

## You've Got Mail! SHUPAD Installs Smart Lockers *New Way for Students to Get Packages on Campus*



Molly Bruton, Staff Photographer & Asst. News Editor

Sacred Heart's new Smart Parcel Lockers provide more flexibility to students with busy schedules.

BY MOLLY BRUTON  
*Assistant News Editor*

The Sacred Heart University Print and Delivery (SHUPAD) has installed Smart Parcel lockers on main campus. The installation began on Monday, Oct. 23 and was completed on Wednesday, Oct. 25.

"The lockers are for our residential student population. As we receive packages, our staff will bring them to the lockers, scan them into the system and place the packages in the lockers. The student will be notified and can retrieve the package at their convenience - no more waiting in lines," said Arthur Gerkens, Director of Mail and Duplicating Services.

SHUPAD is a mail service for SHU students and is offered on both main campus (SHUPAD Main) and West campus (SHUPAD West). According to the SHU website,

SHUPAD mail services is the centralized receiving and dispatching location on campus for all U.S. and campus mail. The department receives, sorts and delivers first, third and fourth class mail, parcels and inter-office mail on a daily basis.

In addition to mail services, SHUPAD offers duplicating services, digital storefront and letter shop services. Additionally, SHUPAD serves as a free notary to the university community.

The Smart Parcel lockers are located across the road from the main campus's SHUPAD, between the South Parking Garage and Seton Hall.

As this new addition to SHUPAD will change package delivery for students, it will also impact the way work-study students do their jobs.

"I definitely believe it'll make our jobs easier since

it's less packages for us to handle. It will also be easier for students to get their packages without them getting lost in the mailroom or taken by somebody else," said senior Frank Servidio.

With the new lockers, students are now able to retrieve their packages on Sundays. In the past, since SHUPAD is closed on Sundays, packages were not accessible then.

"As you know, we are closed on Sundays. If something comes in on Saturday, we could place it in the locker, and the student can pick up the package on their schedule," said Gerkens.

With the holidays right around the corner, the lockers will hopefully provide ease and efficiency in the mailroom.

See SHUPAD INSTALLS SMART LOCKERS  
*continued on pg. 2*

## Chemical Spill in SC

BY BRENDAN WILLIAMS  
*Editor-in-Chief*

On the evening of Wednesday, Oct 25 a chemical spill occurred in the Science Wing (SC) of the main academic building at Sacred Heart University.

"We were doing a lab and we heard a really loud bang in the back room," said Junior Nicole Piazza who was attending General Chemistry 1 lab in SC116. "One of the cabinets must have broken and all the chemical wastes fell and spilt all over the floor and were mixing together."

Shortly after 8:00pm the Fairfield Regional dispatch center received a call for a chemical spill on campus. As a precaution the Fairfield County Hazardous Incident Response Team was called to determine what chemicals had spilled and check for a chemical reaction. The Fairfield Fire Department said in a

post on Facebook.

At 10:20 pm an emergency alert message was sent to the university community alerting students and faculty to the incident.

Gary MacNamara, Executive Director of Public Safety and Government Affairs said, "There was a small chemical spill in a chemistry lab at Sacred Heart University last Wednesday evening when shelving in a cabinet containing waste materials appeared to break."

"Public Safety and Fairfield Fire initially responded. A hazmat team also arrived on scene. The building was evacuated, and there were no injuries. Once the building was cleared, a cleaning crew, hired by SHU, went inside to clean up the spill," continued MacNamara.

See CHEMICAL SPILL  
*continued on pg. 2*

## SHU Moves to MAAC

BY JAKE CARDINALE  
*Co-Sports Editor*

On Oct. 23, Sacred Heart University President Dr. John Petillo announced that Sacred Heart Athletics will be moving athletic conferences. They will be leaving the Northeast Conference (NEC), and will be joining the Metro Atlantic Athletic Conference (MAAC) starting in the 2024-2025 athletic season. Merrimack College will also be joining SHU and leaving the NEC for the MAAC.

They will be joining Fairfield University, Rider University, Quinnipiac University, Canisius University, Iona University, Mount St. Mary's University, Niagara University, St. Peter's University, and Siena College.

"The MAAC is a great brand with like-minded schools that are mostly Catholic, so we fit in very well. There are 12 schools our

student-athletes and coaches are going to enjoy playing against, and we get a nice, local rivalry with Fairfield and Quinnipiac," said Petillo.

Sacred Heart will be familiar with their competition. They have played Quinnipiac University and Fairfield University in the past.

"I think what the MAAC brings to the table is competition that we are familiar with. We've played MAAC schools on non-conference schedules. We know the competition. We know we can succeed with that competition," said SHU Vice President of Enrollment, Student Affairs, and Athletics James Barquinero.

See SHU MOVES TO MAAC  
*continued on pg. 2*

For more... [shuspectrum.com](http://shuspectrum.com)  [@shuspectrum](https://www.instagram.com/shuspectrum)  [@TheSpectrumSHU](https://www.twitter.com/TheSpectrumSHU)  [@shuspectrum](https://www.tiktok.com/@shuspectrum)

**P. 2** NEWS | PAGE 2  
GOP PANEL COMES TO CAMPUS

**P. 3** FEATURES | PAGE 3  
SCMA ALUMNA MAISY CARVALHO: ON THE FRONTLINE

**P. 6** A&E | PAGE 6  
"RIDE THE CYCLONE" WITH TAP

**P. 7** SPORTS | PAGE 7  
NEC ATHLETE OF THE WEEK: ANGELA KAISER

# News

## SHU Hosts Connecticut GOP Panel for Students

BY HELENA MEDICI  
Staff Writer

On Oct. 24 in the Dr. Michelle Loris Forum, a panel of Connecticut Republicans attended a discussion on “The Future of the Connecticut GOP.” GOP stands for Grand Old Party, also known as the Republican Party. Moderating the discussion was Dr. Gary Rose, a political science professor at Sacred Heart University, and Ben Proctor, chair of the Connecticut Republican Party.

