

CHECK OUT SOME OF THE FIRST 50 DAYS EVENTS!

THURSDAY 9/22:
THERAPY DOGS & YOU@ SHU IN THE NC LOBBY
12PM

FRIDAY 9/23:
FOOD TRUCK FRIDAY: ICE CREAM EMERGENCY & CASH CUBE
6PM

SATURDAY 9/24:
FIRST-YEAR TAILGATE AT THE PIONEER PAVILION
12PM

SUNDAY 9/25:
DECOMPRESS WITH SET AT LINDA'S
2PM

MONDAY 9/26:
SNACKS UNDER THE STARS AT THE PIONEER PAVILION
8PM

TUESDAY 9/27:
STUDENT AFFAIRS LECTURE SERIES PRESENTS GATEN MATARAZZO
7PM

UPCOMING GAMES!

THURSDAY 9/22:
WOMEN'S SOCCER VS. MAINE AT 7:30PM
(Park Ave)

FRIDAY 9/23:
WOMEN'S VOLLEYBALL VS. LIU AT 5PM
(Pitt Center)

SATURDAY 9/24:
FOOTBALL VS. DARTMOUTH AT 2PM
(Campus Field)

SUNDAY 9/25:
WOMEN'S SOCCER VS. MERRIMACK AT 12PM
(Park Ave)

SUNDAY 9/25:
MEN'S SOCCER VS. FARLEIGH DICKINSON AT 3:30PM
(Park Ave)

New Grant To Support STEM Program

BY MADISON BEEKMAN
Staff Writer

Sacred Heart University's School of Computer Science & Engineering recently received a \$1.5 million grant from the National Science Foundation (NSF) to fund scholarships in science, technology, engineering and mathematics (STEM) for those from underprivileged communities.

Over the course of six years, 24 students total will each receive up to \$9,500 in each of their four undergraduate years from this grant, according to a SHU press release. It will be divided among eight students from the current freshman class and eight students from each of the following two freshman classes.

"It sounded too good to be true to them and they kept asking questions about 'What is the catch?' We assured them there is no condition, just to stay in the program with a 3.0 GPA," said Prof. Tolga Kaya, the director of SHU's engineering programs and head of the grant application.

"It will help us attract talented students who would otherwise not be able to come to Sacred Heart," said Dr. Robert McCloud, Associate Dean of the Welch College of Business & Technology and director of SHU's computer science programs.

The grant acquisition process took several months with assistance from other university offices.

"[The] university's Office of Sponsored Programs helped us with the grant writing process," Kaya said. "We had to collect lots of institutional data to make a case that our students would benefit from this scholarship program."

The NSF website reported that the proposals they receive must articulate and explain the characteristics and academic needs of the student population that will receive the scholarships. Proposers must also provide a strong case for why the field that the population is in is a critical need in the United States.

"We will also create specialized mentoring and tutoring programs for the scholars as well as summer paid internship opportunities at our local community partners as STEM mentors," Kaya said.

Additionally, the goal of this program is to better prepare future STEM employees that are disadvantaged and educate them on academic success, retention, transfer, graduation and careers, according to SHU's press release.

"Ultimately, the S-STEM program seeks to increase the number of low-income students who graduate with a S-STEM eligible degree and contribute to the American innovation economy with their STEM knowledge," according to the NSF website.

Each freshman applicant submitted two recommendation letters, one personal essay to show their interest in the scholarship and the field of technology, as well as their transcript. According to Kaya, they are currently in the process of being interviewed and the winners



Sacred Heart University

Sacred Heart University has provided students with the high-tech resources necessary to succeed in the STEM Department.

will be announced before the end of September.

"Due to the impact the technology fields are making on our society, having excess funds helps give students the extra resources to succeed," said senior Alyssa Dunn, an information technology major. "I think that this opportunity will not only grow the program but will help certain individuals follow their passion."

SHU is taking this grant one step further, according to McCloud, by trying to match funds through the state or corporate community.

These scholarships will help distinguish students from their peers once they complete their undergraduate degrees, which will ultimately aid them in the job market, according to Kaya.

"Just imagine putting this in your resume. You receive a competitive federal grant that helps you with tuition but also helps you improve your social and professional network," Kaya said. "Students will find jobs, in fact, they will most likely get multiple job offers when they graduate, without any problem."

NEWSPAPER RACK LOCATIONS

Hawley Lounge
(next to stairs)

Student Life
(across from office between doors)

Library
(inside front doors)

West Campus (West Building)
(first floor lobby)

West Campus (East Building)
(outside East Cafe)

Thea's Abbey
(lobby)

Melady Hall
(inside front doors)

Martire
(first floor by the main staircase)

Spectrum Office
(in the SCMA Wing)

Curtis Hall
(inside the front doors)

Linda's
(first floor)

Pitt Center
(inside front doors)

SC Wing
(first floor near 63's and Edgerton)

NC Wing
(first floor near couches)

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shuspectrum.com

SCAN ME



We're on social media:
@shuspectrum for Instagram,
TikTok, and Twitter

CHECK OUT OUR RACKS ON CAMPUS!

News

The Death of Queen Elizabeth II

BY VALENTINA MASSONI & MEGHAN BENNETT
News Editor & Staff Writer

Britain's longest-ruling monarch, Queen Elizabeth II, passed away on Sept. 8 at age 96. The death sparked a 10-day official mourning period of the loss while the United Kingdom continues to move forward politically and socially.

"The palace announced she died at Balmoral Castle, her summer residence in Scotland, where members of the royal family had rushed to her side after her health took a turn for the worse," stated an article from the Associated Press.

"When I heard the news it didn't feel real because she's been alive for so long you'd almost think she was immortal," said junior Ashley McCrady. "Not only has it been a tragedy worldwide but it may also change the way the U.K. interacts with other countries under Charles' ruling."

The queen was appointed to the throne following the death of her father, King George VI in 1952 when she was 25 years old. She reigned for over 70 years.

Preceding Elizabeth's rule, she served the U.K. as a mechanic and truck driver during World War II. She is renowned for handling drastic situations in the country throughout her lifetime, even beginning before her rule.

According to the Associated Press, "Her sangfroid was not dented when a young man aimed a pistol at her and fired six blanks as she rode by on a horse in 1981, nor when she discovered a disturbed intruder sitting on her bed in Buckingham Palace in 1982."

In 2020, the Covid-19 pandemic outbreak occurred, 68 years after the queen's rule began. She led the U.K. through the global health crisis.

"Prime Minister Liz Truss, appointed by the queen just 48 hours earlier, pronounced the country 'devastated' and called Elizabeth 'the rock on which modern Britain was



Instagram, @theroyalfamily

Queen Elizabeth's children hold a rememberable ceremony in St. Giles Cathedral, Edinburgh. Standing front and center is King Charles III.



