

WATCH THE PIONEERS IN ACTION:

SATURDAY 9/16:

MEN'S FOOTBALL VS. WAGNER COLLEGE AT CAMPUS FIELD AT 1 P.M.

SATURDAY 9/16

MEN'S CLUB FOOTBALL VS. GREEN WAVE AT CAMPUS FIELD AT 7 P.M.

SATURDAY 9/16

WOMEN'S RUGBY VS. MOUNT SAINT MARY'S. TUESDAY 9/19: **WOMEN'S SOCCER** VS. LEHIGH AT 6 P.M.

UPCOMING EVENTS:

THURSDAY 9/14

IMPROV SHOW ACADEMIC BUILDING LITTLE THEATRE 10 P.M.

THURSDAY 9/14:

DEMOCRACY IS DELICIOUS

63'S PATIO LAWN 12 P.M.

SATURDAY 9/16:

TAYLOR SWIFT NIGHT ACADEMIC BUILDING QUAD 6 P.M.

The Suite Life of Students at the Guest House

BY ERIN CLARK
News Editor

For the first time ever, Resident Success Assistants (RSAs) are being housed in Sacred Heart's Guest House on West Campus along with first-year students.

West Campus, home to the Jack Welch College of Business & Technology, is also home to the Guest House. Currently, it houses approximately 46 to 48 residents and three RSAs.

"As an RSA at the Guest House I get a very unique opportunity. Every building comes with their own challenges and attributes and we're all navigating what those look like for our building to do the best we can. I lived off campus my freshman year so I know first-hand what it's like to feel the distance and crave

community; that's been my first priority for all of my residents," said junior RSA Kayla Colon.

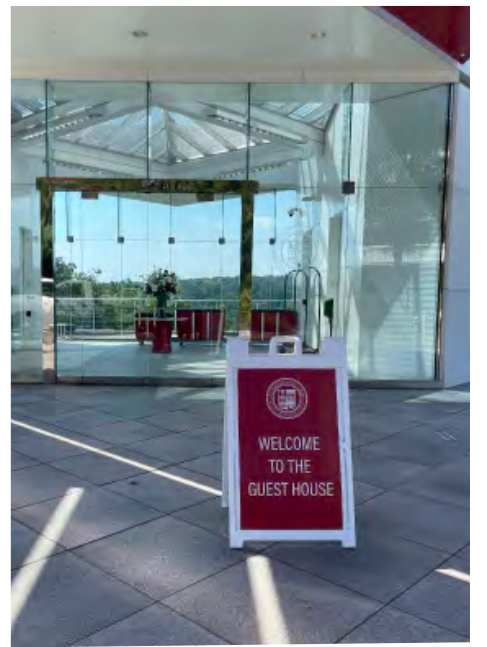
Due to a larger first-year class, the Guest House is currently being used as temporary housing. While students may not be living directly on the main campus, Sacred Heart University has provided similar amenities in the Guest House that other first-year dorms have to make the residents feel as at home as possible.

"Being an RSA in the Guest House, especially for my first year as an RSA, has definitely been a unique and sometimes unideal experience, but it's also been incredibly fun and I'm super grateful to be thoroughly enjoying every minute of the journey. I wouldn't trade the experience for anything. I'm glad I have still been able to help freshmen adapt to SHU, especially living in a different dorm than Roncalli, Merton or Seton like their peers," said sophomore RSA Elleahna Anderson.

According to Sacred Heart, all rooms have new University furniture that includes two standard twin beds, two desks, two desk chairs, two dressers and a refrigerator. Guest House residents also enjoy exclusive access and amenities in the café, game room and all-new pantry. The pantry will offer 24/7 access to complimentary snacks and drinks Monday through Friday.

Nick Meachen is the Senior Resident Success Assistant (SRSA) of the Guest House. "It's definitely a lot more to take on but the RSAs in Bergoglio, Guest

House, and Roncalli have all been doing their part which makes my job a whole lot easier. I'm really impressed with how the RSAs have been able to roll with the punches," said Meachen.



Nick Meachen, Ad Sales/Finance Manager
SHU's Guest House is now being used for temporary on campus student housing.

As for the commute, Guest House residents & RSAs are provided with SHUttle service to and from campus. With a SHUttle stop about 100 feet from the entrance to the Guest House, SHUttles run continuously with two separate shuttle routes.

"My commute to class has improved my time management skills to say the least. Waiting and taking the shuttle gives me a chance to sit with my residents and have conversations I wouldn't have the opportunity to without it," said Colon.



Contributed by Eva Varessis, '27
A look inside one of the rooms turned student dorm at Sacred Heart's Guest House on West Campus.

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News

Gotta Get Down on Big Red Fridays

BY MOLLY BRUTON
Assistant News Editor

Starting on Sept. 1, Sacred Heart University introduced Big Red Fridays. Every Friday, students are encouraged to celebrate pioneer pride by dressing in SHU gear and attending the weekly event on Friday evenings.

“Over the past two years we have heard a lot from students about looking for more school spirit outside of athletics and for bigger and cooler events,” said Alex Barkley, Director of Student Engagement and Involvement at SHU. “Hearing both points, Big Red Fridays was created.”

On top of the events, Big Red Fridays offers a new system of Pio Points for when you check in at these events. The events range in value of points from one, three, or five. These points will build up on students’ SHU Engage account and they will eventually be able to redeem them in the online store through SHU Engage.

