

CHECK OUT SOME OF THE FIRST 50 DAYS EVENTS!

THURSDAY 9/15:
CUDDLES & COOKIES AT THE STUDENT SUCCESS CENTER
4PM

FRIDAY 9/16:
ALL AGES TRIVIA NIGHT AT RED'S
6PM

SATURDAY 9/17:
CORNHOLE TOURNAMENT AT 63'S LAWN
10AM

SUNDAY 9/18:
SUNDAY BRUNCH WITH CAMPUS MINISTRY AT 63'S
12:15PM

MONDAY 9/19:
SPORTS MEDIA/ MANAGEMENT GAME NIGHT AT THE MARTIRE FORUM
7PM

WEDNESDAY 9/21:
THE SPECTRUM MEET THE EDITORS EVENT AT 63's PATIO
3PM

UPCOMING GAMES!

THURSDAY 9/15:
WOMEN'S SOCCER @ STONEHILL COLLEGE AT 3PM (necfrontrow.com)

SATURDAY 9/17:
WOMEN'S RUGBY VS. DARTMOUTH COLLEGE AT 11AM (Campus Field)

SATURDAY 9/17:
FOOTBALL @ MORGAN STATE UNIV. AT 12PM (ESPN+)

SUNDAY 9/18:
WOMEN'S FIELD HOCKEY VS. LEHIGH UNIV. AT 1PM (necfrontrow.com)

SUNDAY 9/18:
WOMEN'S SOCCER @ LIU BROOKLYN AT 1PM (necfrontrow.com)

Brief Relief for Student Debt

BY VALENTINA MASSONI
News Editor

On Aug. 24 President Joe Biden announced a new student loan relief plan, effective through Dec. 31. A maximum of \$20,000 will be forgiven from the debt owed by certain individuals, if eligible.

“I think it’s a great step in the right direction,” said senior Julia Hardesty. “However, I anticipate many students may not get the assistance they need due to not fitting the criteria for forgiveness.”

The cumulative federal student loan debt is \$1.6 trillion and continues to increase, according to a fact sheet published by the White House.

“The Biden Administration is following through and providing families breathing room as they prepare to start re-paying loans after the economic crisis brought on by the pandemic,” the White House said in a statement.

This plan was put into place as an attempt to help families financially, primarily due to the lasting economic changes that the Covid-19 pandemic has caused.

“The richest have pulled further ahead. Work-from-home advantages skew to educated professionals,” stated an article from Bloomberg. “Low-income workers are winning pay raises in a tight labor market—but inflation is eating away at their gains.”

The student loan forgiveness plan is organized into 3 parts. The first is the continuation of the pause of loan repayment. All loan debt has been paused with a 0% interest rate since this policy began in March 2020.

Individuals with annual incomes of less than \$125,000 and households with less than \$250,000 are eligible to have their loans compensated for.

Any Federal Pell Grant recipient who fits these qualifications and has yet to fully pay off their student loans can have \$20,000 subtracted from their debt.

The relief also applies to those who did not receive a Pell Grant, but only with a maximum of \$10,000 removed. This is considered the second part of the Biden-Harris administration’s proposed course of action.

“Theoretically, this will allow individuals with less debt to have greater ability to buy a new home, a new car and to be a more active consumer,” said Dr. Gary Rose, Chairman of the Department of Government.

The third step of the plan is to make the student loan system more manageable for current and future borrowers, according to the Federal Student Aid (FSA) website.

Up to 3 million borrowers will be relieved, including a complete remaining balance being deducted for approximately 20 million, the White House fact sheet stated.

“I believe President Biden has exceeded his constitutional



AP News

President Joe Biden speaks about student loan debt forgiveness in the Roosevelt Room of the White House, Aug. 24, 2022, in Washington. Education Secretary Miguel Cardona listens at right.

authority,” Rose said. “There is nothing in the Constitution which gives the president unilateral power to cancel student loans issued by the Department of Education.”

The Higher Education Relief Opportunities for Students Act of 2003 (HEROES) “authorizes the Secretary of Education to waive or modify any requirement applicable to the student financial assistance programs as deemed necessary with respect to an affected individual who suffered direct economic hardship as a direct result of a military operation or national emergency.”

The Biden-Harris administration cited the HEROES act as means of explanation for the legality behind the loan relief plan.

“Student debt relief does not mean the money that was owed has magically disappeared,” said Rose. “It will be the middle class to pay the tab, as the middle class always does.”



NEWSPAPER RACK LOCATIONS

Hawley Lounge (next to stairs)	Martire (first floor by the main stair-case)
Student Life (across from office between doors)	Spectrum Office (in the SCMA Wing)
Library (inside front doors)	Curtis Hall (inside the front doors)
West Campus (West Building) (first floor lobby)	Linda's (first floor)
West Campus (East Building) (outside East Cafe)	Pitt Center (inside front doors)
Thea's Abbey (lobby)	SC Wing (first floor near 63's and Edg-erton)
Melady Hall (inside front doors)	NC Wing (first floor near couches)

Welcome Class of 2026!



Scan to visit our website!

shuspectrum.com

We're on social media:
@shuspectrum for
Instagram, TikTok, and
Twitter!

