

## SHU Partners with Nuvance Health to Aid Healthcare Workforce

BY JACK CAVICCHI  
Staff Writer and Asst. Web Manager

Sacred Heart University and Nuvance Health have entered into a partnership to help provide clinical experience to students studying nursing, physical therapy, occupational therapy, behavioral health and other healthcare majors through use of Nuvance Health facilities.

According to a SHU press release, the agreement between the university and Nuvance Health has four categories of collaboration: clinical placements, education and training, philanthropy and scholarships, and career services.

Collaboration between Nuvance Health and SHU allows information to be shared fluidly with the goal of resolving healthcare issues.

“Both of the organizations have issues that are challenges for us. We both come at these issues with slightly different perspectives, and by sharing our knowledge and our experiences, we might be able to resolve some of the problems in healthcare that can be challenging for both of us,” said Dr. Cynthia O’Sullivan, the Associate Dean of Academic Affairs and Global Nursing at SHU.

O’Sullivan emphasized the importance of educating students and preparing them for the real world.

“If there is a problem going on at the hospital, and we are not aware of it, we want to know so we can

be educating our students about it. If we are sharing with each other, we can both be doing the right thing,” O’Sullivan said.

The preferred partnership means that Nuvance Health will have a priority in SHU career service events and job fairs and Sacred Heart students will help fill positional needs in Nuvance facilities.

Local Nuvance Health facilities include Norwalk Hospital, Danbury Hospital, Milford Hospital and other local practices. Nuvance Health also came to an agreement with Northwell Health, expanding their reach to some Long Island hospitals, according to a Northwell Health press release from February.

The preferred partnership between organizations, coupled with the proximity of these facilities in relation to SHU, make clinical experiences and internships appealing to students.

“Getting an in-person clinical experience was near impossible, especially looking at hospitals or in-patient clinics. I think that the preferred partnership could be very beneficial in helping students get clinical experiences, especially with the connections to multiple nearby hospitals,” said senior



Tracy Deer-Mirek, Sacred Heart University

Sacred Heart University’s upcoming partnership with Nuvance Health will help provide clinical experience for students.

Connor Scagliarini, an exercise science major.

SHU and Nuvance Health have worked together before; this partnership is not the start of something new but a finalization of a preexisting connection.

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## Honeybees Get a Helping Hand with Grant

BY KAYLEE SHINDEL  
Staff Writer

On Aug. 29, Democratic Congressman Jim Himes announced a \$400,000 grant to Sacred Heart University’s Bee Health and Ecology Research Objective from the National Science Foundation. The grant will provide international research experience to undergraduate students while stressing the importance of bee health to the community.

The grant has worked to increase ecological research while creating mentorship opportunities for biology and neuroscience majors. According to a press release issued by Himes, the benefits of the study help the students in their collegiate endeavors while simultaneously saving our environment.

“About 35% of all crops in our food supply are pollinated by bees, underscoring the critical nature of protecting these insects,” Himes said. “Research facilitated by the Bee-HERO initiative will help safeguard

our pollinators and prepare these young scientists for fruitful careers in the scientific community.”

This research will contribute to the understanding of agriculture and its evolutionary process. The students will present their findings at the Eastern Colleges Science Conference to expand their knowledge from the university to the community.

Bee-HERO’s grant will span over a four year time period, allowing three cohorts of six U.S. undergraduates the opportunity to engage in research. The students will study bee pathogens at the Centre for Honey Bee Research within the Swedish University for Agricultural Sciences.

“The program is trying to have a better understanding of what is affecting honey bee populations. This includes looking at viruses and different levels of resistance as well as tolerance. Interactions between wild and domestic bee populations may

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## SHU Marching Band’s “Unbreakable” Performance

BY CAMRYN MCCUTCHEON  
Staff Writer

Sacred Heart University’s Marching Band has been bringing their energy to SHU sporting events for years, and this fall season is no different.

The Marching Band performed the songs “Sonic Boom,” “10 Duel Commandments,” “Heart of Stone” and “Give Me Everything” at the SHU vs Saint Anselm College football game on Saturday, Sept. 7.

The band continued playing despite the rain and put on their halftime performance in the stands. Titled “Unbreakable,” the setlist focuses on songs to encourage and hype up the crowd and players.

Sophomore and clarinet player Chris Napolitano choreographed part of this routine.

“The meaning ‘Unbreakable’ is to portray how we are able to overcome anything no matter how difficult it can get,” Napolitano said.

Members of the marching band have



Mark F. Conrad, Sacred Heart University

Sacred Heart University’s Marching Band performing at the Pioneer Pavilion.

been preparing for this performance since arriving early on campus for band camp.

The leadership team arrived first on Aug. 11, learning the routine and dance. Once the rest of the band arrived on Aug. 16, the leadership team taught them the routine. The following 12-hour days were filled with learning the routine, fixing issues, and running it to perfection.

