

Building the Future

BY AMANDA AURECCHIONE
Staff Writer

The School of Computing & Engineering has launched a new Bachelor of Science in construction management, connecting construction education with business and hands-on experience as the university prepares students for careers managing projects.

The program requires no previous construction experience. According to Prof. Kevin Bowlyn, construction management program director in the School of Computing & Engineering, students progress from concepts to advanced topics while completing about 51 credits in construction-related coursework and a business minor.

“The Construction Management program is a 120 credit bachelor’s degree that integrates construction, business, mathematics, science, and general education,” Bowlyn said.

Students study construction methods and materials, safety, estimating, scheduling, project management, contracts and construction technology. The curriculum is also being developed to pursue accreditation through the American Council for Construction Education.

The program grew from Sacred Heart’s existing engineering programs and its experience managing construction projects on campus. Prof. Tolga Kaya, director of engineering in the School of Computing & Engineering, said the university saw an opportunity to connect the engineering, business and operations sides of Sacred Heart through construction management.

“We figured construction management could be a good bridge to connect not only the management, the business side of the University, the engineering side of the school and also the University’s main operations,” Kaya said.

Kaya said students can gain technical skills while learning to manage projects at a broader level. Students learn how to read design drawings and understand technical elements while also considering stakeholders, the public and ethical issues surrounding a project.

“The biggest opportunity is to basically manage the construction projects at a higher level in a different way,” Kaya said. “So a little bit technical, but at the same time



Sacred Heart athletes on construction site for the building of the Martire Family Arena.

also a social level that you would be a business leader in the project.”

According to Bowlyn, industry discussions and workforce data showed a demand for construction management skills.

According to the U.S. Bureau of Labor Statistics, construction manager employment is expected to increase 9 percent between 2025 and 2035, with about 49,700 openings projected each year. Construction managers typically organize, coordinate, budget and oversee projects until completion.

The program also includes about seven business courses through the Jack Welch College of Business and Technology. Kaya said these courses allow students to earn a business minor and prepare them to look at construction projects from a management perspective.

Another focus of the curriculum is hands-on experience. According to Bowlyn, through interaction with construction professionals, students will be able to solve

problems, work in teams, complete projects and experience real-life situations.

University construction managers and operations personnel are involved in developing the program as well, giving students the opportunity to learn from individuals working on construction projects, according to Kaya.

Internships are also expected to provide students with industry experience. Kaya explained that students should have on and off-campus opportunities, including paid opportunities beginning early in their college careers. Students may go on to work on commercial, residential and public sector projects.

Bowlyn said the program also offers students the opportunity to earn safety credentials recognized by the industry, including OSHA-10 and OSHA-30.

Construction management courses are expected to begin in fall 2027. With students already expressing interest in the program, the university is also considering offering a course as early as spring 2027.

Pouring on Park Ave!

BY OLLIE WEISMANN
Staff Writer

On Sunday, Sept. 13, a flash flood in Connecticut led to sunken roads, stranded cars and flooded basements. According to the Connecticut Coastal Times, about six inches of rain fell in the Fairfield area within a matter of hours, and nearly eight inches in other parts of Connecticut.

Despite the severity of the flooding throughout Fairfield and Bridgeport, Sacred Heart’s campus avoided much of the physical damage seen in surrounding areas. Connecticut Gov. Ned Lamont described the storm as a “rain bomb” because of the immense amount of rain that fell in such a short time. The rain created concerns for campus safety and affected students’ travel to and from the university.

“We experienced some minor water issues in the main academic building and a few residence halls,” said Brian Rojee, head of public safety. “Thankfully, the amazing Campus Ops staff and our university partners were on the scene and had everything resolved relatively quickly considering the historic amount of rain we received in such a short period of time.”

Rojee also highlighted how fortunate the university was that the storm hit on the weekend rather than a busy weekday. Because the storm was on a Sunday, transportation was not dramatically affected.

“There were some road closures in the surrounding areas, Bridgeport and Fairfield, and traveling was difficult and interrupted in some areas, but the Sunday shuttle demand was low,” said Rojee. “Other than a few hours of inconvenience, the impact was minimal. We are lucky to be situated far enough away from the shoreline that we were not impacted by the dramatic scenes highlighted on the news.”

