coaches. They decide which singing contestants will be on their team to compete against the other coaches and mentor the aspiring singers to refine their singing ability. In order to do this, the show has “blind auditions” in which the coaches face the opposite direction of the contestants as they perform a piece. If a coach likes what they hear, they press a button that turns them around to see the contestant, as well as to confirm that they want that singer on their team.

During an episode of “The Voice,” Grande said, “I really just want to be helpful to these artists and help them execute their vision for their careers, and for their lives and for their sounds.”

The influence of the coaches on not only the singers but also the audience is one of the signatures of the show, making each change of coach from season to season all the more exciting. For this latest season, Grande’s influence on the show is already recognized through her effect on the audience and her energy during each episode.

“I don’t listen to her music myself, but many people I know do. I’m sure she’ll have a good edge in the show considering how many people like and know about her right now in the world,” said junior Eric Fuga.

Grande has been a familiar face for much of the past decade due to her roles in the Nickelodeon shows “Victorious” and “Sam and Cat.” Along with this, Grande has made a smooth transition to becoming a successful musical artist, maintaining 57 million monthly listeners and ranking tenth in the world for most streamed artists on Spotify as of October.

This platform is what could give her an edge on other coaches for this season of the show, as it is the vote of people who watch the show across the nation that ends up deciding victory for each coach.

Grande has already begun some form of a rivalry between herself and Blake Shelton, a coach who has been with the show for all of its 21 seasons and has had seven wins, the most won as a coach.

During an episode of “The Voice,” Shelton said, “My ears are still ringing from when she walked out and introduced herself to the crowd. It’s unbelievable.”

Shelton and Jonas also had a show-length rivalry, with Shelton winning the season.

In an interview with People Magazine, Shelton said, “The easiest defeat of my career was Nick Jonas. So I’m looking for a challenge. I think Ariana could be a challenge. I’m looking forward to beating her though.”

At the current point in the season, blind auditions for the contestants are over, each

coach has their team, and it’s time for them to be put to the test during episode seven, “The Battles Premiere,” which airs on Oct. 11.



Ariana Grande posing on red carpet at The Grammy’s.

AP NEWS

“Framing Britney Spears”

BY ARIANA BONILLA
Staff Writer

If you have been wondering about pop star Britney Spears since her infamous 2007 head shave, all the answers are in the Hulu documentary, “Framing Britney Spears.”

The 39-year-old artist has been under a conservatorship steered by her father Jamie Spears for over 13 years. Since Spears’s infamous breakdown in 2007, which resulted in hospitalization, she has not had control over her own finances.

Within the past few years, “Britney Fans” from around the world began to notice Spears’s manic Instagram posts and became concerned with her mental health. Soon after uncovering the gravity of her conservatorship in April of 2019, the “Free Britney Movement” began.

“I remember going on TikTok and seeing everyone post about Britney’s Instagram account and how it was ‘concerning.’ When I went to go check, she looked like she was crying for help, without saying ‘I need help,’” said senior Gabriella Lotardo.

The two-time Emmy Award-nominated documentary was released on Feb. 5 and is available for viewing on Hulu and FX. The documentary discusses mental health, abuse and the behind the scenes of Spears’s conservatorship.

“I can’t believe that her father treated her that way all these years. I can’t even imagine what she went through behind the scenes. We only know half the story and will never know the truth until she speaks out,” said senior Brianna Goldy. “When I watched the documentary, I was getting so angry when the court was not listening to her. She is clearly asking for help, but no one is listening.”

The documentary shows the people in Spears’s life such as her security, assistant and stylist who witnessed the controlling nature of her father and her management team, Tri Star Sports & Entertainment Group.

“I actually watched the documentary and seeing how people around her wished they could help her but couldn’t broke my heart. I did not realize how much she went through but still had a smile on her face during her performances. I do feel like if her breakdown happened now, things would be so different. We are much more open about mental health now, and she would have gotten the help she needed instead of being called crazy,” said Lotardo.

