

Reimagining Life after 50 Years of Priesthood

BY ALEJANDRO RAMOS
Assistant Perspectives Editor



Father Ciorra speaking at an event for St. Vincent's College in June 2022.

Father Anthony Ciorra, Ph.D., Vice President of Mission Integration & Ministry, is leaving Sacred Heart University after 11 years. He was ordained to the priesthood in Mahwah, N.J. at Immaculate Conception Seminary in 1973.

Ciorra has received graduate degrees in pastoral theology, psychology and history. His Ph.D. is in theology from Fordham University.

During his tenure at SHU, he has taught Catholic Intellectual Tradition (CIT) courses. Ciorra said, "I plan on continuing to teach but have not made plans yet. I want to teach a course here and there, here or someplace else."

"I learn a lot from the students, you teach me. It's not just what I have to tell you," he said. "The classroom is a place of hospitality. We welcome the other and everyone is important."

Sacred Heart's President Dr. John Petillo and Ciorra attended college together. As for how to describe Ciorra, Petillo said, "One word is difficult since he and I are college classmates. I could choose a variety of settings, but I would think passionate would be the word."

"He's very pastoral and he's passionate about that," said Petillo. "He's very much of an academic in terms of Catholic studies and he's passionate about that."

Petillo added, "I think his quality of being passionate and his sensitivities as a pastor, I've known him many years, many many years, and I think that is one thing that has been consistent for him."

According to the Sacred Heart University page, he served as Assistant Vice President for Mission and Catholic Identity and Dean of the Graduate School of Religion and Religious Education at Fordham University. He has also served as a professor at various institutions.

Ciorra was recently elected to leadership within his religious community.

"Leadership in the community requires more and more of my time in terms of governance and travel," said Ciorra. The community is located on multiple continents and in many countries. He already has trips lined up in the new year.

"I call it reimagining, not retirement. I don't believe in this whole retirement idea

because I have a lot of things on my plate," said Ciorra.

Getting Covid-19 was the catalyst to Ciorra's decision to depart his role at SHU. In his weeklong absence, the mission office presented David Brooks with his honorary degree, held a dinner in Brooks's honor and hosted a virtual conference.

"I had total and absolute confidence in the staff that is here. I wasn't in the least bit worried that things were not going to get done. That enabled me to recognize, because the staff is so good, that I came to the decision that week," said Ciorra. "I have so much love and respect for them."

"To describe him in one word, it would have to be funny," said Ami Neville, an administrator in the Office of Mission Integration. "He really makes me laugh on a daily basis. His humor allows people to relate to one another. His spirit, he has a lot of energy, a lot of enthusiasm. It's infectious."

Ciorra and his parents immigrated from Italy. His interactions with the priests and sisters influenced him toward his devotion to priesthood.

"In school, we were 50 to 60 kids in the class and these sisters, they educated us. Now beyond educating us, they cared about us. They gave their lives to educating us and in addition to that they also were opening hospitals because we didn't have money to get the medical care that we needed," said Ciorra.

"At that time, the priests were always there for us if there's something we wanted to talk about or if we were struggling," said Ciorra. "In that time period, you always felt that you could go to them, so I was very influenced by the priests and the sisters who were ministering to an immigrant population."

In the same way that the clergy influence Ciorra, he has impacted the lives of many in his 50 years of priesthood.

As for his impact on the community, alumna Kristen Janes said, "Father Tony has led Sacred Heart through periods of growth in every area over the past 10 years. For more than five decades, his knowledge, faith and natural guidance has connected countless community members to their true purpose and passions."



Father Ciorra officiating Mass on the Grass in August 2022.

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CONTENT!**

SCAN ME



THE SHU BOX SCORE

MENS BASKETBALL

Nov. 16: L 81-90 at.
UMass Lowell
Nov. 19: W 75-60 at
Binghamton University
Nov. 22: L 75-85 vs.
NJIT

WOMENS BASKETBALL

Nov. 20: L 56-65 vs.
Iona
Nov. 25: L 39-64 at
Butler
Nov. 26: L 66-68 at
FAU

MENS HOCKEY

Nov. 22: L 1-2 at
Cornell
Nov. 25: L 1-3 vs.
Bentley
Nov. 26: W 6-3 vs.
Bentley

WOMENS HOCKEY

Nov. 22: W 3-1 at
Post University
Nov. 25: L 2-3 at
UConn
Nov. 26: W L 1-4 vs.
Bemidji University



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)

63's
(inside front doors)

Martire
(first floor by the main stair-
case)

Spectrum Office
(in the SCMA Wing)

Curtis Hall
(inside the front doors)

Linda's
(first floor)