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# News

## Nuvance Partnership

BY JACK CAVICCHI  
Staff Writer and Asst. Web Manager

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Dr. Karen Daley, Dean of the Davis & Henley College of Nursing, explained the layered relationship between the two organizations.

“The relationship is a long relationship. John Murphy is the CEO, and he has been a longtime colleague of our President John Petillo, so we have been working closely with them for many years, but this agreement formalizes our work,” said Daley.

This past summer, SHU and Nuvance put on the second annual nursing immersion program for local high school students, according to a SHU press release.

“It was Monday through Friday, they spent four days at SHU, and one day at Norwalk Hospital. We did a lot of fun things; we did a lot of nursing things too,” said O’Sullivan. “That day spent at the hospital was really a valuable experience for them. We had guest speakers, taught them CPR and they did a scholarly presentation at the end. It was a really great experience for them.”

In addition, this partnership aims to establish a fund of \$1 million to award scholarships to students. The goal is to award 10 \$5,000 scholarships per year, five dedicated to nursing students and five dedicated to other health-professions.

“We are very much at the beginning of acquiring these scholarships together, but that is our intent,” said Daley.

## Engineering Programs Earn ABET Accreditation

BY DANIEL GREENE  
Staff Writer

The computer engineering and electrical engineering programs, under Sacred Heart University’s School of Computer Science and Engineering (SCSE), have recently received accreditation from the Accreditation Board for Engineering and Technology (ABET).

ABET is a nonprofit, non-governmental agency, whose accreditation provides assurance to post-secondary programs that their program meets the quality standards of the profession their graduates are working towards.

The university had to submit a 100-page proposal to ABET and have a graduating class to be allowed to apply for accreditation. The SCSE had to submit every homework assignment, test and student transcript from the engineering programs.

In October 2023, an ABET committee went to the Welch College of Business and Technology (WCBT) on West Campus to discuss the programs with students, professors and administrators.

“They literally reviewed almost everything in advance, and then they asked us questions. Everybody needed to be interviewed, students, alumni and President [John] Petillo. That happened last October, and from last October until now, nothing. Then, they sent us a letter that we were accredited,” said Dr. Tolga Kaya, Director of Engineering.

Kaya has been a professor in the SCSE since the computer engineering program started in 2017. He has been involved in growing the two engineering programs with the hope they would one day receive accreditation.

“Our accreditation body applauded our IDEA Lab, where all our engineering classes are taught,” said Kaya. “At first, my office was the lab, so I had equipment everywhere. The IDEA Lab was a huge upgrade for us.”

In addition to the IDEA Lab, the engineering programs grew when the School of Business and the SCSE merged to form the WCBT. The College of Business is accredited by

the Association to Advance Collegiate Schools of Business (AACSB), making two accredited schools within the WCBT a unique university attribute.

“One of the things that has really helped us grow is that by being part of the WCBT, it combines the business aspects and the technical aspects. It is good for the business students, and it is also good for the computer science students. Once we did that, it really gave us some legitimacy,” said Dr. David Taylor, the Dean of the WCBT.

Now that the computer engineering and electrical engineering programs are ABET accredited, alumni and students will be able to apply for jobs at engineering firms that only hire graduates from programs with the accreditation.

“ABET really signifies to employers that our curriculum upholds certain standards, so that the curriculum is aligned with employers’ needs. It is a certification that your education meets certain standards,” said Taylor.

Administrators and professors hope that the accreditation convinces more prospective students to choose SHU as they pursue an engineering degree. They also hope that the accreditation will make parents and students feel more comfortable and secure in their decision



The IDEA Lab, located on West Campus, where engineering students gain hands-on experience.

Daniel Greene, Staff Photographer

to choose Sacred Heart.

“It makes me feel so much better about the stability of my degree because it was a wishy-washy factor on me going here,” said sophomore Max Russo, a computer engineering major. “Will I be able to get a good job after [college] because the engineering program is pretty new? But with this, I think they are able to expand to more and better stuff.”

The SCSE looks to continue their growth with the help of the ABET accreditation. In addition to the computer engineering and electrical engineering programs, the administrators and professors are planning to start a mechanical engineering program at Sacred Heart.

“As we continue to grow and have new programs, we are going to be launching a mechanical engineering program soon,” Taylor said.

## Honeybees Get a Helping Hand with Grant

BY KAYLEE SHINDEL  
Staff Writer

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be affecting the global decline of bees,” said Dr. Torrance Hanley, a biology professor.

Two groups of students had a jumpstart on the opportunity for the past two summers in order to test the organization’s goals on a smaller scale.

Junior Justin Hillis participated in the program last summer.