A documentary by The New York Times called “Controlling Britney Spears” was released on Sept. 24 by the makers of “Framing Britney Spears.” It is now available for viewing on Hulu and FX. This new documentary sparked a lot of buzz because it was the first update in Spears’s conservatorship that the public got to see.

According to CNN, on Sept. 29, Spears’s father was suspended as her conservator. This was a win for Spears, who has been battling her financial independence for over a decade.

“I think it is a good thing that Britney has been freed. Britney’s dad is no longer part of

her conservatorship. Britney is her own person with her own mind and should have free will. Although Britney may have struggled in the past, she has overcome many obstacles and, in my opinion, has proven she can care for herself,” said senior Alyssa Ammirati.



(Top Left) Supporters seen for Britney Spears publically advocating, (Bottom Left) James Spears and (Bottom Right) Britney Spears.

AP NEWS

Sports

Men’s Golf Drives for Fourth

BY JAKE CARDINALE
Staff Writer

The men’s golf team finished fourth at the University of Hartford Invitational on Sept. 20 and 21 at Bulls Bridge Golf Course in South Kent, Conn.

Sacred Heart University was led by senior Nathan Kim and sophomore Marcus Lim, as the team posted a 54-hole score of 870.

“I haven’t done anything different in preparing for Bills Bridge,” said Kim. “Just had a good week and everything fell into place.”

Kim shot a 70, a 74 and a 66 on the final day while Lim shot a 68, a 74 and 68 to close out the weekend. Kim’s 66 on the final day of the tournament was the lowest score at the Hartford Invitational. Both golfers finished with 54 hole scores of 210, which was tied for sixth.

“I am really happy with the pair of 68s that I shot at the Hartford Invite. It’s the lowest scores I’ve shot in college so far... just shows that I am capable of winning,” said Lim.

Originally from Malaysia where he attended high school, Lim has only been in the U.S. for five months.

“I’m still new to the system and college golf as a whole,” said Lim. “I just enjoy learning from my coaches, teammates and just enjoy practicing.”

Kim, on the other hand, has been playing golf in the U.S. for almost his entire life, and has aspirations of a career after he graduates.

“After college, I plan on trying out professional golf,” said Kim.

Lim attributes his confidence in the team’s ability to the outcome on the course.

“I think that we have a great team this year and we certainly are capable of consistently posting low numbers as a team. As long as the guys keep getting better...we’ll be in a great position in the spring,” said Lim.

Head Coach Matthew McGreevy enters his 14th season at the helm of Sacred Heart Golf, and credits the Pioneers’ success at the Hartford Invitational to his players.

“I was very pleased with our performance at the Hartford Invitational... It was one of our better finishes at that event in recent years,” said McGreevy.

After a second place finish behind Long Island University (LIU) in the Northeast Conference (NEC) championship last spring, the Pioneers look to build off this momentum and strive for a better result this upcoming year.

“We have high expectations for this team. We were so close last year, and the men want a different outcome at the conference championship,” said McGreevy.

Part of McGreevy’s plan to lead the Pioneers to success is a regimented training schedule that he believes will help in the long run.

“We are practicing six days a week and are in the gym two times a week. The men are grinding and working hard,” said McGreevy.

Up next for the Pioneers is the UConn Invitational in Hampden, Mass., taking place from Oct. 3 to Oct. 5. Sacred Heart will return to their home course at the Great River Golf Club for the SHU Fall Classic on Oct. 17 and 18.

Sacred Heart Athletics Contributed to this article.



KENLEY PIERRE, SUPPORT STAFF

Sacred Heart Univiersity student playing on golf course.

Women’s Ice Hockey Makes a Return

BY BRYAN SMITH
Staff Writer

The Sacred Heart University women’s ice hockey team is back in action for their first full winter season since 2019. They had two non-conference road games against Clarkson University on Sept. 24 and 25, with Sacred Heart losing 6-1 and 5-1 in games one and two, respectively.

