

THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

WEDNESDAY, SEPTEMBER 11, 2019

REPORTING CAMPUS NEWS SINCE 1983

SPECIAL EDITION

**Hey Freshman:
Get Involved!**

**Thursday,
September 12th**

**11:30AM-1:00PM
WELCH COLLEGE OF
BUSINESS ICE
CREAM SOCIAL
@THE PEAK CREAMERY
AT CWC**

**5:00PM
3 V 3 BASKETBALL
TOURNAMENT
@BVHRC COURTS**

**6:00PM-10:00PM
ARCADE NIGHT
@UNIVERSITY
COMMONS**

**6:30PM
PANHELLENIC
ORIENTATION
@EDGERTON THEATRE**

**8:00PM-10:00PM
KICKBACK WITH
CAMPUS MINISTRY
@63'S PATIO**

**10:10PM
IMPROV WITH THE
PIONEER
PLAYERS
@LITTLE THEATRE**

**Friday, September
13th**

**12:00PM-4:00PM
PHOTO DRY ERASE
BOARDS
@UC LOBBY**

**6:00PM
WOMEN'S VOLLEYBALL
SHU INVITE VS. NJIT
@PITT CENTER**

**6:30PM
PANHELLENIC
RECRUITMENT:
SISTERHOOD ROUND
@CAMPUS WIDE**

**7:00PM
CLUB MEN'S SOCCER
GAME
CAMPUS FIELD**

Introducing the Bobby Valentine Center

BY JACKIE O'ROURKE
Assistant News Editor

Sacred Heart University held the grand opening ceremony for the new Bobby Valentine Health and Recreation Center on Tuesday, Aug 27.

The new health and recreation center is named after Sacred Heart's current athletic director, Bobby Valentine, who is a former player and manager of Major League Baseball (MLB). "To consider myself in the company of Frank Martire, Jack Welch, Linda McMahon, Dr. Petillo, and all the other people who have made an influence on campus is rather special," said Valentine.

The construction for the building began in April 2018. Mr. Valentine was a part of a team along side Mike Kinney, Sacred Heart's senior vice president for Finance & Administration, University Advancement, William Reidy, Vice President for University Advancement, architectural firm The S/L/A/M Collaborative, and Consigli Construction Co., who all collaborated to bring this new facility to life.

Speaking on his involvement in the construction and design process, Valentine said, "Every step of the way, they let me sit in the room and give my opinions but it was in good hands."

"I like how there are windows all around the perimeters, it is cool how you can see outside," said junior interdisciplinary studies major Vanessa Parrillo.

The facility features a new bowling alley, rock climbing wall, golf simulator and indoor track. It also serves as the new home to student workout areas with brand new equipment and machines, basketball courts, a spin studio, fitness classes, athletic training offices, and club and intramural sports offices.

"I think the bowling alley is really cool because since I am on the bowling team, it is really nice that we do not have to travel to go bowl. This is super convenient and it is fun for people to come here and have fun with their friends too," said junior criminal justice major Skyler Mulligan-Brown, who is a member of the women's bowling team.

"It is nice and new, it is a nice floor and nice hoops, there is a lot of padding on the side walls," said freshman sports management major Evan Markis about the basketball courts.

"I am not a personal fan of treadmills so I love the suspended track. It's a great option to get your miles in," said junior Mark Bosse, a theater arts and psychology double major.

"Sometimes I do not really feel comfortable running around this area if I am not with anyone or have anyone to run with so this was nice. This was my first time running on the track. I enjoyed it. I did two miles. It is cool, not hot like it is outside right now. I liked it. I will definitely do it again," said junior biology major Kerin Ingegneri.

"My favorite night time activity is the bowling alley, in the morning I like to use the golf simulator, and in the afternoon, I like to use the rock climbing wall. When I need to release some stress, I will use all the different cardio machines or go to the aerobics rooms," said Valentine.

The Bobby Valentine Health and Recreation Center is free for all full-time undergraduate students with valid SHU IDs. Membership

plans are available for part-time students, graduate students, and faculty members with certain fees. No guest passes or community memberships are available.

"My favorite part of the Bobby Valentine building is probably the aerobics and yoga studios, because I'm a dancer and we use them sometimes, but also it is always free if I ever want to just go in and work on individual things with weights, jump ropes, and bocce balls, so if I ever want to strengthen, I can on my own time," said sophomore exercise science major Ryan Soloranzo.

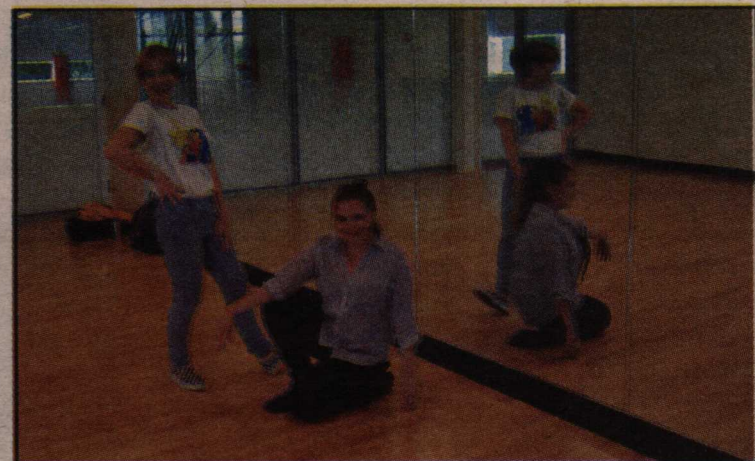
"It is so spacious, it is nice to come here to relax and workout. There are so many fitness classes which I think are a great addition," said freshman criminal justice major Daisy Tuquinagui.

The fitness classes offered are Zumba, Yoga, Barre, and Spin. Class sizes are limited and some require getting a ticket at the front desk to enter the class. The entire fitness class schedule can be found on the Sacred Heart University website.

"The gym is amazing. There is something for everyone. They have the bowling, rock climbing; there is a great space for people to come play basketball on their own time; and also the studios when there is no fitness classes - people can use the studios for their own personal use. We didn't have all that in the Pitt. What I love about the classes, now with the new facility is people are more likely to come to classes and trying them because they are intrigued by the new facility and it brings them in to try a new class so it is great having a lot of new faces," said Barre and Zumba instructor Amber Allen.

