

The Importance of Media Literacy Amid the Israeli Crisis

Is Social Media a Viable News Source?



Abed Khaled, AP News

The aftermath of Israeli airstrikes in Jabaliya refugee camp on the northern Gaza Strip on Nov. 1.

BY ANGELINA SPIEZIO
Staff Writer

The humanitarian crisis continues to worsen as Israeli troops' bombardment of Gaza continues. Israeli Prime Minister Benjamin Netanyahu opposes appeals from the European Union for a humanitarian pause and rejects calls for a temporary ceasefire made by the United Nations and U.S. Secretary of State Antony Blinken.

According to the Health Ministry in Gaza, the Palestinian death toll as of Nov. 3, totals 9,227. Over 1,400 people in Israel have been killed and 242 hostages were captured by Hamas and taken into Gaza.

Amidst the media coverage of the conflict, videos

and images have been manipulated to propagate misinformation and disinformation throughout social media. According to AP News, "While plenty of real imagery and accounts of the ensuing carnage have emerged, they have been intermingled with users pushing false claims and misrepresenting videos from other events."

"We are heading into an era where it is becoming more and more difficult to be able to distinguish the real from the fake, which is a real problem for democracy," said Dr. William Yousman, professor of Media and Performing Arts.

"Be very careful about what you see on social media. Always double check and verify it by looking at actual verifiable journalism. But keep in mind that

verifiable journalism can also make mistakes," said Yousman.

A Statista study on the generational frequency of social media as a source of news, reported in Aug. 2022 that 50% of Generation Z acquires their news daily by social media.

Senior Abby Lockwood and junior Kathryn Loughlin both mentioned social media as one of their sources for information on the conflict.

"Initially, I saw so much on TikTok because it was very reactionary. It was clips of the most gruesome and violent attention-grabbing events," Loughlin said. "To understand the conflict more

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American Indian Heritage Month

BY EMMA TURNER
Staff Writer

Nov. 1 marks the beginning of American Indian Heritage Month. This is a time when Native American, Alaskan Native, Native Hawaiian, and affiliated Island communities celebrate their heritage and acknowledge the Indigenous history on the land America is built on.

According to a study published by the American Association for the Advancement of Science, Native American tribes across the United States have lost 99% of their land. This is due to a number of things that stemmed from European migration to the New World.

Sacred Heart University noted "the traumatic impact of policies of

removal, termination, and assimilation had, and continue to have, within these Indigenous communities," in their Tribal Land Acknowledgement.

Recognizing the history of the land Sacred Heart University was built on remembers those who occupied the land on which we reside and the relationship between Indigenous peoples and their traditional territories. A Tribal Land Acknowledgment shows respect for the people who were here for generations before Europeans.

Southwestern Connecticut was home to the Paugussett, Pequonnock, Schaghticoke, and Wappinger peoples.

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Celebrities and Voter Impact

BY MOIRA STAPLES
Staff Writer

On Sept. 19, singer-songwriter Taylor Swift posted to Instagram encouraging her fans to register to vote. "I've been so lucky to see so many of you guys at my U.S. shows recently. I've heard you raise your voices, and I know how powerful they are," said Swift. "Make sure you're ready to use them in our elections this year!" Following her message, Swift included a link to Vote.org, a nonprofit, nonpartisan organization. That day, they received 35,252 new registrations, according to National Public Radio.

Like Swift, many other celebrities use their platforms to encourage fans to register to vote and advocate for change.

Singer-songwriter Harry Styles also uses his platform to highlight the need for social and political change. Before his "Harryween" performance in 2022, Styles partnered with HeadCount, a nonprofit organization that works with musicians to

promote democracy. As a result, he helped register more than 54,000 voters, according to Billboard.

Sophomore Emilia St. Pierre said that as a fan, she admires Styles for his "treat people with kindness" message. She appreciates that he embodies his beliefs rather than forcing them upon his fans.

"It makes me happy to support someone like him because he's not saying to his fans, 'You should believe this because I believe this.' It's just the little things, like dancing around with the rainbow flag or having a Black Lives Matter sticker on his guitar, that show his support for these different communities and create a very inclusive, safe environment. That's why so many people love him," St. Pierre said.

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News

Media Literacy and the Israeli Conflict

BY ANGELINA SPIEZIO
Staff Writer

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thoroughly and to see past the doctored and biased information, I began to read from the typical news outlets that I trust online and had conversations with others I deemed credible.

“I noticed in conversations with a lot of my peers that they were purely getting their information from social media, they were misinformed and spreading misinformation,” said Loughlin.

Lockwood noticed that a lot of people she knew were also getting the majority of their information from social media.

“A lot of my friends who are not as politically involved tend to get their news from TikTok or Twitter (X), which leads them to be a lot more susceptible to mis/disinformation, because that is usually where it appears,” said Lockwood. “It is becoming more and more difficult to get credible news these days, especially because of the rise of Artificial Intelligence.”

