

The Results Are In! 47th U.S. President Decided

BY **GEORGE TRIEBENBACHER**
Assistant News Editor

The 2024 Presidential Election held on Nov. 5 concluded with a decisive victory for former president-Donald Trump with 312 electoral college votes over Vice President Kamala Harris's 226.

According to USA Today, the election was called at 5:34 a.m. on the morning of Nov. 6, shortly after the time in which Pennsylvania was given to Trump and his speech at the watch party in West Palm Beach, Fla.

Dr. Gary Rose, Scholar in Residence at Sacred Heart University, said that the magnitude of Trump's victory was more of a surprise than the victory itself.

"I was not surprised that former President Trump won, as the election, according to the polls, could have gone either way," said Rose. "But I was surprised over how decisive his win was and that in addition to winning the electoral vote, he also won the national popular vote."

Trump's win in the popular vote meant that he became the first Republican candidate to win the popular vote since George W. Bush in 2004.

"I was surprised that the former President won the popular vote and performed very well among certain voting groups," said sophomore Matt Meaney.

According to an AP VoteCast chart, Trump received more votes from people of color during the 2024 election in comparison to the 2020 election.

"This election showed that the Democratic Party needs to change the way they campaign and present themselves in the midterms and ultimately in 2028, as they significantly underperformed compared to previous years," said Meaney.

The seven perceived swing states heading into



Former President Donald Trump and Vice President elect JD Vance won the 2024 Presidential Election.

AP News

the election - Nevada, Arizona, Wisconsin, Michigan, Pennsylvania, North Carolina and Georgia - all went to Trump.

The state of Connecticut and its seven electoral votes went to Harris. As of Nov. 10, 56.5% of voters in the state - 986,573 - voted for Harris, while 41.9% of the state's voters - 731,164 - voted for Trump.

Harris received 72.7% of the vote - 26,992 - in Bridgeport, while Trump received 26.1% - 9,707. In Fairfield, 61.7% of votes - 21,492 - went to Harris and 36.5% - 12,693 - went to Trump.

Following the results of the election, Harris delivered her concession speech at 4 p.m. on Nov. 6 at Howard University.

"I will never give up the fight for a future where Americans can pursue their dreams, ambitions and

aspirations," Harris said during the speech.

Rose said that it's important for SHU to show respect for the democratic process and acknowledge the way in which the issues that decided this election impact the lives of students, faculty and staff.

"Our university should understand the contemporary concerns and values of voters as they were expressed in this election, and perhaps consider curriculum changes that more directly tie our university to what the American people feel are the central issues affecting our country," said Rose.

Now that the election has passed, the Office for Inclusive Excellence will host an event titled "Election Reflections: A Community Debrief" on Nov. 13 at 12:30 p.m. in the Chapel of the Holy Spirit.

Meaney said that unity is imperative during times like this.

"Regardless of which candidate you supported going into the election, it is important that we remain unified coming out of the election," said Meaney.

For senior Amanda Valency, it is crucial to keep an open mind going forward, despite the election being over.

"Now that the election has passed, we as students should continue to stay informed, learn about important issues in the community, and think about the role we play in shaping our own futures," said Valency. "We must choose unity over division."

The Associated Press contributed to this article.

WSHU Hosts Diplomat Speaker

BY **SAMANTHA MADIGAN**
Staff Writer

Last month, Sacred Heart University and WSHU Public Radio hosted a geopolitical conversation with John Sullivan, the former U.S. Ambassador to Russia.

This event provided students an opportunity to speak with an experienced diplomat and gain firsthand knowledge of the complexities of U.S.-Russian relations.

"It was very important to host a forum such as this because the world is currently a volatile place, and people need to hear directly from an individual with vast knowledge and expertise, such as Ambassador Sullivan, about the threat to world peace the current leader of Russia currently presents," said Dr. Gary Rose, Scholar in Residence at SHU.

"This forum was far more educational than an academic lecture regarding what is happening



Jack Cavicchi, Assistant Web Manager and Staff Writer
John Sullivan pictured at a book signing at SHU.

in contemporary Russia."

Sullivan's expertise draws from his extensive career in foreign policy, which can offer students a learning experience that connects academic study with real-world insights.

Sullivan, a Connecticut resident, served as the U.S. Ambassador to Russia from 2019 to 2022. He previously held positions in the

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Local Journalism Granted New Chance

BY **HUNTER SANCETTA**
Staff Writer

Sacred Heart University's Community Journalism Collective (CJC) was awarded a Press Forward Initiative grant of \$100,000. The CJC works in collaboration with the Easton Courier, and this grant will allow the Courier's operations to expand to the cities of Fairfield and Bridgeport.

Back in 2018, the Easton Courier was shut down.

"The original for-profit Easton Courier closed in 2018, two years shy of its 40th birthday, a victim of changing economic times in Connecticut and beyond. At a time when community newspapers were closing nationwide, Sacred Heart University reopened a treasured news source in the neighboring town of Easton," said Prof. Nancy Doniger, a SHU adjunct professor and the original editor of the Easton Courier.

Doniger worked closely with colleagues in the process.

