

SHU Introduces Two New Muslim Prayer Rooms

Efforts to Foster an Inclusive Environment on Campus Continue

BY MOLLY BRUTON
Assistant News Editor & Copy Editor

Sacred Heart University (SHU) has introduced two new Muslim prayer rooms to its community.

“Both prayer rooms are beautiful and necessary to have on campus. In a society that is often consumed by distraction and frenzy, these spaces offer members of our community in the Islamic faith tradition to have quiet, safe, and easily accessible areas to pray,” said Matthew Shields, Executive Director of Mission Integration.

Prior to completion of the two new Muslim prayer rooms, SHU was home to just one interfaith room located in the main academic building.

“Due to the renovations of the performing arts area, we looked for an alternative location. With space being a premium on campus, we had to find a location that was close to the Park Avenue campus and with shuttle stops as well. So, we found a space in Martire, and it’s a good location for our students,” said Dr. Francis Origanti, Senior Vice President for Mission and Culture.

After finding a home for prayer in Martire, efforts were then made to expand the prayer rooms to West Campus.

“The second location is to support our Muslim students and employees on the West Campus. There were faculty and students who had to use either a public area or their offices to pray, so having a dedicated space for them to gather and pray was important. It’s important that we are inclusive and consider the needs of our students and employees on West Campus as well,” said Origanti.

While SHU is a Catholic university, the Office of Mission Integration acknowledges



Contributed by Amy Neville, Administrative Assistant

Muslim students now have a safe space to pray on campus, both at West Campus (pictured) and Martire.

how important it is to value religious diversity and accommodate all students and staff, not just those who are Catholic.

According to SHU, “Inspired by the ecumenical spirit of the Second Vatican Council, Sacred Heart University welcomes men and women of all religious traditions and beliefs who share its concerns for truth, scholarship, the dignity of the human person, freedom, and the betterment of human society.”

On campus, available resources include, but are not limited to, a university chaplain, Muslim chaplain, Buddhist chaplain, Jewish chaplain, Russian Orthodox chaplain and a Protestant chaplain.

“I can only imagine how grateful other Muslim students feel because I remember worrying about being able to find a place to pray when I was a freshman and the moment I found a prayer room, I was so relieved and happy that the school even thought about it. So, I’m sure there are a lot of Muslims students, especially freshmen, who are happy to find these rooms on a non-Muslim dominated campus,” said junior Khadega Seedahmed.

The new prayer rooms however are not limited to just prayer, as Seedahmed explained how the rooms are also a great place to establish

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SET Brings Stars Hollow to Sacred Heart

BY ANGELISE ROY
Staff Writer

Sacred Heart University’s (SHU) Student Events Team (SET) is hosting a week of on campus events inspired by the fall favorite TV show, “Gilmore Girls.” From Nov. 13 to Nov. 18 a variety of free, creative events are scheduled for “Gilmore Girls” fans or anyone trying to get into the fall mood. The week began with a coffee bar and coloring, as well as a scrabble coaster crafting event.

“‘Gilmore Girls’ is my comfort show,” said freshman Gianna Delmedico. “It’s the perfect show to binge during the fall and I’m so excited that SET is holding events inspired by it.”

One event that stands out is the Luke’s Diner event that is going to be held at JP’s Diner on Wednesday, Nov. 15 from 4 p.m. to 8 p.m.

“The event that I’m looking forward to the most is Luke’s Diner because that’s such an iconic part of the show and for SHU to be able to recreate that at JP’s Diner is so creative and fun,” said Delmedico.

Sophomore Isabella Defrancesco, SET’s Theme Chair, said there will be a menu based on “Gilmore Girls” including Miss Patty’s patty melt, pumpkin pancakes, and a specialty pop tart milkshake. There will also be a prize raffle, trivia cards and stickers on the table to flip through.

“The objective of theme weeks is to expand the horizons of events at Sacred Heart and to engage students interested in particular themes and topics,” said senior Molly Teeter, President of SET. “For theme weeks, or any of SET’s events in general, the goal is to provide a good time to students and give them something to do outside of class where they can make friends and overall have fun.”

“We know not everyone has the easiest time adjusting to college,” said Defrancesco. “It’s providing the opportunity for the students to have simple interactions that they will remember.”

Attending Sacred Heart’s live production of “Little Women” proved Attending

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News

Prayer Rooms

BY MOLLY BRUTON
Assistant News Editor & Copy Editor

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relationships and build a community.

“The prayer rooms are not only a place for Muslims to pray, but it’s also a place where Muslims can find peace from all the commotion on campus. It allows for Muslims to find a place where it’s just them and Allah, whether it’s during prayer, reading Quran or making dua. It’s also a place to meet other Muslims to make friends and it’s a place where we can learn from each other since some are more knowledgeable of the religion than others,” said Seedahmed. According to Islamichelp.org, dua is an act of worship in which Muslims ask Allah for forgiveness and mercy.

