

Rise of Campus Alcohol & Drug Abuse

BY MADISON MESSINA
Staff Writer



Carissa Munoz, Staff Photographer

Students have easy access to the Public Safety Office, which is located right on main campus.

On Sept. 30, the Sacred Heart University community was made aware of “The Federal Jeanne Clery Disclosure Act of Campus Crime and Fire.” The report provided statistics on how Liquor and Drug Law violations have increased over the course of the past three years.

The document also includes institutional policies and procedures concerning campus security, fire drill history, sexual harassment information and other related matters. This report is updated annually based on public property that is leased or owned by SHU.

In 2019, the judicial referrals for on-campus Liquor Law Violations sat at 539, decreasing the following year to 469. In 2021 alone, the on-campus incidents increased to 602.

A statement made by “The Federal Jeanne Clery Disclosure Act of Campus Crime

and Fire” states there is “zero tolerance for underage students consuming alcoholic beverages.”

“I do not think many students abide by this rule today. I think there is a college culture where partying and binge drinking is extremely encouraged,” said Stephen Gonzalez, Sacred Heart’s senior Resident Hall Director.

Gary MacNamara, Executive Director of SHU’s Public Safety & Government Affairs, described Sacred Heart’s overall goal in enforcing zero tolerance for underage drinking.

“We expect students to abide by the rules as it relates to alcohol. We do know that some will disregard the rules anyway and drink anyway,” said MacNamara.

Sophomore Luke Sherry witnesses the impact of drugs and alcohol on the SHU community firsthand. “You cannot prevent drugs and alcohol in the SHU community. There are simply no rules that can be inducted that would eliminate all usage of drugs and alcohol,” said Sherry.

With statistics fluctuating in regard to Liquor Law Violations, the same pattern occurs for Drug Law Violations. In 2019, on-campus incidents were at 89, decreasing to 24 the following year. In 2021, the on-campus incidents increased to 82.

The SHU Campus Crime and Fire Report is adamant about student involvement in the safety of the school’s community. As stated by the report, “The cooperation, involvement, and support of all students in taking an active role in crime prevention are crucial.”

As statistics increased over the past three years, the role students play is a major role in future statistics.

“We have seen cases around the country where students have died because others either did not recognize the true medical emergency or were afraid of getting in trouble,” said MacNamara.

Sacred Heart offers resources for those struggling with alcohol or drug abuse, such as the Collegiate Recovery Program.

“Students are most likely not to engage in recovery on campus but will rather go elsewhere to seek help,” says Sherry.

The Sacred Heart Collegiate Recovery Program was established in the spring of 2019 and began operation in the fall of 2019.

The Collegiate Recovery Program is located in the main academic building. The recovery program’s mission is “to give every student the best possible chance at achieving success through physical, mental and spiritual growth.”

The program varies in recognition among Sacred Heart University students.

“As an RSA at SHU, I was unaware this resource even existed, and I hope that it’s something my residents know they could contact if they’re in need,” says Gonzalez.

With recognizing SHU’s resources, Sherry said, “I believe that SHU’s resources for recovery are very accessible, but not publicized properly.”

Sacred Heart now offers housing for students in the Collegiate Recovery Program.

WATCH THE PIONEERS IN ACTION:

THURSDAY 10/20:

WOMEN'S SOCCER

VS. THE WAGNER SEAHAWKS

AT PARK AVENUE FIELD.

KICKOFF AT 7 P.M.

FRIDAY 10/21:

WOMEN'S VOLLEYBALL VS.

THE CCSU BLUE DEVILS AT 5

P.M. IN THE PITT CENTER

SATURDAY 10/22:

WOMEN'S RUGBY VS. MOUNT

ST. MARY'S ON CAMPUS

FIELD AT 11 A.M.

SUNDAY 10/23:

WOMEN'S SOCCER VS. THE

CCSU BLUE DEVILS AT 12

P.M. ON THE PARK AVENUE

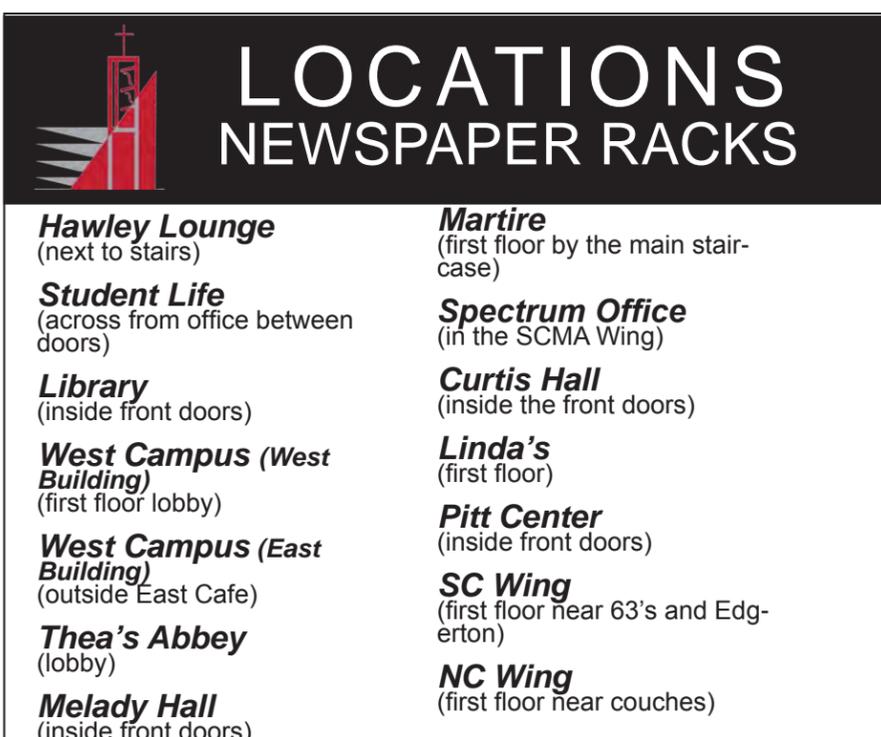
FIELD.

MEN'S SOCCER VS. THE

HOWARD BISON AT 3:30

P.M. ON THE PARK AVENUE

FIELD.



LOCATIONS NEWSPAPER RACKS

- Hawley Lounge** (next to stairs)
- Student Life** (across from office between doors)
- Library** (inside front doors)
- West Campus (West Building)** (first floor lobby)
- West Campus (East Building)** (outside East Cafe)
- Thea's Abbey** (lobby)
- Melady Hall** (inside front doors)
- Martire** (first floor by the main staircase)
- Spectrum Office** (in the SCMA Wing)
- Curtis Hall** (inside the front doors)
- Linda's** (first floor)
- Pitt Center** (inside front doors)
- SC Wing** (first floor near 63's and Edgerton)
- NC Wing** (first floor near couches)

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	FOOTBALL	WOMENS VOLLEYBALL	WOMENS SOCCER	MENS HOCKEY
	Oct. 15: W 40-27 vs. Stonehill College	Oct. 7: W 3-0 vs. FDU	Oct. 6: W 3-0 vs. SFU Brooklyn	Oct. 7: L 1-6 vs. Providence
		Oct. 8: W 3-2 vs. SFU	Oct. 9: L 0-1 vs. FDU	Oct. 13: W vs. Holy Cross
		Oct. 14: W 3-0 vs. Merrimack	Oct. 12: L 0-1 vs. Yale	Oct. 14: W vs. Holy Cross
		Oct. 15: W 3-0 vs. Stonehill	Oct. 16: W 1-0 vs. SFU	

News

For the Love of Nature

BY SAMANTHA DOLE
News Editor

Three years ago, Sacred Heart University's Environmental Club began working on the Pollinator Garden at SHU's West Campus.