Instagram, @theroyalfamily

The Queen's coffin was carried by a group of men from the Royal Regiment of Scotland, the King's bodyguard in Scotland, and the Royal Company of Archers.

built," the Associated Press reported.

"The transition will be smooth as Charles III has been preparing for this role for several years. I do not foresee a disruption in the duties or central role of the monarchy in the political and social life of the U.K.," said Dr. Gary Rose, Professor and Chair in the Department of Government at Sacred Heart University.

The queen's 73-year-old son, Prince Charles, immediately gained the title of King Charles III following her death, though his official coronation has yet to take place.

"I think it will obviously directly affect those in the UK, especially with a pretty widespread dislike for Charles," said junior MaryAnn Drosch.

"The new King will continue to perform the key ceremonial roles of the monarchy and will still meet routinely with the Prime Minister. I think however that the role of the British monarchy will be contracted somewhat within several countries outside of the U.K. that are a formal part of the British Commonwealth," said Rose. "Thus, the reach and influence of the monarchy and Great Britain in general around the globe which is still significant will be reduced in the years ahead."

At Westminster Abbey, the same church that she was married and coronated as queen, Elizabeth's funeral took place on Sep. 19. The day was observed as a bank holiday, according to a press release from the U.K. government.

"I never really imagined the queen dying. Her reign was 70 years which is just incredible and unheard of," said Drosch. "I was honestly shocked that she had passed away."

'Serial' case: Adnan Syed released, conviction tossed

BY ASSOCIATED PRESS NEWS

BALTIMORE (AP) — A Baltimore judge on Monday ordered the release of Adnan Syed after overturning Syed's conviction for the 1999 murder of high school student Hae Min Lee — a case that was chronicled in the hit podcast "Serial," a true-crime series that transfixed listeners and revolutionized the genre.

At the behest of prosecutors who had uncovered new evidence, Circuit Court Judge Melissa Phinn ordered that Syed's conviction be vacated as she approved the release of the now-41-year-old who has spent more than two decades behind bars. There were gasps and applause in the crowded courtroom as the judge announced her decision.

Phinn ruled that the state violated its legal obligation to share evidence that could have bolstered Syed's defense. She ordered Syed to be placed on home detention with GPS location monitoring. The judge also said the state must decide whether to seek a new trial date or dismiss the case within 30 days.

"All right Mr. Syed, you're free to join your family," Phinn said as the hearing ended.

Minutes later, Syed emerged from the courthouse and flashed a small smile as he was shepherded to a waiting SUV through a sea of cameras and a cheering crowd of supporters.

Syed did not speak during the hearing, nor did he address the reporters outside afterward. But after the hearing, his lawyer Erica Suter described his reaction to the decision, saying: "He said he couldn't believe it's real."

Sara Patel, a friend of Syed's, said "we're very happy and relieved that he's finally free. We've just been on pins and needles this whole time."

Syed has always maintained his innocence. His case captured the attention of millions in 2014 when the debut season of "Serial" focused on Lee's killing and raised doubts about some of the evidence prosecutors had used, inspiring heated debates across dinner tables and water coolers about Syed's innocence or guilt.

Last week, prosecutors filed a motion saying a lengthy investigation conducted with the defense had uncovered new evidence that could undermine the conviction of Syed, Lee's ex-boyfriend, in 2000.

"I understand how difficult this is, but we need to make sure we hold the correct person accountable," assistant state's attorney Becky Feldman told the judge as she described various details from the case that undermine the decades-old conviction, including other suspects, flawed cellphone data, unreliable witness testimony and a potentially biased detective.

After the hearing, State's Attorney Marilyn Mosby said investigators are waiting for the results of "DNA analysis" before determining whether to seek a new trial date or throw out the case against Syed and "certify his innocence."

Syed was serving a life sentence after he was convicted of strangling 18-year-old Lee, whose body was found buried in a Baltimore park.

The investigation "revealed undisclosed and newly-developed information regarding two alternative suspects, as well as unreliable cell phone tower data," Mosby's office said in a news release last week. The other suspects were known persons at the time of the original investigation, but weren't properly ruled out nor disclosed to the defense, said prosecutors, who declined to release information about the suspects, due to the ongoing investigation.

Prosecutors said they weren't asserting that Syed is innocent, but they lacked confidence "in the integrity of the conviction" and recommended his release on his own recognizance or bail. The state's attorney's office had said if the motion were granted it would effectively put Syed in a new trial status, vacating his convictions, while the case remained active.

Syed was led into the crowded courtroom in handcuffs Monday. Wearing a white shirt with a tie, he sat next to his attorney. His mother and other family representatives were in the room, as was Mosby.

In 2016, a lower court ordered a retrial for Syed on the grounds that his attorney, Cristina Gutierrez, who died in 2004, didn't contact an alibi witness and provided ineffective counsel.

But after a series of appeals, Maryland's highest court in 2019 denied a new trial in a 4-3 opinion. The Court of Appeals agreed with a lower court that Syed's legal counsel was deficient in failing to investigate an alibi witness, but it disagreed that the deficiency prejudiced the case. The court said Syed waived his ineffective counsel claim.

The U.S. Supreme Court declined to review Syed's case in 2019.

The true-crime series was the brainchild of longtime radio producer and former Baltimore Sun reporter Sarah Koenig, who spent more than a year digging into Syed's case and reporting her findings in almost real-time in hour-long segments. The 12-episode podcast won a Peabody Award and was transformative in popularizing podcasts for a wide audience.

During the hearing, Hae Min Lee's brother Young Lee spoke to the court, saying he feels betrayed by prosecutors, since he thought the case was settled.

"This is not a podcast for me. This is real life," he said.

Speaking outside the courthouse after the ruling, Mosby expressed sympathy for Lee's brother and said she understands why he feels betrayed.

"But I also understand the importance as the administrator of the criminal justice system to ensure equality and justice and fairness. That is entitled to the defendant, as well," she added.

Associated Press writers Mike Kunzelman and Sarah Brumfield in Silver Spring, Maryland, contributed to this report.

Perspectives

Dining à la Campus

BY CIARA O'TOOLE
Staff Writer

Sacred Heart University has a wide variety of dining options. Throughout campus, there are 10 different places to eat, such as Linda's and JP's. The dining halls on campus offer different dining experiences to meet students' needs, such as buffet style, to-go and sit-down dining.

Sept. 6 marked the grand opening of Pio's Kitchen, a new dining hall at West Campus. The new dining option has been beneficial to students who attend classes there, such as junior Sara Collier.

"I'm so relieved there's a new eating place in the West," said Collier. "I'm a nursing major so I'm there most hours of the day and usually have to bring a packed lunch, so Pio's Kitchen has been amazing."

