

TOP 5 GAMES OF THE WEEK (11/1 - 11/7)

- 11/6 - WOMEN'S VOLLEYBALL** CRUISES PAST FAIRLEIGH DICKINSON IN FOUR SETS AFTER LOSING JUST THE FIRST SET. THE PIONEERS ARE NOW 5-1 AGAINST NEC COMPETITION IN THEIR LAST 6 MATCHUPS AGAINST THE CONFERENCE. BOTH SENIOR SARAH CISZEK AND JUNIOR JASMINE ROGERS PICKED UP DOUBLE-DOUBLES IN THE MATCH.
- 11/6 - A MIRACLE ON ICE FOR MEN'S ICE HOCKEY** AS JUNIOR KEVIN LOMBARDI PUT THE GAME WINNING GOAL BETWEEN THE PIPES IN THE OVERTIME SHOOTOUT AGAINST MERCYHURST UNIVERSITY IN ERIE, P.A.
- 11/6 - WOMEN'S ICE HOCKEY** DOMINATES ST. ANSELM 3-0 WITH GOALS FROM RACHEL DELONG, KENNEDY SPIERING AND ANNA KLEIN.
- 11/7 - DIVISION I FOOTBALL** TAKES DOWN ST. FRANCIS 14-13 AS THEY STAY ALIVE IN THE NEC PLAYOFF RACE. SENIOR RUNNING BACK JULIUS CHESTNUT MAKES RETURN WITH 86 RUSHING YARDS OFF 20 CARRIES.
- 11/7 - MEN'S WRESTLING** WINS SEASON OPENER IN WASHINGTON, D.C. AGAINST AMERICAN 17-16. NCAA QUALIFIER NICK PALUMBO WON THE 157-POUND MATCH BY MAJOR DECISIONS 10-2.

New Provost at SHU

BY SOPHIE CAMIZZI  
News Editor

On Oct. 28, Sacred Heart University announced Dr. Robin Cautin, previous dean of the College of Arts & Sciences, as the newest provost after a nationwide search.

“The search committee came up with a short list, I asked for a ranking from the faculty, and right out of the box, 76% voted her number one,” said Dr. Petillo, president of Sacred Heart. “She’s very progressive, very much engaged, got a lot of energy, and entrepreneurial, which is something I want in a person as we continue to grow.”

While Cautin was dean of the College of Arts & Sciences, she helped establish a multitude of programs in both the undergraduate and graduate programs.

According to the Sacred Heart website, this included social work, public administration, psychology, communication & public relations, journalism & media production, neuroscience, biology, and more.

“I see Sacred Heart continuing to grow in prominence, locally, and nationally,” said Cautin. “Some of our immediate priorities pertain to managing the University’s continual growth, but our response reflects our institution’s vitality and success.”

“One of our biggest challenges is the landscape of higher education is growing increasingly competitive, but I believe we are well equipped to remain competitive despite the changing environment.”

Not only was she able to gain herself a high position by her own ability, but Cautin is also representative of female leadership at Sacred Heart.

“I think that it’s an amazing thing that a woman got chosen and I feel represented,” said senior Gabriela Dos Santos, Student Government president.

“We weren’t looking for a woman to fill this position and it happened to be that she was the best candidate to fill this position, which makes it even better. It sends the message ‘Keep working hard and doing your best and be passionate about what you do and eventually everything will pay off.’”

Although Cautin was able to gain such a great role as provost of the university, some students are still not completely aware of what a provost is.

According to the Sacred Heart website, “After the president, the provost is the senior member of the University’s executive leadership team and serves as strategist, advocate, manager and spokesperson for academics.”

Some students feel that the university should take steps to educate their students more about the administration of the school.

“I think it’s very important that students know what a provost is,” said Dos Santos. “The provost is what’s going to spearhead the university and organize how we’re going to move as a group. It’s kind of like politics, but in our own Sacred Heart world.”

“It should be an effort going both ways though, so if the university is just throwing stuff at you, you might not take that, but if the university

is not giving out information, then it’s not going to work either. Maybe we could do a quick Q & A in the forum and get to know the provost and what they do.”

With the new provost bringing changes to the school, some students would like to see more diversity and representation at the university.

“As a person of color, I would love to see some more minority representation on-campus,” said junior Trent Miller. “I am unaware of how many school leadership positions are held by students who are BIPOC, but it would be comforting to me that someone with shared experiences has a leadership role at Sacred Heart.”

While some agree that Cautin will do well as the new provost of the university, many are excited to see what changes arise from her new position.

“I think she’s going to do very well, I think she may ruffle a few feathers, which is fine, but I think it’s all going to be driven by the need to move the goalposts down and what not,” said Petillo.

“10 years ago, we used to be a safety school where kids would go when they couldn’t go anywhere else, but that’s not the case anymore. We’re first choice now and if that’s the case, she needs to be effective and to be able to strengthen that.”



Sacred Heart University  
Sacred Heart University Provost Dr. Robin Cautin Speaking at SHU Event

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CONTACT PROF. JOANNE KABAK FOR FURTHER INQUIRY:  
KABAKJ@SACREDHEART.EDU

## UPCOMING GAMES



PIONEERS

Week of November 7

Women's Volleyball-Wed. Nov. 10 @7pm-@Hartford	Women's Volleyball-Fri. Nov. 12 @7pm-William H. Pitt Center
Men's Volleyball-Thurs. Nov. 11 @6:30pm-@Providence College	Equestrian-Sat. Nov. 13 All Day- @Sweet Briar College
Women's and Men's Ice XC-Fri. Nov. 12 @12pm-@Franklin Park, Mass.	Men's Wrestling-Sat. Nov. 13- @Penn State University
Football-Sat. Nov. 13 @12pm- Campus Field	Women's Volleyball-Sat. Nov. 13 @6pm-William H. Pitt Center

Men's Ice Hockey-Sat. Nov. 13  
@7pm-@Yale University



# News

## Republicans Take Over Blue States

BY COLLEEN SHAFFER AND SOPHIE CAMIZZI  
*Assistant News Editor / News Editor*

On Nov. 2, local and gubernatorial elections took place across the US. However, the races in Va. and N.J. were the especially notable due to Republican victories in left-leaning states.

“I think I was both surprised and not because the current Democratic president we have is not hugely liked, even more so in blue states that Republicans won,” said junior Juliette Ochoa. “A lot of these voters wanted something different and new, which clearly, wasn’t a Democrat.”

