

## SHU Hosts “The Voices of Tomorrow” Debate

BY KAYLEE SHINDEL  
Staff Writer

Sacred Heart University’s political science students hosted a student-run debate on Oct. 30 in the Loris Forum at the Martire Center for the Liberal Arts. The event, titled “The Voices of Tomorrow,” featured 10 of SHU’s political science students: five Democratic debaters and five Republican debaters.

The goal of the debate was to remind students of their civic duty to vote in the 2024 United States presidential election and educate them on the process and issues covered. The Forum was filled to capacity.

“The opportunity to see students from various backgrounds and viewpoints debate allows the audience to feel more connected to worldwide issues,” said senior Annamarie Mirando, Debate Moderator and Pre-Law Club President. “This isn’t just another lecture or news story; it’s a platform where students can relate to the material, ask questions and even challenge their own viewpoints.”

The timeliness of the debate was chosen to show how the policies in this election will specifically affect the post-graduation future of students.

“Policies around student debt relief and job creation will directly impact our financial independence as we step into the workforce. Immigration policies will shape the cultural landscape of communities, and decisions around healthcare and reproductive rights can affect our physical and mental well-being,” Mirando said.

The debate covered five topics including the border crisis and immigration, inflation and the economy, abortion policies, U.S. and Israel relations, and U.S. and North Atlantic Treaty Organization relations (NATO).

“The issues presented in the debate focused on the views of students, particularly those who are undecided voters. What students learned in this week’s debate could very well guide their voting behavior,” said Dr. Gary Rose,



Instagram, @sacredheartdemocrats

Student participants and moderators pictured at the Voices of Tomorrow Debate hosted in the Martire Forum on October 30th.

Debate Moderator, professor in the department of Political Science and Global Affairs, and Scholar in Residence.

The students representing the Republican Party’s point of view said that illegal immigration comes with crime and a lack of jobs for Americans. The debaters agreed with the position that mass deportation of illegal and undocumented persons is necessary.

They also supported plans for the U.S. economy that consisted of tax cuts for those in the upper income level of the population to improve the lives of people in the lower and middle classes.

“With so many illegal border crossings, illegal immigrants have brought crime, drugs, the undercut of American minimum wage, and have forced the working class out of their jobs,” said junior Noah O’Neil, a Republican debater.

Regarding U.S. international relations, the Republican students stated that the U.S. should support the alliance with Israel but decrease spending in NATO. They also

voiced that abortion rights should be chosen by each state’s legislature.

“We need to spend our money here in America instead of supporting European countries through immense NATO funding,” said senior Republican debater Andrey Hamparzoomian.

In addition to educating the audience, the debaters said the experience was meaningful to them.

“I remain steadfast in what I believe. With focusing on immigration, I was surprised how many people believed in what I was saying. I assumed Connecticut to be democratic but I received immense support,” said O’Neil.

On the Democratic side, senior debater Anna Macaulay, who is president of the College Democrats Club, said, “While logistical planning was stressful, getting the opportunity to engage with students was the

See “THE VOICES OF TOMORROW”  
continued on pg. 2

## Global Clinical in Ghana

BY DANIEL GREENE  
Staff Writer

Have you ever wanted to apply the skills taught in the classroom to real life situations? One graduate student and 10 seniors in the Dr. Susan L. Davis, RN, & Richard J. Henley College of Nursing were afforded that opportunity when they traveled to Berekum, Ghana from Oct. 12 to Oct. 21.

As part of the Global Clinical Opportunities program, the students were able to gain practical experience in healthcare and experience Ghana’s culture. Sacred Heart University has a partnership with the Holy Family Nursing and Midwifery Teaching College and Holy Family Hospital, which allows students to work with, learn from and teach Ghanaian healthcare workers and students.

“We figured out that the nurses there do not do the same as the nurses do here, and because of that, we were able to educate them a lot. I taught a nursing student how to read an EKG

and label wound care dressings. We were able to help them as much as they were helping us,” said senior Michaela Farley.

Nursing students must complete a set number of clinical hours. The time spent in the Holy Family Hospital went towards each student’s total number of hours.

The clinical experience in Ghana differs from the program at the university by giving the students autonomy under supervision.

“We hope they are going to build confidence in their clinical skills and that they are going to be able to hone in on their clinical judgment skills by taking in different experiences,” said Dr. Heather Ferrillo, program director. “You need to be able to apply what you have learned in different settings versus in a controlled situation, which is what we tend to give them.”

In addition to these learning opportunities, the students also

See GLOBAL CLINICAL IN GHANA  
continued on pg. 2

## Meet Voltage the Band

BY ANGELINA VARGAS  
Staff Writer

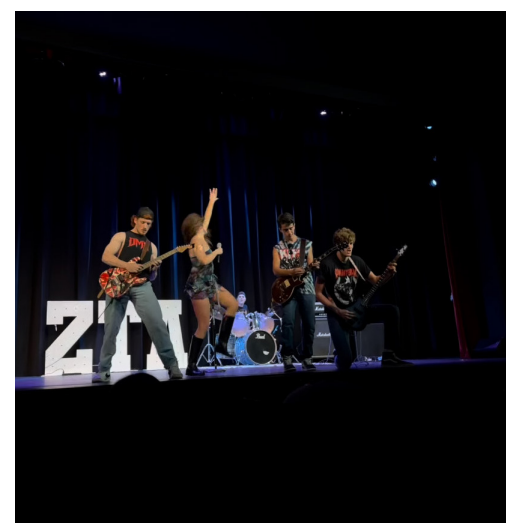
As the lights dimmed in Sacred Heart University’s Edgerton Center for the Performing Arts for Zeta Tau Alpha’s annual philanthropy talent competition, Z-Factor, the crowd fell silent waiting for the show to start. Suddenly, the silence was broken as the first chords of “Crazy Train” by Ozzy Osbourne blasted through the speakers and Voltage took the stage.