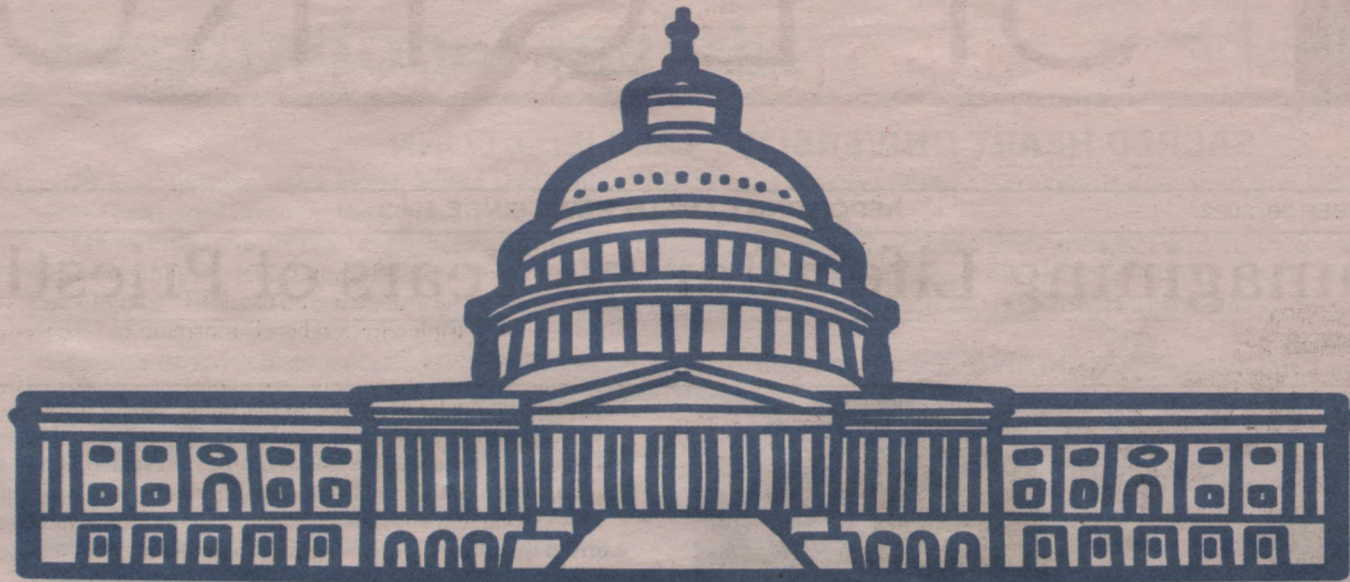
Pitt Center
(inside front doors)

SC Wing
(first floor near 63's and Edg-
erton)

NC Wing
(first floor near couches)

Pio's Kitchen
(inside front doors)

News



DEM 213 House 218 seats to majority GOP 220 ✓

DEM 48 Senate 51 seats to majority GOP 49

WATCH THE PIONEERS IN ACTION:

SATURDAY 12/3:

MEN'S BASKETBALL VS.

UMASS LOWELL AT THE

PITT, TIPOFF AT 2 P.M.

SUNDAY 12/4:

MEN'S/WOMEN'S

FENCING DUAL MEET

AT THE PITT CENTER

STARTING AT 10 A.M.

TUESDAY 12/6:

MEN'S ICE HOCKEY

VS. NORTHEASTERN

AT TOTAL MORTGAGE

ARENA. PUCK DROP AT

7 P.M.

WEDNESDAY 12/7:

WOMEN'S BASKETBALL

VS. BRYANT AT 7 P.M.

IN THE PITT CENTER,

MEN'S BASKETBALL

AT FAIRFIELD, TIPOFF

AT 7 P.M.

Rainbow struggle playing out on sidelines of World Cup

BY ASSOCIATED PRESS NEWSROOM

DOHA, Qatar (AP) — Aside from the competition for the World Cup title, one of the most hotly contested issues in the tournament in Qatar is over rainbow colors.

In the first week of the tournament, seven European teams lost the battle to wear multi-colored "One Love" armbands during World Cup matches and some fans complained they weren't allowed to bring items with rainbow colors, a symbol of LGBTQ rights, into the stadiums of the conservative Islamic emirate.

Qatar, where gay sex is illegal, faced intense international scrutiny and criticism in the run-up to the tournament over rights issues, including questions on whether LGBTQ visitors would feel safe and welcome. The Gulf nation has said all are welcome, including LGBTQ fans, and that it would ensure safety for everyone, regardless of background, but that visitors should respect the nation's culture.

Piara Powar, executive director of Fare, the anti-discrimination group that is reporting incidents in and around stadiums to world soccer body FIFA, said he believes the Qatari hosts felt that the debate about LGBTQ rights has been given too much space and that they need to clamp down internally.

"We have talked to them about rainbow flags and the symbolism that it has across the world, not just in western Europe. There are Latin Americans who recognize that, there are Asians who recognize the Pride flag," Powar said.

Just before the tournament started, FIFA stopped plans by seven European teams including England and Germany to have their captains play with "One Love" anti-discrimination armbands, saying they would receive yellow cards if they did. The decision sparked outrage by some in the countries involved.

One of the teams, Belgium, tweeted a team photo Friday showing captain Eden Hazard wearing the "One Love" armband. The country's foreign minister, Hadja Lahbib, wore it as she watched Belgium's World Cup opener against Canada on Wednesday.

Former Danish Prime Minister Helle Thorning-Schmidt turned up at Denmark's match against Tunisia wearing an outfit with rainbow-colored sleeves. In an Instagram post a day later, she appeared conflicted about the choice of clothing.

"I've been reflecting on whether showing up in rainbow colors is actually helping gay and queer folks in Qatar," Thorning-Schmidt wrote in the post. She wondered whether it could "make things worse by hardening the Qatar government against them? I don't know the answer but doesn't it show us that nothing is binary, only good or only bad?"

Some fans have said that they were asked to remove and discard their rainbow hats at a World Cup stadium earlier this week despite assurances by FIFA before the tournament that such items would be allowed in stadiums.

Justin Martin, a U.S. citizen living in Qatar, said he was holding a small rainbow flag on the metro on his way to the U.S. opener against Wales when two people wearing shirts that identified them as volunteers asked him to put the flag away. He didn't want to.

"One of them became agitated and ... referred to me as 'disgusting,'"



AP Photo, Martin Meissner
Germany's supporter wearing a rainbow jersey waits for the World Cup group F soccer match between Belgium and Canada, at the Ahmad Bin Ali Stadium in Doha, Qatar, Wednesday, Nov. 23, 2022.

said Martin, an associate professor of journalism at the Doha Institute for Graduate Studies.

