

Flying Home for the Holidays

BY OLIVIA LAROSA
Staff Writer

On Nov. 8, the U.S. fully reopened their borders to many vaccinated travelers for the first time in over 20 months. Families are now able to celebrate the holidays with international family members and friends while still following Covid-19 precautions and policies.

“The new policy is all non-U.S. citizens, non-U.S. immigrants will need to show proof of being fully vaccinated against Covid-19 before travel by air from a foreign country,” said Pamela Barnum, director of international and immigration services.

Along with proof of vaccination, travelers are also required to provide a negative Covid-19 test, or recovery from Covid-19, before getting on a flight.

“There are some exceptions to the policy,” said Barnum. “The CDC page is full of all the information.”



Contributed by Olliver Persson
William Pearce (Left) and Olliver Persson (Right) in front of the White House in Washington D.C.

At Sacred Heart, there are many international students who come from countries around the world who must keep up with changing policies and be prepared for the difficulties that arise from traveling internationally.

Sophomore William Pearce, an international student from Australia, traveled last year in 2020 amid the ongoing Covid pandemic.

“Getting a flight back to Australia was very difficult,” said Pearce. “I spent countless hours on the phone with flight agencies and airlines trying to get an affordable flight. When I landed in Aug. 2020, I had multiple screenings at the airport to see where I had been and if I was healthy, followed by being escorted by the national army from the airport to

the hotel to do a mandatory hotel quarantine for two weeks,” he said.

Other international students have had similar experiences with difficulties and costs of traveling during the pandemic.

“For one flight, I had to take three rapid tests and one PCR test that cost me \$250,” said sophomore Olliver Persson, an international student from Norway. “Even with four negative tests, the airport still gave me a hard time. Covid-19 has really made traveling more demanding, confusing and expensive.”

On the other hand, while some students were able to get flights at somewhat reasonable



Contributed by Olliver Persson
Olliver Persson Exploring NYC

prices, it was still inconvenient to travel as compared to how it was pre-pandemic.

However, as of Nov. 8, students are now able to have their family come over from many different countries due to the recent travel restrictions being lifted.

“My family just came to visit from Norway to see the school, meet my friends and experience a new country they have never seen before,” said Persson. “They have gotten the vaccine and follow every Covid-19 guideline. They have made sure to get every document and test needed to travel.”

In addition to securing certain Covid-related documents in order to travel, students who are traveling in any sort of capacity have the option to take an at-home testing kit.

According to the Associated Press, while home kits may not be as accurate as the PCR tests, they have the advantage of giving results within minutes, being available at drugstores without a prescription, and costing around \$25 for a set of two tests.

With the holiday season in effect, some students are looking forward to using the kits in order to keep their friends and family safe from Covid.

“I would use an at-home test when I go home just so I am sure that I am not spreading the virus to my family and friends because I want everyone to feel safe,” said Persson. “I feel lucky and privileged to be allowed to travel through these tough times.”



Sacred Heart University
William Pearce at Media Day for the Men's Soccer Team



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News

The Gift of Charity

BY **BRENDAN WILLIAMS**
Staff Writer

According to the Associated Press, on Nov. 10, the Labor Department said that prices for U.S. consumers jumped 6.2% in October compared to last year, leaving families facing their highest inflation rate since 1990.

As reported by the Associated Press, the spike in prices has been fueled due to high consumer demand during the pandemic. However, this process has run into persistent supply shortages from Covid-19-related factory shutdowns in China, Vietnam and other overseas manufacturers.

Some professors, such as Dr. Stephen Rubb, a professor of economics, believe that the federal reserve has printed too much money.

“If governments print too much money, it is going to lead to inflation,” said Rubb. “The federal reserve increased the money supply to try and get us back to normal and that has been extremely excessive, which leads to a situation where there is too much money and too few goods.”

Some students have already been feeling some of the effects of the inflation rate, especially at the gas pump.

“I noticed a couple of weeks ago that gas prices jumped to \$3.47, but more recently I was driving around and it was \$3.67,” said sophomore Ally Plante. “It’s crazy.”

Not only does this inflation rate affect people across the nation, but it also puts an additional strain on those with a low-economic standing.

According to the Associated Press, the accelerating price increases have fallen disproportionately on lower-earning households, which spend a portion of their income on food, rent and gas.

“When you start seeing double-digit price increases, it is problematic,” said Rubb. “Suddenly, your gas prices and



Factory Warehouse Full of Products.

Contributed by AP News

heating costs go up, which hurts lower-income households.”

Reverend Sara Smith, esq., senior minister at the United Congregational Church of Bridgeport and Protestant chaplain at Sacred Heart, is the president/CEO and founder of nOURish Bridgeport Inc., which provides direct service programs to those in need throughout Bridgeport.

“We never closed during the pandemic,” said Smith. “During the first months, I would do everything. I was making all the bags myself, but we kept feeding as many people as we could. A lot of people lost their jobs and suddenly people who never had to use a food pantry before showed up.”

