

TOP 5 GAMES OF THE WEEK (10/27 - 11/1)

10/29— NEC PLAYER OF THE WEEK SARAH CISZEK LED WOMEN'S VOLLEYBALL WITH 32 ASSISTS AND 10 KILLS IN THEIR WIN OVER ST. FRANCIS BROOKLYN.

10/30— WOMEN'S ICE HOCKEY DOMINATES POST UNIVERSITY 4-0 WITH A SHUTOUT BY GOALTENDER FRANKIE SANCHEZ.

10/30— WOMEN'S SWIMMING AND DIVING TOOK THE DUAL WIN OVER STONY BROOK 160-139 WITH WINS IN THE 1000 YARD FREESTYLE BY FRESHMAN CAROLINE DUHAMEL AND THE 1 METER DIVE BY SOPHOMORE OLIVIA MCNICHOLAS.

10/30— JOHN JAWORSKI GETS HIS FIRST CAREER GOAL IN THE MEN'S ICE HOCKEY 3-1 WIN OVER NIAGARA AT WEBSTER BANK ARENA.

10/31— WOMEN'S SOCCER FINISHES THE REGULAR SEASON WITH A WIN OVER BRYANT AND A SPOT IN THE NEC SEMIFINALS.

Update: Hockey Arena

BY **BRENDAN WILLIAMS**
Staff Writer

On Jan. 25, 2020, President Petillo announced that a new hockey and skating arena would be built at West Campus. It is currently in the process of being built and is scheduled for completion in Dec. 2022.

"This is something we have been talking about for a long time," said Thomas O'Malley, head coach of women's ice hockey. "Now that it's finally coming to fruition I just can't wait to get in the door."

"It was like our dream come true," said C.J. Marottolo, head coach of men's ice hockey. "It will give our players a state-of-the-art facility to call home right on-campus. They will be able to train and become the best that they can be and in turn create a college hockey atmosphere that will be one of the best."

Named The Martire Family Arena, the facility will also be the on-campus home for both men's and women's Division I ice hockey, club figure skating, and men's club ice hockey. It will cost the university \$70 million with a \$5 million donation coming from Frank and Marissa Martire.

"We have been in the spotlight as a university for quite some time now," said O'Malley. "Our hockey program has continually grown, and I am hearing from potential recruits from all over the United States, Canada, and Europe. Everyone knows about us."

"When we sit down with a family and show them what it's going to look like they can't believe the commitment that the school is making to a facility like this. It shows that Sacred Heart is about excellence both in the classroom and on the playing field as well."

Sacred Heart is taking many steps to ensure that their arena is on par with that of other top hockey schools around the country.

"We only have a chance to build a brand-new building this one time, and it's going to be a palace," said O'Malley. "This is going to be state of the art with all the bells and whistles. Some of the VPs and the athletic director have traveled around the country stopping into some of the major arenas, taking bits and pieces from those beautiful buildings."

According to Sacred Heart's website, the arena will feature athletic training suites, player lounges, a rapid shot puck room for off-ice training, a sports medicine and hydrotherapy suite, a theatre to review film, a pro-motion training harness and a locker room consistent with modern NHL standards for the athletes.

Currently, the men's team practices and plays at Webster Bank Arena in Bridgeport while the women's team practices and plays at The Sports Center of Shelton, Conn.

"We share Webster Bank Arena with the Bridgeport Islanders and other teams, so having our own place that we can call home will be huge," said junior Braeden Tuck. "We can have more engagement with the student body, as it will be easier for them to come to our games. They can be there for us at our Sacred Heart hockey home."

The first game in the arena will be on Jan. 14, 2023 when Division I men's hockey takes on Boston College and Jan. 15, 2023, the Women's team will take on Harvard on Jan. 15, 2023.

"I couldn't be more excited to see this new addition come to campus," said sophomore Kat Barry. "I think it's going to be a great community builder and the atmosphere of the arena will be incredible. I can't wait to go."



Sacred Heart University (TOP), Patrick Quigley (BOTTOM)
Sacred Heart University Hockey Arena Rendering (TOP), Construction Update as of Oct. 2021

THIS WEEK AT SHU

WEDNESDAY NOV. 3

3PM-5PM FARMER'S MARKET: 63'S

6PM PAINT AND SIP WITH DONNA & EILEEN: RED'S PUB

7PM PANHELLENIC FALL SPELLING BEE: EDGERTON THEATER

10:10PM BINGO: EDGERTON THEATER

THURSDAY NOV. 4

4PM-6PM MULTICULTURAL KICKBACK: HC 111

4PM-8PM DIY FALL MASON JARS & CARAMEL APPLES: EDGERTON ART ATRIUM

FRIDAY NOV. 5

5PM-9PM FOOD TRUCK FRIDAY: SUPER DUPER WEENIE: 63'S WALKWAY

SATURDAY NOV. 6

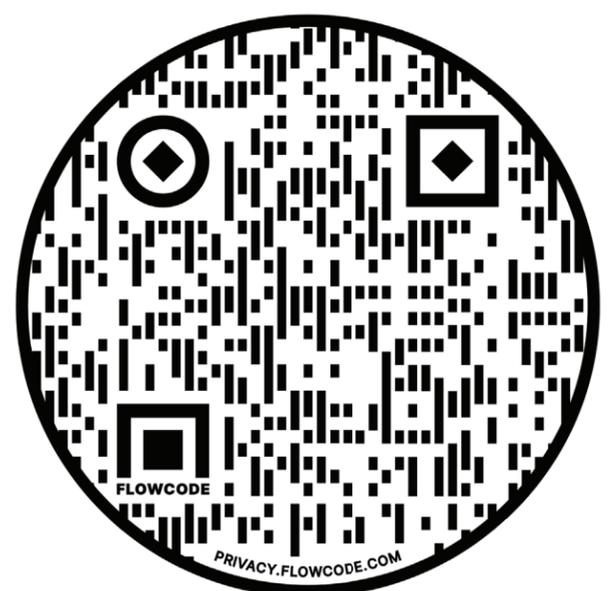
4PM-7PM THANKSGIVING FEAST & MYO SOCK TURKEYS: EDGERTON ART ATRIUM

SUNDAY NOV. 7

3PM-7PM DESTRESS WITH SET: EDGERTON ART ATRIUM

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News

Family Weekend 2021

BY OLIVIA LAROSA
Staff Writer

On Oct. 22 to 24, Sacred Heart hosted their annual family weekend event consisting of many different events on campus including a football game against Duquesne University where the stadium attendance record was broken.