Some of the panel members included Laura Devlin, former member of the Connecticut House of Representatives and 2022 candidate for Lt. Governor, Senator Ryan Fazio, 36th District, and Senator Tony Hwang, 28th District.

Rose recently published his 15th book “Connecticut Republicans” on Jan. 1, 2023, which was the inspiration for the panel coming to Sacred Heart. Rose wrote this book because he believes in a two-party system and is concerned about the quality of our democracy, especially in Connecticut.

“For years, Republicans have been the minority in Connecticut and that threatens democracy in the state,” said Rose. “The purpose of bringing the panel here was not an attempt to promote the party but to bring attention to how important it is to understand state politics and how troubled the party is.”

Along with Rose, during the discussion, the members of the panel agreed that the cause of the Republican Party being a minority is due to the media.

“When you really dig down to understand the facts, the labeling that the media gives the GOP has an agenda. The media really buys into it,” said Hwang.

Not only does Hwang attribute national media, but he talked in the forum about how young people today rarely turn on the news, and instead get their news from a 15-second video on TikTok.

Hwang does not believe this is enough time for people to stay informed on an issue. He encouraged the strengthening of local news outlets.

Rose, knowing how important it is to present students with a balanced view, makes the utmost attempt to remain unbiased when teaching.

“Unfortunately, now politics is rhetoric, labels, villains,

and victims,” said Hwang.

Hwang explained how these labels cause extreme frustration to politicians like himself but are a cause of the disparity between parties. Hwang suggested a change in this narrative that is recently portrayed in politics can be fixed, but is caused by candidates not narrowing their focus to what is going on in their backyard.

“No longer do you have candidates that have served the community and focused on representing, but just about their agendas,” said Hwang.

“Starting small and having a local focus is a way to not only grow the party and change the narrative but also strengthen democracy and the party in the state of Connecticut,” said Devlin. “It’s those incremental wins that will make a big difference.”

The GOP of Connecticut does not expect to win every city, however, starting small and working their way up is their goal.

“We need to start from the ground up. We need a strong base for a party to grow and develop. Students like you are the future,” said Rose.



Helena Medici, Staff Writer

The panel of Connecticut Republicans voiced their concerns about media narratives for their party during the event held by Sacred Heart.

## Professor Emeritus Nominated for a Lithuanian National Prize

BY BRIAN LUPO  
Staff Writer

Former Sacred Heart University (SHU) English professor, now a professor emeritus and poet-in-residence, Jonas Zdanys, has been nominated for the Lithuanian National Prize in Culture & the Arts by the Lithuanian Writers’ Society.

The award that Zdanys will be given if he makes the final list in December has been given annually since 1989 on Feb. 16. This award began to commemorate the Act of 1918 which declared Lithuanian independence from the Russian Empire.

Over the years there have been 156 winners. The award used to have nine categories and now continues with six in the present day. The prize is a fluctuating amount of Euros.

Zdanys, a bilingual writer of English and Lithuanian, has published 56 books and translated over 22 books from Lithuanian to English over the past 50 years. His most recent book “The Mirror at the Top of the Stairs” was published in July.

“I am a bilingual poet and have published volumes of my poetry that I have written in English or Lithuanian. As you know, the structure of language shapes the structure of thought, so I write in Lithuanian when I am interested in considering and presenting ideas that might be linked to a more chaotic consciousness, and I write in English when I seek to frame the world more tightly,” said Zdanys.

“Lithuanian is an inflectional language, which means that word order is in a poetic line, and a poetic line or sentence does not determine meaning,” said Zdanys. “English is a

syntactical/analytical language, which means that word order and particularly the placement of prepositional phrases determines meaning; it requires a more logical and, I suggest, more controlled and managed unfolding of ideas and metaphors.”

Some of his notable works include “The Angled Road,” “Three White Horses,” “Contemporary Surrealists” and “Magical Realist Poetry: An International Anthology.”

“It is that idea of creation that motivated me to put together one of my recent books: ‘Contemporary Surrealist and Magical Realist Poetry; an International Anthology.’ I include work by 130 poets from 25 countries in that book. In my introduction to that anthology, I write about

the role of the lyric imagination in the creation of poetry,” said Zdanys.



Tracy Deer-Mirek, Sacred Heart University

Jonas Zdanys, pictured at a book launch, has been nominated for the Lithuanian National Prize in Culture & the Arts, an award that recognizes long-lasting work, creativity, and significant achievements in culture and the arts.

Zdanys was hired in 2009 and spent 13 years at SHU, and was granted named as a professor emeritus, meaning he is retired but retains the honorary title of this position. During his time at SHU, he enjoyed teaching students and future writers to use imagination and creativity to create and write stories.

“I tell my students, and all beginning writers, whenever I give poetry readings in this country and Lithuania, not to write about what they know but rather to use their imaginations to write about what they do not know, so they can therefore, imagine,” said Zdanys.

“My books tend to explore what I can imagine, not what I have lived through,” said Zdanys. “For example, my recent book ‘Three White Horses’ is a collection of 80 linked poems whose narrator is not me, but rather someone who may be alive or dead. It is a created/imagined narrator and a created/imagined world.”

## SHUPAD Installs Smart Lockers

BY MOLLY BRUTON  
Assistant News Editor

CONTINUED FROM PG 1

“I think the efficiency will be better for the most part and take some of the pressure off of us around the holidays when there are an additional number of packages,” said Servidio.

Junior Molly Dolan has had a work study at SHUPAD since her freshman year. She is optimistic about the new lockers and seeing how they serve the residential students on campus.

“I’m definitely hopeful about the new lockers that have been installed. The lines won’t be as long, which makes both us and the students happy,” said Dolan.

“We remain one of the larger employers of work-study students. We have seen the numbers of packages arriving at the

university increase dramatically through the years. As a result, there will always be jobs for those seeking work-study. Packages need to be handled, scanned, placed in lockers and retrieved. There is no shortage of work to be done in the SHUPAD,” said Gerkens.

The Smart Parcel lockers have an anticipated “go-live” date of Nov. 1, in order to train staff and work-study students.