According to the Associated Press, “Glenn Youngkin became the first Republican to win statewide office in a dozen years in Va., tapping into culture war fights over schools and race to unite former President Donald Trump’s most fervent supporters with enough suburban voters to notch a victory.”

Meanwhile, Gov. Phil Murphy, R-N.J., narrowly beat his opponent, Jack Ciattarelli, D-N.J., securing a second notable win for Republicans in the gubernatorial elections.

“Democrats are probably quite worried by what they saw on Tuesday,” said Dr. Gary L. Rose, professor and chair in the department of government.

Across the country, cities were also hosting mayoral elections with some other feats such as the first female and Asian American mayor in Boston.

According to the Associated Press, “Democratic former police captain Eric Adams won in New York, and Boston voters elected City Councilor Michelle Wu as its first female and Asian American mayor. Cincinnati is getting its first Asian American mayor, Aftab Pureval.”

Connecticut was able to remain blue. However, Republicans still did very well in town councils and were able to flip many seats despite this information.

“The reality is Bridgeport is a democratic stronghold and will continue to be so the city will probably continue to pursue progressive policies for their constituents,” said senior Ryan Silverstein, President of the College

Republicans.

While local elections may seem less important than larger presidential elections, those same issues as seen in larger elections, such as voter fraud, have been called into question.

According to the Associated Press reported “In N.J., social media users began incorrectly claiming that real-time election results from news organizations showed proof of election fraud in the state’s most populous county.”

“100% of precincts reporting does not mean 100% of all ballots have been counted.

Mail ballots are not simply included with the results from individual precincts but are instead tabulated by the country and added to the results separately.”

For some, the interplay between local and national elections will allow these issues to continue to reshape and restructure future elections.

“Some of the issues, for a local race, also had broader national implications, like climate change for town council races. There is clear evidence that national issues are structuring state-wide races, and I am inclined to say yes, I am starting to see excitement,” said Rose.

While some found it too early to be called because of

these claims, the Associated Press declared Gov. Murphy had won re-election Nov. 3 when a batch of votes came in to solidify Murphy’s narrow win.

However, some students do not think that it is completely over for the Democratic Party either.

“Personally, I don’t think that this isn’t complete defeat for the Democrats,” said Ochoa. “They can make a comeback if they work towards some middle ground which is clearly what these voters want and to an extent need.”



AP News  
Sheila McDonough (left) and Kathleen Reid (right) Assisting with Voting Operations in Portland, Maine.

## Closing the Chapter on Facebook

BY STONE COFINI AND SOPHIE CAMIZZI  
*Staff Writer / News Editor*

Did you know that Facebook changed their company name to Meta?

“I believe Facebook decided to change its name primarily because of the furor triggered by the Facebook Papers as unfair,” said senior Jessica Pedone, PR & Advertising student.

“I think their new meta vision is another reason why they would change their name. Still, their vision is a PR move to show they are rebranding, having a different mission and vision for the company to get away from the negative publicity and crisis they have been under.”

On Oct. 28, Facebook announced that the company would be changing their name to Meta despite some recent controversies including the Facebook whistleblower Frances Haugen, who released many of their internal documents to the public.

According to the Associated Press, “CEO Mark Zuckerberg has largely dismissed the furor triggered by the Facebook Papers as unfair. Although the trove of leaked documents has plunged the company into the biggest crisis since it was founded in Zuckerberg’s Harvard dorm room 17 years ago.”

While Facebook is not the first company to change their look, the company’s response to rebrand after a controversy follows a similar pattern to some others.

According to the Associated Press, in 2018, “Weight Watchers switched to its initials (WW) in an effort to get away from the idea that it is a diet company, as people increasingly became aware dieting isn’t healthy and that weight isn’t necessarily tied to overall wellness.”

Facebook’s new company name Meta is derived from the term “metaverse.”

According to the Associated Press, “Zuckerberg has described the metaverse as a ‘virtual environment’ that you can go inside of – instead of just looking at on a screen. Essentially, it’s a world of endless, interconnected virtual communities where people can meet, work and play, using virtual reality headsets, augmented reality glasses, smartphone apps, or other devices.”

The other companies under Facebook, such as Instagram and WhatsApp, will remain the same, but the Oculus, a virtual reality headset, will soon be known as Meta Quest.

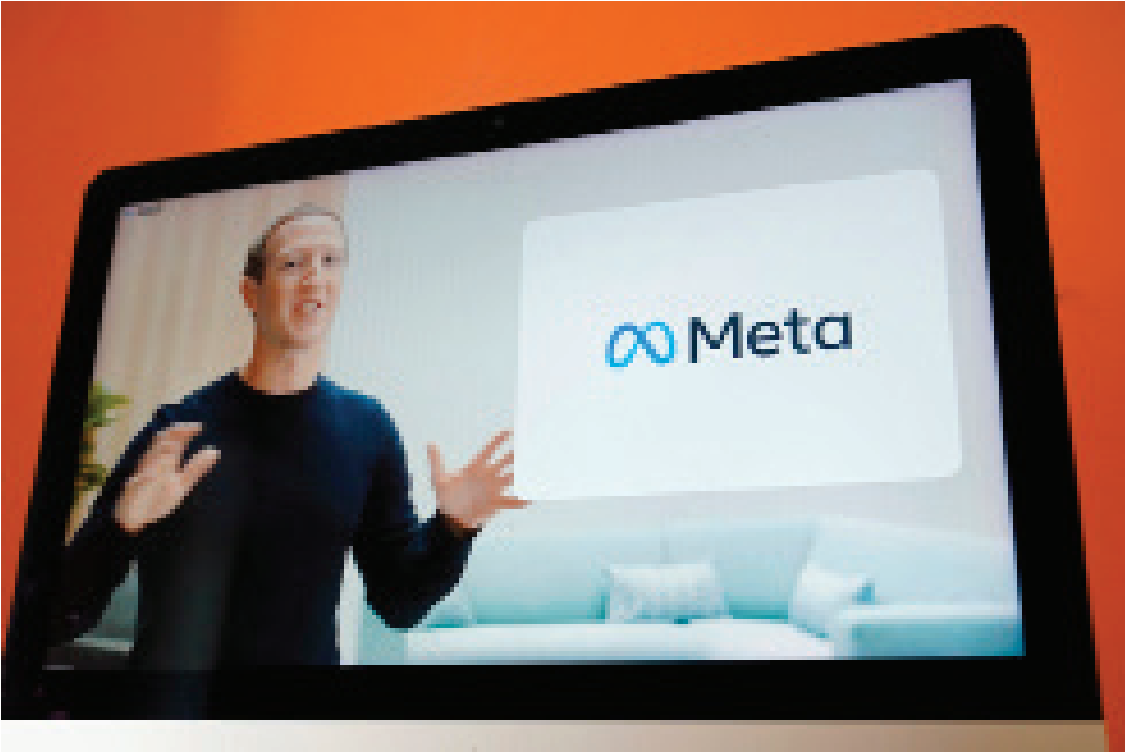
“The Oculus Quest is a game-changer,” said senior Mikey Mafia. “I got it for Christmas last year, and my housemates and I play it all the time. If you have never tried VR before, you will be blown away.

