

## UPCOMING FIRST 50 DAYS EVENTS THIS WEEKEND:

### THURSDAY 10/6:

**INTERFAITH AMIGOS  
WITH CAMPUS MINISTRY  
AT LINDA'S. STARTS AT 6  
P.M.**

### FRIDAY 10/7:

**JAM OUT AT THE BETA  
THETA PI KARAOKE  
NIGHT IN THE NC  
AUDITORIUM AT 6 P.M.**

### SATURDAY 10/8:

**ENJOY THE THORNTON  
WILDER CLASSIC *OUR  
TOWN* IN THE LITTLE  
THEATER AT 8 P.M.  
TICKETS ARE \$5.**

### SUNDAY 10/9:

**SUNDAY MASS AT THE  
CHAPEL 11 A.M. AND 7  
P.M.**

### MONDAY 10/10:

**LEARN ABOUT NATIONAL  
COMING OUT DAY VIA  
THE SAGE CENTER  
INSTAGRAM  
(@SHU.INVOLEMENT)**

### TUESDAY 10/11:

**ALL AGES KARAOKE  
NIGHT AT RED'S PUB AT  
7 P.M.**

## WATCH THE PIONEERS IN ACTION:

### FRIDAY 10/7:

**WOMEN'S ICE HOCKEY  
VS. THE LIU SHARKS IN  
SHELTON, CONN. AT 2  
P.M.**

**FIELD HOCKEY VS.  
LIU AT 7 P.M. IN NEW  
HAVEN, CONN.**

### SUNDAY 10/9:

**FIELD HOCKEY VS.  
RIDER AT 5 P.M. IN NEW  
HAVEN, CONN.**

### THURSDAY 10/13:

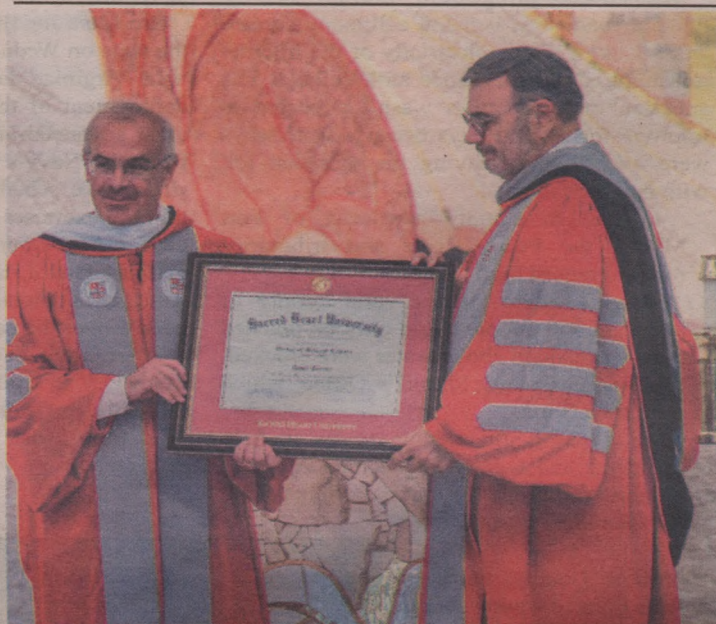
**MEN'S SOCCER VS. ST.  
FRANCIS BROOKLYN  
AT PARK AVE FIELD.  
KICKOFF AT 7 P.M.**

### FRIDAY 10/14:

**WOMEN'S VOLLEYBALL  
VS. MERRIMACK  
COLLEGE AT 4 P.M. IN  
THE PITT CENTER**

## High Praise for Journalism

BY MADISON BEEKMAN  
Staff Writer



SHU President Dr. John Petillo (right) presented David Brooks (left) with an honorary degree.

David Brooks was presented with a Doctor of Humane Letters, honoris causa, on Sept. 21 by Sacred Heart University at an academic convocation in the Chapel of the Holy Spirit, followed by a dinner and lecture at SHU's Community Theater.

Brooks is a New York Times (NYT) op-ed columnist focused on politics and social sciences, as well as a commentator for networks like NBC and NPR, according to his NYT biography.

"It is always meaningful when we confer an honorary degree on someone who embodies the mission and vision of this university," said SHU President Dr. John Petillo during his welcome, according to a SHU press release.

Rev. Anthony Ciorra, chair of the honorary degree committee, explained that to be selected for this honor, the nominee must be approved by the committee, the Board of Trustees and Petillo.

"You want a process that's as inclusive as possible because an honorary degree is the highest honor a university can give to someone," said Ciorra. "You want to make sure that you are being faithful to the mission and the culture of the university. Brooks is someone who thinks deeply. He is a role model for students, faculty and staff. You put all those pieces together, and he is an extraordinary candidate."

Sophomore Jeff Palma welcomed Brooks on behalf of SHU students.

"The school feels more like a home, and that is really the message that I wanted to convey," said Palma.

Dr. Michelle Loris, Chair of Catholic Studies and Associate Dean of the College of Arts and Sciences, noted how Brooks's speech reflected discussions in Catholic Intellectual Traditions (CIT) classes.

"Brooks spoke about the spiritual, moral and relational crisis challenging our world today. He stated how our soul gives each person dignity and value. He also talked about the importance of being able to engage in meaningful conversations with each other," said Loris.

Jason Ebert, Executive Director for University Special Events, said that the discussion of "diminishers" versus "illuminators" really stuck with him. The university press release reported that Brooks defined "diminishers" as those who make others feel small and unseen, while "illuminators" make others feel bigger and respected.

"He didn't say be an influencer, he didn't say be a leader, he said be an illuminator," Ebert said. "I think that so many people want to lead, very few want to follow and even fewer consider themselves someone who can provide enough light to just let people go on their own."

According to SHU's press release, Brooks noted what he feels are some of the biggest moral challenges.

"To me, the problems in our politics flow from a problem in our souls. Somehow this spiritual crisis leads to loneliness and meanness. This shows up most significantly in a drop in social trust," said Brooks.

Despite this, Dr. Brian Stiltner, a professor of theology and religious studies, also recognized hope in his speech.

"He felt that, although there's a lot of problems in the world, there's a lot of hunger you can see in people, and maybe in this younger generation, for a sense of spiritual and moral gravity," Stiltner said.

Sophomore Kelsey Donnelly attended the dinner and lecture following the academic convocation and left inspired by his words.

"It's not very often that people in his position use their platform to talk about issues facing the country from this perspective," said Donnelly. "I think that, if more people listened to what he has to say, we could see some positive change in how our society relates to one another."