“The purpose of the research was to try and understand the interaction between honeybees and the varroa destructor, which are making honeybee colonies weak/sick. As honeybees are a major player in the pollination of most of the food we eat, they are vital to the survival of humans,” said Hillis.

Hillis experienced diversity that heightened his research and allowed him to grow as a well-rounded member of society.

“My surprising discovery takeaway from this experience was learning how to work with many different people from around the world. I feel here at SHU most of the student body fits a similar background, but the laboratory I was working at in Sweden had people from all around the world,” Hillis said.

His experience of research through Bee-HERO also paved the way to his future career path.

“Post-graduation, I want to go onto medical school, with hopes to become an MD [Doctor of Medicine]. I feel that this experience has opened me up to the world of research,” Hillis stated.

Prof. Alyssa Woronik, who works in the biology department, reported the objective of the students’ experience during the trip.



Andrew Dayton, Staff Photographer

A bee flying in a garden filled with purple flowers and green leaves.

“It is certainly a priority to help the individuals in the program get exposure, make connections, and develop an exceptional resume. The program supports students who wish to continue in STEM after their undergraduate,” Woronik said.

Woronik also said how much the program aids the students who wish to get involved.

“The program is as inclusive as possible and removes any barriers an individual may have. We even have money set aside for student passports. They have healthcare,

# Features

## TWLOHA Brings Mental Health Awareness to Campus

BY MADELINE MANGIONE  
Staff Writer

To Write Love on Her Arms (TWLOHA) is an organization that promotes mental health awareness and education. As part of the First 50 Days, they recently held their “Mind Over Mat(ter)” event on Upper Quad.

TWLOHA is a nonprofit organization whose mission is to provide hope and resources to those who are depressed, addicted, or have suicidal thoughts and feelings. TWLOHA exists to inform, inspire, and encourage.

On campus, TWLOHA holds monthly meetings. Meeting activities include hands-on mindfulness activities, guided meditation, and mental health education.

Junior Juliana Cotza, the president of TWLOHA said its mission is to believe that a better life is possible.

“Taking care of your mental health can improve your physical and emotional health and make it easier to manage stress. TWLOHA is here for you, and you are not alone,” said Cotza.



Contributed by Juliana Cotza, '26

Sacred Heart students getting semi-colon temporary tattoos at the TWLOHA First 50 Days event on the Upper Quad.

“Joining TWLOHA my freshman year gave me a safe place to share my story and receive support from my peers. I feel so grateful and proud to have the opportunity to be President in my junior year. To anyone who is struggling with their mental health, you are not alone, and help is available,” said Cotza.

The name “To Write Love on Her Arms” stems from the organization’s origins in 2006, when founder Jamie Tworkowski wrote a heartfelt story about a friend battling depression, addiction, and self-injury. The words “To Write Love on Her Arms” became a symbol of hope, signifying that a better life is possible, even in the face

of darkness.

Cotza believes that TWLOHA can help one to find hope and to create new beginnings. She said that because she struggled with anxiety and depression throughout high school, TWLOHA was even more special to her.

“Intense depression and anxiety kept me extremely sheltered in high school. I never thought I would find the light at the end of the tunnel, but I did at SHU,” said Cotza.

TWLOHA recently hosted their event, letting students bring their own yoga mats and use yoga to unwind for an hour. This event served as a showcase for the kinds of programs and occasions that TWLOHA organizes, demonstrating the importance of student wellness on the SHU campus.

Junior Molly Luchsinger, a member of TWLOHA emphasized how the fast-paced, often stressful nature of college life makes it vital to take care of one’s mental health. She said that TWLOHA aims to create a supportive space where students can engage in self-care and mindfulness, helping improve their emotional and physical well-being.

“This event definitely served as a showcase for the types of programs TWLOHA organizes, highlighting the priority of student wellness on SHU’s campus,” said Luchsinger.

Junior Zoe Vella, another active member of TWLOHA, also spoke of the club’s importance. She believes the club plays a crucial role in normalizing mental health discussions on campus.

“When I first started at SHU, I struggled to balance everything. I didn’t realize how much I needed to prioritize my mental health until I attended a TWLOHA meeting. It’s not just a club, it’s a community that supports each other,” said Vella.

All TWLOHA meetings are held from 8-9 p.m. in SC 101. To stay up to date with the club, follow @shutwloha on Instagram.



Contributed by Juliana Cotza, '26

Sacred Heart students showing off temporary tattoos they got at the TWLOHA “Mind Over Mat(ter)” event.

## Building Muscles and Brain Power

BY MAIA SANTORA  
Staff Writer

The Valentine Health and Recreation Center offers a variety of fitness classes that students can take, for free, with their friends on campus. These classes are meant to promote student wellness and encourage students to be active.