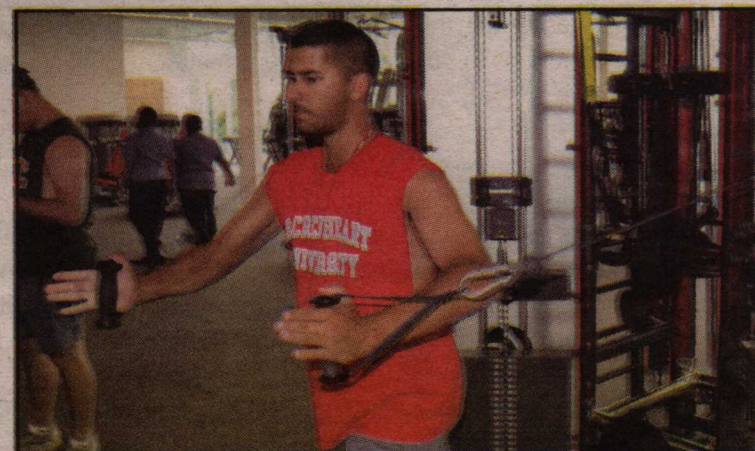
The building is open Monday to Thursday from 6 a.m. to 11 p.m., Saturdays 9 a.m. to 11 p.m., and Sundays 9 a.m. to 10 p.m. The bowling alley is open Monday to Friday 5 p.m. to 11 p.m., Saturday 1 p.m. to 11 p.m., and Sunday 1 p.m. to 10 p.m. The rock climbing wall is open Monday to Thursday from 12 p.m. to 5 p.m., again from 7 p.m. to 9 p.m., and Friday to Sunday 12 p.m. to 6 p.m. The golf simulator is open Monday to Friday from 10 a.m. to 8 p.m., and Saturdays and Sundays from 10 a.m. to 5 p.m.

"I hope that students feel safe when they come into they building and they leave feeling relaxed, worked out and that they had a good time. I hope that will continue to go on for a long time," said Valentine.



ABIGAIL FRISOLI/SPECTRUM

SOPOMORES MARIA HATZIMINADAKIS AND NAOMI MUMPER PRACTICE THEIR DANCE ROUTINES IN A STUDIO ROOM.



ABIGAIL FRISOLI/SPECTRUM

VINCENT STABILE, SOPHOMORE, DOES SOME CABLE CROSSOVERS ON THE MAIN FLOOR OF THE BUILDING.



ABIGAIL FRISOLI/SPECTRUM

JORDAN DEVLIN, SENIOR, USES SOME OF THE CARDIO EQUIPMENT AT THE BUILDING.

News



ABIGAIL FRISOLI / SPECTRUM

DESMOND MAXWELL, SENIOR, WATCHES FOOTBALL PRACTICE FROM OUTSIDE ON THE BALCONY.



ABIGAIL FRISOLI / SPECTRUM

NICK MURRAY, FRESHMAN, DOES A LUNGE WITH DUMBBELLS.



ABIGAIL FRISOLI / SPECTRUM

TORI BOUGHTON, SENIOR, AND RACHEL BAMFORD, JUNIOR, PRACTICE BOWLING ON THE BRAND NEW LANES DOWNSTAIRS.



ABIGAIL FRISOLI / SPECTRUM

COLIN MURPHY, SOPHOMORE, GETS READY TO TRY OUT THE GOLF SIMULATOR.

SHU Leases Downtown Community Theater

BY LOUIS FREY
Asst. News Editor

Last May, Sacred Heart announced the university signed a 10-year lease with Kleban Properties for the Fairfield Community Theater.

Events such as high profile lectures, author talks, unique films, concerts and performances will be held at the theater. It will also host the work of Sacred Heart's dance, orchestra, band, choir, theater arts and film students.

"I'm excited that there will be a second performance location, as the Edgerton Center is always booked. Now we can have even more opportunities to get artists and speakers at SHU," said Theater Arts Program Vice President Jake Doble.

The theater is currently under renovation, but is set to open its doors to Sacred Heart students and the Fairfield community in 2020, just in time for its 100th anniversary.

"I think it's great that we are able to have a piece of Sacred Heart in downtown Fairfield. It's a great area and gives reason for students to spend more time there," said Doble.

The theater will be another place where students will gain knowledge and experience.

"The theater speaks to the university's core mission, providing a state-of-the-art space for academic exploration and experiential learning in the arts and humanities," said Mike Iannazzi, vice president of marketing and communications.

The lease of the community theater shows students that the arts have Sacred Heart's support.

"I think this additional theater is a step in the right direction. I really hope Sacred Heart continues to think about their art students and support us so that we can pursue it after school," said Doble.

"Students will also be involved in the management of the site, gaining vital experience in operating an arts venue," said Iannazzi.

Some are taking notice of how valuable the community theater can be.

"I think it gives the Arts students an opportunity to really immerse themselves in their field at a more professional level. It opens the door for more opportunities for current and future students," said Vice President of Senate, Steven Lucero.

The students are who the university was thinking of when the theater was tenured.

"We purchased the theater with the needs of our students in mind, in particular the need for a modern, mid-sized venue where students can showcase their talents," said Iannazzi.

The renovated theater will consist of at least 400 seats and new equipment.

"We will restore the theater to a first-class entertainment venue while staying faithful to its original art-deco style. We will install state-of-the-art equipment that will allow us to show films and stream live performances from the theater and into the theater. We'll renovate it to allow small scale theatrical performances as well as lectures and discussions," said Iannazzi.

Other renovations include a luxury balcony with dining tables and a lobby with concession stands.

The theater was originally opened in 1920 as a movie house. It was also a place for stage performers, but in the 1970s it was repurposed to serve solely as a movie theater.

After that, the theater saw a slow decline. Over the past 40 years, the theater struggled under various owners. At times it has been for profit and at others a nonprofit. Most recently, it has been closed for several years, having been unable to stay afloat.

Now Sacred Heart is taking the opportunity to bring the theater back, further bolstering the arts in the Fairfield community.

"We are so excited to bring it back as a prominent landmark in the center of Fairfield," said Iannazzi.



