Have No Fear: The Parking Garage Is Here!

BY MICHAEL CORCORAN
Staff Writer

. . . Or rather, it will be, come next summer.
Sacred Heart students have been struggling with parking on-campus for years, but in 2020, this may no longer be a problem. The university plans to break ground this December for a brand new parking garage where the current South Lot is located. This new parking garage will be able to house over 427 cars, which is almost triple the amount that the South Lot currently holds.

William Reidy, Head of University Advancement, gave some insight into the project. "It will be done relatively quickly, because these types of facilities are built off-site and the parts will be brought to campus to be put together almost like Lego," said Reidy. "It'll be easy also because there will only be the need for plumbing for fire suppression systems and general electricity."

From start to finish, the time to build the garage will take approximately six months — six months without those 153 existing parking spots, six months of additional construction on campus, and six months of renewed struggle to find parking.

While the construction is going on, students will be allowed to park at the Trumbull mall and are encouraged to utilize the garages at West Campus. However, it is almost guaranteed that there will be problems when the time comes, due to the fact that the Jack Welch College of Business has officially moved to West Campus (the former General Electric headquarters).

According to sacredheart.edu, even with the additional 800 spots at West Campus, parking is still an issue. For junior Nick Pelletier, finding a parking spot is an issue he faces daily. "It's extremely difficult at any time of the day," said Pelletier. "I have to plan to get there very early to spend at least ten minutes looking for a spot, and it has made me late multiple times. Sometimes I come from a different building and only have fifteen minutes to find a spot and to get to class, which is even more difficult."

Junior Teddy Yerardi agrees with Pelletier on this issue. "It sometimes takes up to fifteen minutes to find a spot for class, and I cannot afford to be late to class."

Students also have to deal with the cost of annual parking permits, which some find excessively expensive. Every year, students who bring their car on campus are required to pay for a permit. The commuter permit is least expensive at $30, but prices can reach as high as $250 for a permanent spot off-campus (depending on where the student is living).

Senior Lauren Porres thinks otherwise. "I can only imagine how expensive it is going to be to park there," she said, "especially because at the Center for Healthcare Education, it costs $400 to park."

Reidy believes that it will not drastically affect students' finances, because the school is already aware of the financial burden of attending Sacred Heart.

"We are hyper-conscious of the costs coming to Sacred Heart and we're hyper-conscious of the families of students who need to meet those costs," said Reidy.

63's Takeout

BY ALEX CARUSO
Staff Writer

Takeout boxes have made their way to 63's. As a new addition this semester, 63's dining hall now offers a takeout option. The boxes give students the opportunity to grab food to go or take a full meal from their traditional buffet setup.

63's has been serving the Sacred Heart community for countless years as the Pioneer food court in the academic building. Its large selection of food makes it a popular option on campus for students and faculty to sit down and eat a fresh meal. The only food court in the academic building. Its large selection of food makes it a popular food to go or take a full meal from their traditional buffet setup.

The popularity of the takeout option at Linda's inspired bringing the program to 63's. This semester, Linda's has adopted the red plates that 63's uses to serve their food, making the takeout boxes completely optional for those who are interested.

For one meal swipe, or $12.99 of dining dollars, anyone can walk in and request a takeout box from 63's. With a wide range of food for breakfast, lunch, and dinner available throughout the day, many students can benefit from the takeout option at 63's.

Finding out when your favorite meal is available at 63's has never been easier as the entire weekly menu is available online for everyone to see. You can find out what is being served at every SHU Dining establishment at www.dineoncampus.com/SHU/whats-on-the-menu.

"I think it's a great addition to 63's if I always found myself skipping meals because I had no time to sit down and eat. It gives students in a rush a prime opportunity to grab a nice, balanced meal on the go," said junior Michael Tiso. "I like all of the options that 63's has to offer, but my favorite meal is chicken parmesan with a side of mashed potatoes and grilled vegetables."