Some of the additional events that families could purchase tickets for were Big Red's Pre-Game Party, Champagne Continental Breakfast, performances in the Edgerton Theater, The Outpost and more.

"It was so fun to be able to show my parents around campus and let them see where I hangout with friends and go to class," said freshman Shannon Dove. "It was awesome to see my best friend's family bond with my family. It was very fun and made me feel even closer to my roommate because after the game, we all went out to dinner together."

Freshman Bella Orlando and her brother, junior Louis Orlando, also had their parents join in on the family weekend festivities where they attended the tailgate and football game.

"The excitement from the crowd was something I had never experienced before," said Bella Orlando. "Looking around all the seats were full, and people were cheering on every second of the game. It validated for me that I made the right choice in coming to SHU."

The football game was the highlight of the weekend due to not only the team winning against Duquesne University but also the campus field attendance record being broken with 7,327 people in attendance.

"The game had the largest attendance in campus field history with 5,200 tickets pre-sold and 1,900 sold between students and walk-up sales the day of the game," said Michael Smoose, Director of Athletic Communications and Marketing.

One possible reason that attendance was so large could be due to last year's Covid-19 restrictions that barred some fans from going to games at the university.

"It's been great to have fans back at games, particularly the students," said Smoose. "We're happy the student-athletes got to compete during the spring, but it's not the same without the fans, especially their fellow students."

"It's the best. The whole department has a bounce in its step after a football win. After we beat Duquesne at their place in the spring to win the NEC championship, I know they wanted revenge so to beat them again was a great feat."

According to the Sacred Heart Athletics website, one of the top performers of the game was junior Malik Grant who had 186 rushing yards, 32 carries, and two touchdowns.

"Playing felt great. The atmosphere of the game was amazing," said Grant. "It was great seeing everyone on our team come together. The energy the defensive brings us is

electric and it's amazing what they do on the field."

"The offensive line works so hard so I can have success in my position," he said. "Everyone works well together and when we all click like we did that day, it ends up being a win."



Family Weekend 2021 Oct. 22-24

Sacred Heart University

TOP 5 NEWS STORIES OF THE WEEK

1

CLOSING THE CHAPTER ON FACEBOOK

On Oct. 28, Facebook announced that it will change its name to Meta. According to CNBC, the name will "reflect the company's growing ambitions beyond social media." However, there has been some controversy due to Frances Haugen, ex-Facebook employee, releasing internal reports to the public.

BIDEN AND POPE FRANCIS SHAKE HANDS

2

On Oct. 29, President Biden and Pope Francis met together at the Vatican to discuss climate change, Covid-19 and poverty. According to NPR, the pope has expressed support for Biden to continue to receive Eucharist despite some bishops who believe that he should be denied due to some of his beliefs that counter Catholic thought.

3

NOR'EASTER RAINS ON NEW ENGLAND'S PARADE

According to the Associated Press, on Oct. 27, "A nor-easter that battered the Atlantic coast left more than a half-million homes and businesses without power in New England and forced the closure of bridges, ferries, and schools in the region."

NOTHIN' BUT NET FOR PAIGE BUECKERS

4

On Oct. 26, Paige Bueckers was honored as a preseason Associated Press All-America. According to the Associated Press, "She was an unanimous choice from the 29-member national panel and was the first freshman ever to win the AP Player of the Year award last March as she helped UConn reach the Final Four."

5

VACCINES FOR CHILDREN

The Food and Drug Administration has cleared the first vaccine for children in the United States. According to The Washington Post, the shot is given in "a two-shot regimen administered three weeks apart. The dose is one-third of that used for adults. In a clinical trial, the vaccine was almost 91 percent effective at preventing Covid-19."

Perspectives

What Is Cancel Culture?

BY RACHEL DEGENNARO
Staff Writer

A California teacher was placed on administrative leave after a student captured a video of her mocking Native American and Indigenous culture earlier this month. According to CBS News, “The teacher, wearing what appears to be a plastic headband with paper cutout feathers to look like a headdress, is seen in videos jumping around the room screeching ‘SoCahToa,’ a shortened phrase for teaching trigonometry functions, and ‘tomahawk chopping.’”

The teacher was reprimanded by the media after a statement from one of her students was brought to light. “I felt that violence was committed against me, and I had the right to record,” said her Indigenous student.

According to Urban Dictionary, “Cancel Culture is a modern internet phenomenon where a person is ejected from influence or fame by questionable actions.”

Cancel Culture is prevalent on social media platforms following a scandal or major problem.

Several celebrities and influencers have been “cancelled” after being accused of something by a large group of people. According to Urban Dictionary, “It is caused by a critical mass of people who are quick to judge and slow to question. It is commonly caused by an accusation, whether that accusation has merit or not.”

Students have differing opinions on their definitions of cancel culture and its presence in today’s world.

“I think cancel culture is cancelling someone who goes against everyone else’s idea or opinion. I have not experienced it or known someone who has, I normally just see it online through celebrities,” said junior Alison Romansky.