Voltage is the SHU community’s newest rock-n-roll band. Formed by SHU students, the Voltage Band rocked the Edgerton stage earning praise from the audience and organizers, securing their spot as the 2024 Z-factor champions.

The band members include senior lead vocalist Siobhan Reidy, junior drummer Owen Delisle, freshman bassist Matthew Enos, and co-leading rhythm guitarists freshman Steve Theodoropoulos and senior Sean Rodgers.

Their journey began over the summer when Delisle proposed forming the band to Reidy.

“Owen recruited Steve and Matt, both freshmen, which brought fresh energy to the



Instagram, @voltageband

SHU’s Voltage the Band had their debut performance at Zeta Tau Alpha’s Z-Factor event, where they won.

band. I also invited my friend Sean, who is a natural on the guitar,” said Reidy.

Each band member, while from different areas of life, all share a common passion, their love for music.

See MEET VOLTAGE THE BAND  
continued on pg. 2

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

P. 3 FEATURES | PAGE 3  
SAE HELLO TO SHU’S  
NEWEST FRATERNITY

P. 5 CAMPUS LIFE | PAGE 5  
UNITY ON CAMPUS  
PHOTO COLLAGE

P. 6 A&E | PAGE 6  
TAP PRESENTS “A NEW  
BRAIN”

P. 7 SPORTS | PAGE 7  
SHU CONTRIBUTES TO THE  
GROWTH OF WOMEN’S  
WRESTLING

# News

## “The Voices of Tomorrow”

BY KAYLEE SHINDEL  
Staff Writer

CONTINUED FROM PG 1

goal, and I think we achieved that really well. The audience members asked questions and it was incredible to have a great conversation.”

“Talking specifically about the economy, my opinion has not changed about the substantial economic change that the [Kamala] Harris administration will bring,” said Macaulay.

The Democratic students noted that the U.S. was built on immigration and that hardships needed to get documentation must be removed. They also advocated for an economy that targets middle-class Americans and minimizes trade wars.

“Immigrants have contributed significantly to our economy and providing a pathway to legal immigrants for the 11 million undocumented people in the U.S. could boost the economy by \$1.7 trillion over the next decade,” said junior Ana Sofia Angeles Sanchez, a Democratic debater.

Democratic debaters raised concerns about the U.S. alliance with Israel due to supplying weapons, which are killing Palestinian civilians, while arguing that the U.S. should continue investing into its alliances within NATO.

“We as a nation must continue to look forward to the future where there is no doubt about U.S.- NATO relations so that America continues to safeguard their allies,” said senior Jacqueline Gonzalez, a Democratic debater.

Additionally, they said access to an abortion should be legal regardless of each state’s decision.

“The choice to receive an abortion should be decided by the freedom of a woman,” said junior Democratic debater Latoya Strachan.

The debate left many students with a new political understanding and assisted them in choosing their candidate.

“I came into the debate as an undecided voter but I left knowing which candidate would receive my vote,” said junior Harley Jimenez. “Both parties brought up aspects of the election that I had not thought about before, specifically regarding international politics such as our relations with Israel and standings in NATO.”

## Global Clinical in Ghana

BY DANIEL GREENE  
Staff Writer

CONTINUED FROM PG 1

individually raised funds for donations.

The donated supplies went to the hospital, nursing school and elementary school, the places where the nursing students spent time. Donated supplies included a low fidelity mannequin, supplies for the lab/hospital, textbooks and school supplies.

“We went to two of the elementary schools, which was so cute because all the kids were so excited about simple things like crayons and pencils. That was one of my favorite parts,” said Farley.

The students were also able to learn about Ghana’s culture during their trip. They visited two of the local elementary schools, shopped at a market and stopped at a Portuguese slave castle before flying back to the United States.

“In caring for people that come from different cultures with different belief systems and religions, this immersion really has helped them to achieve some of that sensitivity and awareness in terms of their beliefs

and practices around health,” said Prof. Elizabeth Saska, assistant program director.

Ghana is an economically developing country located on the west coast of Africa. The country has limited resources but is still able to supply medical treatment and care to those in need.

“They used a Poland Springs type water bottle to humidify oxygen for a newborn. At the beginning of the week, the students said, ‘I cannot believe they are doing this,’ but by the end of the week they thought it was so cool that they were able to think of using that to humidify the necessary oxygen,” said Ferrillo.

The Oct. 2024 trip marked the first time since 2019 that the program traveled to Ghana. Each student needed to be vaccinated and had to receive a green card to be able to go on this trip.

The planning for the trip happens with the assistance of the Holy Family Nursing and Midwifery Teaching College.

“The trip requires a lot of planning, but moving forward, we do plan to hopefully offer this yearly,” Ferrillo said.



Contributed by Michaela Farley, '24  
The nursing students and instructors with teachers and students from a Ghanaian school with the toys, games and coloring supplies that were being donated.

## SHU Fosters Inclusive Dialogue During Election Season

BY JACK CAVICCHI  
Staff Writer and Asst. Web Editor

Sacred Heart University’s Office for Inclusive Excellence has put together a series of events to help promote civil, inclusive discourse regarding the 2024 U.S. Presidential Election.

The first event, titled “Strategies for Fostering Inclusive Conversations at Election Time,” took place on Oct. 30 in the Chapel of the Holy Spirit. It was moderated by Dr. Freda Grant, Director of Institutional Equity Compliance and Support & ADA 504 Coordinator, and Dr. Beth Luoma, Executive Director of the Center for Teaching and Learning.

“The goal of today is not to debate but to engage in conversation. Our goals for today are to build a community where all voices can be heard, foster critical thinking and create spaces to address concerns,” said Grant.

The event was open to all members of the SHU community and was largely attended by faculty. It focused less on the politics surrounding the election and more on the importance of how to engage in safe and inclusive discourse.