"A pollinator garden is a refuge for the declining native species of insects, plants, birds and animals in our area," said Environmental Club sustainability chair Iona Farkas.

The plan for the garden was officially established when SHU students put together a sustainability plan.

"Within the plan, there were ideas for solar panels, composting, the garden, etc. Once we got some interest in the plan from the club, we began going to West Campus to work on building the garden," said Environmental Club president Jill Amari, who is also a copyeditor and co-editor of Audrey's Corner for The Spectrum.

The establishment of the garden also came with many challenges.

"We've gone through a lot. We've had many plants die, many seeds just not germinate and many rejected requests for funding," said Farkas.

A project like this also involves plenty of trial and error. There have been logistical issues that the club has had to work around.

"We originally wanted to create a path with wood chips, but we learned that the plants grow wild over the summer and completely covered the wood chips we had already put down," said Amari. "So, now we are trying to find wooden planks to put down along the path, but these are more expensive and harder to transport."

There has also been ongoing construction of the new hockey rink on West Campus, which has affected the garden.

"We have some really special populations who were forced to move into the garden area after all the trees were taken down to construct the rink, and those populations are now competing for resources with others already situated there," said Farkas. "It's a bit of an ecological mess, but the fact that there's land to act as a refuge counts for a lot."

SHU's Laudato Si' committee has also become involved with the garden.

Prof. Chelsea King, assistant Catholic Studies professor and Environmental Club faculty advisor, chairs the Laudato Si' committee at Sacred Heart. She said the committee is "a group of staff, faculty and students who are responsible for driving various initiatives inspired by Pope Francis's encyclical."

"Laudato Si is an encyclical by Pope Francis published in May 2015. It focuses on care for the natural environment and all people, as well as broader questions of the relationship between God, humans and the Earth," according to the Laudato Si' website.

"Another big change is that the garden has become an initiative for the Laudato Si' committee, which began last year in response to Pope Francis's encyclical," said Amari.

Overall, the garden has been an engaging and rewarding project for the Environmental Club.

"The most rewarding part of working on the garden has been seeing all our hard work so far pay off," said Amari. "The most tangible way I see this is in the bees that have been coming to the garden lately. We recently planted some new flowers, and the bees love them."

"The most rewarding part of the garden for me has been seeing the environmental benefits firsthand and seeing professors and students who are passionate about conservation apply their love and knowledge practically," said Farkas.



Instagram, @environmentalclub.shu

The land for the Pollinator Garden is located on Sacred Heart University's West Campus.



Instagram, @environmentalclub.shu

Painted rocks decorate the garden.

Application Site Opens for Biden Student Debt Cancellation

BY ASSOCIATED PRESS NEWS

WASHINGTON (AP) — The U.S. Education Department has begun accepting applications for President Joe Biden's student debt cancellation — a plan that makes 43 million Americans eligible for at least some debt forgiveness.

Borrowers were notified late Friday that an early, "beta launch" version of a new online form was made available as the department looks to find and fix any glitches. Applications submitted during the pilot period will be processed after the form is officially made public, the agency said.

"This testing period will allow the department to monitor site performance through real-world use, test the site ahead of the official application launch, refine processes, and uncover any possible bugs prior to official launch," the department said in a statement.

The test form will be available "on and off" during the initial rollout, the department said on its website. The official form is expected to be made public later this month, and administration officials have been preparing for heavy web traffic.

Biden's plan calls for \$10,000 in federal student debt cancellation for those with incomes below \$125,000 a year, or households that make less than \$250,000 a year. Those who received federal Pell Grants to attend college are eligible for an additional \$10,000.

The plan makes 20 million eligible to get their federal student debt erased entirely.

The department did not immediately say Monday how many applications it had fielded through the beta launch. Thousands took to social media to share the form, with many saying they submitted their applications with little trouble.

The Biden administration has touted it as a "simple, straightforward" application. It asks for the borrower's name, Social Security number, contact information and date of birth. It does not require income information but asks users to check a box attesting that they are eligible under the program's income limits.

That information will be checked against Education Department records to help identify applicants who are likely to exceed the income limits, the administration says. Those people will be asked for more information to prove their incomes.

An estimated 1 million to 5 million people will be required to provide that extra documentation, the Education Department said in a recent submission to the White House's Office of Management and Budget.

Creating and processing the form is estimated to cost nearly \$100 million, a figure that angered advocates who view the application as an unnecessary barrier. The form is meant to help exclude the roughly 5% of borrowers who exceed the income limits, but advocates say it could also deter some lower-income Americans who need the relief.

Once the Education Department begins processing applications, borrowers should expect to see their debt forgiven in four to six weeks, officials say. Most applications submitted by mid-November will be processed by Jan. 1 — the day federal student loan payments are set to resume after being paused during the pandemic.

Borrowers will be able to submit applications through the end of 2023.

The Biden administration is pushing ahead with the debt cancellation even as it fights a growing number of legal challenges. Six Republican-led states are suing to block the plan, saying it oversteps Biden's authority and will lead to financial losses for student loan servicers, which are hired to manage federal student loans and earn revenue on the interest.

A federal judge in St. Louis is now weighing the states' request for an injunction to halt the plan. In court documents, the Education Department has vowed not to finalize any of the debt cancellation before Oct. 23.

Biden promised to pursue widespread student debt forgiveness as a presidential candidate, but the issue went through more than a year of internal deliberation amid questions about its legality. His plan sparked intense debate ahead of the midterm elections, with Republicans and some Democrats saying it's an unfair handout for college graduates.

Perspectives

She Will Be Loved...For Now

BY ISABELLA FABBO
Staff Writer

If you're on social media, you may have noticed the recent stories of celebrity men cheating. In the span of just one month, two major cheating scandals have gone public involving Maroon 5 front man Adam Levine and Try Guys member Ned Fulmer.

"Celebrity men feel entitled because they have so much, so they cheat even on the best [women] when they shouldn't," said sophomore Gabriel Concepcion.

The scandal surrounding Levine was ousted by the woman he was cheating with, Instagram model Sumner Stroh, in a TikTok video.

Levine posted a statement on his Instagram story just two days after Stroh's video, saying, "I did not have an affair, nevertheless, I crossed a line during a regrettable period in my life.... My wife and my family is all I care about in this world."

Some Sacred Heart students have strong opinions on the scandals, especially with Levine.

"If it was just DMs (Direct Messages), it wasn't that bad, but I don't condone it," said junior Victor DiPierro. "If he was unhappy, he should've said it wasn't working out."

However, some students see cheating through DMs to be just as bad as any physical cheating.