However, campus life was not totally uninterrupted. 63’s flooded and the dining hall was closed at 2 p.m.

“I took the wet trot all the way to the Main Academic Building just to learn that 63’s was closed...again. But it didn’t matter as Linda’s was open and operational,” said junior Keegan Noone.

Students were not only affected by the rainfall, but also the humidity. “On our drive to Linda’s the humidity was so strong my friend could barely see

Pouring on Park Ave!
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Pouring on Park Ave!

BY OLLIE WEISMANN
Staff Writer

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Instagram, @alfredoenhd

Man on a kayak through the Bridgeport streets, tryng to get around after the flood.

through the windshield...despite the defrosters on blast,” said Noone.
Week one of the 2026 NFL season also began that Sunday, which gave students a reason to stay indoors.
“I wasn’t affected as I never left...I was too busy doing homework and

watching football,” said junior Joey Dellorusso.
For some students, Sunday became more of a rest day rather than an emergency.
“If anything, the storm made me feel better for having a lazy Sunday as it gave me an excuse for doing so,” said Dellorusso.

Hacking Away - 250 Years Later

BY TESS DONLAN
Staff Writer



Alex de la Teja. Staff Writer and Photographer

Students and faculty attend the "Hack the Constitution" event in the Michelle Loris Forum.

On Sept. 17, Sacred Heart University students presented the changes, or hacks, they would make to the Constitution to a panel of judges at the annual Constitution Hackathon. The event took place at the Michelle Loris Forum and was open to students and faculty. The event also honored America’s 250th anniversary.
“This Hackathon started in September of 2023,” said Dr. Marylena Mantas-Kourounis in the School of Political Science and Global Affairs.

It has remained an annual event at SHU since, with Mantas-Kourounis organizing the event this year.

“It’s an important event to draw attention to a founding document, but also to look beyond our current polarized politics toward something positive,” said Dr. Steven Michels, Department Chair of Political Science and Global Affairs.
“In PO-121 Democracy in America courses, students are asked to answer the question ‘if you could hack into the constitution what would you change and why?’ At the end of each semester, the instructors share with me assignments that showed promise, and from that point on, I review that list of potential participants and invite a few to formally participate,” said Mantas-Kourounis.
This year, the invited students included sophomores Oliva D’Alessio, Tyler Ingram, and Isabella Moschello. All three are part of SHU’s pre-law track.
“Students have to defend their ideas and respond to criticism. They learn that constitutional questions rarely have simple answers, and that democratic citizenship requires not only having a position, but also listening, evaluating arguments, and being willing to reconsider,” said Mantas-Kourounis.

After each student presented their argument, they were asked questions about their proposed changes by the panel of judges and by their peers sitting before them. Some audience members were political science students, while others attended the event as a requirement for their Catholic Intellectual Tradition (CIT) course. CIT asks students to consider what it means to be human and live a life of meaning and purpose by attending presentations with guest speakers.
“Judges are selected based on their expertise in their fields, and we try to get a range of disciplines, including History and Religion, in addition to Political Science,” said Michels.
The judges awarded D’Alessio the victory for her argument for a national standard, as opposed to individual state regulation, regarding criminal conviction and voting rights.
“We are still celebrating a document that was made over 200 years ago,” Ingram said. “I am optimistic and looking forward to the future of trying to find ways to improve our country in the next 250 years.”

This year’s Hackathon not only acknowledged how the Constitution can be adapted to better suit modern day law, but it paid tribute to the document that guided legislation in America over two centuries ago. To further highlight America’s 250th anniversary, Hackathon participants and audience members were invited to attend the SHU choral program’s performance of the Bill of Rights to music in the Edgerton Center.
“We thought it was a great way to commemorate Constitution Day on America’s 250th anniversary,” said Mantas-Kourounis.
“College campuses should be places where students can explore difficult questions, encounter perspectives different from their own, and learn how to engage in dialogue and courageous civil discourse. The Constitution provides a particularly meaningful frame for those conversations because it connects directly to questions of rights, equality, representation and political power,” said Mantas-Kourounis.

