

## Student Government Hosts Town Hall with Dr. Petillo



Contributed by Erin Clark, News Editor

Sacred Heart students were able to attend the event to discuss issues and upcoming projects with President Petillo.

BY HELENA MEDICI  
Staff Writer

On Nov. 15 Town Hall with Dr. Petillo took place in the Martire Theater. Town Hall with Dr. Petillo is an event by Sacred Heart University's Student Government (SG) that gives students opportunities to ask questions to Dr. John J. Petillo, the president of Sacred Heart.

Moderated by sophomore Isabella Neves, director of Student Relations and sophomore Julia McKeown, a senator on the Student Relations Board, Dr. Petillo was asked pre-submitted questions collected through table times on Nov. 1. Petillo also opened up a live Q&A at the end of the event.

Most of the audience members consisted of SG and some administrators.

"We would like to have had more outside students present, but that is a growing goal for the future," said Neves.

This event was first held in 2022 and Neves, who

organized the event this year, hopes to continue the tradition.

Town Hall helps demonstrate transparency through administration, faculty, and students as well as informing the public about new happenings.

Junior Maeve Cahill, SG Vice President attended the event in 2022 and 2023.

"The Town Hall is one of the few times per year that students can voice their concerns and comments directly to upper administration. Not only is this an excellent opportunity to highlight key issues on campus, but it helps build the relationship between students and administration," said Cahill.

In addition to this, this event allowed Petillo and his team to open up about future projects and current successes.

Questions ranged from parking issues on campus, buildings, the future of Sacred Heart, and questions about Petillo himself, like his favorite bow tie.

During the event, Petillo spoke to the students about

calculated risk. During live Q&A, Cahill asked a question directly to Petillo relating to his statements on calculated risk.

"He explained that growth happens when we take risks and that they are necessary to reach our full potential. However, he said that just because you are taking a risk, doesn't mean that you don't have a backup plan and extensive research done beforehand. He advised students to not be afraid going forward and encouraged them to take calculated risks themselves," said Cahill.

Petillo emphasized the importance of a tight-knit community and highlighted the fact that Sacred Heart is fortunate enough to have one. For the previous university he worked at, he could not say the same thing.

"He also offered valuable personal and professional advice for students. Something that I appreciate the most about SHU is the connection that Dr. P fosters between himself and SHU students," said senior Emma Grady.

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## International Education Week

BY ANGELINA SPIEZIO  
Staff Writer

As International Education Week (IEW) unfolded across the nation from Nov. 13 to Nov. 17, Sacred Heart University engaged in a celebration of the benefits of global education and cross-cultural exchange through a variety of events.

According to Renee Pang, Director of the Office of Global Education, "The activities, events and conversations over the week not only create awareness, but also provide the opportunity for meaningful

connections and conversations within the campus community and even across the virtual realm."

"Additionally, numerous organizations and institutions offer online programming open to all, which allows increased access and additional opportunities in learning for SHU students, faculty and staff," said Pang.

According to the U.S Department of .....  
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## Blockbusters on a Budget

BY CAROLYN DOHERTY  
Staff Writer

For an enjoyable trip to the movies, there are several deals offered on and off Sacred Heart's campus. The nearby theater, AMC Marquis 16 located at 100 Quarry Rd. in Trumbull, is a popular destination for SHU students. A shuttle service to and from the theatre is offered sporadically throughout both semesters from 6 p.m. to 12 a.m., with the most recent being Nov. 16.

A \$9 voucher for discounted tickets is always available for students to purchase at the Campus Concierge in the Main Academic Building. They are open every day, Monday through Friday from 8 a.m. to 10 p.m., and Saturday and Sunday 10 a.m. to 10 p.m.

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# News

## Student Government Hosts Town Hall with Dr. P

BY HELENA MEDICI  
Staff Writer

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Likewise, “The SHU community is brought together by shared values, and we are fortunate to be able to be a part of it,” said Cahill.

With hopes of development, Petillo spoke about the Performing Arts wing that is currently under construction. The Performing Arts Program ranks 20th in the nation. Other hopeful developments include the top floor of the Pitt Center, permanent seating in the courts, more exercise space for athletic teams, and how the university has space for a pool if a donor should come through for it.

“Hearing about the future plans of the university and specifically the development of the campus and community was awesome,” said Grady.

Petillo has been at Sacred Heart for 12 years and the growth he has seen within these years was unimaginable to him when he first started.

“With any event there is room for improvement, but I am pleased on how it went and there was a positive outcome with both Dr. P and the audience so I thought it went really well,” said Neves.

