

**Hey SHU Students: Get Involved!**

**Wednesday, October 7th**

6:00PM-10:00PM  
MINI GOLF  
@BOBBY VALENTINE CENTER

7:00PM-9:00PM  
STUFF-A-BEAR  
@UNIVERSITY COMMONS

**Thursday, October 8th**

5:00PM-11:00PM  
SHUTTLE TO DOWNTOWN FAIRFIELD  
(DEPART FROM EDGERTON CENTER)

**Friday, October 9th**

4:00PM-8:00PM  
FALL FEST  
@63's PATIO LAWN

8:00PM-11:00PM  
VIRTUAL TRIVIA

**Saturday, October 10th**

10:00AM-1:00PM  
PICKLEBALL TOURNAMENT  
@BOBBY VALENTINE CENTER

12:00PM-4:00PM  
FALL FEST  
@63's PATIO LAWN

**Sunday, October 11th**

11:00AM-8:00PM  
SHUTTLE TO DOWNTOWN FAIRFIELD  
(DEPART FROM EDGERTON CENTER)

4:00PM  
FOOTBALL SUNDAY  
@HAWLEY LOUNGE

## The First 2020 Presidential Debate

BY CITLALLI GODINEZ  
*News Editor*

On Sept. 30 Presidential candidates, Donald J. Trump and Joe Biden attended their first of three presidential debates.

"The first presidential debate was an embarrassment. It was insulting to watch, and I have never seen the Office of the President so tarnished in my life," said Kolby Driscoll, President of Club Democrats. "A presidential debate is supposed to be a special experience where both candidates on stage passionately fight for their stances and explain to the American people what they will do for them."

Trump and Biden debated over topics including Supreme Court nomination, healthcare, dealing with the COVID-19 pandemic, race relations, law enforcement and urban unrest, white supremacists, climate change and election integrity.

Biden said, "Under this President we have become weaker, sicker, poorer, more divided and more violent."

"Joe Biden is clearly critical of the president and gives his argument in the full lip, but it is important to highlight that many of his statements during that debate were proven to be incorrect afterward, and his choice to downplay President Trump's success and America was disappointing to say the least," said Matteo Menta, President of Club Republicans.

"To an extent, I can see how this statement is true," said Driscoll. "Over the last few years our country has been struck with a pandemic, we have seen a high unemployment rate and we now see a clear divide in this country."

Trump was asked to nationally condemn white supremacy on national television.

"Trump's response to this question was indeed weak and he should have used stronger language to condemn white supremacy and associated groups many times," said Menta. "I believe President Trump chose to focus on left-wing violence instead, because a large portion of the political violence and destruction that has occurred over the summer was caused by left-leaning groups including the terrorist group known as ANTIFA."

COVID-19 has been an intruder in everyday lives and both candidates gave their stance on the pandemic.

"I definitely believe that President Trump could have handled the COVID-19 pandemic a lot better than he actually did. He ignored the severity and importance of the virus and did not treat it the way it should have been treated," said Driscoll.

During the debate, President Trump said, "I wear a face mask when needed, I don't wear masks like him. Every time you see him (Biden) he's got a mask."

"I do not know what the intended purpose of the president's remarks were, but I assume that he was attempting to portray Joe Biden as being

zealous about responding to COVID-19, stemming from Mr. Biden's statements that he would lock down the country again if necessary," said Menta.

Law enforcement has become a critical topic in politics while urban unrest has been fuming throughout the country.

"The riots that have taken place all across the U.S. are deeply concerning to many Americans and will likely be one of the subjects which pushes many to go vote," said Menta. "Trump's response to the violence could have been quicker but I think many voters will appreciate the response that he has taken to deploy the National Guard to these areas."

"To briefly touch on social injustice in law enforcement, we are living through a real-life example of that right now. Recently, we have seen a rising number of Black individuals being shot by police with no repercussions or penalties," said Driscoll.

The upcoming election will take place on Nov. 3. Voting options vary.

Trump stated, "If I see tens of thousands of ballots being manipulated, I can't go along with it. They cheat."

"Some votes may not be counted or if a box is misplaced, then those votes are lost. It's also important to note when registering you fill out the information correctly and update old registration information," said Carlos Vargas, President of Pioneer Vote. "This will be the first step to ensure that you're able to cast your vote for this election."



ASSOCIATED PRESS  
PRESIDENT DONALD TRUMP AND VICE PRESIDENT JOE BIDEN PARTICIPATED IN THEIR FIRST OF THREE PRESIDENTIAL DEBATES.

## New Director of Residential Life

BY SIAN STOCKMAN  
*Staff Writer*

It has been announced that Gregory Madrid is the new Director of Residential Life at Sacred Heart University. Madrid, who was previously the Assistant Director of Residential Life for seven years, has worked at Sacred Heart for nine years. As Assistant Director, Madrid's focus was on operations for campus life. He has previously been involved with assisting freshmen in the adjustment to living on campus through the First Year Experience (FYE) program.