**UPCOMING
EVENTS ON
CAMPUS**

**THURSDAY 9/24:
AGAPE LATTE
7 P.M. MCMAHON
COMMONS
FIREPLACE**

**SATURDAY 9/26:
MEN’S FOOTBALL GAME VS
NEW HAMPSHIRE
12 P.M. SIKORSKY CREDIT
UNION FIELD**

**TUESDAY 9/29:
FLEAJI FLEA MARKET
8 A.M. UPPER QUAD**

Features

The RD Is In

BY MICHAEL CASTNER
Staff Writer

Students have access to several different dining locations across campus with many different offerings. But how can they be sure that they are making healthy decisions?

To ensure that students are making proper dietary choices, Jen Moore, a registered dietitian, offers free resources to all students on campus.

Moore’s service is a one-on-one nutrition counseling session that is HIPAA-compliant for the student; a session is as simple as a phone or video call and can be in person if needed.

This free service provides structure to students’ eating habits that they may not have while away from home.

“Students face a lot of barriers to meet their nutritional needs as well as eating well and need support in dining compared to at home. I’m there to help bridge the gap and help students know what they need,” said Moore.

This individualized approach allows students to discuss their own concerns rather than relying on a general diet plan. Moore can help students identify realistic changes that work with their schedules.

Moore’s work around campus extends past her role in one-on-one help for students. Wellness Wednesday is an opportunity for students to learn about and practice healthy eating habits. She will sometimes have a display with healthy eating options available to any students around the dining halls.

These events allow students to ask questions directly and learn how nutrition can fit into their daily routines while living on campus.

These dietary plans extend past what can be found online. Each student’s dietary plan can vary based on their individual preferences, culture, and current situation.

“Everyone’s definition of how they feel their best is going to be different, and all foods can fit; you want to find your balance of moderation,” said Moore.

The dining options can be overwhelming for students beginning to adjust as well as students just returning from summer, making nutritional resources like this important.

“I try to make sure I eat healthy, but I didn’t know I had access to a resource that could help me for free,” said junior Dillon King.

“College is to prepare you for your future. You shouldn’t have to worry about if you’re eating good,” said Moore.

Not prioritizing health and wellness in eating habits can have a larger effect on one’s life than what could be expected. Without the proper fuel, students could find it hard to focus in class and experience an overall lack of energy as a result.

This also translates outside of the classroom and could affect the experience not just in school, but throughout daily life.

Junior Hunter Bishop is pursuing a minor in nutrition.

“When you are at a young age, you are setting up the building blocks and patterns for your life that you will probably follow

for the next decade. It is important to set strong and healthy lifestyle patterns at a young age,” said Bishop.

For students looking to make nutrition a bigger part of their college experience, Moore’s services provide an accessible place to start.

With free counseling, Wellness Wednesday programs, and resources available in the dining halls, students have several ways to learn more about their individual nutritional needs.

Moore’s goal is to help students feel more confident about their food choices while balancing the demands of college life.

For more information or to schedule an appointment with Moore, students can scan the QR codes available in the dining halls or visit the Sacred Heart University dining website at dineoncampus.com.



RD Jen offering healthy options at West Campus for Wellness Wednesday

Instagram, @shu_dining

September is Suicide Prevention Month: For counseling services and support reach out to the university resources:

Counseling Center	s.w.e.e.t. Peers	Public Safety
Open 9-5 on Weekdays	Follow the s.w.e.e.t. Peers on Instagram	Routine Calls: 203-371-7995
Walk-Ins Welcome or Make an Appointment: 203-371-7955	@shu_sweetpeered and stay updated on the programs run by their team	Emergency Calls: 203-371-7911 or 203-374-9352

CampusLife

College is More Than Classes

BY DANIELLA DILORENZO
Staff Writer

How do Sacred Heart students balance school, work, and campus life?

Gabriella Velez, a junior pre-law student, works part-time at a local law firm and has a work-study job on campus. She is a member of Alpha Delta Pi and participates in the pre-law club while attending classes.

