



THE

## SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

The EDITORS' EDITION

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REPORTING CAMPUS NEWS SINCE 1983

VOLUME 50, ISSUE 1

WATCH THE  
PIONEERS  
IN ACTION:

THURSDAY 2/2:

MEN'S BASKETBALL

VS. WAGNER COLLEGE

AT THE PITT, TIPOFF AT

7 P.M.

SATURDAY 2/4:

MEN'S ICE HOCKEY

VS. AMERICAN

INTERNATIONAL AT

7 P.M.

WOMEN'S LACROSSE

VS. MERCY COLLEGE

AT 11 A.M.

SUNDAY 2/5:

MEN'S WRESTLING

VS. BLOOMSBURG

UNIVERSITY AT 1 P.M.

IN THE PITT CENTER

TUESDAY 2/7:

MEN'S ICE HOCKEY VS.

ARMY AT 7 P.M. IN THE

NEW MARTIRE FAMILY

ARENA

UPCOMING  
EVENTS:

FRIDAY 2/3:

JELLYFISH AIR PLANTS

LINDA'S 3RD FLOOR

4 P.M.

MONDAY 2/6:

COOKIES AND

COLORING

LINDA'S 3RD FLOOR

4 P.M.

## Marijuana Officially Legal in Connecticut

BY ALEXANDRA BOTTO  
News Editor

Recreational marijuana sales in Connecticut became legal on Jan. 10 for adults ages 21 and over. Governor Ned Lamont announced that the sales would start at 10 a.m. that day at various locations that are licensed to sell the products.

The Department of Consumer Protection gave permission to the state's nine already existing medical marijuana dispensaries to start selling recreationally to qualifying adults.

Kelly Considine is an adjunct professor in the Chemistry department at Sacred Heart.

"I think the legalization of marijuana in Conn. is a good step for the state from both an economic and legal standpoint," said Considine.

Seven of the dispensaries approved began sales immediately including the stores in Brandford, Meriden, Montville, New Haven, Newington, Stamford, and Willimantic. The other two are located in Danbury and Torrington, but their opening dates are tentative.

"By purchasing marijuana from a dispensary, consumers know exactly what strain they are getting, and employees can help them find the products that work best for them," said Considine.

It's expected that nearly 40 additional dispensaries will open in Connecticut by the end of the year.

"My fear is that individuals legally purchasing cannabis will easily pass it along to the younger population resulting in an increase in marijuana usage among our youth," said Considine.

Connecticut's recreational marijuana law was first passed on July 1, 2021 to make minimal amounts legal for adults. Then on Oct. 1, 2021, the law made it legal to carry up to one and a half ounces of marijuana on them personally and another five ounces in either a locked box at home or in their vehicles.

"With the legalization of marijuana, we now not only have to worry about DUIs or DWIs, but we run the risk of seeing more drug related driving," said Considine.

Beginning Jan. 1, 2022, the law will erase previous low-level marijuana charges and sentences. This year, almost 44,000 crimes have already been erased.

"I think those imprisoned for possessing small amounts of marijuana should be freed because their actions that landed them in prison are now legal," said Considine. "This can help with prison overcrowding and fewer incarcerations means more money will be saved."

Adam Wood, the president of the Connecticut Cannabis Chamber of Commerce, has estimated the cannabis industry to bring over 10,000 new jobs to the state in the next few years.

He also believes it'll be a source of revenue to Connecticut and make millions of dollars that can be used to help communities greatly affected by the war on drugs.



AP Photo by Jessica Hill

On Jan. 10, Connecticut became the latest state to legalize the sale of recreational marijuana for adults 21 and over.

"The legalization of cannabis could potentially help decrease opioid drug addictions and deaths associated with them," said Considine. "I think it can also reduce crime, raise tax revenue, lower criminal justice expenditures, improve public health, and stimulate the economy, while reducing violence and trafficking associated with illegal drug trade."

On the opening day alone, Connecticut made over \$250,000 from legal recreational marijuana sales.

"Regarding the financial nature of Connecticut, I think there'll only be positive outcomes from the legalization of marijuana," said Considine. "For instance, to enforce laws, especially those related to marijuana, costs several billions of dollars per year, and those costs will drop significantly now that it's been legalized."

The next part of the bill will be implemented on July 2 and will permit adults to grow up to six marijuana plants indoors only. Until then, only those 18 years old and up with medical marijuana cards can grow up to six plants indoors.

"I don't agree with allowing individuals to grow their own marijuana because it could hinder the state's revenue which could go a long way in helping fund various projects such as fixing the state's infrastructure," said Considine. "If anything, medical marijuana card holders should be the ones allowed to grow their own plants to help eliminate the financial burden that comes along with their disease."

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LOCATIONS  
NEWSPAPER RACKSHawley 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 staircase)Spectrum Office  
(in the SCMA Wing)Curtis Hall  
(inside the front doors)Linda's  
(first floor)Pitt Center  
(inside front doors)SC Wing  
(first floor near 63's and Edgerton)NC Wing  
(first floor near couches)Pio's Kitchen  
(inside front doors)



# News

## A Week of Service for 16 Sacred Heart Students

BY MADISON BEEKMAN  
Assistant News Editor

Sixteen Sacred Heart University students volunteered throughout Bridgeport for the Office of Volunteer Programs & Service Learning (VPSL) and Office of Campus Ministry's annual Community Understanding and Reflection Through Inner-City Service (CURTIS) Week.



Sacred Heart University photo by Mark F. Conrad

Volunteers putting together food boxes for the Bridgeport community.

CURTIS Week allows students of all grade levels, including graduate students, to immerse themselves in service throughout the local community and learn about urban issues of poverty, racism and immigration, according to a SHU press release. The program was held the week prior to the start of the spring semester.