Previous Director of Residential Life, Joel Quintong has moved to a new position as the Dean of Students at Iona College in New Rochelle, N.Y. He was the Director of Residential Life at Sacred Heart for 13 years and prior to that, he worked at other institutions such as Boston College and Marquette University.

Before coming to Sacred Heart, Madrid worked in residential life for 14 years at the University of Massachusetts Lowell, Western New England University, and Quinnipiac University.

Madrid graduated from Western New England University and earned his Master's Degree at Quinnipiac University in organizational leadership, which prepared him to work in residential life.

Many students are excited to hear that Madrid is the new Director of Residential Life.

"I think Greg Madrid becoming the head of Residential Life is great for SHU," said junior Alexandra Justo. "He is very involved with the student's well-being and has been dedicated to keep everything

running smoothly."

Madrid's involvement focuses on students who are just moving to Sacred Heart or are having trouble adjusting to campus life.

"In my opinion, Gregory Madrid becoming the head of Residential Life is great for the students here at SHU. He will have an amazing impact on the students as he gets to know them. I think Gregory can definitely strive for greatness in this position," said junior Leslie Duda.

Resident Success Assistants (RSAs), who directly work with Madrid, commented on him being appointed.

"Greg has always made an effort to get to know every RSA on a personal level by encouraging us to stop by his office, and beyond that, he does everything in his power to make sure every resident at SHU has a good experience," said junior Sean Morin. "He's clearly an incredibly hard worker who understands the importance of his role, and I'm fully confident in him being promoted."

In addition to the new dorms being built on the Upper Quad, Madrid now has 15 residential areas that he now will oversee in this new position.



# News

## Louisville Riots Over Killing of Breonna Taylor

BY GABRIELLA TAMBURRI  
Staff Writer

On March 13, a 26-year-old black woman named Breonna Taylor was fatally shot in her apartment in Louisville, Ky.

Taylor was shot by three Louisville Metro Police Officers: Johnathan Mattingly, Brett Hankison, and Myles Cosgrove.

According to the Associated Press from the AP Newsroom, “Protesters have been marching in Louisville, Kentucky, and other cities after a grand jury decided to bring no charges against Louisville police for the killing of Breonna Taylor during a drug raid gone wrong.”

The grand jury decision has incited increasing tensions within Louisville and has developed into a well-known case around the country.

“The criminal law provides individuals with the ability to defend themselves against forcible attacks. The Supreme Court ruled that a police officer must be ‘objectively reasonable’ in the use of deadly force and that the facts and circumstances surrounding that use of force must be considered as the officer was experiencing them,” said James McCabe, criminal justice professor at Sacred Heart and retired NYPD officer.

Mattingly, Hankison, and Cosgrove’s actions have led to questioning about the justification of actions and the accountability of police.

“His contention was that it was a warning shot, but under the circumstances, it could have been perceived as the use of deadly force against the officers. Firing a weapon in a confined space in darkened conditions would probably prevent the officers from determining where the shot was aimed, and perhaps even who fired it,” said McCabe.

Sacred Heart students voiced their own opinions about the case and the actions of the officers.

Junior Rebecca Oliveira, Social Justice Chair of Kappa Delta Sorority said, “No, I do not believe Breonna Taylor will reach justice until those officers are fired for what they did. She was an honorable woman that was a victim of police brutality.”

In this continuous case, the reactions and voices of many are being heard throughout various social media platforms and protests.

“I believe that Breonna Taylor will never reach justice because no matter what happens now, we can’t go back in the past and change what happened to her. It should not take a situation like Taylor’s to fight for justice. Therefore, no matter what happens now, the past is in the past. We can try to prevent situations like this in our future, but Taylor will never reach justice,” said senior Danielle Fischbein.

This perspective of what is justice and injustice has rattled the United States of America. COVID-19 has led to much uncertainty, which causes people to want to take matters into their own hands.

“People are in vulnerable times where they feel like they need to be able to control

something during the times of uncertainty with COVID-19,” said Fischbein. “I do believe in standing up for what you believe in, but violence is not going to bring us any closer, and it won’t accomplish anything in the long run.”

These latest demonstrations spewed after the announcement that no police officers were directly charged in the fatal shooting of Taylor.

“These protests will not end until systemic racism is abolished in our country, but it is evident that we are far from that,” said Oliveira.



ASSOCIATED PRESS  
PROTESTORS EMERGE IN LOUISVILLE AFTER A GRAND JURY DETERMINES THAT NO CHARGES WILL BE BROUGHT AGAINST THE POLICE WHO KILLED BREONNA TAYLOR.

## Sacred Heart Hosts Freshman Retreat

BY GABRIELLA TAMBURRI  
Staff Writer

This year’s freshman retreat, hosted by Campus Ministry, was held on Saturday, Oct. 3, in the Chapel of the Holy Spirit at Sacred Heart University.

