

**UPCOMING
FIRST 50 DAYS EVENTS
THIS WEEKEND:**

THURSDAY 9/28:

POTTERY PAINT NIGHT
WITH SET AT 6PM IN
LINDA'S

FRIDAY 9/30:

**CLASS OF 2026 MOVIE
NIGHT AT THE CHAPEL
QUAD AT 7PM**

SATURDAY 10/1:

**BROADWAY SERIES:
BEETLEJUICE, BUS
LEAVES FOR NYC
AT 11AM FROM THE
EDGERTON!**

SUNDAY 10/2:

**PHI SIGMA SIGMA
DANCE-A-THON &
11AM AND 7PM MASS ON
AT THE CHAPEL!**

MONDAY 10/3:

**MINI GOLF & GLOW
COTTON CANDY AT 63'S
LAWN STARTING AT
4PM!**

TUESDAY 10/4:

**LEARN ABOUT HISTORIC
LGBTQ+ ICONS AT
THE MULTICULTURAL
CENTER STARTING AT
7PM**

**GAMES! GAMES!
GAMES!**

FRIDAY 9/30:

**FIELD HOCKEY TAKES
ON FAIRFIELD AT 1PM IN
NEW HAVEN, CT**

SATURDAY 10/1:

**FOOTBALL VS. NORFOLK
STATE UNIVERSITY AT
1PM ON CAMPUS FIELD**

**SOFTBALL DOUBLE
HEADER VS. THE
UMASS & QUINNIPIAC
UNIVERSITY, FIRST
PITCH AT 11AM**

SUNDAY 10/2:

**MEN'S ICE HOCKEY VS.
WESTERN UNIVERSITY
AT WEBSTER BANK
ARENA IN BRIDGEPORT,
CT STARTING AT 4PM**

**WOMEN'S VOLLEYBALL
VS. THE UNIVERSITY OF
HARTFORD AT 4PM IN
THE PITT CENTER**

An Immaculate Visit

BY SAMANTHA DOLE
Staff Writer

At the beginning of the fall 2022 semester, Sacred Heart University welcomed their first exchange students to campus. Niamh Conlon and Emma Ryan are attending SHU from Immaculate College in Limerick, Ireland. They are working towards a primary education degree through SHU's Isabelle Farrington College of Education and Human Development.

Conlon and Ryan arrived at Sacred Heart in August, and are studying through December. Conlon said that it is part of her course load to go abroad.

"It is part of our curriculum, we get to go abroad for a semester," Conlon said.

"I have cousins in the area," she said when asked what moved her to choose Sacred Heart.

Ryan, however, explained that Sacred Heart was not her first choice, and she had more flexibility when deciding whether or not to Study Abroad.

"I didn't originally intend to go to SHU, but their social media presence sold me, and that's how I decided to come," said Ryan.

They both said they have felt welcomed by the community and their friends. "We watch movies with our housemates every night," Ryan said. "The staff have been so nice to us too, we have felt very welcome."

They are excited to travel throughout the U.S.

"We are planning a trip to Chicago, and we went to New York," Conlon said.

Micheal Alfano, Vice Provost for Strategic Partnerships, said he came to Sacred Heart and learned about the campus's connection with Dingle, Ireland. However, he recognized that education majors mostly only went for a two-week intersession in either the winter or the summer. He decided to work to change that, which started with Conlon and Ryan studying at SHU this semester.

"You learn so much living abroad, you develop resilience and gain a worldwide perspective," Conlon and Ryan agreed. "There are a lot of resources that you wouldn't think of," Ryan added. "There is more diversity, and you learn how to incorporate diversity."

Studying abroad during the college years has become more popular over the years. Inside Higher Ed estimates that around 11% of undergraduates study abroad at some point during their degree program. In 2018, 341,751 students gained course credit in another country.



Niamh Conlon and Emma Ryan sitting out in front of Chapel of the Holy Spirit.

Sacred Heart University

Alfano said that in the future, the goal would be to expand this program. "We could start a faculty exchange, and open the program up to graduate students and doctoral students as well," he said.

"I think this is such an amazing program. I think it is so admirable that students abroad want to visit SHU, and I love that we are now giving them the opportunity to study here," said junior Abby Wilk.

Conlon and Ryan also talked about some of the differences between studying in Ireland and America. "Classes are mixed with different grades here. In Ireland, we have our classes with the same people," Conlon said. "You don't have to do a fifth year, there are no placement exams and classes are smaller," she added.

"I think it's a great experience for people to study abroad. It's amazing to experience another country, and gain different perspectives on the world," senior Ashley Villare said. "The world is much bigger than we think, and it is good to gain a wider perspective on life. You can learn a lot."

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at finizior@mail.
sacredheart.edu



NEWSPAPER RACK LOCATIONS

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

News

New iOS Update

BY MADISON MESSINA
Staff Writer



The iPhone has completely new features on the lockscreen.

Apple.com

Apple’s new iOS 16 update was released on Sept. 12, and the new iPhone 14 generation was released on Sept. 16, including the iPhone 14, iPhone 14 Plus, iPhone 14 Pro, and iPhone 14 Pro Max. These new releases include unique features and distinct changes.

The iOS 16 update includes features such as allowing you to edit or unsend messages that you previously sent, medication logging and device setup for kids.

The update includes multiple new features meant to improve user experience. Editing or deleting previously sent messages, medication logging, and device setup for kids are some of the included features.

Despite being a long-time consumer of the brand, not everyone is pleased with Apple’s performance.

