

A Conversation with Governor Lamont

BY BRENDAN WILLIAMS
Managing Editor



Jessica Hill, AP Photo

Governor Ned Lamont delivers State of the State address during opening session in Hartford, Conn.

The Spectrum conducted an exclusive one on one interview with Governor Ned Lamont.

Connecticut Governor Ned Lamont is running for re-election following his first term. The race is a rematch of the 2018 gubernatorial election that pitted Republican candidate Bob Stefanowski against Democratic candidate Lamont.

Lamont believes that his first term was just the beginning, and that there is more his administration can accomplish for the people of Connecticut.

"Oh man we're just getting started," he said. "We were off to a good start, we got our fiscal house in order, we got our budgets balanced, we worked through Covid pretty well."

"Tens of thousands of families moved into the state of Connecticut," said Lamont. "Going back five years, we hadn't added a new job in the state for 30 years. We were just flat as a pancake and sort of resting on our laurels. Today, I've got over 120,000 jobs that are unfilled right now."

In August, Lamont announced that the Connecticut Office of Workforce Strategy was awarded \$23.9 million as part of the American Rescue Plan "Good Jobs Challenge" grant from the U.S. Department of Commerce. The grant was on top of additional federal funding the state had received earlier in the year through the American Rescue Plan, expanding upon job training programs.

"It's a good time to be graduating because it's not always that you're in the driver's seat and an employee could really look around and pick and choose and find what they want to do," said Lamont. "My priorities for the next four years are to make sure each and every one of our young people are trained for the jobs that are out there."

Lamont's workforce training initiative, "CareerConneCT" focuses on individuals whose employment was impacted by the Covid-19 pandemic.

"On a personal basis it's a great opportunity to lift people up. That nobody is left behind regardless of race, color, creed or zip code. Often looking for a job is like the Hunger Games: there's three people looking for one job, and sort of a favorite group often gets to the front of the line," said Lamont. "We're in a very different place now so shame on me if I don't make sure that everybody gets that opportunity."

When it comes to forgiving student loan debt, Lamont said that he has a different strategy than the one President Joe Biden proposed. He hopes that his plan will incentivize students at colleges and universities in Connecticut to stay in the state after graduation by helping companies offer student loan assistance to employees.

"I want people to have the opportunity to pay down their own debt through hard work here in Connecticut," said Lamont. "I want businesses to have an incentive to help you pay down your debt, and I'm going to egg them along. I'll give you \$5,000, if you want to pay it down \$10,000 a year, go for it. If that's one more way you get graduates to join your company, it's a good incentive."

Another key topic in the race for governor is the issue of abortion laws. The right to an abortion has become a major campaign issue following the Supreme Court decision to overturn Roe v. Wade.

continued on page 2...



Scan the QR code to reserve a free ride to the poll, sponsored by VPSL, on election day

WATCH THE PIONEERS IN ACTION:

THURSDAY 11/3:

MEN'S SOCCER AT CCSU, KICKOFF AT 4:30 P.M.
(NECFRONTROW.COM)

WOMEN'S SOCCER AT MERRIMACK IN, KICKOFF AT 7 P.M. (NECFRONTROW.COM)

SATURDAY 11/5:

FOOTBALL AT DUQUESNE AT 12 P.M. ON
NECFRONTROW.COM.

WOMEN'S VOLLEYBALL AT STONEHILL COLLEGE, FIRST
SET AT 5 P.M.

MONDAY 11/7:

WOMEN'S BASKETBALL VS HARTFORD IN THE PITT
CENTER. TIPOFF AT 7 P.M.

THE SHU BOX SCORE

FOOTBALL

Oct. 29th: L, 14-44
vs. Saint Francis

MENS HOCKEY

Oct. 28th: W, 6-3
vs. Canisius
Oct. 29th: W, 3-1
vs. Canisius

WOMENS VOLLEYBALL

Oct. 28th: W, 3-2
at LIU
Oct. 29th: W, 3-0
at St. Francis

WOMENS SOCCER

Oct. 30th: W, 5-0
vs. LIU

News

A Conversation with Governor Lamont

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Following the ruling, the Connecticut General Assembly passed legislation to strengthen the existing state laws designating the state a "safe harbor." The law protects medical providers and patients seeking an abortion in Connecticut who may travel from other states with restrictive laws. Lamont signed the bill into law.

"A law is only as good as your next governor and your next legislature," said Lamont. "I think men and women take comfort from that I can veto anything coming out of the legislature that tries to diminish the right to choose."

Lamont said that it is especially important for students to vote in this election because of the overturning of *Roe v. Wade* and other issues that could directly impact them.