The theme of this year’s retreat was Unmask Your Heart, and it was led by peer ministers who planned activities from 9 a.m. to 5 p.m. The freshman retreat encourages students to experience a Campus Ministry event and develop new relationships.

In non-COVID-19 times, the retreat would be held off campus in the woods, much like a camp site. It would also typically take place from Friday to Sunday rather than just a day-long event. About 25 students attended this year’s retreat, along with 10 student leaders.

Campus Minister Valerie Kisselback gave her insight on the theme of the retreat.

“A space for people to come, feel like they can just relax, be themselves, meet new people,” said Kisselback. “Our activities are geared towards both community building and personal reflection, and reflection with each other.”

Kisselback also said, “Even though everyone has to wear their mask, it doesn’t mean that you can’t still kind of reveal yourself to someone else and try to get to know each other.”

The retreat was intended as a way to meet people and stay in touch with faith, regardless of what religion students follow.

“My hope for anything we do is that people would be able to spend some time and get to be aware of what’s in your heart already, and to get to know God’s love for you. To have that experience of love and know that that’s kind of the ground of who you are, because that can be empowering,” said Kisselback. “When you have that strength and sense of knowing that you are loved, you can go out and do anything from there.”

Students also participated in activities to engage in conversations and open up about transitioning to Sacred Heart.

For Senior Michael Zawadzki, this was his third year leading a group. One activity he finds beneficial is asking the students to fold a piece of paper into four squares.

“The point is to reflect on who you were, who you are now, and who you want to become. The four boxes are who they were freshman year of high school, senior year of high school, freshman year of college, and then senior year of college. It is kind of like who they are now, and who they want to become,” said Zawadzki.

Many students wanted to merge their past journey of faith into a new one here at Sacred Heart and also have an opportunity to meet new people and make new friends.

Freshman Ashley Fuzella was asked why she wanted to participate in Unmask Your Heart, and she said, “I used to do youth groups back at home, so this is helping me transition to college, and it is really nice meeting people. This is very eye opening and helping my relationship with God.”



RIEANNA FLORES/ SPECTRUM  
SACRED HEART UNIVERSITY HOSTED THEIR ANNUAL FRESHMAN RETREAT ON OCT. 3 IN THE CHAPEL OF THE HOLY SPIRIT.



# Perspectives

## Zooming Through Sorority Recruitment

BY ASHLIN HALEY  
Staff Writer

On Sept. 26, 514 women at Sacred Heart University prepared to go through sorority recruitment online. Usually, recruitment involves face-to-face interaction in classrooms throughout the university's buildings. This year, students had to settle for Zoom conversations due to COVID-19 restrictions.

Normally, a woman going through recruitment experiences eight rounds of conversations with each sorority on the first day. Women walk from classroom to classroom to find the sorority they feel most at home with. At the end of the recruitment process, which takes a few days, they run to the quad to be welcomed by their new sorority. With restrictions placed by the National Panhellenic Conference (NPC) due to COVID-19, Sacred Heart believed the best option for recruitment would be an entirely virtual process.

After the weekend, women from both sides of recruitment, as well as the coordinators of the event, had their own opinions about how the virtual process went.

"Overall, despite the entire process being virtual, I felt it still ran quite smoothly. Of course we encountered a couple of technical glitches in the beginning, but all chapters were able to work through it and fix their problems to ensure the remainder of the process was as smooth as possible," said Nick Frias, the Director of Greek life.

All colleges were required to have contingency plans in case they would not be able to have in-person recruitment. Ultimately, most schools chose the safer, virtual option.

Most women going through the process had positive experiences, but also said that they missed out on the luxuries of in-person recruitment.

Freshman Sam Faeth was one of the many first-year women going through recruitment, and she was unsure how the process would turn out.

"It was very difficult to get a feel for the sororities over Zoom," said Faeth. "However, that was kind of expected. There were times where someone's audio would cut out and I'd have to guess what she was saying by reading her lips."

Faeth said that despite the technical glitches, she is still happy with the sorority she ended up joining, even though the process was not what she expected it to be.

"To me, virtual recruitment wasn't ideal because I feel like I would have had clearer views on the chapter's values if I met the chapters in person on Friday instead of a video," said sophomore Alissa Brandl.

Some students already in sororities had similar experiences to those who were going through the recruitment process.

"I thought recruitment on Zoom was interesting because we could not be in person and talk normally, but online, it felt a little more comfortable because we were in the comfort of our own rooms," said sophomore Ashley Kenneally.

Other women said it was also a break from the usual scene of only seeing people with their masks on around campus.

"Virtual recruitment allowed us to be safe and also allowed us to see people's emotions

from under their mask," said junior Savannah Palas.