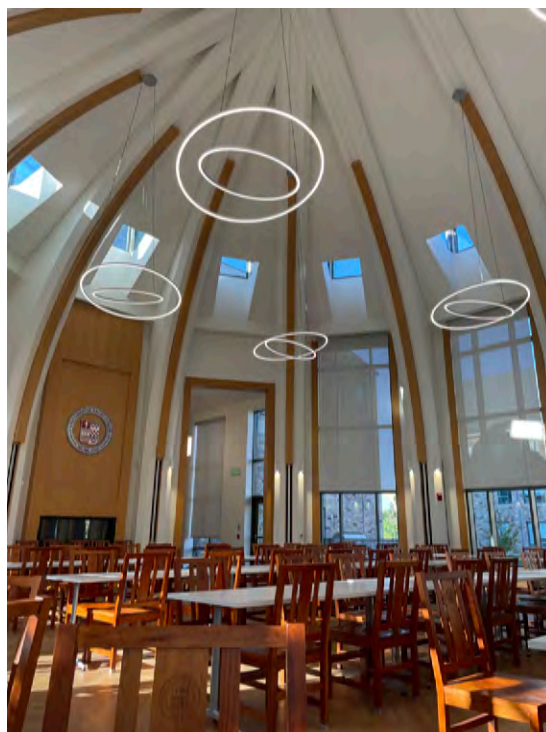
Pio's Kitchen offers a variety of different foods, including pasta, sandwiches, salads, burgers and more. There are different stations students can go to for their choice of meal and there is even a station to customize coffee drinks.

Some students prefer the self-serve options that Sacred Heart has to offer, such as sophomore Aina Garriga, who is on the women's tennis team.

"I'd have to say 63's would be my go-to as I've always built up an appetite after a long day of classes, tennis and gym," said Garriga. "It is perfect as I can eat as much as I please."

This buffet-type cafeteria is said to be popular for its easy service and the option to eat as much as a student could want for only one meal swipe.

"I enjoy 63's the most as there are so many options and I never get sick of their food," said junior Kate Starastenska.



Carissa Munoz, Staff Photographer
Thea's Abbey provides a space full of natural light for students to eat, socialize, and study.

63's is located in the middle of the Main Academic Building, where many classes are held. It offers students every kind of food ranging from salads to pizzas to fruits.

Some students on campus would like to see the dining system at Sacred Heart expanded to include more smaller food stations around campus for easier access to food.

"There are a few fueling stations around SHU, but I would make more small food stations that have snacks for athletes throughout the day, as we are always on the move and need energy with our busy schedules," said junior Margot Rouquette, who is on the women's golf team.

Other students are excited about JP's, the serviced diner on Main Campus. It is a favorite of many students on campus and the "ultimate favorite" of junior Tristian Saldahna.

"JP's hands-down is my favorite food," said Saldahna.

JP's offers freshly served breakfast, lunch and dinner and is also unique for its milkshakes.

The variety of foods is a big part of students' positive attitudes toward Sacred Heart dining. Many places on campus, such as Linda's, also account for dietary restrictions and include vegetarian and vegan options. There is also dining on both campuses, so now dining is easier than ever for students.

"I am really excited about all of the different places to eat on campus," said sophomore Julia Prackup, who recently transferred to Sacred Heart. "There are so many options and it's hard to be anywhere on campus that is far from a place to refuel. I love it!"



Carissa Munoz, Staff Photographer
JP's Diner brings the true New Jersey style diner element to campus.

The Sorority Spectrum

BY DAISY TUQUINAGUI
Staff Writer

At Sacred Heart University, 33% of the student body is involved in Fraternity and Sorority Life. SHU is home to eight sororities on campus, and students can choose whether or not to join one. Some students see it as the bonding experience of a lifetime, while others are not so sure.

"To me, sororities on campus seemed clicky and cliché," said senior Julia Simoneau. "Though I am aware they have a philanthropic side to them, this does not make up for what they can be associated with. I have seen people spend too much money on dues to look the same and on outfits they might never wear again."

Anastasia Colagreco, a senior and the risk manager of Delta Zeta, has had a different experience.

"The sorority culture at Sacred Heart University is very different," said Colagreco. "I always thought finding your tribe on campus was so important. Being in a sorority has given me the opportunity to rejoice in making lifelong friendships, taking on leadership positions and giving back to the world through our philanthropic efforts."

Some students on campus see sororities in a positive light despite not being involved in one, such as senior and student athlete Chelsea Thakker.

"I like that on this campus every sorority is so passionate about their sisterhood and philanthropy," said Thakkar. "I personally would still never join a sorority because as an athlete it just seems too time consuming and would not benefit me. I have an incredibly close group of friends and I did not have to join a sorority to find my people."

Junior Briella Novello joined a sorority her second year at Sacred Heart after contemplating the process.

"I gave it a try and am now thankful as I have been able to branch out and make lots of new friends through Kappa Alpha Theta," said Novello. "My favorite part is the constant sisterhoods. Through these, I get to create everlasting bonds with so many people."

Fraternity and Sorority Life announced that in the spring of 2022, the cumulative GPA of their community was 3.27. Academics and Greek Life tie together, as one must maintain a certain GPA to be considered an active member of a sorority or fraternity. For some students on campus, this came too late or is still a barrier in focusing on academics.

"To me, sororities are not the right environment for my school mindset. Coming to this university, I wanted to focus solely on my grades and I do not know if academics is something sororities on this campus take into consideration," said senior Abrianna Hasipi.

Students take into consideration different viewpoints when deciding if joining a sorority is the right fit for them on this campus. It can work out differently for anyone that decides to take a chance at it or for those who refuse.

"Coming from California was a nerve wracking transition for me," said sophomore Kaitlyn Dyer. "I took a chance and joined a sorority which has now given me my greatest friends and newfound passions. It is an honor being a part of a group of beautiful, unique and kind women who truly make differences."



Samantha Ingram, Photo Editor Assistant
Zeta Tau Alpha sister's came together for Bid Day after a wonderful Recruitment Weekend.



Contributed by Katelynn Brown
The Kappa Mu Chapter of Chi Omega united before welcoming home the new Pledge Class.

Features

9/11 Memorial Held by Beta Theta Pi

BY COREY COYE
Staff Writer

What is the best way to remember the great sacrifices our first responders made during the morning of Sept. 11, 2001? For the Beta Theta Pi fraternity, it was to host a memorial event in the center of campus.

Located at the Pioneer Village section of the Sacred Heart University campus, students and faculty gathered in solidarity on the 21st anniversary of the Sept. 11 attacks to honor all lives lost during one of our nation's darkest days. Together, attendees of the memorial climbed flights of stairs as a gesture of appreciation for the firefighters that scaled 110 flights of the Twin Towers.