The Valentine Center gives students the opportunity to try something new, offering exciting fitness classes like Zumba, CrossFit, Pilates, and more. Classes are offered six days a week, Monday through Saturday, with plenty of sessions throughout the day.

“We have a pretty healthy campus, but I think more importantly for everybody, it’s a break,” said Valentine Health and Recreation Center Director Elizabeth McGreevy. “It’s a way to relieve stress, a way to keep healthy, and stay healthy.”

These classes also offer students, particularly freshmen, a fun way to meet new people and find their place on campus.

“We try to reach out to the freshmen or any new students because they may be comfortable in the gym and maybe they’re not comfortable yet on campus,” said McGreevy. “They can feel at home in these classes.”

These fitness classes are beneficial socially for everyone, but physically as well. Being healthy does not just mean eating right and working out. Mental health is just as important as physical health.

“Physically you’re getting stronger, getting more flexible, and staying healthy,” said McGreevy. “I think that it helps in that emotional stance too.”

Spin instructor and junior Sarah Coco teaches spin on Tuesdays from 7:30-8:30 p.m. and Thursdays from 6-7 p.m.

“I have a lot of classes on Tuesdays, and then I always feel tired, but once I get in the spin room, I get a boost of energy,” said Coco.

“Being physically active increases your mental health,” said Coco. She added that during her classes she likes to play up-beat music to bring some fun into the workout. “People get into it and I see people dancing and singing along to it, which is really amazing to see,” said Coco.

Sophomore Sofia Covello is an instructor of the Core and Restore and



Contributed by Sarah Coco, '26'

Students pictured at a Thursday night spin class, with student instructor Sarah Coco.

Strength Training classes. Covello said these classes offer students a fun way to exercise that will help them get excited about working out.

“It’s hard to find time for yourself, but with this you know it’s 45 minutes and you’re going to benefit from it. It’s fun music and you can bring all your friends, it’s just something to help you feel good after. It helps you go into your week with a better mindset,” said Covello.

For more information on classes and registration, visit <https://sacredheart.dserec.com/online/dashboard> and follow @healthypioneer on Instagram.

*Moira Staples contributed to this article.*

# Curating The Perfect Fall Playlist

The air is getting colder, the pumpkin spice lattes are coming back and homework is starting to pick up. The fall season is finally on the way. If you're like me, each new season means an entirely new music aesthetic. It's officially time to begin curating your fall playlist, so gather up your favorite comfort songs and get started. Here's a list of what we're listening to as the leaves start to change.

