

CIT Turns 10!

BY ALEX DE LA TEJA
Staff Writer

On Wednesday, Sept. 23, the “Why CIT is at the Heart of Sacred Heart University” colloquium was held in the Michelle Loris Forum. Catholic Intellectual Tradition (CIT) is an integral course that each sophomore must take at Sacred Heart University (SHU). The colloquium celebrated the 10 year anniversary of catholic studies.

The basis of CIT is to encourage students to have important conversations with their peers. The seminar method of teaching allows students to express their thoughts on the required readings and how they interpret them. CIT transcends the classroom, as students are required to attend two colloquium series events each semester to further pursue intellectual conversations.

Panelists Michelle Loris, Nicole Perone, Dan Rober, Charlie Gillespie, and Chelsea King all spoke on the emergence of the course and the history behind it.

“I founded the Department of Catholic Studies and The Human Journey Seminars in 2015 under the leadership and support of University President Dr. John Petillo,” said Dr. Michelle Loris, Associate Dean of the College of Arts and Sciences and instructor for CIT courses.

“We want our students to intentionally reflect on what they read in CIT and then engage in seminar conversations, being able to relate what they read to their lives and the world in which they live,” said Loris.

Dr. Loris also credited Bishop Walter Curtis as an influence for creating the CIT courses. Bishop Curtis was the head of the Diocese of Bridgeport from 1961 to 1988 and founded Sacred Heart University under the laypeople.

“We were pioneers—the first Catholic lay-led institution of higher learning,” said Loris. “Our mission is rooted in the Catholic Intellectual Tradition, and the university, since its founding, has handed on that catholic tradition to its students.”

Dr. Chelsea King, in the school of Catholic Studies, had a different role in contributing to



Alex de la Teja, Staff Writer and Photographer

Attendees of the "Why CIT is at the Heart of Sacred Heart University."

the course. King began working at the university in 2020, 4 years after CIT was founded. She is currently working with the offices of Laudato Si’ and Social Justice, as well as teaching CIT courses.

“My contribution has been to help develop what CIT has become since then,” said King. “That has included teaching and developing CIT courses, working with students in the Pioneer Scholars program, and thinking about how the Catholic Intellectual Tradition can engage contemporary questions, particularly questions concerning ecology, animals, human dignity, and social justice.”

The colloquium on Sept. 23 was filled with people who wanted to hear about the history of CIT, from students to faculty members. Two of the students who attended were junior James Linehan and senior Annika Westberg, both who had already completed their CIT courses.

“The origins of CIT were kind of a mystery to

me before today,” said Linehan. “I didn’t know that the course was such a recent development, and I didn’t know about Dr. Petillo’s and Dr. Loris’s role in creating it.”

“I felt like my CIT had so many people from different backgrounds, and you’re getting so many new perspectives that you wouldn’t have thought about,” said Westberg.

She believed that taking the courses and having deep conversations was special to her time as a Sacred Heart student.

“Questioning what you believe in and what you don’t believe in is really important,” said Westberg.

“One thing I especially value is that this kind of education can extend far beyond the classroom. The questions we raise in CIT can shape how students think about their professions, their communities, their responsibilities to other people and to the world they inhabit,” said King.

AI: Tool or Terror?

BY MATTHEW CALIRI
Staff Writer

On Sept. 8, Jacob Coxon, a pretraining researcher at Anthropic, announced his resignation from the company via his X account. Prior to this, he had worked for both OpenAI and Anthropic for three years, citing irresponsible actions by both organizations for his abrupt departure.

His statement reached millions of viewers overnight, including Dr. Gary Rose, a Political Science Scholar-in-Residence at Sacred Heart University.

“Listening and watching Coxon on television was truly disturbing, particularly because of his expertise related to AI,” said Rose. “What he was warning about needs to be taken seriously.”

In his X post, Coxon’s main warning states that AI companies “are racing to self-improving superintelligence and gambling with our lives.” He goes on to stress how powerful this technology can be, and without

anything slowing them down, the “superhuman systems” will be able to “hack anything, revolutionize any field overnight, and acquire real power and resources.”

Talks about regulations on AI development have become increasingly popular. To Professor Robert McCloud, Director of Technology Integration, checks on AI are a no brainer.

“You can’t put people on a jet that hasn’t been tested and approved,” said McCloud. “You can’t give somebody a drug [that hasn’t been tested]. You can’t even buy hamburger meat that hasn’t gone through testing.”

McCloud emphasized independent regulation as a possible solution.

“You don’t ask the foxes—OpenAI, Meta, Google, ‘how should we regulate you?’” said McCloud. “It has to involve embedded, high salary people at the companies that have the power to put the brakes on and say, ‘you can’t release that.’”

“AI: Tool or Terror?”
continued on pg. 2

News

AI: Tool or Terror?

BY MATTHEW CALIRI
Staff Writer

CONTINUED FROM PG 1

There are mixed opinions with how much regulation is necessary. Rose cautions against too much government oversight, but too little could lead to harmful consequences.