The concept of media literacy according to the National Association for Media Literacy Education refers to the ability to analyze and evaluate media, promoting critical thinking and literacy regarding all forms of media.

“In the same way we need basic literacy, we

need to learn to read media with a critical eye,” said Yousman. “The goal is to make people more critical thinkers about the media they are consuming so that they don’t just take everything at face value. Instead, people are able to come to a deeper understanding of the motivations behind people creating media, what ideologies they are trying to promote, what their goals and how might this shape the media people consume.”

In the Hamas and Israel conflict, “It is important to remain media literate because it bolsters the understanding of the world around us. The information people our age mostly consume is often misleading and deceptive. It is on us to research further and aid to the politically and socially correct global conversations,” said Loughlin.

Lockwood, like Loughlin, acknowledged the importance of media literacy and how media is



Abed Khaled, AP News

Palestinians leave their homes following an Israeli bombardment on Gaza City on Oct. 30.

consumed in this case.

“We must not rely on sources like social media or politically biased news sources when it comes to this conflict. If we do, the conflict will only escalate. It is important for credible news sources as well as the government to shut down misinformation,” said Lockwood.

American Indian Heritage Month

BY EMMA TURNER
Staff Writer

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In particular, the Golden Hill Paugussett Nation extended from New Haven to Westport, CT. An important aspect of their culture revolved around the “Three Sisters,” corn, beans, and squash, that were cultivated by the women of the tribe.

Starting with Dutch traders settling along the Hudson River in 1614, Europeans began to explore the New World and exiled the Indigenous tribes from their land. Countless died due to foreign diseases Europeans unknowingly brought with them, and those who didn’t were forced to practice Puritanical Christianity or face enslavement or death.

Sacred Heart’s Language of Inclusion recognizes Native Americans as, “A person having origins in any of the original peoples of North and South America

(including Central America), and who maintain tribal affiliation or community attachment. It includes people who classify themselves as Native American, Native Indian American and Alaska Native.”

A day of remembrance for the founding of the United States used to be called Columbus Day and is now replaced with “Indigenous People’s Day.” According to the Associated Press, President Joe Biden stated this was “to honor America’s first inhabitants and the Tribal Nations that continue to thrive today.” On the academic calendar, SHU refers to this period of time as “Fall Break.”

“[American Indian] Heritage Month is a time to reflect and celebrate the lives, culture, and experiences of Indigenous Native American people,” said Robert Johnson, Executive Director of Sacred Heart’s Multicultural Center.

“[American Indian] Heritage Month serves as a reminder of the diverse and culturally rich peoples that have shaped the land Sacred Heart is on,” said Khris White, Sacred Heart’s fencing team coach. “Representation on campus is so important because it not only honors the past, but also paves the way for a more inclusive University.”

According to Data USA, Sacred Heart has a 0.0818% American Indian or Alaska Native population, and a 0.0409% Native Hawaiian or Other Pacific Islander population.

“I would love to have the opportunity to celebrate Native American history through SHU,” said junior Emily DelBene. “Seeing representation not only educates me about different cultures, but I think it enriches the lives of all students on campus.”

UPCOMING EVENTS ON CAMPUS

THURSDAY 11/9:
SKILLS TO PAY THE BILLS
FINANCIAL LITERACY
WORKSHOP
MARTIRE E149
7:30 P.M.

FRIDAY 11/10:
LITTLE WOMEN
EDGERTON
CENTER FOR THE
PERFORMING ARTS
AT 8 P.M.

SATURDAY 11/11:
CRISP DAYS OF FALL: MAKE
PHOTO KEY CHAINS
AT LINDA’S FIREPLACE
SEATING
FROM 3-7 P.M.

WATCH THE PIONEERS IN ACTION:

FRIDAY 11/10:
WOMEN’S ICE HOCKEY
VS. STONEHILL COLLEGE
MARTIRE FAMILY ARENA
PUCK DROPS
AT 2 P.M.

SATURDAY 11/11:
CLUB FOOTBALL
CONFERENCE CHAMPIONSHIP
VS. GEORGE MASON
AT 12 P.M.
AT CAMPUS FIELD

SATURDAY 11/11:
WOMEN’S VOLLEYBALL
VS. MERRIMACK
PITT CENTER
AT 5 P.M.

SATURDAY 11/10:
MEN’S ICE HOCKEY
VS. CANISIUS
MARTIRE FAMILY
ARENA
PUCK DROPS AT 7 P.M.

Features

A Fresh Chapter for Jeff Orrico, SHU's New Librarian

BY ANNA MCGRADY
Staff Writer



Contributed by Word from the Stacks..., Sacred Heart University Library Newsletter
Jeff Orrico, Sacred Heart's newly named Interim Librarian, pictured in front of the Ryan Matura Library.