Brooks was especially thankful for this honor, according to Ebert.

"His reaction to receiving the honorary degree was the first of its kind. There was something about Brooks's appreciation for what it meant," said Ebert. "When he accepted the degree and the honor, he said, 'I've gotten a few of these over the years, but this one feels different.'"



## LOCATIONS NEWSPAPER RACKS

**Hawley Lounge**  
(next to stairs)

**Student Life**  
(across from office between doors)

**Library**  
(inside front doors)

**West Campus (West Building)**  
(first floor lobby)

**West Campus (East Building)**  
(outside East Cafe)

**Thea's Abbey**  
(lobby)

**Melady Hall**  
(inside front doors)

**Martire**  
(first floor by the main staircase)

**Spectrum Office**  
(in the SCMA Wing)

**Curtis Hall**  
(inside the front doors)

**Linda's**  
(first floor)

**Pitt Center**  
(inside front doors)

**SC Wing**  
(first floor near 63's and Edgerton)

**NC Wing**  
(first floor near couches)

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even more Spectrum  
Content!

SCAN ME





# News

## Frustrations Mount as Hurricane Ian's Effects Linger

BY ASSOCIATED PRESS NEWS



AP Photo, Joe Burbank/Orlando Sentinel  
Beachgoers walk past a collapsed pool deck Monday, Oct. 3, 2022, in Daytona Beach Shores, Fla., as hotel and condo seawalls and decks along the Volusia County coastline were gutted by Hurricane Ian last week.

FORT MYERS, Fla. (AP) — Days after the skies cleared and the winds died down in Florida, Hurricane Ian's effects persisted Monday, as people faced another week without power and others were being rescued from homes inundated with lingering floodwaters.

Frustrations mounted in the path the storm cut through Florida, and the hurricane's remnants, now a nor'easter, weren't done with the U.S.

The mid-Atlantic and Northeast coasts were getting flooding rains. Forecasters said the storm's onshore winds could pile even more water into an already inundated Chesapeake Bay and threatened to cause the most significant tidal flooding event in Virginia's Hampton Roads region in more than a decade.

Norfolk and Virginia Beach declared states of emergency as they watched to see how bad Monday's tides would be. Coastal flooding was possible from North Carolina's Outer Banks to Long Island, the National Weather Service said.

At least 68 people have been confirmed dead: 61 in Florida, four in North Carolina and three in Cuba since Ian made its first landfall on the Caribbean island on Sept. 27 and in Florida a day later.

Search and rescue efforts were still ongoing Monday

in Florida. More than 1,600 people have been rescued statewide, according to Florida's emergency management agency.

Fort Myers Beach Mayor Ray Murphy told NBC's "Today Show" that residents who evacuated were largely being kept away from their homes because of searches likely to last a few more days.

Washed-out bridges to barrier islands, flooded roadways, isolated cellphone service and a lack of water, electricity or the internet left hundreds of thousands still isolated. The situation in many areas wasn't expected to improve for several days because waterways were overflowing, leaving the rain that fell with nowhere to go.

In DeSoto County, northeast of Fort Myers, the Peace River and tributaries reached record high levels.

Many residents in the rural county of about 37,000 people could only be reached by boat. What roads remained above water were blocked, according to the Nassau County Sheriff's Office, which was assisting with the efforts.

"Right now we working on creating teams to help find stranded residents and we are dispatching ATVs to help get rid of debris on roadways that were impossible to travel over," deputies wrote in a Facebook post.

In rural Seminole County, north of Orlando, residents donned waders, boots and bug spray to paddle to their flooded homes Sunday.

Ben Bertat found 4 inches (10 centimeters) of water in his house by Lake Harney after kayaking there.

"I think it's going to get worse because all of this water has to get to the lake" said Bertat, pointing to the water flooding a nearby road. "With ground saturation, all this swamp is full and it just can't take any more water. It doesn't look like it's getting any lower."

About 600,000 homes and businesses in Florida were still without electricity

on Monday morning, down from a peak of 2.6 million. But that is still nearly the same amount of customers in all of Rhode Island.

The current goal is to restore power by Sunday to customers whose power lines and other electric infrastructure is still intact, Florida Division of Emergency Management Director Kevin Guthrie said Monday. It does not include homes or areas where infrastructure needs to be rebuilt.

President Joe Biden and first lady Jill Biden plan to visit the state on Wednesday.

In Virginia, the U.S. Navy postponed the first-ever deployment of the U.S.S. Gerald R. Ford, the nation's most advanced aircraft carrier, according to a statement from the Navy's 2nd Fleet. The carrier and other U.S. ships were scheduled to leave Norfolk on Monday for training exercises in the Atlantic Ocean with vessels from other NATO Countries.

Coast Guard, municipal and private crews have been using helicopters, boats and even Jet Skis to evacuate people over the past several days.

After moving across Florida, Ian made another landfall in the U.S. in South Carolina as a much weaker hurricane. Officials said Monday that crews were finishing removing sand from coastal roads and nearly all power had been restored.



AP Photo, Gerald Herbert  
A man takes pictures of the destruction around the bridge leading to Pine Island, in the aftermath of Hurricane Ian in Matlacha, Fla., Sunday, Oct. 2, 2022. The only bridge to the island is heavily damaged so it can only be reached by boat or air.

## Maura Cook Setting the Bar High for SHU Staff

BY VALENTINA MASSONI  
News Editor

Maura Cook, an adjunct professor at Sacred Heart University, was nominated for the Hartford Business Journal's (HBJ) "40 Under Forty" list of 2022. Cook was one of 130 nominees that was narrowed down to the final list of 40 honorees.

The list "recognizes outstanding young professionals in the Greater Hartford area that are excelling in their industries through their leadership roles," according to HBJ.

While Cook is a professor in communications and public administration at SHU, she is also the Vice President of Marketing and Development at the United Way of Central and Northeastern Connecticut. The United Way is one of the largest nonprofit organizations in the world, according to their mission statement.

"After completing her graduate degree at SHU, Prof. Cook had offers from some of the top PR firms but chose to pursue a communication career in the nonprofit sector," said Professor James Castonguay, associate dean in SHU's College of Arts and Sciences and professor of communication and media studies.

Not only does Cook hold this role within the United Way, but she is also the youngest member on their senior leadership team, according to HBJ.



Sacred Heart University Website  
Prof. Maura Cook alongside graduate students in the strategic communications and public relations program at Sacred Heart in 2021.