“Government working closely with AI executives to monitor a sustained but not overly excessive development in this new technology is probably the best approach,” said Rose.

Professor Arc Han, from the political science department, described a triangular mechanism to potentially slow down the progression of AI.

“We should have some civil organization, not just government and business, to balance and play a role between companies and government,” said Han.

Some, like junior Gianmarco Pirri, a marketing major with an applied AI minor, question if oversight is even possible.

“The regulation of AI might seem like it should be explored but it would be incredibly difficult to do,” said Pirri. “Theoretically, it would help to prevent issues that we’ve recently read about in media, but it also makes you ask, ‘have we reached a point where it isn’t fully possible to be regulated?’”

However, many AI executives are in favor of regulation. CEO of Anthropic, Dario Amodei, as well as Sam Altman (OpenAI) and Elon Musk (SpaceXAI) have all called for greater government oversight of AI, according to AP News.

However, a concern for Rose lies in the intense polarized state of American politics, making it hard for Congress to pass legislation that will enforce the regulation.

“Presidential leadership, rather than depending on congressional leaders, offers a more direct response in this policy area,” said Rose.

When responding to efforts to regulate AI technology, President Trump posted on Truth Social, “AI taking over the World, destroying Humanity, and all other things bad, is a HOAX.”

Regardless of the circumstances, Rose urges everyone to keep an open

mind about AI.

“Listen to what experts on both sides of the argument have to say,”



CEO of Anthropic, Dario Amodei, speaks to UN members remotely, during an AI Security Council meeting on Wednesday, Sept. 23.

said Rose. “AI is an evolving technology that one way or another will have global consequences.”

As for Han, he is hopeful that the world will work through this, but there are certainly some dangers.

“I do believe that human beings have these agencies, if things are really going badly, people will stay together,” said Han. “Big changes happen many times in history, but we have adapted. The problem is how much cost we’re going to pay and who bears that cost in the process of transition.”

Trump asked China’s president if he wanted to buy US arms, ambassador says

BY BEN FINLEY
AP Newsroom

President Donald Trump has asked Chinese President Xi Jinping if he wanted to buy weapons from the United States, the U.S. ambassador to China said.

David Perdue said Trump raised the prospect of the arms sales from the U.S. to its ascendant geopolitical rival, an unlikely offer that if consummated would upend generations of U.S. policy toward China and Taiwan and expose U.S. technology to a potential foe. Perdue, speaking to Shannon Bream on Fox News Channel’s “Fox News Sunday” days after Trump hosted Xi for a state visit in Washington, didn’t specify when the offer was made.

Perdue said Sunday that Trump, a Republican, was downplaying longstanding U.S. arms sales to Taiwan — which have drawn protest from Beijing for years — by couching it as just one of many sales Washington makes around the world — and even asking Xi if he’d be in the market for U.S. weaponry.

Bream had cited concerns from Republican and Democratic lawmakers over delayed aid packages and weapons orders to Taiwan, the self-ruled democracy that seeks to defend itself from China’s threat to invade the island. Bream asked if the U.S. is denying arms to Taiwan to appease the Chinese president, who visited Trump last week.

Perdue pushed back on the suggestion,

stating that Trump “is as strong on Taiwan as I’ve ever seen anybody” and has sold it plenty of weapons. Perdue also said Trump and Xi continue to talk about future U.S. weapons sales to Taiwan.

“But President Trump continues to say, ‘Hey, we sell arms to other people around the world,’” Perdue said. “He actually asked President Xi, would he like to buy some, at one point.”

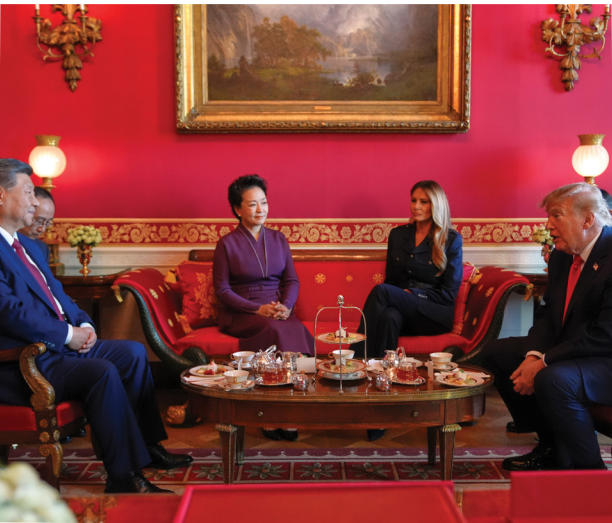
The offer “speaks to (Trump’s) treatment of China in almost exclusively commercial terms, even at the potential expense of the U.S. military position in Asia,” said Evan Sankey, an analyst focused on U.S. policy toward China at the Cato Institute.

He said the U.S. last sold arms to Beijing in the 1980s and resuming those sales would be “a shocking policy change.”