## Annual Turkey Drive Raises \$14,928

BY EMMA TURNER & ERIN CLARK  
Staff Writer & News Editor

Sacred Heart University’s Student Government (SG) held its 12th Annual Turkey Drive on Nov. 2. This event was in partnership with SHU’s Office of Community Engagement and St. Charles Church in Bridgeport.

SG aimed to raise \$25,000 to purchase 1,200 turkeys for families across Bridgeport, while the Office of Community Engagement collected non-perishables and canned goods.

Junior Anna Macaulay has taken on the role of Director of Community and Inclusion, a position that is still relatively new on campus. This role takes charge of many aspects of the Turkey Drive.

“Student Government members get to go give the turkeys to the families, so we get to both raise the money and directly see where it is going,” said Macaulay.

Working with Shoprite of Milford, SG orders the turkeys and sets them to be delivered to the Church.

SG, in partnership with the Men’s Division 1 Lacrosse team, unloads the truck and gives out the turkeys to families in Bridgeport.

Sacred Heart student volunteers arrive at St. Charles Church at 7:30 a.m. They begin by unloading the trucks with turkeys and bringing up the bags of non-perishables from the church basement.

The families can either drive or walk up, stopping at various stations including a clothing table, the bags of nonperishable foods, the turkey station, and lastly the Chartwells hot chocolate food truck.

Macaulay said that SG fundraises through a variety of different resources.

The biggest donations for the Drive are from SHU’s alumni network. SG works with the Office of Alumni Engagement to connect with SHU’s alumni network through email and social media.

However, SG is not seeing donations for the Turkey Drive like it used to.

“We have noticed a trend in the past two years or so, of donation rates going down. That can be because of many reasons - financial hardships, etc. But that’s okay, always staying positive,” said Macaulay.

To counter this, SHU’s SG included raffles this year for those who contributed. These included prizes such as Apple Watches and Stanley Cups to encourage students to donate for a chance to win.

“For students, we have been noticing that they prefer an incentive to donate, so we’ve introduced the raffle system,” said Macaulay.



Tracy Deer-Mirek, Sacred Heart University

Sacred Heart student volunteers pictured with the bags of food they were able to prepare for the community from the donations collected by Student Government.

Last year, SG was not able to reach its goal of \$25,000, only reaching \$20,000. This year, \$14,928 was raised. Although this was less than last year and the goal, it ended up being enough to cover all of the turkeys.

“Utilizing our social media networks is really the biggest mode of spreading information about the Turkey Drive,” said Macaulay.

SG does accept donations on the day of the Turkey Drive, Nov. 21, to provide all the funds for the turkeys. On top of this, a second Turkey Drive is planned for December, so the opportunity to donate continues.

Macaulay credits the Director of Community Engagement, Annie Johnson, in helping raise awareness, as well as Director of Student Engagement Alex Barkley, who also acts as the advisor for Student Government.

“Keep checking your email, keep checking your social media - the link is everywhere!” Macaulay said.

To get involved with the distribution of turkeys to families, joining SG would be the first step.

“Starting off as a senator, and then even working your way up to an executive board position to get involved and you can start to run it when you’re an upperclassman as well,” Macaulay said.

“There are real families behind these donations, who have to choose between rent, healthcare costs, childcare costs, and food. Here at Sacred Heart, all of us are so fortunate to be able to attend a private university, and to be able to have all these incredible resources at our fingertips. But still be cognizant of these families in Bridgeport and families in need that don’t have these same resources. Even just \$1 can help these families and make a difference,” said Macaulay.

## International Education Week

BY ANGELINA SPIEZIO  
Staff Writer

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State (DOS), IEW is a joint initiative of the DOS and the U.S. Department of Education, that encourages programs that promote international education and exchange. At Sacred Heart, the festivities extended beyond the national timeframe, with the celebration commencing on Nov. 7 and continuing through Nov. 17.

“While IEW is designated for one week, SHU has often scheduled it to begin with the large celebration of Diwali, sponsored by Graduate Student Affairs, and included numerous events in October and November,” said Pang.

According to Sacred Heart’s Global Engagement website, the events included a virtual seminar on U.S. foreign policy’s role in global public health, Passport Day for first-time applicants, a Diwali Celebration, a Kristallnacht Commemoration, an Interfaith Thanksgiving Service, and a session on the Fulbright U.S. Scholar Program.