"I was so honored to be nominated, let alone recognized. I have worked really hard and set big career goals for myself, and I'm proud of what I have been able to accomplish," said Cook, according to a press release from SHU.

Cook is no stranger to the SHU community, as she received her master's degree from the university in 2013, and she continues to be an active member through teaching in the graduate program.

"The School of Communication, Media and the Arts (SCMA) is especially proud [that] Prof. Cook is an alumnus of our graduate program in communication," said Castonguay. "Our academic programs are only successful if our students are able to thrive out there in the 'real world' after graduating, and Maura exemplifies that."

Cook and members of SCMA are on the same page about the honor that this recognition deserves.

"Serving as a faculty member at SHU is fulfilling," said Cook, according to a press release from SHU. "Learning from the best and then teaching with the best is a rare opportunity that I treasure. I love working with students and sharing my experience with them. I am passionate about helping people find what they love to do and maximizing their potential, and teaching at SHU enables me to do that."

Meghan Bennett contributed to this article.



Sacred Heart University Website  
Maura Cook, educator and United Way marketing executive, was recognized as a leader in her field.



# Perspectives

## Getting Strange at Sacred Heart

BY DAISY TUQUINAGUI  
Staff Writer

"I screamed with joy when I found out that Gaten Matarazzo was coming to campus," said senior Alexa Gallerani. On Sept. 27, Gaten Matarazzo, who plays Dustin in "Stranger Things," visited Sacred Heart University for a question and answer panel sponsored by Student Life and hosted at the Edgerton Auditorium.

Tickets were on sale for \$5 from Sept. 20 up to the day of the event.

Students stood in line for hours in order to be able to purchase tickets for this event.

"Tickets were on sale at 1:30 p.m. the first day and I arrived at 12:30 p.m.," said sophomore Allie Pesek. "The hour-and-a-half wait line was definitely worth it because he is one of my favorite actors."

Sophomore Sierra Sailor shared the news with her family back home.

"The first thing I did was tell my parents, as we share love for the show 'Stranger Things'," said Sailor. "Gaten's personality shines through his real-life interviews and other projects he has worked on previously."

"Stranger Things" first aired in 2016 on Netflix, and since then, Matarazzo's performance in the show has given him over five award nominations, such as the IGN award for best dramatic TV performance and the Saturn award for best performance by a younger actor in a streaming series.

During the event, students were given permission at the end to get in line and ask Matarazzo any questions.

"I was a little star-struck when he came out on stage. I had no questions going into the event, but other students definitely came prepared," said junior Samantha Katz.

During the Q&A, Matarazzo let Sacred Heart students in on some information that was a surprise to many in the audience; he was born in the same state as Sacred Heart.

"I was in total shock when he revealed that he was actually born right here in Connecticut, raised in New Jersey, and now resides in New York," said Katz.

Students like junior Rachel Pesce were thankful that the university made this event happen and were excited to learn about how different Matarazzo's life is



Gaten Matarazzo and Brad Hutchinson embrace one another.

Instagram, @brad\_hutch



SHU junior Brad Hutchinson (left) had the opportunity to interview Gaten Matarazzo (right) at the Q&A.

Instagram, @brad\_hutch

compared to her own.

"The cool and most special thing about Gaten Matarazzo is how he is just around our age," said Pesce. "It is unbelievable that his career took off at the age of 9 and his first ever job was having a role in a drag show."

"Seeing Gaten on stage was an unforgettable experience," said junior Emily Haddad. "'Stranger Things' is a show near and dear to my heart because I like to think that I grew up with characters themselves."

As the panel came to an end, students took out their phones to record what some students considered "the ultimate moment" of the event.

"Every single person in the audience went straight to filming the best part of this event," said Haddad.

One of the final questions of the night was asking Matarazzo to sing "The NeverEnding Story" from "Stranger Things." Although he mentioned it was not something he usually does, he did it with the help of an unnamed Sacred Heart student.

"I can happily say that I got to witness Gaten Matarazzo sing on stage 'NeverEnding Story' with a Sacred Heart student," said senior Alissa Brandl. "He [Matarazzo] seemed nervous, but his singing was fantastic."

## How do YOU deal with Mental Health?

BY CIARA O'TOOLE & JILLIAN REIS  
Staff Writer & Perspectives Editor

College can be a stressful time for a lot of students, and the rise in mental illness cases has not made it easy on students. According to the National Institute of Mental Health, nearly 1 in 5 adults in the United States suffer from mental illness. Students at Sacred Heart University are not exempt from the statistics.

One student who has seen a change in her mental health is junior Alyssa Miclat.

"I have seen a major difference in my mental health since coming to university, both positive and negative," said Miclat. "I think the main difference is the amount of pressure I put on myself to achieve a high GPA, as I have always been a perfectionist in everything I do, which does take a toll on my mood."

Some students on campus have taken to making an effort at keeping a healthy mentality to combat mental illness. Senior Vitalina Golod takes care of her mental health by waking up early in the morning and focusing on what she has to do for the day.

"For me personally, a day that contributes to a healthier mentality includes waking up early and enjoying a slow morning, going out with friends, exercising and cooking at least one home-cooked dinner."

Junior Katsiaryna Starastsenka gives her insight on what she thinks about the topic of mental health with the general population at Sacred Heart from an international student's perspective.

"Back in my country [Belarus], people do not pay much attention to mental health or reveal their emotions, as they are not used to talking about any issues they might experience," said Starastsenka, "while, in the USA, mental health plays an important role in society. Thus, people share what they feel and open up to people they newly meet."

According to Junior Kim Fenton, she believes there needs to be a greater focus on resources on campus for students' mental health as a whole.

"Most people have no knowledge of it, so we do not know what is available even if we need it," said Fenton. "I believe more mental health resources are needed for student-athletes since they are put under greater psychological and physiological constraints and stressors in their day-to-day lives."

Sacred Heart has a lot of resources in place in terms of mental health, including the Wellness Center and website, which include both on-campus resources as well as contact information for crisis situations outside of Sacred Heart, such as the phone numbers for the National Suicide Prevention Hotline and the Trevor Project.

Sacred Heart also offers a range of yoga, aerobic and dance classes for those looking to improve their mentality through fitness.

"I get myself involved in many extra-curricular activities at SHU, but my dance class particularly stands out, as many of my students have come to me acknowledging how it helps them relax and is their escape from the amount of college work they have, which gives a sense of achievement from my part," said junior Samira Altareb.