**Sweater Weather – The Neighbourhood**

**Linger – The Cranberries**

**Champagne Supernova – Oasis**

**Scott Street – Phoebe Bridgers**

**All Too Well – Taylor Swift**

**Hallucinogenics – Matt Maeson & Lana Del Rey**

**In Your Love – Tyler Childers**

**Lemon Tree – Mt. Joy**

**Evergreen – Richy Mitch & The Coal Miners**

**The View Between Villages – Noah Kahan**

**California Dreamin' – The Mamas & the Papas**

**Fast Car – Tracy Chapman**

**Slugs – Slow Pulp**

**November Air – Zach Bryan**

**Underdressed at the Symphony – Faye Webster**

**Me & My Dog – Boygenius**

**Sunday – Joy Oladokun**

**Iris – The Goo Goo Dolls**

**Fall, Fall, Fall – Caamp**

**Edge of Seventeen – Stevie Nicks**

**Space Song – Beach House**

**River – Leon Bridges**

**Banana Pancakes – Jack Johnson**

**Shattered (Turn the Car Around) – O.A.R.**

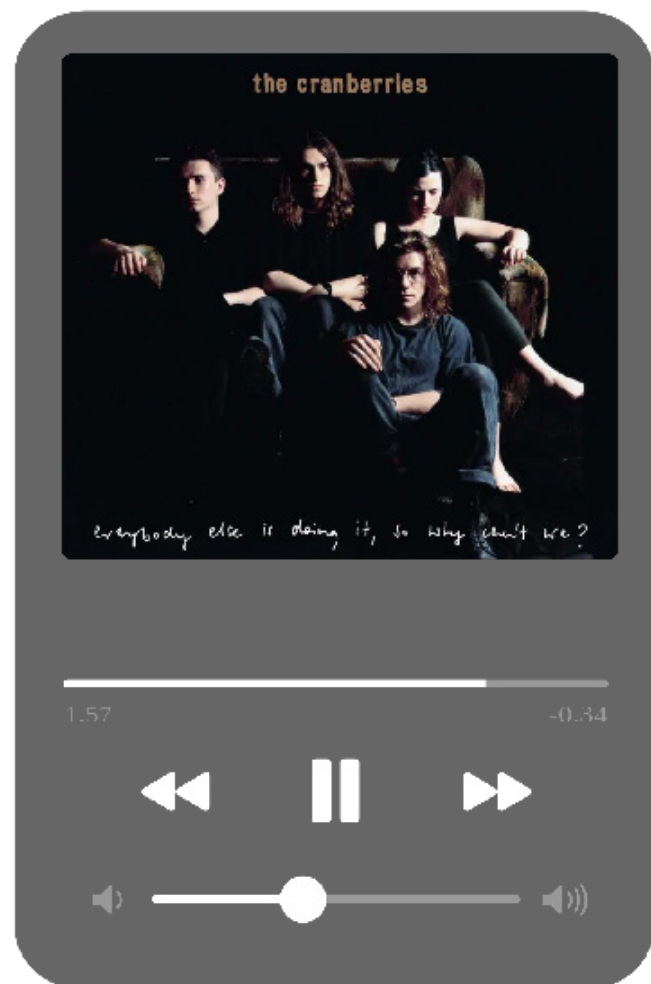
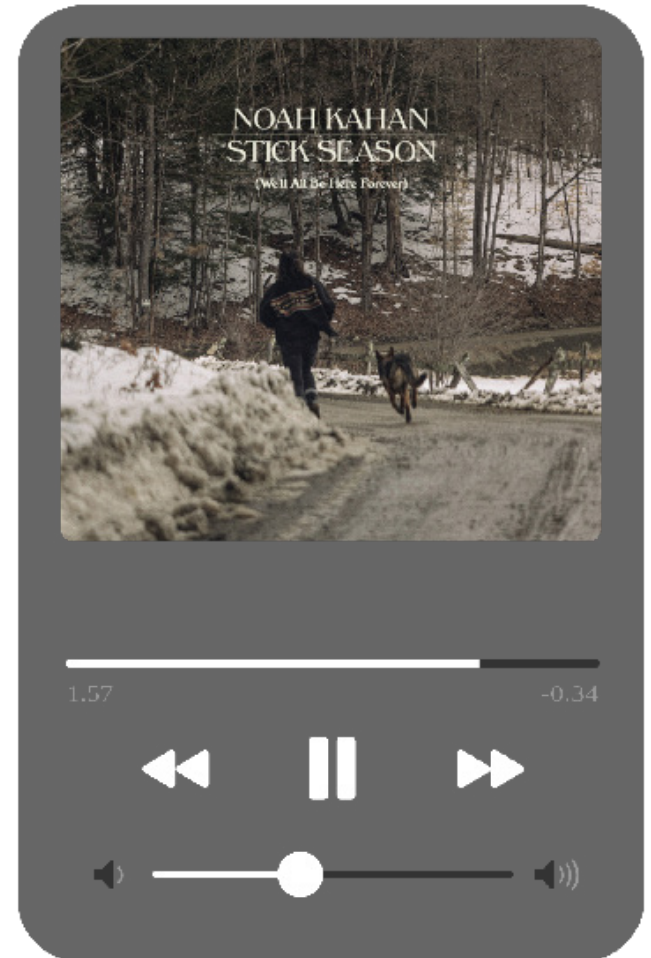
**There She Goes – The La's**

**Feels Like Tonight – Daughtry**

**For What It's Worth - Buffalo Springfield**

**Anchor - Novo Amor**

**For The First Time – The Script**



Interested in contributing to Campus Life? Contact us at [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu)

# CampusLife

## 10 Tips for Sorority Recruitment

BY EMMA RICOTTA  
Assistant Campus Life Editor

1. Go into it with an open mind!
2. Prepare questions. Have go-to questions that will help you get to know each chapter.
3. Be yourself. It's all about finding the right chapter for you!
4. Dress comfortably and confidently.
5. Get enough sleep throughout the weekend. There are going to be long nights and early mornings!
6. Self-care Thursday night! Prepare for the weekend and get organized. Do your homework before!
7. Pack snacks! Long days call for fuel.
8. Lean on your recruitment counselor. They are there to help you! Ask them questions.
9. Drink water and stay hydrated!
10. HAVE FUN AND ENJOY IT! Make the most out of the weekend because at the end of it, you're going to find your forever home!



Members of Chi Omega pictured at Sorority Bid Night.

Lisa DeTullio Russell, Sacred Heart University



Instagram, @shu\_panhellenic

Featured on the SHU Panhellenic Instagram is an outfit inspiration guide for the upcoming recruitment weekend.

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# Arts & Entertainment

## From Stage to Field: SHU's D1 Dance Team

BY OLIVIA MCNAMARA  
Staff Writer

Reina Van Florcke, head coach of the Sacred Heart University Division I Dance Team, had much to say about the team and the behind-the-scenes work that goes into each performance. After former head coach Deirdre Hennessey retired, Van Florcke became the new head coach in 2019.

