

## Pioneer Promise Tips of the Week:

**TAKE A BREAK FROM SOCIAL MEDIA AND SAY HELLO TO SOMEONE FROM SIX FEET AWAY!**

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**ROUTINES ARE A GOOD THING! DEVELOP THEM AND STICK TO THEM AS BEST AS YOU CAN!**



**Audrey's Corner is Back!**



AUDREY'S CORNER IS A SPACE FOR KINDNESS AND POSITIVITY, ESTABLISHED IN 2018 IN MEMORY OF AUDREY NIBLO!

CHECK OUT THIS WEEK'S ARTICLE ON PAGE 5

## President Trump Contracts COVID-19

BY COOPER CLARK  
Staff Editor

On Oct. 1, President Donald Trump was diagnosed with COVID-19. Before his release, he was held at Walter Reed National Medical Center.

Navy Commander Dr. Sean Conley quoted that Trump displayed "clinical indications" of COVID-19 before he was publicly diagnosed. Conley also stated that Trump's symptoms, "mild cough, nasal congestion and fatigue, are now resolving and improving."

Vincent Davis, Sacred Heart University graduate student, explained how it is difficult to see someone suffering from the virus.

"I feel for Trump and his family. Politics aside, it's a terrible thing to get a virus of this degree, no matter your political views," said Davis.

Twenty-four hours after being diagnosed, the President was doing well according to his doctors at Walter Reed. One of Trump's doctors, Sean Dooley, stated Trump's liver, heart and kidney functions were normal and that he was not experiencing any trouble with his lungs anymore.

"He is in exceptionally good spirits," was how Dooley noted Trump's condition.

In one of Trump's personal statements while still in the hospital, he said, "I had to be out front...I can't be locked up in a room upstairs and totally safe...As a leader, you have to confront problems."

The Trump administration had held fundraisers before the diagnosis. A woman was able to attend Trump's Minnesota fundraiser along with 40 other guests.

She stated the fundraiser was "very safely done" and all of the guests were tested beforehand. These tests only took about 20 minutes, she noted. Everyone was following the distance guidelines and Trump did not get close to any guests.

On Sept. 26, an event to select the Supreme Court Nominee was held. There were over 150 people interacting without wearing masks.

Among those who attended and have now tested positive are former New Jersey Governor Chris Christie, White House counselor Kellyanne Conway, the president of the University of Notre Dame, and at least two Republican lawmakers — Utah Senator Mike Lee and North Carolina Senator Thom Tillis. The president's campaign manager, Bill Stepien, and the head of the Republican National Committee, Ronna McDaniel, have also tested positive, though they were not at the event. Another prominent Republican who has tested positive is Senator Ron Johnson.

"The president contracting COVID-19 demonstrates that no one is safe, yet at the same time it also demonstrates what happens when people do not wear masks and downplay the severity of the virus, as the president has been doing," said Dr. Gary Rose, Chair of Student Government at Sacred Heart University.

A source inside the White House quotes, "The White House has

given no indication that it intends to make any major protocol changes, such as mandating that everyone wears a mask."

When asked about these protocols, Sacred Heart graduate David Gauteri stated, "If we do not follow guidelines in places especially like the White House, it will reinforce a non-strict attitude towards wearing a mask."

When Trump was hospitalized, "Operation MAGA" was put together. This was a plan to keep campaigning so that Trump would not lose momentum.

"The operation entails 'a full marshalling of top-level surrogates, campaign coalitions and Trump supporters' to carry the campaign until Trump can return to the trail," according to a campaign statement.

President Trump's family and Vice President Mike Pence have had key roles in this plan.

Previous to last Wednesday's debate between Vice President Pence and Kamala Harris, there were online events instead of in person.

"The President is in big political trouble heading down the home stretch of the campaign," said Dr. Rose.

"I want to encourage you to stay in the fight," was a direct quote from Pence.

On Oct. 5, President Trump was released from Walter Reed National Medical Center. Numerous sources, along with the president, state that he is recovering well.



ASSOCIATED PRESS  
ON OCT. 1 PRESIDENT DONALD TRUMP TESTED POSITIVE FOR COVID-19 AND WAS TREATED AT WALTER REED NATIONAL MEDICAL CENTER.

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OF THIS WEEK'S PAPER,  
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# News

## “Breaking the Glass Ceiling”

BY LUCCA CASALDUC  
Staff Editor

On Oct. 7, Sacred Heart University held a Zoom colloquium called “Breaking the Glass Ceiling: Voting Rights, Political Engagement, and Inequality in the United States.” In the past, colloquials were held in the University Commons auditorium. This year, students have to attend Zoom presentations due to COVID-19 restrictions.

Typically, students at the university attend these talks for intellectual experiences or as a part of course requirements. This particular colloquium was presented because of the upcoming presidential debate and because of major struggles voting rights and political engagement in the United States have faced. The speakers explored suffrage laws and statistics from different periods in history.

“I want to participate because it is the 100th anniversary of women’s suffrage and also an election year. Voters among young people have historically and always been traditionally low. It’s an opportunity to inspire students to vote this fall by looking at important issues such as how women, racial and ethnic minorities have struggled over time to get access to the ballot, something that many of us today take for granted,” said Dr. Kelly Marino, a professor in the Department of History.

Many professors at the university were excited about the event and found attending the event meaningful. Many of them presented their topics and research.

“I am participating in the colloquium because students may not be aware of the role that the fight for voting rights played in the Civil Rights movement during the 1960s or that we need to continue to protect our right to vote as American citizens even today,” said Professor Jennifer McLaughlin, a professor in the Department of History.

Many spoke about gender inequalities and the importance of equal rights for everyone in our society.