"I don't like how he cheated and then said 'oh no I didn't have an affair,'" said sophomore Mary-Kate Connell. "And his wife is pregnant. It's not okay."

Students also commented on Stroh's video, in which she shared screenshots of her conversations with the Maroon 5 singer.

"I was having an affair with a man who is married to a Victoria Secret model," said Stroh in the TikTok. "At the time I was young, I was naive, and I mean quite frankly I feel exploited."

"I felt like [Stroh] was trying to act like a victim when she knew he was married," said junior Megan Harkins. "If you're aware that they're married, you can't play the



Instagram, @behatiprinsloo

Prior to the cheating allegations, Behati Prinsloo (right) posted this photo of her and her husband Adam Levine (left) holding hands.

victim card because you knew. Posting pictures of the DMs and showing you clearly responded, you can't play the victim after that."

Levine isn't the only celebrity under fire for cheating, though. Former Try Guys member Fulmer has also received backlash after appearing to be a "wife guy" in the group's YouTube videos.

Fulmer made it clear that he was in a happy marriage since the introduction of the group back in 2014 when they were a part of BuzzFeed. Fulmer's love for his wife and family was a large part of his personality. This has made the news of the cheating scandal even more heartbreaking for fans.

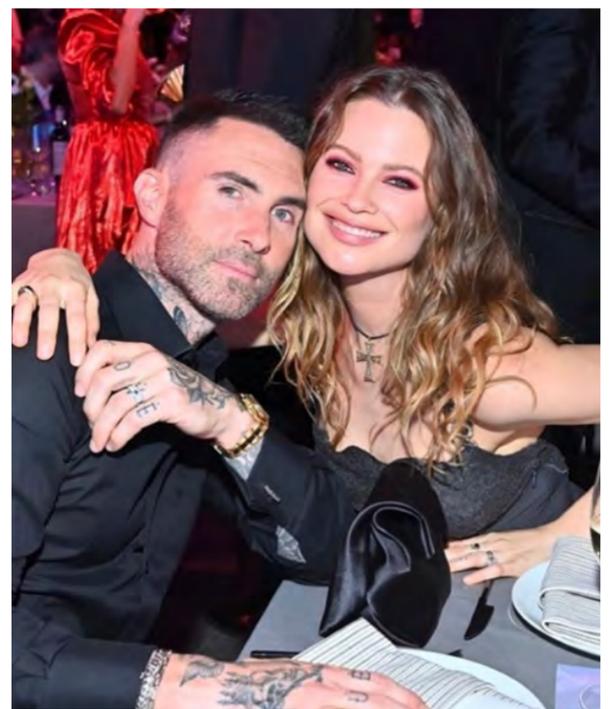
"It was so bad. He prided himself on loving his wife, loving his kids and being known as the dad of the group.

Emily DelBene. "It changed my opinion



Instagram @nedfulmer

Ned Fulmer (left) had a seemingly happy marriage with his wife (right).



Instagram, @entertainmenttonight

Adam Levine (left) with his wife Behati Prinsloo (right) for the first time since the cheating allegations.

He completely ruined that," said sophomore Emily DelBene. "It changed my opinion big time. I can't watch old videos without being a little upset."

Have you ever wondered what leads celebrities to cheat? Some students have speculated themselves.

Junior John Mayo said, "I feel like [Levine] let the fame get to his head and maybe he was bored."

"I feel like [Fulmer] has a big ego and he thought he could've gotten away with it," said DelBene. "He let fame get to his head a lot."

When fame leads to cheating scandals, it not only harms the celebrities' personal relationships, but also their relationships with fans.

"I used to really like Adam Levine's music, and whenever I hear 'Sunday Morning' and 'She Will Be Loved,' it's like can you even trust them anymore?" said Connell.

AUDREY'S CORNER

a place for kindness & reflection

The Power of Meditation: Spotlight of Venerable Shim Bo

BY JORDAN GREENE
Contributing Writer



Venerable Shim Bo, a spiritual leader at Sacred Heart University, works in the community as a guide for the student body and faculty to help with breathing exercises and explain Buddhist teachings.

If somebody wants to meet with him about any problems they may have or if they simply want to

develop their internal decision making, he resides in the first floor conference room in Linda's. With him, students and faculty may have a cup of tea and discuss whatever they feel they need to work on.

Before coming to Sacred Heart, Shim Bo had other plans with what he wanted to do with his knowledge and talents.

"Before I decided to come here, I actually followed the Catholic faith and

originally wanted to work in the hospital setting," said Shim Bo. "But after receiving an email from Colin Petramale, the coordinator of community partnerships, and eventually having good meetings with him, I thought it was only right for me to come here."

When Shim Bo speaks to his audience, the goal is that they will use his words to their own benefit. Maya West, a student of Shim Bo's, uses his teachings to help with her struggles.

"Compared to last year, I have grown a lot," said West. "I met Shim Bo last March, I believe, and ever since then I have been able to master the art of seeing things for how they are instead of how I want to perceive them."

Changes like this are what Shim Bo aspires to do every time he is with someone who is in need of his help. The mental aspect of life is really important to Shim Bo, and he believes that if this can be strong for an individual, they will be able to conquer obstacles that they could've never imagined.

"I believe the greatest thing I learned in my life was that I was my biggest obstacle," said Shim Bo. "In a place like a college setting, a lot of kids are faced with being alone for the first time in their lives. This unfamiliar environment can cause many students to suffer in their own way. If I can get them to understand that learning that their mind is strong and that recognizing the power of seeing their strengths and weaknesses can help them, they will achieve peace for the rest of their lives."

If you too are looking to learn from Shim Bo, you will be able to see not only the world in a different light, but yourself as well. And just like West, you'll be able to use what you've learned to help both yourself and others.

Features

Silky Nutmeg Ganache a Hit at SET Bingo!

BY CARISSA MUNOZ
Staff Writer

Once a month, Sacred Heart University's Student Events Team (SET) hosts a nightly bingo event at the Edgerton Center for the Performing Arts for students to come together and win prizes. This month, students experienced a different version of bingo: one that included a special guest.

In partnership with SHU's Student Engagement and Involvement (SEI) Office, SET welcomed drag queen Silky Nutmeg Ganache to assist with bingo on Oct. 5. Ganache is most recognized from her involvement on "RuPaul's Drag Race".

Ganache's appearance made history on campus, as she is the first guest for SET's bingo and the first of her community to visit SHU.

"Students who are fans of drag and 'RuPaul's Drag Race' were excited to hear Silky Nutmeg Ganache was coming to SHU," said junior Alanna Wunsch, SET's Public Relations Chair. "We have never had any guests for our bingo games or a drag queen on campus. I think even students who have never seen the show or been exposed to drag were curious to see what it was about and were excited to come play [bingo] as well."

SET has been hosting monthly bingo for over a decade, and it has become a widely recognized event at SHU. This month's event brought in 500 students who waited in line in anticipation of bingo and the opportunity to see Ganache.

The event began at 8 p.m. and ended around 10 p.m. Throughout the two hours, Ganache hosted a lively bingo, engaged with the audience, gave a performance, hosted a Q&A session and took photos with students after the event.