Now open from 6 a.m. until 11 p.m. daily, the two new prayer rooms are located on West Campus W-UC-201A and Martire E-252.

UPCOMING EVENTS ON CAMPUS

THURSDAY 11/16:

S.W.E.E.T. & THERAPY DOGS
NC LOBBY

FROM 12-1:30 P.M.

THURSDAY 11/16:

SHU'S LINE IS IT ANYWAY: IMPROV SHOW

LITTLE THEATRE
10 P.M.

FRIDAY 11/17:

DANCES AT DUSK
EDGERTON

CENTER FOR THE PERFORMING ARTS
AT 8 P.M.

WATCH THE PIONEERS IN ACTION:

FRIDAY 11/17:

WOMEN'S VOLLEYBALL NEC SEMIFINAL

VS. LONG ISLAND UNIVERSITY
PITT CENTER
AT 7 P.M.

SATURDAY 11/19:

WOMEN'S BASKETBALL

VS. HOFSTRA UNIVERSITY
PITT CENTER
AT 2 P.M.

TUESDAY 11/21:

MEN'S BASKETBALL

VS. BINGHAMTON
PITT CENTER
AT 11:30 A.M.



Instagram, @shutheatrearts

Kate Hamill's adaptation of Little Women brought viewers through Louisa May Alcott's original heartfelt and classic story.

On the Stage:

A Review of TAPs Production of 'Little Women'

BY VIRGINIA LUNA
Contributing Writer

Attending Sacred Heart's live production of "Little Women" proved to be a transformative experience, from which I obtained valuable life lessons. Throughout the play, a recurring theme of kindness resonated, illustrating the importance of spreading goodwill. The actors delivered a spectacular performance, they fully immersed themselves into their characters, it felt authentic. The production showcased attention to detail, it was evident in their crafted set designs made by students, well executed lighting, and period appropriate costumes that transported me to the 19th century. Beyond the visuals, the play was a reminder to not take things

for granted and to appreciate them in the present moment. The play also expressed a powerful sense of women's empowerment. A line that lingered with me for the rest of the night, "You've proven you can provoke anyone." This line demonstrated a recognition of a woman's ability to assert herself, speak her mind, challenge societal norms, and influence change. The show was so beautifully put together that a few tears also made an appearance. Note to myself for future shows, stash some tissues, these plays make you fully immerse yourself into these remarkable performances. Well done to everyone in the theater production!

Do you have an upcoming event or new business?



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Features

Diner Diaries: Behind the Scenes at JP's

BY CAYLA NISTA
Staff Writer

Sacred Heart University's JP's Diner has been a beacon of community and culinary delight since its establishment in 2017.

JP's is the first on-campus diner in New England, paying homage to the university's esteemed President John J. Petillo, a native New Jerseyan, with a 50s-style aesthetic.

"It's a great community, kids know servers by name, and my co-workers as well. When I clock into work, people are happy to see me, and while I work, I get to meet new people and make new friends. I've met and continue to meet new people every day, and it's a good community of people who care about me," said Teddy Minichini, who is part of the wait staff at JP's Diner.

He joined JP's wait staff at the beginning of this semester and has found a community that has welcomed him since he started working.

Since its opening, JP's has welcomed students, both to dine in and also to work as a work-study opportunity. Students are able to pay with their dining dollars which makes JP's a very popular spot. The diner is also open to the public and features about 25 to 30 diner menu classics.

Along with the student staff at JP's, it is overlooked by a number of experienced managers, chefs, and directors who help make it run smoothly.

Chef manager, Jason Joyce said, "I started my executive chef job at Sacred Heart only one week ago and could not be happier with my staff, customers, and the diner itself. My role is to make our students and staff be as happy, satisfied, and relaxed as possible while enjoying a nice meal or snack with their friends and colleagues."

Much time, preparation, and thought goes into creating quality meals and menus for SHU students. There are a lot of Back-of-House (BOH) tasks for JP's, including managing inventories, creating menus, ordering foods/ingredients, administrative work, and more, that students don't see when they go to sit down for a meal.

Joyce has taken on a large portion of the BOH tasks since recently joining the JP's staff. His main goal in his role is the satisfaction of students and staff.

With a focus on BOH tasks, JP's team invests considerable time and effort to ensure a seamless dining experience for the SHU community.

"The role requires me to order all the food products and to direct my staff to produce quality meal items and have fun doing so as making daily specials," Joyce said.

JP's Diner has become a social hub, offering students a place to relax, savor delicious meals, and enjoy the camaraderie of friends, making it a cherished and enduring part of the SHU experience.

Freshman Jessica Brown, who has been a student at SHU for only three months, has declared JP's Diner her favorite spot on campus. Brown praised the welcoming atmosphere, convenient use of dining dollars, and consistently excellent service.

"It has great food and is super convenient for students as we can use our dining dollars to pay," said Brown. "I'm always greeted with a smile right when I walk in the door, and the service is always great no matter the day; it's why my friends and I always find ourselves going back."

Geraldine Paglia contributed to this article.