"I think the beauty of it comes from the fact that, like a lot of our community engagement programs, it is reciprocal. Students not only are offering their time and attention on site, but it's also an opportunity for them to learn from our community

mission.

"This university prides itself on service so it is great being able to be a part of that," Pisano said. "It impacts the community because it shows them that people who live close to them do care about them and want to give back."

Wendel agreed

and recognized how important this service program is to everyone who is a part of it.

"I think it helps us live out the mission of the university and students not only have that experience, but they're also being agents of change," she said.

Wendel also said she hopes to break down some stereotypes about both the Bridgeport community and college students through this program.

"I think it's important for the SHU campus community to understand the assets of Bridgeport and for Bridgeport to see SHU as a responsible and ethical neighbor," she said.

Lifrieri discussed how important the connections she made with both her peers and the local Bridgeport community throughout the week were.

"I am not able to forget the experiences and interactions that I have been so fortunate enough to have had," she said. "I truly believe that a seed has been planted in me since participating in CURTIS Week, and I cannot wait to watch it grow with hopes of encouraging others to serve the community as well."

She also said that throughout the week, she realized the opportunities students have to make a difference in people's lives.

"Personally, getting to witness both the struggles and admiration that the members of the community displayed has been extremely eye opening," Lifrieri said. "This experience has left me tremendously grateful for the gifts I have, as well as empowered me to continue the service work I did throughout the week."



Sacred Heart University photo by Mark F. Conrad

Sacred Heart students pictured volunteering through the Office of Volunteer Programs & Service Learning for the annual CURTIS Week.

partners," said Anne Wendel, director of VPSL.

Service sites included food pantries and soup kitchens like nOURish Bridgeport and Connecticut FoodShare, and also the Tina Klem Serenity House, which is a drug rehabilitation program for women in Bridgeport, according to Wendel.

Students participate in a morning and afternoon session of volunteering and end the night with an interfaith component, which is how some students, like junior Ellie Lifrieri, were introduced to the program.

"It was introduced to me once I joined Campus Ministry. I have an immense passion for community service; specifically in inner-city areas, so I was very eager for the week to start," she said.

Others, like sophomore Lauren Pisano, who served as a student leader for this year's CURTIS week, heard about the program as a result of pre-fall.

"I started off my freshman year as part of the Community Connections Pre-fall Program and continued participating in service during the semester," she said. "Last year, CURTIS week was during spring break and I loved it, so I knew that I would want to do it again."

The program was created in honor of SHU's founder, Bishop Walter W. Curtis, according to the university's press release. Pisano also found that it helps to carry out SHU's service

## US Soccer announces program to ensure player safety

BY AP NEWS

U.S. Soccer has introduced a Safe Soccer program that will require comprehensive vetting of individuals involved in the sport as the federation continues to address its investigation into coach misconduct in the National Women's Soccer League.

The Safe Soccer program announced Monday aims to overhaul the criteria for participation in the sport from the youth level to the professional leagues. It includes safety training, background checks and annual reviews.

The rollout will start with a pilot program involving U.S. Soccer staff but eventually will reach "all participants in the soccer ecosystem," the federation announced. The process is expected to take several years.

"We want to make sure that we're getting bad actors out of our game. But we also want to make sure that we're incentivizing, motivating and rewarding people who are doing the right thing. In a perfect world, that would get all the way down to, quite frankly, every single adult in our game," said former U.S. national team defender Danielle Slaton, chair of U.S. Soccer's Yates Implementation Committee.

"The challenge is how we do that and I think a lot of that is going to be up to the (participant safety) task force, up to our membership and up to all of us working to pull in the same direction on that front," Slaton added.

Both U.S. Soccer and the NWSL pledged to implement recommendations made in two scathing reports on systemic abuse and misconduct in the nation's top professional league.

U.S. Soccer published the results of its investigation, led by former acting U.S. Attorney General Sally Q. Yates, in October. A separate report commissioned by the NWSL and its players union was released in December. Both sides look to both expand and adopt measures to ensure player safety in the new year.

Among the Yates report recommendations was a requirement that teams disclose coach misconduct to the league and USSF to ensure coaches aren't allowed to move between teams. It also called for timely investigation into allegations of abuse and meaningful vetting of participants.

Mana Shim and fellow former NWSL player Sinead Farrelly came forward in 2021 with allegations of harassment and sexual coercion against longtime league coach Paul Riley. He was among five of the league's 10 coaches who were fired or resigned that year amid claims of misconduct. He denied the allegations.

Shim is now chair of the USSF's Participant Safety Taskforce, which aims to implement safeguarding measures across soccer in the United States. Shannon Boxx, a U.S. Soccer Hall of Famer, also is on the task force.

The implementation committee has proposed amendments to the federation's professional league standards for all affiliated leagues, including Major League Soccer, the NWSL, United Soccer League and others.

The proposed changes include prohibiting the use of nondisclosure and non-

disparagement agreements that hide information about abuse allegations.

The standards would also require teams to designate a player safety officer, provide training and education on abuse and misconduct, and produce annual safeguarding reports to U.S. Soccer.

Those changes must be approved by U.S. Soccer's Board of Directors, which meets in March.

The Yates report made 12 overall recommendations "aimed at preventing abuse in the future, holding wrongdoers accountable, enhancing transparency, addressing safety in youth soccer and fostering a professional environment where players are treated with respect." U.S. Soccer has either implemented or is acting on the recommendations. The federation is also working closely with the NWSL to make reforms.

"As we've said from the beginning, this remains of the highest priority for our federation and we are dedicated to cleaning up our sport and making things better," Slaton said. "And the committee is eager to continue to grow and evolve and support the task force that's going to be led by Mana Shim going forward, that already has been and will continue to be, because we truly remain dedicated to this work. This is not a one and done thing. This is not a committee thing that we're putting a stamp on and saying we are finished with this work. We know there is a lot of work still that remains to be done."



