

TOP 5 GAMES OF THE WEEK (11/8 - 11/14)

11/9 - MEN'S BASKETBALL IN A DOWN TO THE WIRE SEASON OPENER, THE MEN'S BASKETBALL TEAM TOOK THE OVERTIME WIN OVER LA SALLE 86-81. TYLER THOMAS PICKED UP A DOUBLE-DOUBLE, AND COACH ANTHONY LATINA PICKED UP HIS 100TH WIN AS THE PIONEERS HEAD COACH.

11/11 - WOMEN'S BASKETBALL A DOMINATE SECOND HALF LED THE WOMEN'S BASKETBALL TEAM TO A WIN OVER HARTFORD 71-62 IN THEIR SEASON OPENER.

11/13 - DIVISION I FOOTBALL BEHIND THE DUAL THREAT OF SENIOR JULIUS CHESTNUT AND JUNIOR MALIK GRANT, DI FOOTBALL LEFT NO DOUBT AT CAMPUS FIELD EN ROUTE TO THEIR 27-0 WIN OVER WAGNER. THEY HEAD TO LIU FOR A CHANCE AT AN NEC TITLE AND FCS PLAYOFF BID.

11/13 - WOMEN'S VOLLEYBALL KEEPS MERRIMACK WINLESS ON SENIOR NIGHT AS THEY COMPLETE THE THREE-SET SWEEP AND HEAD TO THE NEC PLAYOFFS AS THE NUMBER TWO SEED.

11/14 - WOMEN'S BASKETBALL HANDLES BUSINESS IN THEIR HOME OPENER TAKING DOWN BROWN UNIVERSITY 71-46 BEHIND SONIA SMITH'S SEASON HIGH 22 POINTS.

SHU Student Attends Astroworld

BY **BRENDAN WILLIAMS**
Staff Writer

On Nov. 5, sophomore Keoni Lieter was in Houston for Astroworld, a two-day music festival with an estimated 50,000 people in attendance according to the Associated Press. The crowd at the festival rushed toward the stage during a performance by rapper Travis Scott, causing concert goers to squeeze together, killing 10 people.

"My friends and I got to our spots around 5 p.m.," said Lieter. "Travis Scott didn't start till 9 p.m., so we just stood there for three and a half hours. 30 minutes before his set, they put up a timer on the screen. At 15 minutes it started getting tight, but it still wasn't that bad."

"With five minutes to spare, you started not being able to move. I was stuck. Shoulder to shoulder with anyone around me," he said. "When the show started, I was having a good time. Now that I think about it, it was probably just pure adrenaline. Two minutes into the show it started to get really bad. People just kept pushing forward; it's Travis Scott, people wanted to see him."

From the perspective of public safety officials, pre-planning for these types of large crowd gatherings is key to keeping everyone safe.

"Anytime you have an event, one of the components in preplanning is that of crowd control," said Gary MacNamara, chief executive director of public safety and government affairs. "Understanding the capacity is important, you want to know how many people the venue can safely hold. Then it's about how you bring the crowd in, management when there, and an exit plan."

There are many lawsuits so far that contend there was a lack of crowd control at this concert.

According to the Associated Press, as of Nov. 9, "More than a dozen lawsuits have been filed so far against Scott and several companies. The complaints allege that organizers failed to take simple-crowd control steps, to staff properly and to act on early signs of trouble at the sold-out concert at NRG Park that attracted 50,000 fans."

"You couldn't even raise your hand above your head. If you lifted your legs off the ground, you wouldn't fall, you would just stay there and float on other people's shoulders," said Lieter. "I can't even remember the songs he played; all I could do was focus on breathing."

Scott's performances are known for being chaotic and getting the crowd riled up. Mosh pits are a common occurrence.

According to the Associated Press, in 2017, Scott was arrested after he encouraged fans to bypass security and rush the stage, leaving a

security guard, a police officer and several others injured during a concert in Arkansas.

"Anytime you have a large event law enforcement, fire, and EMS want to get together to come up with an operational plan," said MacNamara. "It defines how you're going to operate during the event, including various scenarios such as a crowd surge. You always want to find a way to get resources in there if you need, and it seems as though there wasn't one."

According to MacNamara, a crowd surge happens when there is too much force behind a large crowd that it overwhelms the capacity of either barriers or other people.

As news broke, the next morning fear and panic spread across the families of those in attendance. The majority of those killed or injured were high school and college students.

"None of us knew anything had happened until the next morning when I woke up to seven missed calls from my mom," said Lieter. "I'm checking Instagram seeing videos of people passing out, that was something that we were sure was going to happen."

Videos taken from the festival quickly went viral on social media. On TikTok, videos showed concert goers yelling to "stop the show."

While some attribute the blame to Scott, others say it is the responsibility of those in charge of the safety of both audience members and concert goers.

"The artist most likely isn't going to have the ability to see and observe. They aren't necessarily responsible for safety," said MacNamara. "That safety comes under those people that are there to do their job such as law enforcement. They have to monitor the situation and make decisions based upon what they're observing, and they should have had the ability if they were all in a command post operating together to say, 'time out - stop the show.'"

"It may seem like they were loud in the videos," said Lieter. "But in-person the music drowned them out. If someone fell, you wouldn't have been able to tell."

In an interview with the Associated Press on Nov. 11, Namrata Shahani, sister of 22-year old college student Bharti Shahani who died in the incident, said, "For the first time in her life she just wanted to have fun, and that was taken from her."

Namrata Shahani's last words to her sister were, "Are you OK?"



Travis Scott Performing at Music Festival.

AP News



Visitors Honor the Victims of Astroworld.

AP News

UPCOMING GAMES

Week of November 14



Women's Volleyball-Wed. Nov. 17
@7pm-William H. Pitt Center

Women's Ice Hockey-Fri. Nov. 19
@7pm-@Saint Michael's College

Women's Wrestling-Fri. & Sat. Nov. 19 & 20
@9am-@Missouri Valley College

Men's Ice Hockey-Fri. Nov. 19
@9:05pm-@US Air Force Academy, CO.