To begin, Luoma had each participant find a partner to partake in an exercise with. One partner would speak for one minute straight, while the other partner would listen but not respond.

“We listen to understand, not to respond,” said Luoma.

Participants expressed their struggle to stay quiet and not respond for the entire minute.

“We need to take time to intentionally reflect to understand our positionalities, identities, and perspectives so that we can more fully engage with and understand one another in our conversations,” Luoma said.

Maurice Nelson, SHU’s Chief Diversity and Inclusion

Officer, overheard a heated political debate between two students and decided not to interrupt.

“We can disagree; we should not be disagreeable,” said Nelson.

During the event, Luoma described what makes up an inclusive conversation: listening, reflecting and then responding.

“While there may be things in my life I regret saying, there are very few things I regret asking,” Luoma said.

“The world needs more questions and fewer assumptions right now. We come to a deeper place of understanding when we are willing to get curious and ask questions, such as ‘Can you say more about that?’ ‘Why is that important to you?’ ‘What events or people in your life helped inform your perspective?’” Luoma said. “Questions help peel back the layers of the onion, revealing the complexity of our life experiences that inform the political stances we take.”

The timing of the presidential election posed an appropriate time to host this series of events, but inclusive conversation transcends political conversation, organizers said.

“During our community discussion, attendees emphasized seeing each other as humans first, and listening for understanding, not just to respond,” said Luoma. “I hope students find courage to share their views from knowing that Sacred Heart upholds such values, and that they are inspired to promote these values across the university, whether in the classroom, on an athletic team, in a student organization, or in the dorm.”

“I feel that an event like this promotes respectful and progressive conversation that allows people to share their ideas, while also hearing and opposing ideas and opinions,” said sophomore Nic Elsass. “I think this is beneficial because everyone has such polarizing opinions

nowadays, we often don’t listen to others.”

There are two more community discussion events scheduled for Nov. 13 and Nov. 14. On Nov. 13, “Beyond the Ballot: A Community Debrief” will be held in the Chapel of the Holy Spirit from 12:30-2 p.m. On Nov. 14, “Election Reflections: A Virtual Community Debrief” will be held on Zoom from 1-2 p.m.

For more information, reach out to the Office for Inclusive Excellence.



Daniel Passapera, Sacred Heart University  
The Chapel of the Holy Spirit where the ‘Strategies for Fostering Inclusive Conversations During the Election’ was held.

Due to the publication schedule, the Spectrum was not able to report on the results of the 2024 Presidential Election this week. We will report on the results via our website, shuspectrum.com, and publish a more extensive article in next week’s issue.

# Features

## Meet Voltage the Band

BY ANGELINA VARGAS  
Staff Writer

CONTINUED FROM PG 1

Reidy started singing at an early age, specializing in musical theater and choir. Theodoropoulos has been playing guitar since he was five, playing in a band in high school. Enos initially played cello but later switched to bass, influenced by bands like Kiss. Delisle has been playing the drums since the 6th grade when he was gifted a drum set by his parents and has been playing ever since. Rodgers's love for music was sparked by his parents' love for old songs.

"The first time I realized I really wanted to play guitar was when I was listening to the song called 'Unchained' by Van Halen. I was laying on a trampoline with my friend and I started learning guitar right away. It was a lot of fun," said Rodgers.

Their music primarily consists of covers of 80s hard rock hits, with a mix of fan-favorites. The band is also looking into writing original songs.

When it came to deciding the name for their new band, Enos was walking past a high voltage sign when the idea clicked.

"We are doing rock music and it's something you can put on a flier to promote shows," said Enos.

Reflecting on their first stage performance, the band is proud of the show they put on and how far they have come.

"It was such a fun time," said Reidy. "It felt so good to show people what we have been working on for a while and winning was the cherry on top."

"Everyone in the band is extremely talented, it was great to win because it was our first time doing something like that, performing on stage as a unit," said Theodoropoulos. "I'd say it was pretty successful."

When it comes to the future of Voltage, they just booked the Edgerton Center for Performing Arts from 5 to 7 p.m. on Dec. 1 for a philanthropy concert benefiting Alpha Kappa Psi, SHU's business fraternity, where they will be headlining with a setlist.

The band is exploring opportunities to perform as much as they can, aiming towards a wider audience. They are also considering launching their own merchandise so that the fans can show support.

This is only the beginning for Voltage. For more information, behind the scenes, and show announcements follow them on Instagram at @voltageband.



Instagram, @voltageband

Voltage the Band members pictured together (left to right) Matthew Enos '28, Steven Theodoropoulos '28, Owen Delisle '26, Siobhan Reidy '25, Sean Rodgers '25.

## SAE Hello to SHU's Newest Fraternity

BY MADELINE MANGIONE  
Staff Writer

Meet Sigma Alpha Epsilon (SAE), Sacred Heart University's newest fraternity. Bringing a commitment to community engagement and brotherhood, SAE plans to grow their organization and embrace their mission of being "True Gentlemen."

According to SAE's website, their mission and vision is to become True Gentlemen, making their global community better. SAE values prioritize the well-being of its members, and they are ready to inspire a new generation of members.

Junior and Philanthropy Chair Jack Winans holds the role of organizing philanthropy events. Philanthropy events are different ways to fundraise money for the organizations they support, including the National Marrow Donor Program (NMDP), Children's Miracle Network Hospitals, Sleep In Heavenly Peace, and Movember.

"SAE supports multiple organizations and is working to expand its reach. We aim to promote the highest standards of friendship, scholarship, and service. Overall, we want to make a positive impact on the world around us," said Winans.



Instagram, @sae\_shu

The new executive board of Sigma Alpha Epsilon pictured at their initiation.