"It is a big time commitment on top of a full-time teaching job, but I could not imagine my life without it," said Van Florcke. "It has allowed me to continue to have dance be a part of my life, which has been a passion of mine since the age of three."

The dancers compete in D1 Jazz, Spirit Rally and Hip Hop, which they typically perform at school games in pom form to the university's 'Fight Song.' As for accomplishments, "This year, we placed sixth in Spirit Rally, it was our first year ever competing in this category and we were bumped into the D1A division," said Van Florcke.

When preparing for a football game performance, Van Florcke said it takes about one to two weeks to learn a new routine, place dancers in their spots and practice on the field.

"We like to do at least a different halftime routine every home football game and if possible a new timeout as well," said Van Florcke.

In addition, Van Florcke said, "Football is great because they are usually packed games and they perform as a full team. They also like being in the endzone during the game and doing sidelines with the band/music played throughout the game."

When it comes to the bonding aspect of the team, Van Florcke said, "It becomes like a family due to the amount of time they spend with each other."

Senior Jillian Angeramo, SHU dance team captain, has been dancing for 19 years and had a lot to say about the sport while performing for games.

"While I feel as though dance is not a well-known sport, it is a proud moment where I feel as though we are recognized by athletes and fans as we share our craft with people outside of the dance community," said Angeramo.

"My favorite moment during our choreography would have to be setting our opening formation for a routine," said Angeramo. "One of our teammates will count, '5, 6, 7, 8' and the team will respond 'Heart' while we hit our beginning pose."

Despite attending national competitions, football and basketball games have become one of Angeramo's most exciting experiences as a dancer.

"Performing dances with my teammates is such an exciting experience.

Dancing on game days, whether it be

football or basketball, is the most fun I have ever had performing," said Angeramo.

"Dancing on stage or at a competition comes with a sense of stress, pressure and nerves, but there is something about dancing at a game that makes all those emotions go away."

Dance is an integral part of Angeramo's life on and off the field.

"Dance has also taught me how to stay humble, perseverance, accountability, rejection, dedication and so much more that I apply to my day-to-day life," said Angeramo. "I truly feel as if it weren't for the lessons I have learned and qualities I have gained from being a dancer I would not be the person I am today."



Instagram, @shudanceteam

Sacred Heart's Dance Team pictured after performing at the game against Delaware State.

## Curtain Rises on a New Era of SHU Performing Arts

BY ERIN PELLEGRINI  
Staff Writer & Circulation Manager

On Sept. 13, the Sacred Heart University Performing Arts program officially opened their new wing, named the John & Sabina Petillo Center for the Performing Arts. The event included an open house style walk through of the new facilities



Daniel Greene, Staff Photographer

Members of Sacred Heart University's Band and Orchestra program speaking with Dr. John Petillo (center right) after a performance in the new Band and Orchestra Hall.

and performances from each performing arts cohort, including band, dance, choir and theatre.

According to the Edgerton Center for Performing Arts website, "a portion of all tickets will go toward the Performing Arts Endowed Scholarship." In addition, the event allowed for multiple sponsorship opportunities for their attendees.

Keith Johnston, Director of Band and Orchestra, spoke about the department's humble beginnings. "When I started, the band room was the old boys locker room," said Johnston. He goes on to say how as the size of the band

increased, the facilities became too small. Students had to walk on chairs to get from one side to the other in an already packed room.

"I can remember when Dr. [John] Petillo guest directed the pep band and he looked in the room, with all these kids in there and said, 'We have to do something about this,'" said Johnston. "This space that we have now is the kind of space that my colleagues say 'Wow I wish we had this.'"

"It is a dream come true for the dance program," said Kari Williams, Director of Dance. "These studios are designed with the needs of our dancers in mind, offering the right environment to inspire creativity, encourage collaboration and push the boundaries of what we can achieve."

She hopes the event showcased the talent of the performing arts community and celebrated the growth to come in the future. "We have a community that thrives on artistic exploration, and these new spaces provide the perfect outlet for that," said Williams.

"The performing arts department with all four of its cohorts have grown to truly national recognition despite not having proper rehearsal spaces," said Jerry Goehring, Executive Director of the Performing Arts. "Our performing arts students now have a proper space to grow and learn at the collegiate level."

"I am excited to bring people from the outside community and those that are here on campus to the new Center for the Performing Arts, to experience the talents in all areas of the student artists on campus," said Goehring. "It's not the bars, it's not the open food, it's not the ribbon cutting or to listen to me or Dr. Petillo, it's that we get to watch the students perform."

Jessica Balogh contributed to this article.

## SHU Marching Band's "Unbreakable" Performance

BY CAMRYN MCCUTCHEON  
Staff Writer

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Sophomore and Band President Matt Meaney is in charge of running rehearsal and being the liaison for members and staff. Meaney also plays the trombone with the band.