“I think Pio Points are a great incentive for students to get more involved on campus,” said senior Senator Julianna Aligo. “I know lots of students that would love to have more opportunities to get SHU merchandise.”

The first Big Red Friday event, the Just SHU It Involvement Fair, took place Friday, Sept. 1 in Pioneer Village. This was an opportunity for undergraduate students to learn more about campus clubs and organizations.

“Each Big Red Friday event will provide a limited number of special edition SHU shirts that will be available as supplies last at each Big Red Friday event over the year,” said Barkley.



Instagram, @shu.involvement
Students pose for picture with President Petillo at last year's President's Gala.

Future Big Red Friday events include the Arcade Edition on Sept. 22 featuring a human claw machine, the Pride Edition on Oct. 1 featuring a full drag show, and the Paint Edition on Oct. 20 featuring a glow paint dance party.

“We are hoping that everyone wearing SHU apparel on Fridays will show how large and connected our community is,” said Barkley.

“The events are unlike what we have normally seen at SHU, they are a great way to have fun with friends both new and old.”

The events for Big Red Friday are put on by Student Life, and other clubs and organizations may also contribute to the events. In the future, clubs such as SET and Student Government have plans for collaboration.

“This will bring the campus together by involving a large number of students,” said senior Finance Comptroller for Student Government Boris Paul.

“Overall, it is a really great way to show pride in our school and bring the community together,” he said.

This past Friday, on Sept. 8 the Big Red Friday event was the President’s Gala. This is an annual gala thrown for students to come together at the beginning of the year.

This year, the theme of the gala was “All That Glitters,” and students were encouraged to take photos at the varying locations around campus with glittery décor.

“The President’s Gala is something my friends and I look forward to every year,” said senior Alissa Dorey. “The glitter theme made for some fun pictures. Between the Just SHU It Fair and the Gala, First Year Fridays are off to a great start.”



Sacred Heart University
Promotional poster for Big Red Fridays with themed stickers for each event planned this semester.

The Spectrum of Politics: Student Government Elections

BY ERIN CLARK
News Editor

The Sacred Heart University’s Student Government’s annual fall election takes place on Sept. 14. This semester the elections are geared toward the entire first year board which includes the President of the class of 2027, the Vice President, the Traditions Chair, and the Class Relations Chair.

“The fall elections are a vital part of student government’s year as it sets up the first-year class’s board,” said second year graduate assistant Angelika Demestihias. “It is so important to get the message of elections out there so the first-year class can be set up for a successful year of events and coming together.”

Other areas of student government with availability to apply to are the class of 2024 Traditions Chair and Class Relations Chair, as well as on the Senate Board and the Judicial Board.

“This Student Government elections is the beginning of a new year for the organizations,”

said senior Student Government President Megan Clifford. “Every election always feels like a fresh start for us as an organization and we are so excited to work with all who join us this year.”

To apply to Student Government, it was required you attend an information session and then submit an election packet. Information sessions were held Sept. 5-7 at both 12 p.m. and 7 p.m. Election packets were due by 11:59 p.m. on Sept. 7.

At these sessions, students are presented slideshows with information on student government as well as breakdowns on the roles and requirements of each position.

“The info sessions are an opportunity for those interested in applying to not only understand what student government does, but also to understand what would be required of them in varying roles,” said Demestihias. “It is a key part of elections so the students applying know what is expected of them behind the positions they are applying for.”

There are two events that correspond with the student government elections, What’s the Scoop with SG and Democracy is Delicious.

What’s the Scoop with SG is on Sept. 13 from 2 to 4 p.m. on the Chapel Quad. “At this event, students can learn about who student government is and what we do for the students,” said Clifford.

Democracy is delicious is on Sept. 14 from 2 to 4 p.m. This event takes place on election day. There are food trucks and QR codes encouraging students to vote for the students running for positions in their class year.

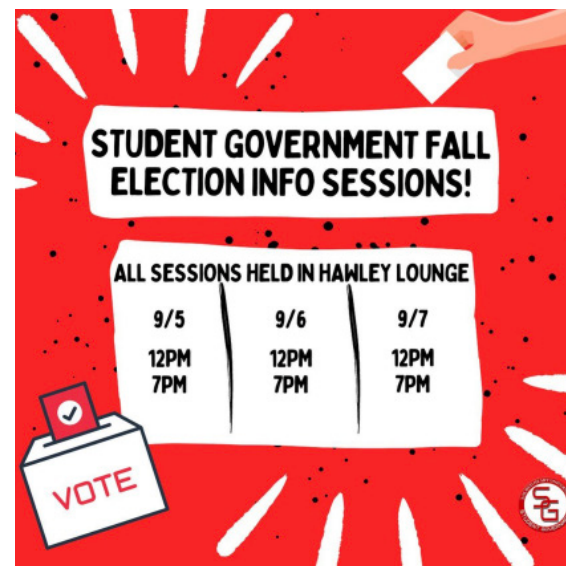
“I think the last election we had in the spring semester had such a sizable turnout that we can expect to see large numbers again this semester,” said senior Finance Comptroller for Student Government Boris Paul. “I think this election will be just as good.”

Student government has future elections in both the winter and the spring in order to fill positions that have been emptied by students graduating as well as to elect positions for the upcoming school year.

“I am excited to see what the election brings in terms of the new student government members and I am sure they will be extremely successful,” said Demestihias.



Instagram, @shustudentgov
Sacred Heart’s Student Government encouraged students to vote with food trucks and by advertising the elections.