“We are always striving to provide better service to the university community and especially to our students. We are excited to provide an enhanced experience to those who use our services,” said Gerkens.

SHUPAD hours of operation are Monday through Friday 8:30 a.m. to 8 p.m., Saturday 8:30 a.m. to 1 p.m., and closed Sunday.

## Chemical Spill

BY BRENDAN WILLIAMS  
Editor-in-Chief

CONTINUED FROM PG 1

Senior Teresa Andersen was leaving campus when she came across the scene of Fire and Police vehicles in front of the Edgerton Center for the Performing Arts.

“It was a surreal experience to see all the firetrucks and ambulances at our school,” said Andersen. “While I was walking by I noticed some of the men wearing Hasmat suits which I had never seen before. It looked like something out of a movie. The smell was also very strong coming from the building as we were walking by.”

Junior Carly Codignotto was forced to leave her backpack in the SC following an event held by Alpha Delta Pi that was evacuated from the building.

“My sorority was cleaning up from our philanthropy event during the evacuation and was forced to leave all of our stuff and told

we could come back at 1:00am to gather our things,” said Codignotto. “At around 11:00 pm we got a call from a friend on campus saying a lot of our personal belongings were sitting outside, but after racing to campus they had already brought them back in. After standing outside for a while, the officers finally let three of us in to bring out everyone’s stuff.”

“Out of an abundance of caution, the SC wing will be closed tomorrow,” announced a second emergency alert message to the university community at 10:52 pm Wednesday evening. Classes in the Science Wing resumed at 3:30pm Thursday afternoon.

The Fairfield Fire Department reported that there were no exposures or injuries to students or staff, and left the scene at 11:45pm.

Sacred Heart University President Dr. John Petillo said, “The University is grateful to all the first responder units that came to the scene of the spill. We are thankful to have such skilled and responsive community partners.”

# Features

## SCMA Honors Alumni at Annual Awards Ceremony

BY SHANNON DOVE  
Staff Writer

On Friday, Oct. 27, the School of Communications, Media, and the Arts (SCMA) at Sacred Heart University (SHU) hosted their SCMA Alumni Awards presentation where they distribute awards to notable alumni from SCMA.

Alexandra Padalino, Sabrina Garone, Andrew Oshan, and Brian Fitzsimmons all received awards to acknowledge their successes since graduating.

Alumni Alexandra Padalino received the Alumni Excellence Award. She graduated SHU in 2018 with a Bachelor of Arts in Communication Studies with a concentration in Sports Media and a minor in Advertising Media/Public Relations.

"I made some of my best friends during my time at SHU, and I'm excited to see some of them at Homecoming this weekend," said Padalino. "In terms of opportunities that I had at Sacred Heart, the school and the SCMA program really helped to put me in a position to be successful post-graduation."

After graduation, Padalino started her career at ESPN as a production assistant where she contributed to studio shows such as SportsCenter and NFL Live. However, her career took a turn after realizing her passion for philanthropy which led her to become the Senior Manager of Global Communications of Special Olympics.

According to Padalino, SHU has contributed greatly to her successes and shaped her career into what it is today.

"SHU has impacted my future tremendously. The school offers so many opportunities, you just have to be willing to go the extra mile at times to take them," said Padalino.

Padalino was shocked to receive this award and reflected on her time at SHU.

"The time that I spent in the communications department shaped my career as a whole and I couldn't be happier to be back at SHU talking about how much of an impact my degree has had on my career," said Padalino.

Alumni Andrew Oshan received the Distinguished Alumni Award. Oshan graduated in 2004 with a major in Media Studies and Communication.

"I made friends I'll have for the rest of my life. Professor Miller first introduced me to the intern program at WWE which started me on my journey," said Oshan. "I wouldn't be where I am without SHU in many ways."

According to Oshan, after graduating Sacred Heart, his journey involved "countless hours and overnight work," but his commitment eventually led him to

start his career at Mindshare/WPP as a media buyer.

Currently, Oshan holds the title of Executive Producer and Owner of Maul Media, a small production company specializing in short-form content, including commercials, documentaries, and corporate projects.

"I never was much for school, undiagnosed ADD and Dyslexia didn't really allow me to dive into learning as much as I'd like, but SHU pointed me in this direction," said Oshan. "This type of work is the only thing I've ever been really good at, so being recognized is nice."

Another Alumni Excellence Award is being given to Sabrina Garone. Garone graduated from SHU in 2018 with a Bachelor's degree in Media Studies with a concentration in Journalism and received her masters at SHU in 2020.

Currently, Garone is the host and producer of WSHU Public Radio's daily podcast "After All Things." She also produces the station's climate podcast, "Higher Ground," which received an Excellence in Science Communication award from the National Academy of Sciences in 2022.

"Sacred Heart has definitely changed my life. It's funny to look back and think about all of the little decisions that lead up to where you are now," said Garone. "It's a tremendous blessing that I get to have this job and do things that I am super passionate about, while also continuing to be a part of the Sacred Heart community, which I am also super passionate about."

Brian Fitzsimmons also accepted a Distinguished Alumni Award. He graduated with his Bachelor's Degree from SHU in 2008.

Fitzsimmons is currently the Assistant General Manager of Sports Brands at Barstool Sports.

The Distinguished Alumni Awards have served as a cornerstone program of the Alumni Association for nearly two decades. The Alumni Association honors graduates who demonstrate exemplary character, service, and achievement across a wide range of award categories.

Padalino offered her advice for students thinking about their future after SHU.

"Attend the networking events on the weekends, keep in touch with the people that you meet, apply for internship opportunities, and get as much experience as you can for your career at SHU," Padalino said.



The panel of Sacred Heart's SCMA alumni gave career and professional advice after receiving awards for their notable achievements.

Emma Turner, Staff Photographer

## SCMA Alumna Maisy Carvalho On The Frontline

BY CAYLA NISTA  
Staff Writer

Sacred Heart University graduate Maisy Carvalho was a producer for the news station WLSL10 on a one-hour special called "On the Frontline."