"Look at the race for Senate—one person wants to outlaw the right to choose and the other person wants to make it the law of the land," he said.

In the race to represent Connecticut in the U.S. Senate, Democratic pro-choice incumbent Richard Blumenthal is facing off against the President Trump-endorsed, anti-abortion Republican candidate Leora Levy.

"Your vote really matters, and these elections can be close. Look at what's going on in Washington, D.C.," said Lamont. "One senator in one direction will determine the direction of the U.S. Senate for the next two years. In the house there's a real risk if it flips, from my point of view, from Democrat to Republican. That would be a sea change and very little would get done, but maybe that's what some people want."

"Elections are boring when it is different shades of grey and everybody's moving to the center, you don't quite know what they really believe in," said Lamont. "In my race, in the senate race and the congressional race, there is a real difference, and I think that people can pay attention to that."

A recent Quinnipiac poll shows Lamont ahead against opponent Stefanowski 56-41. This is a stark contrast from the last time Lamont and Stefanowski went head-to-head when Lamont won by three points in 2018.

Lamont is no stranger to Connecticut politics, defeated by incumbent Senator Joe Liberman in a 2006 campaign for U.S. Senate during the Iraq war. Liberman, a pro-war independent candidate against Lamont, the anti-war Democratic nominee.

In 2010, Lamont sought after the Democratic nomination for governor, losing to

Dannel P. Malloy, then Mayor of Stamford.

Following an announcement that Malloy would not seek a third term, Lamont launched his second bid for governor. Winning the Democratic nomination, he defeated Republican challenger Stefanowski in the November 2018 election.

"The state was going through a world of hurt, going back five or six years, we were just lurching from fiscal crisis to fiscal crisis," said Lamont. "A lot of people were leaving, GE (General Electric) had left and there was a certain negativity about the state."

Lamont's personal history in Connecticut stretches back several years as well. "I went to school here, I met my wife here, I got one of the greatest education systems in the world here. My kids were able to have that opportunity," he said.

Lamont is married to venture capitalist Annie Lamont, and together they are parents to three adult children. A Yale School of Management graduate, Lamont founded Campus Televideo, a telecommunications company that specializes in cable systems for colleges and universities.

"Annie and I were both able to start up our businesses here and I just believe in the state, and I thought we should be doing a lot better," said Lamont.

Looking forward to the possibility of re-election, Lamont is hopeful for the state's future and for the support of his constituents.

While campaigning, Lamont touts four balanced budgets, tax cuts for the middle class and new business startups as the first-term accomplishments he is most proud of.

"I think that's all evidence that people believe, and the polls seem to suggest they believe, that Connecticut's got a long way to go," he said. "But we've made a lot of progress over the last four years, and we're just getting started."

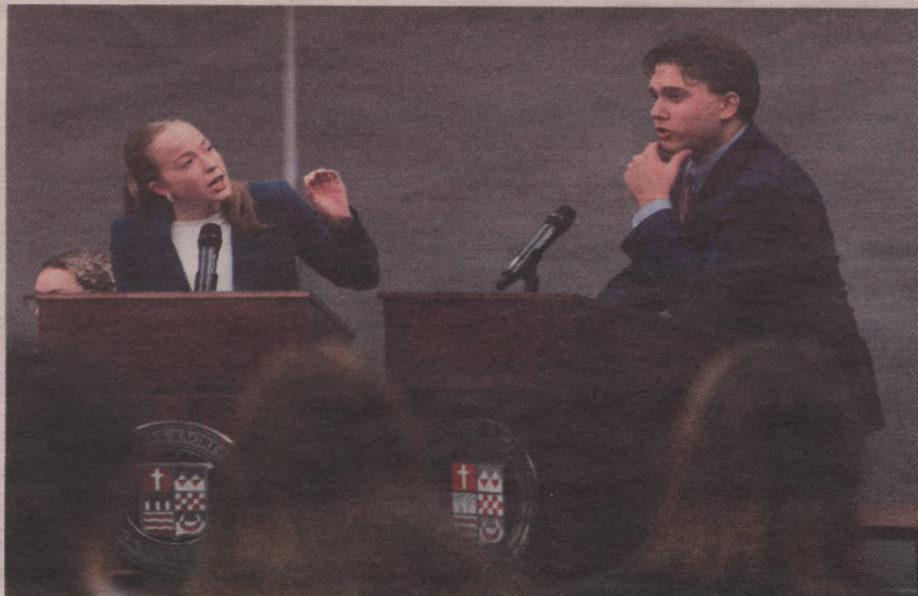
Election day is Tuesday, Nov. 8. Connecticut residents can register to vote in person on election day at their town's election day registration location. Polling places will be open from 6:00 a.m. to 8:00 p.m.