At the stadium, however, a woman in Qatari police uniform who was searching his bag found the rainbow flag, looked at it and put it back, he said. "I actually wasn't prohibited from bringing that into the stadium."

Martin said he had previously worn a pride T-shirt in Qatar to the grocery store or to exercise without any issues.

Some Wales fans said they were prevented from taking rainbow bucket hats to the game against the U.S., prompting the Wales soccer federation to raise the issue with FIFA, which assured them that rainbow symbols would be allowed for Friday's game against Iran.

Laura McAllister, a former Wales captain who acts as ambassador to the World Cup, said she and other fans wore rainbow hats to Friday's game without problems. She said she was among those asked to remove their hats before the earlier game with the U.S.

The Qatari World Cup organizing committee did not provide answers to questions by The Associated Press on the instructions to stadium security and volunteers about rainbow symbols.

In April, a Qatari official suggested that fans carrying rainbow flags could have them removed to protect them from possible attacks.

The issue has been debated frequently in Qatar and the wider Middle East, where many believe it's only fair for visitors to respect the country's laws, customs and religious beliefs, just like people from the region are expected to honor other nations' rules when they travel. Others counter that rights' issues are universal and that sports must be inclusive.

Ahead of the tournament, some LGBTQ rights activists sought to raise concerns about how LGBTQ people in Qatar may be treated after the World Cup ends. Some of them have also argued that international attention was disproportionately focused on the visitors and not enough on LGBTQ people in the country.

Associated Press writers Karl Ritter and Graham Dunbar contributed.

Perspectives

So You Think You Can Drive?

BY DAISY TUQUINAGUI
Staff Writer



Isabella Fabbo, Staff Photographer

Rhode Island, Connecticut and Maine license plates fill the Martire parking lot.

"Coming here from California, the driving rules are definitely different and take time to adjust to. With certain speed limits on California highways, one is able to go 65 mph, whereas in Connecticut, the general rule is 55 mph," said sophomore Kaitlin Dyer.

Sacred Heart University has students that come from different areas and regions. During a student's sophomore year, the university permits them to start bringing a car on campus. Many students end up participating in a parking lottery to ensure they secure a spot somewhere on or off campus.

"I am from Massachusetts, but I do not think I would say that my state has the 'best drivers,' but I would say they are the best compared to some New Jersey and Connecticut drivers," said senior Ally Peto. "I think part of the reason why drivers here or in New Jersey are not as friendly might be due to the drivers' education programs being different for some young drivers. I also think getting used to being on the road with different state drivers and adjusting to certain rules can play a factor for what state does have the best drivers."

Some seniors who have now been here the longest out of other students have similar opinions on what it is like driving in Connecticut compared to other states. Seniors who do live off campus become more likely to drive around the Connecticut area as they

will not be on campus as much. It becomes a constant routine for them to witness the similarities and differences on the road.

"Out of the 18 years of living in the Boston area, I have never felt so uneasy about driving until I have driven in Connecticut these past couple of years," said senior Nicole Ferrero. "The lack of turn signals, not yielding to stop signs and the list goes on. I feel like I have to triple-check when I'm driving in Connecticut because I cannot trust some of the drivers here."

Some students share a positive experience when driving with others who come from a different state and have become more observant when driving with others who might be unfamiliar with the area they are currently in.

Sophomore Lauren Cote said, "I personally have had a great experience driving with people from different states. I will say I am much more alert just because that is how I am when driving somewhere far from home and I am not the one behind the wheel."

"I am a Connecticut driver and I know we are not the best, but we are also not the worst either. As for other states, I think Rhode Island drivers are pretty good," said junior Dani Savino.



Isabella Fabbo, Staff Photographer

Two New York cars and a New Jersey car parked side by side at SHU.

Black Panther Sequel Hits Theaters

BY CARMELA COGLIANO
Staff Writer



Grace Hand, Staff Photographer

Imagery of "Black Panther: Wakanda Forever" from the movie trailer.

The highly anticipated sequel "Black Panther: Wakanda Forever" premiered in theaters on Nov. 11. The sequel to the award-winning film was made in the wake of tragedy as the cast mourned the loss of star Chadwick Boseman.

According to The Associated Press, "Black Panther: Wakanda Forever" broke the slow spell that the box office had experienced

all changed as soon as Boseman passed after battling colon cancer for four years during the summer of 2020.

According to The Associated Press, director Ryan Cloogue and his team were faced with revamping the script after he passed. The movie became about the death of Boseman's character T'Challa and the grieving kingdom he left behind.

"They had to rewrite the entire movie," said Bednarcik. "They

originally planned for Chadwick Boseman to be in it. I think the movie does a great job carrying out the original vision even with the passing of Chadwick Boseman."

Many fans were concerned about how the two would compare after the tragic passing of the star.

"In my personal opinion, I think that 'Black Panther: Wakanda Forever' could have been better," said sophomore Victor Colonna. "I did not get the same jumping out of my seat feeling that I got when watching the first movie."

Colonna felt that it was the heartbreaking passion of Boseman that contributed to this. "I just felt like something was missing," he said.

"I wanted to see how the two movies would compare after the passing of Chadwick and I would say they did the best they could," said senior Gediyon Prince. "It's kind of hard when your main character dies, but I would say that this movie lives up to the first one and honors him well."

According to The Associated Press, if ticket sales continue the way they are going, "Black Panther: Wakanda Forever" is expected to do as well as the first movie.

"I have not gotten the chance to see it yet, but I plan on spending the upcoming holiday in the theater with my family. If it is anything like the rest of the Marvel franchise, I know that it will be great," said junior Stasia Dussault.



AP Photo, Marvel Studios

Danai Gurira as General Okoye in "Black Panther: Wakanda Forever."

since the summer. The film, which features Letitia Wright, Lupita Nyong'o, Danai Gurira and Tenoch Huerta, earned \$180 million in its opening weekend, becoming the highest-grossing November opening in North America, while making nearly \$330 million globally.