SACRED HEART UNIVERSITY

SACRED HEART HAS SIGNED A 10-YEAR LEASE WITH KLEBAN PROPERTIES FOR THE FAIRFIELD COMMUNITY THEATER AND WILL BE RENOVATING THE THEATER TO INCLUDE 400 SEATS AND NEW EQUIPMENT.

Perspectives

New Class, New Buildings?

BY GINA D'AMICO
Perspectives Editor

As students ventured back to campus this fall semester, the new construction and facilities caught many eyes.

“Coming back to Sacred Heart after this summer I was surprised with all the construction that has been going on but I am honestly jealous of the new students coming in because they will get to experience these new buildings when they are done,” said senior Georgia Viggiano.

Sacred Heart is currently in the process of building the Upper Residential Village, also known as the Upper Quad. According to sacredheart.edu these new residential halls will be open in the spring semester of 2020 and will house more than 900 students.

Sophomore Isabella Viggiano will be living in the Upper Residential Village when the construction is complete.

“I really love the layout of the new Upper Quad and the location is perfect, it is right in the middle of everything. I am excited to be living there because it will be brand new. It is an honor to be the first set of students getting to live in the new dorm” said Viggiano.

On Aug 27, the Bobby Valentine Health and Recreation Center celebrated its grand opening. This new facility will offer students more gym space, including a multi-purpose sports court, rock climbing wall, bowling alley, spin studio, golf simulator, and Robek’s juice and smoothie bar.

“When I saw the center for the first time I was shocked. It’s such a beautiful building and the location on campus is perfect. Overall, I think they did an amazing job constructing it and they did it super-fast,” said junior Marc Liquidoli.

Senior Nina Catanzaro feels that the new facilities will change the student experience for the better.

“I think the new additions to campus are contributing greatly to the student experience here at SHU. I was surprised to see how many new buildings we are getting and how fast they are being built. I am sad that I won’t get a chance to experience the new dorms but I think incoming students will have a great experience here living in new modern dorms,” said Catanzaro.

Many students feel that the university has expanded immensely since they first came to Sacred Heart their freshman year.

“Looking at Sacred Heart’s growth as a senior it is insane how much things have changed. We bought GE campus, added two new functioning dorms, with two more being built, a diner, radio station, and a brand new athletic center. I never would have thought that what used to be a commuter school back in the day would have made so many great additions to campus,” said senior Matthew Wielk.

In addition, senior Nikki Ziner also feels that the campus is changing and developing rapidly.

“As a tour guide on campus, I am always telling my story to perspective students. It

has been amazing the past three years being able to show the students how in the blink of an eye our campus is changing. I can’t wait to come back after we graduate and see everything done,” said Ziner.

Many students are excited for the future of Sacred Heart University.

“The new buildings going up around campus is so exciting. I can’t wait to look back in years to come to see how far spread Sacred Heart is over Fairfield. It’s going to open up so many new opportunities and student activity life. It is turning into the next big school and still keeps its reputation of being a tight knit community,” said sophomore Gabrielle Gregor.



SACRED HEART'S CAMPUS HAS BEEN EXPANDING RAPIDLY, BETWEEN THE NEW BOBBY VALENTINE CENTER AND THE NEW UPPER RESIDENTIAL VILLAGE, PICTURED ABOVE, AMONG OTHER ADDITIONS.

Post President's Gala

BY SHANNON SZEFINSKI
Assistant Perspectives Editor

Sacred Heart University kicked off the fall semester with the Ninth Annual President's Gala. On Friday night, students piled into the William H. Pitt Athletic and Convocation Center for the annual event.

Freshman Amanda Ottomanelli said, “My expectation of the Gala was getting to have an amazing night with the friends that I’ve met so far and this night exceeded this. It was one of my favorite events to start off my freshman year, and I hope we have more events like this in the future.”

Many freshmen did not know what to expect before they attended their first President's Gala.

“I was expecting the Gala to be just kind of a regular party with dancing and food, but it definitely exceeded my expectations! There were a lot more people there than I thought there would be and it was a really fun atmosphere,” said freshman Eva Cassellius.

Prior to the event, students lined the halls waiting to secure their tickets into the event. This year the Gala sold out, probably because the guest performer was Jersey Shore star DJ Pauly D.

“DJ Pauly D was absolutely amazing! He really got the crowd involved and there was not one person who looked like they weren’t having a good time,” said sophomore Grace Glennon.

Many students were looking forward to the Gala because of DJ Pauly D’s attendance.

“I didn’t really know what to expect with Pauly D. I never really kept up with him after Jersey Shore ended. However, he did an awesome job and really got the crowd going,” said Studwell.

Although many students were excited to see DJ Pauly D, some felt they were standing around waiting for him for too long.

Ottomanelli said, “Pauly D was awesome. Although I wish he came on sooner, he was still the highlight of my night.”

Many upperclassmen said that this year’s President’s Gala was the best one to date and no other Gala compared.

Sophomore Brian Ignegno said, “This Gala was so much fun to attend, compared to last year’s Gala I had a much better time. Being able to attend such a great event with a great performer is something I will never forget!”

Having been to the past three President’s Galas, Studwell said, “I expected it to be different than past years and a larger event. SHU really outdid itself this year and went all out.”

Many student’s feel that the President’s Gala is a great way to bring the student body together.

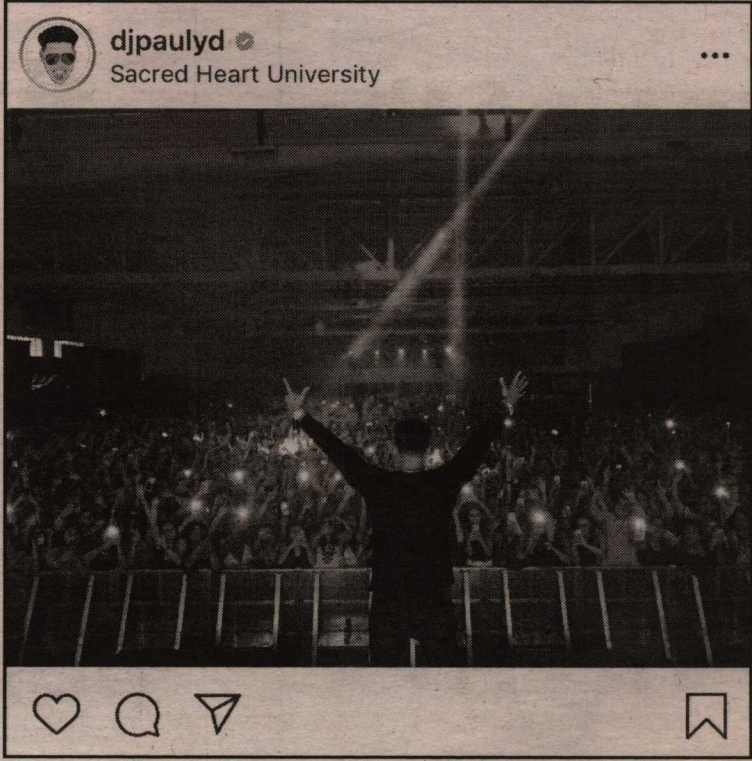
“It was fun to see such a large portion of the student body all in the same place and

having fun together,” said Cassellius.