AP Photo, Steve Dipaola, File
SHU’s Student Government held multiple info sessions for students leading up to the elections on Sept. 14.

Features

Empowering Educators

BY GERALDINE PAGLIA
Features Assistant Editor

Sacred Heart University's Isabelle Farrington College of Education & Human Development (FCEHD) has partnered with The Southport School in Southport and unveiled a Dyslexia Graduate Certificate program.

Dyslexia is a learning disability that affects individuals of all ages, often leading to challenges in reading, writing and spelling. This online program, comprising 18 credits, is designed to champion a whole-child teaching approach for students facing reading difficulties, equipping educators with the knowledge and practical experience necessary to implement evidence-based literacy instruction.

The online format caters to the diverse needs of individuals seeking to enhance their knowledge and skills while accommodating their busy schedules.

"The focus is to help those SHU graduate students in the program to understand the foundations of dyslexia, how to assess and evaluate students' literacy strengths and needs, and to design a comprehensive plan for instruction based on those findings," said Dr. Kristin Rainville, Associate Professor and Program Director for Literacy at FCEHD.

The Dyslexia Graduate Certificate is a comprehensive program designed to empower educators with the knowledge and skills needed to support individuals with dyslexia. Participants come from diverse backgrounds, including teachers, speech-language pathologists, and psychologists.

"All educators need to be aware of dyslexia and what it means for their instruction and classroom- whether they teach in an elementary school, a high school physics class, or a college classroom," said Dr. Sally Drew, Program Director of Special Education and Associate Professor of Teacher Education.

The curriculum of the certificate program is tailored to meet the specific needs of dyslexic individuals and aligns with the latest research in the field. The program covers a wide range of topics, including the foundation of dyslexia, phonetics for educators, evidence-based writing instruction, and diagnosis and remediation.

The program emphasizes practical experience, ensuring that participants are well-versed in theory and equipped with the skills to implement effective interventions.

Through supervised practicum experiences, participants work directly with dyslexic learners, gaining invaluable hands-on experience in applying their knowledge in real-world settings.

"There is a part where you are working in the population, an internship component to it," said Dr. Catlin Ross, Associate Professor in the Dept. of Communication Disorders.

Graduates of the program are well-equipped to become advocates for dyslexic individuals in their respective fields. Whether they are educators implementing evidence-based instructional strategies in their classrooms or therapists providing targeted interventions, these graduates play a crucial role in transforming the lives of dyslexic learners. The knowledge and skills acquired in this program can have a ripple effect within communities.

"As a parent of a child with dyslexia, this program is important to me personally and professionally," said Katherine Cunningham, Associate Professor of Elementary Education. "I'm so grateful to be a part of this important program at SHU to help make learning to read easier, rather than harder, for children and for teachers to be fully prepared for supporting all of the students in their care."

The program is a beacon of hope for dyslexic individuals and their families. It represents a commitment to inclusivity and a recognition of the unique strengths and talents that dyslexic individuals possess.

"We had our first launch just this past summer. The first cohort went through, and that cohort was comprised of people coming back for the most part," said Ross.

By equipping educators with the knowledge and skills needed to support dyslexic individuals, this program is not just about academic success but also about unlocking the limitless potential that resides within each dyslexic learner.

Students can learn more and apply through the SHU website: www.sacredheart.edu/majors--programs/initial-or-advanced-dyslexia---graduate-certificate/.



Mark F. Conrad, Sacred Heart University
Dr. Kristin Rainville, Associate Professor and Program Director for Literacy at FCEHD, speaking at a Faculty Institute event.

Seeing the World Beyond Bridgeport: Study Abroad Applications Open

BY ISABEL HAGLUND
Features Editor

Where will your heart take you? The Sacred Heart Office of Global Education offers programs for students to study abroad all over the world.

The study abroad applications for both the winter two-week program in Dingle, Ireland and the spring 2024 semester are now open.

Students can study abroad in Dingle, Ireland at Sacred Heart's campus, John Cabot University in Rome, Italy, The University of Notre Dame in Australia and many other locations across the world.



Contributed by Mary Durant, '24
Senior Mary Durant pictured with a kangaroo while studying abroad in Australia.

"To be eligible for study abroad, students should be in good academic and disciplinary standing. Certain programs may have specific requirements in terms of GPA, pre-requisites, etc., so it's important to pay attention to that," said Renee Cassidy Pang, the Director of the Office of Global Education. "I recommend that students do as much research as possible prior to applying to study abroad."

Studying abroad allows you to be taken out of your comfort zone.

"Not only do students have opportunities to grow academically and professionally in a new environment and culture, but they often see growth overall as an individual, resulting in increased confidence, flexibility and a desire to explore further," said Pang.

Students that study abroad are able to travel easily and explore other parts of the world.

"I had the opportunity to travel around Western Australia, the east coast of Australia to Sydney and Melbourne, Phuket, Thailand, and Bali, Indonesia," said Global Ambassador and senior Mary Durant. "My favorite trip was definitely Thailand and Bali, two places I never in my life imagined travelling to, but now I hope to travel back to someday."

Ryan McNeill, a senior at Sacred Heart is currently studying abroad in Rome, Italy for the semester.

"I love how there is always something to do. There's incredible history, amazing food, live music," said McNeill. "It is an incredible city with more things to do than time on your hands."

While studying abroad, students can take classes for their major as well as general education classes. Students abroad can also become involved on campus.