"Prof. James Castonguay assembled a team of journalists, photographers and community contributors, and the new

non-profit Easton Courier was born. The first edition launched on Leap Day 2020. Since then, the Courier has published thousands of articles and won 60 Society of Professional Journalist awards," said Doniger.

Local papers failing to stay in business across the country is something that's become more prevalent in recent years.

Prof. Richard Falco, a coordinator of multimedia journalism, said issues are developing with the current landscape of local news.

"What has gone on across the entire nation is these local papers are going out of business. Gobbled up, they cannot afford to stay in business. It has been a really serious problem. We watched it get worse and worse over the years," said Falco.

The Press Forward Initiative is a national movement to strengthen democracy by revitalizing local news and information.

According to the Press Forward website, "The steady and significant

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News

Local Journalism Granted New Chance

BY HUNTER SANCETTA
Staff Writer

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decline in the availability of reliable, fact-based local news across the country is connected to growing threats to democracy, increasing polarization, and the spread of disinformation. At the same time, over a decade of investment in journalism experimentation and transformation have produced new models and solutions that are ready to scale, and a new generation of leaders prepared to reinvent and revitalize the field.”

According to Doniger, it was Castonguay who applied for this grant.

“[Castonguay] learned about Press Forward and worked with the University to apply for a grant to increase the capacity of the SHU community journalism project,” said Doniger.

Doniger said that the Easton Courier is bound to see changes from this grant as a result of its expansion into coverage of Bridgeport and Fairfield.

“The Easton Courier will continue its reliable and timely local news to Easton residents as it adds multimedia capacity and increases training opportunities for SHU students,” said Doniger. “Additionally, the community journalism collective will work collaboratively with other news outlets as it expands its depth and breadth of coverage into Fairfield and Bridgeport.”

Broadening the opportunities of the paper is one of the things Falco highlighted when speaking about the coverage expansion.

“We have been doing it with bubble gum and tape until this point. This is a very small group of us. We will be able to bring in some freelancers. But also the scope will change because each of these places has different uniqueness and problems,” said Falco.

According to Falco, SHU students also have something to gain from this grant.

“It allows students to work as real journalists, and we hope to expand that. A number of the students that have been working have won awards themselves,” said Falco. “We give them the foundations. Some of them have gone out with a portfolio of published work.”

WSHU Hosts Diplomat Speaker

BY SAMANTHA MADIGAN
Staff Writer

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Departments of Justice and Defense and served as Deputy Secretary of State, exposing him to issues relating to national security and international relations.

“Midnight in Moscow,” Sullivan’s recently published book, explores the historical background of the relationship between the U.S. and Russia.

“More than the history of U.S. relations with Russia, the Ambassador’s book provides readers with the most direct, upfront and personal observations about Putin’s character, his background with the KGB [Russia’s Committee for State Security], and the authoritarian tradition he continues to represent,” said Rose.

“‘Midnight in Moscow’ is a book that every student should read, as the Ukraine war and Putin’s lock on power in Russia will inevitably have [an] impact on the security of the U.S. and Western Europe,” said Rose.

During the discussion, Sullivan discussed the evolution of relations between the U.S. and Russia, with particular focus on recent conflicts and global

security challenges.

He discussed the factors that influenced Russia’s foreign policy and explained how they shape the country’s approach to international relations.

Sullivan also discussed recent tensions and their impacts on global security, making the conversation relevant to multiple current events worldwide.

A key theme was the importance of resilience and diplomacy while maintaining communication, even in complicated global relationships.

“It’s a lesson that American diplomats and Americans generally need to learn. The Russians are different. Russians are different from us,” said Sullivan. “That shouldn’t surprise anyone, especially their approach to diplomacy, business with us, and life. We see this today in the aggressive war that Putin has started against Ukraine.”

In addition to the discussion, Sullivan’s book “Midnight in Moscow” is available for students as an avenue to explore international relations.

Sullivan may appear at SHU again in the future, according to the university’s website. He was invited to drop a puck at a SHU hockey game in the Martire Family Arena by Paul Sutera, Senior Vice President of University Advancement.



John Sullivan signing a copy of his book “Midnight in Moscow.”

Jack Cavicchi, Assistant Web Manager and Staff Writer

Trumbull Mall Safety Concerns

BY ALANNA PARRILLO
Staff Writer

Have you ever felt unsafe at the Trumbull Mall? If so, you are not alone.

Only three minutes away from Sacred Heart University, the Trumbull Mall is a place that SHU students frequently visit. With stores such as Forever 21, Target, Sephora and Apple, students utilize the university’s shuttle system to make the stop at the wide variety of stores located in the mall.

Since the beginning of the fall semester, safety concerns regarding the university’s shuttle system have come to light.

On Aug. 19, the Public Safety Department at SHU sent out an email to students about an unfamiliar passenger on a shuttle.

“Sacred Heart’s public safety department is aware that an unauthorized passenger boarded a SHU shuttle on Sunday. The individual was asked by the shuttle driver to disembark. SHU public safety officials are continuing to investigate this incident in conjunction with local police,” read the email, which was sent out to students and staff members of the university.