“I decided to participate because although we’ve made a lot of strides towards gender equality, there is still a gender gap within political offices held. Despite women making up 51% of the population in the US, their representation in office hovers around 25% or less,” said Professor Adrienne Crowell, an assistant professor in the Department of Psychology.

Professors felt that attending this event was necessary, especially with the events that have been ongoing during the pandemic.

“As a social psychologist, I wanted to share some potential psychological mechanisms that could be contributing to that, including gender-based stereotypes and judgments,” said Crowell.

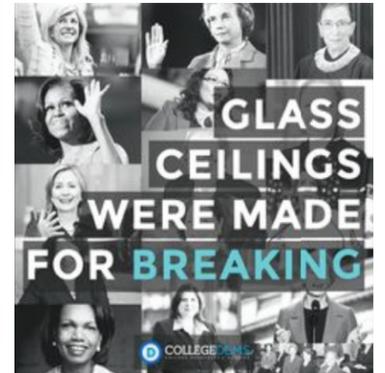
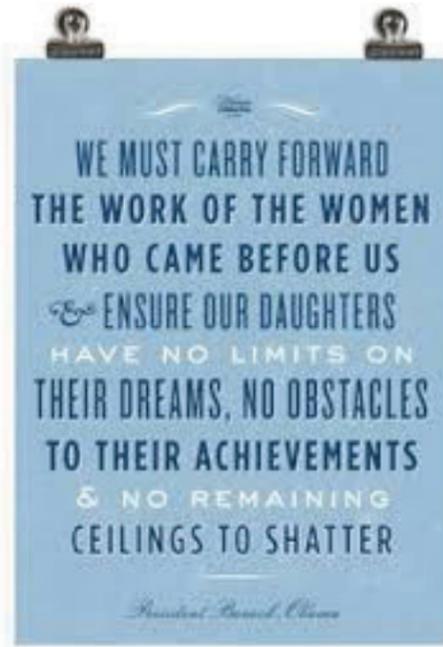
Although the country has experienced some obstacles this year, professors still have hope for the election.

“My hope is by talking about some of the challenges that people have faced, and battles fought to get the opportunity to vote and participate in politics, people will realize how

lucky they are to have the rights and chances that they have at the present,” said Kelly.

Even though many students preferred to be in person for the colloquium, they were still grateful for the learning opportunity.

“I enjoyed all the information that was presented by the staff. I feel like events like these are great for educating generations and especially when it comes to times like these. I would’ve preferred for the event to be present in the auditorium, but I am just glad I had the opportunity to learn,” said senior Julian Pedrouzo.



SACRED HEART UNIVERSITY HELD A COLLOQUIA, “BREAKING THE GLASS CEILING” TO DISCUSS VOTING RIGHTS, POLITICAL ENGAGEMENT AND INEQUALITY IN THE UNITED STATES.



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# Perspectives

## No Columbus Day Weekend Break

BY ANNA PIRKL  
Staff Writer

Columbus Day or Indigenous Peoples' Day falls on Oct. 12 this year. Due to COVID-19, the break that students usually receive has been cancelled.

An email sent out by the university's Coronavirus Planning Team in May said, "We are eliminating the Columbus Day weekend break, but plan to conclude the semester before Thanksgiving break. The plan ensures that students receive the same number of instructional hours as always, with no changes to their already assigned course schedules, but will mitigate risk by limiting trips back and forth to campus that may require additional testing and possible self-isolation."

Indigenous Peoples' Day is a holiday that celebrates and honors Native American people, their history and their culture. Every year, it is celebrated on the same day as Columbus Day to counter the celebration of the explorer Christopher Columbus.

Many students said they were understanding of the cancellation of the long weekend.

"I was a little upset that the break was canceled, but I do think it was smart that the school was proactive in not giving students off for Indigenous People's Day. It's decisions like these that will help protect not only students, but everyone at the university from contracting COVID-19," said senior Ryan Corbett.

This would have been the first long weekend for students. Some students said the break would have been an opportunity to see friends and family, as well as take a break from schoolwork and classes.

"Columbus Day weekend getting cancelled was very upsetting. Normally, I plan to go home and see friends and family I don't see while at school, but this year I cannot do that," said junior Angela Kaiser.

As this break falls in the middle of the semester, some students feel that it helps break up schoolwork and gives them time to participate in fall activities.

"Not having a break for Indigenous Peoples' Day this year has made the semester seem much blander and more monotonous," said freshman Cody Davis. "Not having the occasional three-day weekend to break up the typical five-day workweek has made everything seem the same."

For freshmen especially, this weekend is special as some take advantage to go home for the first time since move-in day.

"It wasn't a huge blow to me when I heard that there wouldn't be a Columbus Day break because as a freshman I've never experienced it, but now that a lot of people are talking about being upset about not having it, I feel like I'm missing out on something," said freshman Victoria Thurley.

Some students who live outside of the New England area say it's hard for them to plan a weekend to go home and they depend on this break.

"I am sad because originally I would have tried to go back home to Missouri, but since we no longer have the long weekend, I will not be able to do that," said junior Mollie

Rogan. "I get a little bit homesick around this point in the semester, so a break would've been nice, but I think this is a smart decision not to have this break."

Some students were not upset about losing this break and still planned to do other activities during the weekend.

"Having Columbus Day weekend taken away was not a huge disappointment for me. I was happy to be back with friends and I was able to plan some fun fall activities with my roommate," said junior Natalie DuBois. "I thought that having this break taken away would have made me feel burnt out, but I have not felt that way."

For students who live close to campus, they found other ways to spend time with their friends and family from home on the weekends.

"I didn't really mind it because my parents are coming to SHU to visit more often this semester, so even though I didn't get to go home for the break, I still saw my parents," said junior Gabby Dos Santos.