"The school gave the study abroad students many opportunities to get involved on campus and meet students who didn't live in the dorms," said Durant. "We played intramural sports and could join clubs. I joined the intramural volleyball team."

Students also have the opportunity to meet students their age from all over the world.

"Studying abroad allowed me to talk to native and local students who shared their experiences with me and allowed me to understand the local culture better, as I was able to talk to students my age and compare the differences between American education to other countries," said senior Lucia Catino.

"I have made some lasting friendships with people from all over the world and I am forever grateful I decided to take the leap and study abroad," said Durant.

Being abroad allows students to be taken out of their comfort zone and grow as individuals.

"I love how it really gets you out of your comfort zone and the adjustment period has been more exciting than difficult," said McNeill. "So much of everyday life is new and fresh. It's like being a freshman again but in good way. Travel is all about exposing yourself to the unknown and being abroad allows me to do that every single day."

Students who are interested in studying abroad should visit the Office of Global Education in the main academic building across from 63's, talk to a global ambassador or visit the website. <https://www.sacredheart.edu/study-abroad>.

The applications for the winter program in Dingle, Ireland are due Sept. 15 and the spring 2024 semester applications are due Oct. 1.



Isabel Haglund, Features Editor
The Vatican in Rome, Italy, where students have the opportunity to study abroad at John Cabot University.

Audrey's Corner



SHU Campus Safety in Relation to School Shooting Increase

BY CAROLINE CIFFORD
Audrey's Corner Editor

As we progress into the 2023-2024 academic year it is reasonable to question the challenges we may encounter. Those questions may be related to establishing good study strategies, getting an on-campus job, balancing schoolwork and a social life. However, amidst these common concerns, an unsettling question looms for some: How safe are we on our college campus?

In the past two decades, gun violence in schools has become a growing concern. The recent tragic incident at the University of North Carolina serves as a stark reminder of this unsettling trend, further deepening the sense of desensitization, where such incidents are tragically becoming just another traumatizing day for students.

"Are you safe? Where are you? Are you alone?" said the Daily Tar Heel's front page in the days following the shooting. The messages between students locked down in classrooms to their family and friends are always the same: barricade the door, stay quiet, I love you and be safe. This is clearly an unfortunate reality for American students and faculty today.

In this unsettling climate, both students and faculty are compelled to contemplate their readiness to survive such an ordeal. While lockdown drills are a standard practice in elementary and high schools, they are notably absent from college campuses. Nonetheless, most college students have, through social media, personal experiences, drills, or news coverage, familiarized themselves with tactics for self-preservation within the classroom. It has become part of our education to equip ourselves with these skills, just in case.

Sacred Heart University exudes an aura of safety from its medium

size, happiest student ranking, dispersal of academic buildings and safety measures put in place. According to a statement from the university, safety is their number one concern with 45 officers dedicated to the safety of SHU students. However, the presence of public safety officers may not eliminate the underlying tension in the classroom.

"I don't think campus safety would be able to prevent it from happening. There is front entrance security but they never stop people or make students show ID. They have no idea who is on campus and if they should be there. There are some buildings that require you to scan in, but there are some that do not," said Elizabeth Bickett, a junior psychology major at SHU.

Showing ID to enter buildings or security scanners for backpacks could each add another dimension to safety at any university. Despite the presence of safety officers on campus, they are really not functioning to prevent incidents. Rather, they respond to them. Preventative plans are essential for maintaining safety on campus today.

SHU could be a trailblazer in modernizing security for the safety of its students. While Public Safety at SHU does have emergency response plans in place, the absence of preventative strategies is a notable gap. The feeling of safety on a college campus is essential, and Sacred Heart does an incredible job cultivating that feeling. The perception of safety on a college campus is paramount, and Sacred Heart has made admirable strides in cultivating that feeling. However, it is incumbent upon the institution to continuously evolve its safety measures to align with the changing dynamics of our times.

For counseling services and support reach out to the university recourses:

Counseling Center

Open 9-5 on Weekdays

Make an Appointment: 203-317-7955

s.w.e.e.t. Peers

Follow the s.w.e.e.t. Peers on Instagram @shu_sweetpeered and stay updated on the programs run by their team.

