

The State of Israel

Conditions in Gaza as Hamas Attacks Continue



Abed Khaled, AP News

Wounded Palestinians sit in Shifa Hospital in Gaza City after arriving from al-Ahli Hospital following an explosion there on Oct. 17, 2023.

BY ERIN CLARK
News Editor

Hamas is an Islamist resistance movement that governs the Gaza Strip. They formed in Gaza in 1987 as a spinoff of the group the Egyptian Muslim Brotherhood. On Oct. 7 Hamas executed a series of attacks against Israel's militant members and civilians.

This attack killed hundreds who attended a music festival and communities near the border. It is also noted that Hamas took hostages back to Gaza, these civilians including at least 20 children. In response to this attack, there is a pending ground invasion from Israel on Hamas in the Gaza Strip.

"Israel's goal in a ground invasion is to erase Hamas completely so they cannot rule Gaza, what happens after they do that we do not know," said International

Relations professor Isil Akbulut.

Gaza is one of two Palestinian territories, the other being the West Bank which is located further northeast of Israel and controlled by the group Fatah. A major difference between Fatah, operating in West Bank, and Hamas, operating in Gaza, is that Fatah recognizes the state of Israel and accepts their right to exist whereas Hamas does not.

When Israel performs this pending ground invasion, they will be hurting civilians, although this is not the goal. Israel has been dropping leaflets informing Palestinians who live in the Gaza Strip to go south, as the ground invasion will only occur in the north.

"It is wrong to say that Gazans support Hamas, they don't want to live in fear, they're civilians," said Akbulut.

The United States is supporting Israel's right to defend itself and providing anything necessary. Both the US and Arab countries aim to support in a way that ensures the conflict is contained in Gaza so it does not become a regional conflict.

"I believe for a long time the Israeli government thought they were able to contain Hamas" said Akbulut.

In Gaza, which is one of the most densely populated areas of the world, electricity, fuel and water sources have been completely cut off. Over a million civilians have already fled their homes in Gaza pending the Israeli ground invasion.

"If they go ahead with the ground invasion it may lead to a humanitarian crisis," said Akbulut.

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Bridgeport Primary Under Review



Brian A. Pounds, Hearst Connecticut Media via AP News
Bridgeport city employee Wanda Geter-Pataky pictured during her testimony.

BY ANGELINA SPIEZIO
Staff Writer

On Sept. 12, City of Bridgeport constituents exercised their constitutional right to vote in the mayoral primary election. The candidates included two democratic candidates, incumbent

Joseph P. Gamin and Bridgeport's former Chief Administrative Officer, John Gomes.

Election officials, on Sept. 14, reported the election results, naming Gamin as victor. Gamin received a total of 4,412 votes, of which 1,545 were absentee ballots. Gomes secured a total of 3,961 votes, including 851 absentee ballots.

In an attempt to overturn the primary, Gomes filed a lawsuit against Charles D. Clemons, JR Town Clerk, Patrica Howard, Democratic Registrar of Voters, Stephanie Thomas, Secretary of the State and Ganim with the Superior Court, alleging irregularities in absentee ballots. A trial began on Oct. 12.

"Election fraud has existed in American politics ever since the beginning of elections, sometimes the results are due to the fraud while

other times the fraud has only minimal impact," said Professor of Political Science, Dr. Gary Rose.

"With respect to Bridgeport politics, accusations of fraud are now routine and with good reason," said Rose.

According to the Associated Press, the City of Bridgeport, "has been under state and federal scrutiny for alleged irregularities involving absentee ballots. New primaries have been called over the years in state legislative and local city council races because of absentee ballot problems."

Surveillance footage obtained by the City of Bridgeport and released by Gomes' campaign, showed alleged instances of tampering. A non-election official was seen outside of Margaret E.

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Jefferson Street Accident Update

BY MADISON BEEKMAN
Manager of Editorial Content

It has almost been a month since a two-car collision on Jefferson Street on Friday, Sept. 29 seriously injured five Sacred Heart University students and one Uber driver.

Four female students were in an Uber going westbound on Jefferson Street, when an eastbound car, driven by a male student, hit a curb, lost control and collided with the Uber. The collision left the eastbound car on its roof, according to Fairfield police. The five students and the Uber driver were all transported to the area hospitals with critical injuries.

According to Dean of Students Denise Tiberio, "Cayna Mangine has been back on

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News

Martin Fletcher: The Ones We Can't Forget

BY EMMA TURNER
Staff Writer

Martin Fletcher's career in journalism has led him across the world, and on Oct. 18, it brought him to Sacred Heart University to speak about his book, "Teachers: The Ones We Can't Forget," and to recall his life as a reporter.

His decades of work have taken him across the world, mostly covering war zones. Starting out as a writer for the BBC, Fletcher realized his true aspirations were to travel.

"I wanted to see the world, not just sit at a desk writing news like, 'And now, the weather.' Someone has to write that, and it was me," Fletcher said. Against his parents' wishes, he took a job at NBC as a cameraman.