"We come in a week early for band camp," said Meaney. "We all talk about how much we miss it."

The band rehearses their movements and music, making sure everyone knows their spots and movements. What sets this performance apart from others has to do with the choreography.

"I equate it to a football player learning different plays," said Meaney. "We spell out the numbers one through nine during the 10 Duel Commandments, which is a greater challenge this year to march in shapes," said Meaney.

"To me this performance is special because I was asked to choreograph the dance and everyone including the band alumni have told me that this is the most fun dance that they've seen," said Napolitano. "They found the dance enjoyable as opposed to other years where they felt it was repetitive."

Junior vocalist Toni Saracino performs "Heart of Stone" in the Front

Ensemble.

"My favorite part of performing during the football season is the community," said Saracino.

"We can see the impact we have to get the crowd involved in the game, even when the game might not be going our team's way," said Meaney.

Saracino, who also plays acoustic guitar, is in her third year of marching band. "Well of course I love performing the song that I sing, but besides that my favorite song to perform is 10 Duel commandments," said Saracino. "It's so energetic."

"My favorite song to perform is Sonic Boom," said Napolitano. "I really enjoy hearing the low brass play a catchy rhythm at max volume."

Since arriving back on campus, the band has been practicing on Monday and Tuesday nights. During rehearsals the band revises and practices all movements and songs.

"It feels great to be back with my band family," said Saracino.

"It's fun to be back and see all of my friends that I made last year," said Napolitano.

The SHU marching band will continue performing halftime shows at Sacred Heart football games throughout the fall season.

# Sports

## Men's Soccer Off To A Strong Start



Junior Sam McCann, sophomore Alex Almuzara, senior Nick Kirby, and junior David Garcia Gallego celebrating a pivotal goal against NJIT.

Instagram, @trevimages

BY **PRINCELY SEME**  
Staff Writer

The Sacred Heart University men's soccer team is off to a distinguished start in their inaugural season in the Metro-Atlantic Athletic Conference (MAAC), securing four wins in their first five matches.

One of these victories was a 5-0 score over Lehigh University. The match against Lehigh on Sept. 6 marked the first time since 2018 that the Pioneers have scored five goals in a singular match.

Freshman Iván Morcillo aided in this Pioneer victory with two netted goals and an assist.

"I work hard every day to achieve these moments," said Morcillo.

Freshman Brady Poor and Junior(s) Sam McCann and captain David Garcia Gallego also contributed to the Pioneers' win over Lehigh with a goal each. Three out of five of the Pioneers' goals came within a span of five minutes.

This win was the third of the season, following a narrow 1-0 victory over Army West Point. The Pioneers continued their charge on Sept. 10, clinching another 1-0 win over the New Jersey Institute of Technology, with McCann as the lone scorer.

This season, the Pioneers have deepened and strengthened their roster with the addition of eleven new team members covering all positions.

Despite the roster changes, there is a strong sense of unity within the team. "We are basically a family," said Garcia Gallego. "We have 30 players, and it feels good knowing everyone can do their job."

With the support of the returning players, the new additions have quickly found their footing within the team.

"We had a strong group returning this fall. Our returners have done a great

job assisting our staff to mold all the players into a team that understands our environment and our playing style," said Head Coach Anthony Anzevui.

As the Pioneers look to extend their strong start as conference play approaches, their main focus is on continuing to refine their game.

"The team has seen that we can continue to improve when we are fully concentrated and fully focused," said Anzevui. "We know we can get better and that is our motivation."

Sacred Heart currently leads the MAAC conference, and they look to stay in good form while striving for success.

"We know every game will be a battle and we must go game by game, step by step, to prepare for each game correctly," said Anzevui.

With Garcia Gallego leading the charge, the Pioneers treat every game like their last, looking to play their best every time they step on the field.

"We play every game like it is a final," said Garcia Gallego.

Building on a strong start to the season all while pursuing success in their new conference, Sacred Heart aims to enhance their record in their next fixture at Yale University on Saturday, Sept. 21.



Instagram, @shu\_msoc

Freshman Ivan Morcillo pictured celebrating a goal against Lehigh University.

## Martire Family Arena Opens Ice to All

BY **SHANNON TUTTLE**  
Co-Sports Editor

This past Friday, Sept. 13, Sacred Heart University's Martire Family Arena (MFA) opened its doors to all SHU students for its Club Sports Skate Night. From 6 p.m. to 9 p.m., any student who made a reservation was allowed to bring or rent skates for a free 45 minute slot.

The skate night was organized by Ashley Lane, Director of Club Sports & Intramural. She said many students who don't play a club sport were asking how they could get on MFA's ice.

"With the new arena, we were looking for something else to do," said Lane.

According to Lane, the club sports staff found that public skating is popular and decided it would be a great opportunity to bring to the SHU community.