Hosted by one of Sacred Heart's largest fraternities, the event drew a crowd of over 50 individuals looking to pay their respects.

2022 marked the first time in three years that this event was held on campus. Junior Victor DiPierro played an integral role in its revival.

"I joined Beta in the fall of 2020. Before the Covid pandemic, this event was held every year. Unfortunately, we couldn't do it these past few years due to the pandemic, but this year I knew it was something I wanted to implement again."

To get the word out, fraternity brothers produced online flyers, posted messages of awareness on social media and coordinated with school officials.

DiPierro noted the overwhelming success of the event and said, "Dr. Petillo and other faculty members joined at the beginning and took pictures. There were also random people I had never met before coming up to me in the hallways and thanking me for putting on this event."

Members of the school community were encouraged to donate to the Tunnels to Towers nonprofit organization. Through nationwide donations, this organization helps to build homes and pay bills for families of first responders injured or killed. The organization was named after the heroics of firefighter Stephen Siller, who lost his life while running from the Brooklyn Battery Tunnel and into the collapsing World Trade Center.

In total, the school community raised nearly \$1,000 for the foundation.

Sophomore and fraternity brother Julian Percoco said, "We want people to know that

we care, even after all these years. Many people gave their lives trying to help others, so it is our responsibility to honor them and keep the event relevant."

Percoco believed that all members of the school community could take something away from this event, adding, "A lot of us weren't alive during this time. It's important to keep first responders and affected families in our prayers."

DiPierro echoed a similar statement. "We should remember to thank law enforcement and never forget the sacrifices made that day," he said.

Founded in 1839 and brought to SHU in 2017, Beta Theta Pi strives to develop men of principle and promote the values of intellectual growth, trust and integrity, according to the university's website. Their main philanthropy is the Thomas Matthew Miloscia Foundation, which aims to relieve financial burdens carried by cancer patients and their respective families.



Contributed by Bryce Durney, Beta Theta Pi President

The Brothers of Beta Theta Pi joined with Dr. Petillo to honor those lost during the 9/11 tragedy.

40 Years of Educating, Mentorship, and Leadership

BY ALEJANDRO RAMOS
Staff Writer

Dr. Gary L. Rose, professor and chair of the Department of Government, has begun his 41st year at Sacred Heart University.

He has published nearly 15 books during this time. Rose's longest publication was "Haywire," an 800-page chronology of the 2016 presidential election. Aside from his books, Rose is also known for his political commentary and can often be heard and seen on the radio and television.

Although he is known for these many achievements in the political and academic world, his students view him under a different scope. For many students who've taken his courses, Rose is known for going the extra mile.

"Dr. Rose is someone who shows passion through everything he does. He inspires all of us to fully develop arguments and skills needed both in the classroom and in the real world," said alumna Colleen Shaffer. "I think the most unique thing about him is that he sees so much potential in his students and inspires them to be the best they can be."

While Rose said he is proud of all his professional accomplishments, contributing to a more informed citizenry both in and out of SHU is one that makes him proudest.

"Dr. Rose is the reason why I stayed at SHU," said senior Adriana Carlucci. "I struggled in my freshman year and wasn't receiving the help I needed. Someone suggested I speak to Dr. Rose."

"I remember telling my mom, 'If this meeting doesn't go well... I am leaving this school.' He has obviously made a huge impact on my time here. I was able to develop a great relationship and acquire a lifelong mentor," said Carlucci.

In reflecting over his years at Sacred Heart, Rose has seen many changes. "SHU's growth over the years has brought other dimensions into the political science program with a residential plan. Students are more engaged in a wide variety of activities, many of which

were born from within this department," said Rose.

In his 41 years at SHU, he has advised both the College Republicans and Democrats, debate team, pre-law, ROTC and Pioneer Vote.

As the debate coach, Rose ushered the team to many victories. Over the course of 10 years, Rose drove the team all throughout New England. They even debated against Senator Ted Cruz when he was an undergrad at Princeton.

"It was really there where I started to realize how important debating is for the intellectual development of an individual. So many of my debaters would tell me that it was the debate team that gave them confidence to pursue other things in life. This is why I continue to promote it in my classes," said Rose.

Although he wears many hats within the walls of SHU, there is more to Rose than academia and his role in student's lives.

"I married my dream girl. I've been married for 46 years, and to me that is an accomplishment. We have two fine ethical kids, a son and a daughter and four grandkids," said Rose.

Rose was honorably discharged from the Army after serving two years from 1972 until 1974. He served in Germany stationed with the 11th Armored Cavalry at the Fulda Gap as a reconnaissance specialist, reporting movement of the East German Army and Soviets.

In his free time, he enjoys using his home gym and collecting political memorabilia, among other interests. Rose has been an avid gardener for over 25 years. He bought an original 1970 Hardly Davidson when he was 18 and still owns it today.

Rose said, "I always say I learn just as much from my students as they learn from me. By being here for 41 years it has made me a more open-minded individual. And that is thanks to the students."

Resumania!

BY DANNIA JORDAN & ISABELLA CONSTANZA
Staff Writer and Features Editor

The Center for Career and Professional Development's Resumania Week is a new event that is gaining popularity among Sacred Heart University students.

Resumania Week offers students the opportunity to improve their resumes with the help of SHU career counselors. Along with speaking to trained staff, students can access resume guides and more resources through QR codes placed on tables at the Resumania Week sessions.

Resumania Week took place in multiple locations on campus such as Martire, Center for Healthcare Education, West Campus, Pioneer Village, McMahon Commons, 63's Patio, Pitt Center and various freshmen residence halls. The event was hosted at different times each day, making it easy for students to utilize the help of SHU's Center for Career and Professional Development.

"The goal is to broaden awareness of our department as a resource, while allowing students to receive on-the-spot coaching without scheduling a formal appointment," said Patti Moran, Director of Career Programming & Experiential Learning.

Amy Novak, Director of Career and Professional Development, believes each student's resume has a crucial impact on their future success.

"Your resume is your first line of defense when presenting your candidacy for an open opportunity," said Novak.

The Center for Career and Professional Development's goal is to prepare their students for any opportunity that may come their way.

"We hope that students gain familiarity with the Center for Career & Professional Development and a better understanding if their current resume is professionally ready to

submit to upcoming opportunities," said Moran. "We do not want our students to scramble as an opportunity and application deadline presents itself."

Students should not limit themselves to only editing their resumes during Resumania Week.

"It is imperative that our students not only perfect their resume to reflect their accomplishments, strengths and past contributions, but also take the time to tailor the resume each time



Dannia Jadan, Staff Photographer

A Resumania Week promotional table serving popcorn.

they apply for an open opportunity," says Moran.