Fletcher was able to travel and connect with many people across the world, often interacting with people at some of the worst times in their lives. This was brought on by war, famine, drought, or likely a combination of all of the above.

"I mean, you often find that famine is accompanied by war, and one of the reasons is because the people fighting the war steal the food from the people to feed the soldiers. This cycle of insanity is something that stays with me," said Fletcher.

In his newest book, "Teachers: The Ones We Can't Forget," Fletcher details the stories behind 11 images that begin each chapter.

"I wanted to create images that the audience could respond to, almost like a painting. I wanted to provoke an emotion in the viewer," Fletcher said.

Fletcher's goal while reporting is often to create moments of emotions by finding individuals whose

stories were indicative of a bigger picture.

In one story in "Teachers: The Ones We Can't Forget," Fletcher

remembers Raha, a suicide bomber from Gaza who was caught before her destination. Once, she was caught at the border and tried to pull the detonator, but it didn't work. Fletcher notes that he didn't get the chance to speak with her but saw her detained.

Because he was unable to speak with her, Fletcher found Raha's parents and community to piece together why she became involved with terror organizations.

"She lived in Gaza and had a terrific fire in

her kitchen; she was disfigured, her fiancé left her. She thought she had nothing left to live for, and then was manipulated by one of the terrorist groups in Gaza, who turned her into a suicide bomber," Fletcher said.

This is just one of many unimaginable stories Fletcher

writes about in his book. His journalistic approach is guided by what he calls "the essence of the story."

When reporting, he asks himself what the story is really about. "And then, I try to find someone whose story reflects that; tiny story tells big story," Fletcher said.

Fletcher finds that a lot of his experiences have taught him a lot about the world and can help teach others as well.

"The people that helped me, the people that interested me," Fletcher corrected himself, "were the people I met in these terrible situations, people who had lost loved ones in bombings or wars. And I always noticed how they were always able to carry on."

Fletcher consistently used that term, 'carry on,' to describe the tenacity of those he's met, especially those in the worst situations.

"You've got to carry on, take that next step. And the fact that people can do that, and how they do it, and do it," said Fletcher. "The greatest lesson I've learned as a journalist [is] the strength people have to carry on regardless."



Contributed by Gregory Golda, SCMA Professor
Martin Fletcher spoke about his book, his experiences as an NBC correspondent, and the current conflict between Israel and Palestine to a crowd consisting of students and members of the SHU community.

The State of Israel

BY ERIN CLARK
News Editor

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The Rafah border crossing is the border connecting the Gaza Strip to Egypt. Numerous Israeli airstrikes have damaged the access roads that link the border. Israel controls most crossings into Gaza and will allow Egypt to deliver limited amounts of aid to Gaza as well as resources from the international Red Cross.

"They're saying foreign passport holders are expected to be allowed out of the Rafah border crossing under a deal between Israel and Gaza," said Akbulut.

"If Egypt opens the border, it will be for a short period of time and only for certain people."

The United Nations has said that the southern region of Gaza will not be able to settle these fleeing civilians in such a short amount of time. The UN is urging Israel to avert a humanitarian catastrophe in Gaza.

Gaza City Hospital was hit by an airstrike, killing hundreds of wounded and other Palestinians seeking shelter. The Israel military said they had no involvement in this explosion, and that the blast resulted from a

misfired Palestinian rocket.

The second aid convoy reached Gaza civilians on Oct. 22 as Israel expanded their attacks to include locations in Syria and West Bank.

"How this unfolds will affect the possibility of future attacks," said Akbulut. "If it leads to more hatred on both sides, it will not solve the problem."

The Associated Press contributed to this article. All information included is as of press time.

Bridgeport Primary Under Review

BY ANGELINA SPIEZIO
Staff Writer

CONTINUED FROM PG 1

Morton Government Center at 6:30 a.m. allegedly depositing multiple absentee ballots. Another video also allegedly shows another person exiting the same building depositing multiple ballots.

"Corrupt elections seem to be part of Bridgeport's political culture; the only city in Connecticut where corruption not only occurs with regularity, but is actually expected," said Rose.

Absentee voting is a method that allows eligible voters who cannot physically cast their vote to mail in or drop off their ballot in designated drop off locations.

According to Connecticut Law, the voter must be registered and had to have filled out an absentee ballot application that was returned and vetted by the Town Clerk. The voter information is then inputted into the Central Voter Registration System. Each voter receives a ballot with a unique serial number, ensuring the voter who requested it can only vote with that ballot. After the ballot is filled out, the voter or a designee of the ballot applicant can mail in the ballot or physically drop it off via the Office of Secretary of State's approved drop off locations.

After the ballot is received by the Town Clerk, the serial number and barcode are checked to validate the voter who returned the ballot.

According to Bridgeport's mayoral primary, there were four absentee ballot drop off locations: City Hall, Margaret E. Morton Government Center, Fire House #10 and adjacent to the Fire House corner.

