

## The Results Are In: New Faces of Student Government

BY HELENA MEDICI  
Staff Writer

Sacred Heart University's Student Government fall elections took place on Sept. 14. Voting closed that night, and the newly elected students were notified on Sept. 15 of their new positions.

"I'm extremely hopeful for the newly elected. They have been so ambitious in the election process and were so eager to get started. They were already so passionate. It has been less than a week and they have already stepped up," said Student Government President, senior Megan Clifford.

Clifford was elected as president in Spring 2023 and has been a part of Student Government since her freshman year. As Student Government president, Clifford oversees all of the class presidents and works with them to represent the student body's needs and wants out of their college experience.

"After three years of being in Student Government I've come to love this organization and it has been such an amazing part of my college experience. It inspired me to be the leader I was able to look up to as a freshman," said Clifford.

Freshman Class President Eva Fontes is a part of the newly elected.

"I have always loved Student Government and the idea of being a leader," said Fontes.

Fontes believes Student Government is an important club to be in.

"Student Government promotes leadership and citizenship. We want to hear what students have to say and we want everyone to have a voice," said Fontes.

With her experience of being Vice President of her high school, she has hopes to not only unite the class of 2027, but to also make the university a better place, along with the help of her board.

"My dedication will help me lead the board to bonding the class. I wish to use Student Government as a way to enhance the experience for every pioneer," said Fontes.

Another newly elected student is senior Ciara Mooney, who was encouraged by a friend to run for Senior Traditions Board Chair.

"I thought about applying in years past, but I was taking too many credits. I saw the position open again and I thought it was the right place and time. I finally had enough time to commit to it, so I thought I might as well go for it," said Mooney.

Mooney's position includes planning pub nights and themes. "Pub nights are a senior tradition. As senior traditions chair, it is important to keep people happy and be a part of making the senior class' last memories at SHU," said Mooney.

This year, Student Government has a goal to build more connections on campus with different departments whether it be the Multicultural Center or student accessibility.

"We hope to better the SHU community as a whole," said Clifford.

"Student Government is important to campus. We are the liaison between students and administration. We represent the students to administration. Whatever students need to make their college experience better for them, we are here," said Clifford.



The senior class saw Ciara Mooney take the role of Class Traditions Chair, and Caitlin Dalton be elected to the Class Relations Chair.

Instagram, @shustudentgov



Instagram, @shustudentgov

The election results for the Freshmen Board are in! Eva Fontes is President, Ryan Bausch is Vice President, and Ryan Klein is the Traditions Chair.

An upcoming Student Government event is Fall Fest on Oct. 14. Student Government is collaborating with the Student Events team and the theme is "Larger than Life."

"Unfortunately, I can't give away too much about Fall Fest, but there will be larger scale activities for all the students to do. We hope to see everyone there," said Clifford.

## Hacking the Constitution

BY ANGELINA SPIEZIO  
Staff Writer

The Department of Political Science and Global Affairs hosted the first annual Constitution Hackathon on Monday, Sept. 18, in observance of Constitution Day.

the U.S. Constitution in Philadelphia on the same day in 1787, according to the National Archives.

The Hackathon event was announced through email by the Department of Political Science and Global Affairs on Aug. 1. Students were invited to submit a concise essay, no longer than 250 words, responding to the question, "If you could 'hack' into the U.S. Constitution, what would you change and why?" said the email.

Prof. Steven Michels, Chair of Political Science and Global Affairs, along with Prof. Marylena Mantas-Kourounis, selected four finalists to present their arguments at the event.

The selection criteria were based on factors such as "the importance of the change, the clarity of the argument, and the evidence offered in

support of it," Michels said.

The four finalists selected were Anna Macaulay, Angus Hendricks, Laytoya Strachan and Jacqueline Gonzalez.

The event featured five-minute proposals from each of the finalists, followed by questions from both the audience and a panel of three judges, which consisted of Michels, Brian Stiltner, Professor of Religious Studies, and Jennifer McLaughlin, Executive Director of the Office of Student Advising and Success.

Macaulay, a junior majoring in political science with a minor in criminal justice, argued for integrity of Justices on the United States Supreme Court.

"My hack was instituting a constitutionally outlined and enforceable code of ethics for the court, as well as the implementation of decade long term limits to ensure a progressive and modern rotation of Justices," said Macaulay.

Gonzalez, a junior political science major with minors in sociology and human rights & social justice, extended Macaulay's proposal by suggesting the



Tracy Deer-Mirek, Sacred Heart University

Sacred Heart students had the opportunity to argue their hacks to the U.S. Constitution.

addition of term limits for Supreme Court judges.

COTINUE READING  
HACKATHON ON PAGE 2



Angelina Spiezio, Staff Photographer

(left to right) Angus Hendricks, Jacqueline Gonzalez, Anna Macaulay, and Laytoya Strachan were the four finalists selected to speak about their proposals at the Hackathon event.