ASSOCIATED PRESS

**DUE TO COVID-19, SACRED HEART UNIVERSITY HAS ELIMINATED THE COLUMBUS DAY WEEKEND BREAK FROM ITS ACADEMIC SCHEDULE THIS YEAR.**

## Fun Fall Festivities

BY MAISY CARVALHO  
Staff Writer

How are you going to embrace the fall season this year?

"My favorite fall activity would have to be pumpkin and apple picking with my cousins. This has been a tradition within my family," said junior Corry Brinken.

Some students say they are celebrating the cooler weather with traditions like apple picking, pumpkin decorating, haunted houses, and pumpkin spice.

Silverman's Farm in Easton, Conn., only a five minute drive from Sacred Heart University's campus, is a popular spot for some students.

"There was a really nice setup for pumpkin picking with a bunch of hay bales and tractor rides," said sophomore Abigail Molloy. "There were also food trucks with amazing kettle corn and a farmer's market with lots of fall treats. They had everything from vegetables, to apple cider donuts, to actual apple cider. I brought back a small pumpkin to decorate our room, too."

With the ongoing COVID-19 pandemic, many students say they have witnessed restrictions at popular fall attractions.

"My parents and aunt came to visit and took me and my roommate to Wells Hollow in Shelton. We didn't get to go in the corn maze, but we took cute pictures amongst the pumpkins," said sophomore Morgan Fitzpatrick.

According to the Wells Hollow Creamery website, "COVID-19 has been an ongoing concern for everyone this past year. We have planned this year's corn maze with everyone's safety in mind during your visit."

Though reservations are not required, their website indicates that they are available. The creamery has also made changes to their Haunted Corn Maze. The attraction previously had actors jump out and scare people, but this aspect has been removed to fit COVID-19 guidelines.

Aside from being props for photos, pumpkins have another spotlight during this season for many students. As a flavor or a topping, pumpkin spice is back.

The opinion on the seasonal spice varies from person to person.

"I think pumpkin spice flavor is overrated. I am not sure where the fascination over pumpkin spice originated, but it seems to have become part of pop culture," said senior Tom Lawless.

"Pumpkin spice is something I look forward to every year. It marks the beginning of fall and it is my favorite thing to put into my coffee and bake with. I love the flavor and it reminds me of fall weather and home," said junior Carly Niemiec.

According to their website, Starbucks has over ten pumpkin spice items on their menu including drinks and treats. For those who do not have a taste for pumpkin spice, many students say they have other fall favorite drinks.

"I love apple cider, hot or cold. I don't really like anything pumpkin-flavored," said

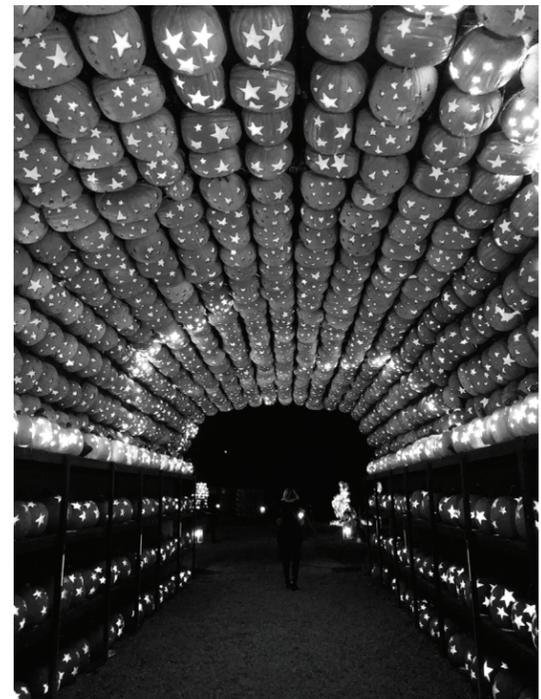
Fitzpatrick.

In addition to planning fall activities, ideas for a COVID-19-friendly Halloween have begun to surface.

"I plan on staying within my house pod and having a house-wide Halloween costume contest in which the winner gets a homemade trophy and bragging rights for the rest of the year," said Brinken.

Despite there being no Halloween gatherings to dress up for, some students say they are finding other ways to celebrate.

"I definitely plan on dressing up, because it's something so fun and festive that we only get to do once a year. Hopefully my roommates and I are able to find something safe and COVID-friendly to do," said Molloy.



COOPER CLARK/SPECTRUM

**SACRED HEART UNIVERSITY STUDENTS ENJOY FALL ACTIVITIES BOTH ON AND OFF CAMPUS.**

# Features

## Her Campus

BY JACLYN MONTANO  
Staff Writer

Coming into this semester, Sacred Heart University's Her Campus chapter had to face the challenge of finding a new normal due to the current COVID-19 pandemic.

Spectrum Arts and Entertainment Editor and President of Her Campus, senior Jackie O'Rourke, had to make changes regarding how the publication would be run now that in-person meetings were no longer allowed.

"We're still coming up with new ways to make it a fun and supportive group for everyone. And I think so far everyone's enjoying it," said O'Rourke.

Her Campus is a global online magazine targeted toward women in college. The publication covers topics geared toward culture, style, beauty and wellness, as well as offering help with getting a job or internship.

O'Rourke has been coming up with different ways to interact with the staff writers to make it as enjoyable of an experience as possible, even with all of the setbacks that COVID-19 has posed.

"Writing about topics such as mental health, family losses and personal experiences has let me not only express myself and get in touch with my feelings, but it has also allowed me to connect with a greater audience, and to me, there is nothing more empowering," said junior Allie Miller, a writer for Her Campus.

This semester, most of the items that are being published are listicles, which is a form of an article that consists of a list about a certain topic. These topics are ranging from things to buy from Trader Joe's to how to practice self-care during quarantine.

Her Campus offers students the opportunity to write about a wide variety of topics, providing them with experience to prepare for their future careers.