AP Photo, Steve Dipaola, File

Portland Thorns fans hold signs during the first half of the team's NWSL soccer match against the Houston Dash in Portland, Ore., Oct. 6, 2021. On Monday, Jan. 30, 2023, U.S. Soccer introduced a Safe Soccer program that will require comprehensive vetting of individuals involved in the sport as the federation continues to address its investigation into coach misconduct in the National Women's Soccer League.



# Features

## Morgan Craig: Proud to (Finally) Be an American

BY ISABEL HAGLUND  
Features Editor

This past November, Morgan Craig, a sophomore at Sacred Heart University, became a United States citizen along with her family.

"When we moved to the U.S., we came on a visa and then got a green card and every five years that you have your green card, you are eligible to become a citizen," said Craig. "We decided to apply for our citizenship in April. We didn't even get a date for a test until July, then took the test in August, and didn't get sworn in until November."

Born to Canadian parents in Calgary, Canada, Craig's family moved to the United States when she was 5 years old and has lived here ever since.

Craig's older sister took the citizenship test separately from the rest of her family while her younger, 17-year-old sister was automatically given citizenship under her parents.

"Taking the citizenship test made us feel proud to be American and we are thankful for this opportunity as a family," said Morgan Craig's mother, Coralee Craig.

The test consists of 10 questions from a 100-question list and, to pass, applicants must answer six right.

"I honestly had to study way harder than I thought I was going to have to. I ended up doing the Quizlets online," said Craig.

Craig said that her American education helped her when studying for the test.

"I took U.S. history in high school and my parents took Canadian history, so they knew how the government here worked but not the details of it, so they had to do a lot of studying," she said.

"Our family worked together to study, and it definitely brought us closer," said Morgan Craig's dad, Donald Craig.

When Craig was not at home with her family, she also studied for the test with her friends and roommate at Sacred Heart University.

"Quizzing Morgan for the test made me realize how much I really don't know, and that most Americans couldn't even pass the test without studying," said sophomore Lila Armstrong.

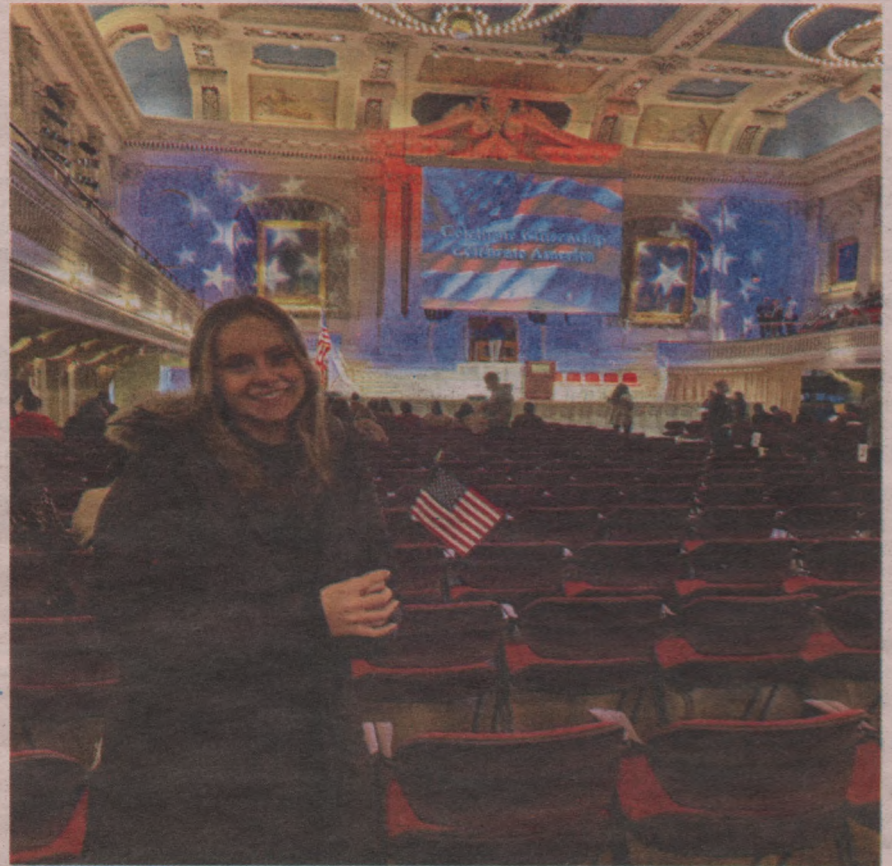
Craig said she is very grateful for the opportunities that finally being a U.S. citizen will bring.

"It's just exciting to be a citizen. I've lived here for so long and never been one. I will be excited to vote when the time comes to vote," said Craig.

On the day of the swearing in ceremony, the Craig family met people from all over the world.

"I met an 80-year-old woman who became a citizen that day. It was like she had a new life starting with her son here," said Craig. "I met people from all over the world who barely spoke English and obviously came here in search of something better. I just feel very lucky."

Craig said she was very humbled throughout the process, especially the day she was



Morgan Craig on the day of her swearing in ceremony at Mechanics Hall in Worcester, Mass.

Contributed by Morgan Craig

sworn in to become a citizen.

"When you're born here you don't realize what a privilege it is to be here," said Craig. "I met people that day who were so excited their lives were changed completely that day. I think I took it for granted."



Calling all:

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# Audrey's Corner



## HeartLines: Sacred Heart University's First Online Literary Magazine

BY JILLIAN REIS & KAILEY BLOUNT  
Co-Managers of Audrey's Corner

The English Department is proud to announce that the first issue of HeartLines, Sacred Heart's online Literary Magazine, will be published this semester! Headed by Professor Hulme, the magazine's faculty advisor and Editors in Chief, Kailey Blount and Jillian Reis, HeartLines hopes to continue Sacred Heart's literary magazine by creating an online platform for writers and artists to share their talent.