Carvalho, a 2021 graduate from SHU, had previous experience working in production, which helped prepare her for her work with WLSL10. The video special she helped produce is available on YouTube and currently has over 365,000 views and over two thousand comments.

In her time at SHU she was Editor in Chief of The Spectrum and Senior Producer for The Pulse.

"My position as former editor in chief prepared me well for working on the "On The Frontline" special. Spectrum is a weekly deadline-driven project, so knowing how to organize my workflow was extremely helpful to the team. My role with The Pulse taught me news judgment and how to keep a story balanced which was important to keep in mind for the special as it is a controversial topic," said Carvalho.

The U.S.-Mexico border is a prominent topic of discussion in the country today, and Carvalho was able to help shed light on the truthful rawness of this topic. In the On the Frontline Special with John Carlin, co-anchor for WLSL10, he shows the emotions of these migrants begging for troops to let them into the US in hopes to find any sort of sanctuary.

In one of the videos filmed by WLSL10 for the special, a woman attempts to cross the border pleading with troops to be let into the U.S. When she gets detained, she explains how her son Jose received death threats from criminal gangs back home.

Footage like this can be seen throughout the special and was a motivation for Carvalho to get involved in telling this story.

"I was aware of the situation at the U.S.-Mexico border but it wasn't until I heard the first-hand accounts from migrants we spoke to that I felt the importance of the story," said Carvalho. "I took an interest in further telling the story and my news director wanted me to take on the project. I knew how important of a story this was to tell and as I continued my research, my passion for the subject grew."

Carvalho previous experience in producing at Sacred Heart on The Pulse, which was taught by Prof. Joseph Alicastro.

Alicastro, previously a 30-year veteran producer of NBC News, brought his knowledge from the station to The Pulse to teach his student reporters how to develop and fine tune their technical and editorial skills to make them ready for a professional career.

"Everything that we do in The Pulse is what my former students are doing now in the real world and that's really the whole goal of this program is to prepare you to be professionals and I think that really is true in Maisy's case," said Alicastro. "I worked with Maisy on all of her pulse projects on the three semesters that she was a part of. She was an excellent producer, an excellent leader and driven to success."

Junior Aoife Calnan viewed the special and felt inspired to see the work that Carvalho is doing post-graduation.

"As a Sacred Heart student I find it so inspiring to see alumni Maisy Carvalho having such a big role in spreading awareness of the U.S. - Mexico border crisis," said Calnan. "Before viewing the special I had no idea the severity of this pressing issue. It is so important to follow in Maisy's footsteps and do our part to better the world."



Contributed by WLSL 10 News

Former Editor in Chief of The Spectrum Newspaper, Maisy Carvalho, produced a one-hour special for WLSL10, a news station in Roanoke, VA.

# Audrey's Corner



## ***Mental Health Grant on the Horizon***

BY OLIVIA TEDESCO  
*Audrey's Corner Editor*

Sacred Heart University's Horizons program received \$57,618 in funding from Connecticut State Department of Education's summer mental health support grants for 2023-2025. The program aims to provide mental health support for Bridgeport students throughout the summer with a four-person professional team.

In a press release, Congressman Jim Himes (CT-04) stated, "Our schools have made great progress in offering comprehensive services for children, and these grants will allow that critical care to extend through the summer months." Grant recipients must attend a training session to use the funding in accordance with the American Rescue Plan Act.

A psychotherapist and drama therapist facilitate weekly teacher support group sessions for the approximately fifty-person staff at Horizons, during which they can discuss "self-regulation," or personal behavior control, and workplace challenges.

Horizons at Sacred Heart University provides educational, recreational, artistic, social, and emotional support to approximately 170 Bridgeport youth for a duration of six weeks. According to Ashley Nechaev, the executive director of this program, the grant will finance the Trauma Informed Care Project. This initiative aims to foster "restorative practices" that facilitate the development of personal relationships among community members.

She stated that the grant will support a four-person social and emotional learning team, consisting of an equity and belonging coach, a school social worker, a cognitive behavioral therapist, and a facilitator of restorative practices. She stated that Sacred Heart assembled the group this summer in an effort to secure funding for the Horizons program's June grant application.

"This will assist in this trauma informed practice initiative for three years, and so we're just thankful to the (Department of Education) and also to Sacred Heart, especially RSP, the Research and Sponsored Programs Department, for helping us hit the ground," she said.

There are numerous important advantages that come from funding mental health-related initiatives at educational institutions. Above all, it makes early intervention possible by recognizing and treating mental health problems in kids and teenagers. This early assistance can avert more serious issues in the future. Additionally, it has a good effect on academic achievement because mental health issues frequently make it difficult for students to learn.

These programs improve academic performance as well as emotional health. In addition to being places of education, schools are essential for a child's emotional growth. Students enrolled in mental health programs receive the assistance and tools they need to manage stress, anxiety, and other emotional difficulties.

Open communication about mental health in schools helps to decrease the stigma associated with these problems. If students are aware that their school is a secure and encouraging place, they are more inclined to ask for assistance and support. As a result, schools that implement these kinds of programs frequently witness an improvement in their general atmosphere, which promotes compassion, understanding, and a feeling of belonging among staff and students.

Essentially, school-based mental health initiatives avert crises by providing early intervention and support. They act as a link between the community's mental health resources and kids and their families, enabling the latter to get the support they require outside of the classroom. In the end, school mental health programs must be funded if students are to have good mental health, succeed academically, and have a positive learning environment. It helps students and society at large by offering a number of advantages, such as early identification, decreased stigma, and long-term well-being.

### CONNECTICUT STATE DEPARTMENT OF EDUCATION'S SUMMER MENTAL HEALTH SUPPORTS GRANT RECIPIENTS FOR 2023, 2024, AND 2025

<u>Applicant</u>	<u>Town</u>	<u>Total Grant Award</u>
Bridgeport School District	Bridgeport	\$64,500.30
Bridgeport Youth Lacrosse	Bridgeport	\$135,000.00
The Birdge Academy Disctrict	Bridgeport	\$60,051.35



# SACRED HEART UNIVERSITY GRADUATE PROGRAMS OPEN HOUSE

Explore how earning your graduate degree with SHU advances your learning and your future success. Don't miss our upcoming Open House to explore master's and doctoral degrees in the arts & sciences, business & technology, education, media & communications and more — and find out how you can further your education with SHU.