"If you want to go into journalism, do anything with writing or media, or have a public audience or public voice, it really gives you a good opportunity to practice those things," said Pamela Buck, associate professor and advisor of Her Campus.

The goal of Her Campus is to empower women in media to write articles about their experiences in college. In 2018, women made up only 41.7% of newsroom employees, according to a study from the American Society of News Editors.

Sacred Heart's Her Campus chapter was founded in 2012 and struggled to grow their membership at first. With barely any members at the start, it was not as successful as the founders had anticipated.

With the addition of many new members over the past few years, Her Campus has grown into a prominent publication at Sacred Heart. They now have almost 60 staff writers and, for the first time this year, a full executive board.

Her Campus goes beyond Sacred Heart. There are over 380 different chapters around the world, and they all have the same goal: to be a positive voice and outlet for women.

"I think having something on campus that's specific for women having a space for them to write about things that they are interested in and care about is really important when

used in an underrepresented group in history," said Buck.

Students can get involved with Her Campus by sending an email to Professor Buck or Jackie O'Rourke.

Learn more about Her Campus at <https://www.hercampus.com/school/sacred-heart>.



SACRED HEART UNIVERSITY  
SACRED HEART UNIVERSITY'S CHAPTER OF HER CAMPUS IS FINDING WAYS TO CONTINUE PRODUCING CONTENT WHILE HANDLING COVID-19 RESTRICTIONS.

## Springing into Fall

BY GRACE CROWLEY  
Staff Writer

The Student Events Team (SET) held their annual Fall Fest on Oct. 9 from 4-8 p.m., and Oct. 10 from 12-4 p.m. However, the event was slightly different this year due to COVID-19.

Fall Fest is a time for students to gather and participate in fall activities, and there are also giveaways and free food. This year, Fall Fest provided a way for students to experience on-campus activities during the pandemic.

"It was nice to still have Fall Fest despite everything going on with COVID. It was nice to still be able to have the event and participate in activities safely with masks on," said senior Victoria Jordan.

Jordan and her roommates attended Fall Fest on Oct. 9, and they said, "We were allotted an hour, but we were able to hit all the food trucks and ride the mechanical pumpkin within 20 minutes, which was great. They had a great grilled cheese truck, caramel apples, and churros, and all the food was free."

Jordan explained that there were not many decorations, but the fest really brought a fall feel to the campus.

"My favorite part was the mechanical pumpkin, hands down," said Jordan.

There were some differences this year due to the extra precautions put into place because of COVID-19.

"Only 80 students can be signed up for an hour time slot at a time. The bracelets are color coordinated by day and hour, so that it can be monitored when students are there," said SET President Courtney Cardona. "Student Events Team members working the event will be maintaining social distancing and enforcing bracelet times."

In previous years, there was more flexibility in what could be done during Fall Fest. Some of the noticeable differences are that the event would be one Saturday in October for four hours instead of separated into two different days. More students were also allowed to come and go as they please.

The advertising team for SET has also had to adapt to the new times.

"My co-chair Anna Morrel and I have been creating both Instagram ads and poster ads for the hallways in the main academic building," said SET Advertising Chair Sophia Velasco. "It has been pretty successful with still catching the attention of students, even though there has been a decrease of students on campus."

Fall Fest is not the only event SET has planned for this semester.

"Coming up this month we have 'Halloweek' which features many events and DIY activities that are Halloween themed. Included in this we will be having a Halloween Bingo and Stuff-A-Bear. SET has been loving all of the support during this time and we hope to be seeing everyone at all of our upcoming events," said Velasco.

SET is working on making it possible to still hold events in a COVID-friendly manner.

"It has been hard for us to not have as many people as we are used to at our events. Bingo, for example, we can only have a certain number of people, but we offer it at two times now to adapt and allow as many students as possible to attend each month," said Cardona. "I am super proud of my board and all of the work they do to plan and work events for SET. I think I am most proud of the turnout of the General Member Meetings via Zoom. We are receiving amazing attendance at our bi-weekly meetings at 10:10pm on Mondays, we love to see all of the freshmen and other students get involved."

If you are a student at the university, you can follow SET's Instagram (@shu\_set) or look out to join the next SET event.



RIEANNA FLORES/SPECTRUM  
SACRED HEART UNIVERSITY'S STUDENT EVENTS TEAM HOSTED THEIR ANNUAL FALL FEST WHILE ABIDING BY COVID-19 GUIDELINES.

# Spotlight



## Kindness Has No Disadvantage

JILL AMARI  
MANAGER OF AUDREY'S CORNER

On Oct. 5, the Human Journey Colloquia Series presented “The Kindness Advantage: Cultivating Compassionate and Connected Children.” This colloquium, which was facilitated by Dr. Cara Kilgallen, invited psychologist and author Dr. Dale Atkins to speak about her experiences with kindness: learning about kindness, interviewing kind people, and understanding the effects of kindness on both the person being kind and the person receiving the kind act.

Audrey’s Corner is a place for kindness and positivity, as well as relieving the daily stressors of life and discussing issues among students which may contribute to stress. Unkind deeds only add to the stresses we experience every day, and there are plenty of reasons why we should always choose kindness. In fact, kindness is in our nature: “We are born with a propensity to be kind,” said Atkins.

However, Atkins did not deny or brush aside the fact that people can be unkind and disrespectful. Racism, sexism, and other issues are still prevalent. Bullying still happens. In fact, Atkins noted that bullying is one of the most frequent problems students face.

Yet, despite these issues which cannot be ignored, there are also people who fervently practice what it means to be kind. People who work to end issues like racism, sexism, and bullying, among a wide range of other problems. If we work together, we can create and foster a kind environment both at Sacred Heart and in the wider community.