Due to the fact that there were only two rounds of recruitment as opposed to the typical three during in-person recruitment, many women were drawn to a new sorority joining Sacred Heart's Panhellenic community, Delta Delta Delta (Tri Delta).

Tri Delta is a national organization. Many women said they were not getting the full experience with the process being virtual and wanted to form their own community from the ground up. This new established sorority on campus had bid day on Oct. 4.

Although not ideal for some, the NPC encouraged the virtual process in hopes of still fostering engagement between the chapters and the women going through recruitment.

"Virtual recruitment proved to me that different didn't necessarily have to mean bad. Girls in our chapter were still able to connect and bond virtually," said senior Brianna Blanco. "This goes to show you how resilient and flexible we have all really become."



JOSEPH DECARLO/SPECTRUM

SACRED HEART UNIVERSITY HELD ITS FIRST VIRTUAL SORORITY RECRUITMENT AND FOUND NEW WAYS FOR WOMEN TO BE CONNECTED TO EACH OTHER FROM A DISTANCE.

## New Update, Who This?

BY SOPHIE CAMIZZI  
Staff Writer

The latest Apple operating system, iOS 14, is a free update that was released to the public on Sept. 16 for all iPhones following the iPhone 6.

According to Apple, "iOS 14 reimagines the iPhone experience, delivering a major update to the Home Screen with beautifully redesigned widgets and the App Library, new ways to use apps with App Clips, and powerful updates to Message."

Customization has been popular on social media platforms like Instagram and TikTok, where users share videos and images of their stylized home screens.

"TikTok introduced me to the update. A bunch of people were making videos showing the different designs and widgets they added to their home screens. It became a trend to see who could make the most aesthetic screen," said junior Christina Alaio.

According to a Bustle article published on Sept. 22, "Over the weekend, [TikTok] videos with the hashtag #ios14homescreen raked in over 130 million views."

Students who have upgraded have not only found customization to be aesthetically pleasing, but also useful for organization and productivity.

"My favorite features are the widgets. I have the clock, reminder, and weather ones on my home screen. I can see whether it's raining that day without opening the app or check if I have an assignment since it's right there," said junior Joshua Proctor.

Although widgets can be useful, personalizing them may be time-consuming for some.

"I have customized my home screen. However, I have not put in as much effort as others have. I have seen some people customizing their app icons, but I do not have the time or patience to customize my own, but rather, I have organized all my apps by color," said Alaio.

However, the iOS 14 update offers other new features that do not require any additional effort.

"I really like that when FaceTiming, you can toggle between apps and the other person can still fully see your face. Being able to pin messages is also helpful when you're someone like me who keeps nearly all of your messages and don't want to scroll through every single one to find a specific person," said senior Tyana O'Neal.

With the iOS 14 update being recently released, some students have encountered issues.

"During the earlier stages of the update, a few calls randomly failed, and apps would crash," said sophomore Sophia DeAngelis.

Some have chosen to postpone their update because of these errors.

"I have not updated my phone yet. I usually wait until a few months after and let all the glitches and such get fixed before downloading it immediately," said senior Tom Lawless.

On Sept. 24, Apple released the iOS 14.0.1 to fix bugs in the original iOS 14, but it was not well-received by some.

According to Forbes, "Unfortunately, iOS 14.0.1 appears to be a rushed release and a step backwards. A number of upgraders are reporting that the fixes are ineffective and I'm noticing an uptick in problems reported across social media."

Despite this, students like DeAngelis are still enjoying the update.

"Through being able to customize the home screen interface, I have been able to use it in a more productive, organized, and efficient manner," said DeAngelis. "With the ease this new update provides, I feel it really encourages users to learn more about the phone and become more technologically savvy."



SOPHIE CAMIZZI/SPECTRUM

APPLE'S IOS 14 UPDATE WAS RELEASED ON SEPT. 16 WHICH ALLOWS FOR USERS TO CUSTOMIZE THEIR IPHONE HOME SCREENS.



# Features

## SHU Diversity and Inclusion

BY JULIA HALLISEY  
Staff Writer

Sacred Heart University has been actively making changes on campus to educate the community and better accommodate students of color and otherwise underrepresented students.

“I think SHU is taking steps in the right direction, but there is still a whole staircase for them to climb,” said junior Divalee Iglesias.

One aspect of the change on campus is the creation of the Bias Response Team, which was formed this year to improve respective inclusivity on campus.

“The Bias Response Team is responsible for looking at instances of bias and addressing them not in a punitive manner, but in a manner that educates the perpetrator(s) of the bias and supports healing of the affected parties,” said Julie Lawrence, Chief Diversity Officer at Sacred Heart.

The Bias Response Team is looking to improve the quality of academic programs, student life, and overall cultural climate. Reports of bias can be made through the response form available on their website.

The form, which can be filled out anonymously, will inform the school of mistreatment of students on- or off-campus. They then take these submissions, review them, and respond appropriately, which can include referral to the appropriate university authority for reflective response up to and including disciplinary proceedings.