“I take the shuttle every day to get around campus and Bridgeport. Knowing that a stranger was able to easily get on the shuttle is really scary to me,” said sophomore Mia Raspanti. “I think that there needs to be better security protocols regarding the shuttle service stopping at locations that aren’t on campus, where anyone has the ability to get on.”

No further information about the incident or the

identification of the passenger has been released.

“While we have no indication SHU students were in any direct danger, it is important for all students to practice situational awareness both on and off campus, and report any concerning activity to the police. We also encourage all students to download our SHU Safe App to their phones,” said Gary MacNamara, Executive Director of Public Safety and Governmental Affairs at SHU.

In October, Saba Jewelers, a jewelry store located in the Trumbull Mall, was robbed. According to the police, three masked individuals used hammers to smash the glass display cases to steal thousands of dollars’ worth of jewelry.

“Police said they received several calls reporting the theft around 3 p.m. after shoppers and employees were alarmed by the loud noise of the smashing glass, however no weapons were spotted,” according to The Patch.

The investigation of the robbery is still ongoing as of Oct. 21. Police have interviewed multiple witnesses and collected evidence, however, the three individuals involved in the robbery have yet to be identified.

“We interact regularly with the Trumbull Police as well as Mall Security and have an overnight security presence at our satellite parking lot. We are told there is less activity at the mall and crime is lower than it has been 10 years ago. Police respond to numerous shoplifters and property crimes,” said MacNamara. “We connected with the Trumbull Police to obtain details. They indicated thieves had smashed the



Photo of the Trumbull Mall, where the SHU shuttle frequently takes students, that has recently had a number of safety concerns.

Tracy Deer-Mirek, Sacred Heart University

displays and stole items. It was limited to the jewelry store displays, and Trumbull Police indicated our students were not impacted.”

Although the Public Safety department at SHU, the Trumbull Police and Mall Security have assured students that the Trumbull Mall has safety procedures and protocols in place, students are still hesitant to go there.

“It’s scary to know that a robbery happened at a place like the Trumbull Mall, where I frequently go,” said senior Sophia Conturso. “Since I found out about the robbery, I haven’t been to the mall due to the concerns I have about the security and safety protocols there.”

Features

La Hispanidad: Campus Hub for Hispanic Pride

BY KAYLA FALLARINO-FORTE
Staff Writer



Contributed by Talia Torrens, '27

Students playing games and hanging out with each other at the La Hispanidad club.

Sacred Heart University's La Hispanidad club celebrates Hispanic and Latino culture on campus. La Hispanidad works to create a space for students to embrace their heritage and share their culture with the SHU community.

La Hispanidad hosts many events on campus showcasing Hispanic and Latino culture.

"We have salsa night every year during the first semester, which is always a great time. We have food, flag-making, a photo booth, and salsa dancing," said junior and La Hispanidad Co-President Katerina Kyrrou. "We also had an Ofrenda-making night for Dia De Los Muertos, where we gathered to remember loved ones who have passed."

While the club was originally made to honor the Latin and Hispanic cultures,

they have become an advocate for social justice on campus. La Hispanidad hosts an annual social justice week during which various clubs and organizations on campus come together to promote social justice for the diverse student body within the SHU community.

La Hispanidad meets bi-weekly to discuss a variety of topics.

"As far as our bi-weekly club meetings go, we do many different things depending on the theme we choose or if a current event needs to be discussed.

Some examples of our presentation themes include Hispanic Heritage Month, Dia de los Muertos, 'Am I Hispanic enough?' etc. These conversations are followed by fun things such as DIY nights, movie nights, and game nights, all while incorporating and appreciating our different cultures to cultivate the comfort of belonging and community," said junior and Co-President Kiara Salas.

All are welcome to join La Hispanidad, regardless of background or ethnicity.

"People of all ethnicities can join to support and celebrate the Hispanic and Latin culture on campus. All you have to do is come to the meetings," said Kyrrou.

For more information on La Hispanidad and future events, follow them on Instagram @shulahispanidad.



Contributed by Talia Torrens, '27

Students decorating pumpkins with the La Hispanidad club.

Community Theatre Presents Brazilian Artist

BY SKYLAR AMIRALTY
Staff Writer

On Tuesday, Nov. 5, the Sacred Heart University Community Theatre in downtown Fairfield held a concert for the performer, João Kouyoumdjian. Kouyoumdjian is a Brazilian-born classical guitarist who performs Brazilian and Spanish music.

Kouyoumdjian has played many shows throughout his career, including venues such as the Kennedy Center, Lincoln Center, Metropolitan Museum of Art, and multiple appearances at Carnegie Hall.

Assistant professor for the Performing Arts, Joseph Carter, is a professional musician and guitarist. Being a fan of Brazilian music, Carter did research on Kouyoumdjian and his work, before asking him to perform at the Community Theatre.

The SHU Community Theatre has different performances scheduled for the spring 2025 semester. Carter said that they already have three to four performances planned to take place at the theater, ranging from all different kinds of music genres and styles.

Aside from performing his own pieces, Kouyoumdjian is a professor to music students at various music institutions.