Aside from Resumania Week, students can find articles on the Center for Career and Professional Development website with resources and strategies for job searches, how to organize and prioritize and how to deal with anxiety as a student.

Resumania Week is one of the many events the Center for Career and Professional Development offers. Students from all academic programs and class years are invited to participate in these events.

Another upcoming event is the "Meet the Employer" event, which will be held in the West Campus East Atrium on Sept. 20, Oct. 18 and Nov. 15. For updates on programs, events and resources, you can follow @shucareerdev on Instagram.

Spotlight



Our Bodies

BY JILL AMARI AND KAILEY BLOUNT
Co-Editors of Audrey's Corner

On Wednesday, Sept. 14, the Department of Languages and Literature and the Women's, Gender, and Sexuality Studies Program hosted a roundtable discussion entitled "Women Writer's Post-Roe v. Wade: Teaching and Learning in a New Environment."

In a crowded classroom, beneath fluorescent lights, people gathered to discuss the overturning of Roe v. Wade, which split the nation in June. Bodily autonomy was outlawed overnight, striking fear into the souls of many Americans—especially women.

The roundtable discussion provided professors and students a safe place to share their stories and opinions and was facilitated by Profs. Emily Bryan, Claire Marrone and Nidhi Shrivastava and student Jill Amari, who is a Co-Editor of Audrey's Corner and the Chief Copyeditor of The Spectrum. In this article, we offer a continuation of the roundtable environment in creative writing.

"The Formality of Hypocrisy" by Haley Alvarado

Falling into a portrait of grief. Seven years too late and seven years too soon. The fate of women before and those born to be bystanders of the ledgers written by men. To speak on the duality of my love for my gender is strange. This love is not simple. In its wake leaves expectation. I'm supposed to know better, yet not enough to have authority over my body.

Torn apart by educators till it felt like my seat could not hold me close enough to bury me in nothingness. For dressing in skinny jeans with rhinestones in elementary. Curated on exhibit and asked if I just wanted the attention of boys before even truly knowing what a crush indicated. My prepubescent body was studied by older individuals for wearing the items sold in the kid section at GAP and Old Navy. There was nothing dirty with the clothes but the young ballerina's body for having any trace of femininity.

I wanted to purge myself till I condemned myself to conform. Hated for smiling, hated for not smiling, hated for being pretty, hated for nothing. I hoarded my emotions, searching for peace of mind. Clothing, threads, became another way for civilization to fill my face with contradictions. I glimpse myself in the paint underneath my nail beds with their eyes. Now, they stay stained.

The formality of hypocrisy as a woman is that the stench of it lingers on your skin no matter what you do.

"more" by Julianna Rezza

i am most fixated on what is inside.

that's not to say
the war on external perfection is not a just one,
is not absolutely, cinematically, necessary.

because it is.
every day, every moment
we spend in our bodies
we must spend in our bodies.
so feeling trapped by the unachievable...
that war is one worth fighting.

and i fight it every day.
but i am fighting to survive.
not a lieutenant, not a general,
not shouting directions with a voice full of raspy confidence.
i am a soldier learning, trying.

so my place is different.

it is across from a girl folding a napkin
to a thousand little pieces in cheesy diner lighting
after only eating a salad.

it is behind the camera
telling the girl with a palm placed over her stomach
that everyone is looking at her smile.

it is holding a pen, getting every gorgeous emotion in words
or reading a novel or absorbing and shredding a film that
focuses right in between the chin and the belly button
but only on the woman.

it is finishing a dissertation
with sweat in between my knees and underneath the wire of my bra,
but spending the extra hour helping someone else.

because i'm fighting the war of the inside.
the trillions of firing thoughts, the pints of imagination.
every emotional nuance, every fleck of brilliant yellow light
floating in the body of every girl.

i'm fighting to prove that i am more than my curls,
my body, my skin

because i am filled with everythings.

bad everythings and good everythings and
worried everythings and determined everythings.

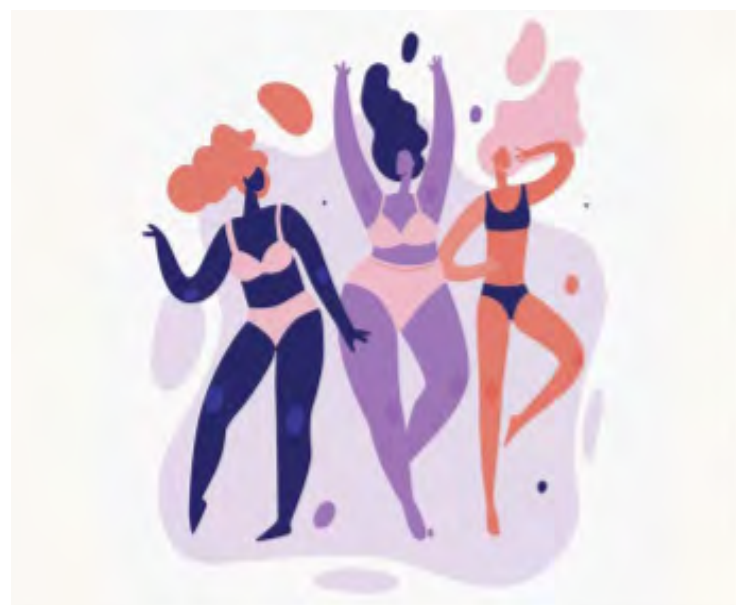
with love everythings and fear everythings.
i'm made of tiny villages that are fully functional
quaint cafes and strawberry fields.

i'm made of wastelands
cliffs of places no one should walk.

i'm made of moments and moments and moments
of knots and stretches, of sins and triumphs,
of every second evolution toiled to get me here.
i'm made of that.

so while i will fight the good fight
with mud on my face and rage in my bones
to prove that perfection of the body is all relative.

i am also cross legged in a circle, a pencil lightly draped in my hand
explaining to everyone and no one, perhaps too emphatically,
that the exterior is just that.
and i am, we all are,
much more.



Arts & Entertainment

“I’m Glad My Mom Died”

BY HALEY ALVARADO
Staff Writer

Former actress-turned-writer Jenette McCurdy fashions the cover of her memoir “I’m Glad My Mom Died” with a half-smile on her face holding a pink urn. McCurdy recalls the childhood abuse she faced at the hands of her mother, Debra McCurdy, and the exploitative nature of Hollywood.

The award-winning star is known for her affiliation with Nickelodeon with her breakthrough role of Sam Puckett in the hit series “iCarly” created by Dan Schneider.

In an interview with ABC News Live, McCurdy said she is “finding celebration through tragedy.” Humor is how McCurdy processes the dark subject matter mixed in with uncomfortable truth in her book.