The level of immersion does not compare to playing any game on console or PC.”

According to an interview with Zuckerberg in The Verge, “We’re working on making it so you can log in to Quest with an account other than your personal Facebook account.”

However, despite all of the name changes within Facebook, some students believe that the company is trying to distract from all of their recent controversies.

“The name doesn’t bother me,” said sophomore Julia Palermo. “What bothers me is that the company is trying to change the headlines instead of just addressing the problem in the first place. I feel they are trying to cover the issue instead of dealing with it.”



Mark Zuckerberg Pictured With The New Meta Logo



# Perspectives

## Fairfield Restaurant Week

BY ANTHONY GENTILE  
Staff Writer



Experience Fairfield CT  
An advertisement posted online to promote the Fairfield Restaurant Week

“Fairfield’s Restaurant Week is a great opportunity to get out and have a girls’ night out with my friends while supporting the local restaurants in my area, especially considering the impact of the pandemic,” said junior Autumn Garofola.

Some students were left in the dark about Fairfield Restaurant Week, along with the discount and specials that were being offered.

“I was not aware of what Fairfield Restaurant Week was, so I wished the school sent an email blast or planned a shuttle trip to give Sacred Heart students the opportunity to go downtown and dine locally,” said senior Dreya Weaver.

Fairfield’s Restaurant Week is used to celebrate the wide variety of restaurants while giving the public an opportunity to visit their favorite eateries or try new ones, with some offering discounts and specials. This year’s annual restaurant week was held from Oct. 25 to Nov. 7 with over two dozen restaurants participating.

Some students decided to treat themselves with lunch and dinner specials being offered all last week.

“The deals definitely have made me consider taking the time to eat out and treat myself more. I often go to Colony Grill, so I plan on taking advantage of their \$30 dinner special,” said junior Isabella Fazio.

Colony Grill seems to be a popular place for those Sacred Heart students who prefer to dine off-campus.

“My absolute favorite pizza has to be Colony Grill’s salad pizza; I love their thin crust, and the dressing they use is to die for,” said senior Hailey King. “I love both salad and pizza; it is a healthier and unique alternative to any other kind of pizza I’ve had.”

Some students enjoyed the group specials offered at some restaurants since they were able to enjoy the deals with their friends.

“My friends and I enjoyed the specials at our favorite spot Flipside Burgers, like the small plate appetizer special and the pick two specialty burgers for \$35,” said sophomore Jessica Zarrilli.

Other students have stepped out of their comfort zone and tried new restaurants.

“Restaurant Week is always a great excuse to try out new restaurants that I’ve always wanted to try but never got the chance to,” said Garofola. “I tried Little Pub and I highly recommend getting either the taco salad, French onion soup, or buffalo mac and cheese, which is one of my favorite comfort foods and is just spicy enough to handle.”

Some students hoped the week could help lessen the pandemic’s effects on the eateries.

“Supporting local businesses is important to me because they usually do not make nearly as much money as corporations,” said senior Christian Haase. “I think it’s unfortunate that the non-local businesses are more widely known and are more likely to be the first choice when it comes to eating out, especially when the local businesses struggle the most and currently need the support more than ever.”

## Sophomores Finding Housing Off-Campus

BY RACHEL DEGENNARO  
Staff Writer

Sophomore Breana Gionta has just begun the process of looking for an off-campus house with her roommates for their upcoming junior year and has faced the struggles with finding the perfect accommodation.

“I have been searching for a house off campus with my friends and we have not found one yet. We are struggling to find a house that’s close to campus and dealing with how many people we want to live with,” said Gionta.

Most students at Sacred Heart experience both living on campus in their first couple of years at school and living off campus as upperclassmen. Additionally, with living off campus comes the responsibility of rent, with the average price being between \$700 to \$800 per student. Security also differs between these two environments with students living in Bridgeport, which can be a common fear among students and parents.

According to Sacred Heart University’s website, students are also provided with a platform to find off-campus housing: “Sacred Heart University works with a private company, Jump Off Campus, to provide a central place for students to find off-campus housing.”

“Using Jump Off Campus is very easy to use and has been a great resource. My roommates and I are able to filter houses based on some of our preferences which makes finding a house so much better for us all,” said sophomore Grace Langdon.

Jump Off Campus is a nationwide resource.

“We connect with local landlords and realtors to bring your students selection and security. Landlords agree to comply with local, state, and federal laws, and all realtors are personally interviewed before they can advertise to your students,” said Jump Off Campus according to their website.

Some students are worried about the time they have left to find the right houses for them before other students.

“My roommates and I started to become a little anxious when we heard how early people were starting to look for houses, so we immediately started searching,” said sophomore Sierra Gavigan.

Many students said that convenience and distance are most important when finding an off-campus house for their junior and senior years.