People with large platforms and influence are most likely to be cancelled rather than regular social media users. Many students recalled instances where some of their favorite influencers were called out for past actions.

“I remember when super model Chrissy Teigan was cancelled after strings of direct messages surfaced between her and a teenager named Courtney Stodden. It wasn’t long after that Chrissy was cancelled and her reputation was ruined,” said junior Chloe Savino.

In an article in People Magazine, Chrissy Teigan reflected on her time after she was accused of bullying.

“Having this period of time to digest it all and to look back and to realize that honestly there is always so much time to grow and to learn and to become more empathetic,” said Chrissy Teigan.

Some students say that those who are reprimanded online should have a chance to better themselves and change their actions.

“I believe that as long as you are not physically or mentally hurting someone else, you should be forgiven if growth is shown. For example, if someone shows that they’ve grown and learned from their mistakes where they have hurt someone else or a group of people, they should be forgiven,” said junior Abby Ganzel.

However, other students say forgiveness is situational.

“I believe that it depends on what the person did if they should be forgiven or not,” said freshman Gabriella Berlingieri.

Many students have alternative phrases for cancel culture and say that being cancelled can happen to anyone.

“Cancel culture is also considered ‘call out culture’ because someone is being ostracized by the media and thrust off their platform,” said Berlingieri. “I also think people who are cancelled don’t have to be celebrities or people with large followings, it can be regular people too.”

In most cases, people who have been cancelled lose money, followers, jobs, or fame for their wrongdoings and mistakes.

Other students say that posting an individual’s actions online and publicly calling them out is not productive.

“I personally think that social media is not a good platform to call people out for their acts and I think it should be a private matter,” said freshman Sabrina Pesce.

Similarly, some students believe that cancel culture is wrong in the way that accusations can be potentially false.

“People who call others out on social media will sometimes do it to people they don’t even know which leaves room for interpretation and leads them to call people out for false pretenses,” said sophomore Alexia Amato.

Senior Spotlight

BY KENLEY PIERRE
Staff Writer

For many, senior year is a time for students to take advantage of their final year on campus. It is a time of many lasts, and many students wish they could rewind, as the four years go by at a fast rate.

Seniors get ready for the transition into their post-undergraduate life, while still enjoying the experience as an undergraduate for the last time.

At Sacred Heart, seniors have enjoyed an in-person year. The class of 2022 was burdened with Covid-19 during the end of their sophomore year. Many bring up the fact that their college experience has been unique and different. Nevertheless, most are thankful that they get to take advantage of being on campus for their last couple of semesters.

Seniors at Sacred Heart reflect on their different experiences during their years in college.

“Senior year has been pretty good. Finally being back to class in person is great but definitely an adjustment. Going to Red’s every night definitely helps,” said senior Lana Borelli.

With Covid-19 erupting in the middle of their college years, some students wish they could take back the years they missed out on.

“We are told that our time in college is the most important time of our lives. By having most of my college experience being around Covid, it has been a changing experience. I wish I did have more time here and that I could have a college experience without covid,” said senior Mallory Orgonas.

On the other hand, many students say that although Covid-19 took away many opportunities, they were still able to create positive memories.

“At the beginning of the lockdown, obviously, no one could do anything, and it was dreadful, but once things started to open back up, I was able to pick up where I left off but in a compact size,” said senior Olivia Leone. “I was able to form more bonds with people I didn’t really think I would ever consider a close friend. I’m okay with the time I had here, covid didn’t steal my time dramatically.”

Some seniors have taken advantage of the on-campus and in-person opportunities.

“Yes it has felt shorter but I definitely think that the events offered and all of my involvement has made up for lost time,” said senior Cithaly Palacios.

Most seniors are thankful to be inside a classroom with their professors alongside them in person.

“SHU professors have been so understanding and helpful it has made the transmission smooth,” said Palacios.

Additionally, some students are focused on the future.

“I am very excited even though I am not sure what I am doing. The unknown is very exciting and I can’t wait to see what I will do with my life,” said Ava Borelli.

Others are looking back.

“I wish I could rewind to freshman year and relive all the new experiences that aren’t so new to me anymore,” said Leone.

Regardless of the obstacles throughout their years at Sacred Heart, some students say that they have gained a lot from their time here.

“I have learned a lot. The most important thing I have learned is that friendships can help you through anything,” said Borelli.

Other seniors, including athletes, say that this year has been better regarding their schedules and plans off the field.

“So far, this year would be having a normal fall ball softball schedule and a more normal year. It is nice to be able to hang out with my friends and teammates without the fear of covid or being stuck in quarantine,” said senior Sara Fagan.



Senior Class Board (TOP), Students enjoying the second Senior Pub night: 2000’s Theme (BOTTOM)

Student Government Class of 2022 Instagram

Features

SHU's Annual Turkey Drive

BY ADRIANA FRANCHINO
Staff Writer

The Student Government at Sacred Heart University hosts a Turkey Drive every year for the community of Bridgeport. Last year's Turkey Drive looked different for Student Government.

"My freshman and sophomore year, we were able to package the canned food and give out a turkey and bag of food to the families at churches in Bridgeport," said senior Olivia Chaponis, Class of 2022 President. "Last year, during Covid-19, we were unable to hand the Thanksgiving care packages directly to the families; however, a small group of us were able to unload turkeys and store them at the church until they were able to give them to each family directly."

There are several events that are held to fundraise for The Turkey Drive every year. Many students and others in the Sacred Heart Community get involved.

"This year, we are fundraising for the Turkey Drive by partnering with local restaurants and businesses raise money. We are also

Some student feel this event is very rewarding to the people involved, as it allows them to support the city of Bridgeport: a community that many off-campus students are part of in the upperclassmen years.