Public Safety

Routine Calls: 203-371-7995

Emergency Calls: 203-371-7911 or 203-374-9352

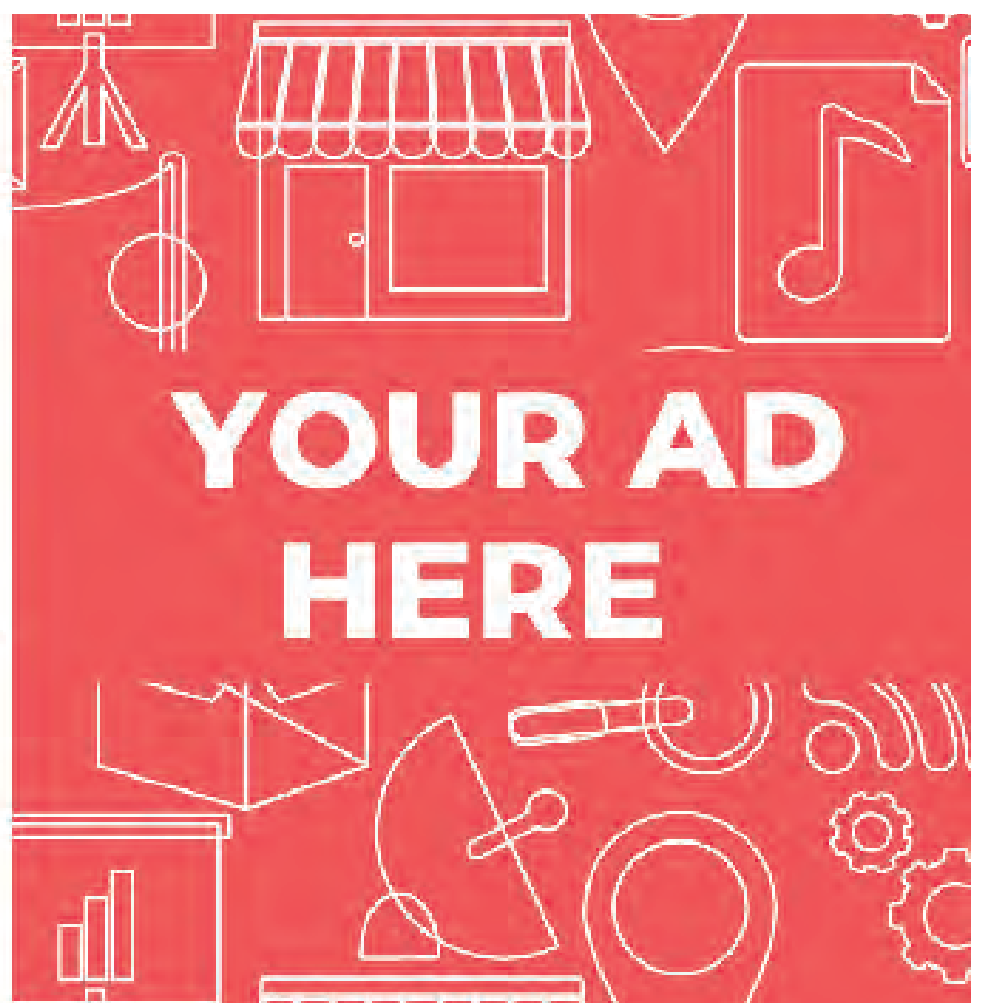
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Spotlight



Denise Tiberio

BY BRAD HUTCHISON
Co-Spotlight Editor

Many pioneers come and go from the campus on 5151 Park Ave, but that isn't the case for Sacred Heart University's beloved faculty member, Denise Tiberio, who will be moving into one of the highest esteemed roles in the university starting this fall.

On Aug. 1, it was announced to the university community that Larry Wielk would retire as dean of students after 27 years of service. Taking over the role would be Tiberio, whose 32 years of service to the university proved that she would be a perfect fit for the job. Knowing that she won't be simply filling Wielk's shoes, she wants to have her own unique spin on the job. "I want to continue to be a voice for the students", said Tiberio. "While I know it is important that I am going to have to hold them accountable, I still want them to know I'm here for them. I have an open-door policy, and if there is any question or concern they have, I want them to know that I will listen to anything they want to share."

To begin, who is Denise outside of Sacred Heart? First and foremost, she is a mother of two children, one who just graduated college and another who is currently a sophomore at The University of Connecticut. In her free time, she loves to travel up to her house at Lake George, reading, and her new hobby is playing pickle ball. On top of all that, she is currently in her third year of a, asynchronous doctorate program and she will be defending her dissertation this coming year.

Denise Tiberio's journey as a pioneer started as a student, where she graduated with a degree in political science as part of the class of 1989. At the time, Sacred Heart was just a small commuter school, a place that would practically be unrecognizable to any current SHU student.

Shortly after graduating, she started as a graduate assistant at SHU. Her roles quickly began to advance throughout the 32 years she has spent at the university. From holding titles such as assistant director of student activities, director of student life, and senior associate dean of students, she has truly shown her commitment to the community.

Throughout her tenure at SHU, Tiberio oversaw a wide variety of departments directly, which include fraternity & sorority



Tracy Deer-Mirek, Sacred Heart University
Denise Tiberio speaking at Sacred Heart University's Founder's Day on May 17.

life, first-year programs, performing arts, student engagement, international and immigration services, student government, and the student union. Having direct

oversight over all these departments kept her very busy, but the challenge allowed for there never to be a dull moment.

Another department that Tiberio started from the ground-up is the Orientation program, which she was tasked with starting in the year 1991. This program has always been her passion because she had a love for engaging with first-year students, as well as developing skills within the Orientation Leader team.

When asked about some defining moments within her career, one that comes to mind was when she was approached with developing Greek life on campus in 2008. At the time, there

were 96 students involved in Greek life, and all of the organizations were local. She was told that the organizations had to either go local or they had to abolish them, and Tiberio chose the path that put the students first.

In one of the busiest years of her career, seven national organizations found their way onto campus, and she found a love for what these organizations stand for considering she wasn't a part of one herself. Looking back at her work, there are now about 2,100 students involved in Greek life, which makes up for close to 30% of our students.

Another project that she helped start is Family Weekend. When she started her position at SHU, there was no opportunity for families to come experience student life. She created a program that brought the entire community together. Now, our Family Weekend has become an absolute craze and a time that all SHU students look forward.

As the keys are now passed over to the dean's office, Tiberio has great praise for everything that Wielk had done for the university. Tiberio had a close relationship with Wielk, as she hopes to hold some of his practices close to heart. His ability to be well-respected, but also have a calm and authoritative approach to conflict is something she admired. Funny enough, Tiberio was actually a part of the committee that hired Wielk, and although she knows she isn't filling his shoes, she is carrying a great deal of what she learned from him with her.