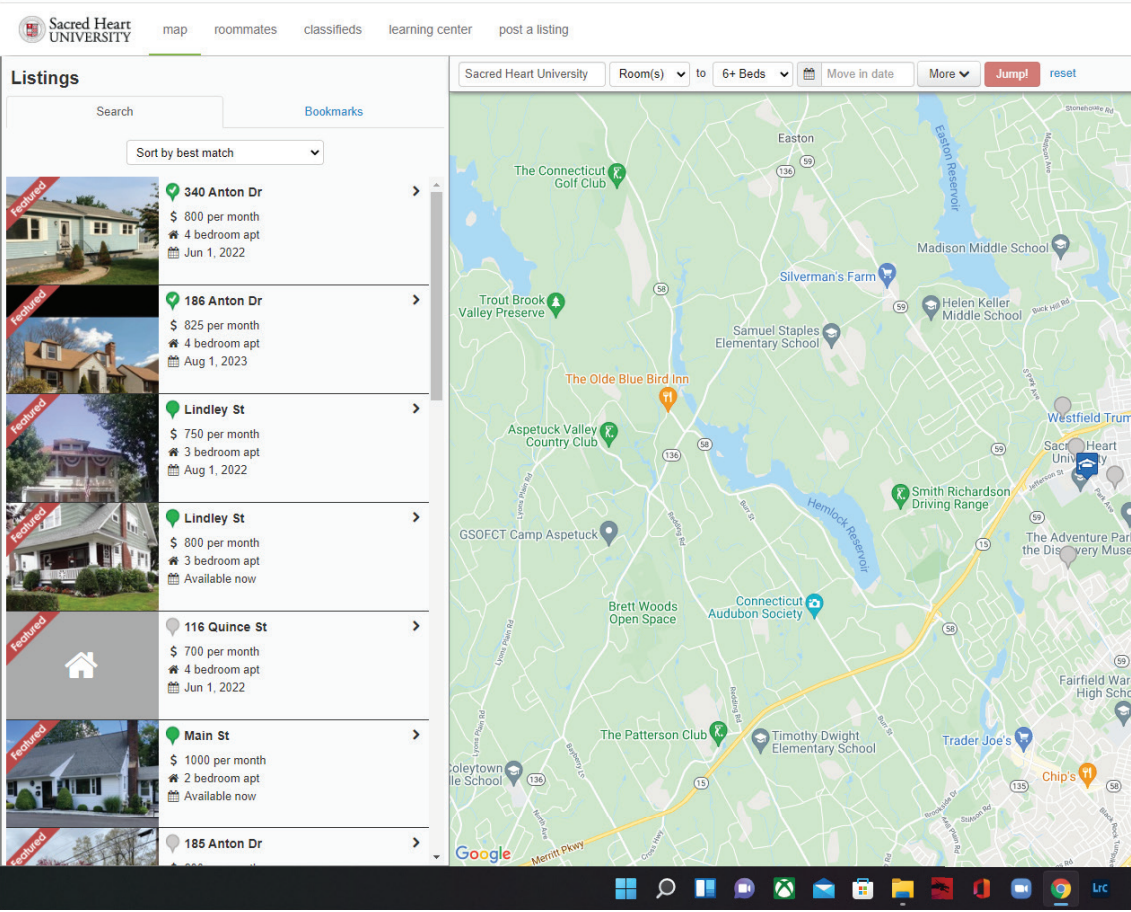
“My roommates and I are hoping to find a house close to campus, preferably no more than 10 minutes away from main campus. We all agreed that we enjoyed life on campus so much that we wanted to be as close as possible to the Bobby Valentine gym, the chapel, and our favorite dining halls,” said sophomore Alexia Amato.

Although living off campus can be exciting for students, others had some worries.

“I have always looked forward to life off campus and living with my best friends, but the process that comes with finding a house is actually very stressful and a big decision,” said sophomore Ava Zecchino.

Others look forward to having their own space off campus, as the experience on campus and off campus differs greatly.

“I agree that the process of finding an off-campus house is stressful, but I am so excited



JumpOffCampus website

JUMPOFF CAMPUS

for this next year. I think me and my roommates will be happy when we find a house that we all like and can make our own,” said Gionta.

Many students have gotten ahead and already found their off-campus houses to live in, as students typically start to look for housing in late September.

“I’m so excited that me and my roommates finally found a house that we love. It’s the perfect distance away from main campus, and we all have our own space to study. It was definitely hard to find a place that everyone liked, but I’m so happy that we did,” said sophomore Shannon Muino.



# Features

## SHU’s Elves Holiday Toy Drive

BY **EVAN CORMIER**  
*Staff Writer*

Are you looking for an opportunity to make a difference in your community and help make Christmas special for those less fortunate than most? Look no further than Sacred Heart University’s 3rd Annual Holiday Toy Drive.

The toy drive began Sunday, Oct. 24 and will continue until Dec. 6. All donations will benefit Sacred Heart’s “Adopt-a-Family” drive as well as other children in need all over the greater Bridgeport area.

The toy drive is a collaboration between the university’s Office of Volunteer Programs and Service Learning and CM356-B Advertising and Public Relations Campaigns, a course offered at Sacred Heart.

Prof. Jane Paley, who instructs the CM356 class responsible for the execution of this drive, says the “Elves” are responsible for writing and designing press materials, organizing the special events seen around campus leading up to the holidays, and producing daily postings on social media.

According to a 2019 census, 21.8% of people who live in Bridgeport are living in poverty. Additionally, one in every three Bridgeport children lives in poverty. Taking some weight off these struggling families’ shoulders is something Paley is passionate about.

“I’m a believer in small acts of loving kindness,” said Paley. “During the holiday season, the shame of poverty is thrown into relief. Parents want to indulge their children but cannot afford to.”

Indulging local children aligns with the goals of the community service groups across campus.

“We have had an incredible outpouring of support from groups across campus,” said Annie Wendel, Director of Office of Volunteer Programs and Service Learning, who has been a part of all three holiday toy drives on campus. “Which is a testament to the mission of the university as students, faculty and staff to support our larger community.”

Last year, the Sacred Heart community raised over \$10,000 for Bridgeport families in need during the holiday season. Wendel says the goal this year is the same, to continue to provide Christmas gifts for 50 families in the Bridgeport community.

The Elves are looking to collect new, unwrapped, unused toys for kids of all ages. Gifts of all kinds are encouraged, but electronics cannot be accepted. In addition to toys, the Elves are accepting gift cards and cash donations.

The collection boxes are located at various locations on campus, including the Chapel, inside of Martire, the Edgerton Theater, and outside Seton and Merton Hall during designated table times.

Many students have made it a Christmas tradition to participate in the toy drive.

“We get excited for this drive every year,” said graduate student Ed Cuddahy. “A bunch of us leave straight from practice and meet up at Target. We each buy a toy or two and by the end of the year the bin at the Pitt is overflowing.”

Paley says a small act of loving kindness is all it takes for students, faculty, family and friends to make a big difference.

“Many hands make light work. We can turn your ten-dollar bill into a toy for a child in need,” said Paley.



The Advertising and Public Relations Campaign class dressed up as SHU’s Elves (top left). A flyer promoting the upcoming showing of Elf hosted by SHU’s Elves (bottom right).

## “Songs of Sanctuary: A Concert Against Bullying”

BY **ISABELLA COSTANZA**  
*Staff Writer*

Students’ powerful singing voices filled the Chapel Narthex at dusk on Wednesday, Nov. 3. The “Songs of Sanctuary: A Concert Against Bullying” was held by Sacred Heart University’s Choral Program to aim for awareness and prevention against bullying.