New Brothers on the Block

BY ALEXANDRA BOTTO
Assistant News Editor

Sacred Heart University has further expanded their fraternity and sorority life program with the addition of the Sigma Chi fraternity this fall. Founded in 1855 at the Miami University in Oxford, Ohio, Sigma Chi has become the sixth fraternity at SHU.

Junior Jack Kirkwood will serve on the Executive Board as the chapter’s President.

“Starting this chapter has always been a thought since my friend group is already so large,” said Kirkwood. “Everyone was on board, so I brought the idea to both the Sigma Chi headquarters and Sacred Heart’s Interfraternity Council (IFC) to see how to go about it and now here we are.”

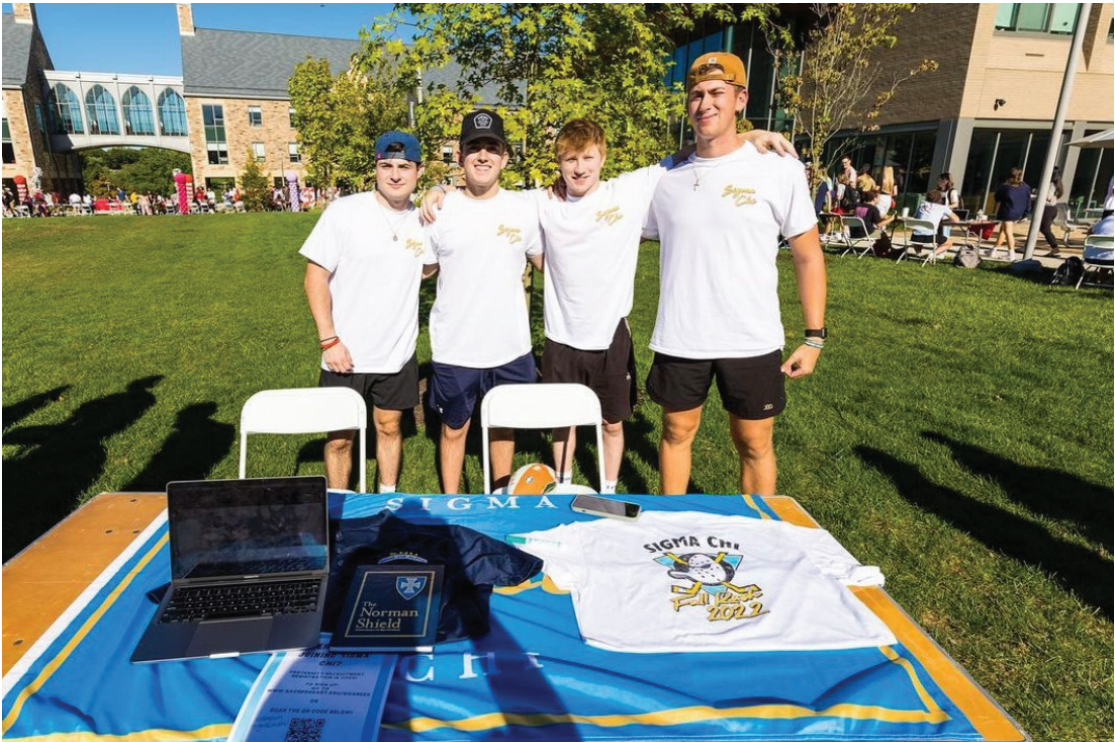
The chapter has 18 founding members so far and they will be participating in their first recruitment this semester. Everyone who joins between fall 2022 and the official chapter installment on campus will be considered a founding member since they will be part of the first pledge class to be initiated at SHU.

“Being a part of this has given me a lot of real-world experience because I have been able to start building something from the ground up,” said Kirkwood.

There are 235 active undergraduate Sigma Chi chapters in the United States and Canada. There are now five in Connecticut alone with the addition of SHU, including the University of Connecticut, Western Connecticut State University, University of New Haven and Yale University.

“For this year and going forward, we want to become a group that represents both Sigma Chi and SHU to the best of our ability,” said Kirkwood. “We want to be able to make a positive difference in our community while still evolving as individuals.”

Senior Gage Derrenbacher, the IFC Vice President of



Brothers of Sigma Chi, from left to right, Charlie Kaberry, Matt Guay, Jack Kirkwood, and Jack Farrow, attended the Just SHU It fair on campus to promote the new Fraternity.

Instagram, @sigmachishu

Recruitment, shared the council’s role with starting this new chapter.

“We formed an Expansion Committee that had representation from the five chapters at the time,” said Derrenbacher. “We all collectively decided that Sigma Chi’s values aligned with the IFC, other chapters and the university as a whole.”

Junior Jack Farrow will also be serving on the Executive Board as the chapter’s Vice President.

“Our biggest goal for this chapter is to win the J. Dwight Peterson Significant Chapter Award,” said Farrow. “This is the highest honor in the fraternity, and it recognizes the best chapters for the year nationwide.”

Sigma Chi’s mission is to shape leaders committed to the improvement of character, campus, and community. The elements of friendship, justice and learning were

the basic principles the founders used as the foundation of the organization.

“It is super exciting being a founding member of Sigma Chi at SHU, but it is also going to come with a lot of responsibility,” said Farrow. “I know that all of the other founding members are up to the challenge and can’t wait for this process to begin.”