Women's Bowling-Fri. & Sat. Nov. 19 & 20
@10am-@University of Maryland

Equestrian-Sat. Nov. 20-
@UConn

Men's and Women's Fencing-Sat. Nov. 20
@Massachusetts Institute of Technology

Women's Swim-Sat. Nov. 20
@7pm-Milford

Men's and Women's XC-Sat. Nov. 20
@9:30am-ECAC/IC4A XC Championships
@Bronx N.Y.

Football-Sat. Nov. 20 @1pm-@LIU
Brooklyn

Men's and Women's XC-Sat. Nov. 20
@12pm-DI National XC Championships
@Tallahassee Fla.

Women's Ice Hockey-Sat. Nov. 20
@4pm-@Saint Michael's College

THE SPECTRUM

NEWSPAPER RACK LOCATIONS

Martire
(first floor by the main staircase)

Hawley Lounge
(next to the stairs)

Spectrum Office
(in the Communications and Media Arts wing)

Library
(just inside the front doors)

Curtis Hall
(just inside the front doors)

CHE
(just inside the front doors)

Linda's
(first floor across from the bookstore)

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

Pitt Center
(just inside the front doors)

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

UC Wing
(near the Public Safety window)

Melody Hall
(just inside the front doors)

Student Life Office
(in the lounge)



News

The Trial of Ahmaud Arbery

BY EDIJE FRANGU
Staff Writer

On Nov. 3, the final jury for the killing of Ahmaud Arbery was selected. According to the Associated Press, it consisted of 11 white jurors and only one Black juror, sparking debate around the idea that Black jurors were intentionally not selected to ensure a white majority on a racially motivated crime.

According to the Associated Press, Superior Court Judge Timothy Walmsley, the judge conducting the trial for the killing of Ahmaud Arbery, said, "This court has found there appears to be intentional discrimination in the panel."

Walmsley was not able to reappoint the previously dismissed Black jurors since the defense was able to provide reasons other than race for why they were cut.

In an interview with the Associated Press, Laura Hogue, an attorney for defendant Greg McMichael, said, "I can give you a race-neutral reason for any one of these."

According to widely reported details, in February 2020, Arbery, a young Black man, was jogging in a Georgia neighborhood when three white men spotted him and pursued him with a pick-up truck and a shotgun. One of the defendants, Travis McMichael, shot Arbery in the back three times. William Bryan, neighbor and defendant, recorded the killing on his cell phone once he had joined the other two men with his truck.

Many, including prosecutors on the case, emphasized the importance of a diverse jury, especially in a crime of this nature and circumstance.

"A diverse jury, one that is representative of the demographics of an area, is important. I would say it is

particularly important in the South, where we have a more obvious history of racism in the operation of the criminal justice system," said Dr. Patrick Morris, a professor in the department of government. "A white or predominately white jury could easily be perceived as more evidence to



"Family Attorney Benjamin Crump, right, speaks as Marcus Arbery, second from right, his former wife Wada Cooper, left, and the Rev. Al Sharpton listen outside the Glynn Courthouse..."

support a racist criminal justice system."

However, some experts say that a diverse jury is not the ultimate test of fairness.

"It is important to have a diverse jury demographically, but diversity in itself does not necessarily result in fairness

and justice," said Dr. Rose, a professor in the department of government. "One can face a diverse jury that issues an unfair decision and another jury that is not diverse could issue a fair decision."

Others expressed concern for the idea that jurors might have been dismissed due to their race.

"Well, I would sure hope that's not the case. Given our society's standing on racial matters, this would be a shock if it were a reason for dismissal," said junior Chris Bocola. "Perpetuating the idea that only white individuals, as it pertains to the case, have the best viewpoint on a racially motivated crime is illogical."

According to the Associated Press, "When questioning potential jurors, prosecutor Linda Dunikoski often told them that the ideal juror would be a 'blank slate,' which is probably impossible since Georgia law allows someone to serve on a jury even if they come to court with an opinion on the case, as long as that person expresses a willingness to keep an open mind."

Many crimes, such as this one, are often seen through cell phone footage by civilians. As a result, candidates that are picked for jury selection have sometimes already heard some information about the case.

"Blank slate jurors are an impossibility in this age of social media, and highly unlikely in high profile cases," said Rose.

However, with these types of cases, some feel that education can be both positive and preventative.

"I think we have made progress, but we must keep pushing forward," said Morris. "We've enacted hate crime legislation and enhanced punishments for those crime, but it is also important to continue to educate people, particularly young people, about the benefits of living in our very diverse country and treating all people with fairness and equality."

Post-Pandemic Job Hunting

BY OLIVIA LAROSA
Staff Writer

On Nov. 5, the Associated Press reported that employers added 531,000 jobs in the past month, the most since July as well as a sign that the pandemic recession is gradually decelerating.

"When Covid initially hit, a lot of companies paused and had to figure out what to do next to still deliver services and make it through this unprecedented time," said Keith Hassel, director of Career and Professional Development. "Now companies are preparing for the future. They are looking for people to support them with a digital presence and to work smarter not harder through this new normal."

Some students are not too concerned with the current state of the job market since there are many new openings in their field.

"I'm not too concerned with job security because the healthcare field right now is really struggling to keep up with high demands and many already in that position are struggling with burn out from being overworked during the pandemic," said senior Krista Shultz, biology major with a minor in chemistry on the pre-physician's assistant track.

Others within Shultz's major and minor have similar thoughts as graduating seniors going into the medical field.

"Job security in the future is always something to think about," said senior Ally Paglino. "What I'm hopeful for is that being in the medical field they'll always need nurses, physician's assistants (PA), nurse practitioners (NP), doctors of medicine (MD), doctors of osteopathic medicine (DO), and every other position needed to run facilities like urgent cares, clinics and hospitals."

While some students are more hopeful in their future job prospects, there are others outside of the healthcare field who are facing more difficulties.

"It is a requirement to have an internship to graduate from the business school," said junior Cami Weiss. "I am concerned because I lost time due to the pandemic and now must rush to find an opportunity."

For those seeking internships and jobs, Sacred Heart's Center for Career and Professional Development offers many opportunities for students to meet potential employers with their newly remodeled career fairs.

"We are breaking down the traditional career fair and hosting recruitment weeks instead," said Hassell. "We are going to have employers on campus pretty much morning to night for weeks recruiting for different opportunities. This will create a more intimate experience and students will be 1 in 20 in a room opposed to 1 in 400."