"Black Panther: Wakanda Forever" takes audiences back to the African nation that is mourning the loss of Prince T'Challa, who was played by the late Boseman in the first film. The nation is facing threat from Tenoch Huerta's character, Namor, and his warriors.

"I thought that the movie was very good. It lives up to the first movie, but I wouldn't say that it's better," said sophomore Eamon Bednarcik. "It was well written and I think the director did a really good job."

"I thought it definitely lived up to the hype of the first movie," said junior Elaina Edwards. "It had central themes of grief, death and unity and was very well directed."

According to The Associated Press, the first film broke the box office and was released in February 2018 and went on to gross \$1.4 billion worldwide, making it one of the highest-grossing films of all time. The movie was nominated for seven awards at the Academy Awards, winning three of them. It was the first superhero movie to win Best Picture and the first Marvel Cinematic Universe film to win numerous categories.

A sequel has been in the works since the release of the first movie. However, that

Features

The RISE Mentor Program

BY DANNIA JADAN
Staff Writer



Contributed by Jodi Lovegrove

Students gain support and confidence through the RISE program that takes place at SHU.

"There is not one instance that has come out of RISE where someone has said they had a bad experience," said graduate assistant at the RISE program, Grace Cioffi. It really is perfect for SHU students who are looking to make new friends, expand their horizons a little bit and are willing to try something new."

The RISE program is giving young adults with disabilities an opportunity to engage in normal life practices. The mentors of the program help the members further their social, vocational and daily living skills with their goal being that they can enter the real world confidently and independently.

The program takes place on Sacred Heart University's campus five days a week Monday through Friday from 8:15 a.m.- 2:15 p.m. The program utilizes classrooms in the main academic building where they gather to plan out their day before students go

off to do their daily tasks.

The students of the program work at the cafeterias on SHU's campus and gain part time work experience.

RISE coordinator, Jodi Lovegrove said, "Although they are disabled, they don't need to be treated differently. We want them to hold the standard you and I do, because they can."

SHU students can be fitness or lunch buddies with the students of the program, where they can sit and connect one on one and engage in conversation, whereas a fitness buddy offers the opportunity to exercise with a friend while following a predetermined fitness program.

The RISE program has been active since 2004, growing on SHU campus until the coronavirus pandemic hit in 2020. The participation in the program has lowered since then, and the program is trying to regain the amount of activity it had before the pandemic.

"I really hope that the RISE program continues to grow into what it was and more. I remember when I was in undergrad it was huge, and I would love to see more student involvement," said Cioffi.

RISE coordinators said that there is a drastic change in confidence within the students in the program. They discussed that there are times where they get emotional seeing the progress and growth of the students and the development of their skills.

Students in the program help and support each other with their own difficulties and seeing the real college campus life makes them feel part of the community.

"I think when I have students come together to support each other or make a connection emotionally, it just is the most beautiful thing," said the social worker at the RISE program, Maura Satti.

The parents of the students have mentioned to the coordinators that they have seen a change in the maturity and responsibility levels since the program. The self-report and reflection from the students show all the progress they have made so far.

SHU students get the experience of learning to treat people with respect and understanding inclusion and diversity, while being able to switch gears and adapt to new things in the program.

The RISE program is open to any volunteer at SHU interested in becoming friends and being a mentor for these young adults.

Who Let the Dogs Out!?

BY COREY COYE
Staff Writer



Julie Dunn, Photo Editor

Senior Mia Sansanelli, the Editor-in-Chief of The Spectrum, meets the therapy dogs before finalizing the upcoming Spectrum edition.

What is the best way to destress during the holiday season? For Sacred Heart University's s.w.e.e.t. organization, it was to bring therapy dogs to campus.

The s.w.e.e.t. (Student Wellness Education and Empowerment Team) organization focuses on providing services that support student wellbeing. s.w.e.e.t. President and senior Erin Hare helps put together events for the student body to enjoy.

"We've been doing this for multiple years now. We try to schedule therapy dogs to come visit campus during stressful times in the school year, such as midterms and final exams," said Hare.

Students also recognize the importance of relaxation time. "Everyone is missing a part of their home lives while being here at SHU, so we like to use dogs as a distraction tool," said Hare.

During the planning process, students and faculty within the organization reach out to community volunteers and university partners. s.w.e.e.t. faculty advisor Karen Flanagan works behind the scenes to coordinate various campus events.

"We are currently partnered with two organizations to bring dogs to campus, which are Therapy Dogs International and Pet Partners," said Flanagan. "We also try to tie in other positive health promotions, such as our YOU@SHU digital platform."

The YOU@SHU program is a personalized application that provides helpful videos and articles pertaining to mental health. Users can also utilize the program to create and sustain good habits by checking off personal goals.

This time, two different-sized therapy dogs came to campus for the event. The small dog was a terrier mix with black fur, while the larger dog had similar fur but was a mutt mix. Both dogs were held on leashes and students were encouraged to come up and interact with them. Freshman Katie McCabe explains the comfort attending this event brought her.

"Leaving home for the first time made me really miss my dog, so being able to experience this is very comforting," said McCabe.

In addition to hosting this event, s.w.e.e.t. also plans to offer future mental health resources such as positive reinforcements, alcohol abuse checkups and the Sweet Dreams program, which teaches the importance of good sleeping patterns.

Those involved with s.w.e.e.t. recognize the importance of keeping mental health a priority. "We never want a student to suffer in silence," said Flanagan.

Senior and s.w.e.e.t. program chair Abby Andre shared what the event meant to her.