According to Lawrence, not a lot of people have filled out bias response forms. This may not be from the absence of bias on campus, but a lack of promotion by Sacred Heart.

“Resources like the SHU Bias Response Team should be promoted more in emails and the posters around campus,” said sophomore Sonya Smith. “So that students who are ignorant of such a necessary resource like this can get the assistance they’re looking for.”

The Bias Response Team is currently working on ways to foster additional conversation on these issues. The Office for Diversity and Inclusion is delivering bias training to employees and students as well as training fellow teachers to work on an inclusive teaching curriculum.

Director of Multicultural Affairs Robert Johnson acts as an advocate for the underrepresented students at Sacred Heart. He works in the new Multicultural Center, offering support to these students and working to create more multicultural organizations.

As an alumnus, Johnson understands how underrepresented students can feel on campus, and he is not only available to support them through their college experience, but also to help the student body support them.

“People don’t always consider the experience of a student who is in a wheelchair or a student whose family just lost their house,” said Johnson. “I think it’s extremely important for our general population to understand those things, not at surface level, but a deeper level.”

He wants students to be able to visit the Multicultural Center, feel like themselves

culturally, and not feel like they need to assimilate or conform to the culture on campus.

“As a student of color, an LGBTQ+ student, a student with a disability, you have to wear a mask when you’re on our campus,” said Johnson, “And I’m not talking about a COVID mask.”

Both Lawrence and Johnson agree that this is just the beginning and there is a lot of work for everyone, but their current goal is to open these topics up for healthy discussion on campus.

“We tend to not want to talk about race or inclusivity because of other people’s feelings and making other people feel uncomfortable, but we need to have those uncomfortable conversations to learn,” said Johnson. “Be ready to get uncomfortable, be ready to educate yourself, and be open-minded.”



RIEANNA FLORES/SPECTRUM

SACRED HEART UNIVERSITY IS TAKING STEPS TO EDUCATE THE CAMPUS COMMUNITY VIA THE BIAS RESPONSE TEAM AND THE OFFICE FOR DIVERSITY AND INCLUSION.

## Maintaining Mental Health Back at School

BY SHANNON SZEFINSKI  
Managing Editor for Editorial

Since March, the COVID-19 pandemic has presented several different obstacles and challenges that people have had to face. Each of these hardships provide their own difficulties that people must find ways to combat, taking a toll on one’s mental health.

Now that the country has opened up, people are permitted to go about their daily lives while abiding by the Centers for Disease Control and Prevention (CDC) guidelines, such as wearing a mask and maintaining six feet of social distance.

While the country is no longer in quarantine and able to return to work and school, there is now a different kind of impact on one’s mental health. People are learning to adapt to normal life again, but from a distance.

Director of Student Wellness Services, Dr. Mary Jo Mason put out an email in the beginning of the semester acknowledging the struggles that college students are enduring while coming back to campus during a pandemic.

“This fall’s college experience will be quite different. I empathize with incoming as well as returning students. You will be not only dealing with the regular challenges of a college student, but also living in this current reality,” said Mason. “Everything is different for returning students, and incoming students continue to have an experience that no student has dealt with before when starting college.”

Sacred Heart University is doing their part in educating students on what they can do to maintain good mental health during a time of isolation on a college campus. In an email to the university, Mason identified tips that students can utilize to sustain a sense of normality whether they are in isolation or not.

“Stick to a routine, dress for the day, exercise, try to FaceTime for at least 30 minutes every day, eat well and stay hydrated, remind yourself that this is temporary,” said Mason.

Being back on campus, typically a very social environment, students are finding it difficult to have a college experience while being distant from other students.

“The life we are adjusting to is not how humans are meant to co-exist and not the college experience we remember, we are not used to being distanced, it’s making people lose their minds,” said senior Resident Success Assistant Jared Morris.

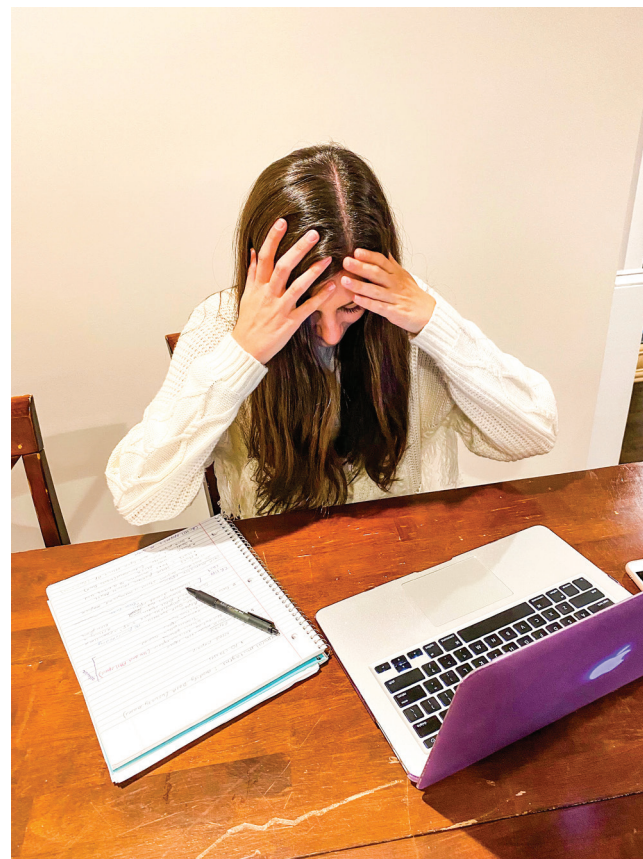
However, some students find that getting outside and getting active is one way they can effectively distract themselves.