Who Writes the World? Girls!

BY JULIA WENTWORTH
Staff Writer

HerCampus (HC) is an online magazine that allows college women to write articles with a woman's perspective on a range of topics from news, style, beauty to more serious topics such as politics.

While HC originated at Harvard University, there are currently 380 college campuses all around the world with a chapter at their university.

Sacred Heart University's chapter for HC began in 2011, where women were able to write about any topic they were interested in.

"I think HerCampus is really cool because it's a club that's by women for women," said senior Sam Stasko.

One of their most recent events was a sand art and sip event that helped promote HC at the university and raise awareness of the purpose and intentions of HC.

Junior Erin Dunn currently holds two positions on HC's E-board and has been an active member since her freshman year. Dunn is the social media chair and the senior editor for the university's chapter.

"HC is more than a magazine, it's a community; it serves to empower women and give them the opportunity to express themselves in a positive atmosphere of learning and exploration," said Dunn.

As senior editor, Dunn has the final review of each article before it's approved

for publication.

There are many chapter members at the university, and they consist of women with various majors, career aspirations, and interests.

"The beauty of HC is that there are a lot of members who are interested in journalism and HC gives them experience to write about anything they are interested in," said senior and HC President Briella Novello.

HC gives their writers creative freedom to write about whatever topic they are interested in and in their own voice and style unlike an academic setting that has stricter guidelines.

HerCampus allows female students to openly talk and give their opinions in the articles they publish.

"No matter what role they had in HC, each member made an impact with every idea or article written, HC is a really good way to make female friends in a fun and innovative setting," said Novello.

If HerCampus piques your interest, you can follow @hcsacredheart on Instagram or attend their meetings on Tuesdays as they are always welcoming new students to be a part of the organization.

Isabel Haglund contributed to this article.

Pioneer Guides World Tour

BY SHANNON DOVE
Staff Writer

The Pioneer Guide program, formerly known as the Student Ambassador program, at Sacred Heart University is an initiative designed to foster connections between prospective and current students at the university.

The students, Pioneer Guides, and senior admissions assistants have the job of promoting SHU through their passion for the university by inspiring others to be a part of the school community by enrolling for admission.

There are currently 112 ambassadors who want to share their passions about Sacred Heart with others.

"The Pioneer Guides do a lot more of that individualistic and anecdotal experience with prospective families," said Associate Director of Campus Experience Mia Coluccio. "They have their admissions counselor to tell them the hard facts and figures, but the Pioneer Guides can fill in the gaps there and paint their own picture of what their experience has been like."

As the associate director, Coluccio works closely with and oversees the daily and weekend visit programs, group tours, counselor visits.

"They handle everything from prospective student events like open houses, weekend and weekday tours, admitted student days, early decision days, and Pioneer Preview days," said Admissions Counselor Jackson Tse.

Tse leads the Pioneer Guides by managing, scheduling, overseeing, and handling the guides on a daily basis.

Junior Mairead Dokurno has been a part of the program for two years.

"It is such a rewarding experience being a part of this program. Nothing beats the feeling after a tour when families recognize your work and say they enjoyed their tour with you," said Dokurno. "I love being able to talk to families and incoming students while making an impact on their SHU experience."

Sophomore Meghan Bernard said, "I wanted to become a Student Ambassador because I wanted to be able to give prospective students the same home feeling I got when I first toured SHU and to be able to express my love for Sacred Heart."

Bernard represents Sacred Heart by giving tours and answering prospective students' questions about her experience.

"I also have loved the sense of leadership I have gained from being an ambassador," said Bernard. "Being a Pioneer Guide has taught me how to be a leader and how to present myself highly on campus and off. I have also gained a lot of confidence in this role."

In order to become a Pioneer Guide, students can apply and attend information session on the program during the spring semester.

Once accepted into the program, there is an ambassador training week at the end of the summer where they go over tour routes, scripts, and do team bonding to get to know one another.

Sophomore Leah Navarra is just finishing her first semester as a Pioneer Guide.

"I believe this program supports the mission of Sacred Heart because we are able to show future students how Sacred Heart can be the perfect fit for them," said Navarra. "It is a very rewarding experience to feel like you are a part of something bigger at Sacred Heart and are doing something good for the future of Sacred Heart."

Any full time Sacred Heart student can be a Pioneer Guide. However, the requirements include completing one academic year at Sacred Heart and having a minimum GPA of 2.75.

"The mission of it is to welcome future pioneers to campus," said Tse. "Everyone who steps foot on our campus have been touched by a Pioneer Guide in one way or another. They might not remember their tour, but they always remember their Pioneer Guide."



Contributed by Mairead Dokurno, '25

SHU's Pioneer Guides welcome prospective students and families with smiles.