Another on-campus resource for students is the s.w.e.e.t. Peer Educators who have a variety of programs throughout the year, such as s.w.e.e.t. Dreams, which teaches students about the importance of getting enough sleep. One of their most popular programs is Canine Help SHU?, where students can pet and hang out with therapy dogs to destress.

Sacred Heart also has a counseling center for students who feel like they need to talk to someone about what is going on in their life. Students can make an appointment with a counselor by calling (203) 371-7955 or following the instructions on their website at <https://www.sacredheart.edu/offices--departments-directory/counseling-center/appointments/>.



Sacred Heart University's Psychology club at one of their meetings.

Instagram, @shu\_psychology



# Features

## Welcome Back Alumni!

BY ALEJANDRO RAMOS  
Staff Writer

Sacred Heart University, founded in 1963, graduated its first class in 1967. This first class consisted of roughly 200 students. According to the Department of University Advancement, today the university has over 53,000 living alumni.

A third of these students have graduated under President John Petillo's 12-year reign of the university. At other universities, young graduates who have graduated 10 years ago or less are called G.O.L.D.: "Graduates of the Last Decade." At SHU, they are called Petillo's Kids.

"Eight years ago, we had 250 students attend homecoming, with less than five events," said Todd Gibbs, Executive Director for Alumni Engagement. "Last year, we welcomed back 1,300, and this year we hosted over 2,000 alumni over the course of the weekend."

Homecoming 2022 was dubbed "Home Is Where The Heart Is" and took place from Sept. 23 to Sept. 25. Twenty-three events and activities were held during the weekend.

Maisy Carvalho, Class of 2022 alumna and former Editor-in-Chief of The Spectrum, said, "The one thing I was most looking forward to for alumni weekend was to see my friends. I moved about a week after graduation for a job in Virginia, so I wasn't really able to say a proper goodbye."

Sacred Heart University has grown and evolved since its founding. It even changes from year to year. The one thing that doesn't change is the feeling of being home.

"I felt so weird stepping onto campus as an alum for the first time. So many things have changed since May. Merton looks different and you can already see some new construction starting, which is weird. Even still, it truly felt like I was home," said Carvalho.

Prior to the football game, one of the activities for the day was Pioneer Fest, a street festival with music, lawn games and food trucks.

"My favorite event that I attended was the Pio Fest at the football game. It had great food and I loved all of the games, spirit and decorations. It definitely heightened the love for SHU and brought me back to going to football games as an undergrad student," said Brianna Costanza, Class of 2021 alumna.

For Gibbs, it was the Pioneer Fest that made him realize that all the hard work was

worth it.

"Our goal for that event was to make all audiences feel welcome and like they had a place. Having that street carnival feel lent itself to that. From alumni to future pioneers and everyone in between, it was the place to be," said Gibbs.

Students enjoyed the activities put on, thanks to the organizers.

"I would say this homecoming was a great success. I think we look at it both from a standpoint of the volume of alumni coming back, but more importantly, from a qualitative standpoint. Are people having a good time? Do they feel well-taken care of? Are they proud to be Pioneers?" said Gibbs.

Nothing says proud to be a Pioneer more than the reactions to the Dartmouth football game.

"I think right off the bat I'd say an Ivy League size victory against Dartmouth, who had a 20 game non-conference win streak, was my favorite part of the weekend. They had a lot of momentum as they came into our home. I'm sure that was a long bus ride home," said Paul Sutera, Vice President of University Advancement.

Both Gibbs and Sutera are looking forward to next year's homecoming. They have already begun the planning process to make it even more successful than this year.



Instagram, @shualumni

SHU alumni reunited during the SHU homecoming event.

## Faculty Spotlight: Dean Mark Beekey

BY COREY COYE  
Staff Writer



Sacred Heart University

**Professor Mark Beekey has stepped into the role Dean of the College of Arts and Sciences at SHU.**

Coming into this school year, Dr. Mark Beekey has seen his role within the community expand. A former professor of biology, Beekey has accepted the position of Dean of the College of Arts and Sciences.

Since joining the Sacred Heart University faculty in 2005, Beekey has received numerous grants for his research on aquatic ecology, including grants from the Connecticut State Department of Education and the National Fish and Wildlife Foundation. Project Limulus, one of Beekey's research designs, is a community-driven plan that focuses on the ecological impact of horseshoe crabs living on Long Island Sound.

Furthering his experience in research and education was something Beekey knew he wanted to carry out beyond his own college years.

"I knew during the last two years in college that I wanted to teach at the college level and spend time conducting research on ecological questions," said Beekey.

After graduating from Juniata College with a bachelor's degree in ecology, Beekey found himself pursuing a master's degree in Biological Sciences from the University of Delaware. After completing his own education, Beekey shifted his focus to

helping SHU students do the same.

"I hope I have brought my love of learning to students here at SHU," said Beekey.

Beekey noted the importance of diversifying knowledge in college, no matter what a student's major may be.

"Even though I was a science major, the liberal arts were a significant part of our overall education," said Beekey.

Beekey found ways to grow into this position, despite any fears or doubt he may have had.

"Initially, I was very hesitant about taking on the interim position when I was first asked," said Beekey. "That didn't last long as it became very clear that this position had the ability to help even more students succeed than my role as a faculty member in the department of biology."

Beekey has not only impacted his students, but his students have also impacted him.

"In many ways, being a scientist has truly prepared me for this role. Experiments produce results, and those results may not always be what you hypothesized, but those data can still teach you something and you can learn from them," said Beekey.

"He is very enthusiastic because of the energy he brings," said senior Alana Felix. "He reaches out automatically and wants to see every student succeed."

Felix is not the only student whose SHU experience has been impacted by Beekey.

"I admire how Dean Beekey is extremely dedicated to his students and is always there to help them when they need it most, even if it means after-hour calls, late night emails or random visits to his office," said senior Tinamarie Dadic.

Beekey grew to embrace his new position within the school community while continuing to support his students.

"I could now spread my love of learning across many more departments. My goal is to help students succeed," said Beekey.

Ever since coming to Sacred Heart, Beekey has learned that academic achievement looks different for each individual student.

"Success can be measured in many small steps," said Beekey.

## Getting Groovy on the Quad!

BY DANNIA JORDAN & ISABELLA COSTANZA  
Staff Writer & Features Editor

The Phi Sigma Sigma Sorority hosted a Dance-A-Thon philanthropy event on Oct. 2. The event took place at the Bobby Valentine Health and Recreational Center on Sacred Heart University's campus, from noon to 6 p.m.

The Dance-A-Thon event had a live DJ playing music, zumba sessions, raffle baskets and giveaways, refreshments, relay races, hula hooping and a performance from senior Ben Carson.