"I want to state unequivocally that I do not condone, in any way, actions taken by anyone including any campaign, city, or elected official, which undermines the integrity of either the electoral process or city property," said Ganim in a press release on Sept. 18.

The trial lasted five days including testimony from multiple witnesses, the alleged persons on the video and Ganim. "Judge William Clark said he hopes to issue a decision in about two weeks," according to AP news.

President of SHU Democrats, junior Anna Macaulay said, "Regardless of how this proceeds, whether they host another mayoral primary or not, it is very clear that the people of Bridgeport have been let down. These antics are against the American vision of democracy, they are immoral, and they are indicative of the failure of politicians and leaders in Bridgeport."

"The people deserve better, and the integrity of their vote has been absolutely tarnished," said Macaulay.

Jefferson Street Accident Update

BY MADISON BEEKMAN
Manager of Editorial Content

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campus and attending classes for a couple of weeks now. Amanda Hanlon is meeting with her doctors soon and hoping they will release her to return to campus. Olivia Graham and Olivia Marini are both rehabilitating near their homes in New York and New Jersey. Tyler Delk is still in the hospital."

Stefany Bailon, daughter of the Uber driver, Otto Bailon, reported in an update on GoFundMe that he was discharged from the hospital on Friday, Oct. 13.

"His physical therapy has been going great, he's been walking around and moving as directed, slowly but surely he's regaining his strength and mobility," Bailon wrote.

As of press time, the most recent update for Delk came from his aunt, Nichole Nicholls, via GoFundMe on Oct. 11. In

this, she reported that he was in critical but stable condition in the ICU.

"He is still on key life support including breathing tubes, feeding tubes, and continual medication for sedation, pain, injury, infection, etc," Nicholls wrote. "He has a traumatic brain injury which is by far the biggest and scariest unknown right now."

Olivia Graham's family also created a GoFundMe, with an update from her mom on Oct. 14 saying she was "moving to an Acute Rehab in [her] home state for a while to regain some of the life functions she has lost due to this tragic accident" and that she is "determined to be up and living her happy life as it once was."

According to the Fairfield Police report, its Reconstruction Team is still investigating the accident.

Features

A Spectrum Love Story

BY KATHLEEN CHIODO
Staff Writer

Richard Fohrenbach and his wife, Linda, were both on the Spectrum board 40 years ago, back when the paper was called The Obelisk.

The Fohrenbachs worked on The Spectrum board together in 1983, while he was the chief editor at the time.

“I was the editor and Linda would help me put the paper together, even though she was actually a computer science student at Sacred Heart,” said Fohrenbach. “She would come with me to help print the papers down at Trumbull Printing.”

The two would go bring the papers to Trumbull Printing, get the papers published, and then bring them back to distribute them around campus.

Fohrenbach was on the board for about two and a half years.

“Well, I would say I was on the board about two and a half years. It was basically the whole time I was a student at Sacred Heart because I came back to college after the Navy. The previous chief editor, whose name was Bob McGannet, invited me to be on the board,” said Fohrenbach. “I didn’t go to Sacred Heart the whole four years straight because I had credits from another university.”

Although his bachelor’s degree is in media studies, he never actually pursued his interest in journalism when it came to post-graduation.

“Bob McGannet, the previous chief editor of the paper, was a manager at a computer library automation project in Bridgeport and had given both me and Linda job opportunities,” said Fohrenbach.

“So, I didn’t pursue journalism post-grad because we started in the computer industry, and after I left Sacred Heart and had worked that same job for about a year after, I got my first corporate job at Dun & Bradstreet in Milton. Since the computer revolution was really happening in the 80s and 90s, I stayed in the industry. To this day I still work in data and IT,” he said.

After 40 years and a few moves around the country, Fohrenbach still reads The Spectrum to this day.

Although the couple has been living in the D.C. area since 2018, Fohrenbach said that throughout their entire time living in Connecticut, which was up until 2011, they would

regularly read and pick up the paper as he was still involved on Sacred Heart’s campus while being on the board of regions.

“Yes, I do read it and I still do plan to read it. I like it and I compliment it,” he said.

Fohrenbach is a follower of the Spectrum Instagram account and often reads the articles that are posted on the Spectrum website.

Kayla Goncalves, a senior at Sacred Heart, is a part of several clubs and organizations on campus. Throughout her time at Sacred Heart, she has built many strong relationships with the people of those clubs.

“It was nice to hear about Richard and Linda’s story because it helped me believe that I’ll be able to keep my relationships that I’ve made here at school last even after graduation,” said Goncalves.

Fohrenbach said that working for the newspaper impacted him and his career throughout the past 40 years.

“So, I did not pursue journalism, but I have written at every single job I’ve had,” said Fohrenbach. “That newspaper experience at Sacred Heart gave me that type of curiosity and passion to never be afraid to ask questions and always learn what you can.”