The badge of Sigma Chi is a white cross to symbolize the Christian faith of the founders. This is similar to the white cross that the Sacred Heart crest has in its shield to celebrate their Catholic intellectual traditions.

“We researched many different chapters, but Sigma Chi’s values and philanthropy definitely stood out to us, which is why we ultimately decided to pursue them,” said Farrow.

According to the University of Utah Huntsman Cancer Institute, Sigma Chi has partnered with the Huntsman Cancer Foundation for

their philanthropy since 2005. In June 2019, they pledged \$20 million to women’s cancer research and treatment at the institute.

“I am most looking forward to watching this chapter grow during its time on campus,” said Farrow. “I’m excited to come back to SHU after I graduate to see the progression it has made and hopefully all the success it has had.”

Sigma Chi will be hosting a Court Night at the Bobby Valentine Health and Recreation Center basketball courts. The brotherhood event will take place on Monday, Sept. 19, from 5 p.m. to 9 p.m. They will also post updates on their Instagram @sigmachishu.

A World Mourns Queen Elizabeth II

BY ASSOCIATED PRESS NEWS

The death of Queen Elizabeth II, whose rule saw Britain through decades of change, was seen and felt around the world.

From flowers covering the gates of Buckingham Palace in London, to images of Elizabeth towering over New York’s Times Square to the Christ the Redeemer statue glowing in the colors of Britain’s flag in Rio De Janeiro, the world mourned.

In Sydney, a man paused kneeling over flowers outside the Government House. In Washington on Capitol Hill, an American flag flies at half-staff over the U.S. Capitol, and in Kenya, images of the monarch flooded newspaper front pages on Friday morning.

Elizabeth had been on the throne since 1952 when the nation was still rebuilding after the destruction of World War II. She became a global icon of calmness and fortitude through years of political upheaval and social changes, both at home and abroad.

Her 73-year-old son Prince Charles automatically became king and will be known as King Charles III, it was announced. British monarchs can select any of their given names upon taking the throne. Charles’ second wife, Camilla, will be known as the Queen Consort.

The U.K. is in a period of national mourning until a day after the Queen’s funeral.



AP Newsroom

Messages, flowers and candles are seen at the gates of Buckingham Palace in London, Friday, Sept. 9, 2022.



AP Newsroom

Security guards move condolence flowers to another position outside the British Embassy



AP Newsroom

A photo of Britain’s longest-serving monarch Queen Elizabeth II is displayed on the

Perspectives

Panic! At the Parking Lot

BY JILLIAN REIS
Perspectives Editor

For senior Jessica Fontaine coming back to campus means seeing her close friends and walking around the beautiful campus. Unfortunately for her and many students it also means a return to parking on campus.

“Parking has been stressful,” said Fontaine. “I usually have to leave my house thirty minutes before my class starts and I only live five minutes away from campus. Even when I leave early, I often drive around campus for what seems like an eternity before I find a spot.”

Currently, students can apply for a residential parking pass that will allow them to park in residential lots or in the student overflow lot by the Trumbull Mall.

If a student is not a resident they can apply for a commuter pass that would let them park in the Main Campus lot and garage, the Martire lot, the West Campus garage, and the Center for Healthcare Education in addition to other locations off campus.

For some students on campus, paying for a parking decal doesn’t make sense.

“It’s hard to find parking,” said freshman Gabriella Valotto. “You need a parking pass to even park anywhere on campus which is money along with tuition we already pay.”

Sophomore Ethan Stieir expressed his frustration with many students who avoid paying for a parking pass.

“People pay \$0 and illegally park and take spots from those that pay,” said Stieir. “Then you have to park illegally and get a ticket to your student account.”

Some students on campus have resorted to parking illegally to make it to class on time.

“No spots for commuters leads to people parking illegally all over and blocking roadways and fire lanes just to make it to class,” said junior Jackie Lage. “The students shouldn’t have to be there a half hour before class and sometimes still not find parking.”



Student’s struggle to find a parking spot on campus before class.

Jillian Reis, Perspectives Editor

Many students anticipate the difficulty of finding a parking spot by heading to campus early, but not every student has that luxury.



Jillian Reis, Perspectives Editor

Public Safety patrols to prevent cars from parking without passes or illegally.

“I only have 15 minutes to get from my west campus class to the Pitt center,” said senior

Trevor Middleton. “With the very limited availability, I end up late to practice due to the fact that I am driving around in circles just waiting for someone to leave.”

Another big issue for students has been the closure of the Thea Bowman Hall parking lot which is making way for two new dorms.

“My window views the spaces outside of Theresa and every day I see cars lined up along the softball field because there are no spaces,” said Sophomore Alexis Detuzzi. “Last year it was pretty bad, but I think this year with them removing the parking lot in the upper quad plus accepting more students/commuters, all around it’s a fight for parking.”

As of now, there are plans for a new parking lot outside of the new dorms being built that will have 219 parking spots as well as a parking lot to be paired with the new hockey arena that will hold 759 spaces.

Looser Restrictions, Bigger Opportunities

BY JORDAN GREENE
Assistant Perspectives Editor

With the Fall 2022 semester underway, Sacred Heart University is experiencing changes this fall semester, while still practicing safety protocols. With the help of precautions the Pioneer community created for a safe environment since the beginning of the pandemic, the student body is now able to go about their daily lives without any pressure from Covid-19.