“International Education Week celebrates cross-cultural learning and education worldwide,” said Jess Catterson, senior global ambassador and Office of Global Affairs work study member.

The week featured information sessions on summer study abroad opportunities, discussions on international teacher exchanges, and a spotlight on educators from around the world. Additionally, SHU actively encouraged student participation through an International Photo Contest, Global Ambassador Tabling, and an Instagram takeover.

“Students have many avenues to explore in terms of International expansion,” said Catterson. “Not only does it promote inclusivity, but it also allows students to gain a deeper understanding of culture within the United States and the various countries we highlight here at SHU.”

Catterson studied abroad in Copenhagen, Denmark in the Spring of 2022 and became a global ambassador after returning.

“As global ambassadors, we promote international education every time we volunteer. By working on panels, holding discussions, and outreach programs, we are engaging our community to be more informed about not only study abroad opportunities but global initiatives as well,” said Catterson.

According to Sacred Heart’s website, SHU has over 60 study abroad programs in over 30 countries around the world. In the 2022-2023 school year, undergraduate and graduate students hail from over 40 countries.

“It is good to learn the cultural differences and different norms that form one country in comparison to another,” said Maryssa Kozek, the English Language Institute Director. “In the past we have taken part in IEW by having students give cultural presentations. In the future, we hope to get back involved in it.”

According to Pang, the university fosters an environment that supports international education beyond IEW.

“The goals of IEW are inherent to the work and mission of the Office of Global Education and the larger University, so we offer programming, opportunities and courses throughout the academic year, as do our colleagues and students in other offices, organizations and departments,” said Pang.

“We’ve seen strong participation across activities and a great deal of interest in study abroad, especially at our global campus in Ireland. Our applications for summer study abroad have recently opened, so students are excited to hear from others that have gone, connect with faculty who will be teaching abroad and find a program that will match their academic/professional/personal goals,” said Pang.



# Features

## Three Sisters, One Campus: Meet the Catino Family

BY ANNA MCGRADY  
Staff Writer

Ever wish your family could be at school with you? Well for the Catino sisters, home is always close by at Sacred Heart University.

Angelina, Lucia, and Gabriella Catino, from Boston, Mass., all attend or have attended Sacred Heart. Gabriella graduated in May of 2023, Lucia is a senior, and Angelina is currently a freshman.

“When I first was picking out schools, I wanted one that wasn’t too far from home, mid-sized and preferably private Catholic school. I was also looking at nursing programs. Once I toured, I really liked it because I felt that it was friendly, community based and I was impressed by the nursing facilities,” said Gabriella.

Lucia went with Gabriella to tour SHU when she was in high school.

“Gabby was interested in nursing, when we toured, I thought, wow Sacred Heart is so beautiful, and the tour was great. We both loved it,” said Lucia.

Lucia is currently the captain for the Division I rowing team.

“Gabby always told me how much she loved it, and I ended up reaching out to coaches for rowing. My sister was already here, and we had been in school together our whole life so, when I heard back from my coaches, I knew my decision was made,” said Lucia.

“My sisters always told me how nice everyone here was, and how many people are here to help you become a better version of yourself, so I think my sisters did have a significant impact on me coming to SHU. I also wanted to go to a school that was close enough that I could go home if I needed to, but having Lucia here is like having home on campus,” said Angelina. “Sacred Heart also gave me the opportunity to play hockey. Having a women’s club hockey team made me choose SHU,” said Angelina.



Contributed by Lucia Catino, '24

The Catino Family pictured at Gabriella's graduation this past May.

was part of] the Student Nurse Association. I was also in the Are You Autism Aware? club for three years, as well as mentoring with them. Me and Lucia both were in the Italian club together,” said Gabriella.

“We both minored in Italian, so we went to meetings together. They do annual dinner so we would always go together,” said Lucia.

Pam Pillo, the Assistant Vice President of Undergraduate Admissions shared statistics on siblings who attend Sacred Heart.

“This fall, about 5% of incoming students have a sibling who currently attends or graduated from Sacred Heart. Often families will attend college visits together. Younger siblings are able to get an early start on considering their college options. We continue to receive feedback from students who feel SHU is their second home. This sentiment often attracts family members to strongly consider SHU,” said Pillo.

“I wish I had both of them, but the best part of having family on campus is just having someone to always go to. Academically, having someone to help me register for classes. Having them here has been a big part of me getting acclimated here, even though Gabby’s graduated and Lucia’s off campus,” said Angelina. “Being able to just call or text my sister has made my time here so helpful.