In Aug. 2022, Jeff Orrico was named the new Interim University Librarian at Sacred Heart University. But Orrico's time at Sacred Heart didn't start there.

"It will be 13 years in December since I started my full-time position at SHU. Technically, it was even before that when I worked as a part time reference librarian starting in 2004. Prior to SHU, I was a campus librarian for a for-profit university. In 2010, I was excited to be back at SHU full-time as the

Health Science Librarian before becoming Director of Digital Library Services in 2015 and finally University Librarian this year," said Orrico.

Since being named the new University Librarian, Orrico has plans for the library and what students can look forward to.

"We are working on plans to renovate the Ryan Matura Library building – sometime in the next few years, we hope. With the overall university goal to become more research intensive, we are also laying the groundwork to increase our collections and services as needed," said Orrico. "I am looking forward to raising awareness of our current services. Many students are only aware of a fraction of what we have to offer."

On Sacred Heart University's campus there are two main libraries, Ryan Matura on main campus and in the Center for Healthcare Education. These collections provide free access to over 76,738 print books, 761,865 e-books, and 79,651 journals.

The university libraries are frequently used by students not only for academic

purposes but also for bringing them together and forming a sense of community.

Sophomore Andrea Haggerty said, "Having a new librarian is very important, especially being a nursing major. The library is where I spend most of my time studying and having a new librarian allows us to have a new resource for when we need help. I'm excited to meet him."

Students can look forward to some events within the year planned by Orrico.

"We are very busy during exams and want to support students during this critical time. Coming up on Nov. 29 and Dec. 6, the Venerable Shim Bo will lead meditation sessions," said Orrico. "There will be hot chocolate and cookie bars at different times too – co-sponsored with campus partners. You can check out the library's website or newsletter for more about our upcoming events."

Becoming a librarian wasn't always Orrico's plan.

"I majored in business with the intention of working in the family business. I soon realized business wasn't my calling. I wanted to be involved in education but couldn't picture myself as a classroom teacher," said Orrico. "Soon after graduating, I learned of librarianship as a profession from a friend. I was instantly hooked. The ability to help people with their research, and the ever changing technical and academic landscape that requires lifelong learning is a perfect fit for me."

As a result of this passion for helping people with their research, Orrico encourages students to use him as a resource.

"For the past year, I served as the Interim University Librarian. During that time, I gained the respect and support of my staff and colleagues," said Orrico. "As a University Librarian, I also serve the students. I take that seriously, and I am open to new ideas and suggestions that can improve the library. I would encourage any student with a concern or suggestion to contact me directly. My door is always open."

Junior Gianna Santoro said, "It's nice to know that at Sacred Heart we are surrounded by staff that are eager to help us. I'm glad there is another resource for us students."

"The library is the best resource for students for all their research needs. Regardless of where you are in the research process, the library resources and expertise of our highly trained and friendly librarians can help you," said Orrico. "I encourage you to check out the 'Ask a Librarian' section of our website to find the subject specialist in your area."

Let's Chat DPT: SHU's Successful Physical Therapy Program

BY KATHLEEN CHIODO
Staff Writer

The physical therapy (PT) graduate program at Sacred Heart University currently has a 99% pass rate on the National Physical Therapy Exam (NPTE), all with the help of faculty, curriculum, and hardworking students.

The physical therapy graduate program takes place over the course of three years. Students can choose between doing a three-plus-three or a four-plus-three program, where they are able to complete a Doctorate of Physical Therapy in six or seven years.

The three-plus-three program is a more accelerated undergraduate program for students who are hoping to get their bachelor's degree quicker, but in a very efficient way as the classes are more advanced than the average undergraduate classes.

The four-plus-three program allows students to finish their bachelor's on a typical four-year track, followed by three years of graduate school.

The physical therapy Department Chair, Christopher Petrosino, said that the faculty plays a huge role in the success rate of the program.

"First and foremost, the exceptional faculty members and the community of support for each student to succeed contributes most to passing the NPTE," said Petrosino. "The faculty has the program fine-tuned to identify and address when and where challenges occur, as well as keeping a pulse on each individual student's needs to optimize potential to pass the NPTE."



Contributed by Alain Sacred Heart University
Sacred Heart's DPT students learn hands-on skills to help them assess real life situations.



Contributed by Alain Jaramillo, Sacred Heart University
Sacred Heart's Center for Health Care Education (CHE) is home to the learning facilities for the Doctorate of Physical Therapy program.

Petrosino joined Sacred Heart as a program director in July of 2017. Prior to that, he had 22 years of experience in academia and was a physical therapist.

The faculty of this program are focused on every individual student's needs, with hopes to best prepare them for their careers post-graduation.