We would like to thank Dr. Young, who began Sacred Heart's first literary magazine, and the talented students in the Computer Science program, Laura Regan, Isaiah Disla, and Eric Arakelian under the direction of Dr. McCloud who created our website and helped bring our literary tradition into the digital age. HeartLines is a student-designed and student-driven platform and we are fortunate to have the help of the Art and Design Program and the Writing Program.

We are accepting submissions from all university students with a passion for writing prose and poetry, as well as making art. Submissions will open on February 1st and close on March 1st. Look out for a flyer that will provide submission instruction details next week.

HeartLines first theme will be journeys.

We are all wanderers. Our feet are formed to blister, our minds are made to change, our souls are shaped to grow. We are destined to journey. The first issue of HeartLines sets up camp beneath the stars and asks our wanderers to share their stories around the fire.

Our submission guidelines are as listed:

### General Guidelines:

Writers (and Artists) will be able to submit to more than one genre  
We do not accept previously published materials

### Fiction Guidelines:

Between 751 - 3000 words  
One story per writer

### Creative Nonfiction

2000 words or less

### Flash Fiction:

750 word or less submissions

### Poetry Guidelines:

1000 words or less (total, if multiple poems or single poem)  
Single spaced  
Up to four pages

### Art Guidelines:

Visual Art  
2 to 3 submissions per artist

Meet some of the members of our talented team!

### Faculty Advisor

#### Professor Hulme:

Prof. Hulme teaches Literature and Creative Writing. She received her B.A. in English from Smith College, an M.A. in British and American Literature from New York University, an M.A. in Teaching from Sacred Heart University, and an M.F.A. in Creative Writing from Fairfield University. Prof. Hulme's fiction and non-fiction writing have won national recognition, most recently by the 2022 Pen Women's Keats' Literary Awards, with a first prize in the Religious Essay category and an honorable mention in the Flash Fiction category. She has previously been awarded third prize in the national story category by the Hackney Literary Awards for her short story published in "The Birmingham Arts Journal." Prior to her life as an academic, she worked as a print journalist in Fairfield county and as a broadcast journalist for ABC News in London.

### Editors in Chief

#### Kailey Blount:

Kailey Blount is a senior English major at Sacred Heart University with minors in health humanities, creative writing, and honors. She is the president of the English Club and manager of Audrey's Corner, the creative writing section of The Spectrum. She has worked as a writer and editor at "The Writer's Workout," "Music Daily," and "Women in Technology International." Her creative stories have been published in literary magazines throughout the globe and read aloud at literary conferences throughout the United States. In her free time, Kailey enjoys going on hikes with her twin sister and browsing bookshops with her friends.

#### Jillian Reis:

Jillian Reis is a senior English and Media Arts: Film & TV major with minors in writing and honors. She is the very funny and talented vice-president of English Club and co-manager of Audrey's Corner. She has written for other sections of The Spectrum as well as Mud Magazine. She is a published poet and in her free time she likes to go to cafes to read, draw, and pretend to do homework.

Editors

#### Matthew Carrara:

Matthew Carrara is a senior English major at Sacred Heart University with minors in creative writing and Catholic studies. He is a member of Sacred Heart's Alpha Lambda Delta Chapter of the Sigma Tau Delta International English Honor Society and a leading member of the unofficial Catholic studies club. In his free time, Matthew enjoys watching films and is an avid reader and collector of comic books.

#### Julianna Rezza:

Julianna Rezza is a senior double major in biology and theatre arts with a double minor in creative writing and honors. She is a member of the theatre repertory company here, enjoying analyzing and performing in both musicals and stage plays. She has loved writing since she was young, and has since found her focus in fiction and poetry. She's written and interviewed for Mud Magazine, the Spectrum's Audrey's Corner, and loves workshopping and editing with her fellow writers! In her free time, you can find her reading, with her friends, or anywhere outside.

#### Hailey Pinto:

Hailey Pinto is a senior marketing major at Sacred Heart University with a minor in writing. Her experience as a staff writer for Mud Magazine ignited her passion for creative expression through words and married her business savvy mentality with storytelling. Her creative writing has extended into press recognized by publications like NBC, The New York Times, in Touch Weekly, Forbes, Seventeen, and Eater NY. She lives for predictability but stands too close to the fire of spontaneity, sometimes straying on the edge of mindless wandering for balance. She enjoys handwritten love letters, all-day breakfast, silly intrusive thoughts, and boba treats.

#### Ayasha Cantey:

Ayasha Cantey is a sophomore English major with minors in writing, women, gender, and sexuality studies, and Social Work. She is a part-time writer for Audrey's Corners. She is a research assistant for the Untitled Othello project. She is also involved in the Multicultural Center, where she works as a resource guide. In her free time, she enjoys cooking, baking, painting, and jewelry making. She especially loves spending time with her younger sister and hanging out with friends.

#### Emily Callahan:

Emily Callahan is a senior psychology major at Sacred Heart University with a minor in writing. Her experience comes from working closely with children and animals, volunteering with several non-profits. Emily has a strong entrepreneurial spirit and founded her own dog walking and care business, which she continues to run to this day. She served as a co-leader of the "Jump Start" program in Cranston, RI, an early-education after-school literacy program with AmeriCorps. Emily is passionate about public service and working with communities in the area. She lives in Fairfield with her dog, Lucy, and her cat, Gnocchi. In her free time, Emily enjoys hiking, long walks on the beach, cooking and design.