Additionally, the center has also launched a new website for students to be able to get the tools they need to join the work force or apply to graduate school.

"There is a new website that launched at the start of the pandemic that allows students access to all our resources as well as schedule an appointment," said Hassell. "We are helping students with their resume, cover letter, to find opportunities to apply, mock interviews and even negotiating offers."

However, some students think that they need more practice on their own before they can go into the field of their choice and choose to take a gap year, or a year off from school to often study, work or travel.

"I feel like I need more preparation before entering the healthcare field," said Schultz. "The pandemic has really limited my opportunities in terms of gaining experience and also learning from PAs and doctors. When the delta variant spiked again, it was hard to continue shadowing a PA through my program. I have not been able to complete all my hours needed to apply to PA school, so I need this gap year."

While many have been looking for jobs and internships, students should always keep searching to improve their chances of success.

"Looking for a job is a full-time job and a game," said Hassell. "It is how you play the game."



Sacred Heart University

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(Please use your .edu address, if applicable.)

Job hunt on the go with
the Handshake app

Download the app on iPhone or Android to be the first
to know about new jobs.



Sacred Heart University

HandShake Database That SHU Career Services Recommends
Students Use to Find Jobs.

Perspectives

Student Get Ready to Study Abroad

BY KENLEY PIERRE
Staff Writer

Many students at Sacred Heart University are planning to study abroad for the spring semester, while others are planning to participate in the two-week winter programs. Dingle, Ireland and Luxembourg are two of the popular locations that students can choose from.

"I chose Dingle because my family has a long background in Ireland, and I wanted to learn more about the culture," said senior Valerie Wilkens.

Many students said they are ready to adapt to a new culture and learn during their time away from their families.

"I am overwhelmingly excited to meet new people and have experiences I would never otherwise have the opportunity to know. The scenery is beautiful, and I will learn so much from the local people of Dingle," said sophomore Jenna Bargisen.

Senior Associate Director of Global Affairs, Renee Cassidy Pang, believes this is a great opportunity for students to experiment with learning in a different environment.

"Students are able to focus on a unique topic, learn from local faculty in the host country and connect with people from around the world. It's also an opportunity for personal growth as students step out of their comfort zones and navigate life overseas. Students that participate in international programs also gain valuable experience that sets them apart from other jobs/internship candidates," said Pang.

Due to the impact of Covid-19 around the world, SHU had to cancel trips abroad.

"We suspended our international programming in March of 2020 and focused our international efforts here on campus," said Pang.

This fall, the abroad program was reopened again for students who are fully vaccinated, including John Cabot University, a partner university in Rome, Italy.

"For the winter and spring sessions, nearly 250 SHU students are scheduled to study abroad at our global campuses in Dingle, Ireland and Luxembourg as well as at some of our partner institutions across Europe. Of course, as student health and safety during study abroad is of paramount importance to us, we continue to closely monitor Covid-19 related data for these sites," said Pang.

Senior Katie Oshana had a wonderful time going abroad two years ago to Luxembourg but enjoyed her time in Dingle as well.

"It was a great option for a two-week abroad program, and I also have family that resided in Ireland, so it was great to see where our heritage came from. I did not want to commit to a full semester, but I knew I wanted to go abroad. Two weeks was a good amount of time because we had a full class but also so many opportunities to experience on our own and with the program," said Oshana.

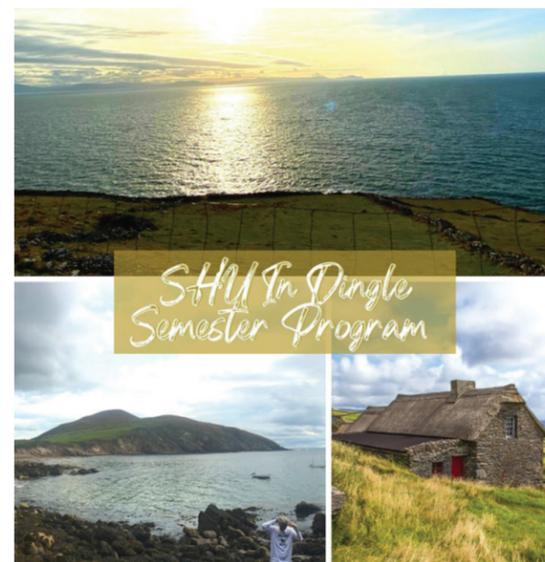
There is also a large variety of classes that students can take abroad, including nursing classes.

"I am studying abroad in Dingle, Ireland in the spring semester. I am taking my nursing classes

of Health Assessment and Pathophysiology. I am going with friends, but I am also looking forward to meeting new people," said sophomore Maddie Montanari.

Many students who've studied abroad have had positive feedback on the program.

"I think that having the chance to study abroad was one of the biggest pulls for me to come to Sacred Heart in the first place. Their program was so informative and easily accessible that it would be hard to turn down such an opportunity," said junior Zachery Gaiero.



@shuglobal Instagram

Photos of SHU In Dingle Program.

Fraternity and Sorority Life Events Update

BY CAYDEN BRODNAX
Staff Writer

The emergence of Covid-19 in the 2020-2021 school year eliminated opportunities for in-person Fraternity and Sorority events among students at Sacred Heart University.

Fraternities and sororities thrive off on-campus events for fundraising and the latest campus guidelines allow chapters to return to their old ways.

"Coming to college and joining a sorority, I looked forward to having the opportunity to be a part of on-campus events and engaging with other students, but when that was taken away because of restrictions, it was heartbreaking," said sophomore Bri Celia, member of Phi Sigma Sigma.

With in-person events back in order, there is a universal feeling of unity among some of the sororities.

"It feels really empowering to be able to hold in-person events because last year I had never experienced it before as a freshman, but it feels good seeing everything come together," said Celia.

Some members of organizations are thrilled to see their chapters coming together in person again.

"It feels really good and very motivating and fun to see the whole chapter together, and I also feel like I got much closer with everyone in my sorority after having in-person events opposed to Zoom," said sophomore Ava Zecchino, member of Zeta Tau Alpha.

Some sorority members have noticed that the increase of in-person events has allowed the sisterhood to come together.

"I think it is very noticeable that the level of unity has increased tremendously, as holding in-person events is one of the key components of chapter, and doing it in a sisterhood manner where we are all together obtaining a goal you set to complete is very satisfying," said senior Larissa Scandura, Director of Philanthropy for Kappa Delta.