The tell-all is not just a reflection but displays the perception of her thoughts during childhood and entrance into adulthood.

McCurdy clarifies that the heroine, juvenile delinquent Sam, was far from her personality and that she grew up quite differently. She was homeschooled alongside her three older brothers with Mormon values. She characterized it as “very furrowed browed and stiff,” according to a statement she made on *Chicks in the Office*.

Thomas Debicella, a counselor at Sacred Heart University, said, “Homeschooling can lead to social isolation and a developmental delay with respect to social skills.” McCurdy’s mother used her daughter’s ignorance of social normality to manage personal aspects of her life, according to her memoir.

To maintain a child-like figure for roles in acting, McCurdy writes that her mother introduced calorie restriction at the age of 11. The diet resulted in anorexia that spiraled into bulimia after the loss of her mother in 2013.

McCurdy left acting after the cancellation of the Netflix show “Between” in 2016

to focus on the mental processing of her journey in the industry and mourn her mother properly.

Therapy brought McCurdy to a place of addressing the complexity of her relationship with her mother and performing, she says in the book.

According to Prof. Sandra Young of the Department of Languages and Literature, “Therapy coupled with writing is one avenue to address the trauma.”

The motivation for McCurdy’s acting career that developed at age six was not her own, she said. McCurdy’s mother pushed performing on her, and the cycle continued out of the need for approval from her mother.

In McCurdy’s teens, she wanted to quit acting, but “iCarly” changed the circumstances. Joining “iCarly” was a career changer as McCurdy went from short guest slots to premiering on an instant hit on Nickelodeon to an audience of 4.1 million viewers.

The expectation of financially supporting a middle-class family living in Orange County, Calif. fell onto 15-year-old McCurdy as she achieved her mother’s dream of fame.

“I somehow feel entitled to my hatred since I was not the one who dreamed of being famous, Mom was,” wrote McCurdy in a chapter of her memoir.

A featured storyline in “iCarly” in which Freddie’s overbearing mother forced them to shower together was a real reflection of McCurdy’s home life. McCurdy’s mother survived breast cancer in 1994 and insisted on performing vaginal and breast exams on McCurdy until the age of 17. The exams extended to the shower where McCurdy’s mother washed her hair.

The relationship between McCurdy and her mother formed a pseudo-marriage from the unhealthy bond, she said. Aggression from McCurdy’s mother was not the only source of abuse in her memoir as she also mentions abuse from “The Creator,” Dan Schneider, one of the founders of “iCarly.”

The sitcom “iCarly” is a show that was pivotal in media for some young tweens in the late 2000s. Adult contemporary humor was added to the script and the set. McCurdy had to grapple with the expectations Schneider had for her while staying in line with her mother.

“The nature of the humor pokes fun at issues that I didn’t see when I was younger. Freddie’s loss of space, Spencer’s forced role as a provider and Sam’s neglect from her mom,” said sophomore Isabella Imperati, a fan of the sitcom growing up.

“I’m Glad My Mom Died” sold out within 24 hours of being available to sale retailers and shot to New York Times Bestseller, reported by Variety.



Instagram, @jennettemccurdy
Jenette McCurdy pictured with fans at her book release.

A Royal Listen

BY ISABELLA GAYDOS
Staff Writer

Duchess of Sussex Meghan Markle is telling her story and that of other women on her Spotify original podcast titled “Archetypes.” The podcast skyrocketed to number one on Spotify for its first two weeks.

The podcast aired on Aug. 23, with three new episodes airing every Tuesday. However, due to the death of Queen Elizabeth II, episodes have been paused, which, according to *The Verge*, is “in observance of the official mourning period for Queen Elizabeth II, which will end on Sept. 20.”

Meghan is sharing conversations with famous women about their personal lives, family matters and gender stereotypes. They come together to share their different perspectives and experiences and talk through them.

The Duchess grew up as Rachel Meghan Markle in Los Angeles. She had a career as an actress, which began in Toronto, Canada. She then met her future husband Prince Harry, Duke of Sussex, on a blind date in 2016.

“I’m very surprised she’s doing this, as the reason she and Harry relocated from the UK was to maintain a low profile and to live apart from the glare of the cameras, the pressures of the Royal family and tabloids,” said Prof. Gary Rose, Department Chair of Government and Politics.

The royals left the monarchy in January 2020. “I was like, this is toxic. So, I did what any husband and any father would do,” said Prince Harry on “The Late Late Show.”

According to Yahoo, there have been reports of concern coming from the Palace. Buckingham Palace aides were reportedly worried about what else might be shared over the next 12 weeks. The article references a flood of negative backlash from British media outlets such as Daily Mail.

Dr. Callie Tabor from the Department of Catholic Studies said, “British tabloids are very cruel and happy to stroke sexism and racism.”

The Duchess speaks about labels in her first episode, “The Misconception of Ambition,” guest starring professional tennis champion Serena Williams. They elaborate on the idea that ambition means something different for women. She includes the derogatory language that the British media has said such as “bimbo” and “dragon lady.”

As part of her podcast, Markle gave Williams advice on her retirement. The Grand Slam champion played her last U.S. Open match on Sept. 3 after a 27-year-long career.

In addition to Williams, Markle invited comedian Amanda Seales to speak in the introduction on the meaning of being a diva.

Dr. Lori Bindig Yousman, the Department Chair of Communication & Media Studies, explained that an array of women, no matter their role in society, face issues like this. “How women are stereotyped impacts them in all these other venues. It’s not just rich people or celebrities who are maybe cast in these roles,” she said.

The last two episodes included pop star Mariah Carey and actress Mindy Kaling.

“I have listened to just one episode of the podcast - the episode with Mindy Kaling. I enjoyed the mix of personal stories, clips and interviews. I thought the interview did a nice job of raising questions about the ‘spinster’ label pinned on women, noticing that ‘archetype,’ to use the show’s language, still lives in our society,” said Tabor.

New York Magazine’s *The Cut* identified upcoming guests including Issa Rae, Margaret Cho and Constance Wu.

“It’s really timely and important and I think anyone who is speaking out, it can be really hard to say things people don’t want to hear. We have a very romanticized view of the monarchy, it’s kind of a fairytale, there’s a fascination, and people don’t want to hear it when it’s not a Disney movie,” said Bindig Yousman.

Lea Michele, Break a Leg!

BY CARMELA COGLIANO
Staff Writer

A stormy Tuesday in New York City surely didn’t rain on Lea Michele’s parade as the “Glee” star made her long-awaited debut on Sept. 6 in the revival of “Funny Girl.” Fans of the musical TV series *Glee*, or, as they like to call themselves, “gleeks,” are lining up everywhere to see Michele play the iconic Fanny Brice.