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Marijuana Decriminalized in New York

BY MACKENZIE RIZZO
Staff Writer

The state of New York has softened penalties for possessing small amounts of marijuana and created a process for erasing certain past offenses in the state law that went into place in August, the Associated Press reported.

Professor Gary Rose, the chair of the Government department, said, "Decriminalization is the proper approach. Rather than being sent to prison, marijuana offenders should be charged with a misdemeanor and fined. Prison is too extreme."

According to the Associated Press, the law now states the greatest penalty for possessing less than an ounce of marijuana is a $50 fine. Having unlawful possession of the drug will now be a violation similar to a traffic ticket instead of a criminal charge.

On Twitter, Governor Andrew Cuomo released a statement that said, "I just signed legislation decriminalizing marijuana use in New York & creating a process for expunging past convictions. Communities of color have been disproportionately impacted by laws governing marijuana for far too long, and today we are ending this injustice."

According to New York's Division of Criminal Justice Services, the law will reprove more than 200,000 convictions for low level offenses and at least 24,000 people will no longer have a criminal record, AP reported.

Many people believe the new law is a step in the right direction but also argue that communities of color can still be targeted by law enforcement.

"I agree with the change that has been made in New York," said Alyse Adamo, a first-year graduate student. "I do not believe it is right for people to be incarcerated for possession of marijuana because it is not a serious offense, in my opinion. Being imprisoned leaves a major toll on one's life, and I do not believe it is fair for anyone to experience such a negative penalty for a minor crime."

Though they've come close this year, Connecticut lawmakers have yet to decide when to make another attempt at legalizing recreational marijuana, AP reported.

"The resistance against legalization in Connecticut was very strong this past legislative session and it appears that the Governor will turn his focus on higher priority items, so I doubt recreational marijuana will be legalized in the near future," said Rose.

In the meantime, some will be looking towards developments in New York.

"There have been some attempts at further legislative changes, but there are strong opinions on both sides of the issue and those recent efforts were not successful," said Deputy Chief of Public Safety Edward Shea. "I do think the recent changes in New York are likely to be analyzed very closely by Connecticut residents and lawmakers who are looking to determine if it is viable to make similar changes here in our state."

"For some people there will be an immediate short-term positive affect if their criminal record is expunged. It may be a way for them to get a fresh start with a clean criminal history, and that was a major goal of the legislators in New York. Helping people overcome past mistakes should have a strong positive impact on society if those people take advantage of the opportunity and go on to improve their lives," said Shea.

The Associated Press contributed to this article.
I think about this question a lot. Growing up without social media is something I am so thankful for. I think made me a better person today. As a child I played outside, made experiences life for myself and not seeing it online as kids do now. The small parts of your life worthy of a post distract everyone from real life. It's hard to remember that these people online with perfect lives, perfect looks, and perfect posts have hard times too. I think about this question a lot. Growing up without social media is something I am thankful for. I think it makes me a better person today. As a child I played outside, made experiences life for myself and not seeing it online as kids do now.

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During my senior year of my undergraduate, I had the distinct honor of becoming one of the co-editors of the Perspectives section for The Spectrum newspaper. One of the main things that made the section special during my time there was something called "He Said, She Said." It was a weekly column that put one member of The Spectrum staff with another to debate about a certain topic that is perhaps trending in today's world. Some topics we focused on were specific tasks and interests, such as the night owl vs. early riser, Snapchat vs. Instagram, texting vs. speaking on the phone and many other general topics. The topics have become subject to debates by many of our peers which perhaps might continue to be debated for years to come.

What made the section so interesting was the idea of debating a certain topic and from my "perspective," it was refreshing to see the different kinds of opinions that my own peers had.

It's unfortunate to see the section discontinued for the 2019-20 school year, but I have been grateful to have been able to work with two amazing co-editors such as Erica Condon and Gina D'Amico. On a personal level, I wish the best for both in their senior years and for the Spectrum under their new Editor-in-Chief Bryana Cielo.

Thank you for everything!

BY MACKENZIE MAHER

Game Day Festivities

Is game day a big part of your college experience?