Audrey's Corner



Celebrating Unity in Diversity: SHU's Cultural Exchange Initiatives

BY CAROLINE CLIFFORD
Audrey's Corner Editor

Celebrating cultural exchange and diversity within our university setting is a practice of utmost significance, carrying profound implications for both our studies and our communities. To begin, it forms the bedrock of inclusivity, fostering an environment where individuals from diverse cultural backgrounds are not merely accommodated but genuinely valued. This inclusiveness serves to mitigate feelings of isolation and discrimination, effectively paving the way for a more welcoming and harmonious campus community.

Here on campus Sacred Hearts Office for Inclusive Excellence, "leads and collaborates in strategy development and implementation of initiatives that foster diversity, equity, and belonging. The work of OIE is aimed at creating learning and working environments wherein everyone - students, faculty, and staff - has the chance to thrive and succeed." The OIE offers educational resources for students, the Multicultural Center, the SAGE Center, and their Advisory Council for students to reach out to and collaborate with.

In a concerted effort to foster inclusivity and diversity on campus, the Multicultural Center stands as a pivotal institution, offering a diverse array of services that play a pivotal role in enriching the academic and cultural experience at the university. At the heart of its mission is to serve as a central hub for all things related to campus cultural engagement. This involves providing advice and support for cultural and identity-based student groups, effectively strengthening their presence on campus.

Additionally, the center hosts culturally relevant programming that not only educates but also celebrates the rich tapestry of traditions and perspectives that make up the university community. These programs serve as a bridge between cultures, facilitating a more comprehensive understanding among students.

In terms of its goals, Multicultural Affairs, through the Multicultural Center, endeavors to amplify the voices and experiences of underrepresented students, fostering an environment where they can thrive as their authentic selves. This mission is pursued through open dialogue, education, training, and programming designed to enhance the understanding of underrepresented student experiences within the university community. Collaborations with campus entities and community organizations are also a cornerstone of the center's work, providing tailored DEIB training, dialogue,

and programming.

There are several options available to students who want to become engaged in Sacred Heart University's thriving cultural exchange community. A wonderful place to start is the Multicultural Center, which is ideally located in the Main Academic Building's HC wing, First floor. There, students may say hello and learn more about the range of possibilities that are offered.

The Multicultural Center offers a wide range of programs that provide insights into the larger college experience while also striking a chord with students' experiences as members of underrepresented groups. These activities provide students a great opportunity to connect with and support the university's dedication to cultural knowledge and understanding, whether they participate in person or digitally.

In conclusion, the celebration of cultural exchange and diversity within our university is not just a noble ideal but a thriving reality that enriches the very fabric of our academic journey. As we navigate our educational paths, we do so within a tapestry of inclusivity that extends from the Multicultural Center's central hub to the broader efforts led by Sacred Heart University's Office for Inclusive Excellence.

These initiatives reflect a commitment to fostering an environment where everyone has the opportunity to thrive, learn, and succeed, transcending mere tolerance to genuinely valuing the diversity of backgrounds, experiences, and traditions that shape our vibrant community.



Mark F. Conrad, Sacred Heart University
Robert Johnson, Executive Director of Multicultural Affairs, speaking to students in the Multicultural Center.

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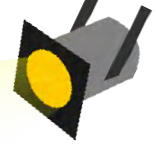
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Spotlight



Sacred Heart's Technology Guru: Keith Zdrojowy

BY VALENTINA MASSONI

Spotlight Editor

Seeking some technology tips? Look no further than Prof. Keith Zdrojowy, studio manager and engineer in charge for Sacred Heart University's School of Communication, Media and the Arts (SCMA).

"People always ask me 'How'd you learn what you know?' It's a lot of trial and error. It's not being afraid to fail. You can't be afraid to break things," Zdrojowy said.

On top of his work at the university, he has also run Keith Michael Productions –a wedding video and photography business– since 2005.

If it weren't for a fateful friendship with a dorm neighbor who was majoring in media studies, you may have found Zdrojowy teaching high school science classes today. He entered college as a chemistry major, although he has always had a natural inclination for technology.

"It was my junior and senior year of high school. Once a month, our Board of Education would meet at the school, and I was the sound engineer for the broadcast. That's what I did as a part-time job in high school," Zdrojowy said. "Everything I did back then kind of led up to what I do now."

In 2002, Zdrojowy graduated from Sacred Heart with a Bachelor's degree in Media Studies. At the time, this was a small program within the English department. Beginning his junior year of college and continuing after graduation, he was employed at WSHU radio station as a production assistant.

"I worked there for a year, full-time, and then a position opened up in the audio-visual department at this university, which paid a little bit better. So, I applied and I worked there for a couple of years," Zdrojowy said.

Briefly, Zdrojowy stepped away from the university, but it is undeniable that his professional calling is in the education industry.

"I did leave the university for a very short time to work at Subway Headquarters, which is a very depressing place to work, by the way. It was a very different scenario from education, it was cubicle city," he said.

When Zdrojowy returned, he worked at the help desk in the Factory. Simultaneously, he earned his Master's degree in Education from SHU.