Constitution Day is designated on Sept. 17 to commemorate the signing of

For more... [shuspectrum.com](http://shuspectrum.com) [@shuspectrum](https://www.instagram.com/shuspectrum) [@TheSpectrumSHU](https://www.tiktok.com/@TheSpectrumSHU) [@shuspectrum](https://www.tiktok.com/@shuspectrum)

P. 3 FEATURES | PAGE 3  
THE FASHION CLUB TAKES  
A TRIP TO MITCHELL'S

P. 5 SPOTLIGHT | PAGE 5  
MEET IFC PRESIDENT  
NICK ZINGALES

P. 6 A&E | PAGE 6  
A NEW "HEART BEAT"  
FOR STUDENTS TO SING

P. 7 SPORTS | PAGE 7  
THE RISING STARS OF THE  
SPORTS MEDIA WORLD



# News

## Cheers, Beers, Pioneers: “Pack the Pub” at Red’s

BY BRIAN LUPO  
Staff Writer

Red’s social media post on Instagram encouraged fellow seniors to join them before home football games for a beer and a limited edition Red’s Class of 2024 t-shirt. This event, referred to as “Pack the Pub,” ends with a march from Red’s to campus field before the game starts.

Virginia Doxsey, Assistant Director of the Student Union here at SHU said, “The goal of Pack the Pub is to get students, faculty, staff, and families excited for home football games for the 2023 season.”

The most recent home game was Sept. 16 against the Wagner Seahawks and was advertised with a free bite to eat and \$3 mimosas, opening from 10 a.m. to 1 p.m. before the 1 p.m. game.

Sophia Perna, Student Union Graduate Assistant for Red’s Pub said, “The goal of Pack the Pub is to create an environment and a space for 21+ members of the Sacred Heart University to come together before the SHU football games in a safe and welcoming environment and get excited for the game!”



Students rep their Sacred Heart gear at the first Pack the Pub event at Red’s.

Doxsey said, “Pack the Pub has been somewhat successful. We hope to continue its growth for future seasons.”

With a different perspective on the success of these events, Perna said, “Pack the Pub has been a success. The first one went well with a great turn out from our senior graduating class of 2024!”

Due to the limited amount of home games this year, Doxsey, said, “As of right now, there may be only one more Pack the Pub event for this season in November.”

“There are plans to hopefully continue this event in the future before home football games in future fall semesters,” said Perna, in regards to whether these events would continue for the rest of the season or in the future.

The next Pack the Pub event at Red’s will be held sometime in Nov., so keep an eye out in your email or on their Instagram @redsshu. In the meantime, if you have any questions or concerns you can email Doxsey at doxseyv@sacredheart.edu or Perna at perna6@mail.sacredheart.edu.

## Hackathon

BY ANGELINA SPIEZIO  
Staff Writer

CONTINUED FROM PAGE 1

Gonzalez’s proposition was “to add a third section to Article 3 which outlines the responsibilities and duties of the Supreme Court, but unlike the Constitution has listed term limits for Congress and the President, there are not term limits placed on the judges other than that they serve for life,” said Gonzalez.

Strachan, a sophomore political science major, focused on the Second Amendment and called for increased regulation on guns in America.

“Due to the increase of death by gun violence, if I could ‘hack’ the Constitution I would have more of a regulation on guns in America,” said Strachan.

Angus Henricks, a junior double majoring in political science and sports communications & media with a

journalism minor, proposed “to change the Constitution to make voting in elections compulsory for all voting-eligible citizens,” said Henricks.

After deliberation, Gonzalez was selected as the winner of the event.

“All of the participants were strong, but the judges felt that Jacqueline’s presentation was a bit more complete and had more specifics,” said Michels.

In response to her victory, Gonzalez said, “I am truly humbled and honored to be named the first ever winner. Before this event I couldn’t say I really thought much about the Constitution besides a historical standpoint, but now I have a better appreciation and understanding of it and will apply all that this event taught me to my

future endeavors.”

Gonzalez addressed her fellow competition and said, “Amongst the finalist we had a great line-up of ideas and creative ways of how we would hack into the Constitution all of which would’ve created a positive change for the country, so I want to give them all a shout out for the hard work they put in as well.”

### WATCH THE PIONEERS IN ACTION:

THURSDAY 9/28:

#### COMMUTER COUNCIL WITH NACHO BAR

HAWLEY LOUNGE

AT 12 P.M.

SATURDAY 9/29

#### MARC RIBOT LIVE IN CONCERT

SHU COMMUNITY THEATER

AT 8 P.M.

SATURDAY 9/30

#### FOOTBALL VS MERRIMACK

AT CAMPUS FIELD

AT 1 P.M.

SUNDAY 9/30:

#### CRIMES OF THE HEART

LITTLE THEATER

AT 8 P.M.

### FAMILY WEEKEND MUSTS:

FRIDAY 9/29

#### BINGO

EDGERTON CENTER

5 P.M. OR 7 P.M.

FRIDAY 9/30:

#### LIVE MUSIC AND CIDER

PIONEER PAVILION

5 P.M.

SATURDAY 10/1:

#### CHAMPAGNE CONTINENTAL

#### BREAKFAST WITH THE

#### PRESIDENT



VALENTINE HEALTH AND

RECREATION CENTER

9:30 A.M. - 11 A.M.