"The whole purpose is to give students a time to disconnect from busy schedules.

Even a little bit of removed stress can prove to be monumental," said Andre. "What makes this experience worth it is seeing the students' faces light up when they interact with the dogs."

s.w.e.e.t. will be hosting a week-long event during the final week of the semester titled Stress Free Zone. This event will offer various activities that help with stress management, including coloring books, aromatherapy and goodie bags filled with positive quotes. In addition to these, therapy dogs will also be present during finals week.

The SHU Counseling Center offers counseling sessions on a daily basis free of charge. Their offices can be reached by calling 203-371-7955. Additionally, students and faculty can visit the SHU Wellness Center anytime Monday through Friday from 9 a.m. to 5 p.m.



Carissa Munoz, Staff Photographer

Sophomores Lila Armstrong and Kaleigh Walsh stop by to say hello to Ace.



Carissa Munoz, Staff Photographer

Several of the S.W.E.E.T. peer educators pose with furry friends Brian and Ace and their handlers.

Spotlight

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

Flash Fiction

BY KAILEY BLOUNT & AYASHA CANTEY

Co-Editor of Audrey's Corner & Contributing Writer

Flash fiction is short, sharp and memorable. They are stories allowed only to be a few hundred words. This week, Audrey's Corner presents flash fiction from Sacred Heart University writers Ayasha Cantey and Kailey Blount.

Fog on Her Glasses

By Ayasha Cantey

That smell, it's intoxicating. It's the smell of ink that has been swallowed by a page. It's fragile and smooth. This has to be my happy place.

I had stumbled across a bookstore. It's not at all what I had expected. There are just walls and walls of binded pages and endless stories. In an ideal life, I would be able to bear it all. The pain, the horror, the mystery, the love. But in this lifetime, there isn't nearly enough time.

I walk the aisles with no purpose in mind. It's beautiful and aimless. I get to pick what story is mine. Even if it's only for a minute.

I find a book tucked into the shelf. I push my glasses farther up the bridge of my nose. The cover was nothing but decomposed shreds. It held the faint smell of Masseto wine. The pages were tinted a dull crimson. I had no clue why this old disgusting thing had captivated my mind. But my glasses twinged with curiosity.

I slid down the bookcase until I reached the floor. I nuzzled my knees under my body to give myself some comfort. I tried to flip the stiff page. It was as if the story inside was too scared to show itself. Maybe it wasn't good enough to bear. Or maybe I just wasn't the one who deserved to hold it close.

I have never experienced love. Other than the words saved in pages in a book. So I have no idea where to start. But I know one thing is certain: it started here. My glasses will capture everything worthwhile. The fog that coats these bent wire frames will be the one thing that separates love from the unknown.

As I walked out of the heated store, the cool air tickled my skin. The sudden gust of air caused my glasses to fog.

I felt the color of my body fade into the gust of wind. The next squall took my translucent body with it. The only thing that was left were my cracked, crooked frames and the Masseto-tinted pages.

Without the heat radiating from my spirit onto the lenses, the frames slowly fogged over. Not even the glint of curiosity was left behind.

A Love Letter to my Mother

By Kailey Blount

When I was a child, my mother waged a war between being my mother and being herself. And when she lost a battle, I, baby fat clinging to my cheeks, became our mother.

The first time I remember losing my mother was on a New York City sidewalk. Gum stained the curbs, street lights flickered, and we stumbled, alcohol on her breath, fear on mine, down concrete steps littered with needles and strangers. That morning, while still mine, she'd tugged a fur-lined coat over my shoulders, and told

me not to touch the subway seats. I hadn't, diligently, holding out chapped palms for her to lather soap upon. In daylight, the city still sober, tucked beneath my mother's arm, following my father's feet, the skyscrapers felt reachable. Like if I stood up on my tiptoes and jumped, I too could be that tall.

Night fell with my arms wrapped around hers, my father's feet too far ahead to find. My skyline too high to reach. Cars roared around us, drowning out my mother's mumbles and the clack of my size-three shoes. On the train ride home, her head in my lap, she told me she loved me. She'd said so often, between cups of tea and bandages for my knees. Those had been a mother's I-love-yous. This one was different. It was an I-love-you only a woman lost could give her tether home. Except, I hadn't meant to be her tether. I'd only meant to be her daughter.

But when we are lost, we will make anything ours.

My parents met at a frat party in the 1980s. My mother remembers forgetting my father's name. My father remembers remembering hers. Scratching her phone number into his freckled flesh, he'd call the next day, a landline connected to a drowning place. After hanging up, he'd drive to a local bookshop, his comic book collection stacked tall in the passenger seat of his beat-up car. At a coffee-ringed counter, he'd sell his childhood dreams for a date with her. A suitcase full of chicken scratch love letters later, they married.

Their story is a well-worn sweater, riddled with holes. It's one whose details change often, depending on the weather. On their stormy days, I took shelter in our coat closet. Twirling in my city jacket, marching in my mother's rain boots, I pretended to be someone grown, someone hindered only by the winds of her own. My parents knew to find me there, amongst their discarded treasures, after their storm. No one explicitly told me it was my job to dry them off, except maybe for God, who talked to me on Sundays about gift wrapping my best coat and making a present of it. And so, I'd reach over their slouched shoulders and bundle them up, as best I could, in my too-small church sweaters. And, while they slipped their confessions in my empty coat pockets, like fortune cookie wrappers, I'd pray for clear skies and stormless nights.

Piecing together her fortune cookie confessions, I read my mother's story like an age-old riddle. If her childhood home was a place drowned, mine was to be a place burned. The fumes falling and rising at my father's will, scarring olive skin white. After years of floods, her bones always wet, the flames must have felt nice, at least for a little while. Warm, an embrace, so different from the cool rush of wayward waves. My body, burnt, could not agree.