Zdrojowy then spent over a year as a stay-at-home father, freelancer, and adjunct professor at Sacred Heart. When the \$50 million Frank & Marisa Martire Center for the Liberal Arts was built, he was interviewed and hired as studio manager.

"For the first six months, I worked technically as a contractor because they couldn't hire me until July 1, but they wanted me here while it was being built," Zdrojowy said. "That way I met all the people that were building it and I learned all the ins and outs of everything we put in here."

Zdrojowy has dedicated years of work to helping build and improve the SCMA, and he intends to keep it that way.

"We opened the building and I've been here ever since 2015 when we opened, and I'll be here for another 20 years," he said.

Zdrojowy's classes are structured with student interests and



Photo by Tomas Koeck

Keith Zdrojowy in the podcast studio at the Frank and Marisa Martire Center for the Liberal Arts.

ideas at the forefront.

"I'm letting the students dictate the content of the course based on their interests. Because, to me, the end goal is to learn the process. As long as you learn the process using your own interests, you're going to have a better time doing it," he said.

"University is much different than what high school is. In high school, you have to hit certain things because it's required by law. We've created these classes and within that class week as long as we hit this topic by the end of it, we can go in any direction we want," Zdrojowy said.

He finds a level of importance in having an open mind and a willingness to learn in order to succeed in the technology or production area, especially as a studio engineer.

"There's no school for studio engineers. You have to know IT stuff, you have to know broadcast things, you have to know audio things. You have to have all these different wells to pull from," Zdrojowy said. "You just have to be a person that has a sort of technical aptitude of where certain things just make sense and you know how to find the answers to other things."



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Arts & Entertainment

SCMA Hosts Photography Exhibit for Sara Anastasi's Work

BY MARIA KELLY & MOIRA STAPLES
Staff Writers

On Nov. 7, the School of Communication, Media and the Arts (SCMA) held an exhibit in the Frank & Marisa Martire Center to showcase the photography of senior Sara Anastasi. The exhibit displayed approximately 24 pictures in the Media and Performing Arts wing of the Martire Center. The photos were taken from Prof. Richard Falco's photography class and the Easton Courier, an online newspaper.

Falco spoke upon the importance of storytelling through photography and how it is often used for evidence, documentation and capturing moments objectively. He also touched on the importance of how multiple photos put together have the power to tell a story that is raw and natural, which he believed Anastasi showed through her photos displayed in the exhibit.

"As a journalist, truth is a word that I live by. My photographs tell the stories of genuine people and their stories. When I go out and shoot, I look for a sense of moment, a special snapshot in time," said Anastasi.

"The best photographs are not always the ones that are 'perfect' in technicality or that follow the 'rules' of photography," she said. "What I feel creates a truly powerful photograph are the ones that exude emotion, ideas or concepts."

The first panel of the exhibit showcased photos taken from her photojournalism final project in Falco's class. The pictures included events from the Best Buddies program on campus. Best Buddies is an international non-profit organization that develops friendships between those with and without intellectual disabilities.

According to Sacred Heart University's Engage website, Best Buddies' mission is to "provide the ultimate campus life to all our members, to recognize the special abilities that each of us have and to empower those who have abilities through involvement on campus."

"The friendships I've made through the program have left a lasting impact on me. This experience has not only enhanced my college career but also instilled in me a stronger appreciation for inclusivity and the importance of advocacy in my life," said senior Rowan Philpott, a member of Best Buddies, who is pictured in the exhibit.

"This organization holds a special place in my heart. I have two younger siblings with disabilities, and I think my passion for advocacy shows through my photographs," said Anastasi.

The second part of her panel showcased a plethora of different assignments she has done for the Easton Courier. The Easton Courier is a nonprofit, online newspaper that is partnered with SCMA at Sacred Heart University and members of Easton, Conn.

Anastasi interned for this online newspaper as both a photographer and a journalist during the summer and fall of 2023. Through the Easton Courier, Anastasi was able to improve her photojournalism skills and was able to network with others.

"My experience working for the Easton Courier has been an amazing opportunity not only for me to gain experience working as a reporter and photographer, but to also network with community individuals and other Sacred Heart students," said Anastasi.

The Easton Courier has given many opportunities to Sacred Heart students, allowing them to experience and work in a professional environment.

"Last year we won 23 awards from the Society of Professional Journalists, six of them were won by students," said Falco.

Falco helped organize Anastasi's exhibit and guided her through her photojournalism experience with the Easton Courier.

"I've watched her evolve from a person who is taking a photo to a person who really seems to have found the love for photography and is using it to gain a voice," said Falco.



Shannon Tuttle, Staff Photographer

A few of Anastasi's photos, featured at her exhibit, hosted by the School of Communication, Media, and the Arts (SCMA).

The Beatles "Come Together" for Final Song

BY JULIA SCIORRA
Staff Writer

After 45 years without new music, The Beatles have resurfaced to drop their last collaborative song. Despite the unfortunate loss of two out of the original four members, the implementation of artificial intelligence (AI) enabled The Beatles to release their final song, "Now and Then," on Nov. 2.