#### Ema Kojić:

Ema Kojić is a senior at Sacred Heart University where she is pursuing an English major and minors in writing, and fashion marketing and merchandising. She is a member of the English Club and Fashion Club at SHU. She has experience as a published fashion writer for The Mud Magazine, a social media manager at uInterview as well as Koja Contracting, and she published exhibit reviews during her time at Musée Magazine. Ema is a first-generation college student and first-generation American with a strong ethnic identity that has kept her tied to her Balkan roots. Her experience across the industries of fashion, marketing, and journalism have provided Ema with an opportunity to showcase her unique set of interests which include fashion, writing, cooking, and history.

#### Ryan Riccio:

Ryan Riccio is a junior game design and development major at Sacred Heart University. He has taken several creative writing courses at Sacred Heart and loves using writing as a way to tell stories and express his creativity. His goal is to use his writing and game design skills together to create games with meaning that can tell a story. He is also a huge animal lover with a total of 6 pets including a dog, a snake, a lizard, two birds, and a praying mantis. In his free time, Ryan loves to write, draw, hang out with his pets, and go on hikes with his friends.

#### Shea Sinclair:

Shea Sinclair is a studio art student with a background in computer engineering. She is a traditional artist and loves drawing, painting, animating, and making zines! When it comes to writing she enjoys making comics and obscure creative fiction. She is also an avid traveler and skateboarder.

For more information about literary magazines and HeartLines attend the English Department Panel on Literary Magazine Publishing hosted by Professor Reilley at 4:30 pm on February 2nd. The talk will feature essayist Micheal Todd Cohen, poet Adrian Dallas Frandle, and Kailey Blount. In the meantime if you have any questions email Editors in Chief Kailey Blount (blountk213@mail.sacredheart.edu) and Jillian Reis (reisj39@mail.sacredheart.edu).





# Spotlight



## Welcome to Spotlight

BY ALEJANDRO RAMOS

Spotlight Editor

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Hello Pioneers,

Welcome to the newest addition to The Spectrum, The Spotlight! This newly added section of The Spectrum will serve many purposes to our community. We had a few minor changes to the structure of the paper, as you can tell if you're an avid reader, Perspectives is no longer a section. My name is Alejandro Ramos, and I am the editor for this new section. Just last semester I was a staff writer, writing for the features section. My favorite assignments were covering members of this campus in a life profile.

This section will be able to cover our campus' "Unsung Heroes" with profiles and allow the community to contribute. I am hoping that this section will encourage our SHU community to interact with us in a more reciprocal manner.

You can scan the QR code to submit a form to recommend a member of this campus to be our next spotlight. A member can be anyone from a student to an administrator and anywhere in between.

If you would like to submit something to this section please email me, Alejandro, at ([ramosa261@sacredheart.edu](mailto:ramosa261@sacredheart.edu)).

Looking forward to serving the community this semester in this capacity.

All my best,

Alejandro Ramos

NEW SECTION  
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# Arts & Entertainment

## Avatar Sequel Grosses Over \$2 Billion

BY EDIJE FRANGU  
A&E Editor

According to Deadline, Canadian filmmaker James Cameron, considered one of the most prominent figures in the modern film industry, has now directed three of the top four movies in global box office history. "Avatar" is at number one, "Titanic" is at number three and now, the new "Avatar: The Way of Water" has just reached number four on box office charts.

The long-awaited sequel was finally released on Dec. 16, 2022, 13 years after its original. The film is now going its seventh weekend at number one in ticket sales, matching its predecessor, and surpassing 2 billion dollars, according to the Associated Press.

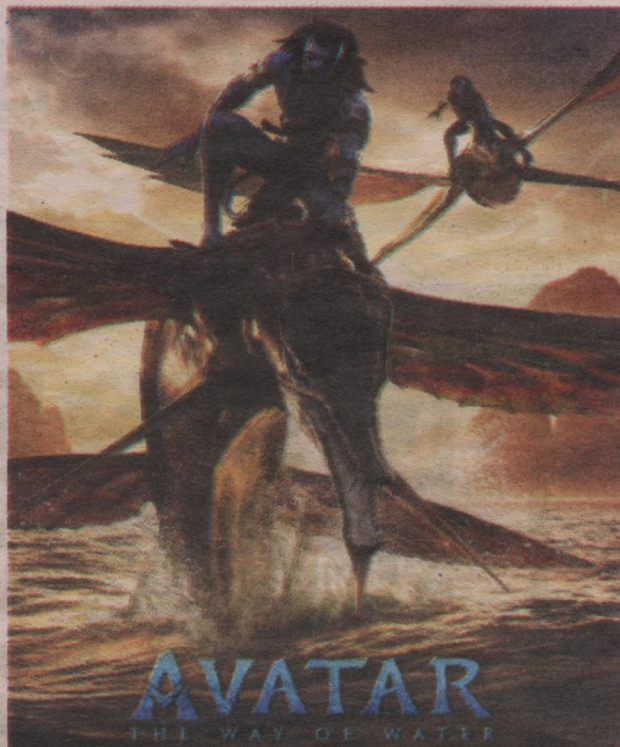
"I'm not surprised the new 'Avatar' is doing so well right now. Fans have been waiting for this for years! I know I have been," said Junior Reya Ekeh.

It was quite important that the film reached such heights of success.

According to Variety, "Avatar: The Way of Water" needed to earn \$1.5 billion to break even, while Cameron at one point stated that it would need to 'be the third or fourth highest-grossing film in history' to start turning a profit."

The film has not only met these requirements but has skyrocketed past them.

According to the "Avatar" website, the sequel is set more than a decade after the original, and it entails the Sully family's life on the extrasolar moon Pandora when a certain past threat returns to terrorize their land and home. The family endures losses, pain, and battles to protect each other and their home.



