

## HEY SENIORS!

### The Countdown Begins Now!

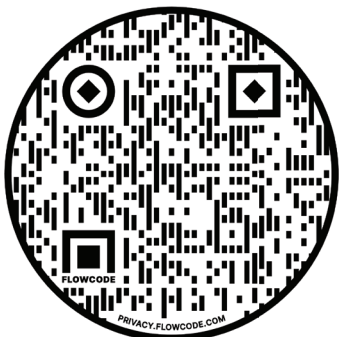
49 DAYS UNTIL GRADUATION



Visit Our Website

shuspectrum.com

SCAN ME!!



## Business Students Take Top Three Places in CT at Microsoft Championship

BY RYAN DOWNEY  
Staff Writer

In fall 2020, Certiport held its annual Microsoft Excel category state level test for students with an opportunity to go to Florida in June for the National Championship. Sacred Heart University students took the top three scores, and senior Emily Crispino, who scored the highest in Connecticut, will be on that flight to Orlando.

"I'm so excited to go and can only hope that I do well down there," said Crispino.

Alongside Crispino, senior Allan Zilnicki came in second, and senior Nick Fierro got third place; a strong representation for the Pioneers.

"Finding out that I got second place in the state was something I couldn't even imagine, it was really sick," said Zilnicki.

Prof. Bridget M. Lyons D.P.S., professor of finance in the Jack Welch College of Business and Technology (JWCBT), worked with all three students last semester, leading up to the test they all scored so highly on.

"Prof. Lyons deserves a lot of credit for this," said Fierro. "She's an excellent teacher and mentor, and this has a lot to say about the work ethic of the students at this school."

"Emily, Allan and Nick are very strong students who recognize the importance of technical skills and worked hard to master Excel," said Lyons.

Crispino, Zilnicki and Fierro all worked alongside Lyons and took the test using Microsoft Excel techniques learned in class and from previous experience. They also used GMetrix, which is a testing software.

"The more you know, the more efficient and easier it gets," said Zilnicki.

Many individuals, faculty, staff and students played a part in making this happen, including Kyle P. Savino, who is a lead teacher's assistant. Savino runs workshops and administers tests for students who want to earn an advanced certification.

"I am extremely proud of the three students and love the attention that it is getting because the Excel program that we have at Sacred Heart is truly unique," said Savino.

Sacred Heart spends ample time preparing students for future opportunities like this one.

"Sacred Heart puts a lot of time and effort into getting their students

ready for an exam like this, providing them with the tools to succeed, and the top three scores being from Sacred Heart is awesome," said Crispino.

Crispino is set to head to Florida in June for the Microsoft Office Specialist (MOS) 2021 National Championship. The winner receives \$3,000, both a trophy and medal of achievement, a winner's certificate and an all-expenses paid trip to MOS 2021 World Championship. The World Championship will take place in Orlando in August.

"We wish her luck and are confident she will represent us well," said Lyons.



MARIO PEDERNERA / THE SPECTRUM  
EMILY CRISPINO WILL REPRESENT SACRED HEART UNIVERSITY IN FLORIDA AT THE MICROSOFT OFFICE SPECIALIST NATIONAL CHAMPIONSHIP.

## SHU Obtaining Vaccines for Students

BY CHARLOTTE GRENS  
Staff Writer

"Our goal in September is to come back to an 80% vaccination rate. We want herd immunity," said Gary MacNamara, executive director of public safety and government affairs.

On March 19, the Coronavirus Planning Team sent out an email to all Sacred Heart University members with not only information on the school's progress, but with more news about the new vaccination site located at West Campus.

In the email, there was a brief survey about providing the vaccine to undergraduate students. The results of the survey showed that over 80% of students want to get vaccinated.

"The response to that survey was overwhelming. We had over a thousand people respond, which in the survey world is incredible," said Micheal Iannazzi, co-chair and chief of staff.

Because Sacred Heart plans to eliminate the SHU-Flex program in fall 2021, the goal is to get as many students vaccinated as possible to control the spread of the virus.

"We are urging students that when it [the vaccine] becomes available, to get vaccinated. We know that reaching a high percentage of those vaccinated will bring us back toward a more normal experience on campus and will make the campus safer," said MacNamara.

In March of 2020, Sacred Heart was in full lockdown. This semester so far, the university has been able to stay open without reaching above 50 positive cases. The school has worked overtime, continuing to test students each week and follow other safety precautions.

With the progress Sacred Heart is making, the state is more likely to grant the university access to vaccines for students.

"We can use all of our survey information, stats and research to lobby the state to give us enough vaccines," said Iannazzi.

However, everything is a work in progress as Sacred Heart staff and the Coronavirus Planning Team update information following the CDC and state guidelines.

"All this stuff is in motion, anything COVID-related is a work in progress and can change by the day," said Iannazzi.

The idea of a normal college experience could be getting closer as more people get vaccinated and more resources are on the way.

"I feel as though with the school mega vaccination site having the option to get undergraduate students vaccinated, every student should run, not walk, to get the shot," said sophomore Valeska Contreras. "I, myself, am vaccinated and just having the sense of more protection is the greatest feeling."

The vaccination site at West Campus is open on Wednesdays, Fridays, and Saturdays. If eligible, you can book your appointment today through Hartford Healthcare.



WHSU  
THE CORONAVIRUS PLANNING TEAM HAS PUT OUT A SURVEY TO SHU STUDENTS SEEKING THEIR INTEREST IN BEING VACCINATED VIA THE WEST CAMPUS VACCINATION SITE.



# News

## Anti-Asian Attacks in Atlanta

BY MARIO PEDERNA  
Staff Writer

On March 16, eight people were killed by 21-year-old Robert Aaron Long at three different Atlanta-area massage parlors. Six of the eight people that were killed were Asian women, causing many to believe that this attack was racially motivated, but Long claimed it was because of a sex addiction.

According to authorities, Long said he lashed out at what he saw as a source of his temptation, but his motive is still under investigation.