Some feel that in-person events reflect the atmosphere of campus life at Sacred Heart. "This past Sunday, our event was during an open house day where prospective students got to see first-hand how fun and united this school could be through our philanthropy event, and President Petillo stopped by and expressed how great he thought the atmosphere was," said Scandura.

Unlike last year, students involved in Fraternity and Sorority life are happy with the new rules and already see the positive financial effects in their fundraising.

"It feels amazing having the ability to host our events in person again. For Zeta Tau

Alpha, our philanthropy is Breast Cancer Awareness, and with our in-person events this semester, we were able to raise over \$8,000 for our philanthropy," said senior Victoria Eger, Director of Philanthropy for Zeta Tau Alpha.

Last year, organizations faced struggles fundraising for their philanthropies with the lack of in-person events and Covid restrictions.

"Losing out on \$6,000 in fundraising last semester was a hard pill to swallow but encouraged our chapter to work our hardest to fundraise the most we possibly can," said Eger.

Being involved in Fraternity and Sorority life, these individuals set time aside to work hard and plan events to raise money for causes bigger than themselves.

"I really missed the satisfaction and pride I felt after months of dedication and preparation for various in-person events that you knew were going to make the lives of others more enjoyable," said senior Mary Austin, President of Phi Sigma Sigma.



Instagram/@shufsl

Sacred Heart University Fraternities at Grilling with the Greeks Event on the Chapel Quad.

Features

SHU Announces Partnership With Food Rescue - US

BY ADRIANNA FRANCHINO
Staff Writer

Sacred Heart University's dining hall recently announced that they have teamed up with Food Rescue US of Fairfield County to help the communities surrounding the school. Food from the dining halls will be delivered to social service agencies that are supporting individuals and families who experience food insecurity in Bridgeport and Fairfield.



SHU Dining Staff Involved with the Partnership with Food Rescue US

Instagram/ @shudining

There is a food donation of surplus food from the dining halls that gets delivered to social service agencies in the community. The food is served by the East End NRZ Market & Cafe and the Eben Ezer Tabernacle Church of God in Trumbull, along with other social service agencies in the area.

"Food Rescue US (FRUS) works with SHU Dining to coordinate a food donation of surplus food that would

otherwise be thrown in the landfill. FRUS volunteers use our web-based app to claim a rescue based on the day of week, time, driving distance, car size, etc. The app provides them with the pick-up and drop-off instructions, so that they successfully deliver the rescued food to a social service agency in the community," said Haley Schulman, the site coordinator of Food Rescue US of Fairfield County.

This partnership is also incredibly beneficial for the Sacred Heart community as well and allows students and other groups to involve themselves in the partnership.

"Getting local schools and student groups involved in our mission has enabled us to strengthen our network of passionate volunteers. We have seen how involving students in food recovery instills long-lasting habits of reducing food waste and builds awareness around food insecurity," said Schulman.

This partnership was created when Nathan Saldinger, a student at Sacred Heart, presented this idea and was motivated to make it happen.

"This all began from an undergrad student who presented this idea to the university. I was then brought on so that I could support the scheduling of pick-ups from our dining halls," said Kayla Hawley, the director of marketing for SHU Dining.

This partnership allows people to give back to other communities who are in need, and it is a part of the school's overall mission.

"I think the partnership is great for furthering SHU's service commitments, but also for helping people with an essential need. What is special about this type of service is that we do not have to raise money, work long hours, etc. It is unique because it streamlines food waste and at the same time helps to feed our neighbors," said sophomore Nathan Saldinger, who presented this idea.

Students around campus have been interested in the recent partnership and think that it is a great idea for the school to get into.

"I think this is an amazing idea. I'm sure so much food gets thrown out and wasted at the end of the day, so it is great that it is being given to people who really need it," said junior Jamie Fanizzi.

Sacred Heart may be looking for similar partnerships in the future that allow the school to give back to its neighbors and help people who are in need.



JP's Diner Staff Festively Dressed to Honor Veteran's During Their Shift on Veteran's Day.

Instagram/ @shudining

Professor Named CT Nurses Association Vice President

BY CHRISTINA ALAIO
Staff Writer

"I have been a nurse for 36 years and value the ability to have a 'voice' and advocate for the profession of nursing as well as individuals and society at large within Connecticut," said Professor Goncalves, an associate professor at Sacred Heart University who became vice president of the Connecticut Nurses Association (CNA).

According to Sacred Heart's recent press release, "the association exerts its organized influence on education, legislation and compensation to protect and advance the practice of nursing and the health of the people in Connecticut."

As a member of several committees, ranging from leadership committees to government relations, Goncalves has learned the importance of leadership qualities.

Despite emulating those qualities, she did not always envision herself being vice president. Her nurse practice allowed her to understand the significance of that voice, leading to her ultimate decision of taking on the role.



Professor Goncalves Elected New Vice President of State Nurses Association.

Sacred Heart University

"Nurses are constantly educating patients and families. Nurses also mentor and educate new nurses. Over the years, I have served as a mentor to many new nurses as well as led several project implementations to transform practice within the healthcare setting," said Goncalves.

Students admire Goncalves' teaching style.

"The part of her teaching that stands out the most to me is when she discusses her past as a nurse and uses stories to help us learn. She has many stories to share from over the years and all are so helpful and interesting," said senior Brooke Ziccardi, who is currently a student in Goncalves's class.

Goncalves did not always see herself teaching, at least not as an educator in the classroom.

"It was only after I received my Doctorate in Nursing that my passion for teaching was ignited and I wanted to share my expertise and experience with the next generation of nurses," said Goncalves.

Covid-19 brought strict regulations that Sacred Heart professors and students had to follow. When the pandemic first broke out, teaching was fully online. Returning to campus and the classrooms has allowed students to engage with their course material and laboratories fully.

In an interview for Sacred Heart's TV New's Magazine Show, The Pulse, Karen Daley, Dean of the College of Nursing, talked about how this pandemic has inspired more students to apply to the college.

"We were expecting between 250 and 300, and we enrolled 375," said Daley.

Goncalves is excited to get to work in her new role and hopes to continue to inspire nurses throughout the pandemic.