Additionally, SAE has embraced local causes, like Relay for Life, and is working to partner with the Adenoid Cystic Carcinoma Research Foundation to contribute towards research for the rare cancer. Recently, SAE members participated in a 5K race organized by LivFree in Newtown, Conn., an event that supports families battling pediatric cancer.

SAE's recruitment process looks for members who align with their values, while adhering to the academic standard of a 2.5 GPA or above. Open to freshmen through seniors, they value individuals with strong character who are driven to contribute to the chapter's growth and service initiatives.

"Recruitment for SAE is relatively straightforward; our current 365 recruitment schedule starts with getting to know the brothers, then understanding the commitment, recognizing 'if the shoe fits,' and finally receiving/accepting a bid," said junior and Treasurer Ryan Jaipaul.

Junior Ryan Foley is a prospective member currently going through recruitment who shared his excitement about SAE's arrival on campus. Foley said SAE's established connections represent a valuable resource for future professional and personal growth.

"I think it's a great opportunity for SAE to come to Sacred Heart University. I'm excited to see how the fraternity grows here, especially with its emphasis on friendship, scholarship, and leadership," said Foley.

Foley said he is particularly drawn to the idea of helping establish SAE's presence at Sacred Heart.

"One of the main reasons I chose SAE was the opportunity to become a founding father. I have a chance to build this first-year fraternity with some of my close friends and make new friends in the process," said Foley.

SAE has table times weekly in the main academic building, which serves as an opportunity for potential new members and current members to meet.

The Service and Philanthropy Committee is currently working on a mustache-growing competition to help raise money for Movember, and will continue to host philanthropy events throughout the year.

"There's a lot we've been successful with already in the short time we've been here. Philanthropy and recruiting have been the highlights of the past few months, and I personally can't wait to watch how the rest of the year plays out," said Jaipaul.

Through these regular events, SAE aims to create a welcoming environment for anyone interested in joining and contributing to the chapter's growth. Students can learn more information on SAE's Instagram @sae\_shu.

SAE's recruitment process looks for members who align with their values, while adhering to the academic standard of a 2.5 GPA or above. Open to freshmen through seniors, they value individuals with strong character who are driven to contribute to the chapter's growth and service initiatives.

## Write with Heart for SHU's Literary Magazine

BY MAIA SANTORA  
Staff Writer

Are you a writer wanting to get your story published? If so, Heartlines Literary Magazine may be for you.

Heartlines was developed by Languages and Literature Prof. Marie Hulme. Aspiring student writers can submit creative pieces for publication each semester.

"Interested English majors wanted to have a space dedicated to publishing student writing and art," said Hulme.

Heartlines was established in fall 2022 by Hulme, Art and Design professor Nathan Lewis, and computer science professor Dr. Robert McCloud.

The issues are published bi-annually and first came out in spring 2023. With diversity in genres, there is a wide variety of pieces that students can read and write.

"Any current Sacred Heart University undergraduate student may submit up to two pieces of writing in any of the genres we publish: poetry, creative nonfiction, fiction, flash fiction, and drama. In addition, we solicit original art from our Art & Design students to accompany the writing on the site," said Hulme.

Writing and editing a Literary Magazine, ENG 316, is a course taught by Hulme where students learn how to write and edit Heartlines throughout the semester.

Heartlines also collaborates with students at Notre Dame High School to promote a unique issue, involving the works of young writers.

Our editors have visited the creative writing club and encouraged the high school writers to participate in a special feature in this semester's Issue which will showcase the talent of those young writers," said Hulme.

Gaining inspiration from sources other article sites such as The New Yorker, Heartlines

makes it a mission to adhere to recognized standards. Senior and Co-Editor in Chief Ayasha Cantey said creativity and promoting messages is a crucial step of the writing process for Heartlines. For each publication, a theme is decided on. This semester's theme was "transformation/rebirth."

"We read The New Yorker to get a sense of what standard of work we want to showcase. Then the editors talk about what level of creativity they are looking for, and a certain message," said Cantey.

Cantey has had multiple pieces published in Heartlines, including "Unrooting Love," "The Dance of The Flame" and "Beauty." Alongside her writing, photos she has taken is also showcased in Heartlines.

"It gave me a place where my voice could be heard. It gave me a space to showcase my creativity and it gave me that freedom that I was looking for. I think it does the same for other students as well," said Cantey.

"Even if you aren't an English major, we want you to submit and we want you to showcase different talents that you have, you could be a pre-med major who likes to write on the side or likes to take pictures. We encourage all students to submit," said Cantey.

Senior Erin Dunn has had her work published in Heartlines twice. Dunn is the author of "Dawson House" and "How Did We Grow Apart."

"Heartlines is a wonderful opportunity for creative students to express themselves and have pride in their work. For writers and artists alike who are published in Heartlines, the magazine allows us to have an outlet for our craft and receive valuable feedback that helps us grow," said Dunn.

Students can reach out to any English professor to help with the submission process for Heartlines or go to the website, under the "submit" section, where you will also find the guidelines for submission pieces. For more information, visit [heartlinesliterarymagazine.org](http://heartlinesliterarymagazine.org).