“As much as I hate to say it, when I first heard about what had happened, I was disappointed, but I was not surprised,” said senior Krystelin Tirado, president of the Multicultural Club. “Too often are people of color targeted and murdered for no other reason than because of the way they look.”

Long was arrested soon after the shooting took place, and on Wednesday, March 17, he was charged with the crime.

According to The Associated Press, “The attack was the sixth mass killing this year in the U.S., and the deadliest since the August 2019 Dayton, Ohio, shooting that left nine people dead, according to a database compiled by The Associated Press, USA Today and Northeastern University.”

“It was very sad to see that something terrible like this happened again,” said sophomore Chris Gallagher. “Whatever reason the person had for doing it, there’s no excuse for taking someone’s life, let alone so many lives, so senselessly, and I just hope to see a time when things like this no longer happen.”

These attacks not only devastated the families of the victims, but also, according to The Associated Press, hit the Asian community hard as they saw it as an attack on them. This coincides with the reported increase in targeted violence toward the Asian community during the COVID-19 pandemic.

“Things like this continue to happen because the leaders of this country have allowed us to become numb to them. When we hear of a mass shooting, most people, myself included, think, ‘Oh, another shooting,’” said Tirado. “There is no longer a shock factor attached to the attacks because they happen so often, especially toward marginalized groups.”

In regard to how hate crimes are viewed now in a legal sense, The Associated Press highlighted a law that was enacted last summer in Georgia, the state that this shooting took place in.

“‘It’s not something you get arrested for. It’s a sentence enhancer,’ said Pete Skandalakis, a former prosecutor and executive director of the Prosecuting Attorneys’ Council of Georgia. “The law says an additional penalty can be applied for certain crimes if they are motivated by a victim’s race, color, religion, national origin, sex, sexual orientation, gender, or mental or physical disability.”

Further information from the article by The Associated Press states that if the hate crime charge is applied to a case, there would be a mandatory enhancement of at least two years in prison as well as an additional fine of up to \$5,000 for a felony.

As the country still recovers from this and other attacks, the media plays a big role.

“It is important that the media as a whole not view these occurrences as ‘hot stories’ and have some sympathy for the surviving family members, as well as respect for the deceased,” said Tirado. “The media has a ginormous influence on everything that goes on in the world, so it is important that standards be properly set.”



ASSOCIATED PRESS

ON MARCH 16, EIGHT PEOPLE WERE KILLED IN ATLANTA; SIX OF THOSE EIGHT PEOPLE WERE ASIAN. THE MOTIVES OF THE SHOOTER, ROBERT AARON LONG, ARE STILL UNDER INVESTIGATION.



## NEWSPAPER RACK LOCATIONS

### **Martire**

(first floor by the main staircase)

### **Spectrum Office**

(in the Communications and Media Arts wing)

### **Curtis Hall**

(just inside the front doors)

### **Linda's**

(first floor across from the bookstore)

### **Pitt Center**

(just inside the front doors)

### **SC Wing**

(first floor near 63's and Edgerton)

### **UC Wing**

(near the Public Safety window)

### **Melady Hall**

(just inside the front doors)

### **Student Life Office**

(in the lounge)

### **Hawley Lounge**

(next to the stairs)

### **Library**

(just inside the front doors)

### **CHE**

(just inside the front doors)

### **West Campus - West Building**

(one rack is toward the Market and dance studio, the other is in between the Factory and Maker Space)





# Perspectives

## Netflix Cracks Down On Password Sharing

BY FRANCESCA MCCAFFREY  
Staff Writer

After a long day, you sit down to watch your favorite Netflix series, and the following message comes across your screen: “If you don’t live with the owner of this account, you need your own account to keep watching.”

This is a new occurrence that some people experience while watching Netflix. It began the week of March 12, as the streaming service has started a new trail on password sharing.

“Personally, I have my own Netflix account, but I have let friends in the past use my account,” said sophomore Jamie Strazza.

Despite Netflix previously not making a big deal out of this issue, according to some of its users, this new trial may suggest the company is starting to reconsider.

“I think password sharing could go either way,” said sophomore Sam Brodeur. “If you give your password to someone who you trust I don’t think it’s necessarily bad, but if you give it to someone that might abuse it and share it with further people, then it could be bad.”

According to research from Magid, about 33% of all Netflix users share their password with at least one other person.

Netflix’s basic plan costs \$8.99 per month while their standard plan costs \$13.99 per month, which allows users to watch on multiple screens simultaneously. The steep monthly price is what causes some users to use other people’s Netflix accounts.

Many say that Netflix is experiencing an increasing amount of competition with other streaming services.

“When Netflix started streaming, there really wasn’t any competition. Blockbuster tried and failed. Hulu wasn’t sure what it was yet, and Amazon Prime Video came along as the only real competition,” said Prof. Keith Zdrojowy, a Communications and Media professor who has previous experience working in IT.

According to Zdrojowy, in order to keep their subscribers, Netflix must pay attention to the competition.

“Now with the rise of AppleTV+, Disney+, Discovery+, etc., there are a lot more streaming services looking for our attention and our money,” said Zdrojowy. “Netflix knows that people share accounts, and they are probably losing millions of potential dollars.”

Park Associates estimates that password sharing cost streaming companies like Netflix \$9.1 billion in 2019, according to entrepreneur.com.

“This is a good move for Netflix because people might get worried about sharing passwords and just start using their own account, which will get Netflix more money,” said sophomore Adriana Bracco.

On the other hand, some students say that people will find a loophole to the password crackdown trail.

“I do not think this approach will necessarily stop password sharing,” said Strazza. “I think that people who do this will find another way to get what they want.”

One question that remains is, will Netflix fulfill its goal with this trail and be able to stop the password sharing, or will it just push users away to use other streaming services?

“If Netflix follows through with this crackdown, it’ll only give away its popularity it has built over the years to streaming services that are up and coming,” said sophomore Julia Cunningham.