“It’s hard to choose a favorite moment from the night, but it was amazing to see how involved the student body was,” said Glennon.

Overall, students seemed to have a great night. Not only was the performance by DJ Pauly D beyond expectations, the food was also a hot topic.

When asked what his favorite part of the President’s Gala was, Studwell answered simply, “The fried mac and cheese bites, not to mention the nachos.”



DJ PAULY D PERFORMED AT THE NINTH ANNUAL PRESIDENT'S GALA, WHICH TOOK PLACE FRIDAY, SEPT. 9 AT THE PITT CENTER.

Features

SHU Collegiate Recovery Program

BY AMANDA DE LAUZON
Features Editor

This week the new recovery lounge celebrated its grand opening. It welcomes any students struggling with addiction as well as those looking to give support and get involved in the recovery community.

The lounge is located in the basement level of the science center next to registrar and student accounts in the main academic building.

"All I ask is that the students of the university welcome and see someone who struggles with addiction as no different than themselves," said James Cafran, Collegiate Recovery Program Manager.

The new lounge is open to anyone with a desire to stop using drugs and alcohol, and hopes to create a safe place for people to openly discuss addiction and maintain sobriety.

The lounge facility will offer a space where students in recovery can socialize and hold meetings. Along with this, Alcoholic and Narcotic Anonymous meetings will be held on campus, and a dedicated staff trained in recovering from addiction will work with students.

The new center will offer a variety of other services. This will include 12-step meetings every Monday night at 7 p.m., all-inclusive recovery meetings every Wednesday afternoon starting September 18 at 2 p.m., yoga and meditation every Thursday evening, and retreats and activities sponsored by the program.

"This center will not only give a place for students in Recovery a place to go to for help, but also fight the stigma that is attached to addiction," said Cafran.

The mission according to the Sacred Heart website is "...to create a safe and supportive educational environment where students in recovery from substance use disorders can be the best version of themselves and live to their best academic potential. To give every student the best possible chance at achieving success through physical, mental and spiritual growth."

The idea for the center was born in 2018 from a longtime member of Sacred Heart University's board of trustees, Bill Mitchell, and two then-students, Tim Holt and James Cafran. They wanted to create a space where students could maintain sobriety while also working towards their college degree.

They saw how important a good support system is, living a sober and healthy lifestyle through their past road of addiction. Collegiate Recovery wanted to give students who felt like an outcast a chance to feel like they are regular college students no matter what hardships life gave them.

Students can help out and support the recovery community by attending activities and events to raise awareness and support those whose lives has been affected by addiction.

One of the events coming up for the program is the Stomp Out Stigma Recovery Walk which will take place Sept. 20 from 10 a.m. to 3 p.m. at Seaside Park, 1 Barnum Dyke, Bridgeport.

The event is free to anyone who wants to fight the stigma connected to addiction and to affirm that recovery is possible. Along with the one mile walk, there will be beach yoga, Tai Chi, aromatherapy, art displays food trucks and more.

"The center is not just for people who suffer from alcohol and drug addiction," said Cafran. "It's for anyone who supports a Recovery lifestyle."

The center hopes to have a sober house up by fall 2020 and plans to only increase in size. The goal is to have a dedicated building on campus where students in recovery can live together in a safe space where they can accompany each other in their sobriety.

"We've created something that can make any person the best version of themselves as long as they are willing to do the work," said Cafran.

For more info, you can contact James Cafran, The Program Coordinator at cafran@shu.edu.



AMANDA DE LAUZON/ SPECTRUM

THE NEW RECOVERY LOUNGE HAS OFFICIALLY HAD ITS GRAND OPENING, AND IS A SAFE SPACE TO ANYONE WITH A DESIRE TO STOP USING DRUGS AND ALCOHOL.



Princeton Review Rankings

One of the
BEST
385
colleges

#13
most
engaged in
**Community
Service**

#10
HAPPIEST
college
students

Spotlight

Hey Freshman: Get Involved!

Saturday,
September 14th

11:00AM
WIFFLE BALL TOURNA-
MENT
@CAMPUS FIELD

11:00AM
WOMEN'S VOLLEYBALL
VS.
NORTHEASTERN
@PITT CENTER

12:00PM
WOMEN'S SOCCER VS.
SAINT
PETER'S
PARK AVE FIELD
SPONSORED BY: ATH-
LETICS

12:30PM
PANHELLENIC RECRUIT-
MENT:
PHILANTHROPY ROUND
@CAMPUS-WIDE

1:00PM
CLUB SPORTS TRIPLE
HEADER
@CAMPUS FIELD

2:00PM-4:00PM
MINI GOLF SIMULATOR
TOURNAMENT
@BVHRC

3:00PM-7:00PM
VERTICAL RUSH
@63'S LAWN

6:00PM
WOMEN'S VOLLEYBALL
SHU INVITE VS. FAIR-
FIELD
@PITT CENTER

11:00PM-1:00AM
LATE NIGHT AT LINDA'S
@LINDA'S

7:00PM
CLUB MEN'S SOCCER
GAME
@CAMPUS FIELD



Remembering 9/11

ANAYA VANCE
NEWS EDITOR

Eighteen years ago, the morning of Sept. 11, 2001, was the day the U.S. was attacked by terrorists. The crashing of four hijacked planes resulted in significant damage to the Pentagon and the collapse of Towers One and Two at the World Trade Center.