"My hopes and aspirations as vice president include the continuance of efforts and initiatives surrounding advocacy to enhance and protect the viability, health, safety and identity of nurses and the nursing profession, while supporting and protecting the health and well-being of society at large as we emerge from the Covid pandemic and face the next challenges that lie ahead," Goncalves said in Sacred Heart's recent press release.

The protection of nurses became all the more important with the Covid outbreak.

"Nurses met more than ever in a variety of venues, including in-person and virtual meetings," said Goncalves.

Goncalves cannot imagine working in any other field and is grateful for this opportunity to continue her impact in the nursing community.

"It is simply one of the most treasured and rewarding professions an individual can hold. I am a nurse and love being one," said Goncalves.

Spotlight



Keep on Dancing: A Positive Playlist for All

BY BRENDAN WILLIAMS AND JILL AMARI
Circulation Manager, Manager of Audrey's Corner

Music can play a major role in our lives. It can comfort us through hard times and be there to celebrate those happy moments.

We all have songs that remind us of specific moments in our lives or that one song that we blast in the car and sing the lyrics at the top of our lungs every time it comes on.

Jill and I created a playlist based on the lyrics from Harry Styles's song "Treat People with Kindness." He sings, "Feeling good in my skin, I just keep on dancing." Last year, Audrey's Corner featured an article based on this song called "Treating People with Kindness" by Andrew Kane. You can view this article online by going to www.shuspectrum.com and clicking on "Past Articles" under the tab "Audrey's Corner."

Matata" from "The Lion King" teaches us about having no worries. Rascal Flatts's "Life is a Highway" is a song we sing "all night long."

No matter the genre, music brings us together, and we hope this playlist helps you to keep on dancing. This playlist is for all and for anytime you want some positive vibes. Feel free to listen to it when you're on your own, with friends and family, on the road, or even studying for finals.

Simply scan the QR code to the left or follow this link: <https://open.spotify.com/playlist/0CGelMHibiD0JyF1b76Laq?si=cabaa5ed2f4349a4>. It will bring you to Spotify, where as soon as you press play, you can start dancing like nobody's watching.



In addition to our top picks, we turned to our friends to see what some of their go-to songs are, the ones that we dance in our kitchen to like nobody is watching. Their suggestions ranged from classic rock to pop and even a country song or two.

Of course, we started the playlist with the song that inspired it, "Treat People with Kindness." Then we moved on to Jill's and my own personal picks and our friends' recommendations. For me, the song "Sunday Best" by Surfaces is one of my favorites with the lyrics "feeling good like I should." Then I selected a song that always puts me into a positive mood: "Walking on Sunshine" by Katrina and the

Waves. And a playlist is never complete without some classic rock, so there are two songs that almost everyone knows by Queen and Journey.

One song I kept hearing my friends suggest has been a favorite by several TikTok users, "Time of Our Lives" by Pitbull. With the lyrics and upbeat rhythm, he puts us all at ease by letting us know that if we are going through tough times, he has "been there, done that" too.

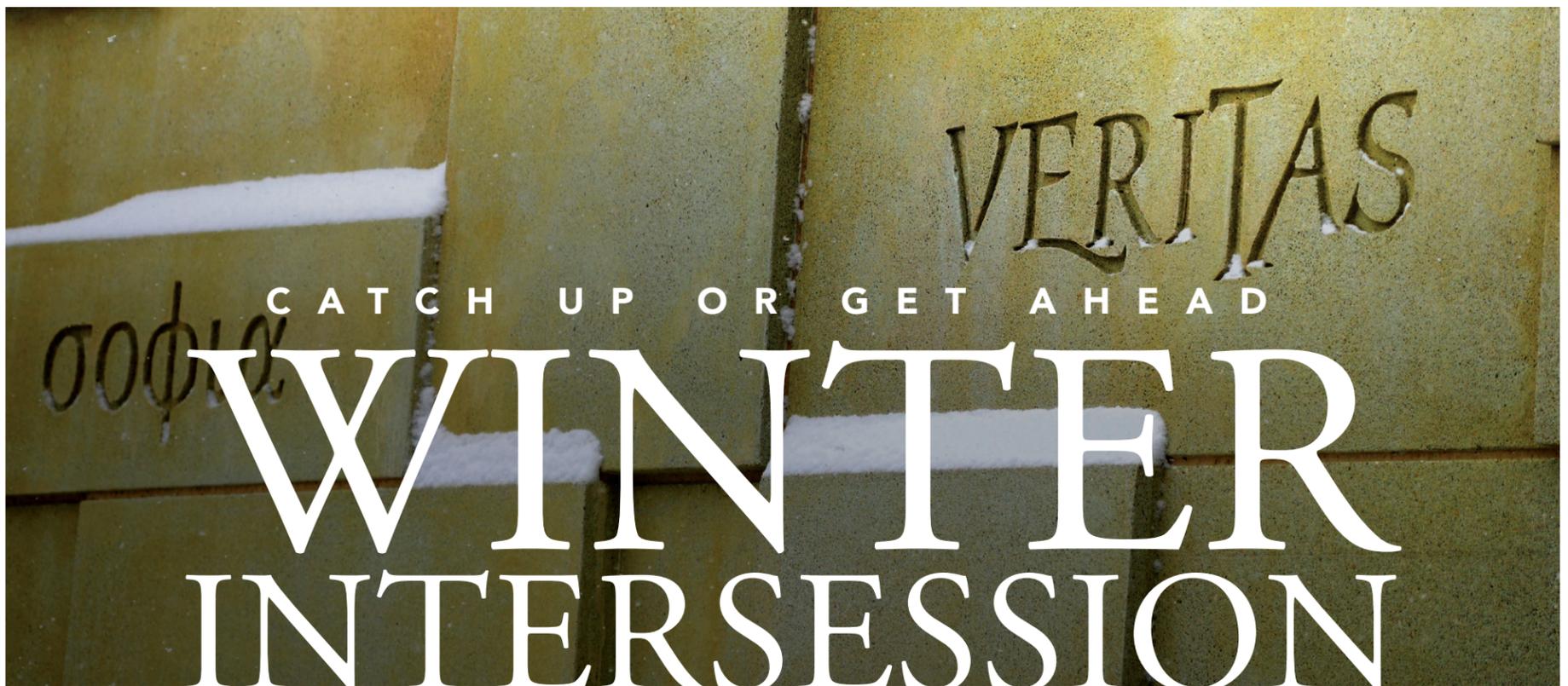
There probably isn't a song from a Disney movie that doesn't make us happy. "Hakuna

PLEASE NOTE:

In memory of June Niblo, Audrey's grandmother, who passed away on Nov. 11 at the age of 91, donations to benefit Audrey's Corner in Spectrum can be made online at <https://alumni.sacredheart.edu/the-spectrum-audrey-niblo-award>

or by mail to University Advancement, Sacred Heart University, Attn: Mary Murphy 5151 Park Ave, Fairfield, CT 06825.