"Every Saturday I look forward to showing my pioneer pride at the games. The football games are a place that I can go to with my friends and enjoy our Saturday cheering on the team," said junior Maria Natale.

Students around Sacred Heart University's campus each have their own routine before they head over to the football game. Freshman Drew Mullin said his main focus was to get to the game early in order to secure a spot on the bleachers.

"Most of my friends and I went and got there at a good time for seats so we could all sit together and have a good view of the game," said Mullin.

Sacred Heart recently opened The Outpost beer garden for fans and students over the age of 21.

Senior Angelina DiNota was able to spend time with family and friends in The Outpost beer garden.

"The beer garden gave such an amazing vibe to the football atmosphere. I was able to hang out with family and friends while being able to watch my brother on the field," said DiNota.

Many students feel that there should be new traditions started on campus for game days.

"I would like more traditions that incorporate students and athletes. Having the athletes go into the stands at certain points in the game with giveaways and a "shirt tosses and interact will motivate fans and encourage them to stay longer," said sophomore Griffin Ferreira.

Freshman Sabrina Guglielmi attended her first game at Sacred Heart this past weekend. Guglielmi feels that there should be a place where students can meet up before games.

"It is a good way to get everyone in a good mood and together before the game. It is also a way to meet new people because everyone will be in one spot," said Guglielmi.

Sophomore Allan Zilnicki believes a designated spot for pre-game day festivities would make an even more enthusiastic environment for students.

"I think a spot to tailgate would be good because it would increase student morale and make people more motivated to support the football team and increase attendance," said Zilnicki.

DiNota believes that with Sacred Heart's rapid expansion, the addition of a tailgate section is vital.

"I definitely feel that a student tailgate needs to be seen back on campus. With the growth of the Division I athletics on campus, it is almost abnormal that we don't have that atmosphere for students on game day," said DiNota.

The 2019 home opener football game had the largest attendance with 4,187 fans. Senior Imamu Mayfield is on the football team and feels that the record breaking turnout at the home opener added to the game day experience.

"The attendance at the first home game was incredible. Having that many people there created such an exciting atmosphere. More fans is a huge motivation to do better and be better on the field," said Mayfield.

BY ROBERTO FERREIRA

BY GINA D'AMICO

Previous Asst. Perspectives Editor

Perspectives Editor

Wow, it has come to that time where it is officially time to say goodbye. This time, it is "He Said, She Said." It still feels weird to me that I am not going to be coming up with topics for this piece anymore. "He Said, She Said" was always a fun and interesting topic to come up with weekly. As an editor, it was always amusing trying to get creative with the topics to make people want to write them. Some "He Said, She Said" topics we used were Moe’s versus Chipotle, Spotify versus Apple Music, Texting versus Calling, Professional versus College Sports, Night versus Morning Classes, and Cardi B versus Nicki Minaj. We pitched the topic ideas on Sundays at our meetings and whoever had a strong passion about the subject would write their perspective on it. One of my favorite things about the section was reading the two different perspectives on how people felt. It was always interesting to hear why someone thought or felt a certain way regarding a certain subject. Some of the topics would be as simple as Night versus Morning Classes, but our writers would have a strong opinion on the subject. For example, one of my favorite topics I wrote about was on my feelings toward becoming a senior. Writing on the topic about becoming a senior in the "She Said" was my most memorable piece because I got to express my feelings about Sacred Heart. As an editor, I am so proud of how "He Said, She Said" was in the paper for over a decade. However, as Spectrum continues, some things need to change. Although people do love reading "He Said, She Said", we felt as though the time was up for it and a change was needed. We are not exactly sure what we are going to replace it with, but we have a few ideas in mind. Spectrum is moving towards bigger and better things! So, as life moves on, I close this "She Said" with a simple farewell. Stayed tuned to what we have coming next.
BY CLAIRE MCNAMARA
Staff Reporter

Sacred Heart University’s wellness center is now offering a new type of therapy called Eye Movement Desensitization and Reprocessing (EMDR). EMDR is meant to help all different types of people who suffer from trauma.