Terror and confusion filled the people of New York that day. One of those people was Sacred Heart professor Christopher York of the Management Department. What he thought was going to be a beautiful summer day in September turned out to be one of the most horrific in our nation's history.

"At the time my wife Marilyn and I had just put our daughter Sarah on the school bus in Battery Park City, right across from the World Trade Center. As we got back to our apartment, we heard a noise coming from the Trade Center property, and we found out a plane crashed into the North Tower," said York.

Initially the press presumed that the crash had been accidental, but those assumptions were soon proven wrong.

"I took my video camera up to the top of our building to see what was going on," said York, "and as I was recording, I heard this loud roar and, lo' and behold, another plane flew right over my head, bearing towards the South Tower, and that was when we decided that this had to have been an act of terrorism."

York's wife hurried to get their daughter from school and bring her back, but another turn of events had occurred.

"Just as she and her client were passing the South Tower, it started to collapse. She thought she was going to be buried from the collapse of the building, but her client pulled her away."

Marilyn and her client had covered themselves with their jackets, laid flat on the floor and waited it out.

"The building had collapsed straight down and crushed everything that was in it and grounded up into a fine powder."

Following the collapse of the South Tower, the North Tower went down as well.

"The attack essentially eliminated our entire neighborhood."

As Professor York was waiting for Marilyn and Sarah to return, he was ordered by a firefighter to evacuate Battery Park City.

"They had no plan to evacuate us. They just needed to get us out of the building. By the side of the Hudson River, hundreds of small boats and working harbor crafts gathered around the edge of the lower arena. People jumped onto the boats, nearly breaking their legs."

When he got onto a boat, they were taking all of the refugees to Liberty Park, NJ. Fearful for the safety of his wife and child, York was also terrified by the possibility of there being another attack as the boats crept across the Hudson River toward safety.

"We were taken to a military base by New Jersey's national guard and were constantly being moved to make room for more refugees. I got moved to about three bases in New Jersey and we were told there was no way back into Manhattan because everything was closed down and damaged.

"As I got to the third base one of the most miraculous things happened: I suddenly heard my name called by one of my neighbors in this mass of humanity, and she's yelling at me, 'Marilyn and Sarah

are okay.' And that's all she needed to say."

Fortunately for York, he was able to reunite with his family, but thousands of other people were not so lucky.

For those who did and did not survive the tragedy, Sacred Heart University's Chapel of the Holy Spirit hosts an annual Remembrance Ceremony. Fr. Ed Stewart of Campus Ministry said, "We will remember all those who died on 9/11, as well as their surviving loved ones. I think it's an important thing to call to mind a tragic moment in our history and to remember those who are no longer with us."



PHOTO COURTESY OF CHRISTOPHER YORK

SHU PROFESSOR CHRISTOPHER YORK OF THE MANAGEMENT DEPARTMENT AND HIS WIFE MARILYN HAD JUST PUT THEIR DAUGHTER ON THE BUS ACROSS THE STREET FROM THE WORLD TRADE CENTER WHEN THE 9/11 ATTACKS HAPPENED.



ASSOCIATED PRESS

PICTURED ABOVE: FOOTAGE FROM THE 9/11 ATTACKS ON THE TWIN TOWERS IN NEW YORK CITY.

Arts & Entertainment

2019 MTV Video Music Awards Recap

BY KRISTIN BURNELL
A&E Editor

On Aug. 25, MTV presented the Video Music Awards at the Prudential Center in Newark, NJ. Comedian Sebastian Maniscalco hosted the 36th annual ceremony for the first time in the Garden State.

The show opened with Taylor Swift performing her new songs, “Lover” and “You Need to Calm Down,” from her latest album.

Cardi B won the first award of the night for Best Hip-Hop Video for “Money.” Other nominees included: 2 Chainz (featuring Ariana Grande) for “Rule 2 the World,” 21 Savage (featuring J. Cole) for “A Lot,” DJ Khaled, Nipsey Hussle and John Legend’s “Higher,” as well as Travis Scott’s “Sicko Mode.”

Swift took home the Video of the Year award for her song, “You Need to Calm Down.” Other nominees for the category included: 21 Savage ft. J. Cole’s “A lot,” Billie Eilish for “Bad Guy,” Ariana Grande’s “thank u, next,” Jonas Brothers for “Sucker,” and Lil Nas X ft. Billy Ray Cyrus – “Old Town Road (Remix).”

“You Need to Calm Down” also won the VMA for Video for Good, a new category announced this year.

Swift, Grande and newcomer Billie Eilish tied for the most wins with three apiece.

Grande won her first award of the night for Artist of the Year. The singer also took home Best Art Direction for her performance in “7 Rings,” as well as Song of the Summer alongside Social House for their collaboration “boyfriend.”

Eilish won for Best New Artist against fellow nominees, Ava Max, H.E.R., Lil Nas X, Lizzo, and ROSALÍA. Eilish also received Push Artist of the Year and Best Editing for her hit song, “Bad Guy.”

“Old Town Road” won the Video Music Award for Song of the Year. The category had some big competition with nominees “In My Feelings” (Drake), “thank u, next,” “Sucker” (The Jonas Brothers), “Shallow” (Lady Gaga and Bradley Cooper) and “You Need to Calm Down.”

BTS and Halsey took the award home for Best K-Pop, a new category this year, for their performance of “Boy With Luv.” BTS also won the Best Group award.

The Jonas Brothers returned to the VMA screen after a Sunday night performance at The Stone Pony, a historic concert venue at the Jersey Shore after 11 years of absence. “Sucker” won a VMA for Best Pop Song.

Other performances included Shawn Mendes with Camila Cabello, Lizzo, and Miley Cyrus.

Mendes and Cabello won the awards for Best Collaboration and Best Cinematography for their song “Señorita.”

Other memorable winners from the ceremony were Normani featuring Black with “Waves” for Best Latin. The Chainsmokers featuring Bebe Rexha’s “Call You Mine” for Best Dance, and ROSALÍA & J. Balvin ft. El Guincho with “Con Altura” for Best Choreography.