Bridget O'Donnell, '23

(From left) Gabriella, Angelina, and Lucia pictured at a Sacred Heart hockey game.

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# Audrey's Corner

## *Following the Light*

BY NATHALIA COLLAZO  
Contributing Writer



Better days are ahead,  
shine the light and I'll see.  
Darkness creeps but cant touch me

On this mountain I stand tall  
looking further up to touch the stars  
Bursts of wind pushes me off so violently  
Falling down  
till I can't  
breathe  
anymore

The light is brighter than ever  
I can see now it was meant to be.  
I was found by the creator  
And now I am illuminating  
Brighter than Jupiter  
And free as can be.

Flower  
As young as a flower  
blooming with water and sunlight.  
Legs as long as stems,  
Thorns, short, but sharp,  
Cheeks as red as a rose,  
And delicate like petals.

Shades of pink,  
red,  
and brown  
fallen on the ground  
Fading away.

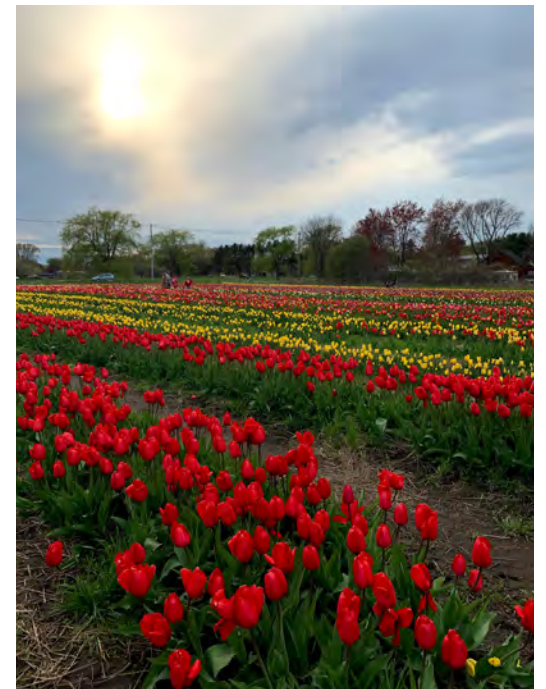
all that is left now is a soft brown stem  
thornless, weak, and drained of energy  
Without water or sunlight.  
Tossed, but replaced with a new seed.

All that is left is a White rose on the foot of the bed

Short bright green stem,  
This time with sharper and longer thorns,  
And a head full with petals  
that will hold its strength for years to come.



Photos Contributed by  
Isabella Fabbo, Photo Editor



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7955

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# Spotlight



## ***Chi Omega President Isabella Costanza Visits National Headquarters***

BY KATHLEEN CHIDO  
Staff Writer

On Nov. 3-5, senior Isabella Costanza, President of Chi Omega and former Features editor for The Spectrum, had the opportunity to visit the Chi Omega fraternity headquarters in Memphis, Tenn.

Over the span of the weekend, Costanza was able to attend a variety of workshops. One in particular was the Nancy Walton Laurie Leadership Institute of Chi Omega Flagship Session.

“Throughout my trip, I was able to attend various different workshops towards personal growth, connect with fellow Chi Omega sisters, and engage in meaningful conversations,” said Costanza. “Through the Laurie Leadership Institute, a select group of Chi Omega collegian and alumnae travel to Chi Omega Executive Headquarters to further develop their leadership and personal skills.”

Costanza’s role as president includes tasks that keep the chapter running smoothly.

“As the President of Chi Omega, I operate as the external face of the chapter and serve as the liaison between the chapter, the Executive Board, Advisory Board, and Chi Omega Executive Headquarters,” said Costanza. “I organize and host weekly chapter meetings, Executive Board meetings, and advisor meetings. And ultimately, I am responsible for maintaining and upholding a positive chapter image.”

Aside from being the president of Chi Omega, Costanza is also involved in other organizations around campus including the Pioneer Guide program, and the Public Relations Student Society of America (PRSSA).

Chi Omega’s philanthropy is the Make-A-Wish Foundation. The Make-A-Wish Foundation is a nonprofit organization that grants wishes to children who have been diagnosed with critical illnesses. The chapter hosts several fundraising events every year, contributing toward the foundation, locally and nationally.

Philanthropy and sisterhood are two outstanding components of Fraternity and Sorority life. Throughout Costanza’s trip, lots of the activities that she participated in were sisterhood-building events. Other activities were focused on individual growth, as well. Costanza said that she was able to speak with Chi Omega alumna and that it was an enriching activity revolving around sisterhood.