This therapy is primarily used to help treat people who have experienced a traumatic event and are struggling with Post Traumatic Stress Disorder (PTSD) or post-traumatic stress. They may be experiencing nightmares, flashbacks, anxiety, even physical pain or discomfort.

“If you’ve been the victim of violence, have experienced abuse (physical, emotional, sexual), have suffered from an accident or illness, veterans of combat, first responders, or have been a witness to trauma, this therapy can help you,” said Austin Phelan (MA, LPC, NCC), staff counselor at SHU. “We all experience distressing events in our own ways, and EMDR can help treat both upsetting past events and present life conditions.”

People react differently to traumatizing situations depending on how their brain compartmentalizes events as they happen. Not every person will have the same reaction. “EMDR is based on the theory that the brain has been unable to successfully process these events and has now maladaptively stored them away, and all the information acquired at the time of the event (including the images, sounds, emotions, and physical sensations) are still there in their original form,” said Phelan. “This is why veterans of war may drop to the ground when they hear a car backfire, or a victim of abuse may tense up or feel panic when faced with a reminder of that abuse. In these cases, the brain has not been able to successfully process the traumatic memories in the same way it processes non-traumatic memories.”

EMDR therapy does not require anything from the patient other than their eyes, time and willingness.

“I’ve read about it, and I know people who have gone through it. It has been beneficial to their recovery and coping of a traumatic event. I think it’s really cool that you don’t require being hooked up to any machines,” said Austin Phelan (MA, LPC, NCC), staff counselor at SHU. “EMDR seems to do is copy the effects of rapid eye movement (REM) sleep, which is when our brain processes and organizes the information of the previous day. With the guidance of the therapist, the client rapidly moves their eyes back and forth (this is called bilateral stimulation) and this in a way kick-starts the brain’s information processing system so that the traumatic information can finally be processed in a healthy, adaptive way,” said Phelan.

This therapy is available to any Sacred Heart student who is suffering from past or present traumatic events. With time and the right help, EMDR could be an effective treatment method for patients to cope with their trauma.

“I strongly encourage others who are struggling with anxiety, panic attacks, and past experiences to give this a try,” said Phelan. “Currently, I would be in a much different place if I had not engaged in this experience. I only have positive things to say about EMDR.”

Students who are interested in EMDR can go in for a screening, consultation or contact Phelan directly at phelan5@sacredheart.edu.

BY ANTHONY DIGENNARO
Staff Reporter

Alpha Phi Omega: New Service Fraternity

On Sept. 11, Alpha Phi Omega held its first interest meeting for potential new members. Alpha Phi Omega is a service fraternity, which operates differently from traditional fraternities. Service fraternities are dedicated to promoting community work, volunteering, and other kinds of charitable acts.

Alpha Phi Omega’s mission is to help those in their community. They focus on developing leadership, promoting friendship, and providing services for others. The origins of Alpha Phi Omega are stated on their official website: “Alpha Phi Omega was inspired by Frank Reed Horton after serving in World War I, and later founded by men from varying backgrounds bettering the world together. They set the foundation for the growth and success for one of the nation’s largest premier service-based organizations on college campuses today.”

Alpha Phi Omega was founded in 1925 and has since then amassed around half a million members. There are roughly 470,000 members in Alpha Phi Omega, and 25,000 of these members are college students. In 95 years, the fraternity has established 375 chapters around the country.

Alpha Phi Omega has a biennial “National Service Week” that takes place on the first week of November each year. Their official website states that a theme is decided for each National Service Week at each biennial National Convention. Each chapter is given the task to create a service project that corresponds to their given theme.

The theme of this year’s biennial National Service Week is Diabetes Awareness, with a special focus on Education Awareness On Campus. Every member of the fraternity will be able to play a part in spreading awareness not only through their chosen projects, but also by word of mouth throughout the community.

Senior Erin Rederscheid, the current president of Alpha Phi Omega, is optimistic about the arrival of new members for the service fraternity. Rederscheid believes the current group is ready for fresh ideas and to get out into the community to find other people’s passions.