“I have had an iPhone for four years now and have liked most of the updates Apple has put out. This update is a little confusing to me as the visuals feel off and like an unnecessary change,” said senior Cristian Martinez.

According to the Apple website, iMessage and FaceTime might not complete activation on iPhone 14 and iPhone 14 Pro without the new iOS update. Some issues include but are not limited to, “You can’t receive iMessages or FaceTime calls, and recipients see your messages coming from the wrong account.”

A specific update feature with the iOS update that leaves people with concern is

allowing you to edit or unsend messages that you sent.

“It gives you the option to edit or unsend a message you would have otherwise regretted. At the same time, it might make us less careful as we always have the option of modifying the text,” said Dr. Tolga Kaya, Director of Engineering.

Junior Bella Leva, an avid iPhone user, firsthand experiences the Apple consumer logistics. “There are times where text messages are used as evidence in situations and people being able to erase their information whenever they choose isn’t necessarily fair,” said Leva. “They aren’t really learning from their mistakes.”

Kaya understands the complications Apple consumers face and feels as though Apple needs a new update. “There can always be issues with the new iPhone releases, but this time Apple’s failure to fix it timely will most likely cause a drop in sales in the short run,” said Kaya.

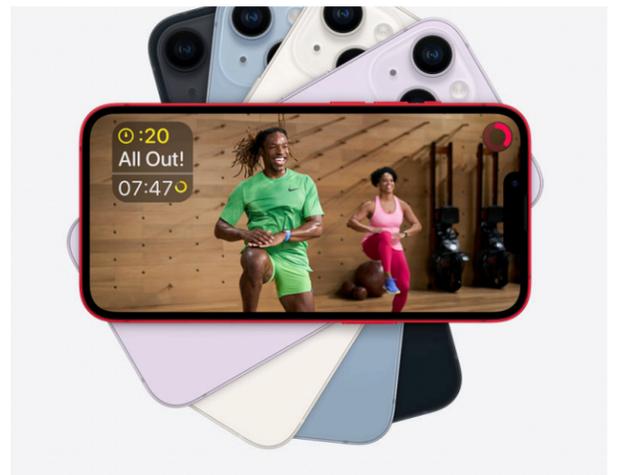
The newly released iPhones and, in particular, the iPhone 14 Pro have a dramatic change in camera, from being a dual-camera system, now to a pro camera system. The iPhone 14 Pro gives more advancements than the iPhone 14 with a \$200 price difference.

“They do expand their horizons and make the phones more tech-savvy. However, new updates slow down older phones and that requires an upgrade,” said Leva. “You’d have to understand that it’s not necessarily cheap.”

Technology as a whole continues to expand and targets society with new advancements. With iPhones being a top consumer product, security comes into play with concern.

“I think Apple claims to increase their level of security with every new update but how true is that?” said Leva. “I’m not sure. You can’t be too sure where your personal information is going and what it is being used for.”

Apple also just released new Apple watches on Sept. 16. Apple has further plans to release more products before the year comes to an end as well.



The iPhone 14 comes in a variety of new colors to choose from.

Apple.com

Hurricane Fiona marches through the Caribbean

BY ASSOCIATED PRESS NEWS

LOIZA, Puerto Rico (AP) — Nelson Cirino was sleeping when the roof was blown off his home by Hurricane Fiona in Loiza, Puerto Rico. “I had to run downstairs,” he said.

The storm has been blamed for directly causing at least four deaths in its march through the Caribbean, where winds and torrential rain in Puerto Rico left a majority of people on the U.S. territory without power or running water.

Historic flooding submerged homes in Puerto Rico where people trapped inside had to be rescued; residents took shelter at schools with their pets, drivers navigated blacked out streets and crops were flattened.

In the Dominican Republic, residents waded through flood waters surrounding their homes and worked to clear the mud-filled streets outside their doorsteps, salvaging and cleaning what they could of their homes and belongings.

Fiona strengthened into a Category 4 storm Wednesday after devastating Puerto Rico, lashing the Dominican Republic and the Turks and Caicos Islands and was forecast to squeeze past Bermuda later this week.



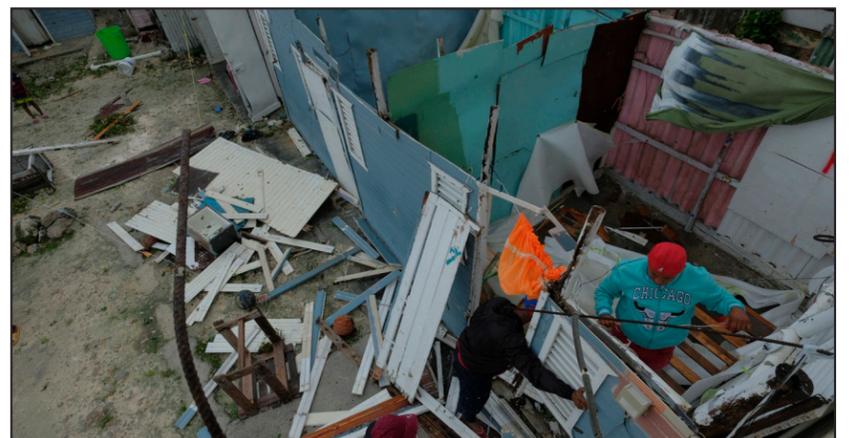
AP Photo, Ricardo Hernandez

Residents replace a home’s roof that was torn off by Hurricane Fiona in the low-income neighborhood of Kosovo in Veron de Punta Cana, Dominican Republic, Monday, Sept. 19, 2022.