Many say that Michele’s role in *Glee* prepared her to play Fanny Brice. According to the Playbill website, “Funny Girl” is a classic musical that depicts a girl named Fanny Brice, a Lower East Side native who dreams of being on stage. Throughout the musical, Fanny is faced with many people telling her she is not good enough or cannot achieve her dream.

Michele made her striking debut at the August Wilson Theater on W. 52nd Street. According to the New York Post, Michele was brought on after poor reviews and declining box office sales. The show was not making nearly as much in ticket sales as it did when it was first on Broadway in 1964.

In an interview with *The New York Times*, Michele talked about how she felt “more ready than ever” to play Fanny Brice. She feels honored and humbled to play a role that was originally held by Barbara Streisand.

Michele’s impact was immediately felt at the box office. According to *Rolling Stone*, “Michele’s Sept. 6 debut date almost entirely sold out after the house had previously only played to 65% capacity.”

Then, Covid-19 struck, which sidelined Michele and a large portion of the cast for up to ten days. In an interview with *Rolling Stone*, Michele said, “We are almost on the other side of this and our swings and understudies are doing such an incredible job to keep our show on its feet.”

“Funny Girl” is not Michele’s first Broadway show. One can say that Broadway is Michele’s second home. Michele started her career at the age of eight on Broadway playing Cosette in “Les Misérables” and then went on to play Wendla Bergmann in “Spring Awakening.” Her rise to fame began when she landed the lead role on the award-winning Fox TV series “Glee.”

Michele spent most of her time on “Glee” inadvertently manifesting playing the bubbly and optimistic Fanny Brice. Michele’s character, Rachel Berry, was depicted as a “Funny Girl!” superfan, singing numerous songs from the musical, including the beloved “Don’t Rain on My Parade.”

“It’s surreal as a ‘Glee’ fan to see Lea Michele playing Fanny Brice in ‘Funny Girl,’ it’s like every ‘Glee’ fan’s dream,” said sophomore and glee superfan, Jenna Vargas. “Lea Michele is the only person that can hold a candle to Barbara Streisand.”

Sophomore Marisa Carbone was fortunate enough to get to see the production during Michele’s opening week.

“When she came out, I literally sat there and fought back tears. She is amazing at what she does. She has a stage presence that captivates an audience,” Carbone said. “I hope to see it over and over again!”

According to *Variety*, the crowd was on their feet before Michele could even sing a note. Many celebrity guests came to support Michele, including her best friend and “Glee” co-star Jonathan Groff. Other celebrity guests included Drew Barrymore and Harvey Fierstein.

Even the recent diagnosis of Covid that has side-lined her for ten days has not curtailed the enthusiasm which has resulted in increased box office sales.

Sports

Women's Volleyball: Back to Back...to Back?

BY MOLLY JACOB
Staff Writer

The Sacred Heart University women's volleyball team has won the Northeast Conference (NEC) Championship two years in a row. The Pioneers are competing to maintain their dominance entering the 2022 season as they face their conference opponents and other notable non-conference foes.

"We've had a very good run the last few years," said Head Coach Rob Machan. "This is a brand new team, but we did bring most of our starters back, so it's a great foundation to work on."

On Sept. 10 and 11, the team hosted the Sacred Heart Invitational, an event they try to host every year. The Pioneers went 2-1 to claim the tournament crown while playing against some significant competition--Seton Hall University, Princeton University and Stony Brook University.

"Each team finding their own identity is sometimes difficult, but I thought we did a good job this weekend," said Machan. "Those were great teams we were playing against, and we were pushed really hard, and we didn't back down."

The Pioneers went 1-2 at both the UCI Invitational in Irvine, Calif. and the Carolina Classic in Columbia, S.C.

Facing out-of-conference teams in the first few weeks of the season creates an opportunity for the Pioneers to increase their Rating Percentage Index (RPI), a statistic that helps rank Division I volleyball teams across the country, according to NCAA.com.

"Playing teams like South Carolina really helps our RPI, so after our conference play if we make it to the NCAA tournament, that ranking will help us either play a top-five team or a top 15 team," said graduate setter Sarah Cizek. "So it really helps to get those wins and sets over those teams."

With high expectations heading into the season, the players have set aside their past accomplishments and are focusing more on the present.

"This is a completely different team," said Cizek. "We kind of want to think past the championships [from last year] because if we dwell on that, it's just going to bring us down because it's not the same team."

The four-time reigning NEC Setter of the Year, Cizek has been a staple on the Pitt Center court since 2018. She has received NEC Player of the Week honors for the first three weeks of the 2022 season and has won that award a total of 17 times in her career.

"Sarah is one of those unique players that always finds a way to get us out of trouble and make the point work out, even in ways we don't necessarily practice," said Machan.

While many starters return from last year, there are some new faces to recognize on the roster, including some in pretty big roles. Camryn Luginbuhl is a sophomore transfer out of the University of Hartford and has already proven what she is capable of in her short time at Sacred Heart.

Luginbuhl currently leads the team in kills and had a 23 kill and 13 dig double-double to lead the Pioneers to a tournament title, clinching victory over Stony Brook.

"She's learning a new style of play than what she learned before. Her athleticism and athletic gift are perfect for our style of play," said Machan.

Giving the new players opportunities to adjust is something that senior outside hitter Reagan Palanchi is aiming for when it comes to the expectations of the team's season.

"We have talked about the togetherness of the team on and off the court to create the bonds in order to move forward," said Palanchi. "We have to forget what we've done in the past because this is a new group."

Palanchi, who has led the team in blocks the last two years, is once again leading the team in blocks this year.

The Pioneers are next in action on Sept. 16 and 17, as they travel to New Haven to compete in the Yale Invitational. They will play Fordham University on Sept. 16 and then will play Villanova University and Yale University on Sept. 17 before starting NEC play on Sept. 23 when they host Long Island University.

Sacred Heart Athletics contributed to this article.

Men's Golf Shooting (Six Under) Par for the Course

BY JAKE CARDINALE
Senior Sports Writer

On Sunday, Sept. 11, the Sacred Heart University men's golf team won the Ryan Lee Memorial Tournament at the Shuttle Meadow Country Club in Kensington, Conn. The Pioneers set a 36 hole school record with a total score of a 23-under 545 over the two-day weekend tournament.

Junior Marcus Lim had a record-breaking performance, shooting a school record low round 64 on Saturday, Sept. 10 to finish the round seven under par.

"It definitely feels good because I had been playing really good golf over the summer, so it was nice to break the record," said Lim. "64 is also my lowest score yet. I was hitting my approach shots really close to the hole. It felt really good."

Lim's record didn't last long, though, as it was matched by sophomore Jason Pelley, who also shot a seven-under 64 on Sunday to help Sacred Heart clinch the tournament

crown.