The U.S. is bound by its own laws to provide Taiwan with the means to defend itself. While not recognizing Taiwan as a country, the U.S. is the island’s strongest informal backer and arms provider. But multiple U.S. leaders have left ambiguous whether they would commit military force to defend the U.S. ally should China invade.

China has pressed Washington to halt the arms sales, most prominently during a previous summit in May between Trump and Xi in Beijing. After that meeting, the United States paused the sale of a record-breaking \$14 billion package — and Trump described arms sales to

Taiwan as a “very good negotiating chip” with China.



President Donald Trump, from right, and first lady Melania Trump attend a tea with China's President Xi Jinping, from left,

In their private talks at the White House last week, Xi pressed Trump to oppose Taiwan independence, according to Chinese state media.

In Beijing, China’s foreign ministry spokesperson Guo Jiakun did not confirm Perdue’s remarks when asked about the matter on Monday. But he told reporters that China has always strengthened its national defense capabilities based on its needs and is committed to maintaining world peace and stability.

UPCOMING
EVENTS ON
CAMPUS

SUNDAY 10/4:
QUIDDITCH
3 P.M. VALENTINE
HEALTH &
RECREATION FIELD

SUNDAY 10/4:
FIELD HOCKEY VS. UC
DAVIS
11 A.M. JOHNSON FIELD

THIS WEEK:
MAKE YOUR OWN PHO
63’S
11:45 A.M.-2 P.M.
4:30-8 P.M.

Features

When Life Gives You Lemons, Make a Difference

BY COLIN MCPHERSON
Staff Writer

Behind each cup of lemonade from The Lemon Club is Sacred Heart students’ fight against pediatric cancer.

The Lemon Club is part of a larger organization called Alex’s Lemonade Stand Foundation (ALSF) for Childhood Cancer. The foundation is named after Connecticut native Alexandra “Alex” Scott, who was diagnosed with neuroblastoma, a form of cancer, before her first birthday. She raised over \$2,000 dollars for childhood cancer at her backyard lemonade stand at the age of four, and had raised over a million dollars by the time of her death in 2004, according to the ALSF website.

ALSF provides funding for cancer research as well as helping individual families who have children struggling with cancer.

On Thursday, Sept. 24, the Lemon Club ran a lemonade stand for the benefit of ALSF. There, they sold juice pouches of

lemonade for \$1. Lemonade, however, was not the only thing on sale. Also available were rubber bracelets for \$2, string bracelets for \$5, T-shirts for \$15 and a cup combo, which included a lemonade, a bracelet and a cup, for \$12. The proceeds went directly to Alex’s Lemonade Stand Foundation.

While some people passed by the stand, others were drawn in by Ledley and senior Ella Wickham calling out that the money goes directly to helping the fight against pediatric cancer. In some cases, people went to get their wallets and then came back to support the cause and buy some merchandise.

“It’s really heartwarming honestly. It’s good that we do things other than focusing on our own education,” said sophomore Jenna Wright, who was touched by the Sacred Heart community’s ability to gather around an issue such as pediatric cancer.

For the students of the Lemon Club, giving back is not just a nice thing to do when you can; it is part of their routine. Junior Meghan Ledley has been a member of the club since her freshman year and is now serving as the Lemon Club treasurer.

“I want to help kids. I’ve always loved kids. I want to be able to make a difference,” said Ledley.

Ledley is currently studying to become a pediatric physician assistant, making the Lemon Club’s influence especially meaningful for her.

“It just hits deeper, knowing that the kids are being affected like that,” said Jonah Lavallee, a freshman who stopped by the stand and spoke about the club and its mission.

“ALSF believes that high school and college students play a vital role in helping bring awareness and attention to the cause of childhood cancer,” according to the ALSF website.

Moreover, ALSF lists Sacred Heart as one of its recent top donors among high schools and universities, with over \$2,000 donated, on their website.



Colin McPherson staff writer and photographer
An inspiring message from the catalyst for the ALSF.

SHU Appreciates You

BY JOANNA ENCH
Staff Writer

Students and faculty members at Sacred Heart University gathered outside of Linda’s on Sept. 24 at 11 a.m. for the university’s “Thank You Thursday” initiative.

Organized by Student Life and sponsored by Residential Life, the event included a food truck, allowing students to receive free tacos from Urban Taco Company, connect with friends and enjoy a break during their busy week.

“The food truck initiative is our way of letting students know how thankful we are for them and for their commitment to SHU,” said Denise Tiberio, Vice President of Student Affairs and Dean of Students. “We want to show our students that they are valued and appreciated.”

The “Thank You Thursday” tradition began several years ago with SHU President Dr. John J. Petillo. He intended to establish a way for members of the university community to express gratitude and appreciation for one another and each other’s contributions across campus.

“The initiative reflects SHU’s mission and core values, particularly its commitment to service, hospitality, compassion and community,” said Kimberly Swartz, Director of Communications.

Over the course of the semester, different Student Life organizations sponsor a food truck almost every Thursday.