# Audrey's Corner

## Unity on Campus



Sacred Heart University photos by Tracy Deer-Mirek, Mark Conrad, Eric Torrens, Jackson Sokoloski and Daniel Passapera

# CampusLife

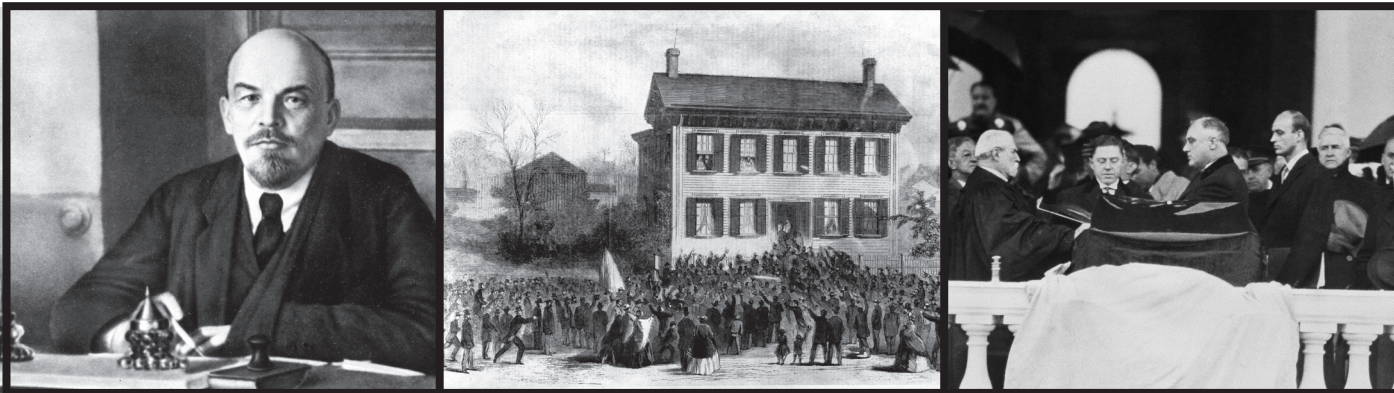
## *This Week in History:*

All photos and dates from AP Newsroom\*

- 11/04:** **1916:** Walter Cronkite “The Most Trusted Man in America” is born.  
**1922:** The entrance to King Tutankhamen’s tomb is discovered in Egypt.  
**1960:** Dr. Jane Goodall makes the groundbreaking discovery that chimpanzees have the ability to make and use tools.  
**2008:** Barack Obama becomes the first African American to be elected president of the United States.



- 11/05:** **1940:** Franklin D. Roosevelt is elected to an unprecedented third term as president of the United States.  
**1995:** George Foreman becomes boxing’s oldest heavyweight champ ever at age 45.
- 11/06:** **1860:** Abraham Lincoln becomes the first Republican to win the presidency of the United States.  
**1917:** Led by Vladimir Lenin, the Bolshevik Party seize control of Russia, forming the world’s first Marxist state.
- 11/07:** **1916:** Jeannette Rankin of Montana becomes the first woman elected to the United States Congress.



- 11/08:** **1895:** Wilhelm Conrad Röntgen becomes the first person to observe X-rays in Wurzburg, Germany.  
**2013:** Typhoon Haiyan, one of the most powerful storms ever recorded strikes the Phillipines.
- 11/09:** **1938:** The Nazi regime attacks Germany’s Jewish population in a series of violent and destructive terror attacks known as Kristallnacht or the Night of Broken Glass  
**1989:** The Berlin Wall falls as communist East Germany opens its borders, allowing citizens to travel freely to the West for the first time in decades.
- 11/10:** **1775:** The U.S. Marine Corps are created under the authority of the Continental Congress.  
**1969:** “Sesame Street” debuts on National Educational Television (now PBS).



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

# Arts & Entertainment

## “GUTS World Tour” Hits Netflix

BY ERIN PELLEGRINI

Staff Writer & Circulation Manager

Pop music fans dimmed the lights and grabbed popcorn for the release of Olivia Rodrigo’s newly filmed concert “The Guts World Tour.” The film was released on Wednesday, Oct. 29 on Netflix with footage from both on and off stage of the tour for Rodrigo’s Grammy nominated album “GUTS.”

Junior Danielle Toppa praised Rodrigo’s performance of “Bad Idea Right?” in the film, as she felt it demonstrated not only her talent as a recording artist but also as a performer.

Toppa’s favorite part of the film was the duet performance between Rodrigo and popular music artist Chappell Roan.

“Chappell Roan opened for Olivia Rodrigo for the majority of her tour before she gained considerable popularity, so including her performance felt like a nice gesture to thank her for being the opener on the tour,” Toppa said.

“I couldn’t make it to the live tour, so getting to watch the documentary was the next best thing,” said Toppa. “It offers a unique glimpse into the artist’s creative process and journey, making it a special addition to their catalog.”

Junior Jenna Siuta said that concert films are important for those who cannot, or do not, have the opportunity to go. Siuta emphasized that concert films are also a chance to relive concert experiences.

“My favorite element of ‘The GUTS World Tour’ was the production of the show itself, the way that she conducted everything from advertising to wardrobe to the dance routines was mesmerizing to me,” said Siuta.

Siuta also went to Rodrigo’s “SOUR Tour” which spanned from April to July in 2022. “Seeing her stage presence evolve over the past few years was so cool because she has grown so much as an artist,” Siuta said.

According to Billboard, this tour and all of its design elements were planned so far in advance that Rodrigo was working on concepts and designs for the tour while still writing the album.

“She gave off rocker but also she was trying to not be at the same time,” said junior Sophia DeLorenzo.

DeLorenzo highlights Rodrigo’s relevancy to younger audiences through her music and overall aesthetic. “The themes of her songs are very much what people our age are going through,” said DeLorenzo.

In the future she hopes more artists catalog their concerts in the same way Rodrigo did, including Sabrina Carpenter’s “Short n’ Sweet Tour,” which is set to end in March 2025.



Contributed by Amanda Console '27

Olivia Rodrigo’s Guts World Tour at Capital One Arena in Washington DC on July 20.

## TAP Presents “A New Brain”

BY OLIVIA MCNAMARA

Staff Writer

The newest production for the Theater Arts Program (TAP) opened its doors to “A New Brain” at the Little Theater on Thursday, Oct. 31. The musical revolves around a composer named Gordon Michael Schwinn, who has been writing music for a children’s show. Later on in the musical, he experiences a medical emergency, causing him to have a “new outlook on life,” according to sophomore Andrew Sisti, who plays the role of Gordon.