BBC

SHARING YOUR NETFLIX PASSWORD MAY BE A THING OF THE PAST. WITH AN INCREASE IN MONTHLY PRICES MORE AND MORE PEOPLE ARE PRONE TO SHARE THEIR ACCOUNT PASSWORDS, BUT NETFLIX MAY BEGIN TO CRACK DOWN ON THIS.

## Another COVID Holiday

BY IANNA HANKINSON  
Staff Writer

Due to COVID-19 cases still rising in more than half of the states, students are adapting to another refashioned Easter.

“This year, my immediate family and I will be having a normal Easter day together,” said freshman Chloe Rozenveld. “Or at least the new normal. Usually, I am with my whole family and family friends, and we have a big family lunch with egg hunts.”

According to cdc.gov, “The safest way to observe religious and spiritual holidays this year is to gather virtually, with people who live with you, or outside and at least six feet apart from others.”

Many students will keep their Easter festivities with family minimal this year.

“I’m planning on visiting my mom and sisters for Easter this year,” said sophomore Kate Iannazi. “We’re staying home and having a small gathering together.”

Some students have found that this switch from being with many loved ones to just their immediate family has changed their traditional practices.

“COVID-19 is definitely affecting my normal Easter traditions,” said Iannazi. “Normally we would go and visit my grandma, aunts and uncles, but this year we can’t go because we don’t want to risk anything.”

Other students see no alterations in their traditions or how their Easter will be celebrated this year.

“COVID-19 is not affecting my Easter traditions,” said sophomore Sofia Brotto. “I am still going to Palm Sunday mass. I am also going to mass on Easter Sunday. Then, I will be going out to dinner with my family.”

Additionally, with fewer restrictions on restaurant capacity, some students are looking forward to a night out with their family.

“My parents just recently received the second dose of the vaccine, so they are more comfortable about going out to eat,” said sophomore Kristen Cuff. “I do believe my immediate family will be making a reservation at a local restaurant.”

According to nytimes.com, “A new tricky aspect is that some people are vaccinated, and others aren’t.”

With many people being eligible to have received the vaccine, some see a bit more normalcy in the way their Easter Sunday will be spent this year.

“The past couple holidays we really haven’t been able to do anything as a family,” said sophomore Alyson Garofalo. “But this year, the majority of my family is vaccinated, so this will be the first real holiday since COVID-19 that we can do a normal holiday celebration.”

Additionally, some students are fearful of the repercussions to come from the traditional Easter gatherings.

“I am worried that the number of cases will spike after Easter,” said Cuff. “But we can only hope for the best and that people will try to be safe during this upcoming holiday.”

Despite the dynamic of some Easter celebrations being changed this year, students are hopeful that this alteration will bring the virus to an end.

“I still hope people will stay within small gatherings,” said Iannazi. “That way we can

end this pandemic quickly.”



BLOOMBERG.COM / 9NEWS

EASTER MARKS THE FIRST HOLIDAY THAT WILL BE CELEBRATED TWICE DURING THE COVID-19 PANDEMIC. WILL IT AFFECT YOUR TRADITIONS FOR A SECOND TIME?



# Features

## Sharing is Caring

BY RYAN MCHALLAM  
Staff Writer

Sharing is caring, and that is what the SHU Shares program emphasizes and encourages. SHU Shares lends a helping hand to students who need a little extra aid in getting something to eat every day.

“This program began with the efforts of decreasing student hunger,” said Student Advisory Board member Dayna Pendino. “A lot of students, including myself, have taken meal swipes off of their cards to give to others and have received a piece of paper that could easily be lost.”

SHU Shares was established this year and aims to battle food insecurity on campus. The project recently launched campaigns like meal swipe donations and giveaways to spread awareness and combat food insecurity.

“SHU Shares is a student-run organization that is sponsored by the Volunteer Programs and Service Learning Office in collaboration with SHU Dining,” said Student Board member Brianna Thomas. “The goal of the project is to hopefully tackle the issue of food insecurity on our campus but also spread awareness of the social justice issue and enact more change.”

Throughout the week of March 15, the organization hosted a donation week to allow students to donate their own meal swipes to support others who may lack meal swipes. Students were able to choose the number of meal swipes based on their own meal plan. The Pioneer Plan allows students to donate up to five meal swipes a semester, while the Big Red Plan allows for 10 and the Premium Plan for 15.

In addition to SHU Shares, there are also programs for “increasing accessibility to information regarding SNAP eligibility and enrollment and a locally located food distribution site that will be staffed by SHU volunteer students,” according to Dean Maryanne Davidson. “Other opportunities to address student well-being may also be incorporated over time,” said Davidson. “The goal is to improve student well-being. A healthy student is one who will be able to excel.”

Students have gotten the word out through SHU Shares’ various social media accounts, like Instagram, to share information about donations across campus.

Students are able to donate in a variety of ways that are both easy and safe for everyone involved.

“Students can get involved by scanning the QR code around campus that allows students to donate their meal swipes,” said Pendino.

“Students can also get involved through donations, following our campaign online, sharing and reposting material on different social media platforms (@shu\_shares), and spreading the word to friends/peers while on campus,” said Thomas. “This raises awareness about the importance of food security and the mission of ending food injustices on our campus.”

The organization has shown great success in the number of meal swipes donated and has hit the ground running on campus with its donations week.

“Students have been loving the program. We already had over 600 swipes that had been donated over a two-week span! Our SHU Shares team did not really have a set goal for how many swipes we would get; however, this is wonderful,” said Pendino. “Many students have been fully engaging in this great opportunity, diminishing campus hunger one swipe at a time.”

“Through the giving nature of people who attend and support this campus, it’s not a surprise to me seeing how members in the community have been so giving and shown so much support to this movement,” said Thomas.

SHU Shares has helped bring awareness to the often underlooked problem of student hunger on campus. As of publication, there have been more than 1,000 meal swipes shared, as well as over \$26,000 donated, according to the most recent Coronavirus Planning Team email.