“The hardest part about balancing my schedule is giving myself enough time on each commitment and not focusing too much on one or the others,” said Velez. “Also finding time for myself in between my crazy schedule can be challenging at times.”

Annalisa D’Arienzo, a senior psychology major and sociology minor, also manages several responsibilities outside of her classes. She is president of the Dance Program and participates in Student Choreography Lab, Rhythm Tap Crew and Zeta Tau Alpha.

In addition to her campus involvement, D’Arienzo works as a dance teacher outside of the Dance Program at SHU. She keeps track of her schedule, assignments, meetings, rehearsals and work shifts in a calendar and planner.

“I organize my schedule by keeping track of everything in my calendar and writing down important assignments, meetings, rehearsals and work shifts in a planner,” said D’Arienzo. “I try to plan ahead and make sure I know what I have going on each week so I can manage my time and avoid conflicts.”

For some students, learning to manage multiple commitments begins with adjusting to the independence of college. Junior Brett Clowry, a sports communications and media major with a minor in real estate, said his approach to time management changed after an experience during his freshman year.

“I learned to manage my time in college by learning the consequences of not doing so,” said Clowry. “I almost failed a class I should have gotten an A in due to failing to manage my time efficiently to go to the class.”

Clowry’s attendance during his first semester also became an important part of learning how to manage his responsibilities.

“My attendance was so bad the first semester of my freshman year that it really taught me a lesson on how efficient I need to be at



Instagram, @sacredheartuniversity

Students finding a balance between getting their work done while spending time with their friends. school,” said Clowry.

Velez, D’Arienzo and Clowry all manage their responsibilities differently. Velez balances two jobs with campus organizations, while D’Arienzo combines academics with leadership, work and multiple dance commitments. Clowry’s experience focuses on the academic side of managing a college schedule.

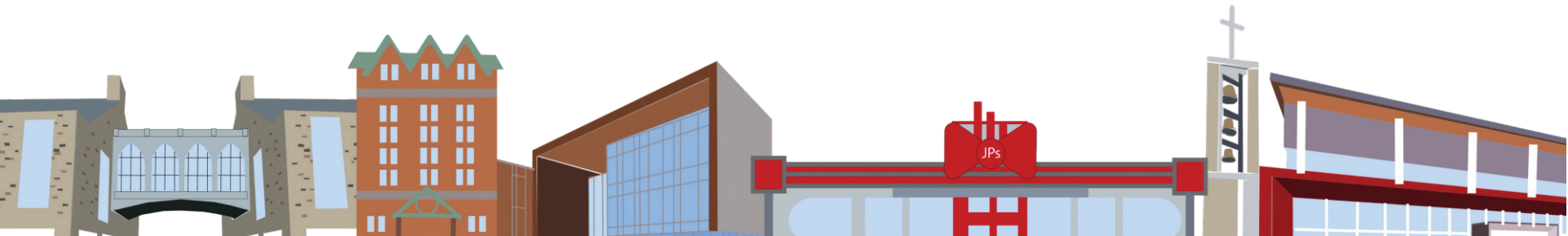
D’Arienzo said planning ahead helps her keep track of her different responsibilities and avoid conflicts between them. Her use of a calendar and planner allows her to organize assignments, meetings, rehearsals and work shifts.

“I try to plan ahead and make sure I know what I have going on each week so I can manage my time and avoid conflicts,” said D’Arienzo.

Interested in contributing to Spectrum?

- Write for our Campus section!
- Submit an opinion-editorials!
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- Send in photos from campus events!

Email medeirosm4@mail.sacredheart.edu or kabakj@sacredheart.edu for more information!



Interested in contributing to Campus Life? Contact us at spectrum@sacredheart.edu

CampusLife

Family Weekend Schedule

Friday, Sept. 25

- Check-In: 3 p.m.-9 p.m.

Purpose, Values, & Meaning at Work and in Life: 4 p.m.

Red's Happy Hour: 4 p.m.-8 p.m.
- Big Red Bingo: 7 p.m.

Women's Ice Hockey vs. Providence College: 6 p.m.