Ganache also gave the school a shoutout on her Instagram, asking students in attendance to comment their favorite type of cookie under her post.

This month's bingo was inspired by SET's collaboration with Sacred Heart's new Sexuality and Gender Equity (SAGE) Center. The two organizations came together to arrange SHU's first Pride Week from Oct. 4 to Oct. 13. Within Pride Week is the celebration of National Coming Out Day on Oct. 12.

While planning the week, the organizations came up with the idea to bring a drag queen to Sacred Heart.

"This was a huge wish from the Student Events Team after a few members attended the National Association of Campus Activities (NACA) conference with me last fall when we saw a management

company showcase various drag queens," said Connie Cuccurese, the advisor of SET. "We then thought, well, it's time we bring this to SHU."

Cuccurese was able to acquire contact from the management team representing the queens and start the successful process of bringing the first-ever drag queen to Sacred Heart's campus.

During the Q&A session, senior Ashley Czermak asked Ganache how it felt to be the first drag queen on Sacred Heart's campus.

"Being black and part of the queer community, a lot of times, we are the first," said Ganache. "To be here tonight and to learn that I was the first shows me that the work that I have been doing is not in vain."

"She really gave students awesome advice on how to be confident, be your true authentic self and how to overcome adversity," said Cuccurese on Ganache's Q&A. "I think students learned and felt validated that it is okay to be yourself, have some fun and come together to celebrate one another for who you are."

SET will host their next bingo events on Nov. 2 and Dec. 7 at the Edgerton Center for Performing Arts.



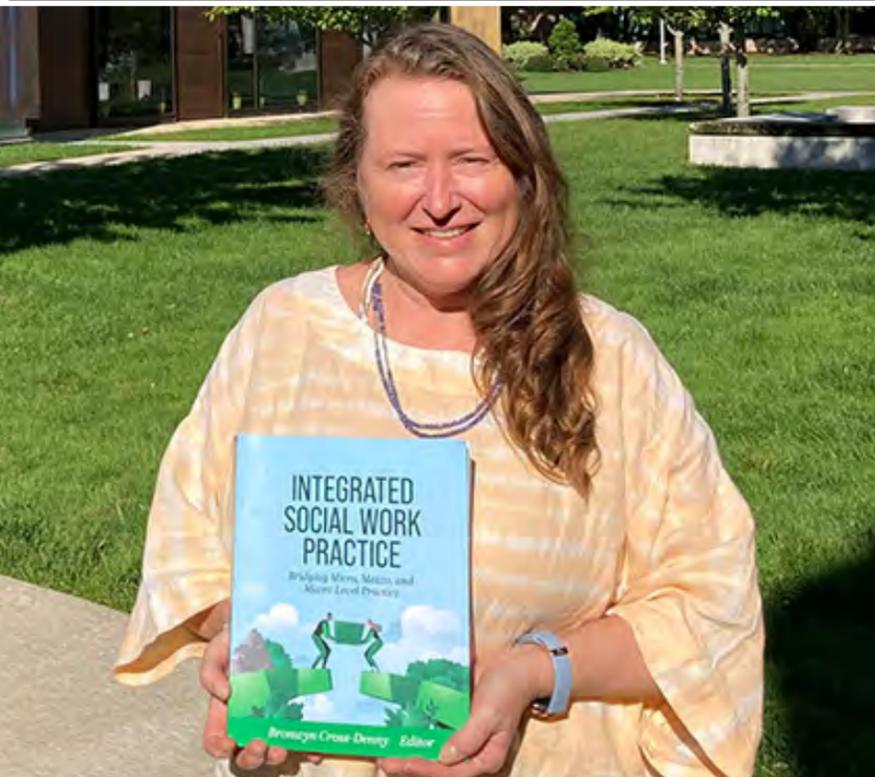
Contributed by Alanna Wunsch, SET's Public Relations Chair
Junior Jamie Wisniewski stands with Silky Nutmeg Ganache after winning the first round of bingo.



Contributed by Alanna Wunsch, SET's Public Relations Chair
Members of the Student Events Team pose with Silky Nutmeg Ganache after October's bingo.

Faculty Spotlight: Professor Bronwyn Cross-Denny

BY ALEXANDRA CARRANCINO
Staff Writer



Sacred Heart University
Professor Bronwyn Cross-Denny, a professor in the department of Social Work at Sacred Heart University holding her published textbook.

Prof. Bronwyn Cross-Denny published a textbook titled "Integrated Social Work Practice: Bridging Micro, Mezzo, and Macro Level Practice." The textbook focuses on the holistic approach to social work when it comes to considering the individual, their family, and their peers.

Cross-Denny has taught in the Social Work department at Sacred Heart University, where she was the founding director of the Master's of Social Work program along with colleague Prof. Maura Rhodes. Cross-Denny has since transitioned into the Health Sciences department, as she has decided to focus more on global work.

"As a practitioner, I have that practical sense. Teaching what I practice is really helpful because I have both perspectives," said Cross-Denny.

Cross-Denny has been practicing social work for years, and while teaching at

Fordham University, she realized it was a passion of hers, which resulted in her going to get her PhD.

"There was a combination of both practicing and teaching because you're constantly learning and bringing real-world examples into the classroom to help students and instructors to teach," said Cross-Denny.

Rhodes co-wrote a chapter on field placements in Cross-Denny's textbook with the help of two other colleagues.

"So much of the work social workers do is interdisciplinary. It only makes sense to include those voices and those perspectives in social work education. In this way, students will be better prepared to practice in an interprofessional world both in their internships and after graduation," said Rhodes.

The chapter Rhodes co-wrote describes how to incorporate social work concepts into the internships students have.

"The approach of this text is a shift in how social workers have been educated traditionally. This text focuses on a holistic view of the client system, looking at all levels of practice (micro, mezzo and macro) to do both an assessment and an intervention plan at each level. In order to work toward social justice, interventions at each of these levels is imperative," said Rhodes.

Alumna Victoria Cone took Human Diversity and Social Justice with Cross-Denny during her first semester of graduate school at Sacred Heart. Cone also worked with Cross-Denny throughout an independent study elective, where they then worked on Cross-Denny's textbook.

"Professor Cross-Denny's Human Diversity and Social Justice course taught me the importance of being attuned to diversity within my practice as well as in my daily life," said Cone.

Cross-Denny believes that when writing a book, it is important to get a variety of perspectives and experiences to share.

Health Sciences Department Chair Christina Gunther co-wrote three chapters in the textbook. The chapters were based on diversity, equity, inclusion and belonging; social and sustainable development; and global health.

"I think it is such an important text because in all fields we need a more holistic approach to services and care. So, we really need this collective action to develop services that meet different levels of needs, especially community-based needs," said Gunther.

Gunther believes the textbook can be instrumental in assisting social work programs in teaching future social work professionals.

From reading this textbook, Cross-Denny hopes readers understand how a society impacts the individual, as well as how the individual impacts society.

"The contributors contributed some good ideas to the layout of the book. I really, really liked working with my colleagues. That was really fulfilling," said Cross-Denny.