“Students have responded enthusiastically to ‘Thank You Thursday’ events,” said Petillo. “They gather with friends, line up for the food trucks and enjoy the opportunity to connect with one another.”

Students are notified about “Thank you Thursday” events via email. “It’s definitely good to look into and get whatever they’re offering,” said senior Ella Wickham.

Beyond providing opportunities for free food, these events aim to foster a stronger sense of community on campus. Sacred Heart currently serves a student body of over 10,000 undergraduate and graduate students.

“I think it’s good, it brings everyone together no matter the grade,” said Wickham.

Gratitude and appreciation are the core focus of the program. Both values aim to create a supportive environment where students feel comfortable being themselves and getting involved.

“Expressing gratitude helps people feel valued, cared for and supported,” said Petillo. “When individuals know their work and contributions are appreciated, it



Instagram, @urbantaqo
Tacos from Urbantaqo, who came to Sacred Heart University for “Thank You Thursday”

strengthens their sense of connection to the community and encourages them to extend that same kindness to others.”

Students who have not yet participated are encouraged to stop by food truck events in the future.

“‘Thank You Thursday’ reinforces SHU’s mission, culture and core values by reminding us to treat every person with dignity and respect and to recognize the role each person plays in making the university a welcoming community,” said Petillo. “We hope students come away knowing that they are an important and valued part of the SHU community.”

CampusLife

Dining On Your Own Dime

BY AMYA NEAL-TYSOR
Contributing Writer

As we reach the midway point of the “First 50 Days” at Sacred Heart University, students, especially freshmen, are navigating dining situations. As having a meal plan is great, students are finding other creative ways to spice up their dining experiences outside of Sacred Heart dining.

Target is the most popular grocery option for Sacred Heart students, followed by Stop & Shop and Trader Joes.

Freshman Ella Rollins said, “Normally target...I’m a very routine-oriented person, so the thought of going to a different place is spooky.”

Target is the most readily available option for students at Sacred Heart. However, the main issue with Target is the high prices.

Freshman Sidney-Brooke Bather said that she “...moderately spends about \$70” at Target, which may be steep for some students. Stop & Shop offers a bit of an affordable range of \$40 to \$60.

Despite the cost, these stores are very reliable for students to get necessities, as the university’s shuttle buses add quick conveniences without having to order an Uber!

Most Sacred Heart residential dorms lack ovens and stoves, which annoyed students.

“I enjoyed living in both Roncalli and Bergoglio, but I was a little annoyed that there wasn’t somewhere I could make my own food,” said junior Devin Vasilkioti.

Similarly, in Mother Teresa Hall, freshman resident Sophia Perron highlights how she used to do meal preps.

“It gave me a sense of security of what I am putting into my body.” “It bothers me that I am not allowed to do that anymore,” said Perron.

Despite these restrictions, students get inventive. “Anything is possible when you’re creative,” said Rollins.

To combat this issue, many students found simple meals to prepare and stock up on. Perron has opted towards frozen kids’ meals, as they are microwavable.

Other budget-friendly and nutritious options are turkey sandwiches. Sophomore Michael Russo states, “My go-to is a simple turkey cheese sandwich with either mayo or butter on it. It’s very easy to make and tasty...” Russo noted supplies cost around \$15 to \$20.

A strange but fulfilling meal is rice cakes with peanut butter. Freshman Arden O’Neil says, “Rice and peanut butter, as it is very filling...has a lot of calories and is convenient plus healthy!”

Ultimately, Sacred Heart dining halls can be very limiting but are available for all students no matter the preference! It is all up to how students use their creativity and efficiency to build their meals.