For more updates and to help eliminate student hunger one meal swipe at a time, follow SHU Shares on Instagram (@shu\_shares).

“Many students may be struggling in silence because they do not want to be judged, but this program is completely anonymous, allowing students to conquer their hunger,” said Pendino.

### IF YOU’VE EVER...

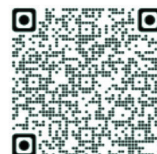
- › Had difficulty affording balanced meals
- › Skipped meals because you didn’t have enough money or swipes for food
- › Been unable to eat with friends because you didn’t have money or swipes to join them

### SHU SHARES CAN HELP!

#### HOW?

Starting March 22, 2021, students can make confidential requests for meal swipes

#### SCAN HERE



A student-led group fighting food insecurity on campus



#### LEARN MORE

[www.sacredheart.edu/shushares](http://www.sacredheart.edu/shushares)

SACRED HEART UNIVERSITY

SACRED HEART INTRODUCES “SHU SHARES,” A PROGRAM THAT AIMS TO BATTLE FOOD INSECURITY ON CAMPUS WITH MEAL SWIPE DONATIONS.

## She Means Business

BY MAI TAKAISHI  
Staff Writer

On Tuesday, March 23, the Jack Welch College of Business and Technology hosted a virtual event called “She Means Business.” The goal of the event was to teach Sacred Heart students about the skills they need to become entrepreneurs and run their own businesses.

The guest speaker of the event was Georgette Pascale, who is the founder and CEO of Pascale Communications, which is an all-virtual healthcare communication and digital marketing company.

Pascale decided to start her own company, Pascale, because her salary was not equal to her work for other companies.

During her presentation, she gave suggestions on what are good first steps for being future entrepreneurs. One piece of advice she shared is that it is important to cut business costs when starting a business. During COVID-19, Pascale needed to cut business costs and decided to change her work to completely virtual.

She also emphasized the importance of having a voice and stated that self-improvement is the most important step to getting a future job.

“You have a voice, and having a voice is important to get some opportunities,” said Pascale.

Another suggestion Pascale gave is to make as many connections as possible in each individual’s specific business field because they can meet more professionals and learn more about their experiences.

Pascale is always studying and learning from students when she hires people in her business. She likes to know students’ thoughts and ideas because being inspired by them makes it possible to get new ideas.

During the event, many people were worried about what will happen in their job-hunting process during the pandemic. They asked several questions about how to prepare for their future jobs.

Pascale taught students to do their own research. Students should see what people really want to do, and connecting with the right organizations is a big part of achieving their goals during the current pandemic.

“Understanding what is going on is necessary to get the job in this pandemic situation,” said Pascale.

It is also important to think about how to adapt to a new working style. She expanded upon the idea that self-improvement is necessary to get a job. For example, students can improve their graduation projects and create attractive resumes.

In addition, Pascale talked about the necessity of being passionate within a company and understanding its values and purpose.

“It is necessary to have the same missions, and understanding companies’ goals is valuable,” she said.

Pascale concluded by encouraging students to have more confidence and keep a positive outlook during COVID-19. This challenging time makes people stronger, and it provides time to consider what they want to do in the future.

“Being educated, nimble and passionate, wherever we’re going for our job, is really important these days and always was, because it is hard to expect what will happen in the future,” said Pascale.



MADISON PELUSO / SPECTRUM

“SHE MEANS BUSINESS” WAS HOSTED BY THE JACK WELCH COLLEGE OF BUSINESS AND TECHNOLOGY TO TEACH STUDENTS HOW TO RUN THEIR OWN BUSINESSES.



# Spotlight



## Finding Comfort in Food

**JILL AMARI**  
MANAGER OF AUDREY'S CORNER

As Easter draws nearer, I thought I'd reflect on something that brings many people great comfort: food.

For Audrey, one of her favorite foods was ice cream. She was so passionate about ice cream, in fact, that she once wrote an article for Spectrum about trying different flavors.

As we prepare for the upcoming break, I asked some of my friends what their favorite comfort foods are at this time of year.

One of my roommates, Lindsey Rodgers, mentioned her grandmother's mashed potatoes, which are a special side dish just for holidays. Many of my friends chose chocolate, especially since Easter is often filled with goodies like chocolate bunnies and eggs. My sister went along a similar dessert path, but, like Audrey, picked ice cream as one of her favorite comfort foods. (If you want a recommendation that combines both chocolate and ice cream, she suggests Ben & Jerry's Chocolate Therapy.)

For me, my favorite comfort foods veer away from the sweet side. My family is Italian, so one of my most comforting foods is pasta with homemade sauce. Whether it's creamy pesto or classic marinara, my family makes some of the best sauce around. For Easter, my mother and grandmother always make sauce from scratch, and knowing that it was made with love—and sometimes with my help—makes it taste all the better.

And this may seem basic, but bread is another staple comfort food for me. Whether it's an appetizer, part of a meal, or something to clean up my pasta sauce with, bread is definitely a go-to item for me—especially if it's homemade or garlic bread!

Have you ever thought about fruit as a comfort food? I'm one of those people who has a few servings of fruit every day. My roommates always see me snatching some fruit from 63's or the Market every time I walk past just to keep up a steady supply. In this way, healthy food is my comfort food.

To be honest, food wasn't always a comfort to me. I went through a time in middle school when everything I ate made me feel sick, except for very bland items like bread and crackers. For someone who's grown up eating a lot of rich foods and desserts, this change was very sudden for me, and it made me feel awkward and upset to have to limit what I ate and turn down my family members' homemade meals.

At that point in my life, it was hard for me to find joy in eating. While I still don't have the same tastes I once did, I've learned to enjoy food again and find comfort in even the most unlikely places.

This spring season, I invite you to reflect upon what brings you comfort in your own life. You don't have to write a whole article about it—although I would love to read it if you do—but if food is on your list, know it's on mine, too.