“Whenever I find myself needing a break I go and shoot hoops or watch a favorite TV show, it helps me take my mind off of things,” said senior Zack Marino.

Some students believe that working on their physical health will lead them to maintain good mental health.

“Keeping my circle small and maintaining relationships with those close to me helps me stay healthy in other areas helping me physically feel better and have more energy for the gym and other things I enjoy doing,” said Morris.

For students who find it difficult to find normalcy while being back on campus, they are encouraged to reach out to the Counseling Center for assistance. To schedule an appointment, email Dr. Mary Jo Mason at [masonm@sacredheart.edu](mailto:masonm@sacredheart.edu) with your phone number and availability.



ANNA PIRKL/SPECTRUM

SACRED HEART UNIVERSITY’S COUNSELING CENTER IS WORKING TO PROVIDE STUDENTS WITH TIPS TO MAINTAIN GOOD MENTAL HEALTH WHILE BEING BACK ON CAMPUS.



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# Arts & Entertainment

## “The Pulse” is Back

BY CHRISTINA MASSEI  
Staff Writer

“The Pulse” is Sacred Heart’s very own student-run television news program that reports news stories and keeps students updated on what is happening on campus and in the local community every month. Their 36th show launched on Sept. 28.

After being gone for so long, the students who work on “The Pulse” have been adjusting to being back in the studio and filming new episodes again.

“The main thing that has changed because of COVID-19 is the amount of people we are able to have in the studio and in the control room,” said Matt Kreckie, Graduate Assistant for “The Pulse.”

Like many things, “The Pulse” has had to change and adapt due to the COVID-19 pandemic. One of these changes is that the on-air talent now has to wear a mask while filming.

“Wearing a mask during production is honestly not the easiest, but I’m getting used to it. It can be hard sometimes to say your words clearly, and if you are someone like me who wears glasses, you worry about the fog clogging your sight because of how you breathe in the mask,” said senior Asia McCray, Producer for “The Pulse.”

Advisor for “The Pulse”, Professor Joseph Alicastro, purchased a specific kind of face mask to be worn by the on-air talent during tapings of the show.

“If you watched the recent episode of the show, you will notice myself and Dan Gardella, my former anchor, are wearing see-through masks to make it easier for the audience to understand us through the visual aspect,” said senior Kali D’Agostinis, one of the anchors for Show #36 of “The Pulse.”

Alicastro has been advising “The Pulse” since fall of 2014. Alicastro is also the Director of Broadcast Journalism and Media Production Masters Program at Sacred Heart. Before coming to the university, Alicastro worked as a producer for NBC News for many years.

“Other than safe distancing and masking, the biggest difference in reporting now is searching for stories for ‘The Pulse,’” said Alicastro. “Many events both on and off campus that we would normally cover are currently virtual. So, it is a challenge for the students to look harder for interesting visual stories to report on.”

The latest episode featured a segment on how Sacred Heart sports are fighting for social justice.

“Social injustice is a huge issue in our world, and to see that our SHU community is pushing back and standing with their athletes as well as other sports teams around the world is refreshing,” said McCray.

There is a lot of work that goes into creating an episode of “The Pulse.” The students pitch the stories, film and edit those stories on their own. Once it is time for the show, they work as the crew in the studio and control rooms.

The students are taking on all these roles while adjusting to COVID-19 regulations.

“It’s great to be back. Obviously, things look much different but I was eager to be back after six long months away from SHU,” said D’Agostinis.



SACRED HEART UNIVERSITY THE PULSE  
“THE PULSE” IS BACK WITH THEIR 36TH SHOW WHICH WAS LAUNCHED ON SEPT. 28 HIGHLIGHTING THE WORK OF SACRED HEART STUDENTS.

## A Night of COVID Comedy

BY ALEX MCCLOSKEY  
Staff Writer

After months of quarantine, entertainment venues are beginning to open for live events again, and Sacred Heart University is no different. On Oct. 2, comedian Jessi Campbell performed at Sacred Heart’s Edgerton Center for the Performing Arts. Campbell is from Los Angeles and has been seen on NBC’s “Last Comic Standing.” According to her website, Campbell was named 2015 Female Performer of the Year by Campus Activities magazine.