AP Photo, Ricardo Hernandez

Nicasio Gil walks through the stagnant water left by the swollen Duey river, caused by Hurricane Fiona in the Los Sotos neighborhood in Higüey, Dominican Republic, Tuesday, Sept. 20, 2022.



AP Photo, Ricardo Hernandez

Broken umbrellas lay on the beach, felled by Hurricane Fiona in Punta Cana, Dominican Republic, Monday, Sept. 19, 2022.

Perspectives

It's the Great Pumpkin(Season), Charlie Brown!

BY ISABELLA FABBO
Staff Writer

How do you get into the fall spirit?

According to the Farmer's Almanac, fall officially starts on Sept. 22. However, for students like junior Kaitlyn Luba, it began a week ago.

"My roommates and I already started decorating last week inside and outside of our house," said Luba. "We were very eager to start because we all love the fall and Halloween."

While many students explained they had not begun fall festivities yet, they did voice their excitement for upcoming activities.

"I love going to the Silverman's Farm in Easton, Conn.," said freshman Victoria Matos. "I love doing the pumpkin picking and apple picking."

Silverman's Farm offers a wide variety of fall activities perfect for students looking to get their fall fix. According to their website, the farm is home to a pumpkin patch and apple orchard, as well as a country market where visitors can purchase produce and baked goods. They even have scenic tractor rides.

For Luba, a spot like Silverman's Farm is a must this season. "I am excited for fun fall activities like haunted hayrides, pumpkin picking and having hot apple cider," said Luba.

Fall is a time to relish in everything spooky and pumpkin spice, but for some, it is a time marked by sports.

"When I think of fall, I think of football. I love cheering for the Jets on Sundays," said junior Daniel Godley. "I hate fall because school starts but I love it because of football and playoff baseball."

Other students expressed disdain with the season for a major reason: the weather.

"The only thing I don't like about fall is the 'in-between weather,'" said freshman Sarah Foley. "One day it will be 45° and cloudy and then the next day it will be 75° and full sun."

Despite the changes in temperature, many students said they enjoy the fall foliage, especially on campus. However, the scenery isn't the only thing students are excited



A fall scene captured under the bridge between Weisel and Frassati Halls.

Isabella Fabbo, staff Photographer

about this fall.

"For fall, I am really excited about school spirit picking up as more football games are going to be home later in the season this year," said Foley. "I have always been a big football fan and since I am a freshman, I'm really excited to experience and be able to see Division I games here at SHU."

In addition to cheering on the football team and taking in the fall scenery, students can get into the fall spirit with help from the Student Events Team (SET).

"This year the theme [for Fall Fest] is 'Wild West' so think of a very country, southern family BBQ backyard vibe!" said senior Kelsey Akoury, annual events chair for SET. "If we simply had it fall themed it would be the same every year, so we aim to have a theme and make it different each year for the students!"

Looking for events more fall or Halloween related? SET still has it covered.

Senior Samantha Henry, theme chair for SET, announced that Harvest Week is dedicated solely to Halloween and fall events.

Harvest Week is Oct. 17-21 with most activities taking place on 63's lawn, while Fall Fest will take place Oct. 22 from 1 p.m. to 5 p.m. also on 63's lawn.



Pumpkins stacked in Silverman's Farm pumpkin patch.

Instagram, @silvermansfarm

A Home Away from Home

BY JORDAN GREENE & JILLIAN REIS
Assistant Perspectives Editor & Perspectives Editor

From Sept. 23-25, Sacred Heart University held its annual three-day Homecoming event where students and alumni were able to come together and celebrate school traditions.

One of the events that took place during the weekend was the SHU Sports Communication Round table that was held on Sept. 23. The round table brought back alumni who now work for sports media organizations such as ESPN, the MLB Network and Bleacher Report.

Returning alumni like Ryan Sanudo were amazed at all of the changes that have taken place on campus from when he was a student.

"It's amazing to be back," said Sanudo. "Seeing Sacred Heart in its new form with new facilities and new buildings is kind of crazy to witness considering how it used to look when I attended the university."

Other alumni were excited to reminisce with old friends and professors.

"It's always great to come back to Sacred Heart and see old friends and professors," said alumnus Gus Pfisterer. "It's incredible to see the wonderful change the campus has gone through."

Another event that was held was the football game where the Pioneers faced Dartmouth College in the afternoon. With the game proceeding all the way to overtime, Sacred Heart was able to claim a 38-31 victory over the Big Green.

Sophomore Jake Walsh, a student-athlete who plays on the Sacred Heart football team as a long-snapper, was most excited about the turnout in the stands.

"The crowd was electric for the entirety of the game," said Walsh. "It was cool seeing people who

used to play come and support us. It was also nice to get the victory against a very disciplined Dartmouth team."

Certain students were also able to contribute to the game on the sidelines. Sophomore Eamon Bednarcik explained his experience on what it was like to work during the game.

"I had fun during the game," said Bednarcik. "I liked being on the sidelines watching various actions take place. If there ever was a problem on the field or with certain camera work, I was able to take responsibility and make sure those problems were fixed."

After the game ended, recent graduates were able to talk about their experience watching the game as a graduate rather than a student.

"It was a great experience realizing how much a community can build you up for the world and prepare you in the best way possible for the unknowns," said 2022 graduate Ahjante Rampersad. "Having this feeling of being welcomed back home and seeing familiar faces who I have had the chance to grow with and new creations is definitely a humbling experience."