Contributed by Richard Fohrenbach, former Chief Editor of The Spectrum Newspaper

Richard Fohrenbach and his wife, Linda, pictured in a yearbook photo. They both worked on the Spectrum board.

Center for Career and Professional Development Fair

BY ANNA MCGRADY
Staff Writer

On Wednesday, Oct. 18, Sacred Heart University’s, Center for Career and Professional Development held its annual Career and Internship Fair. This fair invited employers from many different companies to set up a table and talk to students.

It was held at the Martire Family Arena hallway from 11 a.m. to 2 p.m. When students walked in, they were given a paper with a list of all the employers.

Students were greeted by people working at the event with more information before they headed inside.

“We had 52 employers attending this year’s career and internship fair representing all various industries such as healthcare, government, education, finance, retail, computer and IT services, and more,” said Executive Director of Career at Sacred Heart, Annie Suffredini.



Dillon Kneucker, Staff Photographer

Students were able network and make connections with employers at the Career and Internship Fair.

The employers anticipated hiring students for full-time, part-time, and internship positions. All students were invited and able to network, give out their resumes, and learn more about life after graduation.

Students packed the hallway and not a single table was left unoccupied. The employers were from all types of careers, so students had the opportunity to find employers related to what they wanted to do in the future.

Senior Madison McCurdy said, “It has been great so far I’ve had a lot of opportunities to speak to different campus recruiters to talk about their job openings and potential internships, so it is just such a wonderful opportunity to put my name out there and make those connections.”

Employers talked about their company and what position they hold in it. They offered advice and even connections that students could have if they wanted to go into the company.

Some companies that were present at the event were Sherwin-Williams, Hartford Healthcare, CT Orthopedics Specialists, Vineyard Vines, the FBI, and many more.

“Networking and educating yourselves on various employers and industries would be the most beneficial aspect for students. It is also a great way to build confidence. Career Fairs can be intimidating if you have never been to one, but if you have a great conversation with just one person and you feel good about it, we consider that a success,” said Suffredini.

Many of the tables had pamphlets and papers with all the information on their company. Some tables had little gifts like bowls of Chapstick, wristbands, pens, and more.

Students came with questions and did research on the employers to be prepared for their conversations with these companies.

“Whether you are seeking a volunteer opportunity, an internship, or full-time position after graduation, it’s a great opportunity to build connections and get your resume in front of some great employers,” said Suffredini.

The ability to engage in conversations with employers was one of the aspects of the event that senior Marena Capocci found most helpful.

“I was most excited to visit the Vineyard Vines table because I’m interested in fashion finance and loved getting insight from someone with the experience,” said Capocci.

Students were encouraged to come to the event whether they knew what career path they wanted to go down or not.

“I always look forward to the Career Fair because it is a helpful resource to help students plan their future,” said junior Ashley Collinson. “Being able to talk to people you would not have a chance to meet with and give them your resume is pretty great.”

CELEBRATING

To Our Readers...

BY BRENDAN WILLIAMS
Editor in Chief

For 40 years, the Spectrum newspaper has been a hub for students to receive their campus news.

Over the years, hundreds of students have contributed to the Spectrum and had their names grace the byline of countless articles.

Each writer and editor leaves their own mark on the publication with each article and photo published.

While the print edition of the newspaper has changed and each board of editors has come and gone, our mission has and always will remain the same: to report with honesty, respect and integrity.

As we turn the page into a new decade, we do so with a dedication to the tradition of quality journalism and a renewed commitment to providing an honest, diverse, and insightful newspaper for the Sacred Heart community.

Together with our readers, we will navigate the next 40 years with the same enthusiasm, passion and dedication.



40 YEARS

Reflecting on 4 Decades



SACRED HEART UNIVERSITY PHOTO

“The Spectrum might have been the most valuable course I took at Sacred Heart. It taught me the how to manage my time, how to write concisely, stay on point, dig deeper and, more importantly, ask the RIGHT question. All of those skills have helped to develop in to the TV Journalist that I am now.”

- Dario Melendez, former Editor in Chief ‘07- ‘08

“There’s a lot of things on my resume that I need to and should credit to spectrum AP style being one of them. Learning how to tell the difference between facts and fiction especially in today’s day and age.”

- Maisy Carvalho, former Editor in Chief ‘21-’22

“Working on the Spectrum staff taught me about teamwork and moving toward executing on a vision together. Our group was maniacal about our craft and the product we put out every week; we held each other accountable and pushed each other to get better. Every person also wore many hats — and I still feel the benefits of learning and ‘growing up’ in that scrappy dynamic.”