Instagram, @avatar

"Avatar: The Way of Water" was received exceptionally well by critics and fans alike; grossing over \$2 billion worldwide while receiving four Oscar nominations.

Sam Worthington and Zoe Saldana returned in the sequel to play their original roles of Jake Sully and Neytiri. Some other stars in the film include Sigourney Weaver as Kiri Sully and Kate Winslet as Ronal.

According to Variety, Kate Winslet broke records within her role in the film. In preparation for filming in water, she had held her breath for seven minutes and 15 seconds under water to see if she could beat her previous record of six minutes and 14 seconds.

Beyond the love story and action in the film, the "Avatar" and Disney team is also working to raise awareness of ocean wildlife and conservation, fitting with the films running theme of water and natural landscape of Pandora. They have partnered with "The Nature Conservancy to protect 10 of our oceans," according to the Avatar website under partnerships.

"The movie was full of tragedy. There was one point where I literally had to get up and leave the theater," said Senior Kate Iannazzi. "The lengths the family will go for each other and for their home is really beautiful and shows that the movie is so much more than just cool animations and fantasy."

Visit Avatar.com to explore the film's efforts, cast videos, trailers and much more information.



A SHU student pictured watching "Avatar: The Way of Water."

Collin Moura, Photo Editor

## The Return of Point Place!

BY STEPH PATELLA  
Assistant A&E Editor

Hello again, Wisconsin!

Fox's late 90s, early 2000s teen sitcom "That 70s Show" has taken on new life in Netflix's spinoff series "That 90s Show." The comedy aired Jan. 19 releasing all 10 episodes of the first season.

The show focuses on Leia Forman, played by Callie Haverda, choosing to spend her summer at her grandparents house in Point Place, Wisconsin, instead of accompanying her father to space camp. Leia befriends the teens around the corner including the edgy girl next door Gwen and the pretty-boy love interest Jay Kelso. The gang spends the summer finding themselves and bonding in the iconic Forman basement.

"That '90s Show' maintains the likable vibe that made the earlier show such a reliable comfort watch — the laid-back humor, the upbeat nostalgia, the simple empathy for the small but significant challenges of suburban adolescence," said Angie Han, Hollywood Reporter.

Debro Jo Rupp and Kurtwood Smith reprise their roles as Kitty and Red Forman throughout the series.

Many other cast members from "That 70s Show" make cameos throughout the spinoff. Topher Grace and Laura Prepon return as Eric and Donna, Leia's parents. Other returning cast members include Ashton Kutcher as Kelso, Mila Kunis as Jackie, and Wilmer Valderrama as Fez.

When asked about her return to the franchise on the "Today" show, Rupp said, "Well, I cried. I just cried for like a week. They're very generous people. I really feel like everyone fell back into their place."

Rupp's sense of nostalgia seemed to resonate not only with the other actors but with devoted fans as well.

Sophomore Juliana Leonardis recalls a specific moment in the show in which she evoked nostalgic feelings.

"When Ashton Kutcher, who plays Michael Kelso, comes in through the back sliding door screaming 'burn' it immediately shocked me and made me laugh because it was his catch phrase in the original," Leonardis said. "Same goes for Mila Kunis when she left yelling 'Let's go, Michael.'"

In addition to the return of characters and quotable catch phrases, the set design has also remained the same in this new adaptation.

According to Yahoo News, "One eagle eyed fan spotted that the original sofas in Kitty and Red's living room have now been moved down to the basement and have become the sofas Leia and her friends use to crash and hang out on."

While reviews appear to be positive, some devoted fans are upset with the style and continuity of this new adaptation.

Though she enjoyed the season, Leonardis felt that the overall structure was not what she anticipated it to be.

"When I heard about the spinoff, I hoped it would be a lot about the main characters we see in the original show. That was not the case," Leonardis said. "Compared to the original 'That 70s Show,' I felt like the structure was very much like a Disney or Nickelodeon show you would watch nowadays. I found the majority of the plot to be very predictable and not as humorous as the original show was."

However, "That 90s Show" has been receiving many accolades from critics, as it



Juniors Victoria Piacentino and Kaitlyn Luba pictured watching "That 90s Show."

Isabella Fabbo, Assistant Photo Editor

received 75% on Rotten Tomatoes. While not renewed for a second season just yet, some are optimistic for a bright future ahead.

In an interview with Decider, Haverda shared her anticipation for the evolution of her character, Leia.

"I think she'll kind of move out of her comfort zone... and we'll probably see her come back as a more confident person, more sure of herself. Yeah, I'm really excited to see what happens with her when she comes back," Haverda said.



# Sports

## Pio's On The Rise as Mannetti Pins 100 NEC Wins

BY JAKE CARDINALE  
Assistant Sports Editor

The Sacred Heart Women's Basketball Team is 10-10 this season and is in second place in the Northeast Conference (NEC).

Their win over Fairleigh Dickinson University (FDU) on Jan. 21 was head coach Jessica Mannetti's 100th career NEC win.

"The NEC wins and all the wins in my career can be accredited to my assistant coaches, the support staff, and the players. They have all done a tremendous job," said Mannetti.

The players were very excited for Coach Mannetti's milestone.

"She puts in a lot of work and is very detail-oriented. She takes time away from her personal life to make sure that we are ok. We were ecstatic that we were able to get her 100th win," said graduate student Sajada Bonner.

After starting the season just 1-8, the team is 9-2 over their last 11 games.

"Our expectations as a staff are to continue to have our team get better. If we can do that we will always leave a great effort on the floor," Mannetti said.

The Pioneers have outplayed their original expectations. According to northeastconference.org, they were predicted to finish sixth in the NEC.

"At the beginning of the season we were a whole new team, but now we are meshing together. I think the biggest thing for us is to have each other's backs out there because we are all we got on the court," said freshman Ny'Ceara Pryor.