For post-graduate student Chris Ortega, it was good to see many students in the position to meet various alumni and have the chance to meet with many people with their own experiences.

"Seeing so many students having the chance to meet alumni and grab the chance to learn from the past is a beautiful thing to me," said Ortega. "Hopefully this will allow the current students to learn what they should do for the future. This is not just important for them, but for future students as well. If all of the current students can learn a lot from all of the alumni this weekend, this will influence them to teach the same lessons they learned to the next generation, and the cycle will eventually continue."



Instagram, @star999radio

A Welcome banner hangs from the Bobby Valentine's Health & Recreation Center.



SHU football players celebrate after 38-31 OT win vs. Dartmouth College.

Instagram, @shuffb

Features

Order Up! Meet David Garcia, Executive Campus Chef

BY CARISSA MUNOZ
Staff Writer



Twitter, @sacredheartuniversity
Chef David Garcia is recognized as Chartwells Higher Education's "Chef of the Year."

Have you ever wondered who's behind the meals at Sacred Heart University? Meet David Garcia: Sacred Heart University's Campus Executive Chef.

In early September, Garcia was celebrated during Chef Appreciation Week for his recent "Chef of the Year" award through Chartwell's Higher Education.

"It's a huge honor," said Mark Tammone, Resident District Manager of Sacred Heart Dining. "Chartwells has over four hundred accounts across the country... and he got picked! For him to win an award like this, he has risen above tens of thousands of chefs, country wide. It's huge for us and it's huge for the university."

Born and raised in Westchester, N.Y., Garcia entered the culinary world as a teen, influenced by his father, who has been a chef for over 29 years. Before Sacred Heart, Garcia worked in the catering, restaurant, and hotel industries.

During his time at Sacred Heart, Garcia has contributed to the growth and variety of dining options on a large scale.

"When I first started here, it was just Linda's, the main market, 63's, and the library. My first one was Balance Kitchen, then Einstein's opened, then JP's, then Thea's, then all of West Campus. Throughout my career, I have opened something every single year," said Garcia.

When asked about the establishments he helped to create, Garcia highlighted his involvement with Thea's Abbey.

"My pinnacle was Thea's...it allowed me to really showcase what my vision was from a culinary perspective", Garcia said. "It's a little bit of everything around the world kind of thing."

Garcia also mentioned his appreciation for JP's Diner.

"JP's is my second favorite," said Garcia. "JP's has that restaurant feel; the creativity there is endless." At SHU, the community notices and appreciates Garcia's work ethic in their dining experiences.

"I am happy he got recognition for his hard work!" said sophomore Lila Armstrong. "We see him working hard to give everyone a positive dining experience."

While Garcia has found a career in culinary school, it was not his first intention for schooling. After going to community college and then the University of New Haven, Garcia transferred to the Lincoln Culinary Institute.

Despite his change of career path, Garcia is glad he found a place within higher education. He can have a work-life balance as the university follows a college-based schedule. Faculty members and coworkers of Garcia also notice his dedication to the job.

"He brings the level of the program to where it deserves. He works tirelessly. He's really up on trends and he is not afraid to try anything new to bring to the students – he is a great asset to us all," said Tammone.

"It's a team effort," Garcia said. "We have about three hundred plus employees, management there is about twenty of us. We are here for our students, our clients...this is home for you guys, and our dining halls are essentially your kitchen."



Instagram, @shu_dining

Lisa Tammone, Chef David Garcia and Mark Tammone celebrate Garcia's award of Chartwell's Higher Education "Chef of the Year."

Town Hall Meeting with Dr.P

BY ALEXANDRA CARRACINO
Staff Writer

Sacred Heart University's Student Government is hosting a Town Hall meeting with university President Dr. John Petillo on Thursday, Sept. 29. The meeting will start at 5 p.m. and will be held in the NC Auditorium of the Main Academic Building.

Petillo will answer student-asked questions and will take additional questions towards the end throughout a live Q&A session. The event will provide updates for the academic year, along with addressing any questions, comments, or concerns from students and/or faculty.

Although this is the first Town Hall meeting with Dr. Petillo, this is not the first time students are able to get their voice heard. The primary goal of Gabriella Orlando, Director of Student Relations, is to hear out students' comments or concerns, and while addressing them, ensure that all students' opinions are accounted for.

"As the Director of Student Relations, I work closely with students and their questions and concerns. We created QR codes for students to scan and submit questions throughout the year, which is still live today! My major focus, as stated in my campaign, is to have the student body heard, and I will do all in my ability to make that happen," said Orlando.

Orlando explained that she believes it is critical for a University President to have open lines of communication with their campus community to keep students and faculty aware of any new policies or changes that will be taking affect. Orlando believes this

will be a perfect opportunity for both students and faculty to engage in conversation on various topics within the Sacred Heart community.

Student Government Class of 2023 President Olivia Larosa mentioned she is hopeful that the event will cover a wide range of topics that students want to see changes to or gain more insight on.

Larosa said that issues that she would like to see addressed throughout the discussion are about parking on campus, the dining hall hours, and what the goals in terms of campus expansion are for this year.

"I feel as though Student Government Senate has always given the chance for me to ask questions, but this structure is the first time I will directly be able to hear from Dr. P and ask questions in such a format," said Larosa.

Other SHU students expressed a similar interest in discussing campus parking at this meeting.

"I wish the topic of parking will be heard at this meeting because as a commuter it can be very frustrating trying to find parking on campus and attend classes on time," said senior Ashley Arcidiacono.