Panic! at the Disco took home the Best Rock Song award for “High Hopes.” Other

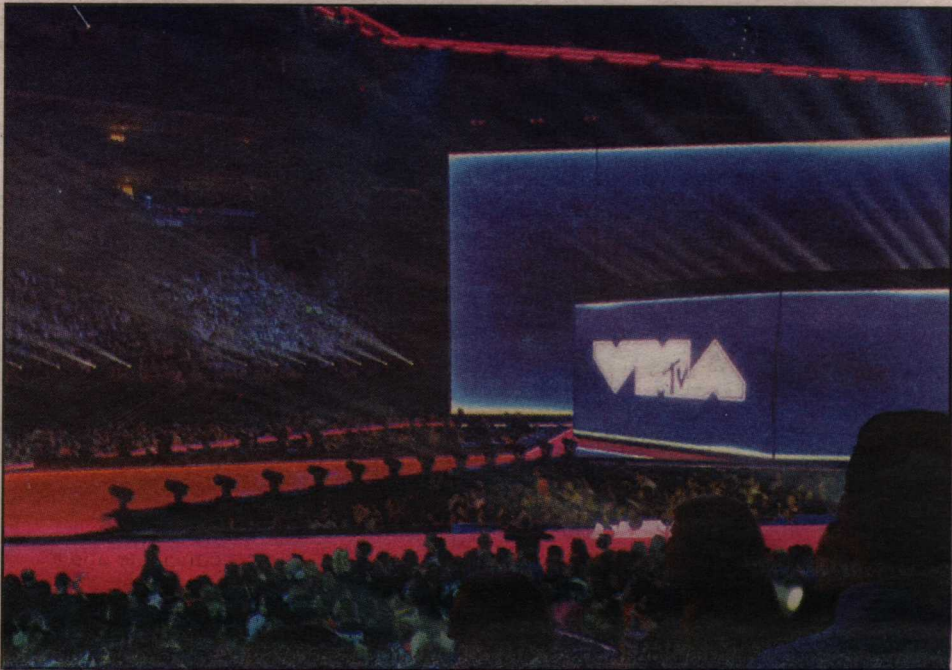
nominees included “Love It If We Made It” by The 1975, “Bishops Knife Trick” by Fall Out Boy, “Natural” by Imagine Dragons, “Low” by Lenny Kravitz, and “My Blood” by Twenty One Pilots.

The night ended with a performance from Missy Elliot featuring her top songs through the years. The act showcased numerous artists and featured the original “Work It” music video dancer, Alyson Stoner.

Elliot became the first female rapper to win the Michael Jackson Video Vanguard Award. The singer released a new album for the first time in 14 years. She is the 33rd recipient of the award.

Elliot joins fellow winners Britney Spears, Kayne West, Jennifer Lopez, Pink, Rihanna, Madonna, The Beatles, Justin Timberlake, Janet Jackson, David Bowie, and George Michael.

This year’s ceremony scored the lowest ratings in its history with 1.93 million viewers. The Associated Press contributed to this article.



MTV HOSTED THE 36TH ANNUAL VIDEO MUSIC AWARDS IN NJ ON AUG. 25. IT RECEIVED THE LOWEST RATINGS IN ITS HISTORY.

SHU SCORES

	1	2	3	4	F
Bucknell	0	3	7	0	10
SHU	0	23	0	7	30
Football					

	1	2	3	4	5	F
URI	25	20	25	17	7	2
SHU	19	25	23	25	15	3
Women's Volleyball						

	1	2	3	4	5	F
Colgate	16	25	23	25	15	3
SHU	25	20	25	15	9	2
Women's Volleyball						

	1	2	T		
QU	1	1	2		
SHU	1	0	1		
Men's Soccer					

	1	2	OT	2OT	T
SHU	2	0	0	1	3
Hartford	1	1	0	0	2
Women's Soccer					

	1	2	T		
SHU	0	0	0		
URI	0	2	2		
Women's Soccer					

	1	2	3	4	2OT	T
SHU	0	1	1	1	1	4
SFU	2	1	0	0	0	3
Women's Field Hockey						

Sports

Club Sports Adds Four New Sports

BY DAN GARDELLA
Sports Editor

This upcoming school year, Sacred Heart Club Sports will add four new sports to its family. Spirit squad, badminton, dodge-ball, and rock climbing are the newest teams to join and moves the total amount of club sports to 29.

"We're always looking to add more club sports," said Greg Jones, the assistant director of club sports. "We want to have more student involvement. With the addition of four new teams, we are able to attack an aspect that other schools do not have."

The club rock climbing team will utilize the rock climbing wall inside the Bobby Valentine Health and Recreation Center for practices. Jones said that the plan to have a rock climbing team was an idea that came after the initial plans for the building were in motion. By adding the wall to the building, the idea to use it to their advantage ultimately resulted in the creation of the team.

Along with the addition of the wall on campus, there are certified coaches to help the team with practices as well. CJ Cofrancesco, a graduate assistant for club sports is certified and will help the climbers learn and improve throughout the season.

Club badminton comes to Sacred Heart after many years of interest to begin a team within club sports.

"We have been trying to approach it for the last few years," said Jones. "We have seen the high school interest go up. It is one of the fastest growing sports in the Northeast, specifically New York."