"Students leave the program with outstanding problem-solving, critical thinking, and communication skills, which are honed through application in tutorial cases and use of evidence-based practice. This preparation enables students to be successful, life-long learners, and leaders in

the physical therapy profession," said Petrosino.

PT student at Sacred Heart, Jamie Bopp, is currently in the middle of her first year of the three-plus-three graduate program.

"I definitely think that this program is giving me a great foundation and is really preparing me for my career in the coming years. The staff and faculty are always willing to help when students need it and you can tell that they want their students to do well," said Bopp. "Although I'm still only in my first semester of the graduate program, everything that I have learned so far is very valuable."

The SHU Problem-Based Learning Curriculum is the curriculum used in the graduate program that makes the transition to clinics very seamless and doable. The program's end goals are to create a welcoming yet educational experience for students so that once they graduate, they are more than ready to take on the roles of being physical therapists.

"Although the program has not been the easiest, I still feel like I'm getting a really good education and experience from it," said Bopp.

Spotlight

Nursing Students Volunteer in Guatemala

BY VALENTINA MASSONI
Spotlight Editor

24 nursing students, along with five faculty members from Sacred Heart University visited Antigua, Guatemala for a Global Immersion Trip from Oct. 21 through Oct. 29. The students received clinical hours during the trip.

Primarily, the students provided free health care through clinics to local families. They also installed water filters in local homes, allowing for access to clean water.

"There was also a free day excursion that offered exciting opportunities to further explore Guatemala, which for this trip included touring a coffee plantation and hiking a volcanic trail," said clinical assistant professor Norman Weller, who attended and overlooked the trip.

"The purpose of the trip is to provide a rich experience where students are immersed into another culture to better understand healthcare and the needs of others from that experience and integrate these experiences into their practice as student nurses and beyond," he said.

Professor Jeannette Koziel, team lead for the trip, said that this trip was an important opportunity for students, especially post-Covid.

"I first heard about the Guatemala trip before I came to Sacred Heart. The global healthcare mission trips were a huge draw to the school," said senior Julia Samiotes. "Since Covid happened, when I heard about them re-opening the program I had to jump on the opportunity to go."

The Sacred Heart community assisted with the success of the trip through donations.

"This trip would have not been possible without fundraising," said Koziel. "Alone, I raised \$5,525 for this trip. Students raised money and requested items in order to provide care to patients."

Senior Francesca Catrone gained a new outlook on the world's material culture during this trip.

"It can be easy to overlook the abundance of opportunities and resources we are offered here within the States when we are so used to living in a materialistic world, worrying about the next hot new item or piece of merchandise on the market," said Catrone.

According to the Central Intelligence Agency, there are 1.24 physicians per

1,000 citizens in Guatemala. Healthcare is not as accessible in other countries.

"The patient that stuck with me the most was a little girl who was 10-years-old who has had a known seizure disorder her whole life, but because of where they live, she'd been on the same dose of medication for four years," Samiotes said. "The medications for seizures in kids are based on their weight and obviously, she's grown a lot in four years, so when she came in she had two seizures at the clinic and said that she has, baseline, five to seven seizures a day."

Samiotes said she learned lessons of "appreciation and patience," recalling children with ripped shoe soles and patients who waited upwards of six hours to receive healthcare.

"Each patient and their family waited with such honorable grace and patience, whereas we may find annoyance in our pharmacies and clinics here in the States if and when they take longer than 5-10 minutes to call us into their office or provide medications," Catrone said.

While the patients were able to benefit from medical treatments, the SHU students gained memories that will impact their future careers.

"I had the opportunity to prepare a to-go package for a lady who was unable to see, which she has never had access to getting glasses or even going to an eye doctor. I provided her with a pair of reading glasses to take home," Catrone said. "I will never forget the way her face lit up when I gave her the glasses and she put them on for the first time, realizing she could finally see."

Weller has now attended a mission trip to Guatemala as both a student and a professor at Sacred Heart.

"The first [trip] was as an MSN student in 2017, just before the completion of my degree. I chose to be involved then to experience healthcare and access to care from the perspective of another culture and apply what I learned to my daily practice as a nurse, something I was able to do quickly upon return. I continue to do this as faculty," Weller said.

"Moments like these were extremely rewarding and fulfilling, and I am forever grateful for SHU's College of Nursing and the opportunities it has provided me with," Catrone said.

The Lasting Impact of Faith and Spirituality at SHU



BY CAROLINE CLIFFORD
Audrey's Corner Editor

Spirituality and faith are integral components of the Sacred Heart University experience. Rooted in Catholicism, SHU's mission and core courses provide a foundation that shapes the lives of its students. The Catholic Intellectual Tradition (CIT) courses, spanning two semesters, offer students a unique opportunity for discussion-based exploration of religion.