"For this event, the whole SHU community is invited, including all students and faculty. We even reached out to the dance and theater program as well as many sports teams," said senior Allyson Ferreira, Philanthropy Chair of Phi Sigma Sigma.

Ferreira has a big dancing background and came up with the idea of a Dance-A-Thon during her summer break. She was able to get help from her two assistants, Amelia Neal and Francesca Lanni, to organize this new event.

The Dance-A-Thon went on for six hours, and is open for anyone who would like to stop by.

"Don't be misled by the name 'Dance-A-Thon', we aren't dancing for 6 hours straight. We have various activities happening at different times throughout the day," said Philanthropy Chair Assistant, Francesca Lanni.

Being that this is a new event, Ferreira had to advertise the Dance-A-Thon by setting up table times. This required both Ferreira and members of the organization to stand outside of 63's, and talk to individuals about this event. Both attendance and participation played a big role in the success of this event.

"All the Phi Sigma Sigma sisters were at the event, which is roughly around 200 people! On top of that we had around 20 other participants for this event! We invited all cohorts of people to join, but mainly FSL individuals came," said Ferreira.

Due to unpredictable weather conditions, Phi Sigma Sigma had to

adjust the location of their event.

"This event was originally supposed to take place in the Upper Quad, but the weather wasn't as great as we wanted it to be. We ended up relocating to the indoor Basketball Court at the Bobby Valentine Health and Recreational Center," said Ferreira.

Phi Sigma Sigma was able to raise over \$6,000 for their philanthropy, the Phi Sigma Sigma foundation. Within their foundation they raise money for "The Kids In Need foundation," which ensures that less fortunate kids get school supplies and resources donated to them. In addition to this, there's the "Twin Ideals Fund," which includes a community impact fund whenever there is a natural disaster. As well as, Phi Sigma Sigma partner's with the local Bridgeport area schools to raise money and donate supplies.

Aside from their own foundations, Phi Sigma Sigma also finds ways to support others who are struggling in recent tragedies.

"I'm sure we will be donating to people in Florida especially with this new hurricane that's going on," said Lanni.

Ferreira's goal of the event was to not only raise money for charity, but to also provide a bonding opportunity for the Phi Sigma Sigma organization and the Sacred Heart community.

"This event definitely connected our sisterhood because we did various activities throughout the event such as relay races, limbo contests, zumba and more," said Ferreira. "It felt so rewarding seeing everything set up and run smoothly for this event. A lot of planning went into the event with some major and some minor details, so I'm glad it came out as well as it did!"

You can follow Phi Sigma Sigma on Instagram to see more details for upcoming events and more @phisigshu.



# Spotlight

**AUDREY'S  
CORNER**  
a place for kindness & reflection

## Disability Stories

BY KAILEY BLOUNT

Co-Editor of Audrey's Corner

This week, Audrey's Corner provides a platform for stories of disabilities. While there is always room for improvement in our ableist society, Sacred Heart University prides itself on being an accepting and accommodating place for all, sharing resources in and out of the classroom for students with disabilities. Dr. Cara Kilgallen, Director of the Department of Languages and Literatures, teaches a class every year called "Disability Stories," in which she creates a safe environment for students to learn and share about how disability affects their lives. Dr. Kilgallen, along with Sacred Heart students Nicole Geres, Jordan Greene and a gifted writer who would prefer to remain anonymous, share their own stories of disability.

### Dr. Kilgallen on "Disability Stories"

As an English professor, I have a deep reverence for storytelling and my students' stories about perseverance often inspire me the most. This semester, I'm teaching "Disability Stories" for the third time, and the contributions of my class never cease to amaze me. This course looks at American literature to understand disability (physical as well as cognitive) and vice versa. We read Helen Keller's Autobiography and Tennessee Williams's The Glass Menagerie, to name a few writings. Literature reveals so much about life; my students will enter a variety of fields, from education and writing to wellness and healthcare. Considering Sacred Heart University's Mission and an emphasis on accessibility, disability is always a timely topic and one that many members of our community can relate to both personally and professionally. Specifically, students in the class contribute a wide array of fresh perspectives on disability, which is both an identity and a difference that deserves dignity and respect. According to disability activist and literary scholar Rosemary Garlin Thomas, all human beings will become disabled if they are lucky to live long enough. Reading, hearing, writing and sharing stories about disability and difference will surely deepen our understanding of human experience.

### "Blue" by Nicole Geres

When I think of blue,  
I think of you.

Blue; the ocean, the sky,  
all of those things make me wonder why?

What do I do now that I cannot have you when I need?  
You were, and will always be, my best friend indeed.

I always knew to take pictures of you when you looked pretty.  
Now, as I hold them shaking like a leaf,  
I didn't realize how different you looked until it hit me.

I miss hearing your laugh,  
the laugh you could hear from a mile away.

I still look for you as if you are my prey.  
I am so happy that you are able to fly.

But now I cannot help but wonder, why can't I?

Blue; the ocean, the sky.

All more beautiful with you dancing in them.  
More blue than I have thought; bluer than I have ever dreamt.

All beautiful things that are all the shade of blue.

I cannot move on from this, and I do not know what to do.

It affects me every day whenever I see the shade of blue.

However, the only thing that gets me out of bed

is that I still love to see all YOUR

shades of blue.

### "The Beauty of Tiffani Greene" by Jordan Greene

There is one person that comes to mind whenever I think about the topic of disability. That person happens to be my late aunt Tiffani Greene, who passed away in 2020 when Covid-19 was at its height.

My aunt had the most beautiful singing voice. If you heard her sing in person, you would probably want to know the next city she was stopping at for her world tour. Not only that, but her personality would light up a room, in good and bad ways. Despite her contagious laugh and warm attitude, my aunt could get down to business if it was necessary. When she would direct the choir at her church, the men and women knew to follow their orders or they would feel the wrath of my aunt.

With having such beautiful energy, my aunt was held back toward the last years of her life because of her amputated leg that was a result of Stage II Diabetes. Every time I saw her use some sort of assistance for even using the bathroom, I couldn't help but feel some sort of sadness for her.

But no matter the circumstance, whenever I was around, my aunt did her best to show her strength whenever she couldn't do certain things that she needed to do. Because of that strength that my aunt showed, I know that disabilities for all people that have one can be overcome not just by physical practice, but by mental stability as well. If the mind is trained to believe in oneself, then anything can be done. My aunt displayed that, and that is why she will forever be one of my heroes.

RIP Tiffani Greene.