“Our numbers tripled overnight; we went from serving 100 families to 300 families, which is about 1,500 individuals,” she said. “I felt like the little bit we did kept the economy going. If we gave them groceries, they paid their rent or their car payment that month, but now that we are having less families come, it shows that some people are getting back up and are going to be okay.”

According to the Associated Press, Americans are spending 15% more on goods than before the pandemic, but ports, trucking companies and railroads can’t keep up, resulting in the inflating prices.

President Biden recently visited the port of Baltimore to highlight parts of the recently passed infrastructure package that will upgrade capacity at ports, unplug capacity at ports and help reduce inflation.

However, food banks around the country are still struggling to give people food, especially in time for the holidays.

“Food pantries are dependent on the food bank as we are last part of the food supply chain, and during Covid-19, they didn’t have any food,” said Smith. “We had to raise more money to do not only what we were doing with the increase in need, but do it similarly to the way we did before and not cut back what we gave people.”

“Everything is more expensive now and we had to depend on people’s generosity and create our own supply chain to keep up with the demand,” she said.

Correction: In issue eight volume 47, an error was made in the “Republicans Take Over Blue States” article. Phil Murphey is a part of the Democratic Party.

VERITAS

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Perspectives

Celebrating Hanukkah

BY ASHLIN HALEY
Perspectives Editor

Prof. Marcelo Kormis, a previous Rabbi in campus ministry at Sacred Heart University, looks forward to his Hanukkah celebrations this year. As he continues to teach virtually at SHU, he shares that the community here does not hesitate to recognize and celebrate a variety of holidays.

What are your personal celebration plans for Hanukkah this year?

“Hanukkah this year is very special because of the pandemic. Unfortunately for the past two years, we have been celebrating Hanukkah amidst the global pandemic that has affected all of our celebrations. I used to invite many people home, and each person would bring their menorah. The first night we would light one candle, the second night we would light the second candle, and so on until we complete the eight nights of Hanukkah. Due to the pandemic, we are planning to do something similar. We plan to invite a reduced number of people to our home and to light the menorah together with my family. We also give small gifts to each of the kids every night. And, of course, food is very special through Hanukkah. We eat latkes, which are fried potatoes and donuts.”



Contributed By Pexels
The Menorah Pictured with Other Decorations That Are Used to Celebrate Hanukkah.

Do you feel like there’s a large community of people with the same faith and traditions as you at SHU? What is your personal take on the community here?

“The Sacred Heart community is very special. It’s very spiritual, people are very open to share from their religion with other people. From my time here, I could feel that regardless of your religion, it is more about who you are and how you want to connect to people who feel that they belong to something that is greater than themselves. The celebrations also go beyond your religion, and I think Sacred Heart works very hard to celebrate the different holidays regardless of your personal tradition.”

What is your favorite part about Hanukkah?

“I love the food, but the element that I like the most is the idea of bringing light to the world; to society and to our homes. When the days are starting to feel shorter, and you are starting to feel this cold weather, you think about how many people are suffering also due to the pandemic. So I think that even if it is one little candle that can bring light to the world, it brings light to the community and light to your life. I think it’s very special and very meaningful during this time of the year. One of my favorite parts about Hanukkah is also that we all have this little candle inside of us, and wherever we go, one of our tasks should be to light other candles that are around us.”

Why do you think it’s important to celebrate and recognize Hanukkah on a Catholic campus?

“I think we have a common spiritual heritage, regardless of our religion. Whether it’s

coming from the Torah or the Bible, values are shared with other religions, and I think those values are shared by many who are on campus today. I think it has to do with the value of bringing light to the world, working toward a better society, and working toward a better world. So, I think that regardless of our religion, one of the main goals we have today is how we can work together in order to continue making our society better and helping those who are in need around us. The celebration of a Jewish holiday in this case has so many values, ideas and important messages to our society.”

Should more people start saying “Happy Holidays” rather than “Merry Christmas” out in public since not everyone celebrates Christmas? Is this something you are conscious of?

“Yes, I am conscious of it. Even more, when I greet someone when I don’t know their religion, I would say ‘Happy Holidays’ because you want to make that person feel well and included. I’ve seen that people are doing this more, which is important as it is a special time of year when our society is starting to fill out with light.”

Do you have any particular traditions, specific to your family, that you carry out each year?

“Yes, there is a game that you play on Hanukkah called the dreidel. We give chocolate coins to kids, and they play with this dreidel. Sometimes the kids lose all of their chocolate coins and someone wins and some share the coins with another kid. I love that celebration, and that’s very special in our house.”

Do you have any favorite Hanukkah songs?

“The song follows the dreidel when it spins, so I do that with the kids. The kids love to go down to the floor, so that’s one of my favorites. It’s called ‘I Have A Little Dreidel.’ There’s another song that I like very much. You know, Jews were scattered around the world, so you have them living in Europe and others in Asia, Africa, everywhere. So they adopted the traditions and the local languages. So Ladino is the language of the Jews who were living in Spain and Portugal. So, since I’m from Chile and Spanish is my mother tongue, I love a song called ‘Ocho Kandelikas.’ It means eight candles and it talks about each candle that we light.”