**NOVEMBER 8:** VIRTUAL  
**NOVEMBER 11:** ON-CAMPUS

**LEARN MORE:**  
[www.sacredheart.edu/gradopenhouse](http://www.sacredheart.edu/gradopenhouse)



Sacred Heart  
UNIVERSITY

# Arts & Entertainment

## “Ride the Cyclone” with TAP

BY ANGELISE ROY  
Staff Writer

Sacred Heart University’s Theater Arts Program (TAP) kicked off their newest show, “Ride the Cyclone,” on Oct. 26 and is running until Nov. 5 at the Little Theatre.

According to edgertoncenter.org, the show follows six teenagers from a Canadian chamber choir after a roller coaster accident cuts their lives short. When they wake up in limbo, a mechanical fortune teller offers a proposition: to each share their story for a second chance at life.

“The whole idea of the show is that these kids had gotten in a roller coaster accident and they’re reflecting on their life. One person gets to come back to life again and get a second try,” said senior cast member Brad Hutchison who plays Mischa. “But in the end, they realize that they all had 17 great years of life.”

Senior Amanda Palma, who attended the show opening night said, “I really liked the show. It was different from anything I’ve seen before, and it had such an interesting storyline. The way the acts were performed made it feel interactive, it was really cool.”

There are many aspects of the show that make it different from other productions held in the Little Theatre.

“There’s a lot of cool elements that have gone into the show that will leave audiences very entertained,” said Hutchison. “Our set is awesome. We have real rollercoaster cars, a bumper car, a spaceship from the amusement park and our projections are some of the best projections that I’ve seen.”

The musical falls under multiple genres that wouldn’t typically be included in the same show. Hutchison said, “It’s hard to believe that all these songs are from the same show because it goes all over the place. There’s a disco number, a ballad, a rap, a scary spooky song and more.”

Senior Christopher Conte who plays Noel said, “The show is so unique because there’s a little bit for everyone. Each of our characters, our songs and our journeys are so individually different, not only stylistically with the music, but I think there’s people from all different walks

of life that can relate to at least one character on the stage.”

The show has proven to be popular among SHU students as the program added three extra shows after the original dates were sold out.

Grace Posillico, senior production stage manager said, “Having it sold-out, this is the biggest Little Theatre show in a while; the biggest Little Theatre show ever, in my opinion.”

An important part of the show is the overall message it delivers to the audience.

“As much as it is a zany and quirky musical, its core message is what it means to have a life that is well lived. Really appreciate your life and do not take anything for granted because it could all change in a moment. I think it is a really beautiful message and something people will definitely connect with,” said Conte.

“It’s a crazy show. Some parts don’t make any sense, some parts hit deep and you don’t even realize they make sense or connect with you. I think it’s just going to be a special one and we’re ready for an audience,” said Posillico. “It’s going to be a fun experience to go with a friend or with your family and just watch.”

The upcoming show dates include Nov. 2-4 at 8 p.m., Nov. 4 at 2 p.m., Nov. 5 at 3 p.m., and 7 p.m. Further ticket information can be found on edgertoncenter.org.



Instagram, @shutheatrearts

Promotional poster advertising TAP’s newest musical production.

## Disney’s Centennial Celebration

BY MARIA KELLY  
Staff Writer

The Walt Disney Company celebrated its 100th anniversary on Monday, Oct. 16. Over the past century, many people have talked about how Disney has touched the hearts and minds of people of all ages, transcending generations and cultures.

From the first feature-length animated film, “Snow White and the Seven Dwarfs,” to films like, “The Lion King” and “Encanto,” Disney has developed a notable style of animation and storytelling.

According to The Walt Disney Company website, Disney re-released “The Lion King” and “Moana” in theaters recently to showcase two of its most popular and beloved animated films as part of its Disney100 Special Engagements. “The Lion King” ran from Sept. 29 to Oct. 12 and “Moana” followed after from Oct. 13 to Oct. 26.

“No matter who you are or what age you are, Disney makes the little kid in everyone feel at home. Whether it’s in a movie or in the parks, Disney creates a sense of magic that transports us to a world where our problems can melt away and we can just feel like a kid again,” said senior Ellie Brady, who participated in the Disney College Program.

Throughout the century, Disney has been able to bring people together through their films or their various theme parks around the world.

“Disney gives people a place to make memories with their families and friends. It is known around the world. You can escape your worries and just have a great time with people that you care about,” said junior Amanda Valency.

To celebrate the momentous occasion, Disney has created many different projects. Some of these events include a new statue in Hong Kong Disneyland, a Disney100 Royal Ball, the

Disney 100 interactive card game on TikTok and much more.

One of the creative projects that has gained a lot of traction is their new short film “Once Upon a Studio.” This short film combines live-action, traditional and CGI animation with characters ranging from Oswald from “Trolley Troubles” to Mirabel from “Encanto.” The film has been described as a “love letter” to the company’s animation studio.

While Disney is known for their place in the entertainment industry, they also have their foot in other industries, like beauty, food, retail, etc.

“It is so impressive the work that Disney has done for the world. Not only does Disney make media for their company, but they partner with a plethora of different brands. Since the announcement of the celebration of 100 years, I have seen so many partnerships, like ‘Dancing with the Stars,’ for example,” said junior Lia Catino.

Disney fans are able to buy Disney 100 merchandise from many different companies. One of the biggest companies they have partnered with for merchandise is Vans, selling shoes, coats and other apparel.

Over the years, the company has widened its brand into television with its networks, including ABC, ESPN, and Disney Channel, reaching millions of viewers with diverse programming.

Additionally, the acquisition of Marvel, Star Wars and Pixar has expanded Disney’s storytelling universe, allowing them to explore new worlds and introduce beloved characters to a broader and inclusive audience.

“The Disney100 celebrations this October will be unlike any party Disney has held before,” the Walt Disney Company website said. “But as Walt Disney once said, ‘We are just getting started.’”