GIANNI OCCHIPINTI / THE SPECTRUM

# Fashion

## Pashion: An Innovative Shoe Company

**BY EMILY FALCO**  
Contributing Writer

Picture this: you have a presentation for class in 20 minutes, but you only just woke up. After rushing around to get ready, you throw your books in your backpack and run out the door. The second your foot hits the pavement, your heel snaps. There is no time to turn back around and change your shoes; you can't be late for this presentation.

So many young professionals attending college have experienced some form of this scenario, and when it happens, all your attention goes to your outfit and not to the presentation you worked so hard on. Luckily, thanks to a handful of bright fashion innovators, that problem is solved.

Pashion is a company that has brought the first fully convertible shoe to the market. It has a detachable heel that easily comes off or is attached. This way, you don't have to worry about your heel breaking, you can simply take the other one off and have a fully functional pair of flats.

The founder of Pashion, Haley Pavone, was out dancing with some friends when she decided she could not keep up in her platform heels. It wasn't until a few songs later that she was "impaled through the foot" by another lady's stiletto. Pavone has since said it was that very "lightbulb moment" when she got the idea for Pashion.

She wasn't just inspired by the pain her own feet were feeling, but by the pain other people's feet were inflicting on others. Pavone realized that heels were just a pair of flats with a heel glued onto them. From there, Pavone went to meetings anywhere she could to learn about launching, pitching and managing a business. Soon after, she created her dream team.

Tyler Unbehnd, Pavone's current business executive, barely knew anything about the business when she first joined the Pashion team. The only thing Unbehnd knew was that she loved innovation. Together, they crafted their first product model that they soon pitched at conferences and competitions. The third and final member of their original team was Seiji Van Bronkhorst, a mechanical engineer who just so happened to love making shoes.

Three months later, Pashion had a patent, a wearable product and was formally incorporated. The company went to Portland, Ore. and began working with some of the most influential shoemakers in the U.S. They helped to make Pashion's first-ever shoe look aesthetically pleasing while also being fully functional. Once Pashion was able to raise over one million dollars and sell their first few pairs of shoes, the rest was history.

I love Pashion for all the amazing things they stand for. Their passion for innovation inspires me to create whatever I set my mind to. Kayla started her million-dollar business

after one night out and is now known as one of the smartest and most innovative young adults in the fashion industry. This could be any one of us attending Sacred Heart University. From adjustable jean accessories to fully recyclable and environmentally friendly clothes, to the detachable heels that will surely be a staple in all of our closets for years to come, fashion innovators are the young Thomas Edison's of our time. We have the power to create inventions that will change the world, one heel click at a time.



**PASHION IS AN INNOVATIVE SHOE COMPANY THAT HAS BROUGHT THE FIRST FULLY CONVERTABLE SHOE TO THE FASHION MARKET.**

FORBES



# Arts & Entertainment

## 2021 Student Art & Design Exhibit

BY **CARLY JULIUS**  
Staff Writer

Bright blue and baby pink oil pastels. Rubbed charcoal on Bristol paper to form a picture of a woman's body. Red, orange and white oil paint blended to make a skin complexion. Students take a step back to view their artwork hanging on the gallery wall.

Mary Treschitta, chair of the Art & Design program at Sacred Heart University, announced that the 2021 Student Art & Design Exhibit will be open from March 21-April 5 in the Art & Design Gallery following COVID-19 restrictions.

"I was happy with the range of paintings in the show, and it was really nice to see the faces and work of our talented students," said Prof. Nathan Lewis, a studio art professor.

Due to COVID-19 and the protection of the viewers, a maximum of 25 students will be allowed in the gallery at one time. Facial masks are mandatory, and you must hand sanitize before entering. Also, all viewers must socially distance while viewing the artwork.

Students had the opportunity to submit up to six pieces of artwork from the fall 2020 and spring 2021 semesters. The four categories of judging were foundation, graphic design, illustration and painting. The pieces accepted for the exhibit were selected by a panel of judges.

A group of students won awards for their pieces that were accepted into the show. The awards consisted of first, second and honorable mention.

Thirty-three students were accepted into the 2021 Art & Design Exhibit, ranging from foundational classes to advanced classes, such as Senior Project and Graphic Design IV.

"Out of all my pieces in the show, the most sentimental to me is 'What Now?'" said senior Leanne Hooper, a double major with a concentration in graphic design and illustration. "This piece is meant to highlight the struggles of mental health, specifically depression, and what it can feel like waking up every morning, sitting up and asking yourself, 'What Now?'"

"The main purpose of my art is for people to look at it and for it to spark joy. I use bright colors and designs that give off positive vibrations that carry on to the viewer," said senior Meredith Oakley, an illustration major.

Sacred Heart students created pieces using various mediums such as oil paint, acrylic paint, watercolor, graphite, charcoal and color pencils. Additionally, students used programs such as Adobe Photoshop, InDesign and Illustrator to create magazine spreads, layouts and graphics.

"For my project, I designed an article spread in InDesign. I wanted it to have a more personal feel to it, so I incorporated handwritten quotes into the design," said senior Erin Rondi, a graphic design major. "I start with sketches, then transfer them into Photoshop and then into InDesign."

The 2021 Student Art & Design Exhibit allows students to showcase their work to the Sacred Heart community as well as the local art community in Fairfield, Conn.