"I also think seeing the smiles on the families and when they bring their kids is extremely heartwarming as you see just how thankful they are and how you know that you did that. You were able to leave an impact and help a family get a thanksgiving dinner which most people take for granted," said Chaponis.

The Turkey Drive coordinators work hard in order to raise a certain amount of money to reach their goal.

"The goal in this event is to raise about \$15,000 so we can provide our goal of 700 turkeys to the Bridgeport Community. Each turkey is about \$20," said junior Isabella Scarmack, Class of 2023 Senator.

There are several ways that students can get involved in this event.

"Students can get involved by resharing our ads on social media, asking their families and friends to donate, by stopping at our table times, and by going to any events we have. If students or faculty have any questions about the Turkey Drive, they can always stop by the Student Government office in Hawley Lounge," said Regan.

For any additional questions or concerns about this event or others, please reach out to give@sacredheart.edu

Facebook: @SHUstudentgovernment

Instagram: @shustudentgov

Twitter: @ShuStudentGov



2021 Turkey Hat Winners: 63's Employee Louise (LEFT) and VP of Marketing and Comm. Michael Iannazzi (RIGHT). Both winners wore a Turkey Hat on Oct. 25 after raising the most money in their jar against other faculty memebrs



2021 Turkey Drive Flyer

Student Government

reaching out to friends, family, and alumni to get them involved with this wonderful event," said junior Lauren Regan, community service chair. "Lastly, we are bringing back some of the turkey drive traditions, such as the 'Turkey Hat Fundraiser,' which is a fun way to raise money and get faculty and students involved."

The goal of this event is to provide the community of Bridgeport with Thanksgiving dinner that they could otherwise not afford.

Theatre Arts Program Presents "The Other Josh Cohen"

BY CHRISTINA ALAIO
Staff Writer

The Theater Arts Program (TAP)'s latest show, "The Other Josh Cohen," premiered Thursday, Oct. 21st.

"The whole musical is a comedy featuring rock music and each person in the ensemble plays a wide range of characters contributing to the story," said senior Olivia Sheppard.

"The Other Josh Cohen' is about a man who is always down on his luck. Nothing seems to go his way," said junior Abigail Palmer, production stage manager for the show. "One day, he receives a check in the mail for a large amount of money from someone with the same last name as his. The story continues as he finds out how the check will change his life. Josh travels through this journey with the one-year-later version of himself, narrating the entire show."

Simone DePaolo, resident choreographer of TAP, had her director debut with this production.

"We love working with her. Seeing a different creative side of her has been wonderful for everyone involved," said Palmer.

Prop design played a huge role in the production of this show. The use of 60 props gave Prop Designer and Vice President of TAP, Sarah Lindskog, the chance to utilize her creativity.

"I have never been a designer before, but this was a very exciting way to learn how important a prop is in telling a story and bringing a show to life," said Lindskog.

With so many props being used, the design team had to look in some unusual places. "One specific prop for the opening scene was a 'bike handlebar and basket.' With no luck on the internet, my associate Stephan and I found a full bike in goodwill! We brought it to the back room and the next day it was in dismemberment" said Lindskog.

Although the show just premiered, TAP students have been working on this production for weeks.

"The Creative Team, actors, and designers started to work on the show back in early September. The crew came in mid-September," said Lindskog.

Since the performance and rehearsals were inside, Covid-19 protocols had to be followed.

"Covid is still an obstacle when doing productions. We had to rehearse with masks on, which is unnatural for performers, as they use their entire face and bodies in order to tell a story," said Palmer.

Actors were tested before their performances to ensure they were following both Sacred Heart and the Actor's Equity Guild's protocols.

"Our number one priority is keeping everyone involved safe," said Palmer.

Despite the audience wearing masks, actors were able to tell their stories freely

without masks.

"It was great to see a live performance again. It made me feel like things were somewhat back to normal," said junior Morgan Fitzpatrick.

The chance for normalcy was all production crew and audience members wanted after the past year.

"Getting to know the freshmen was great because I wasn't super involved last year due to Covid, so it's nice to start off my senior year by jumping back into tech production," said Sheppard.

Many students attended and enjoyed the show.

"The Other Josh Cohen was one of the best shows I've seen here at Sacred Heart," said senior Christian Colon. "The songs were splendid and the comedy was hysterical."



Sign Posted For "The Other Josh Cohen" Show

Pat Quigley, Photo Staff

Spotlight



Balancing Life as a Student-Athlete

BY JORDAN GREENE

I'd thought being a student-athlete in high school would be one of the hardest things I'd have to endure. And then I went to college.

The difference between high school and attending a university with a Division I program is something that surprised me before I got used to my daily schedule. The practices combined with the classes, also combined with the task of writing articles for both my school and the newspaper for my home in New Jersey, is something that many students would not be able to handle.

Since I was little, I always dreamed of becoming a Division I athlete. Watching athletes compete at the highest level of college sports on television inspired me for a long time and made me strive for the goal through hours of hard work.

As I got to my later years, I started to become conscious of what exactly DI athletes go through to compete at that level, and even what they did to get to that level in the first place. Through countless hours of watching YouTube videos and studying different techniques the athletes practiced, I had a better understanding that these people carried huge responsibilities, and I was willing to do whatever it took to not only become a student-athlete of this caliber, but to become one of the best and stay at this level for as long as I could.

When I came to Sacred Heart University, I had a miniature understanding of what was to be expected of me. I knew I would have to balance my studies with athletics and maybe have trouble with this balance every once in a while. This was a big understatement.

Now, I am not saying this is the hardest thing in the world to do. I believe I am very

adaptable and I have a skill of being comfortable in uncomfortable positions, but what I expected was micro compared to what reality was going to be for the next four years of my life.