Please include the words "Audrey's Corner, Spectrum Newspaper". If you would like to donate online, you can copy the link above or scan the QR code to the right. With gratitude, from the Spectrum staff.



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Arts & Entertainment

TAP Presents “As You Like It”

BY MARIA JEAN ZEGARELLI

Assistant Arts and Entertainment Editor

On Nov. 11, Sacred Heart University’s Theatre Arts Department performed their first night of Shakespeare’s play “As You Like It.” This play was a four-night event, starting on Thursday night and going until Sunday afternoon.

“As a member of the Theatre Arts Program (TAP), I have been attending plays here at SHU since my freshman year of college. I am always excited to experience the main stage plays at the Edgerton versus the Little Theatre. This play will go down in my books as one of my favorites,” said junior Alaina Derose.

Shakespeare’s “As You Like It” is a comedy with the central theme of love. The overall principle of this story is the experience of “love at first sight.” The leads were performed by sophomore Colleen Degennaro, who starred as Rosalind, and sophomore Nicholas Rubano, who starred as Orlando.

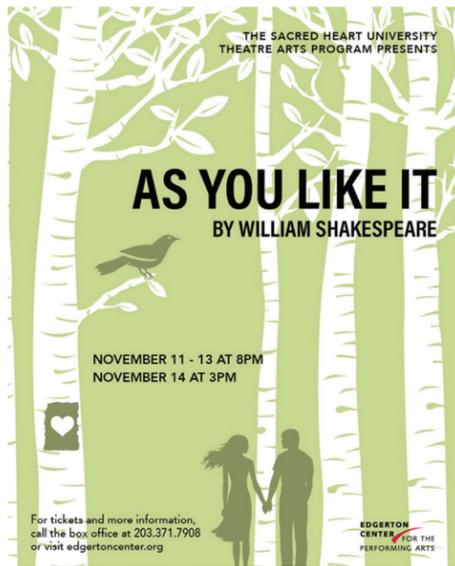
“After a month of hard work, it was so rewarding to put it in front of an audience. Getting that feedback and applause truly transforms a performance into something beautiful and interactive,” said Degennaro.

Degennaro’s first show was Sacred Heart’s fall musical “Sondheim on Sondheim” in 2020. She has been a part of TAP since her first semester of freshman year and is a graphic design major as well as a theatre arts student.

“The running crew, stage managers and other teams work together to create a calm and efficient environment for the cast during the show. As actors, our job is to put our real identities out of our heads for the time we are performing, completely burying ourselves in the character we are portraying, so most of the time you will see actors with their eyes closed, thinking to themselves and closely paying attention to the show,” said Rubano.

Rubano has been a part of TAP since his freshman year, and “As You Like It” is his third show while being a part of the program. Some past theater credits include “Once” and “Footloose.” Rubano is a theatre arts major and studying public relations.

There is a lot of work that is done behind the scenes for a production of this size.



Theater Arts Program
Promotional Cover for “As You Like It” Show

Besides the cast, the crew members were hard at work as well throughout the duration of the performance and prior to the curtains going up.

“We had rehearsals three to four times a week with very long rehearsals on Saturdays. Tech would be somewhere between six to eight hours long every day,” said senior Sarah Lindskog.

This is Lindskog’s first play as Production Stage Manager. This job includes all tech formalities that go into the production of the performance. She and her colleagues work with the lights, sounds and music. Lindskog is a hospitality major and has been a part of TAP since her freshman year.

“Up in the booth, we are all wearing headsets. Everyone is very quiet because we need to be on the ball. If we miss something or miss our cue or something goes wrong, that’s on us. You have to be focused,” said Lindskog.

Since this is a main stage play, the cast and crew consisted of roughly 50 members, compared to plays that take place in the little theatre and have a cast and crew of roughly 20 members.

“As You Like It” has truly become one of my favorite Shakespeare plays. As our director John Flaherty says, the heart of the show is love and respect. “As You Like It” shows that love transcends all,” said Degennaro.



Maria Zegarelli, Spectrum
Members of “As You Like It” Cast Performing

Princess Diana’s On-Screen Portrayals

BY ELIZABETH COYNE

Arts and Entertainment Editor



Princess Diana Posing at Event

The life story of the late Princess Diana has been the subject of several new movies and television series, including “Spencer” and the latest seasons of Netflix’s “The Crown.”

According to Royal.uk, Diana Spencer became the Princess of Wales after marrying the son of Queen Elizabeth II, Prince Charles. Shortly after marriage, she became the mother of Prince William and Harry.

Regularly nicknamed “The People’s Princess,” Princess Diana was most known for her loving and kind nature, as well as her extensive charitable work and generosity towards children.

Kristen Stewart, recognized mostly for her starring role in the “Twilight” film franchise, plays Princess Diana in the newest historical drama, “Spencer.”

“Spencer” was directed by Pablo Larrain, who earned

much praise for his directorial work on “Jackie,” a historical drama film centered around the United States’ 35th First Lady Jackie Kennedy, starring Natalie Portman.

The newest film from Larrain portrays Princess Diana’s time in the royal family through a darkened lens, both literally and figuratively, exploring issues she faced with mental health while keeping up with the intense expectations of the Royal Family.

Some Sacred Heart University students expressed heavy interest in the film and excitement to watch it in theatres.

“The trailer in itself is a cinematic masterpiece. I can’t wait to see the full movie. Kristen Stewart’s acting is so incredible that for the first 30 seconds, I didn’t even know it was her. She was the perfect choice for this role,” said junior Hailey Morelli. “Princess Diana was such an icon and such a figurehead in history that it’s really interesting to see a movie that chose a more serious tone than other adaptations.”

