

HEY SENIORS!

The Countdown Begins Now!

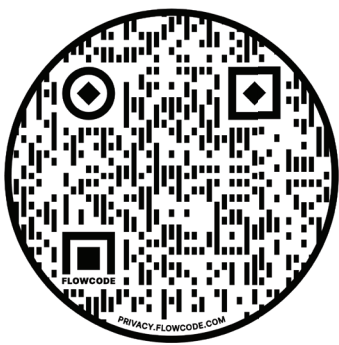
35 DAYS UNTIL GRADUATION CEREMONIES BEGIN



Visit Our Website

shuspectrum.com

SCAN ME!!



SHU Receives \$1.4 Million for STEM Scholarship Program

BY EMILEE CAMODEO
Staff Writer

On March 17, Sacred Heart University announced a \$1.4 million grant funded by the National Science Foundation's Robert Noyce Teacher Scholarship and Stipend program, "Biology, Chemistry, Mathematics and Computer Science Educator Scholarship Program" (BioCheMaCS).

According to a statement issued from the university, "The program has two top goals: to increase the number of highly qualified science, technology, engineering and math (STEM) teachers who graduate from SHU and go on to work in high-need secondary school districts; and to increase the overall effectiveness of STEM teachers in high-need schools in Connecticut and around the U.S."

Amanda Wagner, Assistant Director of Transfer Admissions, and Bonnie Maur, co-director of the science, technology, engineering, arts and math (STEAM) program at the Isabelle Farrington College of Education, held a WebEx information session on March 25 about the program.

"Students in the program get a \$20,000 scholarship for their junior and senior years," said Wagner. "Students will also have access to professional society memberships, master mentorship programs, STEM education workshops, individual academic advising, mathematics and biology methods graduate course, and an integrating STEM in classrooms course."

The Noyce program has allowed for both students and teachers to benefit from this grant.

"Our students are the major beneficiaries of this grant through scholarships and extra programming, including mentorship opportunities during their junior and senior year with STEM experts at area schools, the ability to attend and present at professional conferences at the regional and national level, and also obtaining memberships in these organizations," said Maur.

This program is for both Sacred Heart students going into the STEM education program as well as Housatonic Community College (HCC) transfers with an associate's degree.

"Of HCC's 4,455 students, 71% are from underrepresented minorities, 32% are first-generation and 66% are eligible for Pell grants, which are awarded to students with high levels of unmet financial need. 81 HCC students transferred to Sacred Heart between 2015 and 2018," said the statement from the university.

HCC has now partnered up with Sacred Heart.

According to a statement issued from the university, "Sacred Heart will collaborate with HCC to develop strong joint programs that create a seamless pathway from community college into secondary STEM education. Long-term results of the BioCheMaCS program include an increase in Connecticut's highly qualified secondary STEM teachers, particularly in high-need classrooms, and higher enrollment in the

state's first cross certification in computer science. This will improve local secondary school proficiency in math and science."

Christine Thorp, a junior at Sacred Heart, is currently studying STEM for Elementary Education in the hopes of being an elementary school teacher in the future.

"This program has given me numerous opportunities, from a mentorship with a STEM-focused teacher in the Bridgeport public schools to being able to attend professional development conferences," said Thorp. "I get to experience a variety of opportunities that are preparing me to become an effective and knowledgeable teacher upon graduation."

The Noyce grant has allowed students to be able to physically interact with and work in priority-need school districts.

"Having the mentorship and being able to physically be in an elementary classroom every single week has granted me the opportunity to gain confidence in my ability to teach and slowly teach lessons on my own," said Thorp. "Being a Noyce scholar means that I will graduate from Sacred Heart with an extensive knowledge base on how to be an effective STEM-focused elementary school teacher."



SACRED HEART UNIVERSITY
SACRED HEART RECEIVED \$1.4 MILLION FOR A STEM SCHOLARSHIP PROGRAM TO INCREASE THE NUMBER OF AND EFFECTIVENESS OF STEM TEACHERS IN CONN. AND THE COUNTRY.