**SHIKIHANA**  
— JAPANESE BISTRO —

222 Post Road  
Fairfield, CT  
06824

Coming Soon

21+ Beverages

(203) 259 - 5950



# Features

## Behind the Seams: Fashion Club Visits Mitchell's

BY SHANNON DOVE  
Staff Writer

On Thursday, Sept. 14, the fashion marketing and merchandising staff and students of Sacred Heart University (SHU) embarked on a visit to Mitchell's, located in Westport, Connecticut.

"Exploring the store's interior and getting to see the merchandise collection was amazing. We were taken downstairs to witness the intricate workings that keep the store running seamlessly," said sophomore Katie Torello.

Mitchell's is a family-owned designer clothing brand, founded by Ed and Norma Mitchell in 1958. According to Mitchell's, the heart of their vision is to "hug" the customer by enhancing and adding value to their retail experience. Mitchell's has earned a reputation for excellence in the fashion retail industry, and they have received numerous awards and recognitions for its commitment to customer service and quality.

On the field trip, students and staff walked through displays of designer goods, learned about the brand's operations, and participated in mock interviews.

"The idea was to get students face-time and allow them to have a meaningful interaction with fashion executives in more of a business context," said Prof. David P. Loranger of fashion marketing and merchandising.

Jessica Candido, a senior at SHU and the president of Fashion Club, gained a wealth of knowledge from her experience at Mitchell's.

"Mitchell's was a true eye-opener. Touring their luxury store was like stepping into a fashion dreamland. This day reinforced my passion for fashion and the importance of presentation and communication skills in this field," said Candido.



Instagram, @fashionclub\_shu  
Bill Mitchell (center), former owner of Mitchell's in Westport, gave students in SHU's fashion club a tour of their carefully curated displays of designer goods.

On the tour, the students and staff walked through displays of carefully curated designer goods and learned about Mitchell's clientele. They had the opportunity to hear about the operations needed to run eight Mitchell's stores around the country in areas such as buying, accounting, sales, security, and marketing.

Towards the end of the experience, Mitchell's hosted mock interviews with

four volunteer students. The associates placed strong emphasis on transforming the interview into a genuine conversation. Arbesa Krasniqi, a junior at SHU, actively engaged in the mock interview sessions.

"The mock interviews were an amazing learning experience," said Krasniqi. "Scott Mitchell, one of the owners, gave us some insight onto why different interviewers would ask certain questions."

Krasniqi's favorite part of the tour was understanding the fundamentals of Mitchell's.

"The owner spoke to us about how important their sales team was, and how they prioritized their customers," Krasniqi said.

Taking advantage of opportunities like this is essential for both gaining valuable experience and

enhancing one's resume. One way to get involved with fashion at SHU and to gain experiences like this is to join the Fashion Club.

Throughout the school year, Fashion Club discusses current trends as to where fashion is heading. They engage in activities such as DIY, mood boards,

as well as host guest speakers from the industry. Their internship panel assists members in gaining experience and furthering their interest within all the opportunities for jobs and internships.

"Becoming a part of the Fashion Club has significantly expanded my chances to engage more deeply with my major. I always try to seek out every available opportunity to gain valuable experience," said Torello.

Fashion Club meetings are every Wednesday and open to all full-time undergraduate students. One way to stay updated with the SHU Fashion Club is to follow their Instagram @fashionclub\_shu.



Instagram, @fashionclub\_shu  
Members of Sacred Heart's Fashion Club got the opportunity to hear about the operations needed to run eight stores across the country directly from the owner of Mitchell's, Scott Mitchell.



Instagram, @fashionclub\_shu  
Students also got the opportunity to conduct mock interviews and ask the owners questions at the end of the night.

## Can't Miss Fall Festivals in CT!

### Trumbull Arts Festival

On Sept. 30 the Trumbull Arts Festival will take place on the Trumbull Town Hall Green on Main Street. The festival will be held from 10 A.M. to 4 P.M. and will showcase fine artists, crafters, community booths and food trucks.

### Connecticut Renaissance Faire

Every Labor Day, the Faire opens in Lebanon, CT with a sixteenth-century harvest festival including costumes, jousting, magic and more. The festival runs until Oct. 15.

### Glastonbury Apple Harvest and Music Festival

Oct. 13 through Oct. 15 come and listen to some great live music in Glastonbury. The festival lasts all weekend and has carnival rides, craft vendors, drinks and of course apples.

### Autumn Bounty Festival

Come to Westport on Sept. 30 for the Autumn Bounty Festival. The festival will feature live music, local artists, food and more.

### The Bruce Museum

On Oct. 7 and 8 come to the Bruce Museum in Greenwich to view World Class art including: prints, oils, drawings, photographs and more. Also, the outdoor festival will be serving food and drinks to enjoy and will have other activities outside.

### Southington Apple Harvest Festival

The Southington Apple Harvest Festival celebrates the apple harvest during the New England fall and will be held on Sept. 29 through Oct. 1 and Oct. 6 through Oct. 8. At the festival there will be road races, live music, arts and crafts, carnival rides, fireworks and more.