“I was able to engage in Sisterhood Chats with both alumnae and collegiate Chi Omegas; These chats provide the opportunity to connect deeper with one another,” she said.

As the president of Sacred Heart’s Chi Omega chapter,



Instagram, @chiomega\_shu

Isabella, who works to maintain a positive image for her chapter, had the opportunity to further her leadership and personal skills at the Chi Omega Headquarters.



Contributed by Isabella Costanza

Isabella Costanza, president of Chi Omega at Sacred Heart University, pictured in front of the Chi Omega Executive Headquarters in Memphis, Tenn.

Costanza is responsible for setting a good example for the women in the organization.

“Prior to my trip, it was required that I took the CliftonStrength test to evaluate and discover what my current strengths are as an individual. While on my trip, I was able to attend facilitated workshops by CliftonStrength certified coaches who helped me understand my strengths, and how it applies to becoming a resilient leader,” Costanza said.

As one of the final activities of her trip, Costanza was able to tour the headquarters and deepen her knowledge of the Fraternity.



**Do you know a person, club, organization, etc. that deserves a Spectrum Spotlight? Scan the QR code below to send suggestions to our editors!**



# Arts & Entertainment

## Local Record Store Becomes Subject of New Reality Series

BY JESSICA BALOGH  
Assistant A&E Editor

Jay Reason, local record store owner and music aficionado, has been in the process of creating a reality show focused on the culture surrounding the vinyl community. The first episode began filming this past Record Store Day on April 22 and wrapped around August. He is optimistic about the prospects surrounding the future of the show.

Reason has been involved in various areas of the music industry since he was 17, both on stage and behind the scenes. Currently, he manages his Static Era Label and consults for a couple of clients.



Jessica Balogh, Staff Writer

There are a wide variety of records and a welcoming environment inside Static Era Records.

Static Era Records, located at 43 River St. in Milford, Conn. opened its doors in 2020 after Reason was left with plenty of inventory as the pandemic began and live shows were halted.

"I opened the store thinking, 'Okay, if me and some like-minded people who love music and need it, come, that would be awesome,'" said Reason. "A field of dreams kind of thing: if you build it, they will come."

With the first year being a testing ground for what customers are searching for, the community has blossomed greatly since. Reason desires the shop to be reminiscent of the record stores of his youth and aims to capture that nostalgia for people or instill in them a new way to shop.

"I try to run the shop more like a band or venue versus a record store. We want people to come in and hang out," said Reason. "We encourage you to talk to each other."

Vinyl, along with other forms of physical recordings, has been experiencing rising popularity. According to the Recording Industry



Jessica Balogh, Staff Writer

Static Era Records is home to a new reality show.

Association of America, 41.3 million vinyl records were sold in the United States in 2022. Reason credits this rise to the artists.

"The younger artists taking their time to put love into this format shows people that music doesn't need to be streamed," said Reason.

The idea for the reality show emerged after a meeting with a client in which the show's director Paul Travers was also in attendance.

"We were talking about something for a client, and I pitched the idea of 'Antique Roadshow' meets 'Pawn Stars' but about records," said Reason.

The show has evolved since its initial pitch, with the first episode centering on the madness of Record Store Day and a tour of Burlington Pressing Plant in Burlington, Vt.

"Season 1 we already have mapped out, with a few record stores across the U.S. that we would go to along with a few people, who work behind the scenes in the industry," said Reason. "Such as distributors, women in vinyl and different groups I've gotten to know and admire."

Reason described the potential layout in which each episode would entail. An episode would feature a shop, a person within the industry along with segments that are hosted by Doug Liggins or as he is known on YouTube, Giggins. According to Reason, the segments with Liggins are the "Pawn Stars" aspect of the show.

"People who like this format would be so into the show, the response has been amazing, and people are really receptive to the idea," said Reason.

He aims for the first clips to be released in January, but as of right now, the order of business is to get the show sold and to finish the season. To look out for these clips and follow Reason on this journey follow Static Era Records on Instagram, @staticerarecords.

## Blockbusters on a Budget: Student Deals at AMC

BY CAROLYN DOHERTY  
Staff Writer

CONTINUED FROM PG 1

For an even cheaper ticket option, AMC has offered a unique way to watch new films that are released in theatres. They have introduced AMC Screen Unseen, which keeps the film that will be displayed a mystery until showtime. According to AMC Theatres website, the tickets are \$5 plus tax and the only thing audiences are aware of going into the showing is the MPAA rating. Their most recent event was for an R rated screening on Nov. 27.