Family Weekend Wine and Cheese: 7:30 p.m.-9 p.m.

Saturday, Sept. 26

- Check-In: 8 a.m.-3 p.m.

Family Weekend Tent Tailgate: 9 a.m.-11:45 a.m.

Big Red Bingo: 10 a.m.

SHU Marching Band Skull Session: 10:45 a.m.

Food Truck Break: 11 a.m.-2 p.m.
- Pioneer Football vs. University of New Hampshire: 12 p.m.

The Outpost: 12 p.m.

Music and Cider: 2 p.m.-5 p.m.

Dance Program Family Weekend Showcase: 6 p.m.

Hank Azaria and the EZ Street Band: 8 p.m.

Sunday, Sept. 27

- Family Mass: 9 a.m.-11 a.m.

Champagne Continental Breakfast with the President: 9:30 a.m.-11 a.m.

Family Weekend Concert Choir: 1 p.m.



In the Sept. 16 article “FIJI Finds a Home at SHU” Blake Mattesitch and Nicholas Bosticco were inaccurately quoted. FIJI, or Phi Gamma Delta is a new fraternity on campus with future philanthropy events, however they have yet to hold one as incorrectly mentioned in the Sept. 16 article. The article with the inaccuracies has been removed online. Spectrum regrets the error.

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Arts & Entertainment

Community Theatre Hosts “Music in Context”

BY MOLLY RAZZINO
Staff Writer

“Music in Context: Exploring Culture Through Performance” is a new, three-show humanities series that the Sacred Heart University Community Theatre will be hosting during its 2026-2027 season.

Each show will include a post-show talk with the performing artists Sonia De Los Santos on Sept. 19, the Danilo Pérez Trio on Oct. 25 and New Haven Symphony Orchestra on Jan. 31, 2027.

According to Matthew Oestreicher, Executive Director of SHU Community Theatre, events like this series allow students to listen to live



First year students perform at the annual First Year Showcase.

Instagram, @shutheatreats

music performances and learn about the history of the music through talks with the artists.

“Throughout history, music was really woven into communities and into cultures of something that connected people, was part of important rights and rituals and storytelling and even identity,” said Oestreicher.

Senior Brianna Blackburn and junior Natalie Reade are both a part of the Theater Arts Program and Choir program.

“By going to things like this, it helps broaden your music experience and understanding what types of music there are, and that goes back to performances as well because when you learn more about music, it helps your technique and styles when performing,” said Blackburn.

The series was made possible by the Quick Grant given to SHU Community Theatre from CT Humanities.

“These are three really unique and powerful shows, the first one being a family or kids show, second being a Latin-jazz show and the third being a classical performance,” said Oestreicher.

As for Reade, shows like these provide more insight into the piece.

“You can feel the music deeper, express it in a different way, and sing it with a different tone and feeling, so it is more vibrant or somber depending on what the piece is,” said Reade. “Story is a huge part of music, it allows people to be really immersed in the music as well as the specific notes that they choose to play.”

According to Sara DeRose, Director of Development for the Theatre, one of the thoughts that went into creating this program was giving more access to the community. With the help of a group of community partners, they are able to sell a select number of discount tickets to make them accessible to young audiences.

“We want to have events that help connect the music with these deeper roots so people can leave not only having that experience but understanding where it is the meaning comes from, how did it get created, what are the cultures that created it and how did this artist absorb this tradition or inherit this tradition and express it their own way,” said Oestreicher.

SHU’s Line Is It Anyway?

BY REESE PHILLIPS
Staff Writer

“SHU’s Line Is It Anyway?” is Sacred Heart University’s student improv troupe, focused on creating funny, spontaneous performances for the SHU community and at off-campus events and competitions.

The improv troupe hosts a plethora of events throughout the semester, each with its own theme such as back to school, Halloween, nursing home, Thanksgiving and more.

Students must be involved in rehearsals to participate in these performances. Rehearsals consist of various improv warmups, exercises, and games, alongside group discussions, advice on performances, and building a rapport amongst the club’s members.