Pryor has been a major contributor for the Pioneers this season, as her 17.5 points per game leads the team.

"Her impact has a ripple effect. She has really embraced her role here as a

starting point guard. She's done a tremendous job and has made a positive impact both on and off the court. This is only the beginning for her and she is going to be very special if she continues," said Mannetti.

Her teammates agree that Pryor has been an asset to the Pioneers.

"She's made a huge impact starting with her energy. We play off of her and how she plays. We play off her energy," said Bonner.

Pryor has been the NEC Rookie of the Week eight times. She has a chance to be named the NEC Player of the Year this season.

"It would be amazing, but I really want an NEC Championship more than anything. The player of the year is just an individual thing," Pryor said.

Besides Pryor, Bonner, who transferred to Sacred Heart from Quinnipiac University, has also impressed this season for the Pioneers. Bonner is second on the team in points per game behind Pryor with 10.7 points per game.

"Sajada is a ball of positive energy. She is so fun to coach. She works so hard all the time and she is a dynamic shooter. She's made a big impact and has been able to come in having high level game experience and has been able to contribute. I'm excited to see where her game can still go," said Mannetti.

The Pioneers are back in action on Thursday, February 2 when they take on Wagner College at the Spiro Sports Center in Staten Island, NY.

Sacred Heart Athletics contributed to this article.

## Hockey's New Home: If You Build It, They Will Come

BY BRYAN SMITH  
Co-Sports Editor

BY JENNA LETIZIA  
Co-Sports Editor

### On the Men's Side:

4,103 fans packed the Martire Family Arena (MFA) for the first time on Jan. 14, as the Sacred Heart University Division 1 men's ice hockey program played host to Boston College (BC).

While the Pioneers fell 3-2 in overtime, there was no shortage of electric college hockey energy in the new state of the art arena.

"It feels great to be supported by our Sacred Heart community and beyond," said Head Coach CJ Marottolo. "I told my players when they go out for the anthem to just look around, take it in, enjoy it and then when the puck drops your hockey instincts take over."

The score remained 0-0 until 2:07 into the second period when sophomore Conner Hutchison blew the roof off the building with the first goal ever scored at MFA.

"I kinda just blacked out," said Hutchison. "It was really exciting and the place went nuts. It was a really cool moment."

The Eagles tied it up a little while later then went up 2-1 early in the third period. Senior Kevin Lombardi tied it up on a deflection goal at 7:27 of the third period.

However, BC spoiled the Pioneers' historic opener as they scored the game winner at 1:01 of overtime. Despite a disappointing finish, Sacred Heart has a lot to be proud of with their performance against a nationally ranked opponent.

"We can play with anybody in the country, but what I took away from that game was our resiliency," said Marottolo. "We got up early, then went down two. We got the equalizer and pushed it to overtime. We had a good chance in overtime, we missed. They got a good chance and they scored. It's three on three hockey that's what happens."

The following weekend, the Pioneers welcomed Holy Cross to the MFA and sent them packing with a 2-2 (OT) shootout victory on Friday, Jan. 20 and a 4-1 victory on Saturday, Jan. 21.

On Friday, the Pioneers rallied back from being down two goals and were led by a big performance in net by senior Luke Lush.

Sophomore Daniel Ebrahim and graduate student Julian Kislin scored for Sacred Heart in regulation. Ebrahim also scored the shootout winner.

Lush conceded just one goal in the shootout, making a big stop to give the Pioneers an opportunity to get their first win at MFA.

"I tried to keep things pretty simple and didn't try to do too much," said Lush. "My hope is just to stop the next puck. That's kinda how I approach things."

The next night, the Pioneers went down early, but an explosive third period lifted them to victory.

Lombardi tied it up on the powerplay just as the second period was about to expire then Sacred Heart added two more goals from Ebrahim and Hutchison. Lombardi iced the game with an empty net goal for his second of the night, his third at MFA in three games.

"I think I'm just playing with confidence right now," said Lombardi. "When you're playing with confidence anything can happen and pucks will go in the net."

The team is currently in second place and will be back at the MFA on Feb. 4 for the second game of a home and home series with Atlantic Hockey rival American International College.

Sacred Heart Athletics contributed to this article.



Julian Kislin celebrating after his game-tying goal against Holy Cross.  
Collin Moura, Photo Editor

### On the Women's Side:

"I kind of blacked out a little bit."

That's what was going on in junior forward Paige McNeil's mind as she was skating in all alone on the Harvard goalie in overtime of the Sacred Heart University's women's hockey team's first game in the new Martire Family Arena on Jan. 15.

"When I saw just open ice, I was kind of caught off guard," said McNeil. "I panicked a little bit because that's obviously a huge opportunity, but there was a whole lot of excitement after that."

McNeil's goal 1:04 into overtime gave the Pioneers a 2-1 win over the Harvard Crimson, a formidable opponent from the Eastern College Athletic Conference (ECAC). The win marked Sacred Heart's first win over an opponent from the ECAC in five years.

"That's definitely the coolest goal I've ever scored," said McNeil.

It was the game that the team had been waiting for since ground was broken on the arena on March 15, 2021. The new facility was part of the reason why Delani Mackay, a graduate transfer center from Colgate, decided to join the Pioneers after four years in Hamilton, N.Y., with the Raiders.

"The new arena was definitely a pull towards Sacred Heart," said Mackay. "I knew that they were getting a new arena and I thought that was pretty special."

Mackay scored the team's first goal in that new arena at 4:58 in the first period. It has been a quick transition from Colgate to Sacred Heart for Mackay, as she leads the team in both goals and assists.