“The scores didn’t reflect what really happened on the ice,” Head Coach Thomas O’Malley said. “We actually looked like we were almost in midseason form.”

Despite losing 6-1 in the opening game, Sacred Heart managed to score first on a short-handed goal from junior forward Sophie Lupone. Not only was this the first goal of the season for the team, but it was also the first goal Sacred Heart had ever scored against Clarkson in program history.

“I didn’t know at all, actually, that that was the first goal we had ever scored against them, until coach sent me the article,” Lupone said. “But I was hyped when I scored! I went crazy.”

In the second game, sophomore defenseman Erin Fleming scored her first collegiate goal late in the third period to break up the Clarkson shutout.

“It was our only goal, so that made it more exciting. Just the way it happened I was kind of shocked,” Fleming said. “I didn’t know it went in until I skated by and saw the puck in the net. They had us by a few points, but it still felt special.”

In between the pipes, senior goalie Frankie Sanchez made 48 saves in the opening game and followed that up with another 38 saves in their second bout with the Golden Knights.

“I did alright,” Sanchez said. “I’ve had better games, but hopefully we can keep working and get better.”

The entire team expressed their appreciation and gratitude toward being able to play a full season with the whole squad, in light of last season’s fragmented campaign.

“It was really fun to all be together for the first time in a while, and I think we’re going to have a really good team environment this year,” Lupone said. “I’m excited to see how we’re going to be in the middle of the season after the new year and how much chemistry we’re going to have, because we have so much already.”

Sacred Heart was picked to finish second in their conference, according to the New England Women’s Hockey Alliance (NEWHA) preseason poll, right behind Long Island University (LIU). Sacred Heart, who received one first place vote, won the NEWHA regular season title back in 2020.

“We match up very well with [LIU], and they match up very well with us. We are both very good programs,” O’Malley said. “They’re going to be good, we’re going to be good, and it’s the team that executes that day that is going to win those games.”

Sacred Heart will play LIU four times this season, with back-to-back games on Oct. 15 and 16, and then again on Feb. 4 and 5.

After two road games to start their season, Sacred Heart had their home opener and conference opener on Saturday, Oct. 2 against St. Michael’s College at the Sports Center of Connecticut in Shelton. The team will head back out on the road for two more

conference games against Post University in Waterbury, Conn. on Oct. 8, and LIU on Oct. 15 in Brooklyn.

Sacred Heart Athletics contributed to this article.



RYAN DIFRONZO, SUPPORT STAFF

Sacred Heart University Women’s Hockey.

Editorial

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I Went to Gov Ball... What About It?

MARIA JEAN ZEGARELLI

ASSISTANT ARTS AND ENTERTAINMENT EDITOR

Music has been a big part of my life for as long as I can remember. My father taught me all I know about my taste in music. I listen to everything from classic rock to Beethoven. Music is an escape; it is an emotion. After college, I hope I can write about music and photograph concerts. Seeing artists live is something I encourage everyone to experience. You’re able to truly see them in their element. Specifically, music festivals are one of the best ways to not only see artists, eat great food and meet new people, but they’re also a way to see new, up-and-coming musicians.

Recently, I was able to attend the Governors Ball Music Festival at City field. Gov Ball is a three-day festival with about four stages. There are two performers going on at a time all throughout the day. The headliners this year included Billie Eilish on Friday, A\$AP Rocky on Saturday and Post Malone on Sunday.

Billie Eilish had an hour and 15-minute set that ended with her most recent single, “Happier Than Ever.” The city of New York had great energy, and her ability to move a crowd really grew my love for her as an artist and a person.

A\$AP had an hour set that began with him crowd surfing. I started listening to him in high school, but I was never a true fan of his music. Seeing him in person truly changed my view of his music. He is a fun performer and knows how to engage with his audience. My favorite song by A\$AP is LSD, which he did end up performing.