AMC theatres also have many other advantages for customers. As a customer, you are offered reserved seating, an array of food and beverages to purchase, reclined seating, and even \$5 small combos on discount Tuesdays.

"My favorite part about AMC is the reclining seats because it allows you to lay back and relax which makes watching a movie way more comfortable than just sitting," said junior Bianca Blasi.

Blasi took to AMC to see a new movie on its opening night, "The Hunger Games: The Ballad of Songbirds & Snakes," directed by Francis Lawrence, starring Rachel Zegler and Tom Blyth.

Junior Lauren Casale also joined Blasi at the theatre.

"I was so excited to go see the new 'Hunger Games' and the experience that AMC offers made it even better," said Casale.

There are many other movies that are currently showing at AMC. These include "Trolls Band Together," "The Marvels," "Thanksgiving," "Priscilla," "Taylor Swift: The Era's Tour," "Five Nights at Freddy's" and many more. For a full list of showings, visit [AMCtheatres.com](https://www.amctheatres.com).

Neither Blasi or Casale took advantage of the student deals. They both explained how they were unaware of the discount offered to Sacred Heart students.

It seems that they are not the only ones who have missed out. Junior Jordyn Imbrogo, manager at the Campus Concierge, confirms these offers are not heavily utilized.

"If I'm being honest, as a manager at the Student Union, in my three years of working there I have only sold five. This is quite sad, because it does not take that much time or effort to save some money and people just have no idea," said Imbrogo.

"Students should definitely utilize these deals because it is just money you are saving rather than wasting. From my personal experience college can be very expensive and you want to make sure you balance out your costs and make sure you spend your money right. Meaning if you are offered discounts, go get them. The Student Union also offers shuttle trips to the movie theater as well, which ultimately means you are barely paying for anything," said Imbrogo.

If students want to keep up with the shuttle service and other possible offers, they should keep an eye on their student email for messages from Campus Concierge and SHU Shuttles.

*Jessica Balogh contributed to this article.*

## Curtain Up: New Shows Make Their Broadway Debut

BY MOIRA STAPLES  
Staff Writer

"Theatre is LIVE. It's ephemeral. That's what makes it incredible," said Dr. Rachel Bauer, Coordinator of the BA in Theatre Arts and Lecturer in Theatre Arts in the Department of Media & Performing Arts. "It provides such an amazing connection between the performers and audience in a way that other storytelling forms just can't. I think that's why people still gravitate to it, even after millennia."

The 2023-2024 season schedule of upcoming and announced Broadway shows was released by Playbill on Nov. 16. This year will feature many new works, as well as revivals of some fan favorites.

Sophomore Katie McCabe grew up watching and bonding over Broadway shows with her family. Since then, she has developed a passion for the theatre and is a part of the Sacred Heart University Theatre Arts Program (TAP).

McCabe said she is excited to see shows like "The Outsiders" and "The Notebook," which are new stage adaptations from some of her favorite books and films.

"I am excited to see how Broadway will adapt them for a new audience and how they will add some new charm," said McCabe.

"While some of these shows are revivals, such as 'Cabaret' and 'The Wiz,' most of these are new stories to Broadway," said McCabe. "They will bring new themes, ideas, and characters to the stage we have not seen yet."

With these performances will come new stories highlighting different perspectives addressing the human condition. One of these shows is "Suffs," a musical based on the experiences of suffragettes during the American women's suffrage movement.

"I'm quite excited about 'Suffs,'" said Bauer. "As a theatre scholar and artist who

focuses on the intersections of gender and theatre, that musical is right up my alley."

Sophomore Nora Delehanty, a New York native, grew up admiring the storytelling of Broadway actors. Their performances inspired her to pursue a lifelong dream of acting, which has been fostered by Sacred Heart's TAP.

"I'm very excited for upcoming shows on Broadway," said Delehanty. "There definitely has been a recent pattern in basing productions off of previous books or movies. This can be seen in 'The Notebook' and 'The Great Gatsby,' which are new shows coming up that I'm looking forward to seeing. Even shows like 'MJ the Musical' or 'Beautiful the Musical,' which depict the lives of real people, it's always interesting to see how it will be portrayed on stage, especially through musical lyrics and dance."

Delehanty said that "there is nothing like live theatre" because it captures something inherently "human."

"Live performances allow for true human connection, and audiences can relate to the stories that are being portrayed by actors on stage," said Delehanty. "Broadway has such a wide variety of shows, that there will always be one that can be resonated with."