Pexels
Close up of Festive Decorations Used to Celebrate Hanukkah.

Plans for Winter Break?

BY DEANNA DRAKOPOULOS
Perspectives Editor

Junior Gianna Romagnoli is excited that winter break is approaching and is thrilled to head home after a semester of working hard.

“I love the holiday season at home, so I am very excited for the holiday break and can’t wait to spend time with my friends and family and see my cats,” said Romagnoli.

The most wonderful time of the year is finally here, and as students are preparing for finals, they look forward to winter break Dec. 12 - Jan. 17 to unwind from school after returning to a fully in-person semester.

“I think a break is much needed after a semester being back fully in person, so I am looking forward to relaxing,” said junior Patrick Lurgio.

Some students are spending the holidays traveling to see family and friends. “Every year, I go to my family’s house in Pennsylvania for Christmas, and we have a gingerbread house competition, which I look forward to every year,” said freshman Angelina Damsker.

For some, this year gives families the opportunity to be able to spend the holidays together again since Covid-19 cases are not as high as last year.

“I am going to North Carolina from Christmas to New Year’s to stay with some of my family, which is so exciting,” said sophomore Jessica Zarrilli. “I haven’t seen them since before Covid because we couldn’t travel.”

Although many students look forward to Christmas, some students feel that New Year’s is the highlight of the holiday break.

“New Year’s is my favorite holiday, so I am so excited to kick off a new year, especially since this year my friends and I are going to watch the ball drop in NYC and are staying in a hotel,” said senior Mary Austin.

Although many students are looking forward to returning home and spending time with their friends and family, others are sad to leave Sacred Heart for the break.

“I love my life at SHU and all my friends, so I am upset to leave for so long, especially because we don’t live near each other,” said sophomore Grace Coll.

For some athletes at Sacred Heart, a lot of their break is spent practicing on campus instead of being at home.

“I am at school for most of the break because we have cheer practice preparing for nationals; however, it is still nice that I am able to be home for Christmas and New Year’s,” said junior Julianna Tyznar.

Some students are taking the break as an opportunity to travel somewhere warm during the winter season.

“In January, I am going to Miami Beach for vacation, and I am so excited to get away from the cold weather and relax on the beach before having to go back to school,” said sophomore Emily Araco.

On the other hand, other students prefer traveling to colder places over the break. “Over holiday break, I like doing winter activities, so I go on an annual skiing trip in Killington, Vt., with my cousins,” said junior Michael Molina.

While many students are traveling during the break, others are taking the opportunity to work.

“Over the break, I plan on going back to work at the coffee shop to save up money for next semester and my spring break trip,” said Lurgio.

While many students are looking forward to a break from school, other students have planned to take online courses over the winter session.

“I am taking two winter courses over break, so I don’t really get a break from schoolwork, which is stressful, but I wanted to take the opportunity to get ahead on my degree,” said Romagnoli.

Features

Community Theatre Hosts Connecticut’s Got Talent

BY CHRISTINA ALAIO
Staff Writer

“It’s a really great thing to watch people’s dreams come true,” said Billy Blanks Jr., Talent Recap’s creative director, now partnering with Sacred Heart University’s Community Theatre for Connecticut’s Got Talent.

According to Talent Recap’s website, “Talent Recap seeks to cultivate a platform for fans of similar talent shows across the globe to read, watch, discuss, engage and share their passion with fellow fans.” Partnered with American Idol, America’s Got Talent, and The X-Factor, the platform has nine million subscribers on YouTube.

Three audition shows lead up to the finale on Dec. 18.

“Each audition is its very own talent show,” said Blanks. “You’re seeing 8-20 people with different talents get up and perform.”

Only six contestants from each audition move on to the finale after the judges and viewers cast their votes.

According to Blanks, the judges are industry veterans. Talent Recap strives to make it community-based by finding qualified people to serve as judges. Connecticut politicians have been involved, along with individuals in the music industry. Tom Salta, the composer of the Halo Games, was a judge for one season.

“When we first started the show, it was originally just Connecticut, and then all of a sudden we had people driving up from Mississippi, from Florida, from all these different places, because people were hearing about it,” said Blanks.

On Nov. 20, they had a contestant who came from Georgia to sing.

“He stopped the show. Everybody went crazy. It was phenomenal,” said Blanks. “Georgia is blowing up because they found out he got the golden buzzer.”

The golden buzzer, also known as the “my choice buzzer,” sends the contestant right to the finale.

On Dec. 10, a viral TikToker from Lebanon will be auditioning.

“We’re excited to have him and it’s gonna be great,” said Blanks.

The talent show is on its fourth season.

“Riki Stevens won the first season. I remember thinking: ‘I can’t believe we’re getting the opportunity to showcase this talent,’” said Blanks.

Since her win, she has recorded her first album and is continuing to make music.

That same season, Michael Carbonaro offered the second-place winning magician to

open up for his tour.

“It gives them the opportunity and the platform to perform and make their dreams come true,” said Blanks.

“A lot of people like myself grew up going to this theater,” said Matthew Oestreicher, director of the SHU Community Theatre. “I saw some of my first movies there.”