"João Kouyoumdjian resides in the greater New York City area where he is on



Instagram, @joaok

Photo of João Kouyoumdjian who performed at the SHU Community Theatre on Nov. 5.

faculty at The Diller-Quaile School of Music, Lucy Moses School at Kaufman Music Center and Newark School of the Arts," Carter said in an email to the university.

Junior Olivia Plyler attended the concert. Plyler said Kouyoumdjian's performance was inspirational and moving. Plyler is a guitarist as well, so she said she resonates with this performance specifically.

"As a musician and specifically a guitarist myself, seeing João Kouyoumdjian perform was incredible. He made me want to push myself harder and improve in my own guitar playing," said Plyler. "Classical guitar is all fingerpicking and the way he was able to make it sound almost as if he were playing more than one instrument was mesmerizing."

Matthew Oestreicher, Executive Director of the SHU Community Theatre, said that the performances are decided by a variety of departments.

"We collaborate with different departments to get ideas for performers at the theatre," said Oestreicher.

Oestreicher said that all students are welcome to attend the performances and events that take place at the theatre and that there are usually different performances each week.

"We're active year round, and we did 200 events last year. We also have a very diverse pie to think of all the communities around us and how we serve for everyone around us," said Oestreicher.

The SHU Community Theatre wants to bring the community together to enjoy these shows and musicians. People in the community can see these performances at the SHU Community Theater in Fairfield, Conn. located on Post Road. Tickets for non-Sacred Heart students are \$10, and free for Sacred Heart students when they present their SHU Campus Card.

The SHU Community Theater is open to the public and also provides the opportunity to rent out the theater to different organizations to view films. To learn more information, you can reach out to Matthew Oestreicher or visit @shucommunitytheatre on Instagram for all upcoming shows and events.

Multicultural Kickback Brings SHU Students Together

BY OLIVIA TEDESCO
Staff Writer

On Wednesday, Nov. 6, the Black Student Union (BSU) hosted their Multicultural Kickback at the Sacred Heart University's Multicultural Center. The event invited students to come together to celebrate diversity, including offering a platform to learn more about various cultural organizations and the role of Multicultural Affairs on campus.

Junior Jhalissa Vincent is the BSU Events Coordinator for students.

"BSU hosts a variety of events throughout each semester, including game nights, discussion panels and more interactive gatherings," said Vincent.

The goal of the Multicultural Center is to connect underrepresented students and create a community for them while encouraging cultural exchange, according to its page on the SHU website.

The Multicultural Kickback promotes this mission, offering students a comfortable and engaging setting where they can meet peers, explore cultural resources and discover the support systems available to them through Multicultural Affairs.

"I hope this event and the future of BSU will strengthen the sense of community and promote unity among students," said Vincent. "By creating a fun, uplifting space for social interaction, we aim to encourage new friendships and deeper connections among all students while celebrating diverse identities."

Sophomore Gregory Dort is the BSU's Retention Chair, responsible for developing initiatives that encourage member engagement and ensure students feel supported and connected within the organization.

Dort said that activities on campus not only provide students a place to have fun,



Daniel Passapera, Sacred Heart University

Students pictured at the previous Multicultural Kickback in September.

but also help them feel like they belong to the Sacred Heart community.

"Events like this mean hope for me, at least," said Dort. "Whenever we have an event, I have the hope that it helps even one student find people who they can call a lifetime friend in order to better their SHU experience."

To learn more about the Multicultural Center and the Black Student Union, students can find them on Instagram @shu_bsu or use their website <https://www.sacredheart.edu/offices--departments-directory/inclusive-excellence/multicultural-center/>.



UPCOMING FEATURED EVENTS

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NOV, 2024

**THE LAST WALTZ CELEBRATION
FEAT. THE THE BAND BAND**

8:00 PM 1420 POST RD, FAIRFIELD, CT 06824

16

NOV, 2024

**MARTY STUART AND HIS
FABULOUS SUPERLATIVES**

8:00 PM 1420 POST RD, FAIRFIELD, CT 06824

17

NOV, 2024

**CHOIR! CHOIR! CHOIR! PRESENTS:
AN EPIC QUEEN SING-ALONG**

7:00 PM 1420 POST RD, FAIRFIELD, CT 06824

20

NOV, 2024

**JESSE COOK – NUEVO
FLAMENCO GUITARIST**

7:30 PM 1420 POST RD, FAIRFIELD, CT 06824

22

NOV, 2024

**NY'S FINEST – A TRIBUTE TO
STING AND THE POLICE**

8:00 PM 1420 POST RD, FAIRFIELD, CT 06824



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

CampusLife

Local Slices: Connecticut's Staple Dish

BY EMMA RICOTTA

Assistant Campus Life Editor

Craving a delicious slice of pizza? Look no further! Here's a guide to the best pizza spots near Sacred Heart.

If you're in a rush or looking to have a quick bite without driving too far, there are many options to choose from. Popular options for pizza near campus include Goodfellas Pizzeria, Romanacci's and San Remo Pizza and Restaurant.

Junior Angelo Salotto says that his favorite place to grab some pizza near campus is Crossroads Pizza House.

"I like their pizza because it's pretty affordable," Salotto said. "It tastes really good, and it also has a really fluffy crust."