Throughout the last couple of years, the virus has affected many in a negative fashion, limiting their freedom and creating a “new normal.”

Some upperclassmen, like senior Prithika Satish, recall what it was like going through that difficult point in time.

“Thinking back to the past years of my college experience, it hasn’t been the best four years,” said Satish. “While this is the case, though, I now understand after continuously maturing that things happen for a reason. I’m glad things are back now.”

Graduate student Tara Brody also appreciates regulations becoming more lenient.

“It puts a smile on my face that we all finally have a good environment without any stress for personal lives,” said Brody. “I felt like this past year taught all of us how to face situations through adversity. Hopefully we can all have a touch of happiness in the future.”

For the class of 2026, this can be a chance to start off their careers on a strong note after experiencing the pandemic throughout high school.

“High school for me was mainly hybrid, with last names starting with a certain letter in the alphabet going to school on certain days while others did remote learning,” said freshman Ava Srinivasan. “It feels good to go to school consistently and not wear masks.”

For the freshman class, many students are entering a new community with new protocols.

Freshman Brooke Deweese talked about what it feels like to be in a new setting with new privileges.

“Being back to normal in a new environment now in a new stage in my life feels a little weird,” Deweese said. “But at the same time, I would rather have these experiences

than to go through everything again in terms of these past years with the virus.”

Sophomores Rafael Mahario and Joseph Marrone are looking to excel to new heights now with more opportunities to communicate with others.

“It’s great that we are now seeing what ‘normal’ looks like again,” said Mahario. “Having no regulations gives us students one less thing to worry about.”

Marrone agrees with Mahario that this school year will bring more opportunity and less obstacles than previous semesters in their college careers.

“Personally, I feel like I am doing better than last year already,” said Marrone. “With our community being a safe environment, I’m happy to be back.”



Sacred Heart Website

Students gather in the Welch Experience space at West Campus.

Features

“Just SHU It” Fair Continues 20-Year Tradition

BY ISABELLA COSTANZA
Staff Writer

Going on year 20, Sacred Heart University kicked off the 2022 school year with the “Just SHU It” fair. With the help of the Student Engagement and Involvement Office, the fair was hosted on Sept. 1 in the quad at Pioneer Village.

The “Just SHU It” fair invites students to get involved on campus and meet fellow classmates that share similar interests and passions.

“The fair hosted all undergraduate clubs and organizations from all eight club categories, as well as social and academic fraternities and sororities, campus resource offices, and student programs such as Performing Arts and Club Sports and Recreation,” said Alexander Barkley, Director of Student Engagement and Involvement.

With over 100 tables at the fair, students had multiple opportunities to “Just SHU It.”

“Being involved on campus is an important and wonderful part of the college experience and we want to make it as easy as possible,” said Barkley.

Although this fair is a tradition, the “Just SHU It” fair is always evolving.

“The fair this year was different as we looked more holistically at student involvement, and expanded the number of clubs/organizations present,” said Barkley. “We also changed locations and grouped all groups together by categories with colors to make it easier to find particular types.”

Aside from these changes, there were also new technological features added to the fair. “Students were able to use and see SHU Engage, which is a new online platform

designed to make it easier for students to become involved with clubs/organizations,” said Barkley. “Students were able to sign up directly for clubs and organizations on the spot and can continue to do so as they please.”

Senior Hannah Alexanian, President of the Exercise Science Club and Vice President of the Pre-Physical Therapy Club, found the fair to be beneficial for student involvement and networking.

“The fair creates more of a memorable connection between the club’s e-board and potential new club members,” said Alexanian. “As an officer of two academic clubs, this more personal connection formed by a face-to-face conversation is comforting and helps provide potential resources for tutors, Classroom Learning Assistants (CLAs), and recommendations.”

Freshmen are required to attend the fair by their First Year Experience class instructors.

“The ‘Just SHU It’ fair allowed me to see what kind of options in terms of clubs Sacred Heart offered,” said freshman Ava Russo. “I did sign up for a few clubs, but there were a few empty tables where a club was supposed to be, which disappointed me because one of them was actually a club I was interested in.”

Aside from attending the fair, Russo mentioned her own ways to expand the fair for upcoming years.

“I think something that they could do for next year is have a table set up with information to start our own club in case we want to introduce something that is not there already,” said Russo.

For those in the SHU community who were unable to attend the fair but are still interested in getting involved on campus, visit SHU Engage at shuengage.sacredheart.edu.



The Just SHU It fair provides students with an opportunity to join a diverse group of clubs and organizations on campus.

Instagram, @shu.involvement

New Grub on Campus

BY CIARA MOONEY
Staff Writer



Pio's Kitchen offers convenience and a variety of choices to students on West Campus.

Instagram, @shudining

Looking to try something new?

With the hustle and bustle of a new school year, finding a place to eat that fits into your schedule and your dietary needs can be hard.

Sacred Heart University has opened Pio's Kitchen, a new dining hall located at West Campus. This site provides a convenient new spot to grab a quick meal in between classes.

Pio's Kitchen offers a wide variety of food, including pasta, burgers, salad, deli and more. The name of the stations includes Back Bar Grill, Chef's Table, Chop'd & Wrap'd, Soup, and Beverages. There is even a station to customize



Dr. Petillo made sure to check out Pio's Kitchen during the grand opening.