Movie-goers can still enjoy films at the theatre, but with the start of its most recent innovation in 2019, the theatre is offering a variety of media for all types of audiences.

“It’s now a beautiful performing arts center with 400 seats,” said Oestreicher. “The idea is that Sacred Heart wants to make it this leading performing arts and educational venue.”

“A really important part of our program is doing partnerships with artists in the area who embody what we want to create like Billy Blanks Jr.,” said Oestreicher. “It is such a great opportunity for young talent, for aspiring talent, to be nurtured and showcased.”

Along with Talent Recap, Webster Private Bank is one of the theatre’s sponsors.

According to Blanks, the talent show allows contestants to grow and fulfill their passions, regardless of whether or not they win. At one of the auditions this season, a group of teenage boys auditioned to have fun rather than fulfill a dream.

“As they performed, and watched the other performances, they realized there were some people who were really devoted to showcasing their talent,” said Blanks.

The boys made it to the next round through the online vote but gave up their position to a girl who did not make it through.

“I really feel like this theater is going to do something special for the Fairfield community,” said Blanks.

“Each show is picking up more and more momentum so we’re planning to do this a couple times a year,” said Oestreicher. “There are a lot of opportunities for students to be engaged with the theater.”

Oestreicher hopes for students to work at the theater, whether behind the scenes or even auditioning for the show.

The talent show welcomes all ages, ethnicities, and talents, according to Blanks. The last audition is Dec. 10. The winner receives a \$1,000 cash prize along with becoming the headline performer of their Winner Showcase Show.



Stone Cofini, Spectrum
Sacred Heart University Theater Located in Fairfield, CT.



Contributed By Sacred Heart University Community Theatre Facebook
Logo for Sacred Heart University Community Theater.

SHU Hosts Playwright Theatre Residency Program

BY ADRIANA FRANCHINO
Staff Writer

Sacred Heart University is hosting a playwright theatre residency program that explores Shakespeare’s infamous tragedy “Othello.” This residency will take place from Nov. 29 through Dec. 10 and will consist of an in-depth touring interrogation of the play.

According to a press release from SHU, this residency will revolve around the work of Keith Hamilton Cobb, who is an actor, playwright and creator of the Untitled Othello Project. It will start over the course of two weeks and will explore the question of the viability of producing this play in the present day.

Cobb developed this project after writing his play “American Moor,” which investigates the role of a Black artist in the white theatre hierarchy and discusses fighting against stereotypes of race and gender.

“The Untitled Othello Project ensemble are not attending the residency at Sacred Heart as actors or any form of theatre makers per se, but as artists with two questions in common,” said Keith Hamilton Cobb. “One, as interrogators of the question, does this play have a performative value in 21st century America? And two, can the redeeming social value of the play be elevated by the elevation of theatre-making practices that center social justice?”

This project allows Sacred Heart to take part in a conversation about how the performing arts can aid people in being able to respond to racism, domestic violence and other issues.

“Starting the Monday after Thanksgiving, 12 actors, scholars and directors will arrive to see whether this play, which has a deep history of racism, sexism and violence, can or should still creditably be performed in America. Or in performing the play do we reinscribe the racist structures and language that contribute to the very racist stereotypes we encounter and reproduce today?” said Prof. Emily Bryan, a professor in the Department of Languages and Literature.

Bryan partnered with Cobb in bringing the residency to Sacred Heart’s campus and strives to create a national conversation about these issues through this production.

The goal of this residency is to start difficult conversations about issues that are portrayed in this play, such as racism and violence.

“This project is part of a national conversation happening around the country on Shakespeare and race, centered by work at the Arizona State Center for Medieval and Renaissance Studies and the Folger Library in symposiums and conventions on #raceb4race and #shakerace,” said Bryan.

The Untitled Othello Project will have a two-week table reading of the Arden Third Series Revised Edition of “Othello,” and the reading will be streamed live from Sacred Heart’s campus and in conversation with students on campus and at the University of

Maryland.

“Our American theatre lacks integrity because it is product, not process-based, and thus it succumbs to all the social ills that American capitalism imposes on everything. If we process Othello the play through a more socially just and creatively altruistic theatre making apparatus, do we end up with a more socially relevant and more socially redeeming Othello?” said Cobb.



Contributed By The Untitled Othello Project Official Website
The Untitled Othello Promotional Cover Photo.

Spotlight



In Professor Jonas Zdany’s ENG-273 class, students have become poets. The class has worked on crafting different styles of poems throughout the semester. Here are some we’d like to showcase to end the semester with some creativity!

“Sunlight Cycle” by Angelina Spiezio

The sunlight cascades from my window
Reflecting on my awaking soul
Piercing my body with light

As I inhale,
in goes the gold dust of the sun

As I exhale,
out goes the smoke from moon

A new day.

With a face of transcendence:

I face a day of beauty.
I face a day of light.

BY ANGELINA SPIENZIO AND ASHLEY CANTO
Poets

.....