Dr. Shirley Pavone, a professor in the Catholic Studies department at Sacred Heart, emphasized the significance of CIT in guiding students on their individual faith journeys.

"CIT introduces us to Catholicism, but encourages self-reflection, offering freedom to explore spiritual life in the way each student prefers...we usually see the manifestation of faith in action post graduation," she said.

At SHU, students are encouraged to explore their faith-based beliefs while being challenged to think critically about them in the classroom. Beyond the confines of the classroom, spirituality continues to play a pivotal role in the lives of SHU students.

The commitment to community service is evident from the very beginning, starting with programs like Community Connections and other pre-fall initiatives. Pavone emphasized, "Faith is action-oriented in my opinion." This rationale is deeply ingrained in the fabric of SHU.

The campus provides numerous opportunities for students to engage in service-based organizations, enabling them to put their faith into practice. Dr. Pavone recounts a powerful example of this commitment to service.

"One of our students suffered a significant, life-threatening illness which required a liver transplant. Another student gave a portion of his liver even though the students didn't know each other prior to the transplant. Both are living loving, productive lives," Pavone said.

These acts of selflessness and compassion truly capture the heart of Sacred

Heart University. They show us what it means to put faith into action. When our students experience moments like these, they not only grasp the core values of their faith, but also witness its profound impact on the people they touch. This unique blend of education and spirituality sets SHU apart, making it a place where faith isn't just a lesson, but a vital part of our community.

Beyond Catholicism, interfaith exploration can be transformative for students to explore their spiritual beliefs. Shim Bo, the Buddhist chaplain at SHU, plays a pivotal role in facilitating this interfaith exploration. Through his guidance, students have the chance to engage in transformative practices aimed at connecting with their inner selves.

Every Wednesday, in three different sessions—8 a.m., noon, and 5 p.m.—students gather to partake in meditation sessions led by Venerable Shim Bo. He emphasizes the importance of consistent spiritual practice, stating, "Spirituality needs continuous practice." This regular engagement with spiritual exercises serves as a means to cultivate a deeper understanding of one's beliefs and inner self.

Meditation, in particular, has proven to be a powerful tool in achieving mental clarity and focus. Through this practice, individuals are able to center themselves in the present moment, allowing for a more profound exploration of their religious beliefs. Many have found that engaging with meditation and Buddhism has provided them with a clearer perspective on their own faith.

In this way, Sacred Heart University fosters an inclusive environment where students are encouraged to explore and deepen their spiritual connections, regardless of their religious background. The presence of Venerable Shim Bo and the availability of regular meditation sessions serve as a testament to the university's commitment to providing diverse avenues for spiritual growth and self-discovery.



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Arts & Entertainment

Beyond the Stage: Celebrities and Voter Impact

BY MOIRA STAPLES
Staff Writer

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In an interview with AP News, Stephanie Aly, a New York-based professional with a background in community organizing for progressive politics—explained, “Fandoms are natural organizers. If you find the right issues and you activate them and engage them, then you can effect real change.”

Senior Abby Lockwood, Vice President of PioneerVote and Social Media Chair of the Women’s Political Engagement Commission, explained that while she believes celebrities should set an example for their fans and use their platform for “good,” they must use their influence responsibly.

“These celebrities should be free to express their beliefs, like any citizen, but since they have a massive platform, they cannot be spreading misinformation. It can make a massive difference for a celebrity to make a political statement, so they should use their platforms for good, in an educated manner.”

Lockwood, a political science major, said that celebrities don’t have much influence on her political beliefs.

“However, for those in our generation who aren’t political science nerds like me,

celebrities can have a massive influence in politics, and when they use it for good, it can create huge change,” she said.

PioneerVote Social Media Coordinator, junior Annika Westra, emphasized the importance of separating the artist from their art and allowing yourself to draw your own conclusions without the influence of celebrities.

“I take into consideration the statements made by some of my favorite celebrities, but work to form my own opinions and do my own research on the issues they are speaking about,” said Westra. “I try to remember that at the end of the day, celebrities are people too.”

Celebrities, like Swift and Styles, though not politicians, understand the responsibilities that come with their influence.

“First and foremost, register to vote! Your voice is valuable and deserves to be heard. Even if you think it won’t make a change, your vote counts and matters,” said Westra. “Secondly, do your own research! Definitely try to think for yourself and not be too heavily influenced by celebrities or social circles.”

To register to vote or learn more about political candidates and voting in your area, visit vote.org.

Remembering Our “Friend,” Matthew Perry

BY SAMANTHA MARANO
Arts & Entertainment Editor

“When I die, I know people will talk about Friends, Friends, Friends. And I’m glad of that, happy I’ve done some solid work as an actor, as well as given people multiple chances to make fun of my struggles on the world wide web but when I die, as far as my so-called accomplishments go, it would be nice if Friends were listed far behind the things, I did to try to help other people. I know it won’t happen, but it would be nice,” stated Matthew Perry in an interview on “Q with Tom Powers” in Nov. 2022.