Instagram, @disney

Mickey and Minnie Mouse pictured in the short film “Once Upon a Studio,” one of the new creative projects that celebrates the company’s milestone anniversary.

## Britney Spears’ “The Woman in Me”

BY JULIA SCIORRA  
Staff Writer

Britney Spears released her latest book, “The Woman in Me” on Wednesday, Oct 24. This new memoir details the star’s early life, rise to fame and succeeding breakdown which led to the controversial conservatorship that controlled her life for 13 years.

The 41-year-old pop star kicked off her singing career in 1993 when she started on Disney’s “The Mickey Mouse Club” alongside many other well-known stars. According to Billboard, Britney Spears entered her conservatorship in February of 2008. This allowed for a court appointed person to make decisions on her behalf.

After a series of incidents which took place in the late 2000s, it was deemed that Spears was appointed to have someone else in control of her life.

According to an article by AP News, “Much of ‘The Woman in Me’ focuses on the father and sons, the husbands and boyfriends, who have dominated her life, for better and for worse. Several chapters are devoted to her relationship with Justin Timberlake.”

In her memoir, Spears recounts her years of being in the spotlight while peeling back layers of fame to expose the gossip.

Junior Brianna Taylor, an avid Britney Spears fan, said, “Growing up I loved listening to Britney on the radio. Her songs would come on in the car and I would always turn the sound up.”

Throughout her lifetime, Spears has been nominated for eight Grammy Awards, six American Music Awards and 21 Billboard Music Awards. Spears also holds the title of being the youngest artist to receive a star on the Hollywood Walk of Fame.

Professor Bindig Yousman, Associate Dean of Academic Affairs for the College of Arts & Sciences, said, “Besides her albums, Britney Spears was in a movie, she has her perfume lines,

she really became more than just a singer, and that’s why she hit at just the right time too.”

Spears helped spark the teen pop phenomenon in the late 1990s, but her turbulent personal life later brought her public criticism.

“When we think of Britney Spears, a lot of people want to think about ‘Baby One More Time,’ or ‘Toxic,’ or the fun dance pop songs, and we don’t want to deal with the humanity of the person who was growing up in the spotlight,” said Bindig Yousman. “Young women’s bodies seemingly belong to the culture where people can ask about these private things that are none of their business.”

In her memoir, Spears touches base on freedom, fame, motherhood, survival, faith and hope.

“So many people look up to her and idolize her as a celebrity,” said Taylor. “Even though she has had some rough patches throughout her life, those patches should not define her as an artist. I think her memoir will help all of the people who prayed on her downfall understand the truth and understand that actions don’t define a person’s femininity.”

Spears has avoided all face-to-face interviews since 2018. With the conservatorship that controlled her life and career coming to an end in 2021, she has yet to show a significant media presence. While Spears can legally do as she pleases, she chooses to stay out of the spotlight when it comes to promoting her book.

“I do think we put young women in these very narrow constraints and so what Britney is trying to do is most likely a way for her to break those restraints and carve a new path for herself and frame herself in a new light,” said Bindig Yousman.

# Sports

## Kaiser Wins NEC Athlete Of The Week

BY THOMAS MALONEY  
Staff Writer

Sacred Heart University graduate student Angela Kaiser was named the Northeast Conference (NEC) Athlete of the Week. This came after she placed first in the Fall Foliage Invitational where she set a personal record of 18 minutes and 13 seconds on Sunday, Oct 15.

For Kaiser, her passion for cross country started in middle school when she joined her school's track team. Growing up she had played other sports but soon realized where her real passion was.

"I noticed pretty fast that running was something I did well in, so I continued to do track throughout middle school, and by 8th grade, I had dropped soccer, basketball, and swim to just focus on running," said Kaiser.

As a member of both track and field and cross country, winning this award in cross country was a nice moment for her, as she was able to put previous cross-country struggles in the past and show her growth in the sport.

"Winning NEC Athlete of the Week means a lot to me because cross country is always the season I've struggled with the most, so finally having a big breakthrough race and getting recognized for it means a lot," said Kaiser.

To continue playing at this level, she understands she will need to work hard, but she also knows the best ability is availability.

"To stay at this level the plan is to continue to work hard but stay smart as well, I've been hurt a lot so making sure

to know when to push through something and when to back off will be important to stay injury-free," said Kaiser.

Kaiser has been here for six years and with that experience comes moments of highs and lows. She hopes to use her experience to help other team members.

"I'm able to help younger athletes on the team with things they may be struggling with in school or the sport since I've been through it too," said Kaiser.

Junior Kelly Parker, a teammate of Kaiser credits her for the help and knowledge that she is willing to give to her teammates.

"I always viewed Angela as one of the team leaders since my freshman year. I have looked up to her and have often asked her for advice before races or with struggles I am experiencing. I think everyone has benefitted from Angela's leadership on the team," said Parker.

Being a Division I athlete is no easy task, but Kaiser credits the people around her for helping make it a little easier to manage.



Instagram, @shu\_tfxc

Grad student Angela Kaiser was named NEC Athlete of the Week for her race in Vermont on Oct. 15 where she set a personal record.

"Balancing school, work, social life, and cross country is a lot, but professors, coaches, managers, and friends are understanding of the demands which makes it all a little easier to manage but still a very busy life," said Kaiser.

With the announcement that Sacred Heart is moving to the Metro Atlantic Athletic Conference (MAAC) and this being Kaiser's final year, she understands what it would mean to win the conference championship.

"The team is looking good and running strong which puts us in the running to win. It is Sacred Heart's last NEC championship since they are switching conferences and my last

XC (cross country) conference meet so winning the team title would be extra special," said Kaiser.

The women's cross-country team fell to Stony Brook University on Saturday, Oct. 28. They travel to Bronx, NY for the National Collegiate Athletic Association (NCAA) Division I Northeast Regional Cross-Country Championships on Friday, November 10.