Arts & Entertainment

The State of Classical Literature

BY HALEY ALVARADO
Staff Writer



Collin Moura, Staff Photographer
These literary classics are staples of the education system, selling millions of copies worldwide.

Dr. Peter Sinclair, Chair of the Department of Languages and Literature, said, "Literature's ability to speak to every imaginable truth, conflict, joy and tragedy concerning what it means to be human has made its great texts essential to our experience from the moment we homo sapiens could string together the most basic narratives up until today."

Literature refers to different types of text, including novels, non-fiction, poetry and plays. Classic literature consists of works that provide insight into a generation of societal standards and are considered as having high criteria for competence.

"Classic literature is known for its excellence because although some may be controversial, they still stay relevant in modern English debates," said junior English major Dylan Chizmadia.

High school students are generally obliged to read classic works of literature such as "To Kill a Mockingbird," "Lord of the Flies," "The Great Gatsby," "The Scarlet Letter" and "The Old Man and the Sea."

Prof. Joseph Alicastro of the School of Communication, Media and the Arts said, "Reading the classics during my college years led me to continue on to 20th century writers. Ernest Hemingway and Graham Greene are two writers that influenced me the most."

The local Boards of Education oversee the selection of books that are added to the library, eliminating any that might not be suitable for the pupils and establishing the required reading list.

"It is an unfortunate truth that there is a lack of diversity in classic literature. It

requires significant searching to find diversity in the classics and it shouldn't," said Alicastro.

The historical implications of the absence of human rights contribute to the lack of diversity in classic literature.

In 1832, Virginia and Alabama forbade white people from teaching Black people to read or write, and those who did so were subject to fines and floggings under Slave Codes. Slave Codes dealt with slavery and people held as slaves, particularly concerning the Atlantic slave trade and chattel slavery in the Americas.

"I do not feel personally represented in classic literature. Classic literature is solely based on the Western European white culture; I am African American, so it's hard to relate," said senior sociology major Tiya Gilchrist.

According to Sinclair, "A great crisis of our time, I would argue, is the assault on diversity happening in public schooling in many areas of the country right now, and the very dangerous and hideous practice of book banning."

Book banning is a form of censorship that unfolds once private citizens, public officials or organizations remove a book from a library, a school reading list or a retail shelf because they disagree with its topics, concepts or content.

According to PEN America, a foundation that advocates safeguarding free expression, approximately 300 books have undergone bans in 11 Missouri school districts since August.

"Education is the process of applying the past to inform the present. Understanding what prior generations accomplished gives people perspective on the action to take in the future to avoid the same mistakes in history," said junior social work major Brenna MacDonald.

The Connecticut Library Association ensures that literature remains on shelves for citizens despite banned statutes because the Confidentiality Act preserves patron's privacy and permits them to read freely without government involvement.

"Importantly for us at Sacred Heart, you might notice from the above that literature speaks deeply to our Catholic mission by compelling us to continually reengage the great questions we have been asking since the beginning of human history: What does it mean to be human? What does it mean to live a life of meaning and purpose? What does it mean to work for the common good?" said Sinclair.

An Evening of Choro in the Chapel

BY ISABELLA GAYDOS
Staff Writer



Collin Moura, Staff Photographer
The faculty concert at Sacred Heart University on Nov. 15 featured an evening of jazz music for students and faculty to enjoy.

The World of Music Festival was held on Nov. 15 in the Chapel of the Holy Spirit. The concert called "An Evening of Choro with Zé Seis Cordas e Os Quatro Batutas" featured Prof. Joe Carter, the faculty director of Academic Music Programs, playing the guitar.

The concert also featured musician Tim Moran on woodwinds, educator and musician Leco Reis on bass and Brazilian-American percussionist, guitarist, composer and singer Nanny Assis on percussion.

"When I present the concerts, it would say 'Sponsored by the Academic Music Program.' But it's because I have the support of the School of Communications, the President and everyone above me. If that support wasn't there, these concerts wouldn't be happening," said Carter.

There were 150 students, faculty and people from the surrounding community gathered in the Chapel during the concert. Carter performed seven songs that were inspired by the music with its jazz, African and American roots. All the songs were in Portuguese, including "Recita de Samba" by Jacob do Bandolim and "Lamentos" by Pixinguinha.

"It's more about the song and it's more about the form of the song that allows me to interpret the music in a certain way, as it gives me the freedom to interpret the music," said Carter. "When I'm playing these songs, I'm not playing them strictly like a choro musician. I'm able to put in my background."

According to Saint Paul Sunday, an American radio publication, choro originates from the late 19th century in Rio de Janeiro. It is a form of instrumental Brazilian music that includes African, jazz and samba rhythms. It also incorporates European dance music, including genres of polka, waltz and mazurka.

Saint Paul Sunday also described choro as played on a 6-7 string guitar and other string

instruments. It can also be played on the percussion, clarinet or flute. Brazilian music is often played on a solo instrument.

Prof. Darren Litzie, an adjunct instructor in the Department of Music, said, "One specific aspect of the music that I find interesting is how the harmony often shifts back and forth from major to minor, meaning you'll be listening to a choro song that has a happy and bright mood, then it suddenly sounds dark and sad, then back to bright again. As a jazz musician, I also enjoy the improvisation that is sometimes heard in the music."

Presenting Brazilian culture within Sacred Heart University is important due to the interactions and traditions Americans have with the heritage as the culture is represented in the United States.

Carter believes including Brazilian culture is a tough endeavor, but the easiest way is to start with performing arts, literature and food.

"The food, the music, the people. I never stayed in an American hotel. I only had an apartment. And I tried to be immersed in the culture, learning a bit of the language but learning what it meant to be in Rio," said Carter.