Due to the cancelation of Lamont's visit to Sacred Heart University on Oct. 24, the one-on-one interview with the governor was conducted on Zoom. Spectrum has reached out to the campaign of Bob Stefanowski for his comments on the issues.

The Great Debate: Pioneers at the Podium

BY SAMANTHA DOLE
Staff Writer

On Oct. 24, 10 Sacred Heart University students participated in "The Great Debate" in Martire's Dr. Michelle Loris Forum. It was a faceoff between the College Democrats and Republicans, who debated five hot-button political issues including abortion, gun rights, foreign policy, healthcare and voter ID laws.



Anna Macaulay (left) and Jack Kurnik (right) discuss their views on the topic at hand.

The debate lasted roughly an hour and a half, and each debater was granted two minutes to make an opening statement. Next, the moderators asked a question related to the topic, which led to eight minutes of open discussion. Lastly, each side was given two minutes to make a closing statement.

"The reason I decided to organize The Great Debate was to promote civic engagement from the student body," said senior Alejandro Ramos, Student Government Executive President and Spectrum staff writer. "I am a steadfast believer that through civil discourse anything can be accomplished."

The debate was co-moderated by Ramos and Dr. Gary L. Rose, a political science professor and Chair of the Government Department.

"The biggest benefit of 'The Great Debate' was to demonstrate how political differences can be articulated in a clear and thoughtful manner and how partisan differences can be respected by those on opposite sides of the issues being debated," said Rose.

The forum was filled to capacity, including the balcony level. There were well over 100 people in attendance, including students, faculty and administrators.

"My favorite part would have to be the spar I had with Republican leader Jack Kurnik during the debate," said sophomore debater and Democrat team leader Anna Macaulay. "We both wanted to engage in thoughtful and informative discussions, while also making it fun and entertaining for the guests."

This debate put the abilities of the debaters to the test since not all of them agreed with the sides they were arguing in favor of.

"I believe the event was a safe space for the debaters to be able to present the different views of hot-button topics that are currently relevant in this country," said junior debater Ciara Monteverdi. "My co-debaters, myself included, felt extremely confident and comfortable with the respect shown from our opponents, mediators and spectators."

Each topic focused on a specific area of the issue. For example, the abortion debaters highlighted the *Dobbs v. Jackson Women's Health Organization* ruling from this year that overturned *Roe v. Wade* (1973) and *Planned Parenthood v. Casey* (1992) and South Carolina Senator Lindsey Graham's law that bans most abortions after 15 weeks of conception.

"This event was an effective way to get students more engaged in political issues," said junior debater Ashley Czermack. "Hearing debates from students instead of politicians is very different and arguably more beneficial to the youth demographic."

According to Forbes, only 40% of college students voted in the 2018 midterms. With the upcoming election, this debate served as a way to inform students on political issues while



Ashley Czermack (left) and Will Kurnik (right) prepare to present their views.

encouraging them to become more politically active.

"I feel that showcasing the platforms of the two major parties in a debate setting where they can be contested helped the university community in attendance come to understand key hot-button issues in current politics and understand the implications of many policies recommended by political hopefuls running for election in November," said senior debater Jack Kurnik.

This will not be the last great debate seen at SHU this academic year, as Ramos has chosen to continue this 40-year tradition.

"I have decided that I will be hosting at least one more debate next semester through my commission," said Ramos. "I am even exploring the idea of hosting panels to discuss these big political topics in the future too."

Features

Your Voice (and Vote) Matter!

BY CARISSA MUNOZ
Staff Writer

"Empowering the SHU Student Vote": The Uniting Hearts Fall Initiative

As the 2022 midterms approach, many Sacred Heart University students are eligible to vote. To help students feel more confident in their voter identity, multiple organizations have come together to promote voter registration.

SHU's Uniting Hearts initiative, a campaign-based program created in 2021 by Dr. Mark Congdon, Jr., Assistant Professor of Communication Studies, is sponsoring "Empowering the SHU Student Vote." According to a press release from the university, the campaign looks to help inform, prepare and encourage students to vote.

The university reported that the Uniting Hearts initiative prepares students through service-learning courses in the undergraduate strategic communication, public relations and advertising major. The initiative's previous campaigns include advancing cultural immersion and acceptance, the importance of being financially literate, and promoting allyship.

"Each semester, Uniting Hearts has a different theme based on the interest in students and community partners," said Congdon. "There was a lot of interest in civic engagement and helping students learn how to engage in our democracy."

On behalf of the fall program, students had the opportunity to attend voter registration drives and various electoral events, such as a screening of "Iron Jawed Angels," student panels and a trivia night at Red's Pub.