"Theatre is one of the oldest collaborative art forms in human existence. It has the power to change minds, hearts, and even political reign," said Bauer. "Theatre is not just entertainment, though that is a big part of it. It's a powerful means of collective storytelling, and that shows us humanity: our faults and our loveliest parts. I encourage all to see theatre because there is truly nothing else quite like it."

For more information on new and upcoming shows, visit [Playbill.com](https://www.playbill.com) for a comprehensive list.



# Sports

## Women's Basketball Shoots for 2nd Consecutive NEC Championship

BY NICHOLAS VUKOTA  
Staff Writer

The Sacred Heart University (SHU) women's basketball team is generating momentum for the upcoming season following victories over the Monmouth University Hawks on Wednesday, Nov. 15, and the Hofstra University Pride on Sunday, Nov. 19.

The Pioneers win comes a season after Monmouth defeated them when they faced off last year.

"Our win against Monmouth was a true redemption win. When Monmouth came to SHU last year, they beat us at home. They challenged us in many areas to have resilience, fight, and poise, which we demonstrated to execute a successful game plan," said Head Coach Jessica Mannetti.

Sophomore Amelia Wood played a vital role in the team's victories, putting up 20 points against Monmouth and 15 points against Hofstra.

"Our team's goal for this season is to stick together and win another championship. We have a lot of pressure on us this year, but our team loves pressure," said Wood.

Wood was named to the Northeast Conference (NEC) All-Rookie team in her freshman season.

"Being named to the NEC All-Rookie team was a huge goal for me last year. It validated the hard work and dedication I've put into the game, and I couldn't have done it without my coaches and teammates pushing me to be better," said Wood.

Another one of the team's main contributors has been sophomore Ny'Ceara Pryor. Last season, Pryor became the first player in SHU women's basketball history to be named NEC Player of the Year, Defensive Player of the Year, and Rookie of the Year in one season. She had 17 points against Monmouth and 18 against Hofstra.

"I plan to build on our remarkable year by continuing to get 1% better every day. My personal goal is to be a better leader and win another Championship," said Pryor.

SHU is going into the 2023-2024 season with a unanimous vote in pre-

season polls to win a second consecutive NEC championship.

"Last year we were the underdog, and this year we are the target. We are going to get every opponent's best game. As a team, we talk about that pressure; being able to handle it, having great resilience, and most importantly, staying together and connected through it all," said Mannetti.

With the conference season starting in January, Mannetti sees the early opponents as opportunities for the team to learn, grow, and solidify their unity.

"Our focus since winning a championship has been staying true to what got us there. We always strive to be the best team on the floor by being prepared, disciplined, and relentless. Every game is a chance to play together and give our best effort for 40 minutes," said Mannetti.

The team faces a formidable non-conference schedule including teams like defending Metro Atlantic Athletic Conference (MAAC) champions, the Iona College Gaels, as well as the Providence College Friars from the Big East conference. Continued support from the SHU community is inspiring in the team's previous and continued success.

"We want to continue to make SHU proud. There is an extremely special feeling knowing that the community is with us every step of the way – our fans, our band, our cheer and dance team, our administration, and our SHU community have been an amazing part of our team's journey," said Mannetti.

In the 2023 Discover Puerto Rico Classic, the Pioneers defeated the University of Puerto Rico on Thanksgiving day, but fell to Virginia Commonwealth University on Nov. 24 and to the University of Central Florida on Nov. 25.

The team returns to the court on Wednesday, Nov. 29 to face the Fairfield University Stags at the William H. Pitt Center at 7 p.m.

*Sacred Heart Athletics contributed to this article.*



Instagram, @sacredheartwbb  
Sophomore Sierra Johnson going for a shot in Sacred Heart's winning game against Monmouth University.

## Down for the Count: Men's Wrestling Season Faces Early Challenges

BY SHANNON TUTTLE  
Staff Writer

The Sacred Heart University (SHU) men's wrestling team opened their season on Nov. 11 in Bethlehem, Pa. They competed at Wranglemania and went 0-2, losing to both Long Island University (LIU) and Bloomsburg College.

They followed up those defeats with losses to Presbyterian College, North Carolina State University, as well as Cornell University. They are currently 0-5 on the season.



Instagram, @sacredheartwrestling  
Sacred Heart's men's wrestling team recently kicked off their season.

"With beating those teams in the past, I definitely feel like we could have beat them this time. But I don't want to get into a habit of making excuses," said Head Coach John Clark.