Similarly, “The Crown” has placed a lot of emphasis on the story of Princess Diana during the last season aired and the newest season currently being filmed. The Netflix original series tells the story of the Royal Family, starting from the adolescent years of Queen Elizabeth II.

Each season is ten episodes long and features an all-new cast as each member of the family ages and new members are born or married in. Drama surrounding the family, major political events and new romantic relationships are all main plot points of the show.

The up-and-coming actress/model Emma Corrin played the Princess during season four of “The Crown” and received praise with an overwhelmingly positive public consensus regarding her acting and choices with character development.

The costume designer for the season, Amy Roberts, also received positive reviews on her work mimicking the real life decade-appropriate fashion of Princess Diana

when she was first joining the Royal Family.

According to IMDb, for the upcoming fifth season of “The Crown,” Elizabeth Debecki will take over the role as Princess Diana during her time as a young mother, up until her tragic death. Many fans of the show have spoken out on social media about leaked photos of the actress while filming, saying she bears an uncanny resemblance to the Princess.

Many Sacred Heart students are fans of the show, and are waiting patiently for the newest season to be released.

“I love watching ‘The Crown’ with my family and can’t wait for the new season. I thought the last season with Princess Diana was the best so far. Her life is so interesting, and they did such a great job capturing her emotions on-screen,” said junior Reagan Daly.



AP News
Kristen Stewart Dressed to Play The Role of Princess Diana

Sports

Women's DI Wrestling Makes Historic Start

BY PATRICK QUIGLEY
Staff Writer

The Sacred Heart University women's wrestling team made their inaugural appearance at the East Stroudsburg Open on Sunday, Nov. 7. The Pioneers became just the second National Collegiate Athletic Association (NCAA) Division I school to implement a women's wrestling team.

Sacred Heart is led by head coach Paulina Beiga, the second female wrestling coach in the NCAA Division I field.

"Before I see an athlete, I try to see a person in my girls," said Beiga. "I want to teach them not just wrestling but how to be a good, kind, respectful and hard-working person."

Beiga is no stranger to college wrestling. Before coming to Sacred Heart, Beiga helped Campbellsville University claim their second straight national championship as an assistant coach two seasons ago.

"Our goal is to always do our best," said Beiga. "This year is all about growing and creating team culture but always striving to do our best on and off the mat."

The Pioneers finished sixth out of 14 teams while using just five wrestlers.

Not only did first year Savannah Vanse have the opportunity to be a part of a historical program, but the Norwich, Conn. native also claimed the first victory in program history in 21 seconds.

"The drive I get when I'm on the mat hearing my teammates and coaches cheer me on makes me want to work even harder next time to relive moments like that again," said Vanse. "Being on this team means that I have nothing to lose when it comes to pushing myself and my team to work hard."

Vanse quickly found herself in the semifinal match against Claire Diaty of New Jersey City University (NJCU), winning in one minute and 22 seconds. After dropping her first match of the day, Vanse earned a spot in the third-place match against Lock Haven's Madison Matta, where she fell after a long battle of five minutes and 25 seconds.

"I want to walk off the mat at tournaments pleased with my performance," said Vanse. "Of course, everyone wants to win, but win or lose, I want to walk off the mat knowing I gave everything I had and had put full effort into the match."

Freshman Ashley Reed also helped the Pioneers with a victory at 191 pounds, earning a bye into the quarterfinals.

"After Savannah's big win to start us off at the East Stroudsburg Open, I had a very good feeling about this season," said Reed. "Watching all my teammates and reflecting on how I performed, I think it is going to be a very successful season for us."

Before coming to Sacred Heart, Reed was an All-American after finishing second in the National High School Coaches Association tournament.

"It's an incredible feeling to have the opportunity to make history and grow a new program," said Reed. "It is awesome to be part of a new team because we're all learning together."

With so many headlines coming into their inaugural season, Beiga knows she must continue to keep her wrestlers focused to strive toward success.

"Coach pushes consistency," said Reed. "Her positivity on and off the mat is very motivating for each and every one of us."

The Pioneers will make their way to Marshall, Mo. to compete in the two-day Missouri Valley College (MVC) Open on Nov. 19 and Nov. 20.

Sacred Heart Athletics contributed to this article.



Sacred Heart University

Women's Wrestling Team Preparing for the Upcoming Season

AD Riccio Making Moves in Athletic Department

BY BRYAN SMITH
Staff Writer

On Nov. 5, Sacred Heart University Athletic Director Judy Ann Riccio appointed Mike Morrison and Tammy Petrucelli to the role of deputy athletic directors. They both formerly were senior associate athletic directors.

For Riccio, who has only been the director of athletics full time since Sept. 8, this is one of the first major promotions she has made since taking over the job from former Athletic Director Bobby Valentine.

"These individuals both bring remarkable experience and skills to their distinct roles and quickly established themselves as crucial to the department's strategic initiatives," Riccio said in a press release. "Tammy and Mike consistently go above and beyond and perform at the level of excellence that I expect of senior administration."

What this promotion means for Morrison and

Petrucelli is that they will much more say in day-to-day operations within Sacred Heart athletics. Riccio noted the planned renovation of the Pitt Center and Campus Field and the continued construction of the new Martire Family Arena as initiatives that Morrison and Petrucelli will now be able to pursue further thanks to their promotion.

"This change will allow us to move forward with continuous improvement," Riccio said.

Overseeing the improvement of the department is something Morrison has experience with, as in the five years that he has been at Sacred Heart, he has helped the university raise more than eight million dollars in fundraising money.

Morrison's impact led to a 23% increase in donations during the 2018-19 year, and largely due to that effort, he has earned this promotion.

"Sacred Heart University is a renowned institution that has exceptional people, transformational facilities and has quickly become home," said Morrison. "I look forward to working with and supporting our talented coaches and student-athletes in this new role."



Instagram/ @shubigred

Tammy Petrucelli and Judy Ann Riccio (Left to Right) at a SHU Organized Event.

As deputy athletic director, he will now serve as the department's liaison for advancement, communications and marketing and sponsorships, as well as oversee the facilities and operations area.