Students in Congdon's Advertising & Public Relations Campaigns course have partnered with other SHU organizations on this campaign, such as the Multicultural Center, the Public Relations Student Society of America (PRSSA) chapter, School of Communication, Media & the Arts (SCMA), the Office of Volunteer Programs & Service Learning (VPSL) and the Women's, Gender, and Sexuality Studies program.

The organizations share a similar goal: getting students to recognize that their vote and voice matter.

"I think it is really important to let people know their vote matters, especially young people," said Ana Mendieta, Assistant Director of Multicultural Affairs. "I know for a fact there is not enough education out there on civic engagement. Being informed helps to really see the whole picture."

"Challenges include students believing their vote does not matter, or they do not want to vote because it is not a presidential election," said senior Anastasia Colagreco. "The midterm elections are also important. I hope this campaign increases understanding, and students see that their vote really does matter."

The Uniting Hearts initiative also partnered with non-SHU community organizations. The Town of Fairfield's Registrar of Voters/



SHU students registering to vote through the Uniting Hearts voter registration drive.

Contributed by Prof. Congdon

Elections Administration and the League of Women Voters (LWV) of Fairfield played a role in this voter registration campaign.

Margaret Mary Fitzgerald, Co-President of Fairfield's LWV, spoke on the importance of utilizing the right to vote by college-aged students on a federal, state and local level.

"Voting is such an important civic right for all of us who are American citizens," said Fitzgerald. "For me, voting is like a rite of passage. Getting my registration to vote was as important as getting my high school diploma, my driver's license and acceptance into colleges."

"State and local elections have a direct impact on the daily lives of each of us, including those of college-aged students, in countless ways," said Fitzgerald. "By voting, we are participating in the promise of democracy; every person's voice carries equal weight in each election."

For students interested in voting but who lack transportation, on Nov. 8, the VPSL Office will be providing rides to and from polling locations between 12:45 p.m. and 7 p.m. within the Greater Bridgeport area.

"No vote, no voice. If you want change, you have to be actively engaged," said Congdon. "Do not take things for granted, leverage the resources that you have at your disposal."

For more election-related information, students can visit www.vote.org or VOTE411.org.



Scan the QR code to reserve a free ride to the poll, sponsored by VPSL, on election day

Learn the Ropes of Voting with CCCE

BY ALEXANDRA CARRACINO
Staff Writer

The Commission on Campus Civic Engagement (CCCE) at Sacred Heart University was formed earlier this semester with the hopes to gather and educate students on the voting process and political issues. Students from all different political parties are welcomed and encouraged to join.

"For me, being a political science student and working on campaigns and being civically engaged since the age of 14, it was really important for students here to get involved civically," said senior Alejandro Ramos, Chairman of the CCCE and Spectrum staff writer.

For Ramos, he decided to officially form the commission under the Department of Government to influence more students to vote. By starting this commission, Ramos was able to influence civic engagement on campus. He did this by encouraging students to register to vote and educating them on what goes into the voting process.

So far, the CCCE has worked on voter registration drives, partnered with the PRSSA (Public Relations Student Society of America) and the Uniting Hearts Association to influence students to vote and to encourage them to become more civically engaged. On Monday, Oct. 24, the CCCE had their big debate for the midterm elections, where Republican and Democratic students debated prominent topics within society.

The midterm elections occur midway throughout a President's term, in which the entire House of Representatives is elected.

Ramos said, "It was to get students interested and knowledgeable so when they vote, they understand where each party stands on different issues."

Dr. Gary Rose, the voice for the Department of Government and for the CCCE, assists Ramos in his efforts to bring civic engagement to campus.

Rose said, "I am happy to assist Alejandro and the work of the Commission because I believe students should be engaged in politics, not just as voters but also as activists. This is something that I promote in my own classes and something that I

have encouraged among students throughout my many years at SHU."

Rose further added that the goals of the CCCE are set by Ramos and the members, and his role is to promote their efforts and help when needed to create a student-driven initiative to promote leadership on campus.

PioneerVote is also involved within the CCCE to assist in increasing civic engagement on campus.

According to Sacred Heart's website, PioneerVote is a student-led effort to not only influence other students to register to vote but also to educate them on political issues ranging from local ones to federal ones.