### "I Used to See in Color" by A Gifted Sacred Heart Writer

I used to see in color.

I used to see green grass and vibrant violet hydrangeas.

I saw bright blue skies filled with marshmallow white clouds and red cardinals dancing through the wind.

There were electric colors in big cities parading shocks of every hue in the rainbow.

The cerulean sea shone under the sun and pushed pastel shells onto the sand.

My bedroom was filled with warm yellows and oranges that glowed with an autumn vibe the whole year round.

I don't see it anymore.

The colors that were once vibrant and bright are now dulled.

The world of color is grey now.

I used to see in color. Now it doesn't feel like I can see at all.



# Arts & Entertainment

## Are We Living in the Past?

BY HALEY ALVARADO  
Staff Writer

The entertainment industry utilizes nostalgia in the reboot-industrial complex of cinema. Films, classic sitcoms and animations remodeled in live-action formats are predominantly undergoing a resurgence in media.

Reboots premiering in theatres this year include "Avatar: The Way of Water," "Bullet Train," "The Munsters," "Pinocchio" and "Ice Age: Adventures of Buck Wild." According to IMDb, "Avatar" is the highest-grossing movie of all time at the global box office with \$2.84 billion, while "Bullet Train" is a foreign classic in Japan. "The Munsters," "Pinocchio" and "Ice Age" are childhood nostalgia films.

According to Prof. Bindig Yousman of the Department of Communication, Media and the Arts, a "reboot's success in Hollywood concerns the existing property that the creative works have already done, with the addition of built-in fans and a name of recognition in the industry."

Nostalgia-driven blockbusters resurrecting older material financially have had some success in franchises, such as Disney rebooting movies. According to Box Office Mojo by IMDb Pro, the "Beauty and the Beast" remake brought in \$910,827,783 million globally.

"Nostalgia connects with fans because it reminds them of a time in their past that they may have forgotten about - a memory of a moment in their life that made them happy at the time," said sophomore Brianna Maher.

Production costs in Hollywood in the coming years have become more expensive. According to Investopedia, the typical movie budget from major film companies in 2022 is between \$65 million and \$100 million, making film companies more cautious of what project they invest in.

According to Prof. James Todd Barnes of the Department of Communication, Media and the Arts, "They are chasing the money, as they have always done. Right now, they must think the safest bet is to build on earlier properties."

## Don't Worry Darling, It's Here!

BY ISABELLA GAYDOS  
Staff Writer

On Sept. 23, the thriller/horror film "Don't Worry Darling" starring Harry Styles and Florence Pugh was released in theaters across the nation.

Directed by Olivia Wilde, the R-rated movie is about a 1950s married couple. Jack, played by Harry Styles, and Alice Chambers, played by Florence Pugh, live in a community named Victory, where men go to work and women relax in luxury. However, Alice's life goes downhill, and she wonders why she is stuck in her reality.

As for what interests her about the movie, graduate student Mahailia Tulloch said, "Mine's two words. Harry Styles."

Today, Styles has become one of Hollywood's most popular movie actors and a key interest in the film. According to the Associated Press, the studio wasn't disappointed with the film's response and results.

"For an original film that cost \$35

have certainly done that lifting by only putting the film at 38% on the Tomatometer. But audiences were still curious and spent nearly \$20 million on the film this weekend."

According to the Associated Press, Actor Shia LaBeouf, who was supposed to play Styles' role, was fired because of his history of aggression on set. LaBeouf's ex-girlfriend, FKA Twigs, came out with a claim of partner abuse after he departed from the film. He was rumored to be fired to keep a safe and protected workspace.

"Shia is very hard to work with because he gets into his characters. Drama. That's one word," said graduate student Nephthalie Rene.

Pugh was another cast member who had difficulties on set, as she did not get along with Wilde. According to Wilde, Pugh got into a screaming match after they knew each other from past dramas.

"Florence got into an argument with Olivia Wilde because she knows Jason Sudeikis, her ex, from her former boyfriend, Zach Braff. I'm seeing it for the drama," said Rene.

It was widely reported that the fight led up going to Warner Bros. executives and Pugh not doing any press after the 2022 Venice Film Festival that took place on Sept. 5. Forty production crew members wrote a statement about the gossip surrounding Wilde and the cast.

According to Deadline, in a declaration signed by the crew members, "We are happy to put our names on this, as real people who worked on the film, and who have witnessed and benefitted from the collaborative and safe space Olivia creates as a director and leader. We're also thrilled that the movie is in theaters this weekend. We can't wait for you to see it on the big screen."

Despite the accusations, Wilde is determined to show a meaningful new image of love and fascination that pushes barriers.

"What are you willing to sacrifice in order to do what's right? Are you willing to dismantle the system that is designed to serve you? That's the world, and the question, of 'Don't Worry Darling,'" said Wilde in La Biennale Di Venezia.



The cast of "Don't Worry Darling" on the red carpet at the Venice Film Festival.

million to make, a \$19.2 million launch was solid—and slightly more than the studio had forecast. A large number of moviegoers—including plenty of Styles fans—turned up to see what all the fuss was about," reported the Associated Press.

The film attracted a predominantly female audience.

According to The New York Times, "Women made up 66 percent of the audience, according to Warner Bros., the studio behind the \$35 million film, with an unusually large 52 percent of ticket buyers under the age of 25."

Before the opening night, criticism rose due to the behind-the-scenes allegations and backlash between the cast and crew.

According to Rotten Tomatoes, "In-fighting to the public is much different than just hearing something is a disaster. Critics

Film studio Warner Bros., a prominent cooperation in Hollywood, has been in debt and has set cost-cutting measures. One of the shelved films from the Warner Bros. financial-saving decision is "Batgirl," while "Batman" still premiered in theaters.

"Nostalgia sells. I saw the new 'Batman' movie due to watching the previous film with my dad, but I wouldn't have gone out of my way to see 'Batgirl,'" said sophomore Grace Thudium.

In the world of entertainment, the idea of nostalgia and revivals is not original. Musicals have been recreated in the film industry, from "Bye Bye Birdie" in the 1960s to "Grease" in the late 1970s.

Shows from the 1990s have a new beginning on the small screen. The resurgence of reboots in series stems from streaming services offering exclusive content. According to Forbes, there are around 50 services presented by companies like Amazon Prime, Apple TV+, Disney+, HBO Now, Netflix and others in North America.

One of the earliest streaming services, Netflix, launched its brand in 2007 and created its first original content with "House of Cards," a remake of a British miniseries, in 2013. The 1990 "House of Cards" ranked 84th out of the top 100 greatest British television shows, according to the British Film Institute.