“It’s been really weird with COVID. There’s a fraction of the gigs. 90% of clubs are still closed and some won’t be opening back up at all,” said Campbell. “When your job is to stand in front of a group of people crammed together who’s mouths are open if they like what you do, you have to face the fact that it’s going to be a long road back.”

This event was organized by Student Activities. “We have had to adjust some of the events and make sure that we follow all university and CDC guidelines,” said Amy Novak, Director of Student Activities. “We have staff and student staff assisting at all events to ensure that everyone is wearing their masks and keeping socially distant.”

Although the Edgerton Center can hold half of its normal capacity of roughly 800 to accommodate for social distancing, only nine people went to Campbell’s show on Friday.

Campbell said COVID-19 has continued to impact her even as she returns to live shows.

“It’s the elephant in the room. You can’t ignore it. I have jokes about it at the beginning of my set that I like, then I move on. I think about it like politics. Sometimes you have to address something, but people want to escape,” said Campbell.

“I thought she was really funny. I’ve never seen her before, but I really enjoyed it,” said junior Megan Egan. “I like that SHU is still having events that everyone can go to. They’re still kind of accommodating for people, especially freshmen, because they should still have events.”

Though Campbell is now performing live shows, there were several months where in-person shows were impossible. Like many other entertainers, Campbell hosted virtual shows while COVID-19 was at its peak.

“Virtual shows have also been a good opportunity to entertain people while still being holed up in my house, and they have been really fun,” said Campbell. “Also, I usually don’t wear pants. That’s been the one benefit to all this. Less pants.”

Campbell’s comedy show is just one event out of the many that Student Activities is planning, though they are taking caution in how far ahead they plan.

“We are taking event planning one month at a time,” said Novak. “We have Fall Fest coming up and have made it a two-day event so that we can provide the opportunity to as many students as possible within the guidelines.”

The Student Events Team also has their annual “Halloweek” planned for the final week

of October, which will include a variety of Halloween-themed events both at night and during the day, according to Novak.



SACRED HEART UNIVERSITY  
ON OCT. 2 SACRED HEART UNIVERSITY WELCOMED COMEDIAN JESSI CAMPBELL TO THE EDGERTON CENTER FOR THE PERFORMING ARTS.



# Sports

## New Women's Wrestling Program For 2021

BY MADELINE GIRANDOLA  
Staff Writer

On Sept. 21, Sacred Heart Athletics announced that there will be a Division I women's wrestling team in the fall of 2021. The addition of this program will bring Sacred Heart's number of Division I teams to 33, 20 of which are women's sports.

"It's going to be very special and historic," said men's wrestling coach John Clark.

Wrestling has always been a part of Clark's life. When he became a head coach at Sacred Heart, he took advantage of using his platform to implement a new team.

"It's something that I really feel like I have to use my platform in an effective way," said Clark. "I encourage and challenge other men and women to continue to grow not just wrestling, but equal opportunities for women in all sports."

Being the first university in New England to have a women's wrestling team surprisingly does not make things difficult. Clark has already been working on setting up meets where the team will not go farther than Pennsylvania.

Currently, Presbyterian College in South Carolina is the only other Division I school that has a women's wrestling team. Clark hopes to be able to host a meet with them at Sacred Heart and eventually make the trip to South Carolina.

The men's wrestling team currently has 51 members and has significantly grown over the past three years. With this, Clark is confident that the women's team will have the same sort of growth.

Due to COVID-19, in-person Division I recruiting has been put on hold until Jan. 1.

"People can visit campus. We just can't be with them. If we have a chance at landing a recruit, it's them visiting campus. It sort of sells itself," said Clark.

Given Clark's lengthy wrestling background, he has received support from Mike Moyer, who is a part of the National Wrestling Coaches Association, as well as Deputy Athletic Director at SHU, Charlie Down, in creating this team.

Clark is planning on hiring a coach for the team in January of 2021. Clark is looking for someone that has a strong wrestling background and is planning to grow this team.

"I feel like Sacred Heart has done a great job implementing sports for women that I would never expect," said junior Tyler Lowe. "From women's rugby, to women's ice hockey, SHU has had no problem giving women the same opportunities as men."

Ultimately, the goal for this team is to help it grow and gain popularity amongst the Sacred Heart community.

"It's also going to be able to combine a unique element that really no other school has done before, which is so fitting to us as the pioneers that we are," said Clark.



SACRED HEART UNIVERSITY ATHLETICS

SACRED HEART UNIVERSITY ANNOUNCES NEW WOMEN'S WRESTLING PROGRAM FOR THE 2021 SEASON.