“Trying to maximize getting people to improv rehearsals is the biggest thing for me,” said junior Taber Johnston, the Theatre Arts Program Improv Chair. “You can’t get cast in a show if you don’t come to rehearsals.”

As improv chair, Johnston picks a lineup of students to perform before every event based on experience and their performance in rehearsals. He emphasized that improv is open to anyone of any major or experience level.

Johnston described hosting a freshman retreat earlier in September and managing new students of different experience levels.

“If they say they’ve done it before, I like to go a bit more advanced into it,” said Johnston. “But if someone tells me that they haven’t done a lot, okay, we’ll go to the basics, because I like teaching those too.”

Johnston and the club’s members are dedicated to creating an inviting environment for new students to join improv.

“I just really liked the vibes,” said junior Frank Macri, a member of the club. “Everyone is always trying new things, and we’re all here to uplift each other. This is one of the most positive communities I’ve gotten to be a part of in my life.”

“There are so many things that seem so awkward to do in your room or to practice acting. It’s very easy to practice all those things within improv and in a safe space as well,” said sophomore Griffin Carroll.

As for Macri, he believes that improv greatly improved his teamwork skills.



Kai Commercio, Staff Writer and Photographer

The Sacred Heart University Edgerton Center for the Performing Arts building.

others, there is always something to learn by getting up on stage and having fun.

“Just come here and have a laugh. We say it every rehearsal,” said Johnston.

“I showed up to every single rehearsal besides two last year, and I just kind of fell in love with it to the point I got a Tappy for improv last year,” said Carroll. A Tappy is a student award for the Theatre Arts Program.

Johnston, Macri, and Carroll, among other members of SHU’s Line Is It Anyway? performed to a full house on Sept. 17. The back-to-school themed event consisted of seven games that had the audience in tears laughing for the entire 90-minute show.

“SHU’s Line Is It Anyway?” has their next rehearsal at 8 pm on Thursday, Sept. 24 in room HC 103. Their next show is on Oct. 15 at 10:10 p.m.

“A big part of improv is you can’t run a scene by yourself. So learning how to work with a variety of different people, in a variety of different rules and circumstances, makes you learn to adapt,” said Macri. “Just being in an improv scene, and actually trying, really works wonders if you want to learn to work better with people.”

“There’s so much to learn at improv you can’t really put a counter on it,” said Johnston.

He believes whether it’s improving your acting skills or your ability to work with and help

Sports

Rowing Revamp from Bow to Stern

BY MARLEY GURMENDI
Staff Writer

Sacred Heart University women’s rowing is heading into a new season with momentum on the water and new leadership on the coaching staff.

The Pioneers have added Lucy McCarron as associate head coach of lightweight rowing and Madison SantaBarbara as assistant coach, as both sides of the program look to build on promising seasons.

“Both Coach Madi and Coach Lucy have already been such an incredible addition to our coaching staff,” said senior Lauren McQuillan.

McCarron joins the lightweight program entering its second year after reaching the IRA National Championship in its inaugural season. McCarron has a strong background in both rowing and coaching lightweight crews.

A former lightweight rower at Newcastle University and Durham University in the United Kingdom, she has spent roughly 15 years coaching at the high school, collegiate and club levels.

“Coach Lucy brings a level of experience and knowledge that we are so grateful to have for the lightweights!” said McQuillan.

SantaBarbara brings a wealth of knowledge as a rower of 11 years. During her collegiate career at Jacksonville University, she was part of three consecutive MAAC championship teams from ‘22 through ‘24.

“Having competed in the MAAC and been part of three championship teams, I’ve experienced what it takes to build a winning team,” said SantaBarbara. “Success comes from having a strong culture and everyone being committed to the same goal.”

She also has some familiarity with Sacred Heart from the other side of the starting line. SantaBarbara competed against the Pioneers at the ‘24 MAAC Championships, when Jacksonville won the team title and Sacred Heart finished second overall.

The Pioneers are coming off a strong finish at the MAAC Championships, where Sacred Heart earned medals in all three major scoring boats: first varsity 8, second varsity 8 and first varsity 4.

“We’re definitely looking to build off of that for this year,” said McQuillan.