Atkins offered some suggestions to help people achieve their full kindness potential: communicate respectfully, pay attention and listen to others, and be kind to not only other people, but also yourself. Atkins especially emphasized the importance of taking care of yourself and focusing on your mental and physical well-being during times of stress. “Be kind to yourself, and it will help you be kind to others,” she said.

Atkins also offered advice on how to take care of yourself and others during this unusual time. She highlighted the importance of allowing yourself to feel kindness at all times, but particularly now when so many things are uncertain and we may need more guidance and support than in the past.

And remember, being kind doesn’t mean you always have to make grand gestures. Smalls acts of kindness are equally as valuable—whether those small acts be smiles, compliments, or simple texts asking how someone is doing. Perhaps a small way to be kind to yourself in these uncertain times is to take a day to relax, go on a hike, or grab a group of friends and participate in campus events.

One question Atkins posed to viewers was, “Why not be kind?” There are so many advantages to giving and receiving kindness. Being kind relieves stress, makes us feel good, encourages others to be kind, connects us as human beings, and gives life purpose. There’s no reason not to be kind, and, as Atkins said, “There’s always a kind option.”

Be kind to yourself and others. If someone isn’t being kind to you, perhaps check in on them. Make sure they are taking care of themselves so that they can find their own way to be kind to others. Sometimes, people need a little kindness in their lives in order to find their way. However, if someone is consistently insulting or bullying you, seek help and support. Surround yourself with people who care about you and respect you. Don’t be afraid to treat yourself kindly, too.

Kindness has no disadvantage—so why not be kind?

For anyone who missed the colloquium, or would like to view it again, it can be found on YouTube at the following link: [https://www.youtube.com/watch?v=\\_vS--U3SISw](https://www.youtube.com/watch?v=_vS--U3SISw).

For anyone who is a victim of bullying or is in need of support, the Counseling Center is a great on-campus resource, and the s.w.e.e.t. Peer Educator program is also here to help promote student success and well-being. The Counseling Center can be reached by phone at 203-371-7955, and you can visit the s.w.e.e.t. page online at <https://www.sacredheart.edu/offices--departments-directory/counseling-center/sweet-peer-educators/>.

## New Semester, New Sorority

BY SHANNON SZEFINSKI  
Managing Editor for Editorial

This past month, Sacred Heart University held their annual sorority recruitment weekend, which is typically made up of seven Greek Life organizations. This year, however, the recruitment process included an additional sorority, Tri Delta, which is new to the university.

“Tri Delta was founded in 1888 at Boston University as a society that shall be kind alike to all,” said Chapter Development Consultant Katelyn Wobken. “Today, Tri Delta is an assembly of women with shared values where you can be yourself and belong to something bigger.”

With Tri Delta’s 142nd chapter now on the Sacred Heart campus, they have found ways in which their core values align with that of the university’s.

“We take a three-dimensional approach to serving and developing our members. First as students, second as members and third as women and leaders,” said Wobken. “These are in direct complement to Sacred Heart’s principles of leadership, involvement and diversity.”

Tri Delta also prides itself on welcoming and empowering young women.

“I rushed Tri Delta because of their mission to welcome every woman as she is and their dedication to uplifting women,” said sophomore Toni Young.

Many women on campus felt that this commitment to service and leadership as well as the welcoming nature of the other women is what drew them to rush the sorority.

“I rushed Tri Delta so that I could have a chance to make a difference on campus,” said senior Jenna Tranquillo. “I was drawn to Tri Delta not only for the St. Jude philanthropy but also because all the consultants I talked to about rushing were extremely nice and accepting of everyone that was interested.”

In addition to emulating their core values of truth, self-sacrifice and friendship, Tri Delta is also dedicated to their philanthropic work with St. Jude Children’s Research Hospital.

“Since the 1940s, members have focused on supporting charities at the local and regional levels through philanthropic and hands-on support,” said Wobken. “The founding members have already begun planning multiple philanthropic events for the fall semester.”

As a new sorority on campus, there is room for a wide variety of leadership opportunities for the founding members to take advantage of.

“I am hoping to help set the standard for those who follow,” said Tranquillo. “I also hope to continue a leadership position and help others throughout their time at Sacred Heart by being a friend for all and a mentor for those who need advice during these unknown times.”

The initial focus of Tri Delta will be on their core value of friendships and creating

relationships within the sorority. These relationships will then lead to more effective communication and organization between the women.

“In Tri Delta, we recognize the importance of establishing perpetual bonds to maintain lasting relationships,” said Wobken. “We believe that from these lasting relationships we can ensure our women are thoughtful and kind throughout their time as founding members.”

Founding members of the sorority have similar goals when it comes to creating relationships and discovering more about themselves.

“I’m hoping to learn more about myself, how to better myself and learn how to help those around me,” said Tranquillo. “I am also hoping to make friendships with my sisters to come.”

Currently, Tri Delta has welcomed 170 women to their organization and will continue to recruit women to soon reach 194 members.

If you are interested in learning more about Tri Delta, DM them on Instagram @shutridelta.



KATELYN WOBKEN / TRI DELTA

TRI DELTA HOSTS THEIR FIRST CHAPTER MEETING OF THE SEMESTER AS A NEW SORORITY ON THE SACRED HEART CAMPUS.

# Arts & Entertainment

## SNL Season Premiere with Debate Cold Open

**BYMIA STARK**  
Staff Writer

On Oct. 3, “Saturday Night Live” returned for its 46th season with a parody of the presidential debate. This was the first return to the studio for the long-running comedy show since the COVID-19 pandemic hit New York in March.

The premiere was hosted by Chris Rock and featured musical guest Megan Thee Stallion. The show was performed in front of a limited live audience because of COVID-19 restrictions.

The episode began with a cold open, which is a tradition for “Saturday Night Live.” The cold open provides a chance for the show to take a shot at the week’s topical news. According to The Atlantic, “It’s been proven to be the program’s biggest rating booster.” The cold open to season 46 was based on the first 2020 presidential debate that occurred on Sept. 29.