“Let’s Pretend” by Ashley Canto

Let’s pretend we are fairies
Helping mother nature bring in the seasons

Let’s pretend we’re in our own house
We will be the parents
And this rock will be our dog

Let’s pretend that we are pirates
Leading on a journey
Through the high seas in an attempt
To collect treasure from far away lands

Let’s pretend we are princesses
With tiaras and gowns
We need to hurry because
the ball is about to begin
With princes and princesses,
And hopefully
We will be home before midnight

Because at midnight,
All this pretend goes away

Positive Poetry

The pumpkins and pirates
And fairies flying in the sky
And our house has been abandoned
for some time

But what if we revisit this make-believe land?
What if we go back to that house,
And I’ll be the mom,
And this rock will be the dog,

Will you pretend with me?

What’s stopping us from going
back to this place?

Who’s telling me we can’t pretend
anymore?

Because when I sit in my apartment, alone, during the night,
On a call with my love
I think to myself
*Let’s pretend we have a family,
A house,
And a dog,
And we live happily ever after.*

D1 Football Wins NEC Title

BY JORDAN GREENE
Contributing Writer

The Sacred Heart University Division I football team continued their six-game win streak with a championship win over Long Island University (LIU) 38-14 to capture the Northeast Conference (NEC) for a second consecutive year and for the third time in the last four years.

Junior running back Malik Grant, a finalist for the Football Championship Division (FCS) Walter Payton Award (which is named after the late Chicago Bears running back), has been a contributing factor for Sacred Heart’s success.



SHU Football Team Preparing in October.

Julie Dunn, Spectrum



SHU Football Players Watching Teammates During Drills.

Julie Dunn, Spectrum

great man,” said Grant. “My teammates helped me tremendously as well and



I’m really happy I have teammates that I can be close with, because it feels better to grow as a whole and experience everything together, whether good or bad.”

When talking about teammates, the first player to come to Grant’s mind was senior running back Julius Chestnut.

“Sharing the same position with who I believe is the best running back in the country has transitioned to a great friendship and somebody who I can look at as a person who can help perfect my craft,” said Grant.

Chestnut, who missed the majority of the season, has combined for a total of 231 yards on the ground in the last two games. Chestnut and Grant’s rushing attack has been a key factor for the Pioneers in the last two games.

This season, the Pioneers held seven of their opponents to two score victories, and the Sacred Heart defense contributed to two shutouts against Bucknell and Wagner. The last shutout by the Pioneers was in 2013 against Duquesne.

The Pioneers went on to face the College of the Holy Cross on Nov. 27 in the first round of the Football Championship Subdivision (FCS) playoffs. Sacred Heart held a 10-6 lead late in the fourth quarter before the Crusaders capitalized with a go-ahead 35 yard touchdown to take the win.

Sacred Heart Athletics Contributed to this Article.



Captain Eddie Cuddahy At The Last Home Game Against Wagner.

Julie Dunn, Spectrum

Arts & Entertainment

Hallmark Christmas Couple

BY OLIVIA CURTAIN
Staff Writer

Are you looking forward to watching Hallmark movies this holiday season?

Christmas is just a few weeks away and many Sacred Heart University students are getting into the holiday spirit by watching the latest offerings from the network.

“Christmas is my favorite time of the year,” said junior Calista Zahos. “I love decorating my tree and driving around my neighborhood looking at all the lights on people’s homes. My whole family gets together to celebrate the holiday season. Every year we end the night by watching a Hallmark movie together.”

This Hallmark season there are several new movies for people to get excited about. Some include “A Christmas Dance Reunion,” “The Christmas Contest,” and “A Very Merry Bride.”

People can expect to see some familiar faces on the screen, such as Corbin Bleu and Monique Coleman from “High School Musical,” as well as Candace Cameron Bure from “Full House.”

“I think it is so cool that Corbin Bleu and Monique Coleman are going to be in a movie together,” said junior Lauren Torres. “I love Christmas movies and I will definitely check this one out. They were great in ‘High School Musical,’ so it will be interesting to see them hit the screen after all these years.”

This will be the first time the two actors have reunited on a project since “High School Musical.”

According to Vulture, “Coleman will play a successful attorney named Lucy Mortimer who, along with her mother, returns to their old holiday getaway, the Winterleigh Resort, where she’s reunited with her childhood Christmas Dance partner, Barrett Brewster (Bleu).”

Fans will have to wait until Dec. 3 for “A Christmas Dance Reunion” to come to Lifetime.

“While it may seem like the Hallmark Channel has always owned Christmas, it’s only been about the last 10 years or so that they’ve fully taken over,” said Prof. James



Monique Coleman (Left) and Corbin Bleu (Right) reunite on Screen.

Contributed By Instagram, @Gossiproomoff

Barnes, advisor for the Film Club. “They’ve increased their production output almost every year to where they premiere more than 40 movies per year now. Compare that to a major studio like Universal, who is only distributing 31 films this whole year, and you get an idea of how Hallmark has achieved such dominance in the space.”

Candace Cameron Bure will be starring in her 10th Hallmark movie, “The Christmas Contest,” which came out on Nov. 28, alongside Fuller House castmate, John Brotherton.