Post Malone’s set was one of my favorites of the entire weekend. He had guest performances with 21 Savage, Young Thug and Roddie Rich. 21 Savage came in for his feature of “Rockstar” and Young Thug came for his feature of “Goodbyes.” 21 and Young Thug were performing at Gov Ball this year as well. 21 came on stage and performed before Post, and Young Thug was performing on another stage. Roddie Rich came out for a special guest performance of his most popular song, “The Box.” My friends and I camped out for six hours prior to Post Malone’s performance so we would get good spots, and in the end, it paid off.

Other than the headliners who closed out the days, bands such as Laundry Day and Bleachers were two performances I was most excited to see. I am a big fan of alternative rock and punk. If you are interested in those two genres of music, I highly suggest looking into their music.

Laundry Day is a very vibey group that has songs perfect for car



rides with the windows down. Their pop-rock music is available on all major music streaming platforms. I had the opportunity to meet the bass player of Laundry Day, Henry Pearl, which was insane.

Bleachers is an alternative indie pop rock band from New Jersey with an early 80’s vibe. They incorporate not only the keyboard into their music, but the saxophone as well. Nowadays, we don’t hear a lot of music like this. If I had to compare Bleachers to another popular band, it’d be a group like Imagine Dragons. The group mainly revolves around their lead singer, Jack Antonoff, who truly knows how to get a crowd moving.

The Governors Ball is an event that I have been attending every year since 2019. I cannot wait to attend next year, and hopefully in the future, I’d like to get a media pass and experience more of the artistry behind the festival itself.

A Naked Truth

AMBER MARTINEZ

WEB MANAGER

SPOILER FREE

Do you know those books that no matter how much time goes by you will never forget? “It Ends With Us” by Colleen Hoover is one of those books.

The tagline alone should have warned me of this.

“Sometimes the one who loves you is the one who hurts you the most.”

“It Ends with Us” is about Lily Bloom, who hasn’t always had it easy, but that’s never stopped her from working hard for the life she wants. She’s come a long way from the small town in Maine where she grew up— she graduated from college, moved to Boston, and started her own business. When she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily’s life suddenly seems almost too good to be true. Lily can’t get him out of her head. But Ryle’s complete aversion to relationships is disturbing. As she starts to question her feelings for him, the thought of Atlas Corrigan — her first love and a link to the past she left behind — comes to mind. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened.

373 pages. In 2 days. It would have been 1 day, but stupid college got in the way. In those two days I went through a range of emotions. From being excited to sad to happy to heartbroken, “It Ends with Us” took me on an emotional ride. Partly because I have a heart and mine feels a little more than necessary and partly because I have never read a book where I have identified with the main character in such a heartbreaking way.

I have never been in love or even close to it, but I do know what it feels like to watch someone you love treat someone else you love with no respect or decency, for a lack of words.

People often forget how the children feel in these certain situations that occur in the book, but let me just say we don’t feel good and some of us never do.

Something this book taught me, though, is that there is no such thing as bad people, we are all just people who sometimes do bad things.

The best books in life are the ones that make you think about the

topics of life you push aside. A book doesn’t have to be deemed a classic to be considered a timeless piece of literature. In 2016, Colleen Hoover published a book that will forever (at least in my opinion) be one of the greatest books of all time. I don’t want anyone to think after reading this that this book is by any means one in a million. But for me this book was soul grasping and that is enough for me to put it on a pedestal next to the greats of Jane Austen and F. Scott Fitzgerald.

This next part is for Colleen Hoover so if you aren’t her, please skip ahead, thanks a bunch! Mrs. Hoover what I am about to say is 100% true. I. AM. IN. LOVE. WITH. YOU. I know you are married, and I respect that, I just thought you should know how I felt. You have made such a difference in my life just by writing this book, but more importantly the character Lily. And for that I am forever grateful.

If you haven’t gotten the chance to read “It Ends with Us,” I highly recommend it. If you end up hating it, don’t kill the messenger.



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