Having to go from an average of two classes in the morning and early afternoon, to competing in hard practices, to fulfilling weight room requirements, to doing homework while perfecting my craft as a writer is very hard, to say the least. There have been times when I questioned if I am actually capable enough to handle all of these responsibilities. The mental and physical beating one takes from these kinds of days is extraordinary.

But every time I get to this state of mind, I remember my grandmother's saying: "We are not like the others!" When my grandmother says her famous saying, it's not to be arrogant or conceited in any type of way. It is more of a self-motivation scheme to analyze yourself and tell yourself that you are more than what you think. You are a person that can knock any obstacle and achieve whatever you put your mind to as long as you know there is nothing that can take your greatness away from you.

Fortunately for me, Sacred Heart is an institution that helps me fulfill my grandmother's words. While being here, I have been able to practice with the best teammates and coaches who not only challenge me, but also bring a level of energy that is unmatched. My professors give great lessons to learn from outside of the classroom as well as inside, and I have great resources that can take my writing to another level. Yes, being a student-athlete is hard, but thanks to my environment, I wouldn't have it any other way.

Uniting Hearts: Paving The Way To Financial Freedom

BY JULIA HALLISEY
Features Editor

The "Uniting Hearts: Paving the way to Financial Freedom" campaign is being held from Nov. 10- Nov. 18 and will direct initiatives to foster dialogue on how to become financially responsible.

"It's important for us to educate students on financial literacy and how to practice financially responsible behaviors," said Dr. Mark Congdon, a professor at Sacred Heart in the School of Communication and Media Arts (SCMA).

The campaign has been planned by Congdon's Advertising & PR Writing and Advertising and PR Campaigns courses at SHU as well as students in Dr. Robert Chatt's Financial Management course at Westfield State University, and graduate students in the strategic communication and public relations (SCPR) program at Sacred Heart.

"The goal here is to give students as much agency and control in terms of designing the campaign, implementing the campaign, creating the materials, and communicating with our various community partners," said Congdon.

This semester, the campaign's community partners include SCMA, PRSSA, Multicultural Center, Office of Volunteer Programming and Service Learning, Office of Graduate Student Affairs, MBA Program, WSU's TRIO Support Services Program, and the Hord Foundation.

"The Hord Foundation provides scholarships to BIPOC communities, which aligns with our mission," said Congdon.

This campaign is a part of the 'Uniting Hearts' initiative that launched last semester.

"The Uniting Hearts initiative is a way to spread diversity and inclusion awareness not only in our Sacred Heart community, locally, and now on a more global scale," said Leela Gallucci, graduate student at Sacred Heart and Multicultural Affairs Graduate Assistant.

Last semester, students in Congdon's courses implemented the "Uniting Hearts: Celebrating Differences Through Allyship" campaign.

"Oftentimes class work is all hypothetical, but seeing all the hard work I did come to fruition and make an impact on the Sacred Heart community was an amazing experience," said senior Maeve St. Onge, a member of last semester's Advertising and PR Campaigns course and a CLA for this semester's course.

Last semester's campaign was a success. Congdon and students are hoping that this semester's campaign is as well.

"Students, through that campaign, who reported 'a commitment to diversity being an important priority' increased by 15%," said Congdon.

This semester, Congdon, Chatt, and Robert Johnson, Director of Multicultural Affairs, wanted to focus on financial literacy.

"Rob Johnson had a desire to do something related to financial literacy, because he found students that he talks to and students that utilize his services really need help understanding things like student loans," said Congdon.

There are many events covering many different

aspects of financial literacy taking place during this two-week campaign. On Wednesday, Nov. 10 at 7 p.m. in Thea's Abbey there will be "Food For Thought: A Cultural Kickback and Discussion on Food Insecurity and Food Budgeting. The event will also be live streamed on the SHU Multicultural Center's Instagram.

"I'm really excited for that event because it's something different that we don't usually do at Sacred Heart," said Gallucci.

On Nov. 15 at 7 p.m. there will be a virtual student loans panel. "The Domino Effect Examining the \$1.7 Trillion Student Loan Crisis" will be held via Zoom.

"We have a lot of great panelists," said Congdon. "It's also going to be virtual so students at Westfield State can attend."

For a full list of events, visit https://bit.ly/Fall2021_UnitingHeartsEvents



Arts & Entertainment

“SNL” with Kim Kardashian

BY MARIA JEAN ZEGARELLI

Assistant Arts and Entertainment Editor

Since 1975, “Saturday Night Live,” or “SNL,” has aired every Saturday night on NBC. On Oct. 9, celebrity and influencer Kim Kardashian made her “SNL” debut as the host, participating in comedy skits for the show’s second episode of the 47th season.

“I have been a fan of Kim since ‘Keeping Up with The Kardashians’ started. I feel like the Kardashians have been taking over social media for some time now, especially since Kourtney’s recent engagement to Travis Barker,” said junior Olivia Caron.

Kardashian’s opening remarks began with a reference to her 2007 boyfriend, singer/actor Ray J, and their infamous sex tape that was leaked.

According to CNN Entertainment, her opening monologue kept viewers intrigued.

In her monologue, Kardashian said, “I know, I’m surprised to see me here too. When they asked, I was like ‘You want me to host? Why?’ I haven’t had a movie premiere in a long time. I mean actually, I only had that one movie come out and no one told me it was even premiering.”

Kardashian continued to crack jokes about the rest of her family, even calling out her recent divorce to singer Kanye West.

“I honestly was not expecting that kind of performance from Kim. She roasted her family at the start of the show and that was probably one of the reasons why I had to keep watching,” said junior Amanda Kailher.

Ultimately, the sketches following her monologue centered around similar themes involving money, love and family. Kardashian took part in several skits including “Ladies Night Out,” “The People’s Kourt,” and “The Dream Guys.”