This concert was performed by some of Sacred Heart’s Choral Programs such as “4 Heart Harmony” and “Blended Hearts.”

A song that 4 Heart Harmony performed was “Like A River In My Soul” by Tim Osiek. Blended Hearts was able to perform their own songs as well, one of them being “True Colors” by Billy Steinberg and Tom Kelly. In addition to this, senior Olivia Cifali, senior Jaclyn Montano and senior Matthew Ferri all performed their own solos.

The purpose of this concert was not only to draw awareness to bullying, but to also help spread positivity and courage among one another in the SHU community.

“The inspiration for this concert comes from the emphasis on October’s National Bullying Prevention Month,” said senior and choir President Benjamin Bello. “The concert represents the voice that someone has and the way they use that voice can lead someone to have a more confident future or it could go the other way and turn someone down.”

The Choral Program made it their mission during this concert to make the audience feel and understand bullying more than they had ever before.

“What I hope the audience gained out of this concert is a change in their perspective and understanding about why it is important to have a concert like the annual anti-bullying concert,” said Bello. “I also hope they gain a better understanding about what the term bullying means and how many different ways it can be used to describe something.”

Matthew Cimino, Director of Blended Hearts, had a similar vision of the purpose of the concert.

“I hope that our audience comes away feeling that the music and stories being told give them the boost of positivity we are all striving to work toward from a challenging year and a half,” said Cimino.

Some of these performances have been in the works since before Covid-19.

“In addition, I am excited to say we now have the opportunity for soloists from those choirs who worked on songs via the virtual world last year singing live due to the strict limitation of singing,” said Ciminio.

This performance, although a tradition at SHU, was held between the Choral Program’s family weekend concert and Christmas concert, leading to a hectic schedule for the performers.

“They have been preparing for this in a short amount of time, so I am thrilled that our dedicated and talented singers are stepping up to present an inspirational musical

moment,” said Ciminio.

Although the concert was put together in a short span of time, the quality of the performances weren’t rushed.

“I was very proud of the choir and how our concert turned out!” said junior Anna Morel, Vice President of choir. “This mini concert was put together in a short span of time following our family weekend concert. However, I am truly proud of the performance SHU choirs put on.”

After the performances, Reverend Sara D. Smith, Sacred Heart’s Protestant Chaplin, gave a speech on the topic of bullying.

“As always, Reverend Sara spoke so powerfully and just added a whole other level of excellence to the evening,” said Morel.

Sacred Heart’s Choral Program’s next performance is “A Christmas Choral Extravaganza: An Irish Christmas Celebration,” on Dec. 4 at 7:30 p.m. in the Edgerton Center.



The Sacred Heart University community gathered to enjoy the Choral Program’s performance



# Spotlight



## Mental Health in Sports

BY ROBERT FINIZIO  
Co-sports Editor

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In many regards, sports can be looked at as a physical battle between two sides where there can only be one winner. However, the battles that can be very much overlooked in sports are the battles that many athletes have with mental health. According to Athletes for Hope, more than 35% of elite athletes suffer from some kind of mental health issue, and of that group, only about 10% reach out for help.

Club Football Head Coach Greg Jones does not overlook this issue. As a former athlete who dealt with mental health issues and battled suicidal thoughts, Jones has the ability not only to be a coach, but also a helping hand to those who have been down the same road.

“I am able to be in a position where I get to help kids that might be going through something similar,” said Jones. “Hopefully they are able to relate to my story a little bit.”

Jones battled with mental health issues throughout high school and college and attempted to take his own life because of these thoughts. Through the grace of his support system and the sport of football, Jones persevered through these obstacles, which led him on the road to coaching and, more recently, to teaching First-Year Experience (FYE) at Sacred Heart University.

One way that Jones has been able to address these issues is by making himself a resource to his team and his FYE students, as he emphasizes the idea that many kids just need someone who will listen to what is going on in their lives and get the opportunity to talk about what mental battle they are fighting that day.

“Sometimes that’s all anybody needs,” said Jones. “Just a guy who wants to listen, a coach that wants to listen.”

With over 1,200 followers on Twitter, Jones has been able to relay and reiterate awareness for these issues on his timeline. On Nov. 4, he posted to Twitter about men’s health month, which is observed in the month of November.

“This is important,” said Jones via Twitter. “I’ve been going through it hard recently but have started to talk about it more openly. It’s okay to not be okay.”

Although in some cases mental health issues result from interior thoughts, there are also exterior forces that can contribute to these problems. One such force is bullying, which was prevalent in Audrey Niblo’s life before she entered college. Her experiences being bullied led her to be an advocate against bullying before she passed away nearly

four years ago.

With high intensity sports such as football and basketball, it can be hard to draw the line between what is motivational coaching and sportsmanship and what is borderline harassment and bullying. For Jones, an important factor in coaching is not only teaching his athletes how to succeed on the field, but also how to be respectful and kind.

“It’s about being able to push them on the field, helping them off the field and getting rid of that bullying mentality,” said Jones.

Mental health awareness has been brought to the bigger stage as well, with professional athletes such as Simone Biles, Kevin Love and Serena Williams opening up about their own struggles with mental illness and creating a platform for other athletes as well.

“It’s so important that these athletes are able to talk about what’s going on in their heads,” said Jones. “It is very important for young students to hear.”

With the help of Sacred Heart Athletics, the Heart-to-Heart initiative was created to promote suicide prevention and mental health awareness within the athletic community. This is just one of the many resources on campus that can be utilized by those in need.

“If you’re going through it, just ask,” said Jones. “There are people here who want to help, and I am one of them.”

There are many other opportunities to find support and help or to offer support of your own. One such opportunity is the annual “Songs of Sanctuary: A Concert Against Bullying,” the latest of which took place on Wednesday, Nov. 3. For more information on the concert, please check out Features!

Here are some resources at SHU who are here to help!

Heart-to-Heart: @SHUHeartToHeart on Twitter

Greg Jones: @CoachJonesySHU on Twitter

Jenny Fischer: @jennylynnfisch on Twitter

Visit the Counseling Center: Wellness Center, 4980 Park Ave, Fairfield, CT

Talk with a s.w.e.e.t. Peer Educator

If you would like to join a club sport, head to [sacredheartclubsports.com](https://sacredheartclubsports.com) to become a part of the community!