Although the scoreboard favored the Pioneers, the shots on goal did not. The Crimson handily outshot SHU, finishing with 55 shots on goal to Sacred Heart's 21. The team was kept in the game thanks to the play of sophomore goalie Carly Greene.

Greene had 54 saves, tying a career and season high, and made sure that Harvard wouldn't score more than once.

"I had so much adrenaline throughout that game that I didn't really fully understand what was going on," said Greene. "I was very dialed in and focusing on play at a time and living in the moment."

Greene also had 54 saves in November against nationally ranked UConn.

"Carly gets up for those big games," said Sacred Heart head coach Tom O'Malley. "She made some incredible stops, some at point blank, and she was challenged but came out on top."

It was quite the jump in atmosphere for the Pioneer women, as they went from playing in front of less than 200 regularly at the Sports Center of Connecticut in Shelton to over 2,000 in their new \$80 million home. O'Malley said his team was prepared for the moment however and that the arena was everything it was billed to be and more.

"We really feel like we're playing in our home arena now," said O'Malley. "We're playing in front of the band, in front of fans, things that the team had not experienced before, and so you really don't have to say too much to get the team up."

Following the dramatic win on opening night, the Pios won two more home games, sweeping Post in a weekend series on Jan. 20 and 21. It has been an extended hot streak for the team, as they have won 7 of their last 9 games dating back to the beginning of December.

"At this time of the year, we should be hitting on all cylinders, and hard work ethic and preparation have gotten us to where we are right now," said O'Malley.

Sacred Heart currently sits in fourth in the New England Women's Hockey Alliance (NEWHA) standings, and will look to stay unbeaten in Martire Family Arena when they play Post once again on Jan. 31 before traveling to New Hampshire to play a two-games series against Franklin Pierce University on Feb. 3 and 4.

Sacred Heart Athletics contributed to this article.



# Editorial

## New Stress, Same Me

ISABELLA FABBO

ASSISTANT PHOTO EDITOR

Stress. Excitement. Maybe even dread. These are emotions that may surround you at the start of each semester. A new semester can be scary with new classes, new professors, and new challenges. Unfamiliar territory with no routine to ground yourself yet. On the other hand, there may be a lot to look forward. Reuniting with friends and roommates after a break. The freedom and independence that comes with college. Maybe you see new classes, new professors, and new challenges as something positive; a new aspect of your life you're ready to conquer. Either way, the start of a new semester is a period of change and adjustment and managing the stress that comes with those changes is important.

Worry is what defined this transitioning period for me. I was stressed the week leading up to the semester and the first of week classes. I was worried about finding my new routine and rhythm this year because my list of responsibilities had grown. I now have an internship, a role as Assistant Photo Editor for The Spectrum, harder classes, and I'm in the process of starting a new club on campus with my peers. It's easy to say that I have a lot more on my plate, especially compared to last semester where I felt I was gliding through with little to no stress. I felt on top of the world.

It's easy to get caught up in the stress. A lot is thrown at you during syllabus week: homework, expectations, due dates for essays and papers that are now forever hanging over your head. Trust me, I get it. The number of papers I'm going to write this semester is far more than I could have anticipated. The closer the due dates get and the more weeks that inevitably pass, your stress will likely keep growing, but it doesn't have to. I want to share with you some ways I manage my stress and am able to stay on top of my work throughout the entire semester.

I'm in the very small percentage of students who cannot procrastinate. Every single one of my friends have told me that they simply cannot start their work unless there is the pressure of having only hours left to complete their assignment. I cannot function like that. The minute I receive an assignment my brain is automatically thinking of the earliest time I can start it. I do this because waiting until the last-minute causes me too much stress, and I don't feel like I can produce my best work that way. My trick is to think of my future self in these scenarios. I'll suck it up and do my assignment now, so next week I won't have to worry about it, and I can hang out with my friends or watch all the Netflix I want without the looming dread of a due date. This mindset helps me stay productive, and I recommend it to anyone.

Another useful tip is to find your groove through all your responsibilities. I find that a routine can really help you stay sane if it feels like stress is taking over your life. The first couple weeks of the semester are the test runs. Find what works. Figure out when and how much free time you have. Figure out the best route to get from point A to point B. Eventually you'll find your flow through your classes, meetings, homework, and extracurriculars. Obviously, every week may not be the same, but at least you will have a sense of familiarity. If you got through last week, you can definitely get through this week.

As you navigate this semester, I hope you find your routine and tackle your stress. At the end of the day, it's important to enjoy your time here and appreciate the memories, connections, and growth you've made, and will continue to make.



Contributed by Tracy Deer-Mirek  
Here I am with Eric Torrens and Emily Gentile while filming the Women's Hockey game at the Martire Family Arena on Jan. 15 for my internship.

## Looking to Become a Contributing Writer?

Here at The Spectrum Newspaper we pride ourselves in being a student-run paper with all written articles, copyediting, graphics, and photographs being contributed by students at Sacred Heart University. That being said, we are actively looking for students to become contributing writers this semester.

### What is a contributing writer?

Simply put, as a contributing writer you would be able to cover stories from any range of sections we have including news, features, sports, arts and entertainment, and more.

### What is my commitment as a contributing writer?

There is no commitment as a contributing writer! This role is catered for those who want to work around their own schedule, and work at their own pace. We never will force you to work on a story, and in many cases you can choose exactly what you would like to cover.

### What can I gain from this?

Regardless of the field you may be going into, the skills we can teach you as a writer can be used in any place of work. Meeting deadlines, interviewing sources, and most importantly, communicating with others, are just some of the skills you can acquire through this experience (And it looks great on a resume).

### How can I apply?

Reach out to our head content editor Robert Finizio via email at [finizior@mail.sacredheart.edu](mailto:finizior@mail.sacredheart.edu). Please include your class year, sections you'd be interested in covering, and date of graduation.

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

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