- Brian Fitzsimmons, former Editor in Chief ‘07 - ‘08



SACRED HEART UNIVERSITY PHOTO

“A piece of advice I could give student writers is to dig deeper. Go beyond the basic aspects of the article and ask the hard questions. A good journalist isn’t afraid to search for more information in order to provide a more complex, well-rounded report.” - Mia Sansanelli, former Editor in Chief ‘22-’23



SACRED HEART UNIVERSITY PHOTO

“From a journalism perspective, learning how to approach and handle a source with the utmost respect and kindness is at the top of my list of lessons I learned from my time at the Spectrum. First impressions and building a professional relationship with the people you interview is what builds journalistic credibility not only for yourself, but for the new outlet you write for. I will always reiterate the importance of how to treat sources because it was relayed to me so well during my days with Spectrum.”

- Robert Finizio, former Head Content Editor ‘22-’23



SACRED HEART UNIVERSITY PHOTO

Arts & Entertainment

From Stadiums to Cinemas: The Eras Tour Comes to the Big Screen

BY CAROLYN DOHERTY
Staff Writer

On Wednesday, Oct. 11, Taylor Swift's Eras Tour was brought to fans on a whole new stage. Instead of going to the stadium and seeing Swift perform live, her fan base, also known as Swifties, was able to experience the magic in a whole new way. This time though, in a smaller setting and with a cheaper ticket. It is the Eras Tour, movie theater version.

For fans who were not able to attend the actual tour, this offered them an alternative, one that is deemed just as fun. For the much lower price of \$19.89 for adults and \$13.13 for children, numbers which are very significant to Swift's career, Swifties were able to experience the community and fun brought upon by the record-breaking tour.

Due to popular demand, and according to 9News, it is promised by AMC that they will show the film at least four times a day, Thursday through Sunday. The original release date was Friday, Oct. 13. However, it did not play out this way.

"Look what you genuinely made me do: due to unprecedented demand we're opening up early access showings of The Eras Tour Concert Film on THURSDAY in America and Canada!!" said Taylor Swift via X.

The 165-minute film documents the entire Eras Tour concert, from start to finish. Viewers are taken through Swift's 17-year-long music career, witnessing the performance from the U.S. summer tour, which was filled with sets from all 10 of her albums.

Junior Sophia Venditti, who saw the concert live and in theaters said, "It was awesome. My favorite part of the movie was the diverse setlist and detailed performance

Taylor put on. It was arranged very well, and the production was exceptional."

Racking in over \$95 million just over the course of the opening weekend, it was estimated that over 4.8 million people went to theaters that weekend, according to CNBC News.

"Every seat in the theater was occupied. I was excited to see the close detail of the stage, and the props. I was in a pretty high seat when I saw her live, so seeing everything happen in high definition was a whole new experience," said Venditti.

Swift herself took to the cinema to enjoy a showing, surprising fans with her presence at an AMC Theaters in Los Angeles, California.

"I think I will just watch it with you now. So let's have a blast, guys. Thank you for coming," said Swift.

There was no strict dress code, but the Swifties took it upon themselves to match their attire to the occasion..

"Many people were dressed up, in merch from the tour, Taylor inspired outfits, and of course, many were sporting the infamous friendship bracelets," said Venditti.

Sophomore Gia Hart was also able to physically attend the show over the summer, as well as see the film at the movies.

"It made me so happy to be able to relive the Eras Tour and the excitement I felt. My favorite part was the ending credits, where it showed the fans outside the stadiums. It really shows how great the fandom is," said Hart.

Celebrating the Legacy of Gloria Naylor

BY MOIRA STAPLES
Staff Writer

"Why read Naylor? Why read?" asked Dr. Michelle Loris, Associate Dean of Curriculum and Special Projects at Sacred Heart University (SHU). "Because literature speaks to us about our humanity, it tells us something about the human condition."

SHU's College of Arts & Sciences and Department of Languages and Literature hosted the "With a Pen in Her Hand": Communities in Gloria Naylor's Fiction & Her Archives Conference from Oct. 19-20, celebrating the return of Naylor's archives to campus.

Gloria Naylor (1950-2016) was an African-American author known for addressing racism, sexism, classism, and homophobia in her work. Her debut novel, "The Women of Brewster Place," was awarded the National Book Award and is still taught in schools across America, including SHU, where it has become a required text for English 201 courses.

In 1994, following her teaching of "The Women of Brewster Place," Loris lobbied to award Naylor with an honorary degree. In 2008, thanks to her collegial relationship with Loris and appreciation for Sacred Heart's dedication to inclusivity and community, Naylor donated her archives to Sacred Heart.

"Why is it significant? Who cares? She [Naylor] has been one of the emerging and dominant voices of African-American women writers. What they have brought to American literature is in many ways immeasurable because it gets us thinking about literature in different ways," said Loris.

Dr. Emily Bryan, co-director of this conference, said she thinks Naylor knew that Loris would effectively and seriously make it her obligation to broaden this conversation.

"We really do look forward to figuring out ways to integrate Naylor's archives into our coursework, but also maybe figure out ways to invite scholars here to work on her archives," Bryan said.

Loris does see this as an obligation, especially as a faculty member of a higher

learning institution.