## Spring 2022 Registration: How Did it Go?

BY CAYDEN BRODNAX  
Staff Writer

The end of the 2021 fall semester at Sacred Heart University brings new tasks to the table for the student body on campus. As the semester comes to a close, students must plan their class schedules for the next semester before registration.

Overall, most students agree that registration can be a busy and stressful time trying to figure out the best way to secure desired classes for the next semester. As some students receive their ideal schedule, others must figure out alternatives.

“I’m a stressed person, so I get a little nervous when it comes time to actually register for my classes,” said sophomore Mae Morelli.

For students registering for the first time, the nerves were intensified.

“This is really my first time ever doing something like this. At first, I was chill about it, but when the time came to make my schedule, I kept worrying about if I was going to get all the classes I signed up for,” said freshman Hunter Sancetta.

Many agree with Sancetta, even if they are experienced with registration. On the other hand, there are students who have no worries at all about the process.

“I’m pretty calm,” said sophomore Gabi Dossantos.

Students utilize a program called Student Planning and Advising (SPA). On the Sacred Heart registration webpage, it is described as “a secure site with access for current students and faculty. Through SPA, students can plan their courses for multiple semesters. Students can request advisor approval for current registration periods. Students can search for open classes, and register online.”

For many, the SPA website is seen as a reliever of stress due to the accessibility of it.

“It is much easier to operate than the previous service SHU had, which I believe was WebAdvisor. I’d say you’d still need your Advisor to explain how it correlates alongside your major check sheet, but tracking your progress is much easier,” said senior Grace Crowley.

Others agree that the process of finding classes is individualized, but the SPA system presents information in a way that is simple for users.

“Once you figure out what classes you need to take, SPA makes the selection process that much easier,” said sophomore Brandon Sweeney.

Although stress is a clear component of class selection and registration, there are instances where registration appears to be not as stressful for students who are in priority groups. Priority groups consist of honors students and athletes, who are able to register before the rest of their class.

“Because I play lacrosse, I receive priority in registration for next semester and that just makes it so much more convenient for me in getting the classes that I desire,” said Sweeney.

Similar to Sweeney, other athletes find that registration

is less stressful as they are able to register early.

“As a student in the college of Health Professions, being able to register early opposed to my peers made it much easier to plan my courses around my games and practices,” said sophomore Victoria LoPinto.



Arianna Bonilla, Spectrum  
Senior Brianna Goldy registering for her last semester of classes.

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# Arts & Entertainment

## “Dune” Hits Theaters

BY QUINLAN J. SULLIVAN  
Staff Writer

The new sci-fi action adventure film titled “Dune” has recently hit theaters and been released on HBO Max. “Dune” is based on the original book of the same title written by Frank Herbert. The film’s director, Denis Villeneuve, showcases the enormous scale of the fictional universe on screen.

The story of “Dune” is a complex power struggle among great powers that rule over planets in a universe set in the year 10191. The protagonist, Paul, is the son of the Duke of House Atreides, a powerful house in the world of “Dune” challenged only by the brutal and cruel House Harkonnen.

Paul is special, not only because he is the Prince of Atreides, but he also has the gift of “The Voice,” a power to command the will of those around the user if practiced and performed correctly.

“An easy way to put it is that ‘Dune’ is a mix of ‘Star Wars’ and ‘Game of Thrones.’ The film is also an extremely accurate adaptation of a staple of the sci-fi genre,” said Alex Choti.

“Dune” features a cast of many notable names in Hollywood such as Timothee Chalamet, Oscar Isaac, Jason Momoa, Zendaya, Rebecca Ferguson and Josh Brolin.

The film has a run time of 155 minutes and is accompanied by a score performed by Hans Zimmer, who has provided the score for many other films such as “Inception,” “Dunkirk,” “Gladiator” and “Blade Runner 2049.”

Many directors, including Alejandro Dolorowski and David Lynch, have previously attempted to adapt the novel to the big screen before Villeneuve.

Fans of the book series are in great numbers, as the six-book series has cultivated a strong fan base similar to the popular “Star Wars” series since its original publication in 1965.

In an interview with Wired Magazine, son of the novel’s author Brian Herbert said, “We want to get things right. It’s a very complicated universe. So we did receive drafts of the script, and we would send comments back to Denis and his team. Then they would make various adaptations.”

According to the Guardian, “All manner of borrowings from ‘Dune’ litter the ‘Star Wars’ universe, from the Bene Gesserit-like mental powers of the Jedi to the mining and ‘moisture farming’ on Tatooine.”

Much like “Star Wars,” “Dune” is set to become a series of films that encapsulate the events of the six books in a saga. The next film, titled “Dune: Part Two,” is already in pre-production under the same director and is set to be released in 2023.

“I watched Dune recently on HBO Max with my housemates, and I had no knowledge about the books or the film beforehand. My biggest takeaway is probably the fact that I

wish I had watched it in theaters; the soundtrack as well as the visuals were spectacular and something I wish I experienced in IMAX,” said junior Eric Fuga.



IMDB

The Promotional Photo for the New Motion Picture “Dune.”

## Adele’s Comeback

BY ARIANA BONILLA  
Staff Writer



@AdeleDailyNet, Twitter

Adele Modeling Recently While Promoting Her New Song “Easy on Me”

“Adele’s new song is equally as powerful as she is. Her song is an anthem of heartbreak, yet she still keeps going amid pain. Her music does make me feel sad, but

there’s always a glimmer of hope in her lyrics,” said senior Alyssa Ammirati.

On Oct. 15, the 15-time Grammy Award winner Adele released her “comeback” single “Easy on Me,” after six years of no new music.

Adele has come out since the song’s release and said it, as well as the new album, was meant to address the “inner turmoil” coming from big life changes that she has endured, such as her recent divorce from Simon Konecki and how it affected her son.

In an interview with Vogue Magazine, Adele said, “I just felt like I wanted to explain to him, through this record, when he’s in his twenties or thirties, who I am and why I voluntarily chose to dismantle his entire life in the pursuit of my own happiness. It made him really unhappy sometimes. And that’s a real wound for me that I don’t know if I’ll ever be able to heal.”

“Easy on Me” debuted on Billboard’s Hot 100 after only five hours of sales and streaming data. According to Spotify, it earned 24 million plays within its first 24 hours of release. The single also had 3.1 million U.S. streams on top of 3.1 million in airplay audience impressions. Adele has already had 13 Hot 100 entries, which makes her new hit song no surprise.