After more than four decades since John Lennon's murder and two since George Harrison's death, surviving members Paul McCartney and Ringo Starr joined forces with director and screenwriter Peter Jackson. The group used the same technology to create their song that Jackson had used when restoring footage for his 2021 documentary, "The Beatles: Get Back."

According to AP News, "McCartney and Starr built the track from Lennon's demo, adding guitar parts George Harrison wrote in the 1995 sessions and a slide guitar solo in his signature style."

Prof. Darren Litzie, who is teaching a course next semester entitled "The Beatles' Legacy," said, "The way they used AI on 'Now and Then' was very practical, as it allowed them to separate John Lennon's vocals from the piano on his original demo track, something that prevented them from completing the song the first time they attempted it in the 90s."

The original tape quality had a persistent hiss and TV on in the background. When the group was given Lennon's original demo in 1994, they attempted to finish it, but failed due to the poor quality and tech limitations. The group was unable to isolate Lennon's vocals, causing the demo to be shelved.

Prof. Gregory Golda said, "Once Peter Jackson got involved in this project, with the use of new technology, they were able to give the song another go and complete it."

Jackson had developed a software which used artificial intelligence to de-mix

music and isolate Lennon's vocals.

"I really like 'Now and Then.' What I appreciate the most about this song is that despite the fact that it was pieced together over the course of several decades, it still sounds like The Beatles," said Litzie. "All four of them contributed to it in some way and it follows the same format that so many of their great songs did."

Without the use of AI, the release of "Now and Then" would not have been possible. However, some fans have mixed reviews on the use of technology in order to create the song.

"There's something a little ghostly about it and we can never really know John Lennon's mind," said Golda. "But as far as uses of AI go, this is pretty harmless and will likely be the final new release of this incredible group."

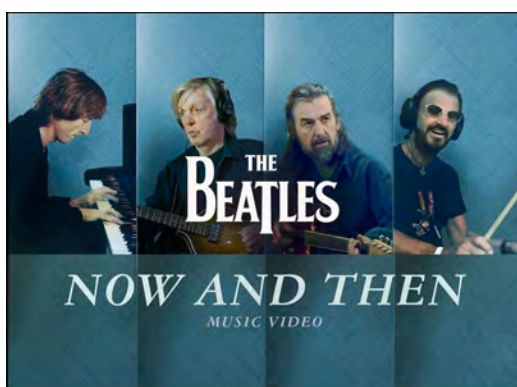
While the use of AI can be recognized as a unique and innovative application of technology, some believe that the song still carries an eerie quality as it involves input from deceased band members.

Junior Amanda Cosentino said, "Even though I think the use of AI in their new song is a little creepy, it doesn't replace the human element."

"Now and Then" brings a sense of nostalgia to many fans who have grown up listening to The Beatles' music.

For fans that have lived through their formation in 1960, to their breakup in 1974, the release of their final song highlights the impact and timelessness of their music.

"As I was sitting at the computer waiting to listen to the song just before it was released, I was thinking about the teenagers in the mid-1960s standing in line at the record store waiting to get the latest Beatles single," said Litzie. "It was great to be able to get a small taste of that experience."



Instagram, @thebeatles

The Beatles were able to release a new song after 45 years with elements left by Harrison and Lennon and help from AI.

SET Brings Stars Hollow to Sacred Heart

BY ANGELISE ROY
Staff Writer

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The rest of the events scheduled are tote bag painting on Thursday, Nov. 16, and custom sign making with paints and jewels, along with a projection of the show on Friday, Nov. 17. And lastly, a Friendsgiving inspired by the "Gilmore Girls" Thanksgiving episode where there will be mini pies, activities, and a mashed potato bar, will take place on Saturday, Nov. 18. All of these events will be located on the third floor of Linda's. The times of these events can be found on SET's Instagram @shu_set.

Defrancesco said, "The Student Events Team is a great way for people to get involved and to be connected to the students. We take our general members' opinions

so much in hand because we want feedback from students."

"When we plan our events, we like to take what the students like and do our best to make it happen. As general members of SET, they tell us what they want to bring to campus and then members of the executive board reach out to different vendors in order to make it happen," said Teeter.

General member meetings occur biweekly on Mondays at 10:10 p.m. in HC104. Students are encouraged to reach out to an executive board member that is working the event or to DM SET on Instagram with any ideas that they want to see.

"All of the events organized by SET so far this semester have been so amazing," said Delmedico. "I know that the 'Gilmore Girls' week is going to be just as fun."

Sports

SHU Football Gets Second Win of Season on Senior Day

BY THOMAS MALONEY
Staff Writer

The Sacred Heart University football team is currently 2-8 on the season. Their eight losses are the most the team has had in a single season since 2012 when they had nine.

The team is hoping to finish the season on a more positive note after an in-conference win against Central Connecticut State University on Nov. 4. Senior Jaheem Knight highlighted the importance of winning these late-season games.