Running until Nov. 10, “A New Brain” is viewed as a unique production. “The entire show is pretty much just music, and there are very few spoken lines,” said junior Maggie Ives, assistant director of the show.



Andrew Sisti as the leading role, Gordon Michael Schwinn, during rehearsal.

“This show has elements to it that are completely different from any other show that I’ve done because most of the shows that I’ve done are period pieces or Disney shows,” Sisti said.

“A New Brain” provides a range of emotions to the audience, giving them an educational experience as well.

“I think there is a great contrast in the show because the topic and the storyline itself are very heavy, however, there are so many hilarious moments, which I feel is a really nice contrast,” said Ives. “There are moments when you want to cry your eyes out, but there are moments when you can’t contain your laughter.”

Rehearsing for this show was not just an on-stage process.

“It took a lot of practice outside of the room,” said junior Macie Cox. “It’s a vocally demanding show.”

As for the behind-the-scenes work for the show, Ives did a lot of scene work and character analysis, which Sisti emphasized as part of his preparation as well.

“I always try to make real connections to my characters and try to feel like I’m not acting,” said Sisti.

As an extracurricular activity, TAP is much more than a hobby. It can be very impactful, according to Ives. She said that TAP completely changed her college experience, especially with her involvement in the show “Our Town.”

“The first show I did of the season was ‘Our Town,’ and I made some of my best friends in that production,” said Ives.

For those interested in TAP, Ives recommends just jumping in and going for it.

Ives and Cox also encouraged people to attend the show while it lasts.

“There is so much to learn from every single character,” said Ives.

“With everything that is going on in the world, it is a very hopeful show, and I think it gives a sense of hope to the people in the audience,” said Cox.

For those interested in attending the show, tickets are available to students for purchase at the box office in the Edgerton Center for the Performing Arts for only \$5.

“This is a tremendous production. It’s funny, it’s emotional, and there were way more tears than I thought there would be on opening night,” said Sisti. “It’s an emotional rollercoaster, the music is phenomenal, and I guarantee you will have an amazing time at the show.”

## Sleigh Bells are Ringing on Campus

BY CAMRYN MCCUTCHEON

Staff Writer

As November begins, so too do the debates about whether holiday music and movies should be played prior to Thanksgiving. The end of the Halloween season marks the beginning of holiday celebrations for some, while others believe it is too soon to start the festivities.

“The second the clock hits 12 [midnight] on Halloween, I’m celebrating Christmas,” said sophomore Katie Deraffele. “I prefer Christmas over Thanksgiving because there are more festive things to do to celebrate it, which is why I start right away.”

For Deffarele, “Friendsgiving” is just as important as any other holiday of the upcoming season.

“I love doing Friendsgiving. I do one with my friends here at Sacred Heart and my hometown friends,” said Deraffele. “We don’t always do traditional Thanksgiving food with turkey and mashed potatoes, we just bring whatever foods we want to eat. Sometimes it is Thanksgiving food, but last year my hometown friends just brought McDonald’s and our favorite foods.”

“I still celebrate some things, just not as much,” said freshman Kayla Berson. “Passover, Hanukkah, Rosh Hashanah are all the holidays I celebrate with the Jewish side of my family, but we still celebrate Christmas, just not religiously.”

Like Deffarele, Berson also celebrates the holidays alongside her friends in addition to family celebrations.

“My friends and I go ice skating back home a lot,” said Berson. “It’s just like a fun thing to do to get in the holiday mood. We get hot chocolate and just mess around. Even though we aren’t really good.”

Sophomore Will Luceno has a variety of traditions throughout the holiday season, ranging from sports to attire to meals.

“We used to hold a family football game when I was younger,” said Luceno. “We would get my dad, my younger brother, my uncles, and cousins and just play football. It died out as we all got older and tackling resulted in injuries, but I have some really great memories.”

Old traditions are adapted as family dynamics change. While Luceno’s family may not

host an annual football game anymore, new holiday festivities have been formed.

“Recently, since my little cousins were born, I started to dress up as Santa for them,” said Luceno. “I have a three and five year-old cousin, so I dress up as Santa and bring in a big sack of presents for the kids since I’m the oldest cousin.”

“My family’s Italian, so we do the Seven Fishes on Christmas Eve,” he said.

According to the Carnegie Museum of Natural History, the tradition of the Feast of the Seven Fishes stems from 20th-century Italian-American immigrants, combining classic Italian dishes with seafood.

“You basically just pick any seven fishes to eat. We usually do bacalao because it’s very common and affordable. Calamari, shrimp, scallops, clams and mussels also,” said Luceno.

Luceno isn’t the only SHU student who has participated in the Feast of the Seven Fishes tradition.

“My family used to do the Seven Fishes and the whole nine yards, but now we just have traditional Italian food. We always need to have some kind of fish for my Nonni though,” said junior Honora Saccu.

A newer tradition that Saccu celebrates is driving around with her younger sister to look at the festive holiday lights. “It’s just a time for my sister and I to catch up, take a break from the rest of the family, and spend time together,” said Saccu.

Sophomore Frankie Morle holds a Secret Santa with his family during Christmas.

“We get the whole family in on it: uncles, aunts, cousins, everyone,” said Morle. “I have a pretty boring holiday honestly. We just have big dinners with the whole family and have a good time.”

“I also don’t do much during Christmas,” said sophomore Matt Blanco. “My grandma gets me a new nutcracker every year, I have 19 right now. I keep them on top of a wardrobe, and they’re all themed. I have a dog one, a Giants one, Olaf, math themed. I wonder what this year’s going to be; it’s the 20th one, so it’s a big one,” said Blanco.

Sacred Heart University will be hosting multiple holiday celebrations on campus as the season approaches. Keep your eyes peeled for events from the Student Events Team (SET), clubs and more!

Valentina Massoni contributed to this article.