Instagram, @shudining

coffee drinks.

Resident District Manager Mark Tammone said, “The menu designed by David Garcia, our Campus Executive Chef, features the Back Bar Grill with our number-one seller, the Mediterranean Smashed turkey burger, Chop'd & Wrap'd deli, a salad bar with over 35 toppings, and Chef's Table, a cooked-to-order culinary destination that will rotate every two weeks. There are also Grab-and-Go items and house-made refreshers.”

Along with the new dining experience, cashierless kiosks have been introduced. “Over the next few months, you will see the same kiosks installed at Linda's and Theas Abbey” said Tammone.

Pio's Kitchen had its grand opening on Sept. 6, which included food, raffles and giveaways. Samples of the food that was going to be part of their menu were served at the event including salads, burgers and ice cream sandwiches.

“We served nearly 500 guests in a three-hour period, and it was wildly successful,” said Tammone. “The café was decorated, and we handed out flavored popcorn with coupons attached that can be used at all dining locations on campus.”

For more information about dining hall hours or menus visit dineoncampus.com/SHU



SHU student's visit West Campus to try out the new dining hall Pio's Kitchen.

Instagram, @shudining

Spotlight



The Safe Space of Spectrum

BY JILL AMARI AND KAILEY BLOUNT
Co-Editors of Audrey's Corner

Audrey's Corner is a space of kindness and positivity that was established in 2018 in honor of junior Audrey Niblo. She was a friendly and optimistic influence in her personal and student life.

One of the goals of Audrey's Corner is to emulate the values she followed in life. However, Audrey was also bullied for part of her life and was very open about her struggles.

Audrey's Corner aims to provide a safe space for students, faculty and staff to express their thoughts on topics which relate to Audrey's values, struggles and triumphs. We welcome creative pieces, such as stories, poems, photography and art, as well as interviews and journalistic articles from anyone in the Sacred Heart University community.

In honor of Audrey's memory, we have provided a list of free, on-campus resources for students. If you or someone you know is looking for support, whether that be academic or emotional, please know that you are not alone, and feel free to take a look at the information below.

Counseling Center:

The Counseling Center offers free and confidential services on a short-term, bi-weekly basis. They also offer group therapy.

To reach the Counseling Center, call 203-371-7955 or visit their website at <https://www.sacredheart.edu/offices-departments-directory/counseling-center/>. To make an appointment, call their office manager at the number above, and they will help you set one up. They provide same day counseling.

Counseling Center hours are 9 a.m. to 5 p.m. on weekdays. Please be aware the Counseling Center has a new location at the Maureen Hamilton Wellness Center, 4980 Park Ave.

In case of an emergency or after hours, contact Public Safety at 203-371-7911. For non-emergencies, please call Public Safety at 203-371-7995.

s.w.e.e.t. Peer Educators:

s.w.e.e.t. Peer Educators are Sacred Heart students who promote the

health and well-being of their peers. They host events like therapy dog days ("Canine Help SHU?") and are in charge of the Stall St. Journals in various restrooms around campus.

To get in touch with s.w.e.e.t., please visit their page on SHU's website: <https://www.sacredheart.edu/offices-departments-directory/counseling-center/sweet-peer-educators/>.

JLC:

The Jandrisevits Learning Center (JLC) offers free learning support services and peer tutoring to students of all majors and is located just across the street from Sacred Heart's main campus.

To contact the Learning Center or to learn more, take a look at their website page: <https://www.sacredheart.edu/offices--departments-directory/center-for-teaching--learning/jandrisevits-learning-center/>.



Meet The Editors

ALL ARE WELCOME TO ATTEND OUR FIRST 50 DAYS
EVENT NEXT WEEK!

**Get to know the editors of the Spectrum newspaper*

**Learn about our paper and how to become a contributing writer*

**Apple cider and desserts will be served!*

WEDNESDAY, SEPTEMBER 21ST 63'S LAWN

Arts & Entertainment

English Club’s Open Mic Night

BY EDIJE FRANGU
Arts & Entertainment Editor

You walk into the Sacred Heart University’s Martire Forum and see a floor covered in balloons, a table full of snacks and many smiling faces. You’re at English Club’s Open Mic Night.

On Thursday, Sept. 7, the English Club at SHU hosted its first Open Mic Night of the year, during which students came together to listen and engage in each other’s performances.

Kailey Blount, one of the editors of Audrey’s Corner, is president of the English Club and is often the one who announces the events.

“I like that the English Club Open Mic Nights bring like-minded people together and allows them to express themselves in a safe space where they can unapologetically be themselves,” said senior Jessica Fontaine, who has been performing at the events for the past two years.

Writing wasn’t the only component as many students played instruments and some even sang renditions of songs.

“Last year, I sang a couple of Taylor Swift songs and played ukulele to them,” said Fontaine. “I picked them because I love singing and expressing myself through music.”



Instagram, @shuenglishclub

The English Club hosted the first Open Mic Night of the Semester on September 8th, 2022.

Senior Ben Carson chose to play his guitar and sing “Hallelujah.” He also sang an original song entitled “Hope You’re Happy” written in collaboration with senior Jill Amari, Head Copy Editor and the second editor of Audrey’s Corner.