Arts & Entertainment

Paris Fashion Week

BY ISABELLA GIARDINA
Staff Writer

Rows of VIP audience members watched in awe as Bella Hadid walked the runway in her spray-painted dress, while the other models eagerly awaited their turn to walk the runway. Crowds of fans desperately waited in the Paris rain, hoping to get a peek at a famous designer and their work. This is part of the scene at the Spring/Summer 2023 Paris Fashion Week.

“Paris sets the tone for fashion designers all around the world,” said graduate student Elizabeth Coyne.

Paris Fashion Week is one of the most well-known fashion events around the world. The 2023 Womenswear Spring-Summer line started Monday, Sept. 26, and ended Tuesday, Oct. 4.



Two models pose at Paris Fashion Week, the biggest fashion event of the year. Instagram, @parisfashionweek

Fashion Prof. David Bloom said, “Paris is the essence of fashion, as this city is where the whole concept of luxurious fashion began.”

Six new designers that were on this Paris Fashion Week’s schedule for spring 2023 were Anna October, Boutet Solanes, Florentina Leitner, Paula Canovas, Pressiat and Ruohan.

Sophomore Marena Capocci said, “There were so many new trends that emerged as well as the revival of Y2K fashion styles, which I happen to be a big fan of.”

Capocci thought that this particular Paris Fashion Week was truly where new designers began to emerge and that many of the shows served as a statement rather than just showing new designs.

The Federation enhances and coordinates Paris Fashion Week by connecting with other capitals like

Milan, London and New York to ensure international coherence, said Women’s Wear Daily.

Prof. David Loranger, an assistant professor of fashion marketing at Sacred Heart University, said, “Paris is a fashion lab. I always tell my students that in terms of trends, Europe is one year ahead of the U.S., and then trends come here. So, we really do look to Europe for inspiration on how to dress.”

Since Paris Fashion Week ended, there have been hundreds of thousands of reviews and critics’ opinions on the many designers and collections that were put out.

Sophomore Hannah Ruderman said, “I liked the leather accents being thrown into designs with different fabrics. A trend that I disliked through fashion week was the preppy style, as I don’t feel that it accurately represents the new generation of fashion.”

Additionally, Loranger said, “I think that the shows lacked overall cohesiveness in terms of inspiration. The colors were a strange mix of very neutral tones mixed with a wide variety of pop colors that mostly didn’t stand out.”

The Federation assists member and guest brands with logistics. Depending on the brand’s profile, the Federation

may also be able to provide financial support for exhibitions, said Fashion United. “For the luxury brands, they get a feeling of what is going to be important in the coming months, and for them to promote in their stores or with select retailers. For those select retailers, this is a chance to see what will be important to them for the coming season,” said Bloom.

Along with new designers being thrown into the mix, there were numerous well-known brands that were seen at this Paris Fashion Week. These include Giorgio Armani, Bottega Veneta, Coperni and more.

“Needless to say, going from Bella Hadid for Coperni, where the garment was sprayed on, to Kanye West YZY in oversized, highly structured black, gray and brown garments, we saw true extremes,” said Bloom.

This year’s Paris Fashion Week had more fans than ever seen before, with crowds surrounding the numerous buildings where the shows were taking place.

Capocci said, “I was fortunate enough to travel to Paris in the spring of 2022, where I was able to see collections launch for the first time in the world. Paris is the epicenter of fashion, therefore the shows are usually grander, the guest lists are usually more notable and the entire city focuses on fashion.”



Paris Fashion Week took place from Sept. 26 to Oct. 4 in a multitude of venues across the city. Instagram, @parisfashionweek

“Blonde”

BY TAYLOR BARONE
Staff Writer

The movie “Blonde” directed by Andrew Dominik was released on Netflix on Wednesday, Sept. 28 after its premiere at the Venice Film Festival on Thursday, Sept. 8.

The movie is based on the biographical fiction novel that goes by the same title written by Joyce Carol Oates. This novel is a fictionalized portrayal of Norma Jeane Baker’s, also known as Marilyn Monroe’s, upbringings, journey to becoming a celebrity, the relationships she had and trauma she suffered through to get there.

Despite the 14-minute-long standing ovation it received at the Venice Film Festival, the film has been getting backlash from critics and viewers because of the fictional depiction and sexualization of Monroe’s life.

“It is not a biopic, not in a familiar sense. It is not a chronological, nor an attempt at a complete account. Most crucially, it’s not factual,” according to Jocelyn Noveck in the Associated Press.

The film received a 42% Tomatometer score—the percentage of positive reviews from professional critics—and a 32% audience score on Rotten Tomatoes.

According to Rotten Tomatoes, the critics’ consensus on the film is that “Ana de Armas’s luminous performance makes it difficult to look

away, but ‘Blonde’ can be hard to watch as it teeters between commenting on exploitation and contributing to it,” while the general audience says, “It doesn’t matter how well-acted or creatively filmed it is, watching ‘Blonde’ is a really unpleasant experience.”

Similar to the mention of exploitation, sophomore and Film Club president Lauren Kehrle said, “While this may be considered on a case-to-case basis, I would generally argue that making movies such as ‘Blonde’ is an act of exploitation and casts a shadow over all that is admirable about celebrities, like Marilyn Monroe.”

“In its resolute focus on just one aspect of what being Marilyn Monroe must have been like, the movie simply caricatures her once again,” said Robert Levin, top critic from Rotten Tomatoes and Assistant Managing Editor for Newsday.

Mike Ward, another top critic from Rotten Tomatoes and editor and publisher of Should I See It, called it “yet one more example of a man taking a voice away from a woman and not caring enough to consider any of the consequences.”

In addition to the critic reviews, viewers of the film also had opinions regarding the movie and its controversy.



Cast of “Blonde” on the red carpet at the Venice Film Festival. Instagram, @ana_d_armas

“The movie oversexualized Marilyn Monroe’s life based on simply fictional accounts from an already controversial book that was proven to be fictional,” said junior media student Angelise Roy, who has watched the movie and kept up with reactions and responses of the film on social media. “It doesn’t let Marilyn Monroe rest, and it takes advantage of her in death as Hollywood did to her in life.”

Despite the controversy and backlash surrounding the film, some critics and viewers were able to recognize the acting and performance of Ana de Armas and the visual intentions and production techniques executed by the director and were able to give reviews—both good and bad—from a general movie perspective as well.

“What ‘Blonde’ IS is ambitious. Far-reaching, at times perhaps too far,” according to Noveck. “And frequently gorgeous, especially in expertly rendered scenes of old-fashioned Hollywood glitz, mainly in black-and-white—the endless flashbulbs popping (and sounding like gunshots) on the red carpet, the fans ogling, their faces sometimes distorted by lust.”

John Anderson, an author for the Wall Street Journal and another top critic from Rotten Tomatoes, said, “Andrew Dominik’s pseudo-biography is one long slog into sadness and more-than-predictable tragedy, despite a touching portrayal by Ana de Armas and the deliberately artful and often startling filmmaking of Mr. Dominik.”

Sports

Keeper Kipperman

BY GRACE HAND
Staff Writer

Senior goalkeeper Elyssa Kipperman of the Sacred Heart University women's soccer team is having a career year, with eight shutouts already this season, placing her among the top goalies in all of the NCAA.