# Sports



## SHU Contributes to the Growth of Women's Wrestling

Tracy Deer-Mirek, Sacred Heart University

BY SHANNON TUTTLE  
Co Sports Editor

From first stepping onto the mat at age seven to competing at the collegiate level, Kenya Sloan said she understands wrestling more than anything else in the world.

At the start of their 2024-2025 season, Sacred Heart University (SHU) women's wrestling head coach Paulina Beiga announced that Sloan will be joining the program as her new assistant coach.

"This sport and what it has to offer is hard to walk away from," said Sloan. "My college wrestling experience was the most formative, challenging and rewarding part of my life. The opportunity to be a part of that for other young ladies is a special gift that felt right to take on in this season of my life."

Last year the women were solely led by Beiga and completed the season with an impressive record of 17-3, first place at the National Collegiate Women's Wrestling (NCWW) regional championships, and sixth at the NCWW nationals. Even with an exceptional season, Beiga was lacking that secondary support and additional set of eyes to see the team in a different perspective.

"I knew how much it took me to grow this team to the level we are at now, and I would not sacrifice it by adding just someone who may not be a good fit," said Beiga. "Once I found out [Sloan] might be interested, I reached out immediately to her."

Although still young in her coaching career, Sloan is looking forward to what she can bring to the table for the team. She described how important it is to her to help the women on and off the mats.

"It's our job to help them become successful people, not just successful wrestlers," said Sloan. "Another personality for them to confide in when college life gets hard. And I plan to be another voice of encouragement and correction when they need it."

Sloan's addition to the team is an immense step for the women's wrestling program at SHU. Senior Madison Sandquist recalled four years ago when the team was simply nine athletes compared to now, a family of 30.

"I've had the amazing opportunity to be a part of the initial group who started the

team, and now I get to see what it has become knowing I had a part in growing it, which makes me so proud," said Sandquist.

Women's wrestling as a whole, not only at SHU, has significantly grown over the years. According to AP News, women's wrestling is the fastest growing female sport in the country. More programs on the highschool and college level are forming, as well as more opportunities for young women to get involved.

"Lots of great changes have happened with the support coming through different angles but still a lot to be done, considering that some states do not even have women's wrestling sanctioned," said Beiga.

Junior Nohea Moniz grew up in the first state to sanction women's wrestling, Hawai'i. Here, she said, it is not uncommon to be a female wrestler. She grew up wrestling and now helps start many young girls on their journey in the sport.

"If they see that some local girl from Hawai'i can have a chance at making her dreams come true, I want to encourage and support them into believing that they too can do the same," said Moniz.

Coming off the island and to college, Moniz has witnessed the sport take off. However, she worries many female wrestling programs don't have the right intentions.

"I think it's really important for the sport to grow, but it can't be at the expense of the student-athletes," said Moniz. "If people are just adding programs to their schools without the resources to give those girls a true shot, then I don't really see that as contributing to the growth, that is simply putting a checkmark in a box."

Fortunately, SHU's program is providing their women with an environment where they can develop as athletes and add to the growth of women's wrestling across the country. Adding Sloan to assist in Beiga's already-successful team is promoting this step forward.

"It is very important to me to see it continue to grow, especially for women," said Sloan. "I hope that I am making an impact in the world of women's wrestling just one conversation at a time by sharing my experience. One athlete at a time, one parent at a time, one coach at a time."

## SHU Swim and Dive Team Defeats Stony Brook

BY AIDAN REILLY  
Staff Writer

Sacred Heart University's swim and dive team took home a decisive win on Oct. 26 against Stony Brook University, defeating them with a score of 173 to 127.

Senior Lola Barrett led the stellar performance, with the team dominating the 200 butterfly, 200 IM, 100 backstroke and 200 medley relay. Barrett secured her second-ever NCAA Zone qualifying score in the 3M, achieving a 247.30 score.

"We had a lot of motivation going into this meet, and with all our wins leading up to it, it's a boost of confidence when looking into the midseason and conference," said Barrett.

Freshman Sinclair Yadao placed second in the 3M with a 265.05 score and third in the 1M, receiving a score of 243.90.

The strong performance has head coach John Spadafina feeling encouraged about his team.

"I thought our team's performance as a whole was excellent. This was a total team



effort, and we performed very well from top to bottom of our depth chart. It's something very difficult to do this in back-to-back meets, especially on the road," said Spadafina.

The Pios got off to a strong start when they won the 200-medley relay with a time of 1:51:31. Sophomore Sophia Velleco was able to win the 1000-freestyle with a 10:48:14 time.

Following this, the team went 1-2 in the 100-backstroke and swept both the 200-butterfly and 200 IM.

According to senior Emma Chambers, based on previous results, matches with Stony Brook are "usually very close meets."

The team recently moved conferences, going from the Northeast Conference (NEC) to the Metro Atlantic Athletic Conference (MAAC), where the players have experienced more competitive matches.

"On the swim side, I feel like there's a lot more compatibility and more competition, where in the NEC, things were more clear cut," said Chambers.

A new conference will bring a new set of challenges for the team to overcome, but this compelling win over Stony Brook has put them on the right track.

"We didn't do anything different. They continued to work hard in the water, on the boards and in the weight room. They had a strong, positive mentality going into the meet," said Spadafina.

With the level of trust their coach has in their mentality, the Pios are striving to be a team to look out for in the MAAC.

"I would like for our team to keep working hard and trust the process of getting better and stronger, especially our first years, and that will carry over into our double dual vs. Siena and Rider on Nov. 9," said Spadafina.