“I have to say that my favorite performance with Kim had to be ‘The People’s Kourt’ skit. She played as her sister Kourtney Kardashian, and we saw small guest performances from both Kris and Khloe Kardashian too. Not to mention her iconic Met Gala dress,” said Kailher.

According to Fox News, “SNL” saw a boost in ratings due to the clout of the “megawatt” influencer. Kardashian “pulled in 5.2 million views, causing a 7% increase in viewership.”

“It’s truly no surprise to me that the viewership for ‘SNL’ went up because of Kim. She has over 200 million followers on Instagram and somewhere between 70 and 80 million followers on Twitter,” said Caron.

According to Fox News, until the most recent episode, “Saturday Night Live” has been down in premiere ratings nearly 50% compared to its previous seasons.

According to IMDb, some viewers feel that the show has lost its touch and using too much political humor has a lot to do with the drop of viewership.

“I’ve been watching ‘SNL’ for a couple years now. I really enjoy watching older skits

on YouTube try to catch every week’s show. Kim was definitely a non-traditional celebrity to have on the show this season and I think that helped,” said junior Aidan Sacco.

Writer for The Hollywood Reporter, Lovia Gyarkye, reviewed Kardashian’s performance as “stiff but overall capturing the comical tone of the show.”

Gyarkye said “The hype surrounding Kardashian West ended up being more interesting and exciting than the actual episode... This would be time to ponder whether her performance here could spell another career shift.”

The show is available to watch on streaming services including Hulu, YouTube TV, and Amazon Prime Video with premium subscription.

“I’ve been waiting for an episode like this for a while. I really enjoyed Kim’s dry comedic performance and hope that ‘SNL’ continues with this type of comedy. Her social media influence defiantly helped the show and I hope they have more guests like her in the future,” said Sacco.



Kim Kardashian West hosting “SNL” on Oct. 9

YOUTUBE

“YOU” Season 3

BY OLIVIA CURTIN

Staff Writer

Have you seen season three of the hit show “You” yet?

Many Sacred Heart University students are looking forward to seeing what happens in the new season of the Netflix thriller.

“I am excited about the new season because we finally get to see what Love and Joe are doing in their lives since they are now married and are raising a baby. They are finally going to put their past behind them and do their best to live their lives normally together,” said junior Matthew Monopoli.

On Oct. 15, Netflix dropped the newest 10 episodes of “You” after almost a two-year wait from their fans.

Loosely based on the book, “You” written by Caroline Kepnes, the show tells the story of an intelligent bookstore manager named Joe Goldberg, who comes across an aspiring female writer in New York City.

Penn Badgley, who is best known for his role as Dan Humphrey in “Gossip Girl,” plays this dark and twisted character.

“I think it’s interesting to see Penn Badgley embrace another character other than Dan Humphrey from ‘Gossip Girl,’” said junior Calista Zahos. “But in some way, I feel like they are the same because Dan was so obsessed with Serena and kind of followed her around and ended up with her. The same happens in ‘You,’ except it’s more intense.”

According to Cosmopolitan, “Joe’s insta crush on Beck seems innocent enough, until he goes home and begins creeping her on social media. His run-of-the-mill Instagram lurk soon becomes ‘IRL’ stalking. When the two finally begin to date, he kills anyone who seems like a threat to their relationship.”

In season two, Goldberg moves across the country to Los Angeles and meets a woman named Love Quinn, portrayed by Victoria Pedretti. However, Quinn ends up having more in common with Goldberg’s violent tendencies than meets the eye. The whole second season, like the first, is filled with love and obsession.

“The end of season two was really interesting because we slowly learn that Love is not the normal person we thought she was,” said junior Lucey Savino.

The third season begins with the couple living in the suburbs and raising a family together.

“As usual, so many people get killed,” said junior Robert Taylor IV. “Then Joe has to come up with plans to keep them from getting caught.”

Viewers are going to have to tune into Netflix to see how everything plays out and if Goldberg and Quinn can make their relationship work in this new setting.

Other actors appear on the show such as Michaela McManus, from “One Tree Hill,” and Scott Michael Foster from “Crazy Ex- Girlfriend,” along with breakout star Dylan Arnold.

Arnold, who plays Theo Engler, won over viewers as the charming boy-next-door, dealing with a complicated relationship with both Quinn and his father.

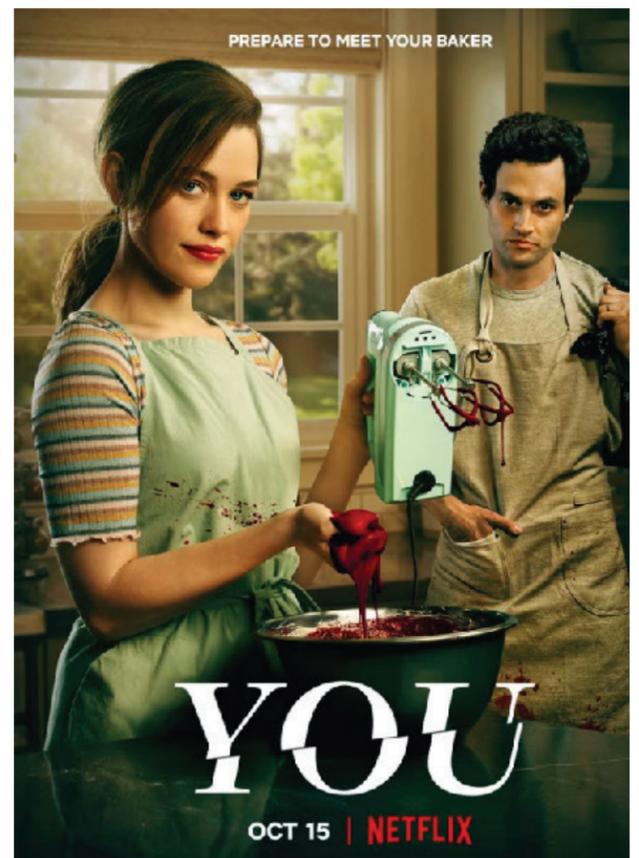
According to journalist Inkoo Kang from The Washington Post, “Many, many shows

hit their stride in their third season, and ‘You’ is no exception. The new batch of episodes easily comprises the show’s best yet, its tone solidified, its pacing and plotting perfected.”