# Audrey's Corner

## Book Talk: Editors' Picks

CURATED BY CAROLINE CLIFFORD & OLIVIA TEDESCO  
Audrey's Corner Editors

Olivia Tedesco, Audrey's Corner Editor

### "Verity" by Colleen Hoover

Suspense/Thriller/Romance

"Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, the husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. When Verity isn't being truthful about the extent of her injuries, Lowen will discover the true horrors of their family. Stay up all night to read the thriller of Verity and how you will begin to question, whose truth is the truth. I would recommend this book to anyone who loves a good mystery and thriller romance wrapped into one."

Caroline Clifford, Audrey's Corner Editor

### "The Nightingale" by Kristin Hannah

Historical Fiction

"The Nightingale tells a captivating story of two young women living in France under Nazi rule. One woman is forced to make choices to keep her family alive, while her husband serves on the front lines. The other becomes a war hero to be remembered decades later. They both risk their lives to save dozens of others, putting forth their values of family, friendship and love during the most difficult times. The plot is face paced and illustrates different settings throughout the book. Definitely a page-turner and one of the best depictions of WW2 daily life in my opinion."

Madison Beekman, Manager of Editorial Content

### "The Five People You Meet in Heaven" by Mitch Albom

Fiction

"This story follows Eddie, a mechanic at an amusement park, who saves a little girl from falling, causing his death. After this, he's sent to heaven and meets five people who impacted his life in ways he never realized. It's a beautifully bittersweet story that makes you think about the impact that people have in your own life, and also your impact in theirs. I cannot recommend this book enough!"

Sarah Margerison, Copy Editor

### "Normal People" by Sally Rooney

Fiction/Drama/Romance

"Normal People" by Sally Rooney is the story of two young adults, Connell and Marianne in modern Ireland. Rooney dives into the conversation of self-worth, abuse, mental health, and how self-love is necessary to love others. "Normal People" makes me feel all sorts of feelings, overall leaving me thinking and hoping for more. I love both Connell and Marianne, and I've never hoped so much for a happy ending for two characters."

Isabella Fabbo, Photo Editor

### "Station Eleven" by Emily St. John Mandel

Science Fiction

"Set during a time following a global pandemic that wiped out most of the population, the story follows a group of traveling actors, a theatre troupe called Traveling Symphony, performing Shakespeare in various established post-apocalyptic communities. You are given different point of views from different characters, including during their lives before and after the pandemic. The intertwining plots build curiosity and suspense throughout the book until a satisfying plot twist at the end."

Professor Joanne Kabak, Faculty Advisor

### "On All Fronts" by Clarissa Ward

Non-Fiction/Memoir

"I like to read non-fiction and in particular about the work of journalists. Ward is a CNN correspondent who has taken extraordinary risks to tell the hidden story of the recent war in Syria. She weaves her courageous reporting and tales of dodging hostile authorities with her own story of growing up. She is deeply motivated to alert the world about a human tragedy that was hardly covered otherwise in the Western media. You may see her reporting live these days from Ukraine or other dangerous places."

### Audrey Niblo

*Audrey's Corner is a section made in honor of staff writer for The Spectrum, Audrey Niblo. Such a bright and passionate woman, Audrey passed away due to a heart condition in May 2018 but her story continues. She was an advocate and ally for bully victims and shared her own experiences as a way to connect with others and inspire change. We hope that this section expresses the kind of person Audrey was, and the legacy she has left at Sacred Heart University and the world at large.*



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

Counseling Center

Open 9-5 on Weekdays

Make an Appointment: 203-371-7955

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



# Spotlight



## Nick Zingales

BY BRAD HUTCHISON  
Co-Spotlight Editor

Throughout their years at Sacred Heart University, few students truly take advantage of everything that is offered to them and thrown their way. That isn't the case for one outstanding student from Easton, Pennsylvania. His name is Nicholas Zingales, and he is a current senior here at SHU.

Zingales is a Psychology major, and his goal one day is to be an industrial/organizational psychologist. He did not limit himself to just his studies throughout his four years. With still holding a high grade point average, Zingales was able to fully immerse himself in the SHU community, and become a leader on campus in many different facets, specifically fraternity life.

"I love being a student at Sacred Heart because of all the opportunities that are available," said Zingales. "I quickly got involved in Fraternity life joining Beta Theta Pi my freshman year and have had the opportunity to take leadership positions all across my chapter; ultimately now being the Inter-Fraternity Council (IFC) President."

Joining a fraternity is something that Zingales was determined to do when coming to SHU. When he was going through recruitment as a freshmen, he had many options on the table and was torn on which organization to join. He ended up landing on Beta Theta Pi, one of the newer fraternities at the time that was founded in 2017.

Throughout his time in the organization, Zingales has contributed to the overall growth, and betterment of the group. He started out joining as many committees in the fraternity as possible, trying to offer his help to all the different branches. He found a love for the branch of education, where he ended up assisting one of his mentors Liam Atkins in educating the new members on the history of Beta Theta Pi, and what it means to wear the letters.

In the fall of his sophomore year, Zingales was elected to the Vice President of Education chair. In this role, he served as the pinpoint educator for two large incoming classes, and he did so with ease. He was able to leave the position better than when he found it, creating new levels of organization and bringing new ideas to life.