Jim Carrey debuted his portrayal of Vice President Joe Biden, the Democratic nominee, while Alec Baldwin revisited his popular rendition of President Donald Trump, the Republican nominee. Former SNL cast member Maya Rudolph also made a cameo as Biden’s running mate, Kamala Harris.

“In the SNL skit they brought in Biden’s VP candidate Harris which didn’t happen in the actual debate, and she acted like a mom telling them both to cut it out and not talk about ‘who started it,’” said senior Ashley O’Sullivan.

Baldwin reenacted Trump’s frequent interruptions from the real debate while inserting several jokes about COVID-19. Carrey’s depiction of Biden included aviator sunglasses and a series of expressions as he tried to keep calm by breathing into a brown paper bag.

“The SNL skit was supposed to be a funny take on the debate, but really it just showed how unavailing the actual debate was,” said O’Sullivan. “The skit wasn’t far off from what actually happened during the debate, between the interruptions and the belittling side comments made from both candidates.”

Carrey performed a skit where he used a remote control to pause Baldwin, similar to the scene from his 2003 movie “Bruce Almighty.”

“America, look directly into my eyeballs,” Carrey said to the audience while trying to “pause” Trump (Baldwin) with a remote control. “You can trust me, because I believe in science and karma. Now just imagine science and karma could somehow team up and send us all a message about how dangerous this virus could be,” he said gesturing at Trump.

“Overall I think SNL would favor Biden. I believe this because we saw how Biden muted Trump and this was referred to as ‘good for everyone,’” said senior Carlos Ruiz, President of Pioneer Vote. “The remote control I also found was funny because it has been talked about (muting candidates mics to avoid interruptions). I think SNL makes it clear who people should consider voting for, or at least who they’re favoring at this time.”

This episode marked Megan Thee Stallion’s SNL debut, and she performed her songs “Savage” and “Don’t Stop” with Young Thug. The rapper also used her time on SNL to make a statement on social justice; the backdrop of the stage during “Savage” read

“Protect Black Women,” and a recording of a Malcom X speech was inserted into the middle of the same song.

The episode also included highlights of a spoof of “The Drew Barrymore Show,” and a “Weekend Update” segment on Trump’s threats to ban the TikTok app in the U.S.

“I thought it wasn’t too bad. I haven’t loved SNL in recent years, but it was nice to see big faces like Alec Baldwin, Jim Carrey and Maya Rudolph again, and Chris Rock did a very solid job as usual,” said junior Ryan McHallam.



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“SATURDAY NIGHT LIVE” BEGINS FIRST LIVE EPISODES BACK SINCE THEIR HIATUS DUE TO COVID-19 WITH A COLD OPEN BASED ON THE PRESIDENTIAL DEBATE.

## A&E Spotlight: Art Club

**BY SAL MORLINO**  
Staff Writer

For the first time since 2018, the Art Club at Sacred Heart University has been reactivated.

“I am very excited to be a part of the Art Club opening up again. I think it is a great way for students to get involved with a club that does not require too much of them. It is also one of the more relaxing clubs on campus. I hope that this club will continue, and our goals for this semester are for the club to thrive,” said sophomore Art Club Vice President Paige Hall.

Due to the new COVID-19 protocols, the club has made changes to adhere to the guidelines and keep students safe.

“We are not allowed to have in-person meetings according to CCO,” said sophomore Art Club President and Spectrum Assistant Arts and Entertainment Editor Lizzy Coyne. “We have been doing Zoom meetings.”

While most clubs and other organizations have been doing activities electronically, the Art Club has come up with many new and unique ideas.

“Some plans we have for this year are using Instagram more,” said Hall. “We really would like to get more people involved, and this is one way to include anyone who wants to be in the club. There will be themed weeks every other week on the Instagram page, too.”

Hall added, “We are also providing take home art kits that someone can do in their spare time. All of the kits will be free for members to just come pick when we have them available. Another plan of ours is to get art professors involved as guest speakers. Some other people who own their own Etsy shop or have their profession to do with art will be joining Zoom meetings as guest speakers. A project that all the members of Art Club can do ‘together’ is a giant mural. The last plan we had was collecting and donating art supplies to the local children’s hospital.”

Like most clubs here at Sacred Heart, the Art Club is open to all students.

“We have members who are in all grades, with all different majors. We are still welcoming anyone who wants to join, as well,” said Hall.

Although Coyne and Hall were not yet students at Sacred Heart when the club was last active, they are still very excited and confident in the future of the club despite the current pandemic. They are also eager to take on the roles of President and Vice President as sophomores.

“While I’m not exactly sure what happened when the Art Club was previously being run, I do know that we have plenty of plans for this year, and we are excited to implement them,” said Hall.

For further information about the Art Club, you can email both Lizzy Coyne (coynee9@mail.sacredheart.edu) and Paige Hall (hallp36@mail.sacredheart.edu) or direct message

them. Another way to find information is to follow their Instagram page (@artclubshu). The Art Club’s Zoom meetings are held on Mondays at 8 p.m.



RIEANNA FLORES/SPECTRUM  
SACRED HEART UNIVERSITY’S ART CLUB HAS BEEN REACTIVATED AND IS BEGINNING TO HOST VIRTUAL MEETINGS THIS SEMESTER ON ZOOM.

# Sports

## NEC Reaffirms Postponement of Fall Sports

BY MIA SANSANELLI  
Staff Writer

On Oct. 2, the Northeast Conference (NEC) Council of Presidents reaffirmed the July 29 decision to postpone all fall sports competitions and championships. The Council said this decision was made in the best interest of the student-athletes and staff, as well as for the campus and surrounding communities.