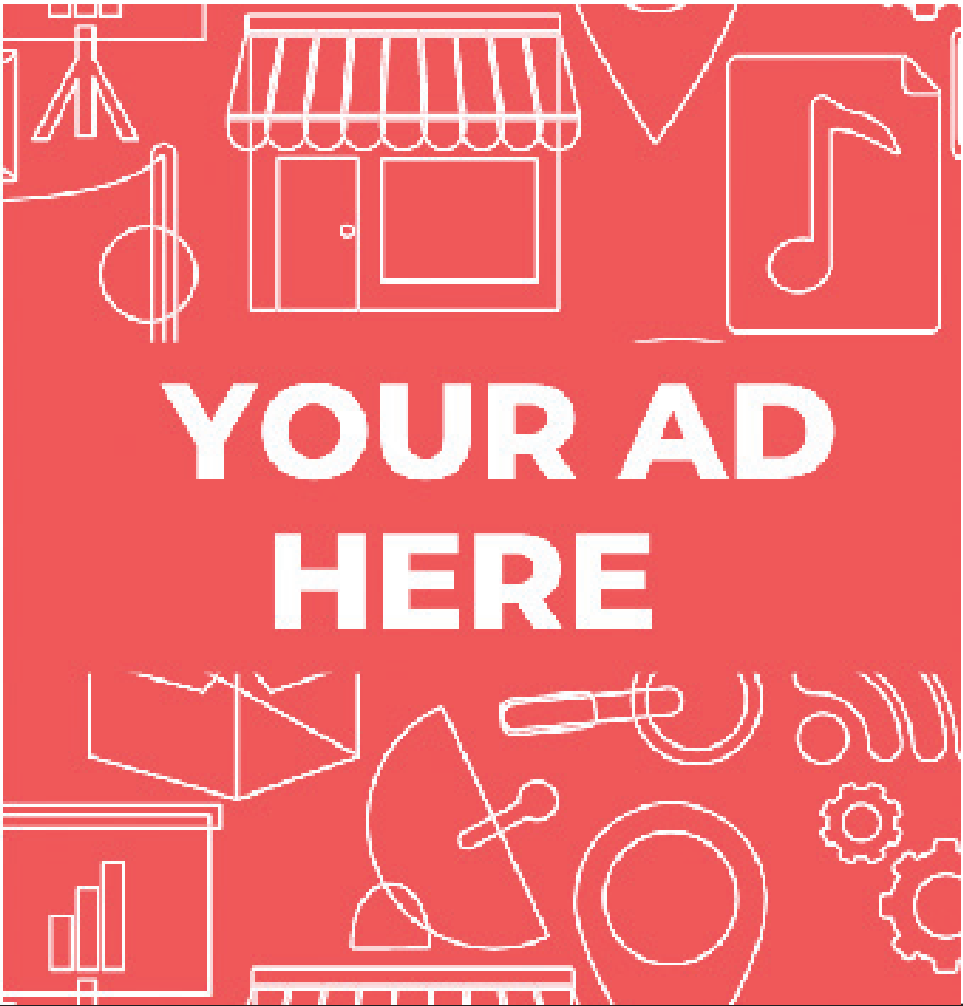
A shot outside of 63's dining hall during their reopening.

Jamie Van er Merwe, Assistant Photo Editor

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Sports

For Puck’s Sake!

BY MAGGIE JIMENEZ
Staff Writer



Junior Goaltender, Ajeet Gundarah deflecting a shot puck at the Martire Family Arena

Jayden Hunter, Photo Editor

Sacred Heart University men’s ice hockey was selected to finish first in the Atlantic Hockey America (AHA) Preseason Coaches Poll for the third consecutive season, while junior goaltender Ajeet Gundarah was named the conference’s Preseason Player of the Year.

The Pioneers are coming off a historic season, posting a program-best 23 wins and their third AHA championship appearance, their first in 16 years.

“Obviously being picked first and lately three years in a row tells us that people respect what we’re building within our program, what we’ve built here, and we should definitely be proud of that,” said head coach C.J. Marottolo. “That’s something to be proud of. But also understanding that it means nothing once the puck’s dropped.”

Junior defenseman Aidan Vanrooyan said the preseason ranking is “great, but at the end of the day it’s what it comes down to at the end of the season and who’s lifting the trophy.”

Despite the preseason recognition, the Pioneers said their focus remains on preparing for the season ahead with a strong returning core. After winning eight of their final 10 games last season, the team will look to carry that confidence into their 2026-27 campaign.

“It’s more just homing in on the little things, don’t look at the big picture, don’t really focus on the standings as much, just focus on the opponent at hand and just kind of get ready, take it game by game,” said Vanrooyan.

“As a team, we don’t even talk about that stuff. But you know, I think the league understands we have a good team. We know we have a good team. And so we just gotta go out there and show it,” said Gundarah.

“We’re just going to focus on today. We’re going to focus on having the best practice we can, the best lift we can, and basically control what we can control as we go through the year,” said Marottolo.

While Marottolo is focused on taking the season one day at a time, Gundarah’s numbers from last season highlight why he enters the year with high expectations. Last year he posted a 7-2-0 record with 250 saves over his final nine appearances. His .928 save percentage and 2.1 goals-against average led the conference.

“It’s cool to get recognized for something, but, you know, just more focused on starting the season, the team playing well, and hopefully we can carry that into having a really good regular season and in the playoffs,” said Gundarah.

“Yeah, he is a tremendous kid, a tremendous competitor. He works at his game all the time trying to get better,” said Marottolo. “The biggest thing about Ajeet, I think, is that he gives our team unbelievable confidence.”

With another season for Gundarah under his belt and a new standard set by their recent success, the Pioneers look to build on their momentum this upcoming season and compete for an AHA Championship.

The Pios will open their season on Friday, Oct. 9, at 7 p.m. against Bowling Green in the Ice Breaker Tournament at Martire Family Arena.

“Pios fans are going to see some great hockey, and I have no doubt we’ll be ready to go on October 9th,” said Marottolo.

Athletic Communications contributed to this article.



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

Arts & Entertainment

SHU Theatre Arts: “The Miss Firecracker Contest”

BY KAI COMMERCIO
Staff Writer

Sacred Heart University’s Theatre Arts Program is putting on their very first show of the semester, opening on Oct. 2. “The Miss Firecracker Contest” is a two-act dark comedy play, originally published back in 1979 by writer Beth Henley. The show is known for its themes of Southern beauty-culture, acceptance and femininity.