Contributed by Nick Zingales

In the fall of his junior year, Zingales didn't stop his devotion to the greek community. In a time where the Inter-Fraternity Council was struggling to find young men to fill their e-board, Zingales stepped up in the biggest way and decided to run for IFC President.

He won this position, and since holding it, he has achieved great things.

One major thing he had a hand in was the formation of the expansion committee, which brought different fraternities onto the SHU campus and allowed them to give their case as to why they should be established at SHU. Zingales talked with the national representatives from these fraternities, and helped bring a brand-new one onto campus last spring. He also has made it his goal to create a better community between all the

different fraternities.

Moving onto a very prestigious student-leader role, Zingales became a student ambassador entering his sophomore year. In this position, he has been able to offer tours to prospective SHU families for five semesters at this point. Working open houses, doing extra events, and picking up other tour shifts, Zingales



Instagram @shuifc\_official  
Director of Fraternity and Sorority Life, Nick Frias (Left) pictured with Nick Zingales (Right) excepting Spring 2023 "Most Valuable Greek" Award.

consistently commits himself to helping this school grow.

The iHub on West Campus is another place you might see Zingales if you pass by in the West Building. Here, his full-time role is Assistant Community Manager Intern. In this role, he helps manage and operate the iHub for their members. He works with the members to help create internships for students, plan community events, and create business-student relationships. Also, for the Verizon Worktech Group, he helps test technology solutions that get scaled across the globe.

"While being involved in my Fraternity, I was also able to find a fantastic internship at the SHU iHub powered by Verizon as the Assistant Community Manager," said Zingales. "Here I have been able to find so many more opportunities to begin my professional career."

Every heard of the Pio Guys? Well, Zingales has his hand in that as well. After the formation of this group in the fall of 2021, Zingales didn't want to see this group die out. Given the reigns by past seniors, Zingales was able to keep the school spirit alive by bringing together new guys and supporting the Pioneers at all of our major sporting events. You might have seen them at the opening of the Martire Family Arena, or the Family Weekend football game.

On top of all the hard work that Zingales does, his peers speak so highly of him, and know that he is the definition of a true pioneer here at Sacred Heart. With a year left, Zingales hopes to finish out the year strong, continue to network within his iHub position, and hopefully leave a lasting impact on all the organizations he had a hand in.



NOMINATE SOMEONE!

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



# Arts & Entertainment

## Hollywood on Hold

BY JULIA SCIORRA AND JESSICA BALOGH

Staff Writer and Assistant Arts & Entertainment Editor

Members of the Writers Guild of America (WGA) and the Screen Actors Guild (SAG) are on strike over an ongoing labor dispute with the Alliance of Motion Picture and Television Producers (AMPTP).

The WGA began this strike on May 2 with SAG officially joining a few months later, on July 14.

The WGA has been on strike over matters regarding better pay, limits on artificial intelligence (AI) and increased residuals, with SAG mirroring these sentiments.

According to AP News, “The guild wants to prevent raw, AI-generated storylines or dialogue from being regarded as ‘literary material’ — a term in their contracts for scripts and other story forms a screenwriter produces.”

Prof. Roger S.H. Schulman, a screenwriter and producer, said, “Because the entertainment industry has behaved unfairly in the past, it’s not unreasonable for writers to feel that it’s going to happen again with this next phase of technology.”

Due to the ongoing strike, Schulman said he can’t work on a production and also can’t take pitch meetings and propose new projects.

“There’s an entire pipeline that I have to stay out of, and that applies to a lot of my colleagues as well,” said Schulman. “It’s kind of like having a car race and not only do you have to get off the track, but you also have to put your car in the garage and take the tires off and put it up on blockers and take the engine out. It’s going to take a lot of effort to get things going again once a reasonable deal is struck.”

According to the New York Times, members of SAG are unable to work in front of the camera or promote current projects for the duration of the strike.

A central issue for both WGA and SAG is residuals, which have been heavily affected by the increase in streaming. According to the Associated Press, “residuals are long-term payments to those who worked on films and television shows,

negotiated by unions, for reruns and other airing after the initial release.”

Both unions say that while the streaming companies do pay their residuals it is a pale imitation of what they once received.

Many movies and television shows are being delayed due to the ongoing strike. Shows that used to produce weekly content have now remained idle for months.

“I am a big fan of late-night television, and in particular Stephen Colbert. The writing on that show is superb and I didn’t even realize how much I would miss the show until it went away,” said Schulman. “My times are a little bit sadder because I don’t get to see it.”

Many people around the world are feeling the effects of the strike, not only for the sole purpose of losing their favorite late-night television shows but also for the potential job opportunities that can come along with them. For example, senior Stephanie Patella, experienced this feeling firsthand when her internship with Stephen Colbert was put on hold.

Patella has an internship coming up in the spring where she will be working with Stephen Colbert in NYC. However, due to the ongoing strike, she is unaware of if she will be able to experience this opportunity.

“I am not sure if my internship will take place because I am supposed to be going in person in the city to work for The Late Show. However, due to the writers’ strike, there’s a really good chance that might not happen because the show has not been on air for a very long time,” said Patella.