If you're willing to venture a little farther for a good slice, there are even more hidden gems. Just about fifteen to twenty minutes from campus, there is Sally's Apizza, Frank Pepe Pizzeria Napoletana, and Pizzeria Molto. Located in New Haven's world famous Wooster Square, Pepe's and Sally's have been serving iconic tomato pies and white clam pizzas for generations.

Perhaps the most popular among SHU students is Colony Grill in downtown Fairfield. Their small menu and hot oil pizzas are unique, attracting students with a cozy bar atmosphere and thin-crust pies.

Junior Hannah Delamonico feels that Colony Grill has the best energy for college kids going out to eat.

"I love how Colony pizza has such thin crust, it's very cheesy and it's also cooked to be very crispy which I love," said Delamonico. "They're also pretty fast and efficient."

Whether you're craving a quick slice nearby or ready to take a short drive for something special, these local pizza spots offer something for everyone! The best slice might be just around the corner, or a little further down the road.



Collin Moura, Campus Life Editor

Frank Pepe Pizzeria Naoletana, located at 157 Wooster St in New Haven, CT has served coal-fired pizzas to the local community for almost 100 years.



Collin Moura, Campus Life Editor

Romanacci Pizza Bar, located at 4244 Madison Ave in Trumbull, CT is just a few minutes from Sacred Heart's campus on Park Ave.



Collin Moura, Campus Life Editor

The thin-crust, coal-fired Neapolitan pizza that is native to Connecticut is known locally as apizza.



Collin Moura, Campus Life Editor

Frank Pepe's pizzas are cooked in a 14 feet, 100,000 pound oven that burns around 600 degrees.

Arts & Entertainment

New Mental Health Workbook for Students

BY JENNA REYNOLDS
Staff Writer

Dr. James Geisler, a licensed clinical mental health counselor and Executive Director of Student Wellness Services at Sacred Heart University for the past four years, is on a mission to create a healthier culture for the next generation of students. Geisler has authored and self-published his first book, "Thrive Year One: The Essential Mental Health Workbook for First-Year College Students," which is designed to equip college students not only for academic success but for the broader challenges of life.

"In higher education, we have continued to use the term 'mental health crisis on college campuses' since the pandemic; however, I disagree," said Geisler. "In my field of mental health, a crisis peaks and then comes down. However, it's been four years, and the crisis is still prevalent. I will not agree with it being a mental health crisis anymore."

Inspired by his work with first-year college students, Geisler noticed that many of the students coming into his office were dealing with issues that could have been prevented through skill-based learning. This insight led to the creation of a self-paced workbook, with over 75 exercises, designed to help incoming college students build resilience through practical tools and strategies.

"I really struggled adjusting to my freshman year. I felt lonely and overwhelmed, constantly comparing myself to my peers. If I had this workbook my first semester of college, I am certain I would not have experienced the anxiety I did," said junior Maggie Powers.

Geisler recognizes the challenges that adjusting to college presents socially, academically and personally. He often sees students seeking aid from the counseling center early into their college careers exhibiting struggles with communication, setting boundaries, loneliness and social media impacts. Geisler is confident that the workbook is a helpful way to get ahead of the mental health challenges students face.

"If we give students an opportunity to reflect on these struggles, we will find student's mental health will be better prepared prior to their transition into college," Geisler said.

Geisler sees the workbook as a valuable resource not only for first-year college students but also for high school students preparing for the next chapter of their life. He envisions it being gifted to high school seniors and used as a first-year experience text to help students navigate the challenges of starting college.

"My senior year of high school I was so anxious to start a new chapter of my life far away from home. I was unprepared for this journey and needed a guide, this workbook was exactly the type of guide I needed," said junior Bridget Carolan.

Geisler understands that college is a challenging time for many students, particularly as they struggle with self-identity and navigating career paths. He emphasizes the importance of early intervention and resilience-building.

"I began my college career only two months ago and already feel pressure to have my entire life figured out. I have been struggling a lot lately with deciding on a major and what I want to pursue. I really believe this workbook could make a difference," said freshman Daniella Fusco.

One of the chapters included in the workbook is titled "You Have Survived 100 Percent of Your Worst Days." The purpose of this chapter is to remind readers of the challenges they have already overcome and to help them reflect on how they managed to get through those difficult times.

Chapter Six, titled "Fostering Healthy Communication," provides readers with tools to express themselves clearly, fostering mutual understanding with others. This section aims to empower readers to communicate in order to ensure their messages are heard and understood by those around them.

Geisler recognizes that the workbook can benefit individuals at any stage of life because the tools and exercises included are fundamentals for life. Geisler's workbook is available for purchase on Amazon. He is also working with university officials to make the workbook available for purchase at the campus bookstore.

"Unlike other texts, this interactive workbook allows students to choose their own dialogue and narrative," said Geisler. "Every student has a story; this is the one thing that celebrates that."

AUDREY'S CORNER
a place for kindness & reflection



Jenna Reynolds, Staff Writer

Executive Director of the Wellness Center and Author James Geisler holding his book "Thrive."

What's SHU Streaming?

BY KAYLA HERRERA
Staff Writer



Princely Seme, Staff Photographer

Streaming services are capturing students' attention: A look at the apps they're tuning into this fall.