SantaBarbara is encouraged by what she has seen from the team so far. However, reaching their full potential is more than just race-day results.

“Since joining the program, I’ve learned that this team has a lot of potential. There are a lot of different personalities and backgrounds within the team, which

makes it unique,” said SantaBarbara. “I think that diversity can be a huge strength because everyone brings something different to the team.”

One of her goals this season is to unite those individuals behind a common purpose and instill the importance of daily effort, emphasizing that success is built through the work athletes put in every day.

“It’s about showing up, holding each other accountable, supporting your teammates and creating an environment where everyone wants to get better,” she said.

As for the athletes, they are ready to rise to SantaBarbara’s expectations.

“We’re always aiming to raise the bar even higher than the year prior,” said McQuillan. “Aiming for even better results and making this team even faster. I’m such a strong believer in this team, these coaches, and this program.”

The Pioneers will have their first opportunities to put that work to the test this fall at the Head of the Riverfront on Oct. 4, followed by the Head of the Charles Oct. 17–18 and the Head of the Schuylkill on Oct. 24.

Athletic Communications contributed to this article



The Sacred Heart University Rowing team rowing forward in their meet. Contributed by, Kadence Faucher

Football Sundays Are Back

BY OLIVIA FIUMARA
Staff Writer

Offense took center stage after the 2026 National Football League (NFL) season kicked off Sept. 9, as teams combined for 791 points in Week 1, tying the Super Bowl-era record set in 2012.

“A lot of teams looked good, the most points ever scored in Week 1, I saw something like that on Twitter. It was a good start to the season,” said sophomore Matt Barry, a member of the Sports Media Club.

For the next 16 weeks, teams will compete for wins and continue on the

road toward the playoffs and eventually the Super Bowl.

“It was nice to see football back on TV. We sat in the living room all day from 1 p.m. to 10 p.m. I don’t think we got up from the couch,” said Barry. “I was just excited to hear Scott Hanson on RedZone.”

Week 1 brought the excitement of NFL football back, with upsets, high-scoring performances and crucial plays highlighting the opening weekend.

“I’m very happy with the NFL season because my Seattle Seahawks beat the New England Patriots again, so I loved the start of the NFL season and I won in fantasy with 170 points, so it was a great week,” said sophomore James Curry, a member of the Sports Media Club.

The conversation around the NFL continues after the games end, as weekly power rankings and predictions give fans another way to debate teams and players throughout the season. ESPN’s weekly power rankings also give fans another way to follow how teams are viewed as the season progresses.

Fantasy football leagues, where fans create their own teams of NFL players and compete with friends and family based on how those players perform, are also part of the NFL season.

“I was really targeting Christian Watson this year,” said senior Benjamin Toy. “I know we’ve been waiting for his breakout for a couple years now, but I really think this is finally the season where everything is lined up for him.”

With fantasy football draft season over, early-season performances are already affecting fantasy teams.

“Tyler Shough is going to buckle down and start going crazy, but he still dropped more points than Brock Purdy in Fantasy, so that upset me,” said sophomore John Buividas, a member of the Sports Media Club. “He wasn’t terrible, but I don’t think the Saints are a playoff team just yet, maybe on the brink of it.”

“The most overrated player to me is probably Caleb Williams. He made some crazy plays in Week 1, but I still think he has to be more consistent,” said Toy. “The talent is definitely there, but I think people are putting him in that elite conversation before he’s really proven he belongs there.”

“An underrated player to me would be Jaguars receiver Parker Washington. I think people are sleeping on what he showed at the end of last season,” said Toy. “He showed that he can be a reliable target. I think this is his chance to really break out.”

Now that the NFL season has started, predictions will continue to be proven right or wrong each week.