Rederscheid is also excited to reach out to different communities in the future, such as Habitat for Humanity, which is a non-government, non-profit organization that shelters those who cannot afford housing.

The fraternity has an upcoming project in the works involving their partnership with the Boy Scouts of America. They are holding an event called Badges for Brothers, in which members of Alpha Phi Omega become certified in teaching badges for boy scouts to aid them in their quest to move up the ranks, said Rederscheid.

Alpha Phi Omega typically meets as a chapter once a week on Tuesdays. The fraternity also offers in active memberships which pauses student’s memberships if decide to study abroad for the semester.
You are standing in line at the store, shopping cart full of different items, when suddenly you remember that plastic bags now cost money. Do you spend the extra cash on the plastic bags, or do you walk out of the store carrying your purchases?

As of Aug. 1, retailers in Connecticut are required to charge a fee of 10 cents for every plastic bag used by customers. For many students, this change has been quite an adjustment.

“At first I found myself forgetting my reusable bags for the first few weeks that the ban went into place. Now I have adjusted pretty well. I keep my reusable bags in my closet so that every time I go grocery shopping I remember them,” said junior Nicole Gomez-Nieto.

The ban has been implemented to reduce plastic waste throughout Connecticut. However, the new state law has produced mixed reactions.

“If I always forget my reusable bags at home because I’m not used to the new policy just yet. It is a positive change for the environment but it could also become an inconvenience for some, especially if keeping reusable bags is a hassle,” said junior Nicole Gomez-Nieto.

Many students find that the new plastic bag ban is an inconvenience.

“At first I honestly thought it was an inconvenience. If I am responsible with my plastic bags, why should I have to pay for the errors of other people?” said freshman Nicole Lemos.

Connecticut is not the first state within the United States to ban plastic bags. According to the National Conference of State Legislatures, Connecticut is now one of eight states to ban single-use plastic bags and implement fees.

“If I feel like it is not a huge change because we have it at home, certain places in Massachusetts have it but it is not a state wide thing. It is always just a matter of remembering my reusable bags. I have bought them when I have forgotten my reusable ones, but I do prefer using the reusable bags,” said junior Lindsey McCarthy.

Many students believe that the ban will have a positive impact on the environment.

“My initial reaction to the plastic bag ban happening in Connecticut was excitement. I am definitely the one to do my part in using reusable water bottles and recycling when I can, so I think it is a great idea and a huge step towards saving the earth,” said junior Shannon Malone.

Although many students agree that being environmentally friendly is important, some are unsure if changing money for plastic bags is the right approach.

“I think we are headed in the right direction, but I do not think this is the perfect solution. I think stores should maybe start to just give out reusable bags. So right now, I feel like the ban is more of an inconvenience,” said Lemos.

BY JACKIE CLIFFORD
Staff Writer

The students who are members of the organization, Student Events Team (SET) are the ones that are behind many of the campus events Sacred Heart University has to offer. SET is a way to get involved on campus and a place for students to have something exciting to do other than their academics. The group organizes events and entertainment for fellow students to enjoy.

Some of SET’s more well-known events are monthly bingo nights, Stuff-A-Bear and their two big events, Fall Fest and Spring Fest, which each occur in the respective semesters.

SET also has all sorts of smaller events that they hold during the week, including magicians and comedians that come to campus to entertain.

Some of the events that SET puts on are bigger than others, which means it takes a big team to pull them off. The group currently consists of a thirteen-person Executive Board, plus a total of about thirty to forty general members.

Current SET President and senior Andrea Matyszewski has been involved with SET since her Freshman year. Matyszewski started out as a general member and then worked her way up to serve as Special Events Chair her sophomore and junior years. Matyszewski then decided that she wanted to keep moving forward with her SET journey in a significant way by becoming president her senior year.

“Our goal every year is to create new and exciting events that haven’t been brought to campus yet,” said Matyszewski.