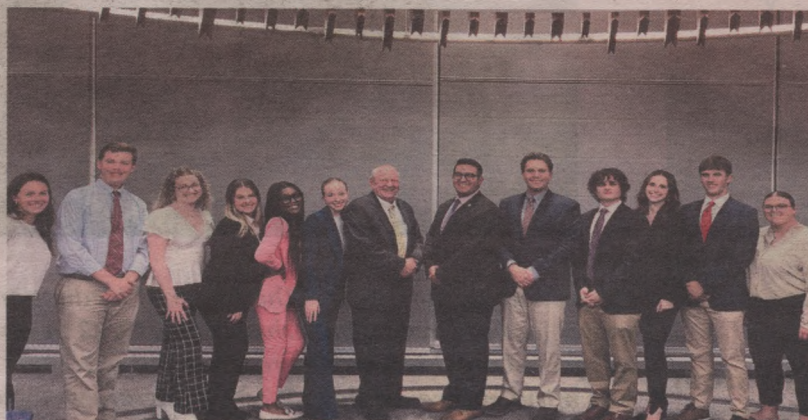
Ashley Czermak, senior and member of PioneerVote, said, "This commission and PioneerVote are currently working hand-in-hand to orchestrate voter registration drives on campus to promote student involvement in government elections, specifically here in Connecticut."

While both the CCCE and PioneerVote will work together to encourage civic engagement, Czermak explained that the biggest obstacles are getting students to want to become engaged within politics.

Regarding this obstacle, Czermak mentioned how the debate the CCCE held had successful student participation from both the Democratic and Republican parties.

Czermak added, "Getting students' perspectives on hot-button issues that are truly very important in democracy and our country as a whole and bringing them to the forefront for students was amazing, and I truly think that having more of them will be the best way to get more of the SHU community and students more engaged and interested in politics!"

The CCCE and PioneerVote will hold three more registration drives on Nov. 2, Nov. 4 and Nov. 7 before the midterm elections on Nov. 8. You can find more information on CCCE through their Instagram account, @shuccce.



Members of PioneerVote and CCCE unite with the goal of encouraging students to vote.

Contributed by Hana Purisic

Perspectives

Old Enough to Fight, Old Enough to Vote?

BY ISABELLA FABBO
Staff Writer

What do you think the voting age should be?

It is currently 18 years old, the same age one becomes a legal adult in almost every state.

Some Sacred Heart students believe the voting age has been appropriately set at 18, with no need to lower it.

"I think that if you're considered an adult at 18, you should be able to vote as well," said freshman Jacob Carlson.

"I think the voting age should stay at 18 as that is the age we are legally considered to be adults," said senior Hailey Pinto. "We should be able to have a say in the type of world we want to live in."

"It should stay 18 because at that point you're a legal adult," said junior Victoria Piacentino.

While most students agree the voting age should stay at 18, some understand the appeal of raising it to 21.

"I'm debating between staying or raising," said sophomore Tara Kelly. "I think it's unfair that you are allowed to vote at 18 but aren't allowed to do most things until you're 21. They say your brain isn't fully developed until 21, so why should people be allowed to vote for a president, which is an extremely important decision?"

The 26th Amendment, ratified in July 1971, officially lowered the national voting age from 21 years old to 18 years old. The movement for this action began during World War II, with the notion, "Old enough to fight, old enough to vote," according to the Richard Nixon Library.

Some students share the same belief in that notion today.

"I think it should stay the same age as how old you are to enlist in the army because if you can serve, you should have a say in those decisions," said senior Celia Ponto.

"I am of the belief that if we're old enough to drive, old enough to have jobs

and old enough to enlist in the military, then we are old enough to vote," said junior Ashley Czermak, President of PioneerVote. "Personally, I believe having the voting age set at age 18 is perfect."

Some students say that younger people are more impressionable to having their voting ideas swayed by social media.

"I think social media does have an effect on voting because people post a lot of false bias information that influences people's voting," said freshman Madison Conklin. "If younger people see it, they believe everything and anything."

"Because of the presence of social media, everyone has access to political information," said Piacentino. "I still don't think it should be lowered, though, because younger people can be influenced easily, and I don't think they have the life experience to make those kinds of educated decisions."

According to the United States Census Bureau, 57% of citizens ages 18-34 voted in the 2020 presidential election, up 8% from the previous election in 2016.

Although the percentage has increased, some students believe more people need to be voting.

"21 is too old because we need more voters to get out there," said senior Ryan DiFronzo.

The university also believes in the need for more voters with PioneerVote, a student-led campaign that encourages students to utilize their right to vote. The organization seeks to increase the percentage of young voters and overall political engagement in the Sacred Heart community.

"The opportunity to vote is valuable and a privilege," said Pinto.

AUDREY'S CORNER

a place for kindness & reflection

Art and Social Justice

BY AYASHA CANTEY, HALEY ALVARDO AND JESSICA FONTAINE
Contributing Writers of Audrey's Corner



Photos by senior Jessica Fontaine from a Black Lives Matter protest in Boston, Mass.