Brazilian choro music has a combination of melodies from Europe, Africa and North America. It is also a music genre that has diverse pieces that influence a new perspective on dance, musicians and the audience.

"Choro is a fascinating style of music because it combines elements from different cultures. We hear intricate European-influenced melodies and harmonies along with catchy and danceable rhythms that come from Africa," said Litzie.



An Evening of Choro
with
Zé Seis Cordas e Os Quatro Batutas
featuring
Tim Moran - woodwinds
Joe Carter - guitar
Leco Reis - bass
Nanny Assis - percussion

7:00 P.M. November 15, 2022
The Chapel of the Holy Spirit
Sacred Heart University
free admission, all are welcome

Sponsored by the SHU Academic Music Program

Contributed by Sacred Heart University
The faculty group played choro jazz, a Brazilian genre of music that combines European forms with samba rhythms.

Sports

NFL Update: Eagles Flying High and Geno Smith Turning Heads

BY MOLLY JACOB
Staff Writer



The catch of the year by Justin Jefferson led the Vikings to win over the Bills in week 10, 33-30.

Instagram, @richeisen

The National Football League (NFL) is the most-watched sports league in the United States. Part of the reason for its enjoyment is because of the tradition, fanbase and most importantly, the suspense that comes with it. Every preseason comes with predictions of polls and rankings for every team and player, but most of the time these predictions disintegrate after week one.

Every season, there is a team that unexpectedly starts off hot, and this season, it has been the Philadelphia Eagles. The Eagles won their first eight games and suffered their first loss against a divisional opponent, the Washington Commanders, in week nine by a score of 32-21.

"The Eagles played the Commanders earlier in the season, against former quarterback Carson Wentz, and beat them," said freshman Leila Gary. "But after their 8-0 record, they couldn't seem to pull off the win against them for the second time."

Fans are blaming the referees for the Eagles' loss because of numerous missed calls that went in the Commanders favor.

"They missed an obvious face mask call while reviewing a play for a turnover on [Eagles TE] Dallas Goedert," said junior Jason Shragher.

Refereeing in the league this year has been a controversial topic, as referees can almost single-handedly determine the outcome of a game and impact a team's future.

"They are very quick to call defensive pass interference in crucial moments of games, and it affects the games more than it seems," said Shragher.

One-handed catches are starting to become more prevalent and impressive in the 2022 season. Odell Beckham Jr. had the first iconic one-handed catch in NFL history back

in 2014; however, Justin Jefferson had a one-handed catch that some say topped that famous catch from eight years ago.

In week 10, the Minnesota Vikings beat the Buffalo Bills in overtime, all thanks to Jefferson's imaginative catch that set them up for success. On 4th and 18 with his team staring at a loss, Jefferson made a remarkable one-handed catch over Buffalo defensive back Cam Lewis that earned a first down for his team and saved the game. This matchup on Nov. 13 is already being determined as the "Game of the Year" by many analysts.

The quarterback is perhaps the most important player on any football team, as they start every offensive play and are the presumed leader of their team.

Accomplished quarterbacks like Aaron Rodgers of the Packers and Tom Brady of the Buccaneers have had a shaky start to their seasons. As of week 12, the Packers' record is 4-8 and the Buccaneers' is 5-6.

During the offseason, QB Russell Wilson was traded from the Seattle Seahawks to the Denver Broncos for Drew Lock, Shelby Harris and Noah Fant, Denver's first- and second-rounders in each of the next two drafts as well as a 2022 fifth-rounder. Wilson has struggled mightily in Denver, with his team sitting at 3-8.

Geno Smith took over as the starter for the Seahawks and has been turning heads with his impressive ability to throw an accurate ball and pull off victories. The Seahawks are strong contenders for the playoffs with Smith as a leader as their record sits at 6-5.



Pregame on the Eagles' field for week six as they took on the Cowboys for Sunday Night Football.

Molly Jacob, Staff Photographer

In the past few seasons, the National Football Conference (NFC) and the American Football Conference (AFC) East divisions have been known to be a sleeper. However, this year they have been the most competitive divisions top to bottom in the NFL.

The NFC East has a 31-13 combined record, and the AFC East has a combined 29-15 record, making these two divisions have the best combined record in the league.

Both Gary and Shragher believe that the Eagles are going to win the NFC East and the Bills are going to win the AFC East.

The AFC and NFC winners play each other in the Super Bowl, which will be played on Feb. 12, 2023 at State Farm Stadium in Glendale, Ariz.

Women's Wrestling Doesn't Back Down

BY GRACE HAND
Staff Writer



Alexandra Fitzgerald finished eighth place at the MVC Open on Nov. 19.

Contributed by Sacred Heart Athletics

The Sacred Heart University women's wrestling team has had a strong start to their season, going 2-2 in their first tournament in Adrian, Mich. on Nov. 12 and 13. The tournament was highlighted by a 24-19 upset victory over fourth-ranked McKendree University in a weekend that also saw the Pioneers have two individual podium finishers.

"I'm very pleased with the results," Head Coach Paulina Biega said. "We were the underdog there but quickly showed that's not necessarily the case."

Biega has brought the program success since her appointment at the beginning of the Pioneers inaugural

season last year, making her the first female Division I wrestling coach ever. Three of her wrestlers received All-American honors in the National Collegiate Women's Wrestling Championship (NCWWC) which saw now-sophomore Madison Sandquist place third.

The match against McKendree was only one part of the Adrian Open. SHU had two wrestlers—freshman Aaliyah Payne-Parris and sophomore Alexandra Fitzgerald—finish second in their respective weight classes.

"I am proud of my finalists," Biega said. "It always makes me happy to see my girls succeed."