Patella has dreams of pursuing a career as a screenwriter. She said, “It’s really scary because I’m now in my senior year of college and I’m about to step out into the real world, except there’s a writers strike and we have no idea how long it’s going to go on.”

*As of press time, the Associated Press reported that: “A Hollywood strike of nearly five months appears about to end as a tentative deal has been reached between unionized screenwriters and the studios, streaming services and production companies that hire them.”*

## Choir Creates New Ensemble “Heart Beats”

BY MARIA KELLY

Staff Writer

Sacred Heart University welcomed a new select choir ensemble to campus called “Heart Beats.” The first round of auditions was held for this select choir on Sept. 26, with the second being held on Sept. 28. It is separate from the choral grants and open to anyone on campus who wishes to join.

“It will be super casual, especially because it’s student-led. So, everyone can just hop in and do what they want. Put their spin on it and make it fun,” said Christen Luongo, Vice President of the Choir Program and founder of “Heartbeats.”

“Heartbeats” is the newly added ensemble to the choir program. They will perform music from a wide range of genres. “Heartbeats” intends to perform around campus and even sing at the football games this season. The university’s choral program efficiently caters to students’ schedules, as they are very flexible, and this new ensemble does the same.

“I picked Sacred Heart because they had a choir program that fit in my schedule as someone who has so much work and so many classes. So, it was perfect. You pick and choose what choirs you want to do, and you can make yourself busy or not busy,” said Luongo.

The new choir ensemble will bring a new dynamic to



Contributed by Christen Luongo, '25

“Heart Beats” is a new, student-led choir ensemble at Sacred Heart that is currently in the audition process.

campus by allowing students to be in touch and sing what they are passionate about.

“I joined the choir because I used to be in a choir before college, and I have always wanted to continue being a part of a group that makes music. The choir program felt welcoming to all. Choir is a way to take a break from school and do something that I enjoy. I was able to find a community that shares the same interests as me,” said junior Isabel Bandon.

Luongo gave this choir the name “Heartbeats” as a recognition of her future.

“I wanted to keep the Sacred Heart theme in there somewhere. I also am a biology major, and I ultimately want to do pediatric cardiology. So, I thought that the name was just perfect because it kind of just engulfs everything about Sacred Heart, what I want to do and music,” said Luongo.

“As we are looking towards the future, with a new performing arts center to open in 2024, I want to support our students in building a culture of leadership and community,” said Dr. Christopher Grundy, Director of Choral Programs. “And that is exactly what Christen is doing in organizing our first student-led a cappella ensemble.”

## New Releases to Look Out For!

BY JESS BALOGH

Assistant Arts & Entertainment Editor

### New Movies:

- “My Big Fat Greek Wedding 3” out now in theaters
- “A Haunting in Venice” out now in theaters
- “Dumb Money” premieres this Friday
- “The Creator” premieres this Friday
- “Saw X” premieres this Friday
- “The Royal Hotel” premieres Oct. 6
- “Foe” premieres Oct. 6
- “Johnny Z” premieres Oct. 6

### New Music:

- Stephen Sanchez’s debut album, “Angel Face” out now
- Ed Sheeran’s “Autumn Variations” releases on Friday
- Molly Burch’s “Daydreamer” releases Friday
- Slow Pup’s “Yard” releases Friday
- Armand Hammer’s “We Buy Diabetic Test Strips” releases Friday
- Drake’s “For All the Dogs” releases Oct. 6
- Reba McEntire’s “Not That Fancy” releases Oct. 6
- Sufjan Steven’s “Javelin” releases Oct. 6

### New TV Shows:

- “Sex Education” Season 4 now streaming on Netflix
- “The Other Black Girl” now streaming on Hulu
- “American Horror Story: Delicate” releases new episodes every Thursday on Hulu
- “Ahsoka” releases new episodes every Tuesday on Disney+
- “The Continental: From the World of John Wick” new episodes every Friday on Peacock
- “The Walking Dead: Daryl Dixon” premiering new episodes on AMC+
- “Gen V,” a spin-off of “The Boys,” premieres this Friday
- “Loki” Season 2 premieres Oct. 5 on Disney+





# Sports

## The Rising Stars of the Sports Media World

BY DILLON KNEUCKER  
Staff Writer

Molly Jacob, Jordan Greene, and Kallie Shanahan are all Sacred Heart students who are currently working in the sports media world. Each student has a different perspective on the industry.

Shanahan, a junior, has always had a deep-rooted passion for sports and credits her dad for it.

"I remember my dad always had hockey on, so I would always go in the living room and the game would be on so I would just sit down and watch it. Ever since then, I was just always interested in it and always had a passion for hockey specifically," said Shanahan.

This passion for hockey led Shanahan to her current role as the video board operator for the Bridgeport Islanders.

"It is a really great opportunity, and I am so grateful. It's really a reflection of how hard I have worked over the past couple of years, and I am excited to get started," said Shanahan.