“What I really like about the English Club’s Open Mic Nights is the inclusive environment,” said graduate student Courtney Blount. “Everyone is able to share their creativity and be heard.”

The English Club regularly hosts events, which include performance pieces from members of the community who volunteer. Anybody is welcome to attend these events and perform, regardless of if they are a member of the English Club.

“The Open Mic Nights better the SHU community because they allow anyone to join and share a talent if they want to and we all support them,” said Fontaine.

The English Club works to create an environment where voices of the community can be heard and shared. The Open Mic Night event was one of many lined up for the First 50 Days event series.

According to the Sacred Heart website, “The First 50 Days event series includes campus-wide programs aimed to make you feel at home.”

Freshman Brianna Rossback mentioned that the First 50 Days has been a highlight of her first fall semester as a college student.

“I really enjoyed the involvement fair because I had the opportunity to meet so many different people and I was able to learn about everything our campus has to offer,” said Rossback.

There are an array of distinct events and programs that are happening each day so that students can get an idea of all the different aspects of the Sacred Heart community.

For more information on upcoming 50 First Day events and schedule, visit www.sacredheart.edu/50.

Pod Meets World

BY STEPH PATELLA
Arts & Entertainment Assistant Editor

Rewatch podcasts enable fans to experience their favorite shows in a brand-new way. With cast members as the hosts and a variety of behind-the-scenes scoops and loads of nostalgia, these podcasts are bringing new life to fan-favorite television shows in a creative format.

“Pod Meets World” is just one example of this.

“Pod Meets World” is a rewatch podcast that takes a closer look into each episode of the hit 90s coming-of-age sitcom “Boy Meets World.” Former cast members Danielle Fishel, Rider Strong and Will Friedle host the show, taking listeners through each episode in chronological order. The first episode of the podcast was released on June 27, and a new episode is available every Monday on all music streaming platforms.

“None of us have seen an episode since it aired back in the 90s, so we will be witnessing our middle-part haircuts, hooded T-shirts and teenage overacting for basically the first time right along with you,” said co-host Strong in the “Pod Meets World” trailer.

Originally premiered on ABC in September 1993, “Boy Meets World” focused on the life of Cory Matthews, an average student who learns the ropes of various relationships and situations from grade school through adulthood. Matthews faces many real-life scenarios in which he must navigate harsh truths about the world.

The show ran for a total of seven seasons leading to its finale in 2000. Boy Meets World fans are still able to rewatch the show as it is available for streaming on Disney Plus.

“I watched reruns growing up but watched it in full my freshman year,” said junior Kayla Goncalves. “It’s a very nostalgic show, and I know it to be a comfort show to many of my friends.”

In addition to rewatching episodes of “Boy Meets World,” the podcast hosts invite cast members from the show to share their secrets and stories with listeners.

“The most fun days on set were when a few of us got the giggles so bad that we would have to shoot the scene and as soon as they yelled ‘cut’ we all ran away and started laughing even harder,” said William “Rusty” Russ on “Pod Meets World.”

When the podcast was first announced, many fans noticed that Ben Savage, who played Cory Matthews on the show, was not associated with the launch. According to an interview with US Weekly, Fishel shared an explanation on Savage’s absence.

“We have been talking about this podcast since 2019. All four of us went back and forth on how to do it. By the end of the conversation, he said, ‘I just don’t think this is for

me,’” said Fishel.

While Savage may not be a host, the trio welcomes him to join them in the future.

“If Ben wants to come on, we have an open-door policy. If he ever changes his mind, we told him to let us know and we will be happy to invite him on,” said Fishel in an interview with Entertainment Tonight.

“Pod Meets World” is not the only rewatch podcast



Instagram, @podmeetsworldshow

The original cover for “Pod Meets World” starring Rider Strong, Danielle Fishel, and Will Friedle.



Instagram, @podmeetsworldshow

“Pod Meets World” hosts Rider Strong, Danielle Fishel, and Will Friedle

hosted by former cast members of their show. This format has been replicated for fan bases of many different sitcoms and dramas.

According to People Magazine, “Cast members of TV shows like ‘The Office,’ ‘One Tree Hill’ and more are hopping on the rewatch podcast trend, taking listeners through their experiences filming some of the most beloved shows in recent TV history — and bringing some familiar faces along for the ride.”

Rewatch podcasts like “Pod Meets World” are becoming popular as they have delighted fans in giving their favorite shows a brand-new life.

“I think many people find it exciting when an old cast reunites and still have strong relationships,” said Goncalves. “You get another perception of a show you loved with the actors you love.”

Pioneers Maul the Tigers, 53-21

BY **BRYAN SMITH**
Sports Editor

The Sacred Heart University women’s rugby team is off to a winning start in 2022 after defeating the Princeton Tigers 53-21 on Saturday, Sept. 3.

Sophomore Alyssa Cunningham had two tries and went 7-8 in kicks, and senior Emily Egan added another try as the Pioneers transitioned seamlessly from preseason to regular season in what was both their season and home opening game.

“What I can say is--what we did in preseason showed in the game on Saturday,” said Head Coach Michelle Reed. “I feel like this year [the players] are coming in much more motivated and playing with intention, and you can see that both offensively and defensively with the speed they played at.”