“Despite having a rough season, winning this home game was big. Our fans haven’t seen us win at home in a long time and they always come out and support no matter what, so getting them that win was really big for the culture,” said Knight.

Sacred Heart just announced that starting in the 2024-2025 athletic season, Sacred Heart is leaving the Northeast Conference (NEC) and will join the Metro Atlantic Athletic Conference (MAAC).

The MAAC does not sponsor football, which raises questions as to what conference the football team will be part of next year. With the possibility that they would leave the NEC, this win was important as it could mark SHU’s last football win in this conference.

It was also especially important for the seniors on the team. For many of them, these last few games of the season may be the last time they get to suit up and play the game.

“Some of the seniors are never going to play football again, so this was really big for us to send them off the right way during our last home game of the season,” said Knight.

Senior Day festivities were also held during this game for the football, cheerleading, and dance teams.

Since coming to Sacred Heart, there have been highs and lows for Knight, but those

moments have all but made the experience and he is proud to call Sacred Heart home.

“As I reflect on the last four years, it had really been a rollercoaster of emotions. From COVID to winning back-to-back championships. I wouldn’t want to spend my four years anywhere else,” said Knight.

Senior Nina Campos, a member of the Sacred Heart cheerleading team, said that she felt like the past four years went by too fast.

“Senior Day was a recognition of my last moments as a college cheerleader. Being able to walk out onto the field alongside my teammates was such a memorable moment I never thought would come so soon. It was also such a bittersweet moment since cheerleading has been such a huge part of my life and the thought of it coming to an end is emotional,” said Campos.

Senior Day reflected all the time and dedication that the athletes put into their craft and celebrated all that they have done for their respective teams.

“I would say it was a day to celebrate these past four years. The time spent in the gym for hours at night, along with supporting the athletic teams was something I celebrated on Senior Day,” said Campos.

Knight and the football team will look to win back-to-back games for the first time this season as they travel to Storrs, Conn. to face the University of Connecticut Huskies on Saturday, Nov. 18.

Sacred Heart Athletics contributed to this article.

Field Hockey Takes Home NEC Championship

BY ANASTASIA NIKOLOPOULOS
Staff Writer



Instagram, @shu_field_hockey

Sacred Heart’s women’s field hockey team celebrating their NEC Championship win.

weeks in a row and was named the NEC Championship’s Most Valuable Player as a result of her influential performance.

“As far as I am concerned, every single person scored that goal with me. Our defense specifically soaked up immense pressure and defended Wagner attack after attack,” said Chamberlain. “I was just happy I could do my part and bring it home.”

Freshman Madelyn Kidd assisted on Chamberlain’s game winning goal.

“Watching the ball slam against the back of the cage was an unforgettable moment,” said Kidd. “Winning the championship as a freshman is unbelievable and it has only motivated me more to win it again next year.”

The Sacred Heart University (SHU) field hockey won the Northeast Conference (NEC) Championship on Nov. 5 in a nail biting overtime victory against Wagner by a score of 1-0, securing SHU’s second NEC title in program history.

The first and only goal of the matchup was scored in the 62nd minute of play by senior Isabelle Chamberlain.

“Whilst it was an unbelievable feeling to score the winning goals in both the semi and the final, I couldn’t have done it without the team,” said Chamberlain.

Chamberlain scored the winning goal for the Pioneers two

The Pioneers defense also played a key role in the team’s victory. Goalkeeper Samantha Maresca and the Pioneers shut out Wagner across all four quarters and 60 minutes of regulation play, setting up Chamberlain’s overtime game winning goal.

Maresca’s stellar performance included 14 saves.

Head coach Sydney Van Der Merwe, who’s been at the helm of SHU field hockey since 2016, reflected on the victory.

“I am very excited and happy for the student-athletes,” said Van Der Merwe. “They have been working hard all season, and in each practice, conditioning, and lift session they have been challenging themselves and their teammates and all their hard work has paid off.”

The team’s next stop after the NEC Title was the NCAA Championship against William & Mary on Nov. 8

The Pioneers succumbed to William & Mary 0-4 in the opening round in the NCAA Championship.

Sophomore Emma Brayford said, “I think this season has been filled with many ups and downs and as a team, we have adjusted to all the craziness that came our way this entire year beautifully and used them to push us to be the best versions of ourselves.”

Van Der Merwe highlighted the values instilled in the team both on and off the field and praised his players for their efforts this season.

“Trust in each other, play for your teammates and yourself, and the name on the jersey. Back yourself on the field and play with confidence,” said Van Der Merwe.

Looking back on the season, Van Der Merwe said, “We have learned from all our games this season, what to do in certain situations and how to handle pressure and win games. I have seen the progression of each player on the team to take themselves and their teammates to the next level.”

Sacred Heart Athletics and Marisa Musacchio contributed to this article.

Meet Nine-Time NEC Rookie of the Week: Gaby Zovko

BY DILLON KNEUCKER
Staff Writer

Gaby Zovko has won Northeast (NEC)/Molten Rookie of the Week Award nine times this season. Zovko, a freshman on the women’s volleyball team from Bedford, Ma., has put on a campaign through this season.