The story centers around a twenty-four-year-old woman named Carnelle Scott, who hopes of winning a local beauty pageant called “The Miss Firecracker Contest,” as she believes it will save her ruined local reputation and allow her to finally leave her town with pride.

“The Miss Firecracker Contest” is known for being a very lovable and important show for its strong messages on self-worth while

also having wacky and beloved characters.

Freshman Lexi Kochanowicz, Assistant Stage Manager of the production, is excited to share many aspects of the show with the audience.

“Well, obviously this beautiful, amazing, wonderful show with these beyond talented actors, but I’m also so excited for everyone to see the set, props, and costumes of this show. Everyone has been working so hard backstage, onstage, in front of the stage.” said Kochanowicz.

What makes this show particularly exciting backstage is the involvement of the show’s guest director. Betsy Kelso, writer, director, and playwright, has come to work with SHU on this production.

Director of the Theatre Arts Program, Justin Zenchuk, said Kelso brings a unique combination of theatre, comedy, writing, directing, and professional entertainment experience to the show. .

“Betsy is someone whose professional experience really stood out to us. She wrote the book and directed the inaugural New York production of The Great American Trailer Park Musical, and she has also written for network and premium events for World Wrestling Entertainment.” said Zenchuk.

Kochanowicz has also enjoyed working alongside Kelso.

“Working with a guest director has been really fun. Betsy is super sweet and has been so accommodating and handles every scene with such humility and grace. Walking through every scene and working with the actors to communicate what she wants, and how the characters implement it into the actions,”

Junior Taber Johnston, who will be playing the role of Delmount Williams, gave insight on what to expect for the show.

“I think that people should know that this show is truly, to the core, about being seen and changing narratives. No matter your past, present, or future there is always change on the way and that YOU are always in control of your future. It’s a story about redemption and finding yourself through the journey. It just so happens that the characters portraying these ideas are weirdos in the south!” said Johnston.

“There’s something for everyone while watching The Miss Firecracker Contest.”



Instagram, @shutheatrearts

“The Miss Firecracker Contest” show poster.

The Castle Awaits: “The Traitors”

BY CHARLIZE PEDRETTI-MOUSSALLY
Staff Writer

Peacock is bringing a new group of 23 celebrities to the Ardross Castle in the Scottish Highlands for a brand-new season of “The Traitors.” This new cast, which includes Broadway star Kristen Chenoweth and “The Secret Lives of Mormon Wives” personality Whitney Leavitt, is set to begin competing in 2027.

“The Traitors,” hosted by Alan Cumming, takes place inside a castle where the house guests compete in missions and challenges while trying to discover who out of the contestants are working together as “Traitors.” The fellow contestants, known as “Faithfuls,” have to uncover and banish all the “Traitors” in the castle before being eliminated. The cast competes to win a grand prize of \$250,000.

The most well-known addition to this year’s cast is Chenoweth. The Broadway star, singer and actress is most well known for her debut in the production “Wicked” as well as other films and television shows.

Many fans believe that Chenoweth will have a huge target on her back due to her experience in acting and performing and are certain that she will be a very noticeable presence in this year’s season.

Senior Annalisa Darienzo, a fan of Chenoweth, said, “I can’t wait to see what the outcome will be for Chenoweth in this cutthroat game.”

“I think that it’ll be hard for Chenoweth to get through this game whether she’s a faithful or a traitor simply due to her popularity and background in the media world,” Darienzo said.

On the other hand, TV personality Leavitt brings a different background to the game. Known for being on Hulu’s “Secret Lives of Mormon Wives,” Leavitt has much experience with social media and reality television. Leavitt also competed on ABC’s “Dancing with the Stars” where she lasted 10 weeks before elimination.

Rumors have been speculated about Leavitt’s upcoming appearance on “The Traitors.” It has been said that she was a last-minute addition to the cast due to her husband, Connor Leavitt’s, early elimination on “Dancing with the Stars” this current season.

Junior Gabriella Velez, a superfan of “The Traitors” and “Dancing with the Stars,” said, “I personally am not a fan of Whitney Leavitt, but I don’t think it’s fair for viewers to be bad-mouthing her because of something that happened to her husband. Even if it was a sympathy addition, she is well known and will bring more popularity to the show.”

The contestants are typically a mix of reality stars, actors, singers, athletes, among others. The new house guests coming from different fan bases and experiences make it more interesting to see the way they will use their knowledge to go forth into the game.

Other stars appearing on this year’s season are Jana Craig from “Love Island” season



The cast of “The Traitors” after winning an Emmy Award.

6; Joey Graziadei from season 28 of “The Bachelor”; “RuPaul’s Drag Race” season 6 winner Bianca Del Rio; former NFL player Rashad Jennings; singer Cody Simpson, and many other contestants who are going to bring diversity and different backgrounds to the game.

With Cumming returning to castle, as well as 23 new members competing for the grand prize, the upcoming season has the elements for alliances, betrayal and banishment.