For Cunningham, her performance was par for the course, as she was just a freshman



Contributed by sacredheartpionners.com

The 2021-2022 Women's Rugby team helped to build the strong group of women to beat Quinnipiac

when she led the Pioneers in tries and conversions in 2021.

“I’d say my success is definitely because of the coaches and my teammates,” Cunningham said. “It’s them pushing me to another level and the coaches constantly pushing me to try things that I haven’t tried in the past on the field that has led to my success.”

Coach Reed said that they recruited Cunningham for about two years as they attempted to bring her skillset to the Park Ave. Field.

“Aly is very transparent, she asks questions, and she’s prepared,” Reed said. “As a person she just is someone that leads not only with rugby IQ but the way she approaches people.”

In her fourth season as a Pioneer, Senior Emily Egan and other upperclassmen are part of a group of players on the team tasked with showing the ropes to the nine first-year players that Sacred Heart has welcomed in this season.

“We want to welcome them as much as possible and try and make their transition from high school to college as easy as possible because we know it can be difficult for some of them,” Egan said. “We count on them on the field so I want them to be able to realize that they can lean on upperclassmen as well.”

A walk-on as a freshman, Egan knows what it takes both mentally and physically to become a good college player.

“What Egan has done in the last three years is she has learned a new sport with desire and passion, and then honed in on what she’s good at,” Reed said.

Sacred Heart played to a 24-24 draw in Providence, R.I., against Brown University on Saturday, Sept. 10, and return home to the Park Ave. Field on Saturday, Sept. 17, where they will face off against Dartmouth College.

“I want people to come out and watch games and experience what rugby is,” Cunningham said. “It’s different than a lot of sports you’re used to, and it’s something you don’t get with a lot of different sports, so I definitely encourage people to come out and watch!”

Sacred Heart Athletics contributed to this article.

Men’s Soccer Kicks Off Season

BY **JENNA LETIZIA**
Assistant Sports Editor

The Sacred Heart University men’s soccer team kicked off their season with some new additions this fall as they look forward to a successful season.

Following the resignation of longtime Head Coach Joe Barroso on Jan. 21, Anthony Anzevui was announced as the interim head coach of the men’s soccer team. The former Sacred Heart standout has been coaching with the program since 2014.

“With my transition into the new role, a key area we wanted to address was having high standards and hard work every day,” said Anzevui. “We made positive steps as a group in the spring and the returning players have passed that along to our incoming guys this fall.”

Shortly after his successful playing career for the Pioneers, Anzevui went on to play professionally with the Western Massachusetts Pioneers in the United Soccer League (USL). He later went on to play with three more teams in Switzerland and England.

A new coach means adjusting to a new coaching style, but fortunately many of the returning players were able to adapt to their new coach’s style last spring and are helping their incoming class have a smooth transition.

“Having a little taste of his coaching style last spring has given us returners a bit of an advantage,” said senior midfielder Rob Taylor IV. “The new players and returners have been able to mesh well and play to each other’s strengths on the field.”

Along with a new head coach, the Park Ave. Field received upgrades this summer with the addition of new lights. These lights have allowed for home games to be played at night rather than only during the day.

“The new lights on the field have definitely brought a better feeling to the team,” said Taylor. “We are able to have the environment of a prime-time game under the lights, bringing good feelings to the game before and after.”

After losing their first two games to Siena College and the University of Massachusetts, Sacred Heart picked up consecutive 2-0 victories over the College of the Holy Cross and the University of Hartford. The Pioneers were led by senior goalkeeper Justin Siegel.

“I really was only thinking about the future in those last final minutes,” said Siegel. “This is just the beginning of something great, and I could only think about the success these boys will have not only for this year but for years to come.”

Taylor solidified the Pioneers’ victory over Holy Cross with a breakaway goal in the 78th minute.

“I just followed my instincts to make the run through in hopes of getting the ball back and the rest was history,” said Taylor. “Celebrating with my teammates and the fans was a moment to remember.”

The Pioneers were shut out by Army West Point on Sept. 10, despite amassing five shots on goal, compared to Army’s two.

Sacred Heart finishes out their non-conference play against Quinnipiac University on Sept. 14 and New Jersey Institute of Technology on Sept. 20. They open up conference play against Fairleigh Dickinson University at home on Sept. 25.

“We want to compete in every game and build a program that our alumni and the university can be proud of,” said Anzevui. “We know results have to be earned and that is the investment of everyone in the program and the players.”

Sacred Heart Athletics contributed to this article.



Contributed by sacredheartpionners.com

Senior Goal Keeper Justin Siegel is excited for the future of the Men's Soccer program.



Contributed by sacredheartpionners.com

Rob Taylor brought home the win with a breakaway goal against Holy Cross.

Editorial

Oliver Roux Has a Keen Eye for Fresh Young Fashion

ELIZABETH COYNE
CONTRIBUTING WRITER

With a laser focus on fashion, Olivier Roux knows a thing or two on what makes a brand worth sticking around for.

After graduating school, Roux spent almost three years at Christian Dior in the menswear department before moving to go to Francesco Smalto as Director of Licensing and Development. From there, he worked for everyday-fashion retailer Morgan, before stepping away to focus on young-brand consulting and teaching.