SHU wrestling has been competing against LIU and Bloomsburg for five consecutive years, each time resulting in a different winner. However, more recently,

SHU has fallen short, losing to them both this year and the last.

Clark did not find the team's previous season successful and senior Andrew Fallon also recognized this.

"It wasn't the season I wanted to have. We wrestled a lot of tough teams like Iowa, Lehigh, and Rutgers very early on. Facing them right off the bat was definitely a tough test," said Fallon.

Although last season did not turn out in their favor, Fallon credited his teammates' hard work and relentless effort through it all.

"We always had at least one or two kids who pulled in a good win," said Fallon.

Clark also made note of this individual effort, specifically at the Eastern Intercollegiate Wrestling Association (EIWA) Championship.

At the end of the team's previous season, 10 of their starting wrestlers represented SHU at the EIWA Championship. Although they finished 16th overall, Clark said he noticed the effort his men put in. Nine of those wrestlers are on the roster again this season.

Eight hours of the men's week was dedicated to wrestling and preparation for the season. The coaches focused on training the technique and skill of the individual athletes.

"After preseason I felt like the team was ready to kick it into full gear. We buckled down and were ready to compete," said graduate student Scott Jarosz.

Clark said the score of their first match was deceiving. There were only small hiccups that cost them, but was ultimately happy with how the matches went individually.

Jarosz and Fallon both went 2-0 in their faceoffs.

"I want to bring my teammates with me and help them improve as well to help us get some team wins this year," said Fallon.

In the next six months, Clark said he will continue to push his men for great individual effort in hopes of a successful season.

"I'm not here to make predictions but I'm here to look forward to the challenge," said Clark.

The Pioneers are back at it on Friday, Dec. 1 when they travel to Las Vegas, Nev. when they take part in the Cliff Keen Invitational.

*Sacred Heart Athletics contributed to this article.*



Contributed by Keith Madison via Instagram, @sacredheartwrestling  
Scott Jarosz, graduate student, pictured at a match against LIU where he went undefeated.



# Editorial

## *From New York City to Ireland: The Best of Both Worlds*

BY MOLLY BRUTON  
Assistant News Editor & Copy Editor



Descending into Ireland from a flight on Aer Lingus.

Molly Bruton, Assistant News Editor

Growing up in New York City and being the daughter of immigrant parents has allowed me to have an unforgettable childhood.

The second I walked out my door each day to catch the city bus to school as a kid, I was constantly greeted with new faces. I always saw the same crowd on the bus every morning on their commute to Manhattan. Aside from that, you never saw the same person twice, and I thought that was really cool.

Being from Queens specifically really shaped me into who I am today. Queens is known as the “world’s borough,” making it the most diverse borough in New York City. I am extremely grateful for this as I grew up with friends from all different backgrounds and cultures.

The best part of being from Queens is the diverse food options. I mean, you just can’t go wrong when you have 10 different options right down the block from your doorstep.

While my life constantly changed outside of my house, there was one thing that never changed: my routine at home.

My parents, who immigrated to New York City from Galway, Ireland, tried to navigate the big city while raising me at the same time. It was certainly tough on all three of us at times, but we made it work.

My parents were always big on making our house a “home” as an escape from the hustle and bustle of the city. This meant that we always ate Irish food, watched the Irish news channels, etc. To us, this was a sense of comfort. It still is.

Galway is (in my biased opinion) the most beautiful place in the world. I am fortunate enough to go back twice a year, and I soak up every second of it. I go from having no backyard in the city, to having a huge field with a farm.

I spend every single Christmas in Ireland, with the exception of 2020, at the peak of the pandemic. I finally got to experience Christmas in New York. It was unforgettable.

They say, “home is where the heart is,” and although my home is New York City, my heart is in Galway.

In New York, it’s hard for people to know your name. Everyone is always so caught up that they rarely have time to stop and have a conversation. However, New York is all about the hustle, and I’m all about that.

In my small town of Loughrea, Galway, everyone knows my name. From the supermarket to the gas station, I am not just a face, I’m Molly. If I were to do that in Manhattan, I probably wouldn’t get the same response.

It’s so amazing to me how I could get on the plane at noisy JFK, and land seven hours later in the most peaceful place on earth.

I wouldn’t change anything for the world. While growing up was a slight culture shock at times, this life has given me countless opportunities and memories with the most amazing people.

My parents came here with nothing to give me everything, and for that I thank them, for giving me the best of both worlds.

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

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

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