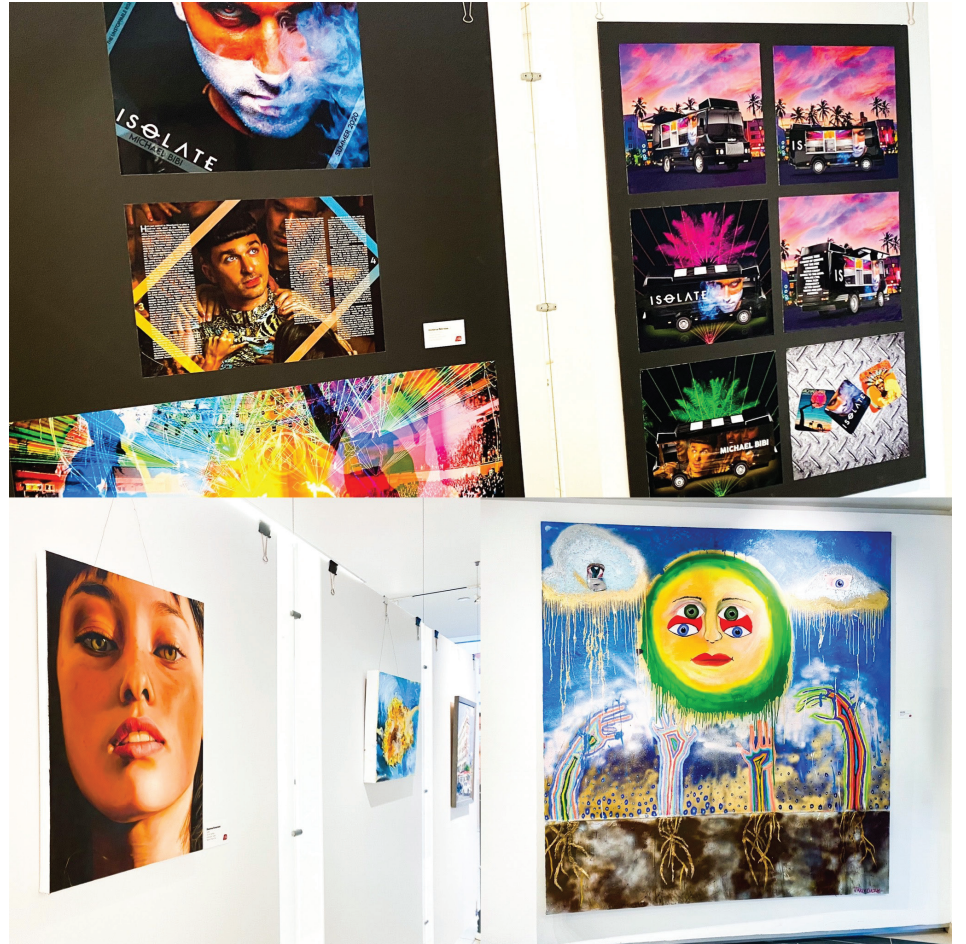
"There were two monumental painted pieces in the show that packed a punch, Carly Julius' highly experimental painting 'Burn Me Down' and iSABEL's mural-sized 'the

surfer'," said Prof. Lewis.

"The show was just perfectly curated and gave a strong representation of the talented students that Sacred Heart University has," said senior Alexa Lombardo.

The exhibit will be on display at the Edgerton Center Gallery until April 5.

Staff writer Carly Julius participated in the exhibit. The title of her painting is "Burn Me Down."



FRANCESCA COMPAGNO / THE SPECTRUM

THE 2021 STUDENT ART & DESIGN EXHIBIT IN THE SACRED HEART ART GALLERY DISPLAYS WORK FROM SHU STUDENTS AND WILL BE OPEN FROM MARCH 21 THROUGH APRIL 5.

## Spring SET-Up

BY **MADISON PELUSO**  
Staff Writer

Have you ever wondered who is responsible for providing the entertainment and activities that take place on campus each week?

The Student Events Team, also known as SET, is made up of six sub-committees who provide a wide variety of entertainment to the Sacred Heart University campus.

The SET board committees include Advertising, Entertainment, Novelty Events, Public Affairs, Retention, Special Events and Theme and Trips. Each chair from all six committees works hard to come up with a creative selection of events that give students fun options. The board is constantly planning events, and they usually plan an entire month in advance.

"We offer lots of activities and events. We do inflatables when it is warm out, we do DIY crafts, we bring in vendors to create personalized novelties, we do Bingo every month, we do raffles and contests, we give out different food items and we hold larger events such as Spring Fest and Fall Fest," said President of SET, senior Courtney Cardona. "All fun things to keep the undergraduate students happy and have something to do."

Since there are three to four events per week, the board meets every week to plan the upcoming events. Certain events can take a while to plan, but SET often gets help from outside companies when planning.

"Events that are run by another company, like Party Vision or FUN, depend on how long it takes for that company to email us back to get the information for the event," said Secretary of SET, junior Dayna Pendino. "For DIY events, it is all up to the E-Board to come together to see what we need for that event, which can be a quick process."

SET comes up with activities that are themed to get students more interested and are typically related to what is currently occurring at Sacred Heart. For example, when the university would have normally had spring break in early March, there was a SET Spring Break Week with activities revolving around that theme.

"Two events that the students really liked from that week were the Mock-Tail event and the DIY towels," said Pendino. "At the Mock-Tail event, we worked with Chartwells and handed out virgin piña colodas, which the students loved."

SET produces these events to get students more involved on campus and give students a chance to meet new people. When students enjoy specific events, SET tries to offer those events again in the future.

"I enjoy going to the activities when I go with friends because it gives us a reason to leave our suite and do something different from our regular everyday activities," said sophomore Kayla Berger.

Due to the COVID-19 pandemic, there are certain restrictions at the events and some alterations to how activities take place. For example, some of the events provided have been transferred to an online format. Although in previous years these activities were not

online, it has offered a new way for students to connect.

"We have to limit the number of people at our events at a time. We cannot do certain events that are not COVID-19 friendly, and we cannot hold our General Member meetings or our board meetings in person; they have to be on Zoom," said Cardona. "It can be hard at times, but when the board works together and we all discuss with our great minds and ideas, we always come up with something. We are also always open to hear from students and we ask our General Members for ideas as well."

SACRED HEART UNIVERSITY

THE STUDENT EVENTS TEAM HAS A LINE UP OF ACTIVITIES FOR STUDENTS TO PARTICIPATE IN FOR THE REMAINDER OF THE ACADEMIC YEAR.