"My game is in a good spot. It's been trending that way for a while," said Pelley. "It's good to get that done and to see that the hard work has been paying off."

Sacred Heart finished seven strokes better than Siena College, who came in second. Sacred Heart's first place finish was a major improvement from their last tournament, where they finished seventh at the Turning Stone Intercollegiate in Verona, N.Y.

"Honestly, it was pretty surprising," said Lim. "The course really suited our style of play. We went into the week with a lot of confidence and we all showed up at the right time and everything just kind of clicked."

Lim is no stranger to being Sacred Heart's top performer, as he lead the charge in the Turning Stone Intercollegiate on Sept. 5.

"I'm not going to really think about what I did," said Lim. "I'm just going to go out there and play and have fun and not really think about the past week."

The Pioneers are coming off a championship season for the first time since 2011.

"Setting the bar early in the season is critical for success and I think we achieved that last week and are ready to roll into this week," said Pelley.

Sacred Heart returns to the course on Sept. 19 and 20 at the Hartford Invitational at the Bulls Bridge Golf Club in South Kent, Conn., before heading to upstate New York to compete in the Autumn Invitational in Lake Placid, N.Y.

Sacred Heart Athletics contributed to this article.

Women's Soccer Lacing Up for NEC Play

BY COLLIN MOURA
Staff Writer

The Sacred Heart University women's soccer team opened Northeast Conference (NEC) play on Thursday, Sept. 15 with a 1-1 tie against Stonehill College. The Pioneers now sit at 3-3-2 overall and 0-0-1 in conference play.

Head Coach Matt Micros is at the helm for his fifth year with the program, and has seen the Pioneers vastly improve upon the successes of every previous season.

"Each year we're looking to get a little better," said Micros. "Our first year we came in seventh, then we came in fourth, last year was third, and we're hoping to make the finals this year and challenge for the title."

Micros credited the team's senior leadership for the tremendous strides the program has taken, noting how valuable their experience has been for the younger players. Senior forward Meadow Mancini had a crucial goal in the 3-1 victory over the University of Delaware on Sunday, Sept. 11.

Mancini offered high praise for the freshman class and the work ethic they have shown.

"I think they really just bring it, we're all hungry to play," said Mancini. "We all really push each other."

Freshman forward Morgan Bovardi has had an immediate impact in her first few weeks in Fairfield. Through eight games, Bovardi is the lead scorer for the Pioneers.

"Morgan has stepped in and really done a nice job in short order," said Micros.

With conference play in full swing, the Pioneers will continue to rely on strong defense and goaltending from senior goalie Elyssa Kipperman.

A four-year starter, Kipperman has accumulated three shutouts already this season, two of them coming in victories over Manhattan College and St. John's University.

Kipperman, one of the Pioneer captains, had some advice for her teammates as they prepare for their conference schedule.

"Always keep working hard, no matter what," said Kipperman. "Keep your head up and stay positive."

Th game against Manhattan on Thursday, Sept. 8 was not like the other games on their schedule. The team raised awareness for pediatric cancer by raising over \$2,500 through a fundraiser that directly supports the eradication of childhood cancer.

Every player could be spotted sporting gold laces, a symbol for the fight against pediatric cancer.

"It's something that hits home with everybody," said Micros. "That's a cause that you want to try and help support in any way."

An embodiment of dependability, senior captain Anna Ludkiewicz has started every game in the past two seasons. Ludkiewicz had some advice about acclimating the younger players to the college game, as well as having the right mindset down the stretch of the season.

"Transitioning from high school to college is a big change in the pace of the game," said Ludkiewicz. "I think they've all adjusted really quickly."

With all of the positives coming into the season, Micros still believes there is work to be done.

"We've been inconsistent," said Micros. "Going into conference play, that's the one thing that we're working on; being more consistent with our effort and our performance."

The Pioneers will look for more consistency when they face Long Island University in Brooklyn on Sept. 18 before returning home to the Park Ave. Field on Thursday, Sept. 22 at 7:30 p.m. against the University of Maine.

Sacred Heart Athletics contributed to this article.



Colin Moura, Staff
Photographer

Goalie Elyssa Kipperman continues to be the backbone of the Pioneers staunch defense this season.

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The Art of Making Milkshakes

JILL AMARI

CHIEF COPY EDITOR & CO-EDITOR
OF AUDREY'S CORNER

The silver chrome that runs along the bottom of the milkshake glass rack reflects my harried expression. If I stand on my tiptoes, I can see my nose and lips. If I crouch down, I can see my hairline. If I stand straight, I can see my brown eyes looking back at me.

With this one look, I am allowed a second to check that my hair is in place and my mascara hasn't run under my eyes. One look gives me a glimpse of the frustrated, happy, annoyed, stressed, relaxed people waiting to be seated or checked out behind me. One look reminds me that I am a person who deserves to be treated with respect and kindness, not a server without a name.

That last sentence may seem obvious. But in the heat of rush hour, it can be easy to forget—and even easier for the people you're serving to forget.

For example, it doesn't take long to make a milkshake. My fastest time has probably been under two minutes, from reaching for the ice cream scoop to delivering the glass or to-go cup. But you'd be surprised how impatient and rude people can get while waiting for one, or how quickly the orders can stack up.

Many SHU students may guess that I came up with the idea for this editorial while working at JP's, the only diner on campus. It is arguably one of the busiest dining halls at SHU, but it's also one of my favorite places on campus. I go there for the food, but also to meet up with friends, do homework and be a server.

Unlike nearly everyone who works with me at JP's, my favorite task is making milkshakes. You want me to stop running tables and stay behind the counter at the milkshake station? You want me to be surrounded by ice cream, milk and whipped cream for an hour or two instead of punching orders into the glitchy POS system? I'd jump for

joy if I could, but that's a safety hazard.

I won't deny that making milkshakes is a messy business. But if there's one thing the people at JP's have taught me over the past three years, it's that we should embrace the mess.

This year is my final one at Sacred Heart. I may even be able to graduate early, in which case this would be final semester. But that doesn't scare me. In fact, I'm eager to get out into the world and leave the homework behind. Being an English major has taught me many things, including how to write and read better, how to speak up for myself and how to take advantage of every writing opportunity thrown my way. At the end of the day, however, I've learned the most outside of the classroom, through meeting my friends, talking casually with my professors, studying and living in Paris for a semester—and even working at JP's.

And what have I learned outside the classroom? How to be street smart. How to both respect others and understand that I deserve the same respect. Even how to deal with impatient customers.

And yes, making milkshakes is a messy business. But life is messy, and I've learned—and am still learning—how to embrace the mess, and I look forward to what comes next.



Contributed by sophomore Jackson Sokoloski

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