At general meetings, the floor is open to everyone, allowing students to brainstorm ideas for future events. (SET holds general meetings every other Monday at 10:10 a.m.) Those ideas are then brought to executive board meetings, where the board weave them together and try to bring the ideas to life.

SET is constantly expanding and becoming more recognizable on campus.

“Even though the SET executive board is growing, we still have a family-like bond,” said Taylor Zeller, senior and SET Co-Advertising Chair.

Zeller has been a member of SET since she was put on executive board October of her freshman year.

“I found my place at Sacred Heart because of SET,” said Zeller. “It was something that immediately got me involved and made me excited to be at school.”

SET gives students the opportunity to have a say in what events happen on campus. This helps them create their own personalized college experience.

“It benefits their college experience right off the bat because it gives them that involvement, which creates friendships,” said Zeller.

Despite the various stances on the new ban, shoppers will have to decide between purchasing plastic bags or using reusable ones.

“As a society, we need to come together and face the facts that we are killing our earth and those who inhabit it. By collectively reducing our plastic usage, we will only better the earth and hopefully allow future generations to see the beauty we get to today,” said Malone.

BY KAITLIN KATZENBACK
Staff Reporter

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BY JACQUELINE CLIFFORD
Staff Writer

Ready, SET, Go!

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SET gives students the opportunity to have a say in what events happen on campus. This helps them create their own personalized college experience.

“It benefits their college experience right off the bat because it gives them that involvement, which creates friendships,” said Zeller.
"It was a great chance to have supplemental vocal training sessions," said John Michniewicz, head of the Choir Department. The SHU Choir Program is composed of about 200 members from now five different voices. These choirs include the SHUperman choir (men’s acapella group), Concert Choir (all women’s choir), 4 Heart Harmony (chamber chorus), Blended Hearts (acapella group), Liturgical Choir, and the newest, Gospel Choir. Each choir runs on different schedules. However, most meet on Mondays and Wednesdays, excluding Gospel Choir, which meets on Tuesdays.

Each choir group meets for about four hours a week. Since Gospel Choir is new this year and still hoping to expand, they only meet once a week for about an hour and a half.

Each choir member was required to go to the retreat. The retreat was split by vocal section into three groups: tenors and basses, altos, and sopranos.

The groups rotated between the two vocal sessions and an icebreaker activity. "SHU Choir is full of the most friendly, energetic, welcoming people you will ever meet," said senior President Lydia Ibarra.

A fan favorite vocal session was with Dr. Robinson-Martin because the choir was very excited to experience the new techniques she showed them. Dr. Trieniec was able to share her passion and expertise for music with the choir students.

"Trieniec dedicated her career to performing and developing resources for teaching jazz, gospel, christian, R&B, rock, country, and pop singing styles in an applied and private voice lesson setting," said Ibarra.

The SHU Choir Program holds auditions for any students interested in getting involved. Auditions for the choir consist of singing a music piece of choice and sight singing.

Some members of the choir are recruited from high school and others decide to join after they get to college. Each member of the choir also has the chance to earn the Performing Arts grant. This grant requires that members are a part of one choir group and earn a certain number of hours in a selected committee.

The choir program has implemented a buddy system in order to have the freshmen feel more comfortable coming into the program. This provides a chance for new members to easily transition into SHU choir and college in general.

This year the choir will be traveling to Italy. This trip includes traveling to Rome, singing at masses such as St. Peter’s Basilica, and performing in front of the Pope.

The groups then practiced songs for an hour and a half. This retreat day consisted of vocal sessions, bonding activities to meet the new freshman and help them get adjusted. The retreat was split by vocal section into three groups: tenors and basses, altos, and sopranos.

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Kelly Clarkson, the original "American Idol" winner and coach for "The Voice," is now bowing her own daytime variety talk show. The talk show, which was announced by NBC last September 2018, set to replace Steve Harvey's talk show, which previously aired on NBC Television Networks. Harvey's former showrunner, Alex Duca, was assigned as the show's executive producer.

"I've always been a fan of Kelly Clarkson," said junior Lindsey McCarthy. "I'm so excited to watch her new show."