"As a university, our job is to cultivate, develop, and promote knowledge and truth," said Loris. "So how is this not part of that larger enterprise?"

Bryan also noted the importance of Naylor's works, compared to other archives.

"I think it is very important for us to support the study of Black women writers in the archives when most of what has been saved and kept was really white, male writers," said Bryan. "So, it's a correction to that because she [Naylor] has so much documentation, putting it here, she knew we would take special care of it."

Many of Naylor's characters prompt readers to think about the intersectionality of women: thinking of the character as a person beyond merely their gender, race, class, and sexuality.

Loris' English capstone class works with influential, often marginalized American writers, like Naylor, to learn more about the ways they capture humanity and speak about the human experience. As a part of their work, many students turn to the archives for research and examples in Naylor's pieces.

Senior English major Colleen Degennaro said that by studying writers like Naylor, she feels that she has a better understanding of the world around her and her place within it.

"African American literature, specifically Naylor's writing, kind of flips the concepts of white supremacy and the social constructs we have established in our society on its head. It allows us as students to actively participate in antiracism and that prepares us as the generation going into the world to continue that work and bring about a more inclusive society."

Along with the conference, an exhibition of Naylor's works, including a mural painted by SHU students, will remain on display in Edgerton Atrium Art Gallery from Oct. 19 through Dec. 1.



Tracy Deer-Mirek, Sacred Heart University
Gloria Naylor pictured at Sacred Heart after donating her archives to the university in 2009.

Celebrating 40 Years of The Spectrum: A Look at Arts & Entertainment in 1983



Instagram, @cinplexmovies

The 40th Anniversary poster for "Star Wars VI: Return of the Jedi," which was the highest-grossing movie of 1983.

Top Movies:

- "Star Wars VI: Return of the Jedi"
- "Tootsie"
- "Flashdance"
- "Trading Places"
- "WarGames"
- "Octopussy"
- "Staying Alive"
- "Risky Business"

Top TV Shows:

- "Dallas"
- "60 Minutes"
- "Dynasty"
- "The A-Team"
- "Simon & Simon"
- "Magnum, P. I."
- "Falcon Crest"
- "Kate & Allie"



Instagram, @classictvseries

The cast of "Dynasty," which ran from 1981-1989.

Top Songs:

- "Billie Jean" by Michael Jackson
- "Every Breath You Take" by The Police
- "Total Eclipse of the Heart" by Bonnie Tyler
- "Beat It" by Michael Jackson
- "Sweet Dreams (Are Made of This)" by Eurythmics
- "1999" by Prince"
- "Let's Dance" by David Bowie
- "Girls Just Want to Have Fun" by Cyndi Lauper

Sports

Esports at SHU Continues to Take Off

BY JOHN HEINZE

Staff Writer and Circulation Manager

Esports classes at Sacred Heart University (SHU) have grown in popularity due to the Esports minor that is now an option for students.

Esports is known as competitive video gaming. One of the main Esports classes that SHU offers is called Foundations in Esports. Junior Joseph Pugiliano attends Foundations in Esports every Wednesday. He is not a part of the school's Esports team but enjoys video games.

"That is something I am looking into because it is a very quick and easy minor to get done," said Pugiliano.

The Esports Game Night took place on Monday, Oct. 16. This was an event to promote the Esports minor at SHU.

"It's for students to learn more about the minor because the minor is only six classes and they are three credits each so it's really easy for people to add an Esports minor, then become a part of the Esports program and also be involved with the showcase, which is just a great experience in the first place no matter what your major is," said graduate student and former Editor-in-Chief of the Spectrum, Mia Sansanelli.

As the Esports graduate assistant, Sansanelli is responsible for coordinating events for both the Esports minor and the Esports team. The spring showcase is one event that she planned which consists of teams competing in Esports.

"That weekend we have a bunch of Esports teams that come from just Connecticut, and they compete in about three to four games," said Sansanelli.

This is an event that will provide students with useful skills and experience.

"Students would gain first-hand experience in areas such as social media, sponsorship, broadcast production, streaming, live casting, event management, and sports communication. You do not have to be declared for the minor to avail yourself of the capstone, or even working as an intern in preparation for the event," said Prof. Joshua Shuart.

Shuart is one of the co-directors of the Esports academic program. A unique aspect about the Esports program is the variety of skills that students are exposed to.

"One thing we felt strongly about was that it would only work if we did it together. Where all sides could be represented, and business students were exposed to video production, journalism, media culture, and where communications students were exposed to marketing, sponsorship and event management. In the end, that is the best way to ensure a well-rounded educational experience," said Shuart.

For students who want to take Esports further than the classroom, SHU has a club Esports team. This team consists of

competitive and casual players.

"The main difference between competitive and casual gameplay is the skill. In casual, you get to play with pretty much anyone in any rank division plus you get to mess around and have fun with friends without the stress of losing any skill rating. In competitive, on the other hand, you get matched with players similar to your rank division and battle to gain victory and a higher skill rating," said junior Daniel Rodriguez.