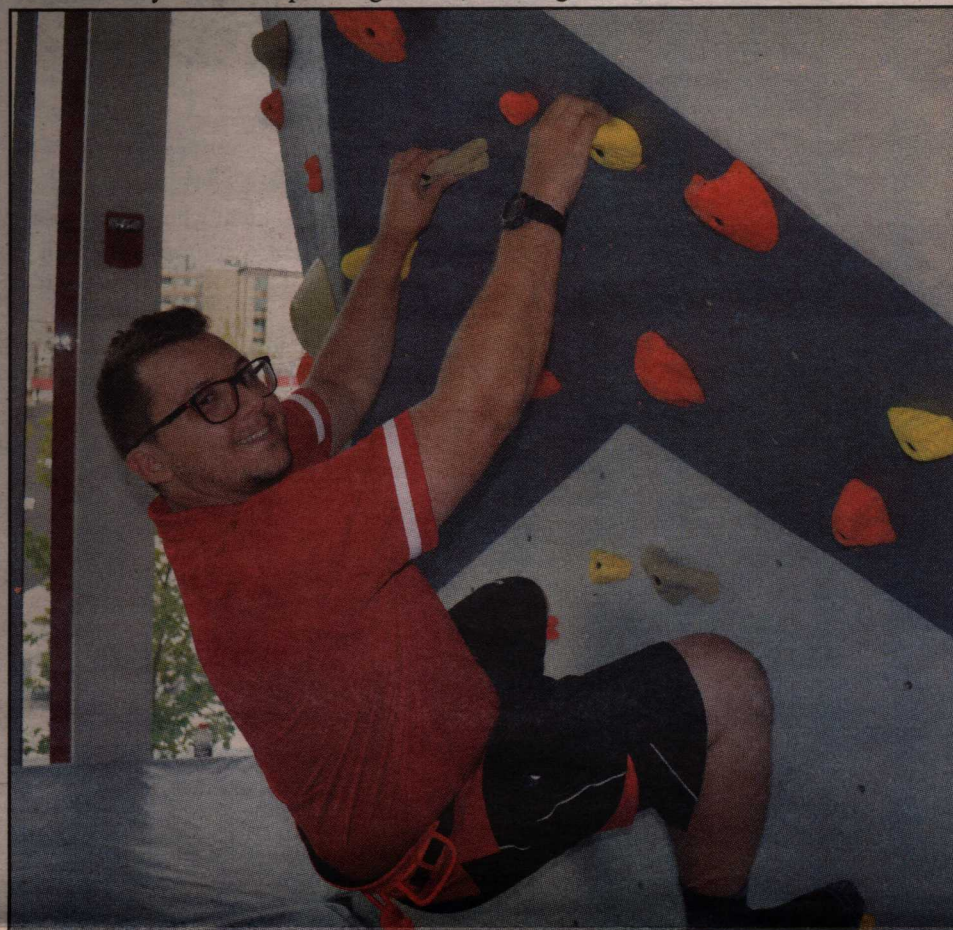
Jones added on to the point, explaining that prospective students would come up to the club sports table at open houses and ask if there was a club badminton team to join. Due to the lack of court space inside the William H. Pitt Center between the division one teams and club teams, they were unable to create a team.

As for the logistics of the team, many elements are still unknown. As club sports begins to put together the team, aspects such as how many players will be on the roster, coaching situation, as well as what league to join are still being figured out. Due to the large amount of interest in the sport, Jones and the rest of club sports will gauge how it will progress as a club sport.

Like club badminton, club dodgeball is a very new idea to the club sports staff. It was only last spring that the department discovered that there was a collegiate dodgeball league. According to Jones, Sacred Heart is the only team in the northeast that is looking at adding a club dodgeball team. The goal outside of creating the team is to eventually become the northeast headquarters of the dodgeball circuit. Achieving this goal would add to the continued growth of the sport.

Lastly, the spirit squad offers a unique opportunity for those who are interested in cheer. "It can't be called cheerleading. It's not competitive cheerleading because you cannot leave the ground," said Jones. "What I mean by that is that there is no tumbling and there are no stunts."

The spirit squad will give those who are interested in cheerleading an opportunity to learn the basics of cheer with the hope of possibly moving up to the red and white sections of the division one cheerleading team. The spirit squad will also cheer for the division one Men's Hockey team this upcoming season, allowing them the chance to cheer.



ABIGAIL FRISOLI / SPECTRUM

CJ COFRANCESCO, A GRADUATE ASSISTANT FOR CLUB SPORTS, IS CERTIFIED IN ROCK CLIMBING AND WILL HELP STUDENTS LEARN TO CLIMB AND WORK ON IMPROVING THEIR SKILLS.

Equestrian Moves To New Facility

BY ANTHONY SACCONI
Assistant Sports Editor

The Sacred Heart University Equestrian Team has officially moved into their new home. The Pioneers new facility called Silvermine Farm will serve as the main arena for the team.

Silvermine Farm is located just 15 miles south of campus in Norwalk, Conn. Equestrian head coach Tiffany Hajdasz understands this is a great opportunity for the Equestrian program.

"Silvermine Farm has been so welcoming. They are as excited for us to be there as we are," said Hajdasz. "Our student athletes are really appreciating the shorter commute."

Assistant coach Caitlin Ader already sees how much the team enjoys their brand-new facility, and the benefits that come with being closer to campus.

"The team has been very excited about having our new home space at Silvermine. Our horses have great care and all our student athletes noticed that," said Ader. "Our daily practice routine has not changed much from the past, however our girls are able to spend more time taking care of the horses after practice, and learning more horsemanship skills."

The Pioneers now have opportunities in practice that have never really been open to them prior to the opening of Silvermine Farm.

"We have use of 3 arenas, so we have been able to run different practice groups simultaneously and have been able to reduce the number of trips our SA are taking to practice," said Hajdasz. "We intend to move our practice times later in the day for the Spring semester, which will allow us the opportunity to practice once the day warms up during the colder months."

Sacred Heart Equestrian now expects to draw larger crowds with Silvermine Farm being so close to home.

"Our new facility will increase attendance at our home competitions, especially from the Sacred Heart community," said Ader. "It also provides us with more recruitment opportunities."

Silvermine Farm, is a modern facility that offers the team a numerous amount of benefits.

"The indoor ring and outside back arena both have top of the line GGT footing. The front and back outdoor arenas both have sprinkler systems for dust control," said Hajdasz. "The front door and outdoor arenas also have a built-in tack room for us which will house the equipment we use on a daily basis, as well as serve as an area for our student athletes to store their helmets and riding boots."