As autumn settles in and the semester is quickly coming to a close, Sacred Heart University (SHU) students are unwinding through their favorite TV shows, music and movies. From newly released drama series to chart-topping student favorites, there is a unique blend of media people are enjoying this fall.

November is a fast-paced and sometimes stressful month for students. Midterms, schedule registration and holidays make for a jam-packed and perhaps mentally draining month.

However, students still manage to carve out time to relax and enjoy their preferred media. To accommodate her busy schedule, sophomore Snezhana Krylova has a few go-to shows that she can rotate through during the school year. One of her favorites, "Cranberry Sorbet," is a 2022 drama TV series.

With three seasons and plenty of drama, "Cranberry Sorbet" is a Turkish drama that follows the complicated relationships between two families. As a foreign exchange student from Russia, the series provides Krylova with a sense of comfort and nostalgia.

"Since I'm so far from my family, at least I can feel some kind of family atmosphere when they are talking, arguing and solving problems," said Krylova. "As the temperature drops and days go shorter, most of the time I turn to nostalgic or cozy content that evokes feelings of warmth and comfort."

After living in the United States for two years, the show is a way for her to feel connected to home.

What's cozier than snuggling up with your favorite series in the fall? TV shows are a common way students choose to relax in their free time. However, not all binge-

worthy shows are warm and fuzzy. Many students at SHU enjoy the thrill of suspense, captivating drama, or the chilling nature of true crime.

On Sept. 19, the second series of the biographical crime drama series "Monster: The Jeffrey Dahmer Story" was released. "Monsters: the Lyle and Erik Menendez Story" is part of the popular Netflix anthology series. It is centered around the 1989 murders of José and Kitty Menendez, who were murdered by their sons.

Sophomore Aimee Cheatum prefers movies over TV shows but took interest in the Netflix crime series. "You really have to get into it in order to fully understand it," said Cheatum.

Despite her interest in "Monsters," Cheatum's heart lies with the science fiction horror series "Stranger Things." "National Stranger Things Day" is held on Nov. 6 to commemorate the date of when one of the lead characters, Will Byers, went missing.

In honor of the occasion, Netflix released the episode titles of the show's pending fifth season. Cheatum celebrated by rewatching the series. "It's the show that you think about when you think about creepy vibes," said Cheatum.

According to Netflix, "Stranger Things" season four is the second most-watched show as of November.

"I remember season two came out right before Halloween," Cheatum said. "I literally skipped a field trip to go watch it; it was my Halloween."

Although students' taste in media varies, many have one thing in common this month: the presidential election.

Like many other SHU students, senior Daniel Abate said that he has little time to focus on movies and TV shows. Although schoolwork is his top priority, he's still found time to keep up with the election, "I feel like I've watched and listened to a lot of political stuff lately due to my interest in the election," said Abate.

SHU students may be caught up in the hustle and bustle of the last leg of the fall semester, but they make it a point to stay informed and, in fact, care a great deal about the future of their country.

According to Nielsen Media Research, on Nov. 5, 42.3 million viewers tuned in to watch coverage of the presidential election, spanning over 18 TV networks.

Whether it is a familiar watch or catching up on current events, SHU students consume media in a variety of ways.



Instagram, @netflix

Scene from episode one of "Monsters: The Lyle and Erik Menendez Story."

Sports

Inside Student Athlete Support Services

BY COLLIN MACLEOD
Co-Assistant Sports Editor

With the commitment of Division 1 athletics, balancing academics, social life and more, student athletes are sometimes in need of extra support. For this reason, Sacred Heart University has its Student Athlete Support Services center located on the second floor of the William H. Pitt Athletic and Convocation Center.

“We offer a variety of services to our student athletes,” said Megan Wessely, Student Athlete Support Services Coordinator. “Our staff offers weekly one-on-one academic meetings, a book-borrowing library, study hall hours, tutors, events and more.”

SHU supports the National Collegiate Athletics Association’s (NCAA) approach to the holistic student athlete model.

“Our department and staff members place emphasis on continuing to foster an atmosphere for academic success and career preparation but embraces all aspects of the holistic model for all student athletes,” said Jack Pinho, Assistant Athletics Director for Student Athlete Support Services.

The NCAA regards the holistic student athlete model as career development programming, academic support and access to mental health support.

Athletics, in conjunction with the Maureen Hamilton Wellness Center, has a designated mental health counselor for student athletes.

“Athletes are strong, but sometimes it’s hard to remain strong in certain scenarios, such as on the field or court,” said Athletics Counselor Elizabeth Lavin. “By utilizing mental health resources of campus, we can help student athletes manage the personal stressors going on in their lives and learn how to compartmentalize it to not affect their performance.”

As a former NCAA athlete, Lavin has an understanding of what students may be going through.

“I try to use my experience of being a former athlete to connect with students and create a comfortable environment to discuss what they might be struggling with,” Lavin said.

To try and create this environment, there is full confidentiality for any student that speaks to her. The first session is an intake session where Lavin explains the importance of counseling and rights the student has.

“I really emphasize confidentiality in this introduction since I do believe being a student

athlete, you are sometimes under a microscope of what you’re doing,” said Lavin. “What is discussed in our session stays in our session, unless I feel there is a risk of the student harming themselves or another person.”