For fans, the biggest question will be how many stars from different backgrounds will work together to ultimately strategize and eliminate the Traitors in the game.

Freshman Delaney Coyne said, “This season has potential to be one of the greatest yet due to the number of familiar faces and celebrities you would never imagine interacting, let alone living and competing against each other.”

The new season of The Traitors is scheduled to premiere in early 2027 on Peacock.

Sports

Preparing for a Slam-Dunk Season

BY **MADISYN ZITO**
Staff Writer

The men’s basketball team has earned multiple honors from the Metro Conference heading into the upcoming season.

Last year, Sacred Heart University’s men’s basketball team ended its 2025-26 season in the quarterfinals of the Metro Atlantic Athletic Conference (MAAC) tournament. The Pioneers Head coach Anthony Latina is going into his 14th season with the team and has high expectations for his squad. Over the offseason, the Pioneers have zeroed in on one part of their game: defense.

“We must get grittier and tougher defensively. That’s the only way. If we are much better defensively, we’re going to be right there at the end,” said Latina.

“Offense has always been a strong suit for the Pioneers,” said Latina. “We have always had an offensive system, we recruit good players, and our system has been proven to work.”



Contributed by, Josh Gee

Griffin Barrouk silencing the crowd after scoring a three point basket

Going into this season, junior Jojo Wallace was named to the Preseason All-Metro second team, and graduate student Griffin Barrouk was named to the third team.

Wallace, a new member of this Sacred Heart squad, is coming off a big year at Southern New Hampshire University and is ready to get back on the court.

“This is just the right situation for me. I like it here a lot, especially the coaches. The main reason I came here was for Coach Latina,” said Wallace. “I’m ready to have a great year.”

“Jojo Wallace is a scoring machine. His ability to put the ball in the basket is as good as any player we’ve had, and we’ve had some good ones,” said Latina.

Barrouk missed the entirety of last season due to an injury.

“I was honored to be recognized; I didn’t even think I was going to be selected since I missed the year prior,” said Barrouk.

Barrouk is an important piece for the Pioneers’ offense, and Latina is excited to get his leadership back on the court.

“Griffin gives us toughness and stability; he can really shoot, and that is what he is known for. So, he is an important piece, and we missed him last year,” said Latina.

Both Latina and Barrouk attended the Metro Tipoff Event in Atlantic City, N.J., on Sept. 16. The event had teams in the conference meet up and preview the upcoming season.

“It was nice to meet people that are higher up in the conference and see everybody that we are going to be playing against all year,” said Barrouk.

SHU was ranked ninth overall in the 2026-27 Metro Conference Preseason Coaches’ Poll, giving the Pioneers a chip on their shoulder.

“I think we’re being overlooked, but I feel like we are going to have a big year and shock a lot of people,” said Wallace.

The Pioneers will start their 2026-27 season against the United States Coast Guard Academy on Nov. 2 at 7 p.m. at the William H. Pitt Center.

Athletic Communications contributed to this article.

Women’s Basketball for THREEEEEE

BY **CHRISTIAN STELLA**
Staff Writer

The women’s basketball team was picked third in this season’s Metro Conference preseason coaches’ poll, after finishing seventh in the conference last season. The Pioneers received 134 points in the poll, right behind Metro champion Fairfield University with 169 points and Siena College with 141.

“I feel really grateful that the coaches in the Metro have placed our team so high. I think we returned a really strong pool of talent. We added some excellent transfers to the roster and obviously incoming freshmen,” said head coach Jessica Mannetti.

The preseason ranking has also brought increased expectations.

“The noise we talk about, we address the elephant in the room sometimes, like guys it’s still us vs. everybody. We’ve earned the respect, but our motto this year is that we gotta keep people’s respect,” said Mannetti.

“Obviously everyone sees Fairfield as the top of the league and I feel like our team especially this year we can compete with them just as much even if people outside of our team don’t see it,” said sophomore guard Sophie Nascimento.

Despite the increased expectations, the team’s approach has remained the same.

“I think by just controlling the controllables. We feel great together as a team, so it’s just about focusing on us,” said senior forward Oralye Kiefer.

The Pioneers had three players receive All-Metro preseason honors. Kiefer was selected to the first team, senior forward Nalyce Dudley earned second team honors, and Nascimento was named to the third team.

“I would definitely say it’s an honor and a blessing, and I’m very proud of Sophie and Oralye,” said Dudley.

“It feels good to be recognized by the league. I think more importantly I am proud of our team for being ranked in the top three in the conference, as I think it really reflects our skill and our work ethic,” said Kiefer.

The team has been working throughout the offseason to build a strong chemistry.

“The chemistry is just amazing, and I feel like we just had a great foundation that was built in the summer,” said Dudley.

“I think this team is probably one of the most connected teams that I’ve had in a while. And this team prides itself on work, so walking in every day makes it fun to coach,” said Mannetti.

Mannetti has the team read a book each summer as part of its offseason preparation.