# Editorial

- EDITOR IN CHIEF**  
MADISON BEEKMAN  
2025
- MANAGING EDITOR: CONTENT**  
VALENTINA MASSONI  
2025
- MANAGING EDITORS: ADMINISTRATION**  
MOLLY BRUTON  
2025  
SAM MARANO  
2025
- COPY EDITORS**  
COLLIN MOURA  
2025  
GEORGE TRIEBENBACHER  
2026
- NEWS EDITORS**  
LAUREN KEHRLE  
2025  
**ASST. NEWS EDITOR**  
GEORGE TRIEBENBACHER  
2026
- FEATURES EDITORS**  
MOIRA STAPLES  
2026  
SARA HASENEY  
2026
- ARTS & ENTERTAINMENT EDITOR**  
JESSICA BALOGH  
2025  
**ASST. ARTS & ENTERTAINMENT EDITOR**  
ISABELLA GENERAZO  
2026
- SPORTS EDITORS**  
MARISA MUSACCHIO  
2025  
SHANNON TUTTLE  
2026
- ASST. SPORTS EDITORS**  
JOHN HEINZE  
2025  
COLLIN MACLEOD  
2027
- CAMPUS LIFE EDITOR**  
COLLIN MOURA  
2025  
**ASST. CAMPUS LIFE EDITOR**  
EMMA RICOTTA  
2026
- PHOTOGRAPHY EDITORS**  
DANIELLA BALDINO  
2024  
ALLY FABBO  
2025
- ASST. PHOTOGRAPHY EDITORS**  
JAKE WALSH  
2025  
JORDAN DORSEY  
2026
- PUBLIC RELATIONS MANAGER**  
SAM MARANO  
2025  
**ASST. PUBLIC RELATIONS MANAGER**  
LAURYN ENGLISH  
2025
- WEB MANAGER**  
RYAN TASHMAN  
2025  
**ASST. WEB MANAGER**  
JACK CAVICCHI  
2027
- GRAPHICS EDITORS**  
RYAN TASHMAN  
2025  
ALLY FABBO  
2025
- AD SALES/FINANCE MANAGER**  
CHRIS HORVATH  
2027
- CIRCULATION MANAGER**  
ERIN PELLEGRINI  
2026
- FACULTY ADVISOR**  
PROF. JOANNE KABAK

## *Despite the Adversities, I Persevere*

BY PROF. KELLY CONSIDINE

Imagine being turned away from doctors when they learn of your medical diagnosis.

Imagine being told you would be better off having cancer.

Imagine having a well respected neurologist Google your condition in front of you.

Imagine not one, but several doctors recommending an amputation without fully understanding the underlying issue.

Unfortunately, these are just a few of the things I have faced after being diagnosed with Complex Regional Pain Syndrome (CRPS), the most painful condition known to modern medicine. On the McGill Pain Scale, CRPS is a 47 out of 50. The pain is relentless and ranks higher than cancer pain, childbirth, and even amputation, and there is no treatment or cure.

On September 5, 2005, the first week of my senior year of high school, my life changed forever after spraining my ankle playing volleyball. After extensive testing, I was diagnosed with CRPS in my right leg which has now spread to both arms.

In CRPS the pain signal is never shut off after the initial injury heals, and eventually the continued immune response ends up damaging the nerves.

I quickly learned that living with CRPS involved more than just pain.

CRPS has many comorbidities such as gastroparesis, osteoporosis, and postural orthostatic tachycardia syndrome (POTS) which causes fainting, and more.

Gone were the days of playing sports, something I had grown up doing. It was difficult to adjust to life on the sidelines. I did not know it at the time, but this was just the tip of the iceberg when it came to the changes that would need to be made to adapt to life with CRPS.

I have faced much adversity over the past 19 years with CRPS. It came at a crucial time in my life. I should have been excited about senior year, graduation, and picking a college, but instead, I was consumed with countless appointments.

As a high school junior, I received a generous scholarship to an engineering school. I loved what the school had to offer, but when I returned for my second visit after being injured I realized how inaccessible the school was.

I then felt lost thinking about where I would go to college. My volleyball coach knew I was struggling to find the right place. He was taking courses at Sacred Heart University and told me all of the classes were in one building. I fell in love with the campus, but more importantly, the community. I also knew that this was a campus that would not only be accommodating but would truly help me thrive.

School breaks consisted of procedures/surgeries so I would not miss class. I earned two Bachelor's Degrees, three Minors, and a Master's Degree. I went on to work at Yale School of Medicine doing research on cancer and Alzheimer's disease.

Coming back to SHU as an adjunct professor has been amazing and once again, I was welcomed with open arms.

CRPS is an invisible illness making it difficult for others to understand. I wish people understood that every day is a battle between what I can physically do and what I wish I could do. After my diagnosis, I lost a lot of friends who did not understand that I could not keep up with everyone as I once could due to the constant, excruciating pain.

I am reminded of my CRPS 24/7. It's unfathomable that such a horrible condition exists.



Sadly it is nicknamed the suicide disease because many patients see that as their only option to escape the pain. I have advocated on Capitol Hill to make changes to better educate physicians and change policy when it comes to prescription pain medications because a quicker diagnosis leads to a better prognosis and better pain control reduces the risk of suicide.

I have received proclamations from the mayor, a member of the CT General Assembly, and the Governor declaring November as NERVEMBER and the first Monday of the month as Color the World Orange Day for CRPS Awareness the past four years.

People don't see how much effort I put into every single task because I always put on a smile and try to be present and enjoy the moment.

Through it all I persevere. I have accepted that I am going to have good days and bad days. I am appreciative of those that have stayed through the good and the bad, sticking with me through it all. I know the bad days will pass, and I have a group of amazing people who are waiting there to support me! I am chair of the Annual Virtual CRPS Awareness Walks, and this year alone I had over 100 family and friends show up to support me, and this wonderful support system never lets me face these obstacles alone.

If you are interested in learning more, you can follow me and my service dog, Gunner, on Instagram and TikTok (@gunner\_the\_golden\_boy), Facebook, and YouTube.

*The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.*

*Letters to the editor should not exceed 700 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*