The respective students’ team is held to the same standard, with Lavin always telling her patients that they are allowed to tell their coach they are seeing her, but she’ll never say anything to them, even if the coach asks.

Lavin spoke specifically about time management, which is a common stressor for student athletes.

“I often have conversations with these students on how to best manage their stress around their schedules as well as learn strategies on how to prioritize things in their schedules,” said Lavin. “The topic of ‘choice’ comes into play in these conversations you choose to spend more time studying anatomy over chem, you choose whether to spend free time studying or going to Chipotle, you choose to show up to practice even though you’re exhausted. It’s a tough reality, but the awareness of choice can be powerful when it comes to managing your time.”

Senior Hunter Harris, a member of the Division 1 Track and Field team, deals with the stress of time management that Lavin mentioned.

“For me personally, I know that balancing nursing school, being in a fraternity, and being the captain of a division one team is all very taxing mentally. I feel that most of my teammates at some point have felt the stress of being a student amplified at times from athletics,” said Harris. “However, athletics is truly a gift that can take someone’s mind away from typical stressors and be a perfect outlet to reassess emotions and benefit mentality.”

Harris recommended that everyone seek help whenever necessary.

“Having that extra level of support, especially with some people being far from home, can go a long way for college students,” he said. “Ensuring that you’re getting the help you need can only be beneficial for you, and it’s helped me so much, and I know it’s helped a lot of athletes so much as well.”

Student athletes can schedule an appointment for free by emailing athleticscounseling@sacredheart.edu or by calling 203-371-7955.

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Pioneers Tip Off New Basketball Seasons

BY SEBASTIAN DEGOLIER
Staff Writer

Both Sacred Heart University men’s and women’s basketball opened their inaugural seasons in the Metro Atlantic Athletic Conference (MAAC) this month.

SHU women’s basketball is off to a 1-0 start, with their first win against Hofstra University on Monday, Nov. 4.

“At the end of the day, I know that our team was grateful for the win and how we pulled it out, but we thought we should’ve played better,” said women’s head coach Jessica Mannetti. “It was a fair starting point for us. We have bigger expectations for ourselves, and we want to continue to get better everyday.”

On the contrary, SHU men’s basketball is off to an 0-2 start, with losses to Temple University and University of Connecticut (UConn).

“Those games are experiences with jumping into the deep end of the pool and seeing where we are against UConn, a top team in the country,” said men’s head coach Anthony Latina. “The way you judge yourself on those games is not the result but how are we competing and are we doing the things we want to do?”

Part of the transition to the MAAC is a new level of play and higher competition for the men’s team.

“We’re going to need to be better and that’s the reality of it,” said Latina. “The better teams are better and the bottom teams are better. If you don’t play well in the MAAC, you’re going to lose.”

The women’s team is coming off back to back Northeast Conference (NEC) Championship titles. The team now competes in the MAAC, but expectations haven’t changed.

“We will still hold our team to the same standards as we did when we were in the NEC,” said junior Amelia Wood. “We are still going to be playing Sacred Heart basketball, and we are excited to play in a new conference and for a new challenge.”

With the move to the MAAC, both teams will face cross-town rivals, Fairfield University, two times a season.

“I can’t even begin to tell you how excited our team is about this hometown rivalry. We’re already talking about the game,” said Mannetti. “I think it’s going to create a really special tradition where we can have great fan engagement. It’s going to be a really fun rivalry as we move forward.”

Both teams will play their first game in the newly renovated William H. Pitt Center this month. The women’s team will face Monmouth University on Thursday, Nov. 21 at 5:30 p.m. and the men’s team will face Central Connecticut State University the same day at 8:00 p.m.

“The new arena is a major benefit for our men’s basketball program but it’s great for the whole student population to come and see a game,” said Latina. “We encourage everyone to come on Nov. 21. I think they’ll really enjoy it and they’ll comeback for more. It’s going to be a really fun environment.”



Instagram, @shu_menshoops

Redshirt junior and forward Tanner Thomas driving to the basket against UConn on Wednesday Nov. 6.

Record-Breaking Rowing Season

BY ANDREW DAYTON
Staff Writer

On Saturday, Nov. 2, the Sacred Heart University women’s rowing team finished up their fall season with the annual Heart of the Housatonic.

The regatta took place in Shelton, Conn., where Sacred Heart hosted Fairfield, UConn, Holy Cross, Fordham, Marist, Monmouth and Bryant. For the first time in program history, Sacred Heart swept all of their events during the competition.

“When the results came out, everyone in the boats just started yelling and cheering,” said junior Doria Lukasik-Drescher.

Each boat consisted of either four or eight rowers and a coxswain, who sat facing the opposite direction of the other rowers who had their backs turned to the course.

According to the NCAA website, the coxswain oversees steering the boat around any obstacles, such as the wind or waves, that might affect the boat’s movement.

During the Heart of the Housatonic, the Pioneers had four boats in the Varsity 8, and three of them made the top ten for best times. Sacred Heart’s 1V8 came in first overall with a time of 17:30, 3V8 finished seventh at 18:19, and 2V8 got 10th with 18:30.