For most fall athletes and coaches, the initial announcement in July seemed expected, as was the updated decision. Many conferences around the country began postponing fall competitions for the foreseeable future starting in July.

"All the Football Championship Subdivision (FCS) conferences have cancelled their football seasons for the fall," said head football coach Mark Nofri. "I couldn't see only the NEC playing when other major conferences like the Ivy League, Patriot League and CAA had all cancelled."

Sophomore soccer player Anna Ludkiewicz expected fall sports to be postponed.

"I agree with the decision. I think our school is struggling enough with COVID-19, and to add out-of-state travel would probably have sent us home by now," said Ludkiewicz.

Students returned to campus starting at the end of August. Since then, they have started the process of conditioning and playing in order to get back into shape and up to the level of competition that is expected of Division I athletes.

"My team has been lifting and conditioning five days a week, along with three days of one-hour skill work on the field," said Nofri. "It is not ideal, and I know the players really want to get back to practicing football and preparing for when we do play again."

Athletes at Sacred Heart have been training in pods, small groups of players that are consistent week to week. The idea behind the pods is to limit a potential spread of the virus to the entire team. However, there are both advantages and disadvantages to being in pods.

"By only being allowed to be in boats with our pods, it has been very difficult to actually have competitive lineups and find a fast boat," said freshman rower Emma Scheibl.

Sacred Heart Athletics is hoping to move their varsity sports into phase three of practice by next week, which will allow for contact at practices, something that is essential for most fall sports.

"Due to the safety parameters set by the school, we have not been able to play contact in practice," said Ludkiewicz. "As a soccer team, that really limits what we can do."

Phase three will especially assist soccer players because they can now incorporate drills

into practice like defending and scrimmaging.

According to the NEC website, the conference is planning to host a spring season for the fall sports given that the conditions and status of the virus are acceptable.

No reevaluation date has been set by the NEC Council of Presidents as of right now. However, they plan to work with campus leaders to examine future competitive options that support the well-being of student-athletes, staff and campus communities.

After all of the emotions that came with losing this fall season, athletes and coaches alike have reacted positively to this news.

"I believe everyone wants the same thing, but only if it is safe and realistic to make sure all the student-athletes are healthy," said Nofri.



SACRED HEART UNIVERSITY ATHLETICS

THE NORTHEAST CONFERENCE (NEC) REAFFIRMS THEIR DECISION TO POSTPONE FALL SPORTS UNTIL FURTHER NOTICE DUE TO CONCERNS OF COVID-19.

## Hoehn and Spellman Ink Professional Contracts

BY PATRICK BILLINGS  
Staff Writer

According to the NCAA website, there is a 21% chance that a Division I men's basketball player will play at the professional level after college. Sacred Heart University alumni Sean Hoehn and Jare'l Spellman are a part of that 21%.

Hoehn and Spellman signed professional contracts for the upcoming basketball season. Hoehn will be playing for KB Bashkimi located in Prizren, Kosovo, while Spellman will play with Team Fog Naestved located in Denmark.

"It is always very gratifying to see any of your players achieve their goals and dreams. It is especially satisfying when it is two people that you respect and admire so much because they always did things the right way," said Anthony Latina, men's head basketball coach.

For Spellman, who has been in Denmark for a few weeks now, the atmosphere is drastically different amid the COVID-19 pandemic.

"It is totally different especially in the times that we are in now. People are back to regular times before the pandemic unlike back at home," said Spellman.

Hoehn, who graduated in 2019, had to wait for a contract to come through. The process of receiving a contract is not easy.

"I signed with an agent who found me a team who was interested," said Hoehn. "I was out golfing with my dad and brother when I got the news. My dad actually hit a hole-in-one that day and a couple holes after I got the call. It was a very exciting day."

Former teammate Aaron Clarke, who played with both Spellman and Hoehn, noted that Hoehn is an extremely hardworking, skilled player and a great leader, making him a perfect teammate for the next level.

"He will lead by example and with his voice. He can shoot the ball with the best of them," said Clarke.

According to Sacred Heart Athletics, Hoehn ranks 23rd all-time in program history with a total of 1,366 points. He also had a total of 185 three pointers, placing him fifth in the program's Division I history.

Spellman will bring a defensive mindset to Team Fog. Spellman was the program's block leader, totaling at 183, 96 of which were this past season, also a program record. Spellman was also named the 2019-2020 NEC Defensive Player of the Year, an honor given for the first time in program history.

"Team Fog is getting one of the best shot blockers in the country whose game has gotten better and better with each year that passes," said Clarke. "He has a high motive and works hard and is a great teammate and leader."

Spellman believes that what he experienced at Sacred Heart has prepared him for the professional level.

"The strength and conditioning coaches did a great job making sure we were in good shape," Spellman said. "When I went to practice, I was one of the most physically conditioned guys out there."

Senior Zach Radz, who also played with Spellman and Hoehn, explained that they were

a pleasure to play with. Not only were they very talented players, but they consistently displayed positivity.

"They both made the game easier for not just myself, but our whole team," said Radz.

"It was a pleasure and a privilege to be able to coach both Sean and Jarel," said Latina. "Both were everything you could want in a student athlete. Their character and integrity are at the highest level. They represented our program and our university in a first-class manner. I was very fortunate to have the opportunity to coach these two individuals."



SACRED HEART UNIVERSITY ATHLETICS

FORMER SACRED HEART UNIVERSITY MEN'S BASKETBALL PLAYERS, SEAN HOEHN AND JARE'L SPELLMAN, ARE SIGNED TO PLAY BASKETBALL ABROAD.

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## A Different Kind of 2020 Presidential Article

**JACKIE O'ROURKE**  
A&E EDITOR

“Vote Wackie Jackie 2020” has become an inside joke between my housemates and I due to my new position as president of Sacred Heart’s chapter of Her Campus.