In terms of their individual performances, Biega's faith in her wrestlers stands out.

"I strongly believe Aaliyah can beat the girl she lost to," said Biega. "Ally got caught in her final match and wrestled against a very tough opponent. If we constantly keep working on getting better and evolving her technique, I think she can be on the highest step of a podium very soon."

Biega also had praise for her team's performance as a whole.

"We fought hard," Biega said. "Every match we had we scrapped to our best ability and I like that the most. We didn't give up without a fight."

On Nov. 18, the team traveled to the Missouri Valley College Open in Marshall, Mo. They had success on Friday, with five Pioneers moving onto the second day of competition. Fitzgerald continued her strong performance with an eighth-place finish and three victories on Saturday.



SHU wrestlers at the Missouri Valley College Open.

Instagram, @sacredheartwomenswrestling

Despite the fact that women's wrestling is still newer to the campus community, the team has continued to click as a group in a way that has contributed to them getting positive results.

"The girls are becoming closer and closer which makes our team stronger," said Biega. "They support each other but at the same time push each other to do better. It's simply fun being around them."

The few tournaments that the Pioneers have competed in so far are only the beginning of a lengthy season where they look to improve on their successes from last year.

"The most exciting thing is always to see the progress that the team makes," Biega said. "I know where we started and how we looked at the beginning and I know how I want us to finish. That's what I'm excited to see."

SHU's next tournament is Dec. 3, where they will travel to Gannon, Pa. for the Northeast Region Duals. Going into the weekend, Biega wants her team to look back on their previous performances to keep improving.

"There were some matches that we lost that we should have won," said Biega. "We will learn from there and do better. The future is very, very bright."

Sacred Heart Athletics contributed to this article.

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Inspirational Insight

MIA SANSANELLI
EDITOR-IN-CHIEF

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I think of myself as a pretty optimistic person. At this point in my life, there are always obstacles I must overcome and negative thoughts I need to work through. All three of these quotes play a role in how I look to live my life and they help put things in perspective.

"Stay Positive. Work Hard. Make It Happen."

This was one of the first quotes that I was gifted, and they stare back at me on a white block as a decoration for my desk. This was a graduation gift and one of the first items I displayed in my freshman dorm room. Freshman year was hard. The transition to collegiate soccer and collegiate life was one I had been preparing for yet still left me at times feeling sad, lost, confused and unworthy. There came a point when, as they say, the only way to get through it was to get through it. When things aren't going your way or you start to lose who you are or when any variation of difficult mental, physical and emotional challenges present themselves, the best thing you can do for yourself is stay positive. It sounds impossible sometimes and pointless to make that decision, but it truly changes your whole outlook. You start to appreciate where you are, who you are and what you've been able to accomplish so far. Working hard is a no-brainer for me. If you know me, hard work is a given. But by piecing these two pieces together, you make it happen. This quote leaves you no other option than making it happen. And I can tell you, this piece of advice transformed me. I have grown into the best version of myself. I have accomplished more than I ever thought I could. And I live every day and face every challenge with this mindset, knowing that I will make it happen.

"Kindness Always Wins."

Self-explanatory but important. This quote hangs on my wall next to my mirror. I bought it from an online store where they handmake each sign on a wood frame. It was made with kindness, and it reminds me every day to be kind to myself and kind to others. There's so much hatred and unpleasant behavior in this world. If I can make the world just a little bit better by being kind, then I'm going to do it. Kindness is free and it can make someone's day. It also reassures me that the good people in this world will prevail in the end.

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This is a quote by A.A. Milne from "Winnie the Pooh," and it's engraved on the end of a chain gifted by a family member. I kept it in my first car as a symbol of protectiveness and now it sits in my college bedroom--not always in sight but always on my mind. It's a self-fulfilling prophecy. If you convince yourself these things are true, then they will be. We all have the bad habit of putting ourselves down and degrading our courage, strength, intelligence. Christopher Robin and everyone from the Hundred Acre Wood would tell me that I am so much more than I give myself credit for.

As a communications student, I have a particular obsession and meticulous way with the words I use and quote. There are some other favorites of mine like "It's a Great Day to Have a Great Day" and "Success is Not Final; Failure is Not Fatal: It is the Courage to Continue that Counts." As cliché as inspirational quotes can be, I have always found them comforting and effective in my mind. And I hope I've encouraged some readers to find their own favorite messages and affirmations.

L-I-V-I-N'

ROBERT FINIZIO
HEAD CONTENT EDITOR

"Let me tell you this, the older you do get the more rules they're gonna try to get you to follow. You just gotta keep livin' man, L-I-V-I-N'." -- David Wooderson, "Dazed and Confused" (1993)

Maybe it's because Matthew McConaughey said it, one of my favorite actors. Or maybe it is because it's from one of my favorite movies, "Dazed and Confused." Either way, this quote from the character David Wooderson has always stuck with me because of how simple it is to understand, yet I always have to remind myself of the message.

For those who haven't seen the movie, Wooderson is a calm and cool guy in his 20s that still hangs around the high school kids, yet his charm and kindness make him a likable character. When one of the protagonists is faced with a debacle over his future on the football team, Wooderson delivers this exact line to ease his worries.

Although it may seem silly, this line really does resonate with me because I find myself taking life too seriously and worrying about things that I have no control over. This semester has been especially busy with all of the responsibilities and decisions to make as a senior, and there have been many times where I felt the need to re-watch this scene for comfort. McConaughey delivers the line perfectly, as if he's talking right through the screen to the viewer.

To all of those reading, stop worrying about the little things that won't matter in a week. Ride with the current, not against it. Do the things you WANT to do, not the things other people want you to do.

And most importantly, live. L-I-V-I-N'.



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