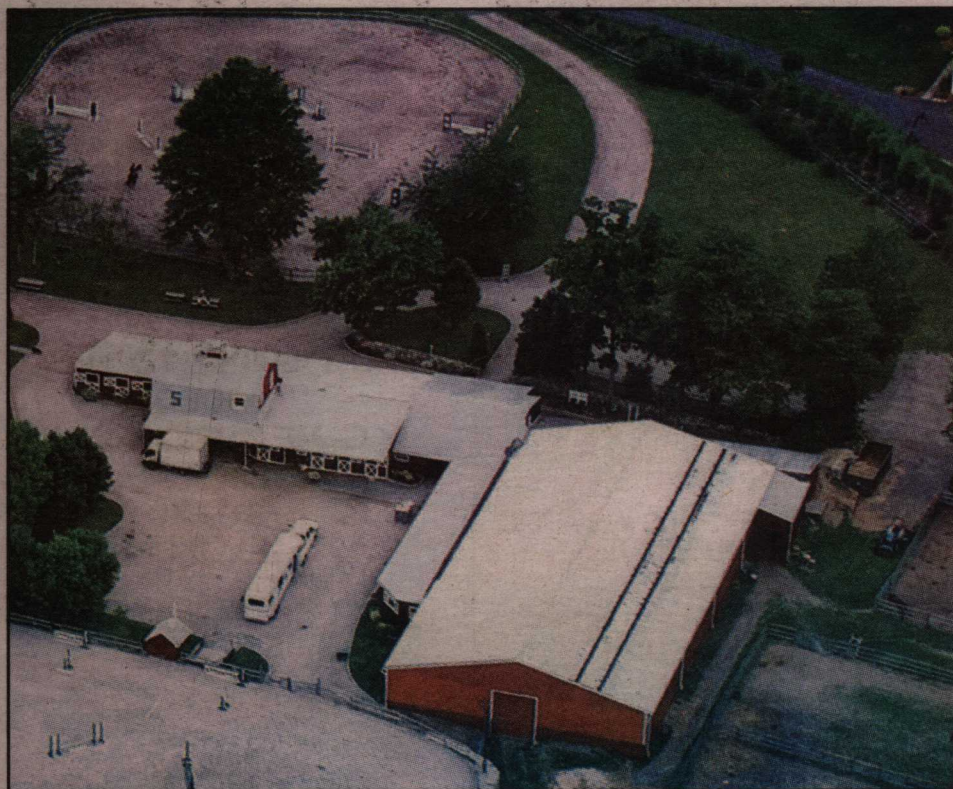
The student athletes on the Equestrian will really be the ones to benefit most from Silvermine Farm.

"We are able to offer our student athletes almost double the number of horses than we

ever have in the past, our two outside practice rings as well as an indoor for the winter, have a heated viewing area," said Ader. "The team will also have a brand-new locker room at the facility later in the semester. We truly couldn't ask for anything more!"

The Sacred Heart Equestrian team will open up their season on the road at UCONN, in the Tournament of Champions on Saturday Sep 21.

The teams home opener and debut at Silvermine Farm will take place on Saturday Oct. 26.



SACRED HEART UNIVERSITY

THE EQUESTRIAN TEAM HAS OFFICIALLY MOVED INTO SILVERMINE FARM, LOCATED JUST 15 MILES SOUTH OF CAMPUS IN NORWALK WHERE THEY HAVE USE OF THREE ARENAS.

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Letter from the Editor

BRYANA CIELO
EDITOR-IN-CHIEF

Dear reader,

If you just picked up your first issue of Spectrum, welcome! We appreciate it, whether you're a freshman, senior, faculty member, or visitor. Spectrum is your guide to all news: whether it be events on campus, student perspectives on issues, or anything going on in the world. Spectrum is entirely staffed by undergraduate students, from our writers to our leadership roles.

I want to start by thanking my wonderful editorial team for all the work they've already done to make Spectrum successful. It's not easy to put together a 16-page issue for print and online every week, especially when balancing classes, work, and a social life on top of it. There is so much going on not only on campus, but in the world, and we do everything we can to cover as much as possible. Without the hours and hours they spend in the office with us, you wouldn't be holding this newspaper in your hands right now. Of course, our writers play a huge role in making this newspaper great, and I am so grateful for their hard work throughout each semester.

Spectrum would not be Spectrum without our advisor, Professor Joanne Kabak. In addition to teaching, she works hard to ensure that we put out professional quality work each week and helps us when we need guidance. I am looking forward to working with her for another year!

This semester, we are making a few changes that we think you'll like. One of our biggest and most important projects is The Audrey Niblo scholarship. Audrey Niblo was a student in the graduating class of 2020 who passed away a year and a half ago. She embodied all of the positive aspects you could ask for: love, positivity, and friendliness. She devoted a ton of her time fighting bullying, which was so incredibly important to her. We are always working to keep her legacy alive. We will be doing a series of Audrey Award Articles

with topics that we believe will communicate a message that Audrey would want to share with everyone. Additionally, Spectrum will be awarding two students with a scholarship at the conclusion of the school year.

We are working hard to make Spectrum something that you look forward to picking up every Wednesday, and we are always looking for suggestions for what you want to read. If you're interested in writing, be sure to email me. We are always looking for fresh voices.

If you want to read digitally, you can find us on shuspectrum.com. Also, follow us on:

Instagram: shuspectrum
Twitter: SHUspectrum
Facebook: The Spectrum Newspaper

Sincerely,
Bryana Cielo
Editor-in-Chief

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Sunday, September 15th

9:00AM
PANHELLENIC RECRUITMENT:
PREFERENCE ROUND
@CAMPUS-WIDE

12:00PM
SUNDAY MASS
@CHAPEL OF THE HOLY SPIRIT

1:00PM-2:30PM
FROM HAYDEN TO "HAYLO"
VIDEO
GAME MUSIC STONE
@ASSEMBLY HALL WSHU
STUDIO
BUILDING

6:30PM
PANHELLENIC BID NIGHT
@CHAPEL QUAD

7:00PM
SUNDAY MASS
@CHAPEL OF THE HOLY SPIRIT

8:30PM
HOLY YOGA
@CHAPEL OF THE HOLY SPIRIT

7:00PM
CLUB MEN'S SOCCER GAME
CAMPUS FIELD

Monday, September 16th

4:00PM
SPEED FRIENDING WITH
s.w.e.e.t.
@SETON/MERTON
COURTYARD

8:00PM
AGAPE LATTE
@LINDA'S

8:00PM-9:30PM
SALSA NIGHT
@63'S PATIO

Tuesday, September 17th

5:00PM
TEACHING KITCHEN: 30
MINUTE
MEALS
@LINDA'S

6:00PM
ROCK CLIMBING
COMPETITION
@BVHRC CLIMBING WALL

6:00PM-10:00PM
LASER TAG
@UNIVERSITY COMMONS

7:00PM-8:00PM
COFFEE TALK: SEX-SHUIER
CONVERSATIONS
@HEARTH ROOM

9:00PM
MINDREADER: ERIC
DITTELMAN
@EDGERTON THEATRE