TWO SESSIONS AVAILABLE
REGISTER TODAY!

SUMMER 1
ONLINE
Monday, May 24 - Friday, July 2



SUMMER 2
ONLINE
Monday, July 5 - Friday, August 13

See SPA for the full course listing or visiting www.sacredheart.edu/summersessions

News

SHU Working to Vaccinate Students

BY FRANCESCA COMPAGNO
Staff Writer

On April 6, Sacred Heart University's Coronavirus Planning Team sent out an email stating that on April 1, individuals 16 and up became eligible to receive the COVID-19 vaccine. Sacred Heart students are also able to get the vaccine at the site at West Campus. Over 1,200 students responded to a poll saying they would take advantage of this opportunity.

In a recent email, the Coronavirus Planning Team said that you can still get vaccinated on campus even if you are not a Connecticut resident.

"We recommend that you plan it in such a way that your second dose (if you do not get a Johnson & Johnson vaccine) can also be done in Connecticut," said the planning team.

The team also reminded the community to upload their vaccination information to their student portal once they have received the full doses of whichever vaccine they are getting.

"How much of the SHU community has been vaccinated is one of the factors we are considering as we make decisions about lifting some of the COVID restrictions," said the team.

Many students are happy that the university is making sure their vaccination site is accessible to students on campus.

"I think this is a great opportunity to have students receive the vaccine right here at SHU," said sophomore Audrey DiMella. "I am also glad that SHU is making it voluntary at the moment."

Senior Alexa Irizarry said that it is a great opportunity to be able to get vaccinated on campus grounds.

"It allows us to feel safer, especially traveling between home and school," said Irizarry.

She also said the Sacred Heart community would have more reassurance with stopping the spread of COVID-19.

"It can be comforting knowing that the community is in more control of not receiving positive cases," said Irizarry.

According to the poll sent out by the Coronavirus Planning Team, over 80% of students that participated said they hope to receive the vaccine on campus.

"We have shared that with the state too and are hopeful we can receive a supply and administer them here on campus," said Gary MacNamara, Executive Director of Public Safety. "This also shows that our fall 2021 is looking well, as this will likely get us close to what people refer to as herd immunity."

This will help campus return to normal as fast as possible.

"Normalcy will return as we begin to see low community spread," said MacNamara. "This is with testing, isolation, quarantine, masking and social distancing still occurring."

Sacred Heart is hoping these plans lead to a more normal fall semester.

"We are full steam ahead with our plans for a more normal fall," said MacNamara.

Sacred Heart cannot remove all their COVID-19 restrictions just yet. However, with low positive numbers, low community spread, and high vaccine rates, it allows restrictions to be lifted.

"Our goal come fall 2021 is to see COVID-19 in our rearview mirror," said MacNamara.



WSHU

AFTER THE STATE OF CONNECTICUT OPENED COVID-19 VACCINES TO THOSE 16 AND OLDER, SACRED HEART IS DOING THEIR PART TO GET STUDENTS VACCINATED ON CAMPUS.



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

COVID-19 in Fictional Storylines

BY DEANNA DRAKOPOULOS
Staff Writer

Junior Mary Austin has been following the new twist in her favorite ABC show, “Grey’s Anatomy,” in which lead actor Ellen Pompeo, who plays Meredith Grey, is hospitalized with COVID-19.

“I felt appreciative when ‘Grey’s Anatomy’ incorporated the pandemic in their storyline because the directors could’ve easily ignored it,” said Austin. “It made watching more enjoyable because I could relate to a relevant storyline given these troubling times.”

Some fictional shows like “Grey’s Anatomy” and “This Is Us” have decided to incorporate COVID-19 into their plots when they returned to screens in the fall. According to CNN, executive producers and writers have been debating these questions since last year, when scripted shows began returning from pandemic delays.