Matthew Perry was found dead in his Los Angeles home on Oct. 28, 2023, at age 54.

“An investigation into how Perry died is ongoing, and it may take weeks before his cause of death is determined. Perry’s body was found in a hot tub at his home, according to unnamed sources cited by the Los Angeles Times and celebrity website TMZ, which was the first to report the news,” said AP News.

Two days after Perry’s death, the cast of “Friends,” Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matt LeBlanc and David Schwimmer released a joint statement to People magazine.

“We were more than just castmates. We are a family. There is so much to say, but right now we’re going to take a moment to grieve and process this unfathomable loss,” the statement said. “In time we will say more, as and when we are able. For now, our thoughts and our love are with Matty’s family, his friends and everyone who loved him around the world.”

With Perry’s strong initiative and commitment to helping others struggling with the disease of addiction, the Matthew Perry Foundation was created after his passing to honor

his legacy.

“The Matthew Perry Foundation is the realization of Matthew’s enduring commitment to helping others struggling with the disease of addiction. It will honor his legacy and be guided by his own words and experiences and driven by his passion for making a difference in as many lives as possible,” read The Matthew Perry Foundation website.

The Emmy nominated “Friends” star publicly talked about his struggles with drug and alcohol addiction. The foundation, which is currently taking donations, stated that beyond his popularity from his famous sitcom, he wanted to be known as someone who assisted people who were struggling with substance abuse.

In his memoir “Friends, Lovers, and the Big Terrible Thing,” he revealed that he spent more than \$7 million on his own drug treatment.

A “CBS Mornings” broadcast discussed how Perry also turned his Malibu home into a sober living facility from 2013 to 2015, known as “Perry House,” to help other men struggling with addiction. In 2015, the actor was honored by Phoenix House, a non-profit drug and alcohol rehab program, for his advocacy.

“‘Friends’ has and always will be my comfort show, and hearing about Matthew Perry’s death was so devastating. He is so much more than just a character on a television show, he’s a real person with real struggles,” said junior Tessa Grisanti. “He’s a great actor and ‘Friends’ is a great show, but the foundation he created to help others who struggle with addiction as he did is really what matters and how he should be remembered.”

Marching to Their Own Beat: 30 Years of SHU Band

BY CAROLYN DOHERTY AND ALANNA WUNSCH
Staff Writer and Arts & Entertainment Editor

Jim Barquerno, Senior Vice President of Enrollment, Student Affairs and Athletics, started Sacred Heart University’s (SHU) band program in 1993. What started as a small program that only played at football games and a few basketball games, is now the largest it has ever been.

Each of the four bands and different ensembles have their own sound, structure and stage. The program is made up of Marching Band, Pep Band, Concert Band and the Orchestra. As for ensembles and special performance groups, the program features the Chamber Ensembles, Feature Twirlers, Percussion Ensemble, Winter Guard and Jazz Ensemble.

On football game days, the Marching Band performs at half time and a number of tunes throughout the entirety of the game. Their halftime show consists of the “White Lotus” theme song, “Hello” by Adele, “We Don’t Talk About Bruno” from “Encanto,” and lastly, “Good as Hell” by Lizzo.



Sacred Heart’s Marching Band performs on the amphitheater steps before the homecoming game this year.

At the start of the game, the band plays on the Amphitheater steps near Pioneer Village. “We also dance in marching band, which is uncommon for marching bands to do. It is so much fun, the crowd goes nuts. It is definitely out of people’s comfort zones,” said junior Flute Section Leader, Kate Fleissner.

The Pep Band also frequently performs at basketball and hockey games throughout the season.

The Concert Band and the Orchestra are holding their next concerts in December.

The band frequently finds themselves out of state, and sometimes even outside of the country.

“Typically in early January, the whole band, we travel somewhere. This coming January we are going to Ireland. So, we will be over there for 8 days. We will be in Dingle for 3 days, Galway for 3 days, and then Dublin for 3 days. We will perform a series of concerts in various locations,” said Band Director Keith Johnston.

On trips like these, the players will also get the chance to experience the culture. In past years, the band has traveled to Disney World, Italy, Prague, Vienna and Haiti.

“It would be hard to pick a favorite performance for the whole band, but one of my favorites during my time here has been traveling to Disney Springs last year to perform on one of their stages,” said Palma.

In order to prepare for all these appearances, Fleissner said the band practices Monday and Thursday from 7:45 p.m. to 10 p.m., in all different locations on campus.

However, within the next nine months, the SHU Performing Arts Program is expected to have a brand new, state-of-the-art facility to practice, perform and store their equipment. According to the Sacred Heart website, “This new wing and the spaces it provides will change the way students learn about the arts and will foster skills and experience that graduates can carry into their professional careers.”