According to Insider, “Exes Lara and Ben compete in a Christmas contest to win money for the charity of their choosing. The city watches them battle and choose what is more important, victory or love.”

However, before Bure was the face of Hallmark, it was Lori Loughlin.

According to the Los Angeles Times, “The ‘Full House’ veteran had been a long time regular for the Hallmark Channel’s programming, starring in a number of original romantic holiday movies, including ‘Homegrown Christmas,’ ‘Every Christmas Has a Story,’ and ‘Northpole: Open for Christmas,’ as well as the romantic drama ‘A Soldier’s Love Story.’”

After Loughlin’s involvement with the “college admission scandal” was made public in March of 2019, companies including Hallmark have dropped working with Loughlin for the foreseeable future.

Besides Hallmark, people can tune into Netflix this holiday season to catch some new Christmas movies as well.

Lindsay Lohan, who is best known for her leading roles in “The Parent Trap” and “Mean Girls,” will be coming back to acting for the first time in years.

According to Variety, “In this new movie, Lohan will play a newly engaged, spoiled hotel heiress, who gets amnesia after a skiing accident and finds herself in the care of a handsome, blue-collar lodge owner and his precocious daughter in the days leading up to Christmas.”

There are not many details on the movie itself, including the name or the release date, but fans can expect it to premiere on Netflix sometime in 2022.

Since Oct. 22, Hallmark has been releasing new holiday movies every weekend and will continue to do so for the rest of the year.

“My wife Kim, who is a former film producer and professional make-up artist, has Hallmark movies playing round the clock on the TVs in our house. While ‘excitement’ might not be the word, I love the vibe it gives our home,” said Prof. Barnes.

Fashion: Mary Quant

BY MARIA ZEGARELLI
Assistant Arts and Entertainment Editor

Women’s fashion has evolved heavily over the years, but many ask what brought about these news trends and who revolutionized the fashion industry to what it is today?

Mary Quant, 60s fashion icon and creator of the miniskirt, is a particular hot topic since the release of the documentary “Quant.” This documentary, released on Oct. 29, takes a deeper look into the life of Quant and how she changed the world of fashion at such a controversial time in the United States.

“I have been following fashion for as long as I can remember. With my father in this field of work as well, my interest in fashion kind of fell in my lap. I learned about the history of Quant a while back ago and have just recently watched the new documentary. I thought it was great and gave the audience a chance to see the work behind fashion,” said junior Alaina DeRose, a fashion marketing and merchandising major.

According to The Guardian, “Quant,” directed by Sadie Frost, “tracks the designer’s career, from opening her boutique in Chelsea to running the world’s first global super brand.” Her signature miniskirt changed the way women dressed. Her passion and legacy were to inspire women to embrace their own beauty and reject their parents’ vision.

Actress Camilla Rutherford stars in the documentary as Quant. According to IMDb, this is “the first official feature documentary celebrating the incredible life of one of the most influential icons of the twentieth century.”

“The documentary was very informational. It wasn’t emotional in a sense of character, but the overall message and life of Mary Quant was delivered in an easy-to-understand fashion. I do highly suggest watching this documentary if you have any interest in the history of the fashion industry,” said DeRose.

Prof. David Loranger, an assistant professor of fashion marketing and merchandising, shared some information about Mary Quant’s background in the industry.

“Mary Quant was a true example of a designer who captured the Zeitgeist (feeling of the time) of the 1960s. There was a lot of social upheaval during this period, including the women’s liberation movement, flower power and the Pill,” said Loranger. “Quant’s aesthetic encapsulated these social movements in the form of fashion. Mary Quant once said that ‘Coco Chanel hated her and she could see why.’”

The miniskirt was one of her many accomplishments in the industry. Quant is also the creator of Fun-proof mascara and party flats, and she made sure that pockets were featured in just about all her designs.

She brought her party-like atmosphere into the business, with the design of the miniskirt intending to represent a young spirit.

According to The Guardian, Quant said, “Clothes are a statement about what one wants to be.”

Her godson, Jasper Conran, said, “She was the first to make clothes you could run for the bus in. Quant gave us fashion with flexibility. Her clothes were to enable women to get up and go wherever they wanted.”



Sacred Heart Men’s and Women’s Fencing Update

BY ALEX MARCINIAK
Assitant Sports Editor

The Sacred Heart University men’s and women’s fencing teams started their season earlier this month. On Nov. 20, both teams competed at the first Northeast Fencing Conference (NFC) meet of the year with the men’s team having a record of 4-2 and the women’s team going 1-5.

The previous week, both squads competed at the Vassar Invitational with the men taking seven wins and just one loss while the women took a 3-5 record on the day.

“This year the men’s team is very even,” said Head Coach Yury Molchan. “I’ve been waiting for years, because usually there are spots that are weak but now we have a full squad.”

The men’s team has acquired several recruits with nationally recognized accomplishments and have utilized them in the past competitions.

Freshman Connor Kravit is among these recruits, going 8-6 on the strip at the NFC meet and went 14-7 in the epee at the Vassar invitational.