Greene, who's also a junior, is currently a writer for the Yankee Entertainment and Sport Network (YES) for Nets Daily, which is one of the largest news publications for the Brooklyn Nets of the National Basketball Association



Contributed by Molly Jacob, '27  
Senior Molly Jacob pictured working at the 2023 divisional round of NFL playoffs in Kansas City, Mo.

(NBA). He is also a member of the Sacred Heart Track team.

Greene credited YES Network analyst Jack Curry for his internship.

"I met Jack Curry in High School. I had written an article about one of my basketball teammates who had scored 1000 points. He had read that article before he came to our class, so he knew who I was. We kept a relationship throughout high school and then this past summer he recommended me for an internship with YES Network which then turned into a job with them," said Greene.

Jacob, a senior, also works for YES network. She is a runner and also does some reporting. Jacob was able to get this job through connections with her neighbors. This happened as one of her neighbors was a member of a spin class with the creative director of the YES Network.

On top of the Yes Network, she also works as an NBC Sports studio employee.

"Believe in yourself. There are going to be so many people that doubt you or you know, tell you something that you may not agree with. You kind of just have to believe in yourself and remember your passion," said Jacob.

Jacob believes remembering your passion is important because the sports media industry is very demanding.

"There's going to be long days, there's going to be rejection but as long as you stick to yourself and have a consistent positive attitude and show consistent effort, you will get to where you want to be," said Jacob.

## Meet NIRA Player of the Week: Ashley Torres-Brown

BY THOMAS MALONEY  
Staff Writer

Sacred Heart University sophomore Ashley Torres-Brown is coming off a big couple of weeks in which she received the National Intercollegiate Rugby Association (NIRA) Player of the Week. This came after she had a team-high two tries with 10 tackles as Sacred Heart advanced to 2-0 after a win over Brown.

For Torres-Brown, this is her sixth year of playing rugby competitively. She began her rugby career in her freshman year of high school, and rugby has since been special to her ever since.

"I started playing because my brother played in high school and I wanted to be just like him because I thought he was the coolest person ever growing up," said Torres-Brown.

While she may have only started playing in her freshman year of high school, she realized that playing rugby could be something she could pursue in college.

"Throughout high school, I started getting invited to USA camps. It's selective and they pick players from each state," said Torres-Brown. "Also, when I got selected to play in Ireland, I was like okay, I can do

something with this."

All those years of going to camps and playing on teams outside of her high school have brought her to this moment of being named the NIRA Player of the Week.

Torres-Brown was not informed of the award until she was told by a friend who had seen that she had won the award by a social media post.

"Before I saw it on Instagram one of my friends saw it and texted me," said Torres-Brown. "When I saw the post, my jaw dropped, I couldn't believe it."

While for some playing a Division One sport may be overwhelming, for Torres-Brown, balance is the most important aspect of being a college athlete.

"When people think of student-athletes, they may think you're going to have no time in your schedule and it's only going to be either you're on the field or in the classroom, but I think I have a good balance. And because I played sports all through high school, I have always been busy, and I just learned how to juggle that," said Torres-Brown.

Even amid her own great start to the season, Torres-Brown made it clear that as great as personal achievements are she hopes that she and her team can keep playing well.

"Right now, we are having the most successful season that we have had in a while. We are three and zero right now and we are just trying to make it as far as we can. The squad this year is filled with a ton of incredible athletes, and I think that we can go all the way," said Torres-Brown.

Torres-Brown and the women's rugby team look to go to 4-0 as they travel to Quinnipiac to face the Bobcats on Saturday, Sept. 30.

*Sacred Heart Athletics contributed to this article.*



Instagram, @sacredhearttennis  
Ashley Torres-Brown was named NIRA Player of the Week two weeks ago after a strong performance against Brown.

## Men's Soccer Kicks Off Conference Play

BY ANASTASIA NIKOLOPOULOS  
Staff Writer

The Sacred Heart University men's soccer team is currently 4-5 this season. They kicked off their conference play on Sunday, Sept. 24 against Merrimack College with a 4-1 win.

Head Coach Anthony Anzevui shared his thoughts on the season so far.

"We've had some solid wins against Siena, Columbia and Brown. There are definitely games we have left on the table against Holy Cross, Rider and Lehigh which we will take some important lessons from going into Conference," said Anzevui.

The team has faced some challenges throughout the season.

"We've had a very busy schedule with three games in the last seven days, which has not allowed much time to practice," said Anzevui. "It has challenged the group physically, which we feel is an experience that will prepare us well for the challenges ahead, with the schedule being the same in certain weeks, the group has already felt those demands."

Olliver Persson, a senior, leads the team with four goals on the season.

"I have strong belief in the coaches and the team that we have as well as a good group of people both off the field and on the field, so I think that together we can hopefully create some magic," said Persson.

The Pioneers are currently ranked second in the Northeast Conference (NEC).

"We expect to add consistency to our performances and to compete in every Conference game. We know every game will be a battle," said Anzevui.

The team brought in 12 new players this offseason.

"We have a good balance and I think we can make a good season with our conference. Every game is a final, so we have to fight for them," said sophomore David Garcia Gallego.

The team's next game is against Stonehill College on Thursday, Sept. 28 at the Park Ave. field.