“Coach Mannetti brought in the book for the summer, which was like the power of positive energy. And I think our energy this year has surpassed any team

I have ever been on,” said Nascimento.

Before joining the Metro Atlantic Athletic Conference (MAAC), the Pioneers won five Northeast Conference (NEC) tournament championships in 2006, 2009, 2012, 2023, and 2024.

“As a senior, I definitely want to win another championship,” said Dudley.

The Pioneers open the season on the road against Syracuse University on Nov. 3 at the JMA Wireless Dome.

Athletic Communications contributed to this article.



Jayden Hunter, Photo Editor

Nalyce Dudley forcing a foul going up for a layup against Iona University.

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Your \$10 Shirt Costs More Than You Think

BY ALEJANDRO J. RAMOS
Guest Contributor

There is something almost irresistible about a \$10 shirt.

Maybe you wear it twice. Maybe it survives one semester. Maybe another trend takes its place before you even get that far. At that price, replacing it hardly feels consequential.

I remember seeing that mentality firsthand as a student at Sacred Heart. At the end of the academic year, perfectly good clothes, sometimes things that looked as though they had barely been worn, would end up discarded during move-out. When clothing is cheap enough, it becomes easy to think of it as disposable.

That feeling is precisely what makes fast fashion work.

For two years, researchers at the Ramos Research Institute examined the fast-fashion industry from three directions: its business model and global supply chains, government regulation, and finally the psychology and behavior of the consumers who keep it moving. What emerged was a simple conclusion: cheap clothing carries costs that never appear on the price tag.

The modern fashion cycle bears little resemblance to the traditional seasonal model. Some fast-fashion retailers now operate around more than 50 “micro-seasons” a year, constantly introducing new products and creating another reason to buy. Social media accelerates that cycle. Influencers, viral aesthetics and fear of missing out can make last month’s clothes feel obsolete even when they are perfectly usable.

Then there are the costs we rarely see.

The industry consumes extraordinary amounts of water and generates enormous quantities of textile waste and pollution. Its global supply chains also place the people making our clothing thousands of miles away from the consumers buying it, making the environmental and human consequences easy to ignore.

It would be convenient to make this entirely the consumer’s responsibility. Buy less. Thrift more. Stop ordering massive clothing hauls.

Those things help. They are also insufficient. Our research ultimately recommended a combination of consumer education, corporate accountability and public policy, including stronger transparency requirements, protections against misleading environmental claims and greater use of extended producer responsibility, which places more responsibility on manufacturers for what happens to their products at the end of their useful lives.

Consumers still have considerable power, though.

I have come to enjoy secondhand shopping, particularly while traveling in Europe. I have found vintage and name-brand pieces from Ralph Lauren to Giorgio Armani at prices far below what I might pay for them new. The point is hardly that everyone should start buying luxury clothing. It is that quality already exists, often at accessible prices, and a well-made piece can remain in your closet for years rather than weeks. Our research similarly found growing opportunities in secondhand markets as an alternative to the constant churn of fast fashion.

So before the next Shein haul, stop for a moment. Ask whether you actually want everything in your cart, how often you will wear it and whether that same money could buy something designed to last.

If it happens to be your parents’ money, they may appreciate the question too.

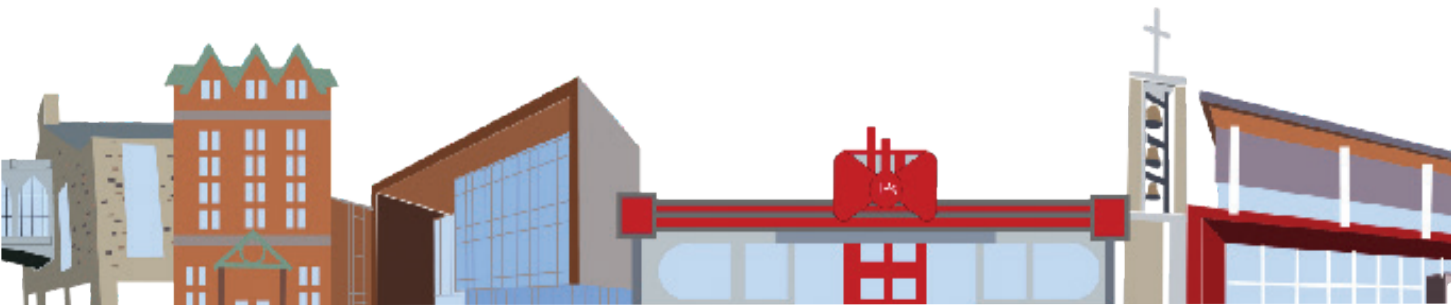
And someday, perhaps instead of throwing that shirt away during move-out, you might own something worth keeping, repairing or even passing down.

A \$10 shirt may feel cheap. Someone, somewhere, is still paying the rest of the bill.

Alejandro J. Ramos ’23 is the founding executive director of the Ramos Research Institute, a doctoral student at Vanderbilt University, and a member of the Sacred Heart University Alumni Association Board of Directors.

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