Rodriguez is a part of the Overwatch Esports team. He has matches once a week.

"I'm still thinking about whether I want to continue to pursue Esports in the future, especially since I will be starting work soon and might not have the same amount of time to play video games, but it would be fun to be on a team and play at that competitive level," said Rodriguez.

For students like Rodriguez who want to continue with Esports, picking up the minor could give them that opportunity.

"Our goal is to educate students for meaningful internships and employment where we already know the bulk of the jobs and revenue are in esports: business (ex: sponsorship) and communication (media rights)," said Shuart.

Women's Bowling: Looking For a Three Peat

BY NICHOLAS VUKOTA

Staff Writer

The Sacred Heart University (SHU) women's bowling team, founded by Coach Becky Kregling in 1993, is celebrating three decades of growth.

They have won back-to-back Northeast Conference (NEC) championships.

"I was in my 20's and a competitive local bowler when Rob Cottle, who had already launched the men's team a season prior, reached out to me about coaching a college team. Despite having no coaching experience, I accepted the offer," said Kregling.

From beginning with a budget of just \$2,000, where team members had to cover practice, meals, and most travel expenses out of pocket, the team has risen to prominence as a National College Athletic Association (NCAA) championship sport.

Last season marked not only the team's 30th season, but also Coach Kregling's 30th season at the helm.

A pivotal moment in the team's journey was the elevation of college bowling to NCAA championship status in 2004. At the time, only 40 teams sponsored bowling, but last season, the

number surged past 100.

"We are a different team working to be successful on the lanes this year. I always looked forward to improving and not living in past successes," said Kregling.

Her quiet and focused approach is something she passes on to her student-athletes, emphasizing the importance of humility, self-belief, and teamwork.

"Coming off back-to-back NEC Championships definitely gives everyone on the team something to strive for. The feeling after winning our conference championship both years has been indescribable. We also celebrated our championship with a ring ceremony, which was a reminder of how our hard work leads to great things," said senior Paige Donovan.

The team was ranked 17th in the National Tenpin Coaches Association (NTCA) poll heading into this season

"Collectively, I don't think we feel much pressure. We know what we are capable of and what we want to accomplish. We're always focused on the day we're on so we can reach our end goal of being champions again in the future," said junior Rachel Glowniak.

Glowniak was named NEC Rookie of the Year in her debut season.

"Winning NEC Rookie of the Year gave me more confidence that I made the right decision to bowl at this level. This season, I'm using practice to improve my release, have more revolutions on the ball for a higher strike percentage, and practice shooting more spares for better accuracy," she said.

"I've also been trying to help our freshmen feel more comfortable with the team. The freshmen are the future of the team, so I want to help set them up for success the best I can," said Glowniak.

Going into their 2023-2024 season, the SHU women's bowling team is the favorite to win the NEC for the third consecutive year.

"It is an honor to be picked first by other coaches, but we honestly do not talk about the preseason poll. We keep moving forward with our goals, staying focused on our journey ahead," said Kregling.

Sacred Heart Athletics contributed to this article.

Celebrating 40 Years Of SHU Sports

BY SHANNON TUTTLE

Staff Writer

In 1983, Sacred Heart University (SHU) was a small Division II school, home to just four athletic teams. Since then, the university's athletics have significantly grown to welcome 33 NCAA Division I teams, 39 intercollegiate club teams, and an intramural program.

The evolution of SHU athletics dates to 33 years ago with the addition of two big aspects to the school: James Barquinero and football.

"What if we start football, then maybe a marching band, then cheerleaders, maybe down the road start a dance team," said Barquinero, SHU Senior Vice President for Enrollment, Student Affairs, and Athletics, to the president at the time.

Barquinero said upon his arrival at Sacred Heart, he heard the news of eight northeast schools dropping their football program. With SHU also being in the process of switching from commuter to residential living, Barquinero knew he could not miss out on the opportunity of adding a football team.

Barquinero's visions for the university's athletics continued to grow as he pushed for the addition of more sports teams. Barquinero said other schools in the northeast conference questioned him as to why he was including so many sports in the university's program. They called him crazy, saying his

decisions would backfire.

"The more they said that the more I said 'Good, they don't want to do it. More athletes for us then,'" said Barquinero.

Yet his desire to advance SHU athletics did not end there. Barquinero took his "crazy" ideas one step further when he began to think Division II was not enough.

In 1993, Barquinero hired a new Athletic Director, Donald Cook. Together they decided to move Sacred Heart out of Division II and into a Catholic college conference, but they were denied from entering. After this, Barquinero and Cook made up their minds.

"Don, we are going D1," said Barquinero.

Since then, Sacred Heart Athletics have been Division I with 33 teams representing the university. A significant shift from 40 years ago when men's basketball, men's soccer, baseball, and softball were the only teams comprising SHU's athletic program.

Now Sacred Heart is home to a myriad of athletes and sports teams.