Although MFA has been running for over a year, this event is the first time that club sports partnered with the arena to invite all of the university's students to skate for free.

Many students have been asking why it has taken the arena so long to host an event like this. According to Lane, the issue was scheduling.

"The biggest issue is everyone who uses it," said Lane. "Varsity uses it, club uses it and they also rent it out."

Planning the event also requires work. The club sports office had to contact the rink, hire volunteers, determine available ice time and schedule it on a date and time

that would be appealing for students to attend.

"Ashely [Lane] asked me to volunteer at the event and of course I said yes," said junior volunteer Megan Foley. "I was happy to help."

Fortunately, time and ice was available for Sept. 13 and the opportunity was taken full advantage of by the club sports office. They then had to market it to the student body through Instagram posts, flyers and emails.

"I saw an email about the skate night and signed up right away," said junior Jessica Guanci.

All three time slots were fully reserved before the event's 6 p.m. start time to skate on the same ice as the Pioneer's Division I hockey team.

"It was really cool to experience the arena from that perspective," said junior Shannon Willard. "Especially since I've never been a hockey player but have been to many of the hockey games."

Lane hopes the skate night's popularity will call for these events to be more normalized.

"It'll probably be something we do again next year and hopefully at the end of this semester as well doing one in December and another one in the spring," said Lane.

She said that the times and day it happens may change, but she wants to have this event again to ensure that students who missed out on it the first time and want to go will have two more options to attend.

*Aiden Reilly contributed to this article.*

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## *Chasing Paychecks and Personal Growth: A College Student's Double Life*

BY **SAGE SMITH**  
*Contributing Writer*

Every year, the month of May brings a refreshing wave of change for college students across the world. The long-awaited return of beach weather and finals finished and forgotten, combined with the move back to their hometowns, young adults also find themselves scrambling for cash, usually in two forms: internship and minimum wage job.

There is more to be said about these between-class side quests than people seem to talk about, such as their effect on the current college generation who is still getting used to summers spent on the clock rather than filling the day with fulfilling endeavors.

These kids are taking their first steps into the adult working world and are faced with routines and schedules that leave them scrambling for the simple summers of the past. Upon interviewing some students to see their view on their own experiences, these side quests are not only teaching this generation about work life but also deep, intricate understandings of themselves.

The first person interviewed is Amanda Weiss, who interned at a law firm and carefully shadowed the intricate and heavy workload of a lawyer.

“One thing I learned about myself is that I am very determined. After going into the office and seeing how much work it truly is to become a lawyer, I realized that I really do want to become one. When assigned work I completed it within a few hours and was ready to start the next assignment,” Weiss said.

Amanda’s experience enforces the idea that summer internships are difficult to adjust to. Still, they reflect to us the knowledge we need about ourselves before we invest time and money into a potential career. When something successfully fuels an interest, progress, and momentum can be found within the difficulty of jumping into the unknown.

The following student that was questioned is Erin McCarthy who worked at a gym and interned with a media agency. She found the new schedule to induce personal growth while learning how to interact with people in the workplace.

“I learned that I love having a schedule and making myself busy. I loved working throughout the summer, but I did miss out on things with my friends,” McCarthy said. “I got a sneak peek into life after college and how it would be working every day on a schedule. It felt good to warm up to this lifestyle, knowing I am making a future transition easier on myself.”

When asked what she would do differently, Erin explained that she would give herself more time and leave a little room to enjoy simple things such as friends, family, and being present without worry about deadlines or upcoming shifts. This raises an interesting dilemma that few can get right, regardless of age. How are we meant to work hard and set pathways to success while doing the activities that fuel our souls? Is there time to act our age when we fill our summers trying to masquerade as corporate adults?

The last person that answered some questions is Zachary Smith, who started his own company at the age of 21 and has been working through summers ever since to make it big in the beverage industry.

“I learned I’ll do whatever it takes. This feels great to know about myself. Starting a business, you see the harsh realities of who you are; if you’re insecure, it will show in your business, if you’re a bad communicator, it will show in your business, and then you let something within your control hurt you,” Smith said.

These perspectives bring some takeaways that others entering adulthood may also be wrestling with. A common theme is learning to love the knowledge being acquired and letting it fuel you. Remembering gratitude for anything you can tack it on to, no matter how small. It is a blessing to have an opportunity to explore career interests. It is rewarded through stimulation and personal growth from meeting new, refreshing people, feeling accomplished in our efforts, and being challenged all while trying to take it in. It also teaches about balance between work and everything else. Our lives are no longer centered around filling our time with fun activities with friends. Now, it is our duty to find meaning in our everyday routines, whether that is the sunrise on the commute to the office or spending hard-earned money on some good food at the end of the day. Life does not end when we start exploring our careers, a new one begins as we get to know ourselves through these between-class experiences.

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