*Sacred Heart Athletics contributed to this article.*

## Galloping Towards Glory: Equestrian Season Kicks Off

BY DILLON KNEUCKER  
Staff Writer

Sacred Heart University's Equestrian team has recently started their season at Silvermine Farm against Sweet Briar College. Despite the 6-2 loss, the team still has a high ceiling, as they were projected to finish in third in their division.

Last year, they lost in the first round of the National Collegiate Equestrian Association (NCEA) tournament. This year, they look to make a deeper run in the tournament.

"In competition I try to stay focused on staying in a good mental state," said junior Emma Grimes. "I like to go over my plan in my head and set small goals that create a big picture. I always remind myself that feeling the pressure is a privilege."

Grimes is a returning member of this year's team who got her at home in Massachusetts.

"I spent countless hours in the barn riding and working and continued to enjoy it throughout my teenage years and into



Instagram, @shuequestrian

Sophomore Isabella Ruisi riding during a competition in Jan.

my college years," said Grimes.

Head Coach Tiffany Hajdasz brings years of experience and knowledge to the team.

"The farm where I spent most of my junior years was in need of an assistant trainer," said Hajdasz. "Having spent many years with them, I was familiar with their training methods and expectations and easily stepped into the role. I realized the importance of doing what you love and I am fortunate to have been able to make a career out of a passion."

In the sport of Equestrian, there is a bond that occurs between every rider and their horses.

"I believe that the bond between a horse and rider is built on trust and respect, similar to human relationships," said Grimes. "Horses are truly incredible beings and become connected with us as we do with them. It truly is a special bond and I have extreme gratitude that I am able to experience it."

The University of Lynchburg was ranked number one coming into this year and still hold the rank now. Coach Hajdasz emphasized the idea of competing to beat the number one team.

"Our limited practice time will effectively dictate our competitiveness," said Hajdasz. "To beat the number one seed, we need to be able to practice and compete more."

"I think our student athletes take their role representing their team very seriously. The rankings don't affect our efforts or commitment. Our student athletes always give their best and the cards fall where they fall," said Hajdasz.

In addition to competing more, Grimes believes in the importance of little things.

"We are coming off a big year last year, making two national championship appearances. This year we have maintained focus on fundamentals and small details to enhance our performance as well as building a strong team culture," said Grimes.

"I am immensely proud of them for their commitment to the team and to their teammates," said Hajdasz. "I appreciate their work ethic and dedication to doing their best with the resources they have been given."

*Sacred Heart Athletics contributed to this article.*

## SHU Moves To The MAAC

BY JAKE CARDINALE  
Co-Sports Editor

Sacred Heart has been a part of the NEC for a long time and have been successful during this run.

"We have performed exceptionally well athletically by winning 73 team championships and a NEC league best 9 Brenda Weare Commissioner's Cups for overall athletic supremacy since joining the NEC in 1999," said Director of Academic Services and Student Development, Tammy Petrucelli.

Sacred Heart has four sports that will not be joining the MAAC: football, men's volleyball, field hockey and bowling.

"MAAC doesn't sponsor football. Judy Ann Riccio is working on finding [those four sports] homes. There is a lot of opportunities out there. I'm sure she is going to making some announcements in the weeks ahead," said Barquinero.

SHU is not the only school to be moving athletic conferences. Over the last few years, schools have been changing athletic conferences very often.

"We saw what was happening around us in the world of college athletics and with our own conference and wanted to help our programs have the best opportunities," said Petillo.

The transition to the MAAC conference will be the most impactful for both of Sacred Heart's basketball programs. They were both picked to finish first in the NEC this season. The women's team is coming off an NEC Championship.

"The move to the MAAC is an exciting one for athletics and specifically for Women's Basketball. The MAAC has historically been an extremely competitive basketball conference at the mid-major level receiving seeds as high as nine in the Women's NCAA Tournament," said Head

Women's Basketball Coach Jessica Mannetti.

As Sacred Heart says goodbye to the NEC and enters the MAAC, they will be looking to continue their athletic success.

"I'm excited to be part of this monumental move forward for SHU athletics. It is a testament to our student-athletes, coaches, staff, and administration-both within the department of athletics and university wide, to value the important role being a student-athlete plays within the fabric of the SHU community. This opportunity is the next chapter in the evolution of SHU athletics, and I'm grateful and humbled to be part of the journey," said Petrucelli.

*Co-Sports Editor, Victor DiPierro, and Asst. Sports Editor, Marisa Musacchio, contributed to this article.*

# Editorial

## Charges on Charges

BY ISABELLA FABBO  
Photography Editor

Sound on Sound was a music festival held in Bridgeport on Sep. 30 and Oct. 1. I had the privilege of attending (thanks to many hours worked at my summer job) to see some of my favorite artists and discover some incredible new music. Although this was my first music festival, I am no stranger to concerts and the usual procedures. As someone who thoroughly enjoys and appreciates live music, I have noticed that the concert experience seems like it is becoming a part of an elitist culture due to the insanely high prices and upcharges on every single aspect you can imagine. Only those who can afford thousand-dollar tickets get to sit in decent seats. Sound on Sound certainly reinforced this belief for me, and has led me to question my previous and future concert endeavors. Despite this, though, the weekend was still entertaining and fun.

One thing about me is that I will always splurge on concert tickets. I believe that life is truly all about your experiences, and for me concerts are always worth it. They are one of the only kinds of purchases that I don't feel guilty about because the experience of seeing live music and my favorite bands is priceless (to a reasonable extent). That being said, buying my Sound on Sound ticket was a no brainer especially because my favorite band of all time, the Red Hot Chili Peppers (RHCP), were headlining. This was my third time seeing them live in the past year and I hope I can see them again. It's hard when your favorite band is making their way into their sixties, but I consider myself so lucky that the RHCP have released not one, but two new albums in 2022 and have been on tour for over year. My roommates and I always tell each other "whatever it takes" in order to see them since we never know when they're going to stop making music or stop touring.