“I binged the last three episodes because it was impossible to stop. The ending is nuts,” said Taylor.

Many fans are excited to keep up with Goldberg in the recently confirmed season four.

According to Decider, “Assuming there are no delays, it seems entirely possible that ‘You’ season 4 will land on Netflix in late 2022.”



Cover of “YOU” Season 3 featuring actor Victoria Pedretti on the left and Penn Badgley on the right.

IMDb

Sports

2021 World Series: Atlanta Braves vs. Houston Astros

BY RYAN DIFRONZO
Staff Writer

The 117th fall classic, or better known as the Major League Baseball (MLB) World Series is finally here. The matchup will consist of the winner of the National League Championship Series (NLCS), Atlanta Braves, and the winner of the American League Championship series (ALCS), Houston Astros.

According to the Atlanta Journal Constitution, the Braves and Astros have played in over 700 games head-to-head. The Houston Astros were in the National League (NL) until 2013, making the Braves a regular opponent.

Since the Astros transition to the American League (AL) in 2013, the teams last played each other in 2017 for a two-game series in Houston where the Astros won both games, according to CBS sports.

This will be the first time the two teams have faced off in the World Series. They have matched up in the National League Division Series (NLDS) on five occasions, with the Braves getting the nod of three series wins over the Astros two, according to the Atlanta Post Journal.

In the ALCS, the Astros took the Boston Red Sox to six games en route to the World Series where they scored 25 runs in the last three games of the series, according to baseball-reference.com.

"In game 4, a bad call in the ninth killed the Sox's momentum," said Sacred Heart alumnus Jordan Banks. "The Astros hit, pitched, and stepped up defensively and proved why they deserve to be in the World Series."

The Atlanta Braves beat the Los Angeles Dodgers in the NLCS 4 games to 2. The Dodgers came off a 106-win season while the NL East champion Braves were just short of a 90-win season on their way to the playoffs, according to CBS Sports.

"The run the Braves are on right now, it would be the perfect end to the playoff story for them," said senior Joseph Lepore. "Most people thought it would be Los Angeles or San Francisco winning the NL, but I think the Braves take it all with the way they're playing right now."

Game one of the World Series was played on Tuesday, Oct. 26 at Minute Maid Park in Houston. The Braves won the game 6-2.

Sophomore Michael Giardina said, "With the Braves playing as a team, feeding off one another's energy I don't see them being stopped."

Game two was played on Oct. 27 in the same stadium, this time with the Astros winning 7-2.

"I think the Astros are going to win because the way their team clicked going into the World Series was insane, despite lacking a few of their best pitchers," said Banks.

This article was published on Nov. 1 2021



Jose Altuve playing Oct. 27 in Houston

AP NEWS

Women's Soccer Making Late October Playoff Push

BY PATRICK QUIGLEY
Staff Writer

The Sacred Heart women's soccer team is nearing the end of the 2021 season. Currently, the Sacred Heart Pioneers stand at 6-6-2 on the season.

Sacred Heart sits in fifth place in the Northeast Conference (NEC) standings.

"The team has continued along the journey we started three years ago," said head coach Matt Micros. "The junior class that broke in as freshmen have done extremely well, especially when you consider they basically lost a year of valuable experience due to COVID."

The Pioneers recently defeated Howard University, a team that sits one spot ahead of them in the standings.

"Going into the Howard game we knew that we needed to continue to win in order to make the playoffs," said junior forward/midfielder Desiree Crawford. "The team was pretty pumped both on and off the field. I was really excited to score a goal in the first half and help the team win the game."

A win against a higher ranked team has put the Pioneers in a position to make an early November playoff push.

"Our hope when the season began was to make it back into the playoffs for the second consecutive full season and with two games remaining, it is still a goal that is within reach," said Micros.

Crawford mentioned that the team's support on and off the field has been an intangible advantage all season long.

Sacred Heart most recently picked up a 1-0 shutout win against Long Island University (LIU) Sharks, improving their home record to 5-1-1. Junior goalkeeper Elyssa Kipperman earned her third shutout of the season.

Junior forward Anna Ludkiewicz notched her first goal of the season with two minutes left against the Sharks, keeping the Pioneers playoff hopes alive.

"I was very relieved after scoring in the LIU game," said Ludkiewicz. "We had 28 chances that game so it felt like the goal was coming any minute the entire game."

The win marks the sixth year in a row that the Pioneers have defeated the Sharks.

"The expectations are to continue to work hard together. Be the hardest working team on the field at all times and success will follow," said Micros. "We emphasize improving as individuals in a team setting. Work hard. Play smart. Do things the right way. And the winning will take care of itself."

The Pioneers face the second-seeded Bryant University Bulldogs on their home turf in their final game of the regular season for senior day on Sunday, Oct. 31 at Park Ave. Field in Fairfield, Conn.

"Overall this season I have been grateful to contribute to my team's success. This season everyone came together and played with a lot of heart to be successful," said Crawford. "We constantly have worked hard and pushed each other to be better. I hope to continue to work hard alongside my teammates and make it to the playoffs."