Kipperman has played every minute of SHU's 15 games, posting a 8-5-3 record. With her goaltending, the Pioneers went on an eight-game unbeaten streak, the longest in program history. They are 4-1-2 in Northeast Conference (NEC) play, good for third place. "I want to win the [NEC] tournament," said Kipperman. "I'm ready for a ring on this finger. I think we can make it happen."

Kipperman and others in her class are part of a rebuilding program that started about four years ago. They are just starting to see the results from their hard work. According to Kipperman, something feels different about the team this season compared to previous years.

"We got in our heads a lot," she said. "We'd go a goal down or make mistakes and it was really tough to come back."

In her fourth year at SHU, Kipperman acknowledges that the team isn't the only change that affects her game.

"I definitely think I'm more confident on and off the field," she said. "Confidence is key, so I've been able to step on the field like I'm a leader and be confident in my abilities and my teammates to stop the ball from even coming to me."

Even with the added confidence to her game, Kipperman still has her superstitious traditions that she likes to stick to before every game. These routines are crucial to

keeping her locked in on the field.

"Every morning before a game I gotta eat my egg sandwich," she said. "That's very important to me."

Other pregame rituals include wearing the same clothes with her uniform, even down to the same color of pre-wrap. After stepping onto the field, she takes a few hops to center her mindset on the game ahead.

Her performance on the field is not the only aspect at SHU in which Kipperman excels. She finished her undergraduate studies in three years with a degree in exercise science and is now pursuing a master's degree in exercise and sports science. When not playing soccer, she is a research assistant for the women's basketball team.

"Even though you're playing Division I soccer, you can still do well in school," said Kipperman. "I'd say that's pretty cool to be able to say that I literally graduated college in three years while playing a sport and juggling social life and mental health and all that stuff."

Mental health, especially in college athletes, is a topic that is close to Kipperman's heart. Her own personal struggles have given her insight into how athletes are feeling on and off the field.

"It's okay if you're not okay," she said. "I've had situations where you could see it on the field for me and getting through that is tough. But we have the resources, you just gotta keep going."

Kipperman reflects on her more than 15 years playing soccer as she enters the last part of her NCAA career.

"My goalie coach used to say the goal chooses you," she said. "Since then, it's just been my calling."

Even through all the success she has faced this season, she continues to have a humble mindset.

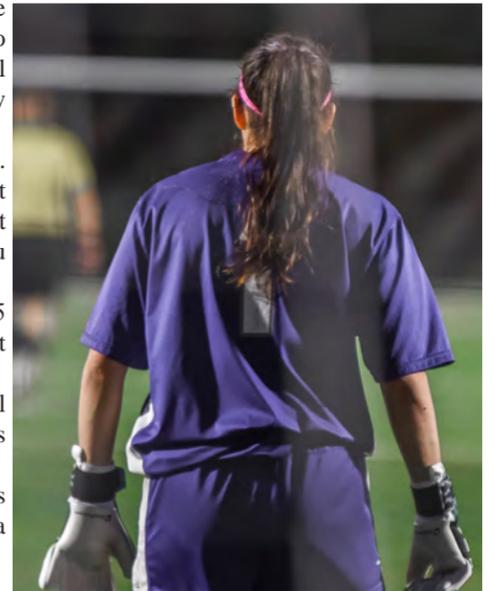
"There's a lot of people in this world that don't get to do what I do," said Kipperman. "I'm playing for the little girl that was standing in the back of the net as a kid, playing for all the little girls out there that can't do this."

Sacred Heart Athletics contributed to this article.



Elyssa Kipperman makes a save in match against University of Maine on Sept. 22.

Contributed by SHU Athletic Communications



Elyssa Kipperman standing in goal for the Pioneers.

Contributed by John Greene

Pioneers Under Water

BY SOLON MIHAS
Staff Writer

On Saturday, Oct. 1, Sacred Heart University's swimming and diving team had their annual pentathlon at McCann Natatorium in Milford. This marked the beginning of the 2022-23 season for the Pioneers.

Senior Casey Barrett won the pentathlon, and she also won the event last year.

Over the course of her career at SHU, Barrett has become a major part of the team.

"Casey is one of the fastest freestylers on the team," said Coach John Spadafina. "She could end up being one of the fastest freestylers to come out of this program by the end of the year."

Not only has she earned the respect of her coaches, her teammates respect her as well.

"We definitely all want to send Casey and the other seniors off with a good relay," said sophomore Rosemary Nieto, who currently holds the 100 yard breaststroke record at SHU.

Olivia McNicholas took home the diving title, setting a new one-meter pentathlon record. Last season, McNicholas was the first SHU diver in 11 years to win the Northeast Conference (NEC) diving title.

"All the other divers know my name and I'm the one that they are out to beat," said McNicholas.

Adam Vance, the program's diving coach, was named NEC Diving Coach of the Year a year ago thanks in large part to McNicholas's prowess.

"He sets a program for our divers and has done a fantastic job, and that shouldn't go without notice," said Spadafina.

Spadafina put praise not only on Vance but on McNicholas as well.

"Olivia is going to be a rock throughout the entire season, and not only as one of the best divers in the conference but also as a leader on our team," said Spadafina.

Leadership is another big part of this team, and it is up to the more experienced athletes to show the younger athletes the ropes.

"As a senior, I feel as though leading as an example is an important part of the role,"

said Barrett. "Using the past three years of experience helps me lead the younger classes throughout their season."

This teaching process leads to a family-like culture, a culture that Spadafina has been searching for since taking over the Pios.

"My goal when I took

Sacred Heart swim and dive team supporting SHU women's soccer in the crowd.

over the program nine years ago was to build a family," said Spadafina.

Since Spadafina took over the reins nine years ago, SHU's swimming and diving team has been on the rise.

"When I took over the program, we had 14 kids on the team," said Spadafina.

This season, the roster is at 36.

"In the 25-year history of the program, our preseason poll this season is the highest Sacred Heart has ever been polled," said Spadafina.

The Pioneers were projected to finish 4th in the NEC preseason poll. Their regular season is now underway, with the team having competed in two meets to begin their 2022-23 campaign. On Oct. 7 and 8, they competed at the Fairfield Invitational, finishing fourth, and on Oct. 15, they competed in the Iona Double Dual in New Rochelle, N.Y., with Iona University and Wagner College. SHU swept the diving competition, with McNicholas taking home the crown in the three-meter dive and fellow teammate Lola Barrett emerging victorious in the one-meter.

Their next meet is on Oct. 29 when they travel to Long Island to take on Stony Brook University.

Sacred Heart Athletics contributed to this article.



Sacred Heart swimmers practicing swimming with snorkels.