# Sports

## Martire Family Arena to be Built at West Campus

BY ALEX MARCINIAK  
Staff Writer

On March 15, Sacred Heart University announced that a new ice arena will be built at West Campus by the beginning of 2023. The arena will be the new home to both the men’s and women’s ice hockey teams, the figure skating team and the club hockey team.

According to Sacred Heart Athletics, the project is estimated to cost about \$70 million. This is one of the most expensive sports-related projects Sacred Heart has ever undertaken.

The Martire family made a generous donation of \$5 million toward the construction of the arena, and in return will have the rink named after them.

Frank Martire is a 1969 graduate of Sacred Heart and is currently on the Board of Trustees at the university. He has an interest in hockey due to his record of having an equity interest in the National Hockey League’s (NHL) Las Vegas Golden Knights.

According to Sacred Heart Athletics, the rink will be able to host 4,000 people during games. Open skates, concerts and other student-related events will be hosted in the arena.

Additions to the arena will include large locker rooms with the latest technology, a pro shop, suites, beer gardens, food venues, meeting rooms and offices for all coaches. Students will be able to use the shuttle bus to get to the rink for hockey games and other events.

“It’s so exciting that the rink is going to be so close to campus,” said sophomore Matt Laurie. “The addition of such a cool arena will attract so many people to Sacred Heart.”

On top of being a place for the hockey and figure skating teams to compete, the arena will be a classroom for students with majors like sports communication and sports management. It will help students learn filming and broadcasting and teach them how to use sound and video equipment.

Webster Bank Arena is the current home of the men’s ice hockey team, and The Rinks in Shelton hosts the women’s team. According to both hockey coaches, both teams are happy with this new construction. However, the anticipation for a home on campus is apparent.

“Having your own rink...it’s just at our fingertips at what we can do to maximize the potential of our student athletes,” said head men’s ice hockey coach C.J. Marottolo.

Other features will include a video room to reflect on gameplay, and a lounge area for the players will most likely be added to the arena as well.

Sacred Heart sent scouts to different Division I and NHL arenas and picked qualities from each that they believed would create the perfect rink for the Pioneers.

“The building is going to take over the personalities of the hockey programs,” said head women’s ice hockey coach Thomas O’Malley. “The vibe of having your own fans and family on campus and creating a sense of community is going to be incredible.”

Sacred Heart plans for the inaugural puck drop to happen in January of 2023. The men’s Division I ice hockey team will host Boston College on Jan. 14, and the women’s Division I ice hockey team will host Harvard University Crimson on Jan. 15.

“We’ve been talking about the building of this arena for years,” said O’Malley. “It

would come to the table, then it would disappear. Finally...these last few years, it took hold, and everything fell into place.”



NEW YORK YIMBY

SACRED HEART BREAKS GROUND ON THE NEW MARTIRE FAMILY ARENA THAT WILL HOUSE THE MEN’S AND WOMEN’S ICE HOCKEY TEAMS, FIGURE SKATING, AND CLUB ICE HOCKEY.

## SHU Bowling Falls to FDU; Mulligan-Brown Bowls a Perfect Game

BY GIANNI OCCHIPINTI  
Staff Writer

On March 21, the Sacred Heart University women’s bowling team traveled to the National Collegiate Athletic Association (NCAA) Northeastern Conference (NEC) Championships for their fifth consecutive season, where they took on Fairleigh Dickinson (FDU). The Pioneers fell to FDU, losing a deciding best of 7 finale, to lose the overall series 2-1.

The Pioneers finished their season with a 15-5 record. The team is not looking past their accomplishments this season.

“Just when you think you know what is going on, it changes,” said head coach Becky Kregling.

Kregling expressed her admiration of her team’s efforts to combat the COVID-19 virus and to keep themselves bowling amidst the changes they had to adapt to.

According to Kregling, the team has had “tolerance for all the changes and restrictions like not being allowed to go home, respect for the COVID rules, no complaining, hard work and amazing team dynamics.”

The format of the NCAA bowling championship is structured by each team playing three separate “games” or “formats.” One team must win two out of three of the separate differently formatted games to win the overall match, and in this case, the NEC Championship.

The first “format” is a team game. Both teams have five bowlers, all five bowl a game and the total pins are accumulated and tallied. The final score of game one on March 21 was Fairleigh Dickinson 978-977 Sacred Heart, giving FDU a 1-0 series lead.

Losing by one pin could potentially have a dismal effect on the team.

“We talked about coming back after being down and not letting the one pin loss in the first game affect us after that,” said Kregling.

The second “format” is called “total pinfall.” Teams match up individually with opponents and play five games, and then the total points are tallied.

In a back and forth second match, a key strike from senior Rachel Bamford to close it out gave Sacred Heart the win in the second format by a total score of 1084-1053. This evened the series at 1-1 and sent Sacred Heart to a final third “format” for the championship.

The third “format” is best of seven. FDU had a 3-1 lead in the final “format.” The Pioneers were able to tie the final match at 3-3, forcing a final game. FDU was able to take the final game of the Championships, closing the overall series at 2-1.

“We were all disappointed. Losing stings, but it stings more when it was so close and everyone knows that if they did one little thing better, the team could have won,” said Kregling. “But the positive is that we played well enough to make it that close of a match.”

This was a historic night for Sacred Heart despite the championship loss. Senior Skyler

Mulligan-Brown bowled a perfect 300 game, which marks a personal first and a first in program history.

“I refused to look at the screen until the ninth frame. I knew I was striking a decent amount, but I didn’t realize how close I really was getting,” said Mulligan-Brown. “Once I got into the 10th frame, I started to feel the nerves. My legs were shaking, and it felt like my entire body was vibrating.”

Mulligan-Brown was able to put the pressure to the side and bowl her final three strikes in the 10th frame to secure a perfect 300 game.