According to the program's press release, "Kelly Clarkson uses her gift of connection to bring viewers something new: a fun, energetic show that breaks with tradition. In each episode audiences will experience an hour full of remarkable stories, celebrity guests, spontaneous surprises, humor, heart, and of course, good music. It's like a weekday brunch party with a fascinating guest list of people who would otherwise never meet."

The first episode, which aired on Sept. 9, began with Clarkson covering Dolly Parton's song, "Jolene." Before the show aired, Clarkson announced that she would cover audience-requested songs as well. Clarkson has a history of doing this, as she would take fan-requested songs on her tour and open each show with those songs. "While watching The Kelly Clarkson Show, I've become more amazed by how much she has grown into the fine woman she is today," said sophomore Brooke Sleavensky.

"The Kelly Clarkson Show" features celebrity guests in each episode. Her first was supposed to feature comedian and actor Kevin Hart. Unfortunately, Hart had to pull out after he had sustained serious back injuries in a recent car accident. Clarkson was able to fill the spot left open by Hart with one of his close friends and co-stars, Dwayne Johnson.

Post Malone began his third headlining tour, the "Runaway Tour," on Sept. 14 in Tacoma, Wash., and will conclude it on Nov. 21 in Ingelwood, Calif.
Women's Soccer Freshmen Win NEC Awards

BY ASIA MCCRAY  
Senior Staff Writer

Women's soccer freshman goalkeeper Elyssa Kipperman and freshman forward Michelle Clarkin both earned Northeast Conference weekly awards. Kipperman was named NEC Defensive Player of the Week and Clarkin was named NEC Player of the Week after strong performances.

Kipperman saved nine balls in a win against Temple University on Sept. 1, and six others three days prior, against Holy Cross on Aug. 28.

Kipperman reflects on what this award means to her in her first collegiate season.

"I am so happy and humbled to have received this award," said Kipperman. "It is probably one of the most exciting honors to receive at such an early part of my college career."

According to head coach Matthew Micros, they work on specific techniques and drills that fully prepare them for games.

"We emphasize technique and sharpness on the ball for all players in the program. Specifically for Elyssa and our other goalkeepers, we have two coaches that work with them daily," said Micros. "Paulo DelaBrutto and Andre Lindsay have been great additions to our staff. Paul works primarily with the keepers, while Andre works with both the keepers and field players."

Kipperman added that the difference between playing high school soccer and college soccer is expected.

"I used to dream of playing at a high level of soccer and getting a scholarship to attend college. Now my focus is just to have fun and enjoy the experience."

According to Athletic Communications, Kipperman recorded a 0.45 goals against average (GAA) and 938 save percentage during the two games against Holy Cross and Temple. So far the newcomer has posted a 1.23 GAA and .348 save percentage this season.

On Sept. 1, the Pioneers recorded their first win of the season against Temple University, winning 2-1. Freshman forward Clarkin led the way, scoring two of the three goals for Sacred Heart in the victory. Now leading the team with four goals on the season, she reflects on what has led her to be confident on the field.

"I think that the biggest thing for me is just to have fun and enjoy the game. I really try to not let myself get caught up in the pressure. I just want to enjoy the game and enjoy scoring goals."

Clarkin expresses that she's excited to be recognized. However, she's still focused on working to grow with her fellow teammates.

"It is always an honor to be recognized for your talents and efforts. I was humbly flattered. However, I soon remembered that this success was a team effort, not only mine," said Clarkin. "Receiving this acknowledgment motivates me to keep working hard along with my team and focus on one game at a time."

According to Athletic Communications, the teams next game takes place on the road at Merrimack University on Sept. 14, marking the beginning of conference play.
Ashley Prim Hired as Coordinator of Basketball Operations

BY MIKENZIE CARBONE
Staff Writer

Over the summer, Ashley Prim was hired as the Coordinator of Basketball Operations for the Sacred Heart University Women's Basketball team. She transitioned from a Division I athlete at St. Joseph’s University, to playing overseas in five countries, to her current position of joining the Pioneers’ staff for the 2019-2020 season.