“You can hear her pain and feel what she is going through with her marriage and her life through her new song. The song is a melancholic song that describes a personal story. It reminds me of her song ‘Someone Like You.’ It sounds the same way in the sense that you can hear the pain and can tell she’s singing from a place of experience,” said senior Xu Nguyen.

Along with her new music, Adele is getting lots of

attention regarding her public appearances. Over 12 million people have viewed “Vogue’s 73 Questions with Adele,” which can be viewed on YouTube. In this video, Adele is asked 73 rapid questions in which she discusses her life, music and more.

After photos and videos of Adele were released, many were shocked and took it upon themselves to discuss her recent weight loss.

In an interview with Vogue Magazine, Adele said she has been doing rigorous weightlifting and circuit-training sessions every day, sometimes even twice a day if her anxiety is running high. She is very active on every muscle machine and goes extra hard on the elliptical.

“Although Adele’s weight loss seems drastic, I’m sure it is something she has been working on over the years. I really hate that her weight loss is a topic of discussion because it shouldn’t be,” said senior Brianna Goldy. “It upsets me because I don’t want young girls to think that being ‘skinny’ is what gets you praised. People should be talking about her new music and her career moves, not her weight.”

Adele was also discussed on “The Tonight Show Starring Jimmy Fallon,” where he not only promoted her new song but discussed her music video in a comedic manor.

“I love Jimmy Fallon, and I am glad Adele has come back. Her music is inspiring, and her voice is simply beautiful. I love her personality and I can’t wait to hear her album and continuing listening to her music,” said Ammirati.



# Sports

## Athlete Spotlight: Malik Grant Q&A

BY MICAH BRANTLEY  
*Staff Writer*

Malik Grant is a junior at Sacred Heart University and has been the main running back for the Division I football program. Grant is a native of the Bronx, where he attended Archbishop Stepinac High School, a private high school in White Plains, N.Y. Grant is the leading rusher for all running backs in the Northeast Conference (NEC) and he is also the leading rusher in the National Collegiate Athletic Association (NCAA) for Division I Football Championship Subdivision (FCS) competition.

**1. How do you feel about the season so far?**

“I don’t feel at the start of the season we played the best football, but at this point in the season the team has definitely played better and we have a lot of good football to play.”

**2. Did you expect your role this season?**

“As big as my role is this season, I didn’t expect my role to be this big, but my job is to come in and play my role to help the team.”

**3. Do you enjoy playing at Sacred Heart?**

“I definitely love playing at Sacred Heart. The reason why is because of the support I get from my coaches and teammates.”

**4. What was your best game this season?**

“I haven’t had the best game this season in my opinion, I think I can improve on my game a lot more before I answer that question.”

**5. How do you feel about the team’s chemistry?**

“Honestly, lately the team’s chemistry has been clicking on all cylinders.”

**6. What is your work ethic like?**

“I think I have a really good work ethic. I have been through a lot, so it has taught me to never take anything for granted.”

**7. What is your end goal after college?**

“My end goal after college for me is to make it to the NFL and be a young successful man.”

**8. What is most important to you when it comes to football?**

“Playing for my family and my teammates is important to me, and seeing the crowd having excitement.”

**9. Do you enjoy playing football?**

“I do enjoy playing football, it brings excitement to me and people watching, and it develops friendships that last a lifetime.”

**10. How was your transition from high school into college?**

“It was a little rough because you had more time on your hands in college than you did

in high school. What was the good part about my transition was being in college and able to play football.”

**11. Who do you look up to that motivates you in life?**

“Honestly, Kobe Bryant. The reason why is because the way his outlook was with basketball is how I look at football. Kobe’s mindset is something I want to keep with me during my football career.”

Malik Grant and the Sacred Heart Pioneers have two more games left this season and are looking for a chance to go to the playoffs. On Nov. 6, Sacred Heart defeated Saint Francis University 14-13. They are back home on senior day this Saturday, Nov. 13 where they will face Wagner College. Their final regular season game will be away at Long Island University on Nov. 20.



Julie Dunn, Spectrum

Sacred Heart University Football Player Malik Grant at Practice

## Women’s Basketball #4 in NEC Preseason Poll

BY RYAN DIFRONZO  
*Staff Writer*



Julie Dunn, Spectrum

Women's Basketball Preseason Practice

The Sacred Heart University women’s basketball team opens up the season ranked fourth in the Northeast Conference (NEC) coaches’ preseason poll.

The Pioneers are led by Head Coach Jessica Mannetti, who is now in her fifth season running the program.

“I am grateful to the NEC coaches who always recognize our tradition of success at SHU,” said Mannetti. “We hit some roadblocks last year, and I want us to stay inspired and motivated to prove something.”

Sacred Heart returns graduate student Adrienne Hagood in her fifth and final year. Hagood averaged a team high of 13.6 points per game in the 2020-2021 season, which led to the honors of second team all-NEC as well as the all-NEC preseason team for the upcoming season.

“It’s a really great honor to be selected so high in the NEC,” said Hagood. “It gives me even more motivation going into this season, trying to rise above what I did last year.”

The Pioneers are also returning sixth year guard Nikki Johnson for her final season as well. Johnson was selected to the all-NEC third team in the 2020-2021 season after leading the Pioneers with 3.7 assists per game.

“It’s a privilege to be noticed and acknowledged,” said Johnson. “I am very grateful to be selected to the all-NEC third

team.”

Along with Hagood and Johnson, another key returner for the Pioneers is sophomore forward/center Kelsey Wood.

Wood led the team in rebounding during the 2020-2021 season, averaging 7.0 rebounds per game, and her strong efforts on the boards earned Wood a spot on the all-NEC rookie team.

“It means a lot to be selected, I’ve been working for that since I was 10 years old,” said Wood. “Coming in as a first year, I didn’t know a lot about the team, but I worked hard, my team worked hard with me, so it meant a lot to see my hard work finally paying off.”

The team finished the 2020-2021 season 8-10 overall and placed fifth in the NEC with a conference record of 8-8.

“The team has to respond to the setbacks we faced last year, they have to come to work and be highly motivated to outwork our opponent,” said Mannetti. “I think the team will be excited to have fans in the stands and play off that energy that wasn’t there last year.”

Ahead of SHU in the preseason poll are the returning champions Mount St. Mary University, along with Wagner College and Saint Francis University.

SHU faced all of those NEC teams twice in the 2020-2021 season and split each matchup.

“We can handle the pressure of being ranked so high,” said Hagood. “We’re going to take it as an honor and a privilege, that chip on our shoulder will be there and we’re going to try and rise above in the end.”