## SHU Dance Team Transitions From Club Sports to Division I

BY KYLE BRENNAN  
Staff Writer

According to Sacred Heart Athletics, Executive Director of Athletics, Bobby Valentine announced on Sept. 24 that the dance team will be transitioning from club sports to varsity sports. The program now joins 33 other Division I athletic sports at Sacred Heart University.

Originally, the dance team started as a club sport in 1994 and consists of 40 dancers. For 20 years, Deirdre Hennessey served as head coach of the dance team and was a member of the team at Sacred Heart in 1994.

Current head coach Reina Van Florcke was a member of the dance team when she was an undergraduate student at Sacred Heart from 2010-2014. After Van Florcke graduated, she remained involved with the dance program by serving as an assistant coach for four years. She is now in her second year as head coach.

Due to the COVID-19 pandemic, the dance team's schedule has been different. Dancers now condition two times a week. However, the team likes to push themselves even further than conditioning two times a week in order to become better dancers.

"One major difference in the team's schedule this year is they have two workouts a week," said Van Florcke. "They've loved adding this to their weekly schedule and pushing themselves to be in the best shape they can."

Every year in April, the dance team holds clinics for incoming dancers who want to try out for the dance team, which is different from how other college sports recruit potential players.

"As far as recruiting, we have held college prep clinics in the past to get dancers ready for their college tryouts," Van Florcke said. "This clinic is for high school or current college students to help them prepare for our tryouts in April."

The dancers have an overall goal that they want to achieve as a team.

"I asked the girls last year what their goal for the team was and several of them said they wanted more recognition from the university," Van Florcke said.

Senior Dance Captain Nicolette Muscarella mentioned that the dance team is capable of performing at the Division I level.

"I believe that the team's transition gives us every opportunity to show everyone what they should see after our countless hours of hard work," Muscarella said.

Senior Captain Nicole DiPietro was enthusiastic when she heard the news about the dance team shifting from club sports to varsity sports.

"This transition ultimately supports and recognizes the SHU Dance Team for all of our hard work, dedication, and pride that we encompass as dancers," DiPietro said.

Shifting to a Division I sport gives the team a chance to showcase more than just three minutes of their routine.

According to SHU Athletics, the team performs at all home games for football,

men's basketball, and other Sacred Heart events. The team also competes in two highly competitive categories held in Daytona, Florida every April through the National Dance Alliance.

"I cannot wait for the new opportunities and experiences we get to take on as this new transition starts for this year and for the future team," Muscarella said.



SACRED HEART UNIVERSITY

THE HOCKEY COMMISSIONERS ASSOCIATION (HCA) HAS ANNOUNCED THAT THE 2020-21 COLLEGIATE DIVISION I HOCKEY SEASON WILL BE DELAYED DUE TO COVID-19.



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## A Unique Place I Call Home

**MIKENZIE CARBONE**  
SPORTS EDITOR

Cape Cod, Massachusetts is a beautiful place I was able to call home. Cape Cod is a well-renowned area for families to visit for vacation or to have a summer home, and it is known for our famous beaches and seafood, especially clam chowder.

However, my home life was a tad out of the ordinary. My parents owned and ran a unique motel business in the small town of Bourne, MA.

The motel was discovered by my grandparents and has been in my family for 55 years. As my parents grow closer to the age of retirement, they have made the decision to put the quaint, little motel we call home on the market.

My family and I live on the same property as the 17 little cottages on Main Street in Bourne. The motel lies in the center of town. The famous Cape Cod Canal is a walk away and right down the road is the Bourne and Sagamore Bridge that takes visitors over the canal and onto the Cape.

My childhood was out of the norm, but I would never wish to change how I was brought up. Returning customers are now family, and the overall idea of family extends to people who were once strangers. My grandparents took care of these "regulars," and now my parents do.

Year after year customers will say, "I remember when you were in a baby carriage, Kenzie, being pushed around by your grandmother." Some of these customers I would know and others I wouldn't. I recently even attended a wedding of a family who has been coming to the motel for three generations.

People ask me, "Do you wish you grew up in a neighborhood with friends your age?" At a young age, I would wish this because I was confused since all of my other friends lived in a neighborhood with parents who had 9-5 jobs. Now, I look at the motel and the guests as my own little neighborhood. I have made countless friendships. The abnormal life style is filled with stories and memories.

When I first came to college, my friends were shocked and intrigued by my upbringing. When they came to visit, they loved the small little cottages that guests were able to call home while on vacation. In the front of my house, there is a fire pit that all the guests gather around at night to enjoy each other's company.

It is sad to look out of my bedroom window to the fire pit to see a large "For Sale" sign. My brother and I decided while in high school that we would not take over the family business. We wanted to create our own future aside from the family business.

I always knew that one day we would have to say goodbye to our home. My family established a legacy for our town that will never be forgotten. It will be an extremely sad day when it is time to pack up 28 years of my family's life and 55 years of memories for my parents. However, I am proud to say that the little motel on Main Street is home to me and so many others.

*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.*



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