The Pioneers split their games against Saint Francis University (SFU) and Le Moyne, losing to SFU and beating Le Moyne. During her award-winning week, Zovko averaged 7.17 assists, 2.00 digs, 1.33 kills, 0.67 blocks and .50 service aces. Zovko took time to reflect on her accomplishments.

“It’s very exciting. I didn’t really expect awards coming into it and getting that really lit a fire under me and helped my playing a lot,” said Zovko.

With a high level of play each week, there comes expectations. However, Zovko has a different approach to the pressure.

“I never really felt it I would just see it and then go about my business and play and focus on the game,” said Zovko.

Senior Dominique Felix, a former NEC Rookie of the Year, has been in Gaby’s shoes before her and knows what it takes to be successful in the league.

“I think Gaby’s just physical; I think when we go out on the court, we know that Gaby’s going to perform and it’s just a great thing to know as a team that she’s going to help us. She’s had a big role on the team just coming in and I was in her shoes my freshman year. And as a setter she’s had big shoes to fill but she’s done a great job,” said Felix.

Felix, a key member of the roster and a senior leader, expressed the team’s feelings for Zovko and her accomplishments.

“She’s like our quarterback, we need her to give 100% all the time and she’s done a great job stepping in and filling those shoes and I think the whole team appreciates her presence,” said Felix

In addition to the talent on the roster surrounding Zovko, she also has a very experienced coach in Rob Machan. Machan took over Sacred Heart’s volleyball program in 2007 and has a career record of 260-169. He has seen plenty of talent come through his programs. Machan spoke about how Zovko is different.

“She’s shown dramatic improvement, this one wants to get better every day, she listens, she wants to learn, she’s working hard. And again, there’s a lot of responsibility in the position and we couldn’t be more pleased with the progress she’s made,” said Machan.

In addition to the progress Machan has seen, he believes Zovko’s willingness to learn and work hard is important to her success.

“I think she’s probably beyond my advice, I don’t know if we’ve had many star freshmen come in with the accolades she’s receiving and receive them in a more humble way. In a way that, like Dom said, you don’t know it have the time, you don’t see it, there’s no change in her demeanor. She doesn’t walk around like she’s done anything; she knows it’s a team award,” said Machan.

Sacred Heart will play Long Island University in the NEC semifinal on Friday, Nov. 17 at the William H. Pitt Center at 7 p.m.

Sacred Heart Athletics contributed to this article.

Editorial

One Fish, Two Fish, Tuna Fish, SHU Fish

BY JULIE DUNN
Managing Editor: Administration



The Sacred Heart University Bookstore should be happy to know that my dad, Frank Dunn, has worn SHU merch to almost every tuna fishing tournament he has competed in! He continues to try new things and remains so driven to learn from those around him, all while representing SHU! I am a very proud and inspired daughter who also happens to love tuna; an added bonus for sure!

Sushi - Spicy Tuna Girl

BY ERIN CLARK
News Editor

When I came to Sacred Heart, I was strictly a veggie sushi roll girl.

By veggie, I do NOT mean veggie, I mean cucumber and carrots. Absolutely no avocado or asparagus. It was veggie lite.

It wasn't that I didn't like truer forms of sushi, I simply refused to try them. Why mess up something good?

This was until I met my freshman year roommate. Let's call her spicy tuna girl.

Spicy tuna girl would try any roll. She would sit and hear people talk about a roll they tried that they recommended. She would do something that not many people I had met yet would do, she would try the roll.

She would ask for a bite, she would dip it in her favorite sauce, maybe even adapt the order a little, making it her own.

She would try it out and mix it around.

This encouraged and inspired me to do the same. Slowly, I started to try new rolls. I would try a piece of spicy tuna girl's, I would order something slightly more adventurous, I would read the part of the menu that wasn't just veggie.

This action that she did teach me more than just how to order sushi. I then thought about it in a new perspective. Yes, this was a simple sushi order, a way to try new foods and flavors, but couldn't I take this and use it elsewhere?

Sushi ordering taught me to try new things. From this, I then taught myself to not only try these physical things, but also to see from new perspectives and combine my thoughts and opinions with others to collaboratively find new ones. This taught me openness.

Because of spicy tuna girls' initial openness to explore and be adventurous with a food that many find scary, I no longer stay stagnant in my ways. I explore new ideas, concepts, or different outlooks.

This taught me the value of being able to recognize that, although something is good and meets your expectations, there are ways that it could be better. Opening your mind to new experiences and knowledge will rarely result in a negative reaction.

There is always more information, more opportunities, and more experiences out there. It is on us to push ourselves to have exposure to them.

Thanks to spicy tuna girl, I will now eat any type of sushi. Frankly, crazy types of sushi are my favorite. Salmon, tuna, eel, you name it.

Still, I have morals and refuse asparagus in sushi.



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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