Sacred Heart tips off their season on the road at Hartford on Nov. 10 at 7 p.m.

“We have to come to the game ready and start ready,” said Johnson. “If we play our game, do all the little things, stay together, value each possession, communicate, and lock in on defense, then we’ll succeed.”

*Sacred Heart Athletics contributed to this article.*

## Pioneers Look to Dig their Way into Playoffs

BY BRYAN SMITH  
*Staff Writer*

The calendar has turned to November, which for the Sacred Heart University women’s volleyball team means the regular season is nearing an end, and the Northeast Conference (NEC) playoffs are fast approaching.

The Pioneers, who were the unanimous favorites to win the conference back in August according to the NEC preseason poll, began their year just 2-2 in conference play. However, what followed was five straight conference wins as the Pioneers sit tied for second in the NEC conference as of Nov. 5.

“We’re trending in the right direction after starting off a little rough in conference,” senior Sarah Cizek said. “I think we knew we had to win, and in those situations we’re really good at being pushed and finishing and winning those games.”

Cizek, the reigning NEC Player of the Year, is currently third in the country in triple-doubles. She also leads the team in kills, hitting percentage, assists and service aces.

“Sarah’s just a unique player,” head coach Rob Machan said. “What makes her special is when you need a play made, she finds a way to get it done.”

Leading the Pioneers in kills in their last two wins and in three of their last four matches overall has been graduate student Olivia Fairchild, a transfer from Fordham University.

“It’s nice to be able to contribute to my team on such a big level,” Fairchild said. “I love helping out however I can, and if that’s the way I’m going to contribute, then I’m proud to do it.”

Sacred Heart’s final regular season

game is a conference matchup against Merrimack on Nov. 13. The NEC tournament will take place the following week on Nov. 19 and Nov. 20.

The Pioneers have found success around this time of year in the past, winning the NEC tournament in 2019 and entering last season’s tournament undefeated in conference play, only to be forced to forfeit the NEC championship game after a positive Covid-19 case within the program.

“I think our confidence is at an all-time high,” junior outside hitter Jasmine Rogers said. “Right now, we’re kind of figuring out where our weaknesses are and how to handle them. Being able to acknowledge those [weaknesses] has definitely boosted our confidence heading toward the playoffs.”

Although Sacred Heart is considered to be the favorite to win the conference, the team understands that championships aren’t awarded off of preseason polls.

“The conference is very balanced, and there’s a lot of good teams,” Machan said. “But we feel very good about our chances, and there’s nobody that we don’t think we can handle.”

Cizek, playing in her last few games here at Sacred Heart and having accomplished so much in her career, has one last goal in mind.

“We want to advance [in the NCAA tournament],” Cizek said. “Having gotten a little taste of the tournament in 2019, we now not only want to get there, but we want to advance.”

*Sacred Heart Athletics contributed to this article.*



# Editorial

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## When One Door Closes, Another Opens

DEANNA DRAKOPOULOS  
PERSPECTIVES EDITOR



I’m on the volleyball court. My teammates are around me, and parents are surrounding the sidelines of the immense convention center, with what looked like was filled with acres and acres of volleyball courts. As I saw the serve travel its way across the net, I sprung myself to go dive for that ball. I felt the floor below me and my head hit the floor. All I could think about was the end. I knew I had gotten my third concussion at this point.

The pain and suffering I was going to have to go through was swarming my mind. I wondered to myself how long I would be out of volleyball, or if I would have to quit forever. I wondered what my life would be like if I wasn’t playing and what would happen to my plans to play in college. I worked so hard to make a National Volleyball Team and had such great hopes to play in college. Fear and sadness navigated its way through my mind the

second I hit the ground. I was scared as to what was going to happen as soon as I made my way off the court, to what became the last time I played in a volleyball game.

All my life I had been preparing to play volleyball in college. Volleyball was my life and my priority. It was even how I identified myself, a personality trait. Due to my third concussion, I had to quit. It felt like everything I worked so hard for was for nothing. I not only lost my passion and what I saw for myself in the future, but most importantly, it felt like I lost my purpose. Ever since I lost my volleyball team, I had been searching for a place to call home, a group that I could feel a part of and find my purpose in.

Coming into college my freshman year was a hard adjustment for me. I did not know anyone from my hometown, leaving me feeling isolated and alone. It seemed that everyone around me had adjusted well to the college life and found their people and I did not. This feeling made me not only upset, but I isolated myself, became super shy, and did not get involved in anything my freshman year.

My sophomore year I made a decision that not only turned my entire college life upside down, but my life. I went through sorority recruitment and became a member of Phi Sigma Sigma. I can sincerely say that being a part of this organization shaped me into the woman I am today. I am a part of a motivating, inspiring, committed, and loving environment, which is what I had been searching for since I stopped playing volleyball.

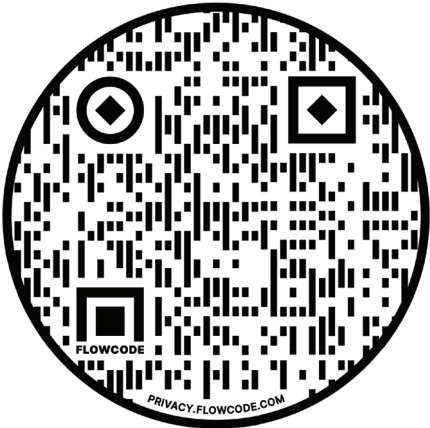
I finally found my home on campus and felt that feeling of community again, only better. I even found a new passion to give back through our philanthropic work, as it has been so inspiring. Phi Sigma Sigma showed a side of me that I did not know existed, as I stepped out of my comfort zone and acquired a leadership position. Not only did this position teach me a lot of skills, but it brought forward a part of myself that I did not know existed - a person that has a passion to lead.

Although volleyball will always hold a special place in my heart, I am so grateful I found Phi Sigma Sigma. I feel I have developed as a woman and acquired skills that I can incorporate in my life, as well as had the opportunity to make lifelong friendships. Overall, Phi Sigma Sigma made me a more confident woman ready to take on whatever comes along. I have felt nothing but love from all of my sisters, and being a part of Phi Sigma Sigma has taught me the true meaning of friendship, and purpose in life. When one door closes, another one opens.

## Advertising You

EMILEE CAMODEO  
ASSISTANT NEWS EDITOR

Here is a little bit about me through both pictures and words. I love to travel and enjoy these experiences with my friends and family. This collage represents my goals and aspirations in life!



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