Senior Jordan Greene was impressed with the success the rowing team had.

“It takes a lot of skill and determination to do what they are doing,” said Greene. “I really hope they can continue to win.”

In the Varsity 4, the Pioneers had three boats that scored five of the best times. The best time was Sacred Heart’s 1V4, who came in first place at 18:28.

The Pioneers had a set of consecutive finishes with the 2V4 securing fourth at 19:00 and the 5V4 placing fifth at 19:02.

Head Coach Lucas Wilhelm was pleased with the way everyone performed.

“Our freshman class stood out to adapting to the training really well,” said Wilhelm. “Mia Bottone really stood out this fall as a freshman.”

Lukasik-Drescher also credited team captain Mia Purcell for always pulling the team together. “Mia is just a great person in general,” said Lukasik-Drescher. “She is always rooting for us and works her butt off every day.”

Prior to the Heart of the Housatonic, the Pioneers had three other days of rowing and competed in the Head of the Housatonic, Head of the Charles and Head of the Schuylkill.

Sacred Heart’s first race was the Head of the Housatonic, hosted by the New Haven Rowing Club on Sunday, Oct. 13. The competition took place on the Housatonic River in Connecticut.

In the Varsity 4, the Pioneers won a medal for the first time in program history, with a third-place finish of 16:53 by Sacred Heart’s 1V4.

In the Varsity 8, Sacred Heart’s 1V8 had a time of 15:15 and got fifth place. The Pioneers also came in first place in the Novice 8 with a time of 15:49.

On Saturday, Oct. 19, the Pioneers competed in the Head of the Charles in Boston, Mass. In the Club 4, Sacred Heart finished with 19:11 and placed 16th out of 50.

Sacred Heart traveled to Philadelphia, for the Head of the Schuylkill on Saturday, Oct. 26. The Pioneers had five boats racing.

Sacred Heart’s 1V8 got ninth place out of 22 with a time of 13:09 during the Championship 8. For the Club Championship 8, Sacred Heart’s 2V8 got ninth place out of 48 and had a time of 13:35.

Meanwhile, the 3V8 got 17th place at 13:44, and the 4V8 finished in 38th with 14:30. Additionally, Sacred Heart’s Novice 8 got 11th place out of 23, with a time of 14:30, which was the program’s best finish for a novice event.

“We have massive potential for our spring season, which is the one that matters,” said Wilhelm.



Instagram, @rowwithheart

The rowing team posing during media day before the start of their season.

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Change Is How We Grow

BY SARA HASENEY
Assistant Features Editor

Change is all around us. Watching the red lights turn green, leaves slowly falling to the ground, or even trying out a new Starbucks order, change happens in our lives every single day. It's often scary and overwhelming, but without it, we do not grow.

Over the course of my time so far at college, I have never experienced so many changes as I have in these past two years. It is hard to understand why things happen, but over time, we realize that we would not be the person we are today if life did not send us adversities.

Coming to Sacred Heart, I enrolled as an Interdisciplinary Studies major on the five year track to become an elementary educator. As I write this, I laugh to myself imagining a world where I'm in charge of 30 kids at a time, let alone be responsible for actually educating them. As you would've guessed, my time as an Interdisciplinary Studies major was not long lived.

I never actually wanted to be a teacher, but the comfort of having a plan that is set in stone made me think it was for me. Already having the exact career laid out in front of me made me think that teaching was what I was meant to do. It takes a special and passionate type of person to become an educator, and unfortunately, I am just not one of those people.

At the end of my freshmen year, I decided to take a leap of faith and switch my major to Strategic Communications, Public Relations and Advertising. When my friends and family would ask me what this program entailed, or what I wanted to do with my degree, I never had an answer. It just felt right.

Going into my sophomore year starting a new course plan made me terrified. Did I make the right decision? What if I hate it and have to switch into something else? Would it be too late? Questions amongst questions filled my head before the semester even began.

While navigating these questions about my new journey, the semester started. My first class that week was Intro to Media Production with Professor Golda. As he began explaining what the course would entail, I felt myself being able to actually breathe. Learning skills in photography, podcasting, video editing, amongst other things, I understood that I had made the right decision. I never felt such excitement in a classroom before. The feeling of realizing I will be taking classes to learn things I have been passionate about my whole life will stay with me forever.

As the weeks went on, I quickly began recognizing that I am learning, both academically and about myself as an individual. Seeing my projects surpass my own expectations allowed me to feel at peace with the leap of faith I had taken.

As I sit here as a junior, I could not be more happy with the decision that I made a year and a half ago. Learning to produce news stories, how to write for newspapers, and even how to produce a full podcast by myself are things I always dreamed of doing, but never thought I would. The gut feeling I had as a freshmen ended up being the reason for why I am so passionate about my studies today.

Although I still do not have a clear idea with what exactly I'll be doing post graduation, I know that I won't be in a classroom wondering why I didn't follow my heart. My message to anyone reading this who has anything that they want to accomplish but seems too unrealistic, go for it. It is easier to regret the things you've done than the things you never pursued.

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.

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Sara Haseney, Assistant Features Editor

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