Although Arcidiacono has personally never chosen to share her feelings regarding campus issues such as this one, she is hoping it will be addressed by her fellow commuter students.

Dr. Petillo has many positive aspirations for this meeting, all of which include the attendance and participation of the Sacred Heart community.

"I would first hope that there would be a diverse turnout with students, and as a result of that, that students would be sensitive to the needs, issues and concerns of other students," said Petillo.

Petillo continued by saying that the campus community should consist of a mutual interest in focusing on what Sacred Heart is about and how they can make improvements, all as part of getting through things together as a community.

"I think from my perspective presence is important. It's important that students feel comfortable that they can approach not only the President, but other administrators and faculty," said Petillo.



Sacred Heart University

Virtual flyer for the town hall with Dr. Petillo sent to students via email.

Spotlight



Suicide Prevention Month

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

This week, in honor of Suicide Prevention Month, we recognize the mental health struggles of students in our Sacred Heart community and beyond. Audrey's Corner was established by The Spectrum to honor staff writer Audrey Niblo, a junior, who passed away from an illness in 2018. Audrey knew that students can experience many kinds of struggles and that everyone can aim to practice positivity and kindness and to support those who need it.

more than one sunset

By An anonymous and caring writer

i couldn't move as you told me the story.

a child's hands and a man's face
shaking at the steering wheel of a
car you always loved to drive.
it only made sense that's how you
wanted it to end.

and so you drove
towards a bridge—you
memorized every bump on the pavement
where the clouds gathered when
there was a storm,
and where the pink fell first
over the ocean horizon
when the sun was setting,
so it reflected into a perfect
mimic of the sky.

this was to be your last view.
your heart right there in the waves
while your body crumpled in the car
and it would have worked.

it would have worked.

if it had not been for the blockade,
the only way into something—

people and plastic in the way.

i don't pray much anymore
but i know there's a God.

because She saved your life that day,
and i am not saying that She saved
you for me.

no.

i look into your eyes and i'm
grateful you are alive for *you*.
so you could heal—
so you could memorize the sunset
over every ocean.

so one day you will sit at a steering wheel
with a man's body and a man's brain,
hands steady on the wheel
and a smile.

you can smile.

National Suicide Prevention Hotline: 1-800-273-8255

Suicide & Crisis Hotline: Call or text 988 or chat online at 988lifeline.org

On-Campus Resources: Contact the Counseling Center at 203-371-7955 or visit their website at <https://www.sacredheart.edu/offices-departments-directory/counseling-center/>. To make an appointment, call their office manager at the number above, and they will help you set one up. They provide same day counseling. Counseling Center hours are 9 a.m. to 5 p.m. on weekdays.

In case of an emergency or after hours, contact Public Safety at 203-371-7911. For non-emergencies, call Public Safety at 203-371-7995.

Are you a club/organization on campus looking to feature an ad in The Spectrum?

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spectrum-advertising@sacredheart.edu for inquiries!

THE SPECTRUM SACRED HEART UNIVERSITY
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<ul style="list-style-type: none"> • Print ad in color • One issue 	
1/2 PAGE	\$75
<ul style="list-style-type: none"> • Print ad in color • One issue 	
FULL PAGE	\$100
<ul style="list-style-type: none"> • Print ad in color • One issue • Featured on Spectrum website for one week following publication 	

*****Prices ONLY for Sacred Heart Clubs/Organizations*****

YOU @SHU

The counseling center has launched a new online program! Using your Blackboard account to login, visit you.sacredheart.edu. Succeed, Thrive, and Matter!

Arts & Entertainment

The 2022 Emmy's: Stars Shine While Ratings Plummet

BY TAYLOR BARONE
Staff Writer

Members of the Academy of Television Arts & Sciences, celebrity guests, and nominees gathered on Monday, Sept. 12 to attend the 74th annual Emmy Awards—a show that recognizes and rewards artistic talents in television.

Aired on NBC, the show included an opening performance by the host Kenan Thompson and comedy bits given by presenters such as Jimmy Kimmel and Will Arnett. It also featured history-making award winners such as Quinta Brunson, Sheryl Lee Ralph, Zendaya, and Lee Jung-jae.

Kimmel's bit involved him appearing unconscious, getting dragged on stage by Arnett after he lost the Outstanding Variety Talk Series category he was nominated for. The bit started facing backlash for "pulling focus from Quinta Brunson's acceptance speech by lying on the floor beneath her," according to Vanity Fair.

Brunson accepted the award for Best Leading Actress in a Comedy Series for her performance in ABC's "Abbott Elementary."

"I honestly was in such a moment of just having a good time, like I won my first Emmy! I was up there, you know, happy, and I was wrapped up in the moment and just having a good time," said Brunson when addressing the controversy with Kimmel on "Jimmy Kimmel Live!"

Even though Brunson herself cleared the air, viewers still had their own opinions on the situation.

"I personally didn't let him distract me from her moment, but I do think he should have gotten up during the speech," said junior Sarah Gurney, who tuned in to watch the show.

"He should not have kept the bit going," junior Emma Wresch said, "especially since her award was so historic."

The Emmys were frequently talked about after their air date because of the notable wins made by some of the nominees.

"Some cast members of 'Abbott Elementary' winning were definitely moments that stood out to me," Gurney said.

Brunson, being one of them, won for Outstanding Writing for a Comedy Series and became the first Black woman to win that award individually.