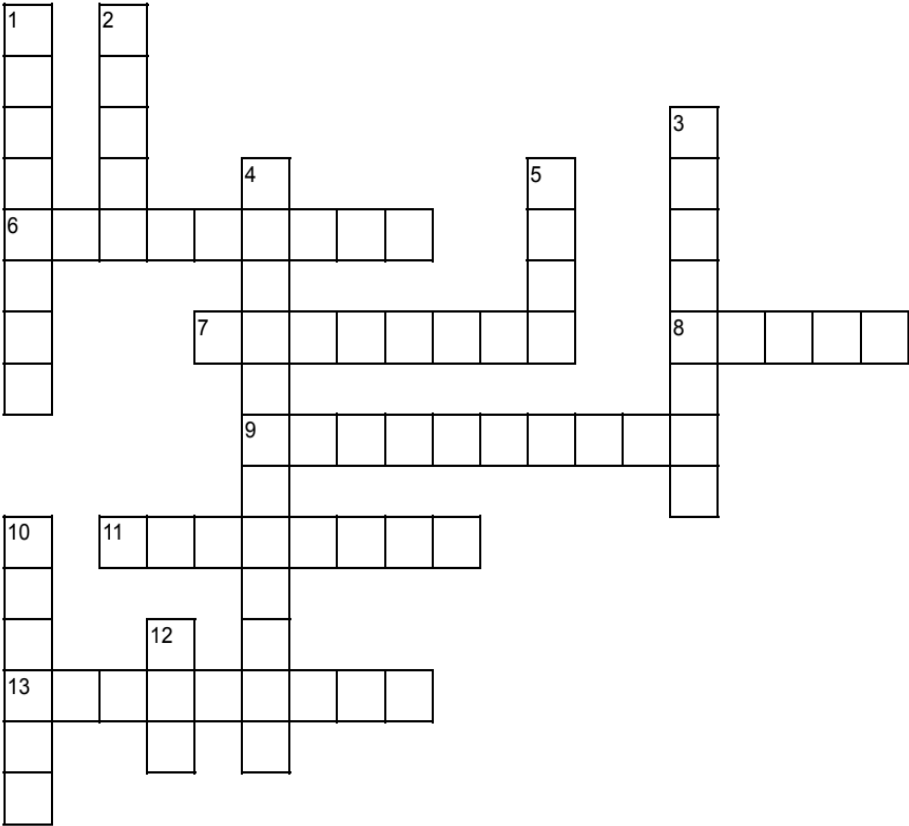


Christian Stella, Staff Photographer
Giants fans entering MetLifeStadium for the season opener vs. the Dallas Cowboys.

Crossword

First 50 Days Crossword

Each answer is related to a First 50 Days event happening in the next week!



Across

- 6
- A week-long event hosted by the Career Lab to get students career-ready.
- 7
- Senior Pub Night lasts until...
- 8
- The faith-focused, coffeehouse style gathering hosted by Campus Ministry...__ Latte.
- 9
- Women's Ice Hockey takes on ____ on Friday, Sept. 25 at 6 p.m.
- 11
- A contest happening on Tuesday, Sept. 29 at noon in the Valentine Health & Recreation Center.
- 13
- The residence hall outside of which Dogs on the Quad will be hosted on Thursday, Sept. 20 at 4 p.m.

Down

- 1
- Where Family Weekend football is played.
- 2
- Proceeds from SHU Lemon Club's lemonade stand goes directly to whose foundation?
- 3
- Where the Bowling and Ice Cream event will be hosted on Wed. Sept 23.
- 4
- The campus group hosting Salsa Night in the Edgerton Atrium.
- 5
- The ____ Center is hosting Women's Volleyball at 7 p.m. on Tuesday, Sept. 29.
- 10
- Join ____ Tap Crew in dance studio 3 from 6:30-8:30 p.m. on Friday, Sept. 25 for an evening of tap jam sessions!
- 12
- The three-letter acronym for the organization that hosts Anti-Hazing Week.

September is Suicide Prevention Month: For counseling services and support reach out to the university resources:

Counseling Center
Open 9-5 on Weekdays
Walk-Ins Welcome or
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

Public Safety
Routine Calls: 203-371-7995
Emergency Calls: 203-371-7911
or 203-374-9352

Answers

Across
6 Resumania
7 Midnight
8 Agape
9 Providence
11 Cornhole
13 Toussaint

Down
1 Sikorsky
2 Alexs
3 Pio Lanes
4 La hispanidad
5 Pitt
10 Rhythm
12 FSL