*Sacred Heart Athletics contributed to this article.*



Instagram, @shu\_msoc  
Sacred Heart's men's soccer team is optimistic about their season, despite some challenges so far.



# Editorial

- EDITOR IN CHIEF  
BRENDAN WILLIAMS  
2024
- MANAGER OF EDITORIAL CONTENT  
MADISON BEEKMAN  
2025
- MANAGING EDITOR:  
ADMINISTRATION  
JULIE DUNN  
2024
- EDITOR AT LARGE  
COLLIN MOURA  
2025
- COPY EDITORS  
MOLLY BRUTON  
2025
- MEG HARKINS  
2024
- SARAH MARGERISON  
2024
- NEWS EDITOR  
ERIN CLARK  
2024
- ASST. NEWS EDITOR  
MOLLY BRUTON  
2025
- FEATURES EDITOR  
ISABEL HAGLUND  
2024
- ASST. FEATURES EDITOR  
GERALDINE PAGLIA  
2024
- ARTS & ENTERTAINMENT EDITOR  
ALANNA WUNSCH  
2024
- ARTS & ENTERTAINMENT EDITOR  
SAM MARANO  
2025
- ASST. ARTS & ENTERTAINMENT  
EDITOR  
JESSICA BALOGH  
2025
- SPORTS EDITOR  
JAKE CARDINALE  
2024
- SPORTS EDITOR  
VICTOR DIPIERRO  
2024
- ASST. SPORTS EDITOR  
MARISA MUSACCHIO  
2025
- AUDREY'S CORNER EDITOR  
CAROLINE CLIFFORD  
2025
- AUDREY'S CORNER EDITOR  
OLIVIA TEDESCO  
2026
- SPOTLIGHT EDITOR  
BRAD HUTCHISON  
2024
- SPOTLIGHT EDITOR  
VALENTINA MASSONI  
2025
- PHOTOGRAPHY EDITOR  
ISABELLA FABBO  
2024
- ASST. PHOTOGRAPHY EDITOR  
DANIELLA BALDINO  
2025
- PUBLIC RELATIONS MANAGER  
ALENA KLADIS  
2024
- PUBLIC RELATIONS MANAGER  
KAYLA KUTCH  
2024
- WEB/GRAPHICS MANAGER  
RYAN TASHMAN  
2025
- AD SALES/FINANCE MANAGER  
NICHOLAS MEACHEN  
2024
- CIRCULATION MANAGER  
OLIVIA TEDESCO  
2026
- FACULTY ADVISOR  
PROF. JOANNE KABAK

## “You’ve Got To Be Kidding Me”

JAKE CARDINALE  
SPORTS EDITOR

As a lifelong Jets fan, I am no stranger to heartbreak and just straight-up torture. They have not made the playoffs since I was eight years old. I am now 21 and a senior in college. Being a Jets fan is like being punched in the gut over and over again. That being said, I had a lot of hope going into this season. Although they once again missed the playoffs last season, the team was very good outside of horrible quarterback play from Zach Wilson. All they needed was a good quarterback, which they were able to get prior to the season. They made a trade to acquire Aaron Rodgers, one of the best quarterbacks in the NFL, from the Green Bay Packers. For the first time in my life, I actually had hope for the Jets. Not only did I have hope they could make the playoffs for the first time in 13 years, I thought they had a chance of winning the Super Bowl. Their first game was on Monday Night Football against the Buffalo Bills. The excitement I had for this game was unbelievable. I have never been more excited for a football game in my life. However, on the fourth play of the game, Aaron Rodgers was sacked by Bills linebacker Leonard Floyd. After the sack, Rodgers stands up, only to collapse back to the ground in pain.

Although the Jets won the game, the next morning, I woke up to the news that Aaron Rodgers tore his Achilles and will miss the rest of the season, leaving the Jets with Zach Wilson as quarterback once again. I do not know what else to say. The Jets must be cursed. They are never not an absolutely terrible football team. Whenever they give me a slimmer of hope, something goes wrong. Whether it’s their star player getting injured, overall colossal underperformance by several key players, something always goes wrong. The Jets can never have a good quarterback. The last time they had a good quarterback was Joe Namath back in 1969, over 50 years ago. Whenever they bring in a quarterback who has the potential to be good, something happens. From Vinny Testevorte tearing his Achilles, to Zach Wilson being just flat-out awful at football, to Aaron Rodgers tearing his Achilles (just as Testevorte did), the Jets can never catch a break. I thought Aaron Rodgers would bring a Super Bowl to the Jets. His tenure lasted four plays. Four. I am at a loss for words.

*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](mailto:spectrum@sacredheart.edu). The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*

## 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.

### How can I apply?

Reach out to our Manager of Editorial Content Madison Beekman via email at [beekmanm2@mail.sacredheart.edu](mailto:beekmanm2@mail.sacredheart.edu). Please include your class year, sections you’d be interested in covering, and date of graduation.

**Do you have an upcoming event or new business?**

Advertise with **THE SPECTRUM**

**YOUR AD HERE**

For all advertising inquiries contact:  
[spectrum-advertising@sacredheart.edu](mailto:spectrum-advertising@sacredheart.edu)