Correction: In the article "The Power of Meditation: Spotlight of Venerable Shim Bo" by staff writer Jordan Greene, published on 10/19/22 in Audrey's Corner, Venerable Shim Bo was misquoted and his words were taken out of context. In another correction, student Maja Lokaj was misidentified as Maya West. Spectrum apologies for the errors and has removed the article from its website.

Spotlight

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

Art and Social Justice

Continued from Page 4

BY AYASHA CANTEY, HALEY ALVARDO AND JESSICA FONTAINE
Contributing Writers of Audrey's Corner

The American Truth by Ayasha Cantey

For as long
as I can remember,
I was taught to
Look up to authority
The police are supposed to be heroes.
They come to save you
They protect you
Supposedly they care.
For years,
I have realized
my color is a curse
I'm black
So first,
I am a threat
Then a victim
Just like Khalil
A brush and a gun
he was eighteen,
He was young;
the money he made, had him sprung.

Always called a hustler,
He dealt to all
his customers.
Never once called his name "it was a close aim"

They want us all
to believe,
that he wouldn't achieve.
Do you know the truth?

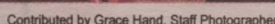


Flowers Forced to Bloom (drawing)
by Haley Alvarado

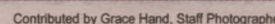
BY TAYLOR BARONE
Staff Writer

“Social media has allowed for disinformation and flat-out lies to be spread in a very easy

"People should vote because their vote does translate into public policy," said Rose. "If you choose not to vote, then basically you're a spectator."



SHU student scrolls through Instagram.

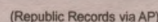


Students doing work in the Martire Atrium.

BY ASSOCIATED PRESS NEWS

However! There were other

Associated Press journalists Sophia Rosenbaum and Christina Paciolla contributed to this report.



This image released by Republic Records shows "Midnights" by Taylor Swift.

And five hours after "Midnights (3am Edition)," Swift treated fans to a visual feast

Sports

The Road to the Larry O'Brien Trophy Begins

BY JAKE CARDINALE
Senior Sports Writer

The National Basketball Association (NBA) began their season on Oct. 18 following what was a very eventful off-season.

The Brooklyn Nets, who suffered a very disappointing first round playoff exit last season, had a drama-filled offseason that featured their two best players, Kyrie Irving and Kevin Durant, nearly leaving the team.

"I am at the point where I see the Brooklyn Nets as either a great team or they will be very bad," said junior Ashton Allcock. "After watching them for the first week, they look mediocre. I do not think they will be that good of a team."

Irving nearly decided to decline the player option in his contract, but ultimately decided to exercise it to stay with the Nets. Durant, on the other hand, demanded that he be traded, but eventually rescinded this request.

Another big story this off-season was Boston Celtics Head Coach Ime Udoka's season-long suspension for violating team rules. It later came to light that Udoka had an inappropriate relationship with a female staff member.

"He got suspended about a month before the season started, which forced the Celtics to go into a new coaching system in Joe Mazzulla," said junior Justin Alter.

Many people are eager to see if the Celtics can find the same success they had last season under their new head coach.

The Memphis Grizzlies are coming off a breakout season in which they finished second in the Western Conference. While they did not make many substantial moves this offseason,

they will look to build on the growth they made in 2021-22.

The Miami Heat also had an excellent season last year, in which they advanced all the way to the Eastern Conference Finals. They re-signed a few of their key players from last year and made a few minor deals as well.

"In the West, I am taking the Memphis Grizzlies. Last year they had the best young core in the league, headlined by their star Ja Morant," said Alter. "In the East, I think the Miami Heat could pull it out. My championship contenders are the Miami Heat and the Memphis Grizzlies."

One team in the Eastern Conference that had a huge offseason was the Cleveland Cavaliers. Cleveland acquired all-star shooting guard Donovan Mitchell from the Utah Jazz in early September.

"I was surprised that he got traded to the Cavaliers. All offseason I thought he was staying [in Utah] or going to New York to play for the Knicks, but it was a great move by Cleveland," said Allcock.

On Election Day, Nov. 8, the NBA will not play games, which is the first time in NBA history that there will be an empty slate on Election Day, as part of a league-wide initiative to promote voter participation.

"This is a great idea. I guarantee you each team will have a team rep there," said Alter. "For example, for the Knicks, if you go to vote at Madison Square Garden, you could see Obi Toppin."

Teams will be opening up their arenas as election polls instead in order to encourage more people to vote in the midterm elections.

"This gives incentive to go and vote. Personally, simply having a right to vote is enough of an incentive, but some people nowadays just need an extra push," said Alter.