Tiberio will continue to work to enhance the experience of the students at Sacred Heart University. With such a grasp on the university and knowing what a tight-knit community this school is, she is confident that SHU will continue to grow and achieve things that we couldn't have imagined.



Tracy Deer-Mirek, Sacred Heart University
Denise Tiberio, Sacred Heart University alumni and committed faculty member, has been named SHU's new Dean of Students following the retirement of Larry Wielk.



Arts & Entertainment

TAP Soars in Edinburgh

BY JESSICA BALOGH
Assistant A&E Editor

Over the summer, the Theater Arts Program (TAP) sponsored a trip to the Edinburgh Fringe Festival in Scotland. TAP performed a play written by recent graduate Grace Curley named 'Your Children Will Follow'. They performed the play from Aug. 4 to Aug. 12 at Greenside, in Riddle's Court Willow Studio.

According to cast member and senior Nick Rubano, the play is a drama that focuses on a dysfunctional family that follows the story of a father who tries to raise his children with a very religious way of life. In trying to live a perfect life of high standards, they go through identity crises to find their own way.

The British Theater Guide, who gave the play three stars, said "This is a play about people navigating the complexities of their love of each other, as well as their own needs in figuring out who they are."

According to the Edinburgh Fringe Festival website, it is the largest performing arts festival and exposition market for professional development in the world. At this year's Fringe Festival, 67 countries were represented along with 1,359 accredited arts industry members in attendance to buy work and support artists beyond this event.



Tracy Deer-Mirek, Sacred Heart University

The "Your Children Will Follow" cast photographed at a performance in the Little Theatre over the summer.

"People were so open and willing to meet you and talk to you," said Rubano. "It was really validating to be part of a show on that scale and I'm really grateful to be part of the experience."

"A surreal and incredible experience, just so much greater than I could ever expect," said cast member and senior Jordan Pita. "Getting to know the area, new people, and new artists was truly a once-in-a-lifetime opportunity."

Jerry Goehring, Executive Director for Performing Arts, has been wanting TAP to be part of the Fringe Festival for a long time. After Goehring pitched the idea to the creative team, Abby Palmer, the production stage manager, went to different departments to fundraise for the trip. Sacred Heart University was the only United States university to fund its performances at the festival. "What a way for this program to grow," said Pita.

'Your Children Will Follow' received a four-star review and nominations for best new writing and best overseas show from the Derek Awards Edinburgh. They called the play "a powerful drama."

"Watching a show grow from an idea into a fully-fledged project with so much creativity, and so much thought and detail into each moment was really cool," said Rubano.

"It was really cool, birthing a new work from the start, creating and originating a role and working with a stage manager, producer and the other cast," said Pita.

Casting the father character proved to be a bit of a challenge until they found Canadian Justin Hay. Hay wanted to find a reason to attend the Fringe Festival once again after attending the previous year. After learning his stage blocking and performing the show once, he was off to Edinburgh with the rest of the TAP crew.

"Opening night was such a memorable moment, we had a great crowd with an almost sold-out theater," said Pita. "In the end, it was a bit emotional, we'd done all this work and now we're finally here."



Contributed by Maddie Kostiw, '25

The "Your Children Will Follow" company in front of Greenside at Riddle's Court, the theatre where they performed in Edinburgh.

Mourning in Margaritaville

BY ALANNA WUNSCH
Co-A&E Editor

Legendary singer-songwriter Jimmy Buffett has died. According to a statement by a spokesperson for the Buffett family, "Jimmy passed away peacefully on the night of Sept. 1 surrounded by his family, friends, music and dogs. He lived his life like a song till the very last breath and will be missed beyond measure by so many."

Buffett's multi-decade career was dedicated to promoting the low-key, beach bum attitude and strived to provide an escape from the outside world. His silly songs often reminisced on enjoying a "frozen concoction," spending time with your toes in the sand, sitting out in the sun or even the simplicity of his cheeseburger order.

"His music was just so fun and happy, it always put me in a good mood," said senior Sam Eaton. "The relaxing island vibe is the epitome of serenity and I could not imagine anything better."

"Jimmy Buffet is a pillar of summer," said sophomore Isabella DeFrancesco. "No beach party was complete until 'Margaritaville' played."

While critics never fawned over his music, his legion of "Parrotheads" always had his back. This dedicated group of fans showed up at his shows decked out in Hawaiian shirts, parrot hats, flower leis, "Margaritaville" merchandise and more. They turned his overly-catchy tunes into a lifestyle.

"My dad owned so many Margaritaville t-shirts that have now been passed down to me," said senior Dani Savino.

Buffett's biggest hit from 1977, "Margaritaville," quickly grew a life of its own. Nearly 50 years since its release, the song has grown into an ultra recognizable chain of restaurants, hotels, retirement communities and products. Everything from clothing to frozen foods to alcoholic beverages and "frozen concoction makers" have been branded by the catchy tune. Buffett also had his own Broadway Musical dedicated to the

fictional destination.

"I love Jimmy Buffett because he has taken something so simple and created an entire brand about it. He stands for living a simple life and enjoying all of it," said Savino. "Margaritaville is a mindset and a way of life, and we can thank him for giving that to all of us."

His desire to spread the laid-back vibes and celebratory attitude allowed him to create a multimillion dollar brand, according to the Associated Press. "He landed at No.18 in Forbes' list of the Richest Celebrities of All Time with a networth of \$1 billion."