Instagram, @shuswimdivecoach

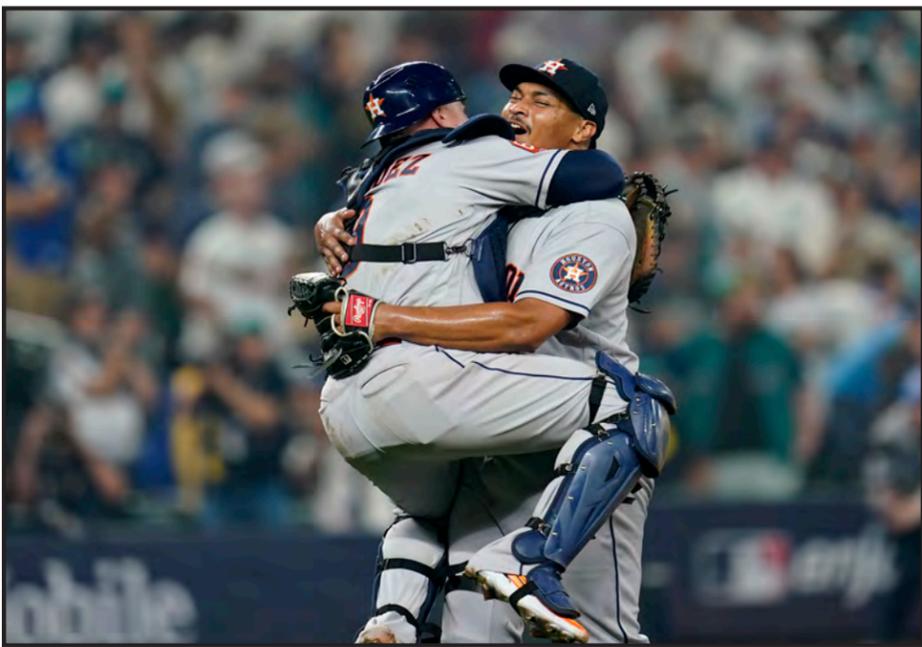


Instagram, @shuswimdivecoach

Sports

The MLB Playoffs: Baseball's Finest Hour

BY MOLLY JACOB
Staff Writer



AP Photo, Abbie Parr

Houston Astros catcher Christian Vazquez, left, celebrates with Houston Astros pitcher Luis Garcia after defeating the Seattle Mariners in the 18th inning in Game 3 of an American League Division Series baseball game.

Oct. 7 through Oct. 9 was the Wild Card round. This best-of-three series saw some close games and some considerable upsets take place. One of the biggest upsets took place in St. Louis, where the six-seed Philadelphia Phillies swept the three-seed Cardinals in two games.

That was the Phillies' first series victory in the postseason since 2010.

"What stood out to me was the energy that the Phillies had, they brought it every inning," said junior Johnny Greene, a member of the Sacred Heart baseball team.

Perhaps the most exciting series took place in Canada, where the five-seed Seattle Mariners won both games in Toronto against the four-seed Blue Jays. Game 2 saw the Mariners mount a comeback for the ages, coming back from 8-1 down through five innings to win the game 10-9.

In another perceived upset, the five-seed San Diego Padres went into Citi Field in Flushing, Queens and took the series from the four-seed New York Mets. The Mets, who won 101 games in the regular season, managed just one win in the playoffs after losing

the National League East division title in a tiebreaker to the Atlanta Braves.

"I did not think that Max Scherzer pitched well, and I found that the starting 9 for the Mets could not find an answer for Padres pitcher Joe Musgrove," said junior Justin Alter.

Musgrove, the game three starter for San Diego, allowed just one hit in seven scoreless innings to lead the Padres into the next round.

The fourth and final Wild Card series saw the newly named and three-seed Cleveland Guardians win both games against the six-seed Tampa Bay Rays. Game two of that series was particularly dramatic, as Cleveland's Oscar Gonzalez hit a walk-off home run in the 15th inning to break a scoreless tie and win the game for his team 1-0.

The MLB Playoffs are a finishing touch on what is always a regular season full of storylines.

The Yankees' Aaron Judge was always a good home run hitter, but he took his game to another level this season, breaking Roger Maris's all-time American League regular season homerun record of 61 by swatting 62 home runs. He hit his 62nd home run on Oct. 4.

"The MLB pulled off a really good season that featured Aaron Judge breaking a 61-year-old home run record and saw Albert Pujols become the fourth member of the 700-home run club," said Jake Cardinale, who is a senior sports writer for The Spectrum. "There were also many exciting pennant races."

The 42-year old Pujols, who has already announced his retirement at the conclusion of the season, needed 21 home runs to get to the historic 700 mark. He hit 24, and ended his illustrious career at 703.

During these sometimes chilly autumn nights, the anticipation and debate over which team will emerge victorious finds itself taking over the talk on the Sacred Heart campus. The playoffs are unpredictable, and the upsets and storylines add to the intriguing feel of MLB in October.

"The playoffs are a grind that enables the depth chart more than ever, and you're chasing runs," said Greene. "The small ball must be on point, moving runners into scoring position."

One thing is for certain in these playoffs, and that is that a new champion will be crowned, as the defending champion Braves lost in four games to their division rival Phillies in the NLDS as a two-seed, and the Phillies prepare for their first NLCS appearance in 12 years.

The NLCS and ALCS are scheduled to be played from Oct. 18 to Oct. 26, and, because the off-season lockout caused a week-long regular season delay, the World Series will be played from Oct. 28 through Nov. 5, if seven games are necessary. Nov. 5 would also mark the latest date on the calendar an MLB game has ever been played.

NFL Concussion Protocol Reviewed Following Tua's Injury

BY RILEY SOUZA
Staff Writer

The Miami Dolphins have been without their starting quarterback Tua Tagovailoa for the last three weeks. The third-year quarterback out of Alabama had to be brought off the field on a stretcher after suffering a concussion from a hit he sustained on Sept. 29 against the Cincinnati Bengals.

Controversially, this injury happened four days after Tagovailoa was subjected to what appeared to be another head injury on Sept. 25 against the Buffalo Bills.

What followed was a myriad of discussion around player safety in the NFL and a review into the NFL's concussion protocols. In the game against the Bills, Tagovailoa rose to his feet and immediately fell back down to the ground, unable to stand on his own.

He exited the game, and Dolphins personnel and independent neurotrauma consultants provided by the NFL cleared Tagovailoa of any potential head trauma and let him return to the game, which he finished without further issue.

One of those consultants has since been fired by the NFL Players Association (NFLPA) for making "several lapses of judgment." The Dolphins deny any wrongdoing.

"This is a relationship that I have with this human being. I take that seriously," said Dolphins Head Coach Mike McDaniel. "I wouldn't have put him out there if there was any inclination given to me whatsoever that he was endangering himself from that previous game."

Medical experts disagree with the Dolphins decision to allow Tagovailoa to return to the game, though.

"Anybody who has any training on concussions or cares about Tua as a human is not putting him on the field four days after what he showed on Sunday, so this makes it so much worse because we know that this could be career-ending or season-ending," Dr. Chris Nowinski, the founder of the Concussion Legacy Foundation, said per the Associated Press.