Prim searched for five months for the right fit after deciding to hang up her basketball sneakers and turn to the next chapter in her career.

"I already knew once I got a job I would be done with basketball, so I was already in the mindset," said Prim.

After hearing from a family friend that the position was open, Prim reached out to head coach of the basketball team, Jessica Mannetti, to figure out if the rumor was true. Mannetti assured Prim that the position was open for applications. Prior to applying for the job, Mannetti knew Prim was a young star athlete within Fairfield County.

"When she applied I said to her ‘you probably don’t remember me Sis, I remember you’,” said Mannetti.

Prim was hired two weeks before the team’s summer league began. Mannetti was immediately impressed by her new addition. Mannetti highlighted Prim’s proactivity and investment in her job from the beginning.

While still new to the job, Prim expressed a determination to do her job the right way along with learning qualities and skills to put toward her dream job, being an assistant coach.

As coordinator of operations, Prim is responsible for the unseen actions. Mannetti added that Prim’s job is to be the glue of the team. Prim’s duties include scheduling the team’s travel plans, creating itineraries for when the team travels, managing all the managers in practice, along with being put in charge of the team’s video, and the athlete’s academic life.

"Lots of prioritizing, making lists, lots of emails and multitasking,” said Prim.

After a collegiate and professional career in basketball, Prim’s job does not require any on court teaching, which she claims is the toughest part about her job. Although she is not allowed to do any on court coaching, she is in every practice meeting to learn about a coach’s approach.

"As far everything else, I make sure I do my job so no one else has to worry,” said Prim.

Women’s Volleyball Season Update

BY MITCHELL KIRNAN
Staff Writer

The Sacred Heart Women's Volleyball team is already nine games into their season. They are coming off a long road trip and hosted the New Jersey Institute of Technology, Northeastern University, and Fairfield University in their annual Sacred Heart Invitational. After going 2-1 against the three teams, the Pioneers sit at 4-5 on the season. Although they have had their struggles, head coach Rob Machan likes the team he has this year.

"They work very hard. Their game energy is outstanding, it's actually a lot of fun," said Machan. "We've come up short in a couple of the matches but were in every match and our high level of play is as good as I have seen since I've been here.'"

Machan praises his group and explains what makes him have such high expectations for the team.

"We're very organized, we have a very relentless attitude in wanting to be successful. They just continue to work, work, and work," says Machan. "They just never give up on their play."

Machan also added that his team works hard in the weight room and keep themselves in great shape, which helps the team when they are faced with playing three games on a given weekend.

One element he touched upon was how the underclassmen are working just as hard as the upperclassman.

"The upperclassmen demonstrate great leadership," said Machan. "Everybody is working really hard. The advice from the upperclassman is great but actually most of our underclassmen are playing like seasoned veterans."

"We all listen to the same music but we all get pumped up together. We will be in the locker room and playing music while laughing and having fun," said Dole. "This is a fun group, we're all about having fun, smiling and just messiing with each other. That's our dynamic and that's how we mentally prepare for games cause that's how we are on the court."

Dole also says that through the team’s silliness and great chemistry, it helps each other push through tough times of a game.

Sophomore setter Sarah Cizzek also touched upon long weekends and how she perseveres through it.

"For sure. We get very tired very tired. It’s just us getting mentally prepared, taking time to get treatment so our body is right, but once we step on the court its like an adrenaline rush and we use that energy to play," said Cizzek.

Cizzek also mentions what has helped her stay focused during matches.

"It's definitely keeping calm on the court, although the emotions and crowd gives you energy you just need to control it," said Cizzek. "Staying calm and consistent and the energy is still pumping no matter who we play in key."

The team travels to Yale University to participate in the Yale Invitational this upcoming weekend, facing off with Army West Point, Stony Brook, and Yale.
Senior Bianca De Lucia (pictured above), along with the rest of her team, are on a two-week hiatus until competing at the Ted Owen Invitational on Saturday, Sept. 28.