Roux revealed that during his time advising, he saw a lot of brands forgetting that there is more to fashion than beautiful clothing. In order to have a successful business model, you need to remember that your customer has to buy the product before they can even wear it.

“Some young brands have trouble in understanding that there’s a difference between a collection they find nice and anyone would find nice, and a collection that will achieve a turnover,” said Roux. “It’s quite different. To make a turnover, your products have to be attractive, but sellable. To be beautiful, your collections have to be just beautiful. So they hardly understand that they should make a collection that includes both style and sellable things.”

There is often a cultural divide between the United States and Europe’s take on fashion and who does it better. Roux’s take is each country’s fashion is perfectly tailored (no pun intended) for their specific market.

“To me, Europe and the U.S. are quite different. The way they consider fashion is not the same because the attitude is not the same,” said Roux. “We are very different. I feel it when I go to the U.S. and I guess American people feel it when they come to Europe. So, I would say American people are definitely the best for the American market and European people are the best for the European market. We consider brands and collections in a very different way.”

Roux teaches students going to school for business or fashion, more specifically students getting a degree in luxury management or brand management. According to him, these cultural differences don’t stop in the classroom.

Where does the biggest difference occur? The act of criticism seems to be a foreign concept to some young American students. While many from the U.S. appreciate the technique of “oohing” and “ahhing” over beautiful work, those from France tend to skip the compliments and drive straight into what needs to be changed.

“We value what is not good because this is what should be changed. If it’s good. It’s good. No need to spend hours on saying it’s good,” said Roux. “We prefer focusing on what should be improved. And for that you’ve got to be critical. And you’ve got to speak very frankly. So it’s not always nice to hear. But you’ve got to hear it once so

that the next time you will not make the mistake again.”

Moving onto the topic of fashion journalism, Roux expressed his distaste for a common criticism against all iterations of Vogue, that their reporting revolves around celebrity scandals which have little to no connection to the business of fashion.

“I think Vogue knows perfectly what they are.... I’m not expecting business from Vogue, from Vogue I’m expecting some beautiful pictures showing some garments,” said Roux. “I want to learn something in something I’m not professional at. That’s to say images and pictures. Maybe storytelling about brands, not business. You’ve got lots of newspapers for that.”

Roux then went on to describe what he prefers to read in order to stay updated on fashion through the lens of journalism, which is a helpful list for those inspired to gain the same cultural awareness as a veteran to the fashion industry.

“I should say American head office magazines but usually I’m reading their foreign editions. I like to read Vogue, try to read, I don’t have so much time... I try to read Vogue twice a year, the French edition. I try to read the Japanese edition, the Chinese edition and the September issue of course, because it’s quite a large review of the profession,” said Roux.

This above is a list that he reads in addition to many independent French magazines that focus themselves thematically, building fashion photography around a base story.

Roux continues to teach the knowledge he has gained from years of experience to students with a hunger to learn. The best part, he says, is that he gets to learn a thing or two from them.

“I never feel offended when they don’t agree with me. I love when they do not... I may change my point of view. I may change their point of view and what their classmates are saying, and that I think that’s very interesting,” said Roux.

Elizabeth Coyne, our former Arts & Entertainment editor, studied abroad this past summer with the fashion program at Sacred Heart. This is just one of her five interviews with different industry professionals. To check out the rest of the articles, visit shuspectrum.com.

MEET the STAFF

- EDITOR IN CHIEF
MIA SANSANELLI
2023
- MANAGING EDITOR
BRENDAN WILLIAMS
2024
- HEAD CONTENT EDITOR
ROBERT FINIZIO
2023
- CHIEF COPY EDITOR
JILL AMARI
2023
- COPY EDITORS
CODI LYNDERS
2023
- KELLI WRINN
2023
- NEWS EDITORS
VALENTINA MASSONI
2025
- ASST. NEWS EDITOR
ALEXANDRA BOTTO
2023
- PERSPECTIVES EDITORS
JILLIAN REIS
2023
- ASST. PERSPECTIVES EDITOR
JORDAN GREENE
2025
- FEATURES EDITOR
ISABELLA COSTANZA
2024
- ASST. FEATURES EDITOR
CIARA MOONEY
2024
- ISABEL HAGLUND
2024
- ARTS & ENTERTAINMENT
EDITOR
EDIJE FRANGU
2023

- ASST. ARTS & ENTERTAINMENT
EDITOR
STEPH PATELLA
2024
- SPORTS EDITORS
BRYAN SMITH
2023
- ASST. SPORTS EDITOR
JENNA LETIZIA
2023
- JAKE CARDINALE
2024
- MANAGER OF AUDREY’S CORNER
JILL AMARI
2023
- KAILEY BLOUNT
2023
- PHOTOGRAPHY EDITOR
JULIE DUNN
2024
- ASST. PHOTOGRAPHY EDITOR
SYDNEY GIACALONE
2023
- PUBLIC RELATIONS MANAGER
CODY LYNDERS
2023
- ASST. PUBLIC RELATIONS MANAGER
SAMANTHA MARANO
2025
- WEB MANAGER
STEPH PATELLA
2024
- AD SALES MANAGER
NICHOLAS MEACHEN
2024
- CIRCULATION MANAGER
SAMANTHA MARANO
2025
- FACULTY ADVISOR
PROF. JOANNE KABAK