“After my last shot, my head was going in a million different directions,” said Mulligan-Brown. “I remember catching my breath since I was holding my breath during my last shot since I was so nervous.”

Kregling was amazed at Mulligan-Brown’s performance and calm in the final stretch.

“Skyler is who made this happen by her composure and keeping her head calm. She made three great shots in the 10th frame, which still impresses me,” said Kregling.

Mulligan-Brown credited the history of Sacred Heart bowling and her mental preparation.

“Being surrounded by all of my positive teammates and friends made me beyond excited and happy to share that moment with them,” said Mulligan-Brown. “The fact that out of all of the talented women to have been on the Sacred Heart women’s bowling team I was the only one to have shot a 300 is incredible.”



@SHUBIGRED INSTAGRAM

THE SACRED HEART BOWLING TEAM FELL TO FDU IN THE NEC CHAMPIONSHIP WHILE SENIOR SKYLER MULLIGAN-BROWN BOWLED A PERFECT GAME.



# Editorial

## A Letter to My Freshman Self

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PROF. JOANNE KABAK

When I think back to the beginning of my freshman year, I remember feeling like senior year was a lifetime away. It felt like my college years were some type of constant, like year after year I would just continue the motions of being a student at Sacred Heart.

It never occurred to me all the emotions that would come with graduating college and the feelings of uncertainty and bittersweetness.

With graduation being less than two months away, I feel like it is appropriate to write a letter to my freshman self and give advice to all the things I wish I knew from the beginning using everything I have learned during my four years of college.

Hopefully this can help out a freshman who is having a rough time adjusting or just inspire any underclassmen. At the least, I hope it makes everyone appreciate these few years that really do fly by.

1. Everyone is feeling the same way as you are, some people just hide it better than others. I remember during the beginning of freshman year feeling so lost and alone. It seemed like everyone else around me had everything together and I was the only one who felt these feelings. Four years later, everyone I have talked to admits that they felt the same emotions, but a lot of people were too afraid to show it so they just made it seem like they were having the time of their lives. (Do not worry--you will eventually have the time of your life, but if it does not come automatically, do not stress!)

2. This takes me to my next point. People only post the best parts of their college life on social media. If other people's Instagram pictures or Snapchat stories are not the same as what you are experiencing, do not feel bad about yourself. People are not going to post themselves crying in their bed that they are homesick at 12 a.m., but trust me, they have felt it at some point too. Do not compare your life to other people's social media posts because a lot of what is behind those pictures is not real.

3. Get involved. It is super important to try everything and go to everything until you find what interests you. The last thing you want to do is sit in your room bored while life is happening around you. You will meet your lifelong friends by getting involved in different clubs and organizations, all while making everlasting memories.

4. Take pictures and videos of everything. You do not have to post them all, but just save them so you can look back on them. Whether it is eating ice cream with your friends on a random Tuesday or going out on a Friday night, you will cherish these photos when you look back. Capture everything because you will want to remember it all and will love looking back and laughing at all the moments you had over the years.

5. Enjoy living life with your best friends. There is no other time in your life that you will be able to live with your friends and be this young and carefree. You will miss the small things, like eating dinner together every night and sitting in each other's rooms gossiping all night, to the big things, like celebrating birthdays. Living with a group of people the same age as you with little to no responsibilities is something that will only happen when you are a college student.

Laugh off the dysfunction and let things go because before you know it, you will be a senior wishing that you were back in the dorms, where your biggest worry was budgeting your dining dollars so that you did not run out before the end of the semester.



## The Fan in the Arena

**JONATHAN SORIANO**

SALES MANAGER

It's no secret that the last 12 months have been anything but ordinary. I could probably write this entire editorial on that alone. But as we approach the dawn of a new day with vaccination rates increasing across the country and light peeking at the end of the tunnel, now appears to be the time we've all been waiting for--where the things that we love start returning to their pre-pandemic form. (Yes, sports, I am talking to you.)

One of America's favorite pastimes has been one of the industries most severely impacted by COVID-19, and now with fans finally starting to return to arenas across the country, we can get back to the crazy wide world of sports that we all know and love. For me, growing up as a die hard Knicks fan, there was no scene more breathtaking than walking down the stairs leading to the lower bowl of Madison Square Garden. The feeling was intoxicating, and I remember my 10-year-old-self taking in the sights for the first time like it was yesterday: the soft pound of leather on the hardwood, the smell of popcorn and anticipation filling the air as the "World's Most Famous Arena" welcomed in loyal fans wearing orange and blue.

As a sports fanatic and athlete, a world without fans would've seemed unfathomable to even imagine just a little over a year ago. Fans are what drive you that extra mile on the field knowing that you've got your whole community behind you, what make you excited as you knew the school day was ending and you had a train to catch to Penn Station at 4 p.m., and what make some of the best moments of our young lives so unforgettable.

Sports is a world unlike any other--offering an escape from your troubles and stresses of daily life and proposing a world of excitement, teamwork and passion all in one. It's something that offers more than just a box score. Sports is a place where people can come together--players, fans and families alike--and bond over a common goal, a common interest, a common happy place. I believe that that's what we all noticed the most over this past year, with cardboard cutouts in attendance at your favorite major league ballpark.

No matter what side of the fence you're on, whether you think that the Brooklyn Nets are taking it all this year with the likes of Kevin Durant, James Harden and Kyrie Irving leading the way, or you think the New York Knicks are finally back in playoff condition (and I hope they are), it's good to see the electricity finally come back to a place that feels so desolate without it. Soon enough, Campus Field will be filled and roaring again with a sea of red crowding the bleachers and "PIOOOONEERSSS" being sang over the microphone. Those are they days I'll be waiting on.

Unlike Teddy Roosevelt's famous speech "The Man in the Arena," I think that maybe the critic counts just a little more than we thought. Now in 2021, it feels so good to finally see that part of the beautiful world of sports slowly start to come out of hibernation.

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*Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.*