"One in every four students here are involved in some type of sport," said SHU Club Football Head Coach and Associate Director of Athletic Marketing, Greg Jones.

Athletic Director Judy Ann Riccio called this expansion

"an explosion of growth." She said during her time at SHU she witnessed the two recent additions of Division I women's rugby and Division I women's wrestling.

She watched the women's basketball team earn the school's first NCAA tournament basketball victory last March and the cheerleading team take home their fourth consecutive National Championship. She also made note of the newly built Martire Family Area.

This \$70 million hockey and skating area was Barquinero's last project for the university. The rink houses the men's and women's Division I hockey programs, the figure skating team, three men's club teams, and the women's club team, not to mention the avid attention of many hockey fans.

"It is a fun atmosphere to bring the school together while supporting our hockey players," said sophomore Shannon Willard.

Riccio believes the university's athletic program will continue to build on the success and accomplishments captured in the past four decades.

"It's pretty incredible to see where the school came from. I can't even imagine what it's going to be like in the next 40 years," said Jones.

Editorial

Reflecting on 40 years

BY PROF. JOANNE KABAK
Faculty Advisor

It's been a privilege to be the faculty advisor for Spectrum for the past 15 years. As often happens on a career path, my journey to this role began with a few steps and fortunate turns.

Connecting to Sacred Heart University began with six colleagues in a writers' group who came together once a month. Each of us was working on our own news articles and books. We met to read our writing to one another, provide constructive criticism, share updates, and, of course, chat. One of the writers was Dr. Debbie Danowski, a professor at Sacred Heart, who was writing a book. I told Debbie that I was interested in teaching as well as continuing to write, and I asked her to let me know if she heard of anything.

She did. My next step was to meet with Dr. Jim Castonguay in one of the small offices in Melady Hall – was it even called Melady then? - the home of the media studies department. You could almost capture the history of Spectrum, indeed the whole university, by tracing the story of how the facilities on campus have changed during the past 40 years. Anyhow, Jim quickly ran through how to access “myshu” on the home page, what to put into a syllabus, and when to start teaching a 101 course.

On my first day of class, I got lost in the maze of corridors on the second floor of the HC wing and couldn't find my room. When I finally did, the first person I saw was a student standing outside the door who said to me, “The course is full and I really need to take it. How can I get in?” I had no idea.

Things looked up from there and during the next few semesters I taught a number of 101 classes, along with the history of journalism and of broadcasting, and special topics like media and humor. Then a new opportunity came along. The instructor of the two news writing classes moved on to a full-time position at another university. Both of her courses and the Spectrum advising role opened up. For me, it was about being at the right place at the right time.

The experience of working with Spectrum over these many years has been deeply rewarding. Spectrum got bigger – more color, more editorial board roles, more web presence. And it also got smaller, going from 16 pages in the early 2000s to 12 pages to eight pages now. The pressures of publishing during the pandemic contributed to that decision. Many things can change over time with a weekly newspaper.

But some key things stay the same. Spectrum has never veered from being fully managed by students. As the advisor, I don't pick the topics and I don't see the final articles before they are published. There is, however, a strong feedback loop that entails a lot of discussion and planning between the editors and me.

There's also the quirky relationship between Spectrum, an organization under CCO, and the news writing classes under the School of Communications. Staff writers in the classes write for Spectrum as they are learning the ropes. But they are on two separate tracks while working on an assignment – one for collaborating with student editors for publication, and another with me for class instruction and credit. It takes a little time to understand the process, but in the end it's excellent training for professions where you are often accountable to more than one line of authority.

No retrospective is complete without mentioning the exceptional effort of the students who have been part of Spectrum for the past 40 years. I can verify 15 of those years firsthand. It continues to amaze me how much energy and heart students put into identifying topics, working one-on-one with writers, distinguishing between what is good journalism and what is not, and just getting the paper out on the racks and on the web unfailingly each week of publication. What's more, while the paper is in production, you can often hear laughter and chatter from the office. Working on Spectrum is hard work, but it's also a shared social and team-building experience.

It's not just the writing and reporting that matters. Spectrum requires photography, public relations, distribution, a website, advertising sales, financial management. And those areas aren't even taught in the class. Students bring their own skills sets to make Spectrum run like the well-oiled machine it needs to be.

Much recognition belongs as well to the whole Sacred Heart community, especially to those who, from among the faculty, staff, administration, and student body, get a question posed to them from a reporter, perhaps one who is working on an article for the first time: “Are you willing to be interviewed?” So many have answered “yes.” And those voices are what enables Spectrum to be unique.

When it comes to ending an article, I always instruct my students that there are only two ways to do it: with facts or with quotes. I tried to find a fitting journalism quote online. But they were all too cynical or long-winded. So I'll end with a couple of facts:

Time frame: 40 years and counting. Next issue: Nov. 1.



TRACY DEER-MIREK, SACRED HEART UNIVERSITY

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

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

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