Sacred Heart Athletics contributed to this article. This article was published on Nov. 1 2021

UPCOMING GAMES



Week of October 31

Women's Ice Hockey-Fri. Nov. 5
@4pm-Shelton

Women's Rowing-Sat. Nov. 6-
All Day @Orchard Beach N.Y

Women's Volleyball-Fri. Nov. 5
@6pm-@Saint Francis University

Women's Bowling-Sat. Nov. 6
@11am-@North Brunswick N.J.

Men's Ice Hockey-Fri. Nov. 5
@7:05pm-@Mercyhurst University

Football- Sat. Nov. 6 @12pm-
@Saint Francis University

UPCOMING GAMES



Week of October 31 cont.

Women's Swimming-Sat. Nov. 6
@12:30pm-Millford

Men's Wrestling-Sat. Nov.6
@American University

Women's Ice Hockey-Sat.
Nov. 6 @2:30pm-Shelton

Women's Volleyball-Sat. Nov. 6 @4pm-
@Fairleigh Dickinson University

Men's Ice Hockey-Nov. 6 @4pm-
@Mercyhurst University

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The Internship That Opened My Eyes

ASHLIN HALEY

PERSPECTIVES EDITOR

Something that I always felt like I was lacking throughout college was a true creative outlet. Each week, it felt like I was going through the motions, losing all of my creative habits in the process of waiting for the next big assignment. In a sense, it felt like I sacrificed part of my identity in order to excel in my classes.

Most college students can relate to this feeling. Sometimes, it's hard to see where all of your work is going and what the end goal is. It wasn't until my junior year when this started to become more clear.

It all changed once I actually paid attention to the emails in my inbox. I came across an email advertising the MUD Magazine internship. I read the email and considered applying, going back and forth on whether I would send an email back or not. This time, I didn't want to be all talk, I actually wanted to pursue something that could enrich my college experience.

Looking back, my decision to apply and my acceptance to the internship was one of the best decisions I've made here at Sacred Heart.

Being surrounded by the most supportive and creative team made me feel like I found a group of people that just ... got it. They understood and supported all of my ideas, and having this group that saw my vision as a creative individual increased my confidence to unseen levels.

I started to believe in myself and my abilities again. Just when I thought that my first article wasn't good enough, the creator of MUD, Hector Gutiérrez, posted on his social media, "This story by Ashlin Haley for MUD gave me my peace back today."

This was my moment where I asked myself, "Why can everyone see your potential but you?"

Maybe because I was depriving myself of things I loved, and made more time for content that didn't excite me.

I remember telling my parents that through this experience, I felt like the fire inside of me was lit again. Writing weekly creative articles encouraged me to look inside myself and even find art in the little things in life. Making graphics and art for my articles also forced me back into my old hobbies that I loved: creating and designing.

Even through meetings with the MUD team, hearing "Oh yes, I've read your articles. I'm so excited to work with you," made me feel like I was important, and that my ideas were genuinely seen. It's easy to produce work that means something to you, but to

have like-minded individuals commending your work is a feeling like none other.

My purpose in sharing my experience in MUD is to inspire those that might feel like they are losing a sense of direction and purpose. I've realized that once you pay more attention to things that excite you, your whole perspective changes. My worst mistake was thinking I had to sacrifice these activities in order to succeed.

Additionally, invest in a group that understands you and your work. Throughout high school, I felt like I had to go to college on the west coast in order to find that group of like-minded, creative people. Social media drills the notion within creative people that places like Los Angeles are the only locations to succeed. Even throughout my first couple of years in college, I felt like I was missing out on opportunities, and that life would be better out there.

If you look hard enough and go for opportunities that ignite something within you, you'll find that group right where you are. Although it took some time for me to find it, I wouldn't have changed that liberating process for anything.



Comfort In My Comfort Zone

COLLEEN SHAFFER

ASSISTANT NEWS EDITOR

The comfort zone can be like the devil and angel on your shoulder. Meaning it can help you in making the right choice from doing something that could be actually harmful to us; however, in the same breath it can also be the devil preventing us from having new experiences. I always say it's important to try everything once because the worst that happens is you realize it's not for you. This zone is a wonderful place to fall back on, but we need to try new things to expand this zone. It should never stay the same your whole life.

As humans we can achieve happiness from solving problems. Not only earth shattering problems, like figuring out your next step in life, but also in solving problems like how to decide between pizza and Chipotle for dinner. Problem solving is how we achieve those moments of bliss and happiness- and let's face it, there are always problems going on. The good news is we always have opportunities to achieve happiness. When we don't look for the times that require decision making we stay stagnant in our comfort zone. We don't experience any new situation to overcome a problem if we don't put ourselves out there.

We may be happy now in our bubble, but we won't forever. Think about it. I most definitely do not have the same comfort zone as I did when I was 13. While there are things that carry through, we have to constantly expand our limits in order to grow. I feel like I've done a lot of growing within the past few years. College is the ultimate experience for expanding your comfort zone, and I feel like I have succeeded in this. I am content right now with my zone, however, I know next year going into "the real world" will be such a shock. Most people tend to go to either extreme which is either relying completely on your comfort zone or completely reinventing yourself. I think for me, it is important to find balance. I have seen older friends, cousins, etc., struggle with this balance.

In my wide and vast knowledge of post grad life- i.e. movies

and TV- this is the time to solidify who you are. Depending on who you ask they will lean to either side- comfort zone forever, or sorry the old me cannot come to the phone right now. I will seek comfort in things that keep me grounded and I thoroughly enjoy, but I can't wait to take life by its horns. I have never had to go through more change than what will happen post-grad, so I know I will need the familiarity of my comfort zone, but I do hope that I will find new favorites. I definitely am scared for next year, but it's more of a nervous-excited. I don't know who I will be next year with this immense change, but I do know one thing- I can't wait.



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