As a two-time National Junior Top 16 and a Top 16 in the National Division I in 2020, Kravit brings quite a few of his accolades to the team.

“I think that I can bring a good feeling to the team,” said Kravit. “I like to get in the moment and hype everybody up, and I think it makes a better team.”

Another asset of the men’s team is senior Cameron Silver, who ended last season as an All-American at the Division I level.

Silver had also attained a bronze medal at the 2021 USA Fencing National Championships Senior Men’s Epee during the 2020-2021 season.

“Cam puts in a lot of work,” said Kravit. “Anytime I’m slacking or not doing everything I can be doing, he always pushes me to do more.”

For the women’s team, despite their losing record, they have several athletes themselves

with accolades that even stretch to the Olympic level.

Junior Sophie Witek has competed for the Pioneers all three of her years in Fairfield, and had managed to win a Junior Olympic Title her freshman year.

“The Olympic level is a lot different than college,” said Witek. “In college it’s all team based and at the Olympics it’s individual.”

Witek achieved Northeast Fencing Conference Academic All-Conference last season as well as placing 12th at the

April North American Cup in Fort Worth, Texas.

Other than cross country and track, fencing is the only sport at Sacred Heart that allows training to be co-ed.

“Training (with the men) definitely gives a diverse fencing style,” said Witek. “Men fence very differently than women, so it gives us a broad spectrum of who we can encounter on the strip.”

For their next competition, both teams will be competing at a dual meet hosted at Sacred Heart on Dec. 5. After the dual, the Pioneers will hit the road for meets against the University of Pennsylvania on Jan. 22 and Yale University on Jan. 30.

Sacred Heart Athletics Contributed to this article.



Ryan Difronzo, Spectrum
Fencing Team Members Practicing Before Going Home for Thanksgiving.



Ryan Difronzo, Spectrum
Sacred Heart Fencing Team Preparing for Their Season in the William H. Pitt Althetic and Convocation Center.

UPCOMING GAMES

Week of November 29

Men's Basketball-Thurs. Dec. 2
@7pm-@Lafayette College

Women's Swimming-Fri. Dec. 3 Prelims-
@12pm-CCSU, Finals-@7pm-@CCSU

Women's Basketball-Thurs. Dec. 2
@7pm-@Monmouth

Men's Wrestling-Fri. Dec. 3-@Cliff
Keen Invitational

Men's Ice Hockey-Thurs. Dec. 2
@7:05pm-@Army

Women's Ice Hockey-Fri. Dec. 3
@6pm-@Johnson & Wales University

Senior Article: Thank You, Spectrum

BY MARIA CIPRIANO
Co-Sports Editor

The last article. It seems like everything is coming to an end for me, or at least with the Spectrum newspaper.

As I look back on my three years at Sacred Heart University, it’s very mind boggling to see what I have accomplished in three short years.

I transferred here after one semester at Adelphi University and never thought that I would be graduating a semester early, or even continuing my education at Sacred Heart.

I have enjoyed my time here at Sacred Heart as well as writing for the Spectrum. This student-run newspaper, with the help of Professor Joanne Kabak of course, has not only taught me how to manage my time and meet a deadline but also guide others so that they can be the best writers that they can be.

I never thought that after taking News Writing and Reporting I would have applied for the assistant editor’s position the semester after taking the class or even be a co-editor this semester.

As an editor, I taught six students how to write about the sports that were happening here at SHU as well as some professional sports here and there.

This opportunity has helped me not only figure out what I want to do as a career but also realize my passion for writing. Reading, on the other hand, I struggle with.

I never imagined that I would want to write about sports. When I transferred to SHU, I was caught up in making new friends, passing my classes, and balancing school with playing on the club lacrosse team.

As someone who doesn’t sleep at night because I worry about my school work and anything else that may be going on in my life at the moment, I know that my time here meant something. That I just didn’t pick a random school to transfer to after hating the one I chose as a backup.

I can also say that I am thankful to every professor here that I had a chance to take a class from, especially Professor Kabak. This school allowed me to figure out what I wanted to do after graduation and also encouraged me to go to graduate school to obtain my master’s degree in sports communication and media.

I am also thankful for my parents and for them always understanding that sometimes not everything works out and that is okay. You just have to figure it out eventually and then you

will be on the right track again.

It has been a short three years just 45 minutes away from my childhood home, but it has felt a lot longer than that. And I’m not just saying that because of Covid-19.

One of my roommates keeps a track of how many days we have left to graduate and I think it is down to about 13 or 14 days. This thought scares me a little because I will be done with my undergraduate degree when those days go down to zero. But after that I start school all over again for another year, with very little time for breaks.

This thought again scares me because of all of the what if questions I have, just like the ones I had while transferring to SHU back in January of 2019. I’m not going to list out all of the questions I have because one I can’t think of all of them right now, and two I do not want to write out every thought I have concerning graduate school.

Maybe I will contribute one or two articles covering Sacred Heart sports in the spring; only time will tell. For now, this will be my goodbye to not only the Spectrum newspaper and not only all the amazing people that I got to cross paths with, but also everyone else at SHU.