Another win for this show came from Sheryl Lee Ralph, who became the "second Black woman to win Outstanding Supporting Actress in a Comedy Series, 34 years after first winner Jackée Harry won for '227' in 1987," according to People.

Additionally, Zendaya won for Outstanding Lead Actress in a Drama Series for "Euphoria" and, according to People, "became the youngest actress to win an Emmy twice."

"This recognition has allowed people of color whose voices typically aren't heard, whose representations aren't seen, to be honored and acknowledged," said Dr. Lori Bindig Yousman, a Communications and Media studies professor at Sacred Heart University.

Lee Jung-jae won Outstanding Lead Actor in a Drama Series for "Squid Game" and became the "first Asian and first native Korean to win," and "Squid Game's" director



AP Photo, Lee Jin-Man

Squid Game's director Hwang Dong-hyuk answers a reporter's question during an Emmys celebration news conference for "Squid Game" in Seoul, South Korea, Friday, Sept. 16, 2022.

Hwang Dong-hyuk became the first South Korean to win Outstanding Directing for a Drama Series.

"As a culture, the more stories we get to hear from diverse perspectives, the better understanding that we're going to have of ourselves, of each other and of the world," Bindig Yousman said.

Despite these memorable moments that took place, the ratings of the Emmys have been declining. According to Vanity Fair, "The Emmys flopped this year, pulling in all-time low ratings down a whopping 24% from last year's telecast."

The show was three hours long, and even as someone who watched the whole show, Wresch said, "It can get boring, and people don't care as much as they used to."

With so many different streaming platforms, television is much broader than it used to be.

"I haven't even seen any of the shows nominated," said Gurney.

There is such a wide selection of TV shows that the ones recognized at the Emmys may not be seen by a large audience.

"[Television] is so segmented into these niche audiences," Bindig Yousman said. "People are watching more television than ever; we're just not thinking about television in the same way anymore."

TAP Presents a Thornton Wilder Classic

BY ISABELLA GIARDINA
Staff Writer

Sacred Heart University's Theater Arts Program (TAP) is debuting its first show of the year, "Our Town," on Sept. 29. at 8 p.m. in the Little Theater. "Our Town" will be performed from Sept. 29. through Oct. 2, and Oct. 6 through Oct. 9.

"Our Town" is a three-act play by Thornton Wilder. It tells the story of the fictional American small town of Grover's Corners, New Hampshire between 1901 and 1913 through the everyday lives of its citizens.

Freshman Nolan Young, who will be playing George Gibbs, said, "It's split into three acts--daily life, love and marriage, and death and eternity. The play is overseen by a stage manager who knows everything about everything in town, and the actual story centers around Emily and George, who are two young people in town. The audience watches them slowly fall in love and get married."

According to the Thornton Wilder family's official website, the play had won the Pulitzer Prize for drama and is now considered an American classic.

"I think that people should come see this play because, at its core, it delivers a message about the importance of cherishing life and appreciating moments while we're experiencing them," said Young. "A lot of times we take things in life for granted, and this show does a great job at portraying all of that."

In the musical, Gibbs and Webb, who are neighbors, are examined in relation to one another as their childhood friendship develops into a deeper relationship.

"Our Town' is a classic, and to be able to act in it has been amazing," said senior Zack Gaiero, who is portraying George Gibb's Father. "Having the chance to bring Dr. Gibbs to life has also been a great experience, and I'm surrounded by a fantastic cast of motivated actors. It's a really unique piece, it's not full of drama and suspense like most contemporary pieces. Instead, it focuses on the everyday life of normal people, and it teaches us to love life for what it is."

Junior Sam Eaton said it was a commitment being a lead role in this show.

"Since there are only a few weeks of rehearsal time, we practice almost every day. The diligent nature of the schedule makes it the best show it can be. From studying lines to knowing the stage directions, it's important that every actor gets accustomed to the role and the direction," said Eaton.

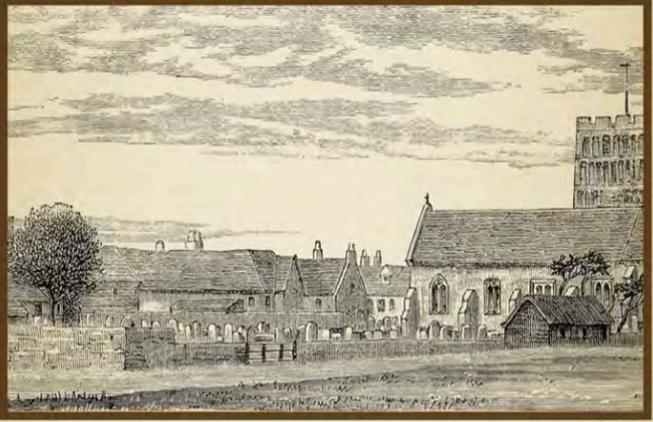
TAP is putting their own spin on the play in different ways by changing the theater layout to make the show more interactive.

"This show is different in numerous ways. Firstly, this show is being done on our Little Theater stage, and this is confusing – hard to follow where usually it takes a large, intricate set, where we are condensing it, making it fit the smaller theater. Secondly, we are making the cast part of the audience, so it is a fully immersive experience," said Eaton.

There are multiple opportunities to see "Our Town" as there are eight different show times to choose from. Visit www.edgertoncenter.org for more information.

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THE LITTLE
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Sports

“It’s going to be like the Taj Mahal of hockey arenas”

BY GRACE HAND
Staff Writer

The Sacred Heart University women’s ice hockey team opened up their season with back to back losses against no. 9 ranked Clarkson University on Sept. 23 and 24.