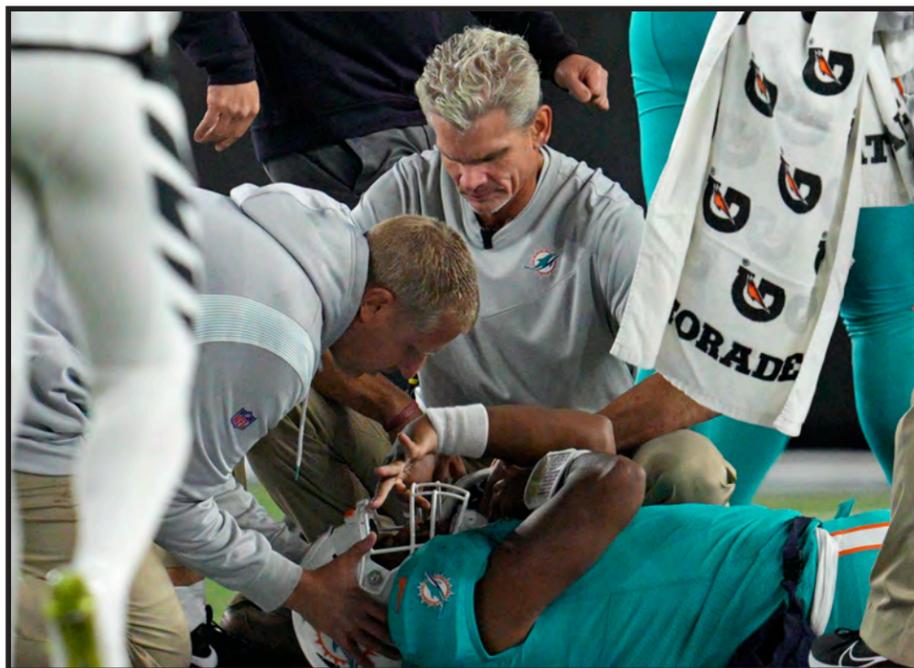
In the NFL's "signs of a possible concussion," it lists "stumbling, tripping, and instability." All of these signs were exhibited by Tagovailoa when he was initially hit.

"Tua showed five distinct signs of concussion," said Dr. Nowinski. "It just shows a lack of care for him as a human being."

The NFL has made leaps and bounds in their concussion protocols over the years. Among these improvements is adding medical spotters from press boxes, who are able to stop the play if they have an inkling that a player has suffered head trauma. Even with this, Tagovailoa was still allowed to re-enter the game.

"A failure in medical judgment is a failure of the protocols when it comes to the well-being of our players," said JC Tretter, the NFLPA president, on his personal Twitter account. "We have come a long way over the past 15 years, but the last week proves how far we have left to go."

The Dolphins state the protocol was done correctly and that he was medically cleared



AP Photo, Jeff Dean

Miami Dolphins quarterback Tua Tagovailoa is examined during the first half of the team's NFL football game against the Cincinnati Bengals, Thursday, Sept. 29, 2022, in Cincinnati.

to return to play. However, some people say that the eye test should be enough to bar a player from being able to return.

"As someone that's suffered multiple concussions and played football, I couldn't even imagine trying to step back on that field with one (concussion)," said Sacred Heart University junior Sam Doughty. "I would be fearful for my life."

Doughty, an ex-football player, has suffered from three concussions.

"When I suffered my last one, I was not able to leave my dark room four days later, never mind attempt to play football."

Tagovailoa, who missed Miami's last two games, plans to return to the field on Oct. 23 as the Dolphins take on the Pittsburgh Steelers.

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Are You into Crystal Juju?

LILY CASO
 CONTRIBUTING WRITER

In case you haven't noticed, a crystal "craze" is upon us. The use of crystals for healing, spiritual and emotional uses has grown exponentially in the past couple of years.

There are over approximately 200 different types of crystals for different purposes in life, with more to be discovered. One of the more popular stones you will probably come across when dipping your feet into the crystals world is amethyst. This stone currently hangs around my neck and is a personal favorite.

Its mesmerizing purple color brings out the soothing in one's mind and emotions. It is often described as way to protect the positive and light energy someone possesses.

As an individual who suffers from anxiety, I often find myself rubbing the lavender stone around my neck in many social settings. I know I'm not alone when it comes to anxiety.

If amethyst doesn't appeal to you, maybe the rose quartz will. Quartz is an extremely popular crystal you will hear about frequently in the crystal world. It is composed mainly of silica, giving it the chemical formula of SiO₂.

It is important to understand crystals have different formulas, which are created by many diverse elements. This helps produce the unique energies projected by these stones.

The quartz stone can come in many different varieties, but the one that projects love is rose quartz. These light pink stones help give off a positive energy that entices love.

Pretty appealing, right?

Whether it's loving yourself or another, this rock will initiate sentimental feelings, or even strengthen thoughts and emotions already there. The question you must ask yourself when choosing a crystal is, what do I want this crystal to aid me with?

Love is such a broad feeling that, most often, this crystal can even supplement the love and kindness you show others. It all just depends on what you want out of your crystal.

Let's say you already have stable emotions and feelings and you don't think a crystal could add much into your life. Well, even if you're happy as can be, crystals can still provide support.

If this is your case, a little protection for your energy might be helpful. My go-to stone for protection is tourmaline. Its strength is not only the purest of black color, but so is its job of protecting positive and useful energy.

It can even ward off negative energy and intentions. An idea for using this stone is hanging it from the outside of your bedroom door to ensure positivity and give peace of mind.

These are just a few uses for crystals; the list could go on. I'm sure instead of hearing about more crystals, though, you're wondering if they actually work.

The answer depends on you.

The key to crystal use is manifestation: when you want something, you are more likely to achieve it.

Crystals instill support and energy in these manifestations. Like any religion, believing isn't always seeing.

Crystals will have the power if you believe they do.

-Lily the Crystal Witch



Give Me a Break

JAKE CARDINALE
 SENIOR SPORTS WRITER

For the first time in several years, the Mets were finally having a great year, and they finally returned to the playoffs. They were one of the best teams in baseball. A World Series run did not look out of the question... until the three-game series against the Atlanta Braves, which ran from Sept. 30 through Oct. 2. The Mets entered the series with a one-game lead over the Braves in the NL East. Both teams had only six games remaining in the season: three against each other, then three games each against the Nationals and Marlins, respectively. If the Mets won all three games against the Braves, they would clinch the division. If the Mets won two out of the three games, they would have a two-game lead and would need to win only one of their final three games against the Nationals, who had the worst record in the league. Even if the Mets only won one of the three games, they still would have been tied for the division lead.

Since the Mets would still own the tiebreaker over the Braves, as they would have won the season series over the Braves, if the Mets won all three games against the Nationals, which they ended up doing, they would still win the division. The only thing the Mets could not do was lose all three games to a team they have been ahead of in the standings in the Braves since the season started back in April.

But, in Mets fashion, they lost all three games, putting them two games behind the Braves, and they ended up losing the division and falling into the Wild Card. Now, instead of getting a bye into the division series, in which they would have played

the Philadelphia Phillies, who they would have most likely beaten easily, they ended up playing the San Diego Padres in the Wild Card Round. As if the Mets season wasn't already going downhill, as they had already lost the division, and even if they were to beat the Padres, they would have had to face the Los Angeles Dodgers in the division series, who had the best record in the league this season, their season completely fell apart. They lost the series to the Padres. It is the same every year with this team.

This is the first time they are even going to the playoffs since 2016, six years ago. This team must be cursed. They cannot catch a break.



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