Veteran player LeBron James on the court for the Los Angeles Lakers.

AP Photo

Rugby Seniors Go Out with Shutout

BY RILEY SOUZA
Staff Writer

The Sacred Heart University women's rugby team celebrated their senior day on Oct. 22, with a resounding 47-0 victory over Mount St. Mary's College. This was a joyous day for the program, its senior players and their families as they wore their home uniforms one last time.

"Senior day was very bittersweet," said senior Stephanie Wilson. "Although there was a feeling of sadness among us seniors since this was our last home game, there was also a feeling of happiness and pride in what we helped build."

Since their inception in 2016, every class that has come through the program has been an integral building block for the future of the program. This senior class was no different.

"This senior class has been instrumental in our progress over the last several years," said Head Coach Michelle Reed. "It has been through their hard work that we have been able to build the team and compete at the Division I level in NIRA."

The match against Mount St. Mary's held a great deal of importance to the team, not only because it was senior day, but also because they have given Sacred Heart many close, challenging games over the last three years.

"Mount is a team we lost to our freshman year, and then only beat by a try or two our sophomore and junior years,"

contributions from nearly the whole team in this win, it was ultimately the seniors who put on a show. The seniors combined for seven out of the Pioneers' nine tries.

Emotions ran high during this match as 11 of their players played on the Park Ave. Field for one last time. Each was celebrated for all the hard work and dedication they put into the program for the last four years.

"After the game, the tears do come as I realize I will not be coaching these students again after this year," said Reed. "Each one means something special to the program and I can't wait to see what they bring to the world."

The Pioneers have had an up and down season this year with a record of 2-3-1. But this program has meant so much more to these athletes than just the wins and losses.

"It's difficult to describe how much this program has meant to me in the past four years," Wilson said. "It's where I met my best friends, had some of my best and worst days and grew as not just an athlete but a person as well."

The Pioneers return to action for their final game of the year Nov. 5 when they visit Army West Point.

"I've seen how much this program has grown in four years, and I'm excited that other people are starting to notice too,



The Sacred Heart Women's Rugby team won their senior day game by defeating Mount St. Mary's with a score of 47-0.

said Wilson. "So to come out with a 47-0 win this year just shows how much we've grown as a team."

While Sacred Heart received

because it's definitely special here," said Wilson.

Sacred Heart Athletics contributed to this article.

Ready to Rebound

BY SOLON MIHAS
Staff Writer

On Nov. 7, the Sacred Heart University women's basketball team opens up their 2022-23 season as they host the University of Hartford at the William H. Pitt Center.

The team has a lot to look forward to this season after adding six new faces to their locker room, two of which are transfers. That does not exclude the returners, who have come back with something to prove.

"Our four freshmen all have come in with versatile skill sets and are excited to make an immediate impact on both our team and in our conference," said Head Coach Jessica Manetti. "Our two transfers bring a wealth of

weight room is done with that in mind."

Last season Tucker averaged 9 points, 2.8 rebounds and 1 assist a game, and she was the best three-point shooter in the conference, shooting 44% in NEC play from behind the arc.

"I've worked on being more consistent with my three-point shot, but also worked on my mid-range game," said Tucker. "When you score consistently at all three levels, it makes it difficult for opposing teams to defend."

Manetti has high praise for her senior guard, who is looking to continue her success this season.

"I have no doubt that OT, as we call her, will continue to compete to keep her reign this season as not only the conference's best three-point shooter, but as one of the best shooters in the country," said Manetti.

Tucker is not the only returning standout player for the Pioneers. Senior Carly Stroemel, who has been a force for the Pioneers, is also looking to build off of her success last season.

Stroemel led Sacred Heart with 19 blocks last season, while also averaging 6.7 points and 4.5 rebounds per game.

"Carly has done a tremendous job working on the many facets of her game in the off-season. She is excited to continue to prove that she can be a great impact for us on both sides of the court in the season ahead," said Manetti.

The Pioneers have a lot to look forward to this season, but one thing in particular is their Florida trip they will be having over the Thanksgiving break for the Florida Atlantic University (FAU) Thanksgiving Tournament.

"I'm really looking forward to our Florida trip over Thanksgiving," said Tucker. "We play two tough non-conference teams in Butler University and Florida Atlantic University. They will be good early-season tests to see where we are as a team and what we need to work on."

The Pioneers will begin their season with a three-game homestand opening against Hartford on Nov. 8 before hosting La Salle University on Nov. 10 and Monmouth University on Nov. 13.

Sacred Heart Athletics contributed to this article.



The women's basketball team huddles during practice.

Contributed by Isabella Fabbo, Staff Photographer

experience to our program and have already made an impact on the court with their competitive mindset and toughness."