Not many artists have the same longevity that Buffett has. His dedicated fanbase has spanned over generations. Many of his "Parrotheads" have passed down their love for the singer and his lifestyle through their family.

"My parents introduced me to Jimmy Buffet when he came on the radio as a kid. He was a regular on the FM radio stations and my dad would always say that he is 'living the dream,'" said Eaton.

"I was introduced to Jimmy Buffett by my dad. I distinctly remember hearing his very famous Christmas song when I was little, and then his staples always played during our pool and beach days," said Savino.

While not mentioned in the original statement, Buffett's cause of death was later revealed. According to the Associated Press, Buffett died after a four-year fight with an aggressive and rare form of skin cancer, called Merkel cell cancer.

While he may be gone, his music and sunny attitude will continue to live on.

"His music will go on forever- so did he really die?" said Eaton.



Instagram, @jimmybuffett

Jimmy Buffet enjoyed his time by embracing the lifestyle he sang about.

"Some people never find it, some only pretend. But I just want to live, Happily ever after now and then."

- Jimmy Buffett, "Happily Ever After (Now and Then)"

Sports

Over 5,000 Show Out to Campus Field

BY JAKE CARDINALE
Co-Sports Editor

The Sacred Heart University Football team was picked to finish third in the Northeast Conference (NEC) in the preseason poll behind only Merrimack College and last year's NEC champions Saint Francis University (SFU).

The Pioneers opened their season against the Lafayette College Leopards on Saturday, Sept. 8 at Campus Field. There were 5,634 people in attendance for the team's first game.

"We had a lot of support from the other student athletes and students on campus," said head coach Mark Nofri.

The Pioneers have won the NEC Championship five times since Nofri took over as head coach. Their most recent win came in 2021.

"I think we have the talent to win an NEC Championship, but a lot goes into it, and I tell the kids all the time it's more than just talent. It's about playing together, chemistry, playing hard, and you also have to have a little luck," said Nofri.

"You have to be healthy into October and you need to be playing your best football at the end of October and into November," said Nofri.

Sacred Heart ran for 143 yards against the Leopards. Their leading rusher was graduate student Malik Grant, who ran for 74 yards.

"I want to rush for 2000 yards and over 20 touchdowns, so that I can help our team win an NEC Championship and go deep in the playoffs," said Grant.

Grant has been the team's leading rusher in each of the last two seasons. He recorded over 1000 rushing yards in each of those seasons.

"Nothing runs without the big guys up front and the receivers on the outside. They

block their butts off day in and day out. I'm very thankful for that," he said.

The Pioneers' defense had three sacks against Lafayette.

"The corners were doing really well covering the back end. The linebackers as well. We're looking to not give up any points in any game," said senior Carson Primrose.

Primrose had one of the Pioneers three sacks in the game. He was voted second team all NEC last season after leading the team with four sacks last season.

"I'm looking to help the team, be a leader, help this team grow together and hopefully win the conference," said Primrose.

The team's leading tackler in their first game with nine was graduate student DeAndre Byrd. He also led the team in tackles last season with 59.

"Our standards are high on defense. We can capitalize on anything, so right now we are working on getting better than last week because I know the sky's the limit for us," said Byrd.

Byrd has been one of the team captains for the last four years.

"Everybody is looking to me for all the answers and if I'm not doing what I'm supposed to do, that gives everybody leeway to do what they want to do. We just got to hold each other accountable for us to be great," said Byrd.

The Pioneers' next game will be against Wagner College on Saturday, Sept. 16 on campus field in Fairfield, CT.

Sacred Heart Athletics contributed to this article.

Men's Hockey Nets Eight Transfers

BY VICTOR DIPIERRO
CO-Sports Editor

This past winter, Sacred Heart University (SHU) opened the doors to the Martire Family Arena, a 4,000-capacity state of the art hockey arena that lies on SHU's West Campus. This arena is home to both the men and women's Division 1 hockey teams here at SHU.

In their inaugural season playing in the Martire Family Arena, Sacred Heart's men's hockey team went a respectable 17-17-3, losing to Niagara in the Atlantic Hockey Quarterfinals, making this was the first year they finished at .500 since 2019-2020.



Instagram, @shuhockey

Liam Izyk, who transferred from Boston College, will now be playing for Sacred Heart's hockey team.

During the offseason, they were able to sign eight transfer students, five being graduate students and three who will transfer in as sophomores. Together, these eight players bring 451 games of collegiate experience to the team and are eager to help the program flourish.

Head coach CJ Marottolo shared his thoughts on what these transfers mean to this program.

"The combination of our incoming first years and our

transfers will continue to push our program to new heights," said Marottolo. "We could not be more pleased with how all the new players arrived in shape and in a very competitive mindset."

"Our transfers will give us tremendous experience that will not only help the younger players but the coaches as well," he said.

The new-look Pioneers play their first exhibition game at home against Merrimack on Oct. 7, in what they hope will be the start of a special season.

"Our expectations are simple," said Marottolo. "We want to leave this program in a better place than when we started on Sept. 1. We want to be a team that our fans and supporters will be extremely proud of!"

Sacred Heart Athletics contributed to this article.



Instagram, @shuhockey

Goalkeeper Chase Clark, who previously played for Quinnipiac, is one of the eight transfers joining SHU's hockey team.