After finishing fourth in the NEWHA a season ago, the Pioneers are looking to once again reign supreme atop the conference, having not done so since 2017-18.

“I think we definitely have a team this year that can go very far and find a lot of success,” said graduate student Kelly Solak, team captain and 2021-22 NEWHA Defender of the Year. “I am really excited to watch us grow and get better everyday, and hopefully win a championship this year.”

Underclassmen on the team also have high aspirations for their performance throughout the season, like sophomore Carly Greene, a goaltender who went 2-0 in her two starts last season, and is looking to continue her successes from the 2021-2022 season.

“I love competing in big games,” said Greene. “I can’t wait to get going.”

Midway through their season, the Pioneers will begin play at the Martire Family Arena, the new home for men’s and women’s ice hockey located at West Campus.

They will drop the puck for the first time at the Martire Family Arena against Harvard University on Jan. 15, 2023. The brand-new facility is expected to be completed in November, with practice beginning right before Thanksgiving.

“It’s going to be like the Taj Mahal of hockey arenas in the world, not just the country,” said Head Coach Tom O’Malley, who has been watching the arena progress throughout the summer. “It’s state-of-the-art everything. The top technologies, all of that has been put into it.”

Since the 2014-15 season, the women have played at the Sports Center of Connecticut in Shelton, where they will host the first seven home games of the season.

Both O’Malley and the squad agree that the move has great implications for their program.

“I think being in the new arena will bring so much energy and attention to the program from our school and community that will make competing and playing even more exciting,” said Solak. “The new arena plays a big role in growing our program and putting Sacred Heart on the map as a nationally ranked hockey program.”

Greene also noted the importance of the new arena for growing the women’s team at SHU.

“The Martire Family Arena will bring a lot of positive attention to our program and the NEWHA conference as a whole,” said Greene. “We are excited to have access to top-tier training equipment and recovery tools that will improve our game.”

Although the prospect of the arena excites both players and coaches, the first games in Shelton are still important to the team in setting the tone for the season. The Pioneers

went 10-4-1 on home ice last season and are looking to maintain that edge this year, despite the change in location.

“We’re on the doorstep of another great season of Sacred Heart University women’s hockey,” said O’Malley. “We’re looking forward to the year, we’re ready to compete, we’re ready to win some games, we’re ready to give our absolute best. The team has been working extremely hard. Everyone’s just really, really excited.”

Following their opening weekend of games, the Pioneers have a week off before beginning NEWHA play against Post University on Oct. 4.

Sacred Heart Athletics contributed to this article.



Contributed by Sacred Heart University

Coach Tom O’Malley instructs his team during a break in the action.

Club Football: A Force to be Reckoned With

BY BRYAN SMITH & SOLON MIHAS
Sports Editor & Staff Writer



Instagram, @michaeldecesaremedia

Sophomore lineman Cameron Wolanski preparing for the team’s upcoming game.

Number three. That is where the Sacred Heart University club football team was ranked in the nation last season. Despite this, the Pioneers fell just short of their ultimate goal of winning a national championship. This season, they are back with something to prove.

On Sept. 10, they opened up their season with a 26-6 victory over the MHC Green Wave. They followed up that performance by beating the Connecticut State Wildcats 14-12 on Sept. 17.

“We have a sour taste in our mouths after last season, and definitely a chip on our shoulders of what we have to prove to the league,” said Head Coach Greg Jones.

Despite having a young roster, Jones has high expectations for his squad this season.

“About 80% of our team is made up of freshmen and sophomores,” said Jones. “That does not mean the team lacks leadership, though.”

Julian Percoco is evidence of this, as he is just a sophomore but has already been named a team captain.

“I have to be a role model, especially on the field,” said Percoco.

The team is led by sophomore quarterback Thomas Hurley, another young player who has already been named a team captain.

“The leadership is all a player could want,” Hurley said. “There’s people looking up to you and that’s a lot on your shoulders, some people are made for it and some people aren’t.”

As the season progresses, the Pioneers have just one goal set in mind.

“I just want a National Championship, and I’m doing everything in my power to get that,” said Hurley.

The way last season ended is something that the Pioneers are using as motivation as they chase glory

this year.

“It definitely drives us further for this season because we believe that the title should be ours and we want to take it now,” said Percoco.

This is a sentiment that is echoed throughout the locker room, and building a strong culture is something that Jones is proud of.

“There is a culture here that just exudes winning,” said Jones. “The Sacred Heart club football team is a powerhouse.”

The numbers back that statement up, as Sacred Heart has won more North Atlantic Conference (NAC) championships than any team since entering the league back in 2015, and won a national championship in 2017.

Although the team does have a lot to look forward to, it is a long season with just the first two games under their belt.

“I don’t like to look too far down the road,” Hurley said. “I’m just going to take it week-by-week.”

The Pioneers were scheduled to travel to Burlington, Vermont on Sept. 24 to face the University of Vermont Catamounts (UVM), but UVM forfeited the game, giving the Pioneers another win to add to the win column.

With the UVM forfeiture, the Pioneers next challenge awaits on Saturday Oct. 1 when they play the George Mason Patriots at Campus Field.

Instagram, @michaeldecesaremedia
SHU Club football team celebrating together after scoring a crucial touchdown.



The Foot Race Begins!