Petrucelli has been at Sacred Heart for 10 years, with seven of those years spent in the athletic department. She has aided Sacred Heart student-athletes off the field through ways such as helping them focus on time management and register for classes and by growing the Faculty Athletic Mentor Program.

In addition, she is the department's Senior Woman Administrator (SWA). As the SWA, she helps promote meaningful representation of women in the leadership and management of college sports.

"To quote Ruth Bader Ginsberg, 'Women belong in all places where decisions are being made,'" Petrucelli said. "We are truly experiencing this at SHU with the recent promotions

of Judy Ann Riccio, Robin Cautin as our Provost and the numerous female deans of colleges at the university."

After the promotion, she will now oversee academic services for student-athletes and will work with the National Collegiate Athletic Association (NCAA) to ensure that the university is meeting all NCAA and Title IX compliances.

"My goal is to continue to listen, reflect, be inquisitive and create an inclusive environment where everyone feels heard," Petrucelli said. "I hope to help create an inclusive environment that will allow our student-athletes, coaches and staff to be their authentic self and find success, however they define it."

Sacred Heart Athletics contributed to this article.



Instagram/ @shubigred

Mike Morrison Attending a Sacred Heart University Athletic Event.

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Everything Will Be Okay

SOPHIE CAMIZZI
NEWS EDITOR



I have two late papers, my senior capstone project has to be started by tomorrow, and there's a big project due in two weeks that I have to completely restart.

I think that phrase sets off a wave of silent alarm bells in any college student's mind, including my own, to be completely honest.

Since quarantine, motivation to do any school-related work has been lacking to say the least, in part, due to my own mental health deteriorating, family-related issues and a very bad internship experience. I don't think I'm alone either.

According to the Associated Press, in 2020, 14% of American adults said that they're very happy and 50% said that they often or sometimes felt isolated in recent weeks, which is the most unhappy Americans have been in nearly 50 years.

As we're slowly coming off the pandemic, I can't force myself to have the same motivation and drive as I have had previously, but I still try since the world doesn't slow down, and neither does college, apparently, judging by my behemoth of a to-do list.

While I may seem like a pessimist, I would disagree and say that I'm more of a realist since I'm not completely unhappy with my situation either.

Covid-19 may have dealt me some bad cards, but I also learned a lot of valuable lessons along with it, including the most important one: school does not define who you are as a person.

I think I've heard that phrase a million times from parents and teachers many times over the years, but I think this was the year that I actually took it to heart.

I recently had an epiphany about my life talking to a guy on a train to Washington, D.C. He was newly graduated, had worked for the Peace Corps, lived in Alabama, and was now going to go see a concert with his friend in DC. His name was Gavin.

He asked, "So what do you do?"

I told him that I was a college senior, part of the newspaper, a choir member, film and television major, my aspiration to be in journalism and news, etc.

"Wow that's a lot, you're kind of a workaholic, huh?" he jokingly said.

I laughed it off since I had never really thought of it that way, but I've never really stopped thinking about that conversation because out of everything I wanted to be known as, a workaholic was on the bottom of that list.

I'm a picture-perfect student on paper, ready to be added to the assembly list of potential newly graduated employees that a company could hire, but I don't really want to be that either.

I just want to be me.

I've let myself slack recently and that's fine. I'll get back up when I feel like I can.

If something didn't go exactly to plan, I'll figure it out eventually.

I think most of us are just doing the best we possibly can in our own unique circumstances, whatever they may be, and that's okay.

At the end of the day, I am who I am.

Stop & Shop: Time Well Spent

MIA SANSANELLI
MANAGING EDITOR- EDITORIAL

Working as a part-time cashier at Stop & Shop was for the most part exactly what you think it would be. It's not the most exciting job in the world, but it gives you a way to productively spend your time and a way to earn some money.

When I applied last winter, they needed workers due to the constant shortage of associates during the pandemic. I had never worked in a grocery store before nor had I worked on a register, but I was confident that I could figure it out and help out my local Stop & Shop.

I had anticipated the hours feeling like days and the stress that would come when I ran into technical issues, but what I had not expected was how many people I would meet who were nothing like me yet would give me so much perspective on my own life.

I had the opportunity to speak and interact with hundreds of customers, but my most reflective moments came from my time spent with my co-workers.

When I was going through my training, I had two women working with me who at first seemed very impatient when it came to new workers like me. And me being the people pleaser I am, I always wanted to stay out of their way and work hard to learn as fast as I could. The more time I spent with Kathy and Linda, the more I learned about their lives.

Kathy worked the same shift every weekday and then would go work as a crossing guard at a nearby high school. Two jobs every single day. And she was still able to make so many good relationships with usual customers; so much so that people would wait on her line no matter how long it was. She was always good for a sarcastic joke and an honest opinion.

Linda also worked two jobs. After her 10:30-2:30 shift, she would change her uniform and go work for several more hours at a 7-Eleven. She worked so hard when she was at work and never complained about how long she was on her feet.

Even when I moved to my own register, both Kathy and Linda would help me with any problems I ran into, and they told our managers great things about me when they asked.

When I worked my 6 a.m. shifts, I would always look forward to working with Ed. He was old enough to retire but loved his job. He was the most well-known personality at Stop & Shop due to his cheesy jokes and morning reminders on the speakerphone.

During the slow hours of the morning, in between his elderly regular customers, he would take out his iPad and show me photos of his wife, his son, and things that he cooked. He would share stories of famous people he met and his uncle who was a famous opera singer. He made the long mornings go by faster and always made me laugh.

All three of them helped me take a step back and appreciate life a little bit more. It was a difficult time for everyone to be grateful for the world we were currently living in. At that point, cases were rising, the vaccine was not being distributed yet, and everything was still so uncertain. At a time where I was just letting every day pass me by, these people who were double and even triple my age unexpectedly impacted my day-to-day life and my mindset.

Kathy and Linda both made me grateful for the fact that I work because I want to and not because I have to at this point in my life. They always made the most of their time at work and had an incredible work ethic that inspires me.

Ed showed me how to make regular customers your friends and how to impress the managers. But more importantly, he showed me how much joy life can bring us even in the worst of times. His simple daily routine made him happy, and that joy was spread to everyone he spoke to.

Even though our roles as your cashier may not make a crazy impact on your life, he taught me that if we can make you laugh, smile, or wish you a nice day, it can at least make people that much happier in that moment.

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