Manetti believes that these new players will help them improve for the upcoming season, following an underwhelming season last year that saw them finish with a record of 8-17.

"Our new players that we have added have brought a breath of fresh air to our culture and have impacted our competitive level immediately," said Manetti. "Pairing that with our returners' motivation will be instrumental in our team's success in the season ahead."

The Pioneers were ranked sixth in the Northeast Conference (NEC) preseason poll, after finishing eighth in the conference just a season ago.

"Preseason rankings are nice because it lets you know where the league coaches think you are," said junior Olivia Tucker. "Our main goal is to win the conference championship, so everything we do in practice and in the

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PROF. JOANNE KABAK**Views with Styles**

It was May 20, and Harry Styles's new album "Harry's House" had just been released. We were on our way to Killarney on a bus. I was sitting in the front row with my AirPods in listening to Harry's new album for the first time. We were driving along the mountains of Ireland looking out at the most beautiful ocean views, dramatic cliffs and the most vividly green grass you will ever see in your life. Of course, there were also sheep scoured across the green grass.

I remember hearing "Daylight" for the first time as I was looking out the window. I played the song over and over again because I never wanted that moment to end. It was a moment of tranquility and peace, hearing such beautiful music in a beautiful country.

The Making of the Great Debate

30 minutes out, Dr. Gary L. Rose, team leaders Anna and Jack, and myself. 15 minutes out, the debaters and timekeepers arrive. Ten minutes out, only a father, Mr. Czermak, sitting in the crowd.

Five minutes out we have Deborah Noack from marcomm, Vice President Paul Sutera, five students, and Mr. Czermak sitting in the audience.

I turn around to give one final run down to the debaters and to mic up. All I can think of is how I have failed at producing a crowd. "What could I have done differently... how could this room be so empty?"

A few moments later, I turn around and cannot believe my eyes. Every seat is filled and students are standing in the back. I started sending students up to the balcony to make sure that everyone that could have a seat had one.

In the weeks leading up to the debate, I spent my time emailing invites to many individuals on our campus. Constant communication with Dr. Rose and the debaters. I put together a production team with the help of SCMA professors for them to record the debate.

The entire process was very high stress. The moment that basically gave me a heart attack was when one of the debaters called me less than 24 hours out from start time saying, "I'm not coming I think I broke my toes."

Can you imagine the stress that that gave me? I sat there making phone calls to everyone trying to figure it out. At the end of the day, she weathered the pain and performed

The first full day after we landed in Ireland, we were taken through Sleah Head, which is a circular route within the Dingle Peninsula, where there are so many unbelievable sites to see and visit.

We stopped at Coumeenoolle Beach, and upon arrival, you immediately see a huge cliff dropping down to a beach. The area is very rocky and the waves crash against the rocks to create one of the most breathtaking scenes I've ever seen. There are stone steps that lead down to the beach. Once I got down there, I sat on the edge of some rocks and just stared at the water. Then, a wave crashed into me and I got soaked. At this point, I figured I should just jump in the water. So, I ripped off my sneakers and ran into the water in the blink of an eye. The water was so freezing, yet so invigorating. I had never felt more alive.

Class ended around five. One day after a long but fulfilling day of class, I needed to take a nap before our plans for the night. There was a huge window in our room that faced the backyard with a view of the mountains.

It had been pouring when I fell asleep, and by the time I woke up from my nap, there was a double rainbow in the sky and a warm yellow tint permeating the space around it.

My point of reminiscing on these two memories from my time studying abroad in Dingle is to make anyone who reads this understand how much of an incredible opportunity it is. And if you can do it, please do.

**ALEJANDRO RAMOS**
STAFF WRITER

incredibly.

The student reactions after the event made all the stress worth it. The conversations I had after overwhelmed me with joy.

"I never vote because I didn't know the issues or what side believed what."

"I only came for the colloquium, but I loved it. Do you plan on hosting another one soon? Next time I must bring my friends."

"Where can I register to vote?"

"Thank you for helping to inform me and my roommates on the issues."

I will end by thanking everyone that made this possible. First to my partner in crime, Dr. Gary L. Rose, thank you for constantly supporting me and guiding me in the right direction. Tracey Mauro, thank you for always being so responsive and supportive, and sorry for being a pain.

To the Marketing and Communications team, thank you for all that you did! To the professors that promoted this event. To Dr. Michelle Loris for seeing the importance of this event and counting it as a colloquium. To Colin Petramale for counting this as a civic engagement volunteer opportunity. To Student Government for sponsoring and promoting.

Finally, to all of those that attended, close to 200 of you. Thank you for making my hard work mean something.

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