The success of the series "House of Cards" helped to establish Netflix's legitimacy and sparked the practice of streaming providers creating their exclusive material. Paramount+ last year reproduced Nickelodeon shows like "Rugrats" and "All That" as exclusive content for subscribers.

According to Barnes, "Films and TV shows that wouldn't have been made years ago are now finding funding and distribution" from these streaming services.

The top film in the United States this year was the remake "Top Gun: Maverick," which earned \$712,092,161 million at the domestic box office and \$748,408,524 million at the International Box Office, according to IMDb.

## Books: "Thanks TikTok!"

BY CARMELA COGLIANO  
Staff Writer

TikTok, the global social media platform that is known for trafficking in short videos, is home to many viral trends. Dance, comedy and aesthetic videos are categories that make



Colleen Hoover holds one of her most popular books.

counting.

Sophomore Amanda Boscarino said, "If it wasn't for TikTok, I wouldn't have even started reading in the first place. I have never considered myself to be a reader. It was always something that I found boring and had no interest in. When I discovered #booktok, I got lost in it and spent hours scrolling through people's book reviews and summaries. That's when I knew I just had to get these books."

According to AP News, numerous authors have gained popularity through #booktok. One such author who owes much of her success to #booktok is Colleen Hoover. Hoover's "It Ends With Us" has been trending on #booktok since June and has sold upwards of 10,000 copies per week.

Sophomore Jenna Vargas said, "If it wasn't for TikTok, I would probably have never heard of Colleen Hoover. She was all over my 'For You' page and people wouldn't stop talking about her books. Once I bought her books, I was reading them so fast and could see why everyone loved them so much."

According to AP News, some of TikTok's success in selling books can be traced to bookstores.

"I think that bookstores have a lot to do with it. I walked into Barnes and Noble last week and saw a table of books with a

up the "For You" pages (a page that shows videos based on what individuals like) of people worldwide.

Recently, something that has blown up on TikTok is the world of literature. Users of the app call it "#booktok," which is utilized by readers to discuss and share information about books through 15-second videos.

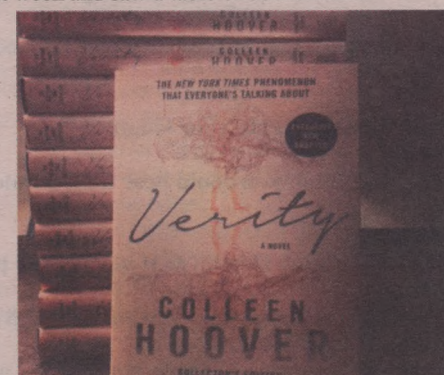
According to the New York Times, early last year, the publishing industry began to notice that the books that people were posting on TikTok ended up on best-seller lists. A year later, #booktok became a sensation in the book industry, thus creating some of the most popular books on the market. This took book publishers, authors and even readers by surprise.

"I was late to #booktok trend. I just started to discover it over the summer," said sophomore Julia Rossback. "The first book I read was 'The Summer I Turned Pretty' by Jenny Han. This book was filling my 'For You' page, and I had never had the motivation to read like I did after seeing it. After reading that book, I completely fell in love with reading."

Sixteen-year-old Kate Wilson from Shrewsbury, Massachusetts is one of the many teenage girls who have made a name for themselves through #booktok. Wilson posted a TikTok video featuring a series of quotes from books that she had read entitled "quotes that say I love you without saying I love you."

The video is set to a gloomy soundtrack and shows Wilson holding up the books with the quotes highlighted.

The result, according to The Guardian, saw Wilson's TikTok handle @kateslibrary become one of the most popular accounts seen on #booktok. It is an account completely devoted to reading and has over 9.6 billion views and



Colleen Hoover's newest book- Verity.

#booktok sign on it. It was all titles of books that I have seen on my 'For You' page," said sophomore Julia Rossback.

Barnes and Noble and TikTok entered into an official partnership that was announced during the summer of 2022, resulting in a summer reading challenge to get people to post about the books that they are reading.

Vargas, who participated in the summer reading challenge, said, "This summer, I read over 10 books and it's because of TikTok that I now have a love and passion for reading."



# Sports

## Get the Zambonis Ready!

BY MOLLY JACOB  
Staff Writer

The Sacred Heart University men's ice hockey team is about to embark on a historic 30th season. The Pioneers, picked to finish second in the Atlantic Hockey Association (AHA) preseason poll, are also preparing to move into their new home as the Martire Family Arena is set to open in January.

The Pioneers went 15-18-4 a year ago, and 11-12-3 in conference play, good for 5th in the AHA. Head coach CJ Marottolo is hoping to see improvement from his side this season.

"The pain of losing last year has given us fuel. That always sticks in your stomach as an athlete and that's what drives you," said Marottolo.

Marottolo sets very high expectations for his team and emphasizes staying on the same page.

"The goals to the team are pretty clear. We want to win the Atlantic and make the [NCAA] tournament for the first time in program history," said senior goalie Justin Robbins.

Before arriving at SHU, Marottolo was an assistant and associate head coach at Yale University for 13 years. He is known for recruiting talented players that make an impact on his teams.

"This team is full of a lot of guys that have been together and they are really serving the purpose of what they are fighting for right now," Marottolo said.

The 2022-2023 Pioneers have many veteran players who have seen the potential of what they can accomplish, led by senior defenseman Logan Britt, junior forward Neil Shea and senior goalie Justin Robbins.

"We're an older team that has a lot of experience. We want to battle and put pucks in the back of the net," said Britt.

The Martire Family Arena (MFA) is set for opening night on Saturday, Jan. 14, 2022.

The Pioneers will take on Boston College in a game that is already sparking up excitement for the community and players.

"Every day on campus we drive by it and see all the progress they've made, so I think there is a lot of excitement from our team and staff," said Shea. "We can't wait to move in there and call it home."

MFA will be home to the men's and women's ice hockey programs, the figure skating team and the men's and women's club ice hockey teams.

The goal of this building is to provide facilities for not only athletes but for Sacred Heart students and the surrounding community. It will contribute opportunities and services for students who are studying in the Sports Communications and Media program.

"It's going to be absolutely spectacular in terms of what the arena has for our guys to be the best they can be," said Marottolo. "The fan experience will be second to none."

Amidst all of this excitement, Marottolo makes sure his team retains their focus as they play a majority of their schedule before moving into their new home. The Pioneers are set to play 20 games, including nine at Total Mortgage Arena in Bridgeport, their current home, before opening night at MFA.