In addition to seeing the RHCP for my third time, I also had a lot of firsts at Sound on Sound. I saw Mt. Joy, Hozier, Alanis Morissette, and John Mayer, who was born in Bridgeport and went to school in Fairfield. I was also introduced to some incredible new bands like DISPATCH and Ben Harper & the Innocent Criminals. The music and experience were unforgettable, despite the muddy conditions in the General Admission (GA) section. Although the mud just helped to bring everyone back to the original festival roots of Woodstock.

What I did notice, though, about the mud in GA that further confirmed my belief in the elitism of the concert experience is that GA was the only section with mud (at least on day two).

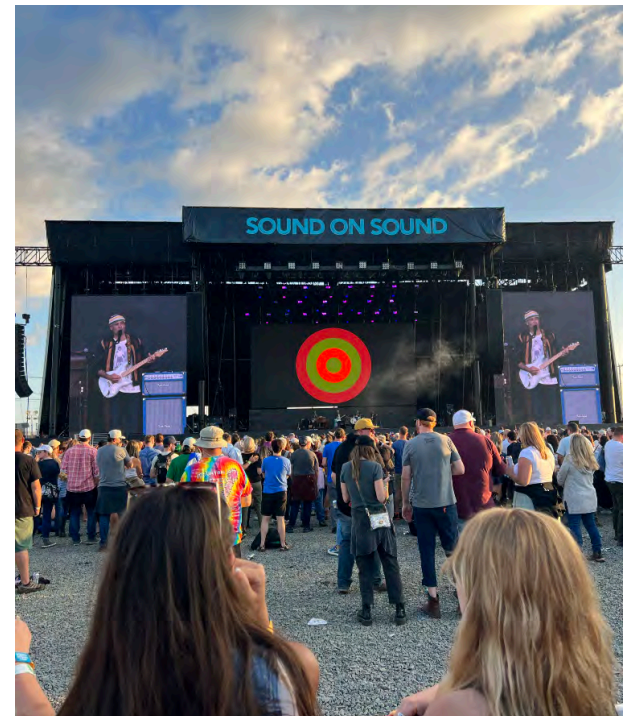
By day two, all other sections were conveniently filled with rocks and pebbles that completely covered the grass and mud. You may be wondering why there were sections other than GA; usually with an event like this GA is the only option and only the truly committed fans who show up early get to secure their place right in front of the stage. This was not the case at Sound on Sound. There was not only a VIP section but also a GA+ section. For almost every performance I saw at Sound on Sound, I was as close as I could possibly get in GA, which was still considerably far away. Gates separated each section.

Although I couldn't see the VIP section (as I was simply too far away), what I could see was a surprisingly empty GA+ section on Saturday night and a sparse crowd on Sunday. The tickets for GA+ were so much more expensive than GA that I didn't even consider the possibility of purchasing them. This kind of extreme upcharge for a slightly closer view (never mind the price for the VIP section) seems to contradict what festival experiences are supposed to stand for. It makes it nearly impossible for the dedicated, but average income, fans to get a chance to be up close to their favorite musicians.

It was disappointing to see so much empty space in the section in front of me while I was surrounded by people packed together, standing in inches of muddy water on soa ground.

People who spent hundreds of dollars on GA tickets and food and travel to spend the weekend with artists they cared about. The festival was no doubt an incredible experience, but I couldn't help but focus on the unnecessary need for another section that took away from fans who simply could not afford it. Concert tickets are already expensive as it is, especially with ticket selling sites able to upcharge with ridiculous fees. Not to mention the upcharges on food and drinks (and merch), and the fact that almost every concert venue or festival exclusively accepts card and not cash. It seems the integrity of the concert and fan experience is unfortunately becoming warped so venues and organizations can make even more profit (as if they don't already have enough).

While I wish concert procedures would change, I don't want to void myself of these experiences. I am eager to purchase my next (reasonably priced) concert tickets and I am (im)patiently waiting for the RHCP to release new tour dates.



The view from the front of the GA section shows a considerably sparse GA+ section.

Isabella Fabbo, Photo Editor

EDITOR IN CHIEF  
BRENDAN WILLIAMS  
2024

MANAGER OF EDITORIAL  
CONTENT  
MADISON BEEKMAN  
2025

MANAGING EDITOR:  
ADMINISTRATION  
JULIE DUNN  
2024

EDITOR AT LARGE  
COLLIN MOURA  
2025

COPY EDITORS  
MOLLY BRUTON  
2025

MEG HARKINS  
2024

SARAH MARGERISON  
2024

NEWS EDITOR  
ERIN CLARK  
2024

ASST. NEWS EDITOR  
MOLLY BRUTON  
2025

FEATURES EDITOR  
ISABEL HAGLUND  
2024

ASST. FEATURES EDITOR  
GERALDINE PAGLIA  
2024

ARTS & ENTERTAINMENT EDITOR  
ALANNA WUNSCH  
2024

ARTS & ENTERTAINMENT EDITOR  
SAM MARANO  
2025

ASST. ARTS & ENTERTAINMENT  
EDITOR  
JESSICA BALOGH  
2025

SPORTS EDITOR  
JAKE CARDINALE  
2024

SPORTS EDITOR  
VICTOR DIPIERRO  
2024

ASST. SPORTS EDITOR  
MARISA MUSACCHIO  
2025

AUDREY'S CORNER EDITOR  
CAROLINE CLIFFORD  
2025

AUDREY'S CORNER EDITOR  
OLIVIA TEDESCO  
2026

SPOTLIGHT EDITOR  
VALENTINA MASSONI  
2025

PHOTOGRAPHY EDITOR  
ISABELLA FABBO  
2024

ASST. PHOTOGRAPHY EDITOR  
DANIELLA BALDINO  
2025

PUBLIC RELATIONS MANAGER  
ALENA KLADIS  
2024

PUBLIC RELATIONS MANAGER  
KAYLA KUTCH  
2024

WEB/GRAPHICS MANAGER  
RYAN TASHMAN  
2025

AD SALES/FINANCE MANAGER  
NICHOLAS MEACHEN  
2024

CIRCULATION MANAGER  
JOHN HEINZE  
2025

FACULTY ADVISOR  
PROF. JOANNE KABAK

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

Letters to the editor should not exceed 700 words and should be emailed to [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu). The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.