“I have been here at Sacred Heart for 21 years now and it is just amazing to watch the institution grow. It is amazing to watch the program develop and to be part of this very long connecting thread of alumni from many many years ago to alumni who don’t even know yet they are coming to Sacred Heart,” said Johnston.



Sacred Heart’s Pep Band performs at the Martire Family Arena during a hockey game.

Instagram, @shu_band

Sports

Women's Lacrosse Celebrates NEC Championship

BY SHANNON TUTTLE
Staff Writer

On Saturday, Oct. 28, the Sacred Heart University women's lacrosse team received their Northeast Conference (NEC) Championship rings to celebrate their 2023 spring season.

Back in May, the women battled in their conference tournament and came out victorious in the final game against Wagner College to secure their title as NEC champions. Months later, the team is still celebrating their accomplishment, topping it off with their championship rings.

"It's really special. It took everything for us to get to that point," said graduate student and captain Emma Kittredge.

Head coach Laura Korutz said she was grateful for the ring, though it was not her first time as a member of an NEC champion team. In her 24 years as head coach at SHU, she has won this title three times before, in 2008, 2009, and 2010.

"With being older and more experienced there is more gratitude and an understanding of the work it takes to get to this spot," said Korutz.



Instagram, @shuwlax

The women's lacrosse team received their rings for their NEC Championship win during their spring 2023 season on Oct. 28.

The university aided in this celebration by setting up a tent and inviting the team's friends and family to celebrate.

"It felt so awesome to be around all the people that pushed me to celebrate this accomplishment together," said senior captain Kelly Nolan.

The ring ceremony was also held at the end of the lacrosse team's fall season. They practiced five times a week for six weeks and played in three round-robin tournaments and one regular scrimmage. Since these games do not count towards their record for the spring season,

Korutz used this time as a building period.

"It's been a really challenging fall with who we played, but a great opportunity for us coaches to see who is going to step up and fill those roles from who left the team last year," said Korutz.

Korutz said the spring season is all about the mentality that comes with winning a championship. She said the returning players understand the time and hard work required to accomplish such a prestigious title. Yet this is a new season, thus a new team.

"We talked long and hard with this team to stress that we are not last year's team. We have to make our own identity and really put in the work," said Korutz.

Nolan said she sees the target that may be on the team's back as the reigning champions as motivation for her. It is a reminder that what they accomplish is obtainable if they dedicate the same amount of time and hard work.

"It doesn't matter who puts the target on our back. We are pushing to be better than everyone around us," said Nolan.

The women's lacrosse team will look to collect another NEC championship ring in their upcoming spring season, starting in Jan. 2024.

Sacred Heart Athletics contributed to this article.



Instagram, @shuwlax

Members of Sacred Heart's women's lacrosse team pose with their new NEC Championship rings.

From Israel to SHU Men's Basketball, Meet Freshman Daniel Bublil

BY JOHN HEINZE
Circulation Manager & Staff Writer

The Sacred Heart University (SHU) men's basketball team kicked off its 2023-2024 season this week. This relatively older team features eight graduate students. Despite this surplus of older players, there is a freshman heading into his first season who took an unconventional route in his journey to SHU.



Contributed by John Greene, '25

Daniel Bublil pictured during this fall's SHU Hoops event in the Pitt Center.

Daniel Bublil, a freshman at SHU, is from Ra'anana, Israel. His journey brought him from Israel, to IMG academy prep school in Florida, to his first season here at SHU.

"It was an opportunity that just came up and IMG was a great place to do it," said Bublil. "My parents trusted in their system, and it just worked out going to Sacred Heart."

Bublil is arriving at SHU at an exciting time, with the men's team being picked as the favorite to win the Northeastern Conference (NEC) this year.

"This is probably the biggest expectation that Sacred Heart men's basketball has had in maybe 20 years," said head coach Anthony Latina. "We got to take advantage of that and part of us has to do our jobs and part of us is hoping everyone's right."

A freshman coming to a program with such expectations is no easy task. The game of basketball is played differently in the United States and the physicality of the game only increases as you enter higher levels of play.

"The difference between college and younger groups is the physicality and the speed of the game," said Bublil. "In Israel it's more of a team game and more moving the ball and here it's more of an isolation game but at the same time you have to play with your team."

Being the young guy on an older team can come with benefits. Older

players, such as senior Mike Sixsmith, embrace the mentor role that comes with being a veteran.

"I always try and take on the mentoring role, especially to the people who don't really know how to play college basketball yet with the physicality and what it takes to play the game, so it's usually good to coach them up a little bit," said Sixsmith.

This kind of leadership is appreciated by younger players such as Bublil.

"I've actually enjoyed it a lot," said Bublil. "It's a lot of being on the sideline and just taking in information from the older guys. It's sort of like being a sponge and just taking everything in and then knowing your opportunity will come eventually."