If you had told the timid freshman in the back of one of the Her Campus meetings in Fall 2017 that she would eventually become the president of the club, she would have laughed in your face. I only decided to go because an upperclassman I knew from home was on the executive board, and I knew how much she enjoyed it. However, that timid freshman would eventually realize that this club would give her so much more than something to do every other week for an hour.

For those who don’t know, Her Campus is a national site of articles for college women written by fellow college women. “Her Campus is the #1 media site for college women, written entirely by the world’s top college journalists,” said the About page on their website. Her Campus has chapters at schools all across the country, including Sacred Heart University.

I am so thankful to Sacred Heart’s chapter of Her Campus and all that it has given me. First, I met one of my best friends at college through Her Campus: Devin Gavigan. During the Fall 2017 semester, Devin was just a fellow shy freshman sitting in the back during the meetings. We bonded over that, and in the Spring 2018 semester, we would meet for 63’s or Linda’s before the meetings. Fast forward to our senior year: we are living together for the second year in a row and have had countless memories and laughs. Also, we are the current president and senior editor for Her Campus Sacred Heart.

Another thing I am grateful to Her Campus for is my career path. When I first came to Sacred Heart, I had no idea what I wanted to major in or do with my life. I knew I was somewhat interested in Communications and Media Arts, but did not know what area or degree.

Once I joined Her Campus, I realized how much I loved to write. Then, during the fall semester of my sophomore year, I took CM 211: News Writing and Reporting with Professor Kabak and started writing for The Spectrum. These two things helped me realize that I not only enjoyed writing, but was good at it and could turn my passion into a career.

So, before my junior year, I declared my major as Media Arts with a concentration in Journalism. Now, during my senior year,

I am writing for Her Campus, The Spectrum and Mud Magazine simultaneously, and I could not be happier.

When people ask me what Her Campus is, I always respond, “It’s a club of women supporting women expressing themselves.” It is a safe place that welcomes any and all Sacred Heart women. It is a creative outlet and a break from school work for anyone of any major. Writing articles and attending Her Campus meetings have always been a highlight of my week and a stress reliever throughout my college experience.

Her Campus is the only organization I have been part of for all four years of college. It has definitely shaped me into the woman I am today. That being said, during my junior year, I decided not only to apply for an executive board position, but the role of the president. Needless to say, things worked out.

It is definitely a lot of work to be the president of a club. This role has a lot of added responsibilities and tasks on top of being a full-time student. However, for Her Campus, it is so worth it.

First, I follow the footsteps of three amazing pioneers: Laura Lambert ‘18, Nina Lauria ‘20, and Carolyn Libosa ‘20. I look up to them so much and hope I am doing their work justice.

Second, I have an incredible e-board behind me: Devin Gavigan, Jennifer deBeus, Kaitlin Katzenback, Kathryn Andes, Madison Miller, Elizabeth Coyne, Allison Peto, Anna Bernasconi and Mackenzie Rizzo. Also, all the general members of our club are great too! Every woman involved makes it easy and reminds me how supportive the club is in addition to being a creative outlet.

Third, I love what I am doing. All those added responsibilities and tasks are worth it because this club has given me more than I could have ever imagined.

To any freshmen reading this, this could be you. You are probably sick of hearing everyone say “get involved on campus,” but it is so true. CCO has many different clubs and there is something for everyone. If you are a timid freshman like I was, find one that interests you and join. You may meet one of your best friends or find a passion you never knew you had. Who knows, you could even be the president in the future.

## A Change of Plans

**MARIA CIPRIANO**  
ASSISTANT SPORTS EDITOR

After graduating high school, most students know where they want to spend the next four years of their lives. For me, that wasn’t the case.

During the fall of my last year in high school, I wasn’t sure where I wanted to go for college, but I had an idea of what I wanted to do for a career. My mom, who is the person I look up to, told me about Adelphi University in Garden City, N.Y. In the spring, I attended the accepted students day and decided to spend my next four years there. Or so I thought.

During the summer, I attended a camp that the lacrosse team held to see if I was good enough to walk onto the Division II team. I was not. This made me lose confidence in myself because I thought I was a good athlete and tried to prove myself to the coaches in hopes of joining their team. This was the first red flag that I should’ve noticed, but I didn’t.

The fall of 2018 came, and I packed up my things to start the next four years of my life. I was terrified but also happy to start a new journey. My roommate at the time was from Italy and is a member of the women’s soccer team at Adelphi.

The semester started and I had a hard time making more friends than the ones I had already made from orientation that took place in August. This was the second red flag.

I continued the semester slowly making new friends, but I also went home almost every weekend because there was nothing to do on campus. This was the third red flag.

I jokingly told my friends at the time that I thought about transferring and they didn’t really say anything. I then talked

to my parents about the possibility of me transferring and they immediately supported my idea because they knew that I did not like it at Adelphi.

Before I knew it, it was already Thanksgiving break and I decided to look at just one school. That school was Sacred Heart University.

Being only 45 minutes away from my house, I made the decision to finish the semester at Adelphi and then continue my college career here at SHU. It was the best decision I’ve ever made.

I cultivated my passion for playing lacrosse by joining the club lacrosse team and was given the nickname “Jerry” my freshman year. My dad attended my first game and he always calls me that because of an Instagram account called “Jerry of the day”. This account posts people that fail at sports like skiing, snowboarding, wakeboarding, etc.

Club lacrosse has brought nothing but joy to my life, and I am sad that our season was cut last year due to the pandemic. I was able to relate to other athletes because I was in the same position as them. Not only was I able to continue playing the sport I loved at SHU, but I was also able to find a group of people that I could not only call my friends, but also family.

If I could go back in time and do this whole process over again, I would. This sounds crazy, I know, but I truly believe that I found myself here at this school, and I would have had a different outcome if I stayed at Adelphi.