Editorial

MEET *the* STAFF

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2023

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The Dining Hall Escape

JENN HALLOWELL

ASSISTANT FEATURES EDITOR

As I approach my last semester at Sacred Heart University, I’d like to reflect on all I have learned, the people I have met, and the places I’ve discovered here in Connecticut.

I lived on campus for two years, and as a senior, my friends and I still enjoy the dining halls and the social aspect of the university. However, whether you have family visiting for parents’ weekend and homecoming, or you and your friends just want an excuse to dress up and take the SHUttle or car off campus for the day, Connecticut has so many options for delicious restaurants. You do not even need to stray far from campus.

Sometimes as a group it’s hard to decide what to eat, so why just pick one palette of food! The Sitting Duck Tavern in Trumbull, Conn., is next door neighbors with Sacred Heart’s campus and has a wide variety of food that ranges from burgers, to seafood, to wings, to tacos!

Along with the Sitting Duck, there is The Chelsea, The Sinclair, Old Post Tavern, and Metro Kitchen and Bar, all in Fairfield, Conn., which is only 15 minutes away. The atmosphere and wide variety of food options at these restaurants are what make them great options for a group dinner.

Lastly, a little farther away is Spotted Horse Tavern in Westport, Conn. Spotted Horse is 20 minutes from campus; however, the food is great and even if you have to wait for a table, you can walk through the beautiful town of Westport and shop around to make the time go faster!

There is nothing like a homecooked Italian meal, and just because you are at your home away from home doesn’t mean you have to lose that. Neighbors to campus and The Sitting Duck Tavern is Romanacci in Trumbull, Conn., with a warm atmosphere, delicious Italian food, and gourmet pizzas!

For a fancier option right in Fairfield, there is Molto. Molto is great for a special occasion with family and friends!

When you want to spice things up for dinner, Connecticut does not disappoint! Geronimo Tequila Bar and Southwest Grill and Malibu in Fairfield are my two personal favorite places to grab some tacos and have a change of atmosphere only 15 minutes from campus.

Last on my list are two Pan-Asian styled restaurants also in Fairfield, Conn. Wild Rice is the perfect restaurant to go to for a much-needed sushi night, and even for the non-sushi eaters in your family or group of friends, they have a wide variety of Pan-

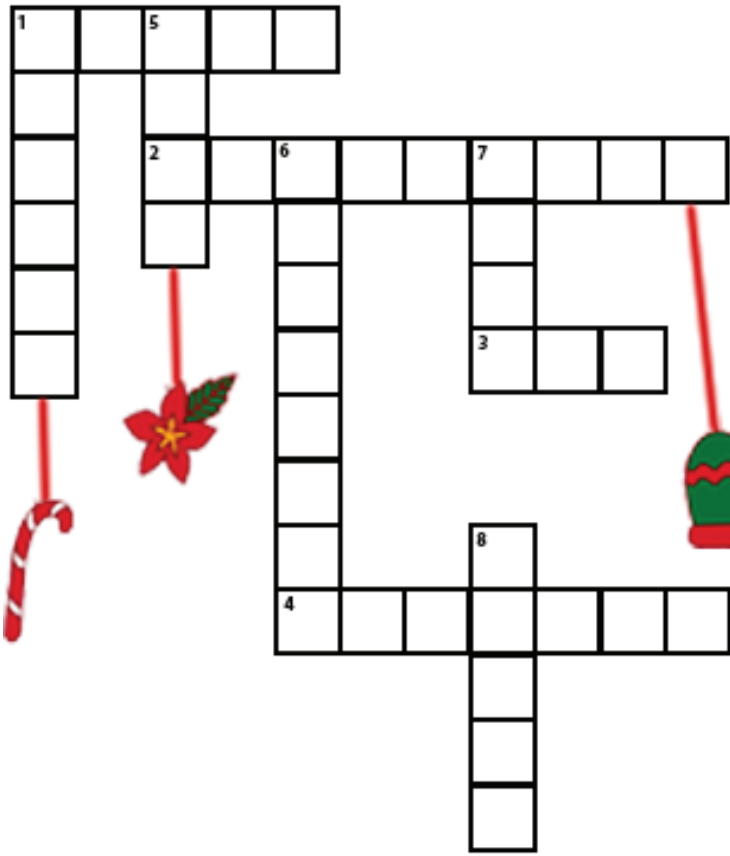
Asian foods.

Next is Mecha Noodle Bar which has ramen, pho and other Pan-Asian noodle dishes to choose from.

All these restaurants have been some of my favorites in my last four years and are just another reason as to why Sacred Heart will always feel like my home away from home.



CHRISTMAS CROSSWORD



ACROSS

- 1 - Jolly man who delivers presents
- 2 - December 25
- 3 - Santa’s helpers
- 4 - The red nosed reindeer



DOWN

- 1 - A sled drawn by horses or reindeer, especially one used for passengers
- 5 - Naughty or
- 6 - Help to pull Santa’s sleigh
- 7 - a real or artificial evergreen set up and decorated with lights and ornaments as part of Christmas celebrations
- 8 - Dark green leaves, small white flowers, and red berries

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

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