Hard work and dedication have led to visible improvements in all facets of Bublil's game.

"He's getting a lot more comfortable and that's huge for your first year in college," said Sixsmith. "He is active with everybody on the team, his shot is getting better, and he is getting more confidence as a person."

Through all the hype surrounding this team and all the adjustments to college, it is shaping up to be an exciting season for Bublil.

"I'm very excited, I've worked for this for a very long time and it's a dream come true," said Bublil. "I'm looking forward to having a great season."

Bublil and the rest of the men's team travel to Iona University to take on the Gaels on Friday, Nov. 10.

Sacred Heart Athletics contributed to this article.



Tracy Deer-Mirek, Sacred Heart University

Freshman Daniel Bublil of Ra'anana, Israel poses for a media day photo.

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May I Have This Dance...Contest?

BY KAYLA KUTCH
Public Relations Manager

“Are you free Tuesday at 8 p.m.?” -Anyone

“No.” -Me

When you look at my Google calendar, you might see some club meetings and classes, but the most important thing on it is none other than the reality competition- “Dancing with the Stars” (DWTS).

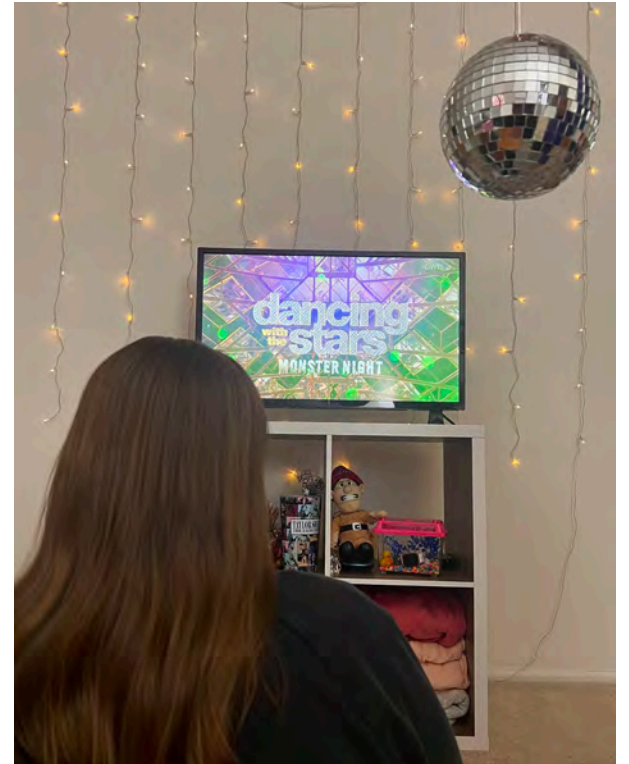
I can proudly say that “Dancing with the Stars” has consumed my life ever since I was a kid. Growing up, my obsession was with the sparkly costumes; then, as I got older, I fell in love with the drama and the overly forced love stories. When I was younger, I would make my parents watch it with me. I would inform them about who the young celebrities were, and they would tell me about the older celebrities.

Now, watching it with my friends at SHU, it has turned into a time to impress them with the amount of useless (or maybe useful), DWTS trivia that I know. Every year, I go through the same wave of emotions, from being impressed that an old man from “The Brady Bunch” can actually dance to screaming at my TV because the judges clearly show favoritism. Every episode I watch, I never know what emotions will come out. Have I cried? Yes... yes, I have, but in my defense, it was the episode dedicated to the best judge from DWTS, Len Goodman.

For a silly dance show, it has given me comfort in my life. As I have gotten older, the more life has become busier and more stressful, but I know that for two hours a week, I can take a break and just judge people as if I could do half the moves the professional dancers and celebrities do.

The only season I could not watch live was last fall when I studied abroad in Ireland (this was, in fact, added because I just wanted to say I studied abroad). This current season has been one of the more interesting ones, to the point that I am not sure who will win the Len Goodman Mirrorball Trophy. I feel as though Xochitl Gomez will win, but Jason Mraz (or as my friend and I refer to him as Mr. A through Z) is definitely a close second.

I am watching this season with a new lens as I know this is the last season I will watch as a student. It really makes me wonder how my love for DWTS will continue post-grad. Will I start questioning who the younger celebrities are? Are the older celebrities going to be from my favorite childhood shows? Is my chance of being on the show quickly dwindling? Let’s just say I am manifesting hearing Alan, the British announcer, say, “Dancing the Foxtrot... with her partner Val Chmerkovskiy, it’s Kayla Kutch,” someday in the future.



Alanna Wunsch, A&E Editor
Public Relations Manager Kayla Kutch watching "Dancing with the Stars," which is a Tuesday staple for her.

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. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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