BY JENNA LETIZIA
Assistant Sports Editor

The Sacred Heart University (SHU) men’s and women’s cross country teams are off to the races in 2022. The Pioneers have competed in three meets so far and have been led by freshman Christian Savage on the men’s side and junior Jessica Pigott on the women’s side.

Sacred Heart placed 5th in the Father Bede Invitational in Tyrone, P.A. on Sept. 2. and 7 at the Shawn M. Nassaney Invitational in Smithfield, R.I. on Sept. 10. For the men’s team, Savage has led them in time at both meets. The Manalapan, N.J. native finished with a time of 20:40.90 and 16:39.5, respectively.

“I’m definitely not satisfied, but it’s stuff to work with,” said Savage. “Individually I have a lot to give, and I am not satisfied, but content where I am right now with still a lot to prove.”

While Sacred Heart has a young roster, Savage hopes as the season progresses the team will reach its stride at the right time.

“I think we are just getting started as the year progresses,” said Savage. “We have a lot of young guys and we have so much potential to grow over the years.”

The Pioneers are led by Coach Christian Morrison, who has preached team effort to his runners.

“Our coach has preached working together in races and in practices, always working off of someone, working as a whole,” said Savage. “Even though it’s individual and you’re out there by yourself, you also have your team behind you that has your back.”

As for the women’s team, they placed 8th in the Father Bede Invitational and then 5th at the Shawn M. Nassaney Invitational. Despite missing her first two cross country seasons due to Covid-19 and then injury, Pigott finished with a time of 20:18.10 and then 19:50.40 in those meets.

“The season’s been going pretty well, but I have high expectations and hope to achieve them,” said Pigott. “This is my first real college cross country season, so it’s like a fresh start.”

When it comes to the team aspect, Pigott believes the team needs to grow together in order to find success.

“We need to just keep growing and improving each week,” said Pigott. “Coach will want us running together, as it keeps everyone pushing together and we can block off other teams.”

The Pioneers continued their season at the Ted Owen Invitational in New Britain, C.T. on Sept. 24 where they placed 10th. Savage once again led the men with a time of 28:10.00 while Pigott placed 19th overall and led the women with a 19:10.00 running time.

The Pioneers will be back in action on Oct. 8 at the New England Cross Country Championships in Boston.

Sacred Heart Athletics and Riley Souza contributed to this article.

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Avatar Is Back!

ALLY BOTTO

ASSISTANT NEWS EDITOR



AP Newsroom

This image released by 20th Century Studios shows Ronal, voiced by Kate Winslet, left, and Tonowari, voiced by Cliff Curtis in a scene from "Avatar: The Way of Water." (20th Century Studios via AP)

On Sept. 23, James Cameron's "Avatar" was re-released in theaters domestically and internationally thirteen years after its original release for a limited time only.

This will act as a promotional tool for the sequel, "Avatar: The Way of Water," which is set to premiere worldwide on Dec. 16 while providing a refresher for the fans who have not seen it since it first came out in 2009.

In its opening weekend, it wowed the box office by generating \$30 million globally, \$10 million in North America and \$20.5 million internationally.

"Avatar" is the highest grossing movie of all time at \$2.84 billion in worldwide ticket sales. The Academy Award-winning film is followed on the charts by "Avengers: Endgame" in second and "Titanic" in third, another film directed, written, produced and co-edited by Cameron.

"Avatar", which utilizes nearly 70% of Computer Generated Imagery (CGI) in the film, has been remastered in sound and picture with 4K High Dynamic Range (HDR). The movie has been redone to fit a larger screen, which is how it was first intended to be seen, and to be viewed in 3D to give the audience the highest quality experience.

Cameron even applied high frame rate to some scenes by adjusting certain sections of the film from the standard 24 frames per second (fps) to 48fps. This enhanced the motion of the movie on

screen by lessening the strobing and quick camera movements during some of the high intensity chase scenes.

The re-release comes three months before the premiere of the sequel. Three more sequels will then follow every other year: "Avatar: The Seed Bearer" in 2024, "Avatar: The Tulkun Rider" in 2026, and "Avatar: The Quest for Eywa" in 2028.

The second installment went through many delays due to the coronavirus pandemic and the struggles Cameron faced to find the right technology to film motion capture underwater. It has also been confirmed that leading characters Sam Worthington, who plays Jake Sully, and Zoe Saldana, who plays Neytiri, will return for the remainder of the franchise.

"Avatar" was first released thirteen years ago so there is a high chance that us college students have never watched it on the big screen before. The re-release will allow us to experience a completely new and improved version of the world's most successful movie.

Even for those who have seen "Avatar" in the movie theaters already, it is encouraged to do so again since it has been remastered and will look far more refined than the first time they saw it. Seeing it again before the release of the sequel will also help viewers freshen up on their knowledge of the movie leading up to the release of the sequel.

For me personally, "Avatar" is one of my favorite movies of all time. It features an ensemble cast and such an intriguing storyline. It is also so visually pleasing in terms of the bright colors and landscapes used to create the fictional planet Pandora, where the film takes place.

I am so excited to rewatch it in theaters before the long-awaited sequel comes out in a few months. Make sure to stay seated during the credits of the re-release for a sneak peek of the new movie!

THE SHU BOX SCORE

WOMENS VOLLEYBALL

Sept. 23rd: Sacred Heart 3, LIU 1

Sept. 24th: Sacred Heart 3, St. Francis Brooklyn 0

FOOTBALL

Sept. 24th: Sacred Heart 38, Dartmouth 31

WOMENS SOCCER

Sept. 25th: Sacred Heart 4, Merrimack 0

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