"The anticipation builds with every day, but it's still a long way off," said Marottolo. "We have a lot of important games to play before we even get there."

Sacred Heart's first drop of the puck in the regular season is scheduled for Oct. 7 against Providence College in Rhode Island.

"We're going to do everything that we can to be ready to put our best foot forward for every single night that we play," said Marottolo.

*Sacred Heart Athletics contributed to this article.*



The Pioneers season will open with a game at Providence College on Friday, Oct. 7th.

Instagram, @shuhockey

## Pioneers Take Down #15 Dartmouth in Stunner

BY COLLIN MOURA  
Staff Writer

6,293 screaming Pioneer fans exploded with excitement as junior linebacker Ernest Howard jumped in front of a flat route, sealing an overtime victory over Dartmouth College with a well-timed interception on Saturday, Sept. 24.

Sacred Heart University's riveting 38-31 overtime victory could be considered a bit of an upset. The Pioneers went into the game a considerable underdog, with the Dartmouth program in the midst of a Football Championship Subdivision (FCS) best 20 game win streak in non-conference matchups.

"To battle back from being down two scores twice, it's huge," said Head Coach Mark Nofri. "It's huge for our kids--it says a lot about their resiliency and what their mindset was on Saturday. They weren't going to lose, and I couldn't be prouder and happier for them."

Current students and alumni alike poured into Campus Field to witness the first home football game of the year during homecoming.

"It feels like every time we come out here, we break a new record for attendance," said graduate student linebacker DeAndre Byrd.

Byrd, who had 8 tackles in the win, is an anchor on the Pioneers defense.

The Pioneers are a battle-tested team that has won the Northeast Conference (NEC) Championship the past two seasons and are determined to achieve the illustrious threepeat. Even with the program's success, they had not been able to claim a victory over Dartmouth in 10 years. That changed with the overtime victory.

Senior quarterback Marquez McCray threw for 276 yards and one touchdown, as well as adding another on the ground. McCray finished the game completing 31 of 36 passes, none more important than his 47-yard connection with wide receiver Rob DiNota late in the fourth quarter.

DiNota, a grad student and a fellow captain, caught seven passes for 89 yards and a touchdown, as well as adding another 60 punt return yards, leading Sacred Heart in all-purpose yards on the day.

"Marquez trusted me, and got me the ball over the middle, and I did what I could do to make a play," said DiNota. "It's a group effort. It's the o-line giving him the time to throw the ball, and it's the other receivers running their routes to open up holes."

The Pioneers second half offense was spearheaded by 2021 NEC Offensive Player of the Year Malik Grant, who racked up 103 rushing yards and the final three scores of the game as SHU outscored Dartmouth 21-10 in the second half and overtime.

Grant, following in the footsteps of Sacred Heart great Julius Chestnut, has earned high praise from coaches and players alike.

"He's a leader and a tough kid. The team respects him," said Nofri.

On the defensive side of the ball, it was Howard who continuously stymied

the Dartmouth offense, leading a number of crucial defensive stands in the fourth quarter and overtime. He accumulated 11 tackles, two tackles for loss and reeled in in the game-saving INT.

"Being here at Campus Field, it's a whole different environment," said Howard. "It's a good feeling, knowing everybody is watching you."

Grant and Howard both picked up NEC honors for their performances in the comeback win, respectively taking home the NEC Offensive and Defensive Player of the Week awards.

Sacred Heart sits at 3-2 overall and 1-0 in the NEC after their 31-14 win over Norfolk State on Sept. 30 and look to continue their dominance at home. The program has now won 12 straight games at Campus Field, but still believes there is plenty of room for improvement.

"We don't want to take a step back," said Nofri. "Hopefully after Saturday's win, we can continue to climb and get better each week."

The Pioneers are next in action on Oct. 15 when they take on NEC newcomer Stone Hill College at home on Campus Field in celebration of Family Weekend at 1 p.m.

*Sacred Heart Athletics contributed to this article.*



Marques Mason contributed to the dominant defense that helped Sacred Heart win against Dartmouth 38-31 in OT.

Contributed by Johnny Greene



Graduate student and captain, Deyandre Byrd, leading the Pioneer's defense towards success on homecoming weekend.

Contributed by Johnny Greene



Moments after Ernest Howard secured the Pioneer's victory with an interception, seconds left in overtime.

Contributed by Johnny Greene



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## Do What You Love

**JULIE DUNN**  
PHOTO EDITOR

I am a firm believer that in life you need to love what you do. Everyone has heard the saying "love what you do and you will never work a day in your life," and I am determined to follow that. With this goal in mind, I made a change at the end of my freshman year that has brought me infinite amounts of joy and the closer to making my goal a reality. Freshman year was a blur. Between the heavy Covid-19 restrictions, the virtual classes, and the confusion about what I wanted to do for the rest of my life, I was very lost. I was majoring in Exercise Science, and while I really enjoyed it, I wasn't sure that I would love every day of work as a physical

what I was going to do, but I did know that the classes were interesting and I actually enjoyed every part of my education. The homework was fun, the classwork was collaborative, and everyone enjoyed being there. This was the kind of environment I wanted to spend my life in.

I will always be the first one to admit that my major sounds fake and even though it is not as clear cut as Exercise Science/Physical Therapy, I love what I do. I wake up every day and can't wait for my classes. I would gladly spend hours in an editing booth or a whole day producing a TV segment. I feel like this is a good sign considering this is the kind of career I am looking at for my career life, and I can't wait for it.

I have a personal opinion that if you are not giddy about each day, you need to reevaluate what you're doing. Was the change scary? Yes. Did I use humor to cope with the change? Again, yes. But what I have learned is that I have the strength and confidence to believe in myself and make a change that makes me happy. Who knows what the future has in store for me. Maybe I will end up living in Hawaii, marrying the man of my dreams, or directing my own TV show; I know that I will be doing what I love because of how much I prioritize it.



therapist. It just didn't spark that light inside of me. I started to search for majors and career paths that inspired me, and with the help of Maisy Carvalho, The Spectrum Editor-in-Chief of 2021-2022, I chose Media Arts: Film and Television. I signed up for my classes, and as sophomore year began, I was struggling with not being a "science girl" anymore. I had taken STEM or medical-related classes all through high school and to not take a single one anymore was very new to me. While adjusting to a new major was tough, it was harder trying to explain to my family what my new major was. My family was also struggling to understand what kind of job I would get in this field. To be honest, I had no idea



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