Pioneers Prevail on the Pitch

BY MARISA MUSACCHIO
Assistant Sports Editor

After ending last season with barely a winning record, Sacred Heart University's women's rugby worked to improve and hone their skills during this past off-season. The Pioneers opened their season at home on Sept. 1, delivering a blowout to the United States Military Academy (Army).

The women crushed Army 31-7, starting off the season 1-0 in National Intercollegiate Rugby Association (NIRA) play.

Head coach Michelle Reed has been at the helm of SHU women's Rugby for over eight years, she gave some insight as to what fundamentals the team improved upon during the off-season.

"Passing has improved from year to year and the spring 7's season is key to that improvement," said Reed. "It allows our offensive system to work more effectively and provides more options for us."

Senior captain Makena Wright believes off-season training played an intricate role in the Pioneers' domination in their first game of the season.

"Rugby is a difficult sport to stay conditioned for if you aren't playing or in season, because it demands a lot of you both mentally and physically," said Wright. "My focus during the summer training was working on what we call B.I.G. Which stands for 'Back In Game.' Your job is never done, and you need to find work."

For coach Reed and her team, starting this season with a big win was momentous. First year Marley Gurmendi is among the players to be a part of this win.

"This win for us is huge," said Gurmendi. "Coming in as a first year and getting to be a part of a team that have continued to prove we deserve to be here is really special. This is the standard we have set for ourselves, and we are going to continue to put in the work to keep raising it."

"This win showed me what this team is capable of," said Wright. "You couldn't

ask for a better way to start your senior season."

In the midst of the landslide victory, junior Alyssa Cunningham emerged with a personally great performance going 3-for-5 in conversion kicks. Cunningham and her fellow Pioneers look to capitalize on this victory.

"We always talk about starting strong, this sets a great platform for the season as well. We need to carry this momentum to the next game," said Cunningham.

The Pioneers had their second matchup this season on Sept. 9, and again captured a win. The Pioneers beat Brown 22-8.

The Pioneers' win over Brown proved to be extra special because it was their Heart-to-Heart match, which helps raise awareness for mental health issues and it's stigmas.

"This program takes mental health seriously. We understand that mental health is just as important as physical health," said Reed. "We work to take care of both."

The Pioneers value qualities that go far beyond the surface level, setting them apart from other collegiate teams.

"We genuinely care for each other as people," said Reed. "People first."

The players praise coach Reed for the values she instills in them as a team.

"She wants individuals who focus on and prioritize the team and who want to build something great for the future," said Cunningham. "With this group, I feel we're creating some strong bonds and good chemistry tied with a sense of family away from home."

The Pioneers have their next matchup at Mount Saint Mary's on Sept. 16.

Sacred Heart Athletics Contributed to this article.

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From the Editors

BRENDAN WILLIAMS
EDITOR IN CHIEF

The Spectrum is a student-run weekly newspaper publication first published in 1983.

Since then, The Spectrum has been Sacred Heart University's source for on-campus as well as local, state and global news.

Our mission has and always will be to report with honesty, respect and integrity while instilling these values into our writers.

The staff is composed of students from CM211, Newswriting and Reporting, in which students are taught the fundamentals of news writing while having their articles published in the Spectrum weekly. However, all students are welcome to contribute to our paper.

Through taking the CM211 course, students learn the foundation of news writing and reporting, as well as the basics of journalism.

As a staff writer, students take the skills they learn through the course to develop their story-telling ability.

The editorial board consists of 25 writing section and publication support editors along with our Editor-in-Chief, Managing Editor of Administration and Managing Editor of Creative Content.

Our sections cover wide-ranging topics such as News, which covers on-campus, local, national and global stories. The Features section often shines the spotlight on campus events, students and faculty. Spotlight highlights people, organizations, and programs throughout the university community. Arts and Entertainment covers stories ranging from the latest fashion trends, and award shows to on-campus performances. Our Sports section covers Sacred Heart athletic teams and athletes, while also covering sports news at the national level.

Audrey's Corner, a creative section of The Spectrum, was created in honor of a student who passed away. Audrey Niblo was a kind and positive influence in her personal and student life, who was very open about her struggles with bullying. Our goal is to provide a safe space for students, faculty, and staff to express their thoughts on topics which relate to Audrey's personality or struggles and how she overcame them.

As The Spectrum begins its 40th year, we continue the tradition of publishing an honest and diverse newspaper for the Sacred Heart community.

Questions, comments and concerns can be directed to spectrum@sacredheart.edu or 203-371-7963.

Looking to Become a Contributing Writer?

Here at The Spectrum Newspaper, we pride ourselves in being a student-run paper with all written articles, copyediting, graphics, and photographs being contributed by students at Sacred Heart University. That being said, we are actively looking for students to become contributing writers this semester.

What is a contributing writer?

Simply put, as a contributing writer you would be able to cover stories from any range of sections we have including news, features, sports, arts and entertainment, and more.

What is my commitment as a contributing writer?

There is no commitment as a contributing writer! This role is catered for those who want to work around their own schedule, and work at their own pace. We never will force you to work on a story, and in many cases you can choose exactly what you would like to cover.

What can I gain from this?

Regardless of the field you may be going into, the skills we can teach you as a writer can be used in any place of work. Meeting deadlines, interviewing sources, and most importantly, communicating with others, are just some of the skills you can acquire through this experience (And it looks great on a resume).

How can I apply?

Reach out to our head content editor Madison Beekman via email at beekmanm2@mail.sacredheart.edu. Please include your class year, sections you'd be interested in covering, and date of graduation.

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 600 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.