Show runners told CNN that determining months in advance what viewers would want to see was a challenge.

According to CNN.com, “Grey’s Anatomy” has focused on how COVID-19 is affecting medical professionals, patients and their families.

“Grey’s has done a great job showing what COVID is like in a hospital setting, and I like how it fits well with the show to portray such a huge medical story in our society,” said freshman Kaitlyn Schoen.

According to HollywoodReporter.com, “Grey’s Anatomy” is ABC’s highest-rated drama and one of the most-viewed shows broadcasted on television.

Other students also said they enjoy the implementation of COVID-19 stories in some of their other favorite shows.

“I watch ‘This is Us,’ and I think that it’s comforting to see characters in my favorite show living with COVID and I feel it sets a good example,” said freshman Ciara Doyle.

Some actors of these shows have spoken to the media about portraying COVID-19 in their acting.

Sterling K. Brown, who plays Randall Pearson on “This Is Us,” told Parade.com that they are not abandoning the storyline in any way but adapting in the same way that the world has had to adapt to what has transpired.

“Now the Pearson’s are also dealing with things that the world is dealing with, which is a strong message,” said Brown, according to Parade.com.

On the other hand, some students say they do not like how their favorite shows choose to incorporate COVID-19 into the plot.

“I was slightly annoyed when I saw the pandemic was portrayed in Grey’s, not because they portrayed it wrong, but because I watch the show to escape reality and now watching it is no longer an escape from the pandemic,” said sophomore Ellie Kiernan.

Similarly, sophomore Alexandra Botto says that she wishes her favorite show chose not

to portray COVID-19 in its storyline.

“‘This Is Us’ is one of my favorite shows and I watch it to escape the real world, and now there is no escaping when I am reminded of the pandemic,” said Botto.

According to CNN.com, some viewers wish their favorite shows had left COVID-19 out of the plot because watching these events on TV has been difficult and upsetting, especially if they have been personally affected or know someone affected by COVID-19.

Nonetheless, some students feel that it is important for shows to include the reality of COVID-19 in their storylines.

“I think it’s important for shows to showcase the pandemic because the large audiences that watch can understand more about how real it is and what we are living through,” said senior Hunter Adams.

Some students have found that watching COVID-19 on TV has given them advice on how to deal with this challenging time.

“Although fictional, a TV series can have a heavy influence on its audience,” said Austin. “Watching the pandemic on TV does not only reassure its audience that everyone is modifying their life due to COVID, but some shows have even given me good advice on how to remain mentally healthy during this time of change.”



NBC NEWS

SHU STUDENTS DISCUSS WHAT IT’S LIKE TO WATCH THEIR FAVORITE TV SHOWS THAT INCLUDE COVID-19 IN THE PLOT, LIKE “GREY’S ANATOMY.”

What Are Students Doing in the Warm Weather?

BY ANASTASIA COLAGRECO
Staff Writer

With warmer weather steadily approaching Fairfield, Conn., some students say they are spending more time outdoors.

“It’s been nice to get outside,” said sophomore Tyler Tache. “I’ve been going to the park and playing sports with my friends.”

Many students say the sunny skies are refreshing and have changed the dynamic on campus.

“I’ve been loving how warm it’s been,” said junior Olivia Cifali. “When it’s nice out, I love to drive with the windows down. It gives me a sense of clarity and relaxes me.”

Sacred Heart University has opened a number of new outdoor options for students, such as event tents, cabanas on the 63’s patio and picnic tables across campus where they can relax, do homework and hang out with their friends.

“I’ve been enjoying all the lounge areas,” said senior Ahjanté Rampersad. “I also love to walk around and take in all the scenery, and when I have time, I try to go to SET events.”

The Student Events Team (SET) hosts a large selection of outdoor events over the course of the semester, such as inflatable axe throwing, bingo nights, and do-it-yourself crafts.

SET Vice President and senior Courtney Cardona says their events are a great option for students to have some fun on campus.

“Lots of students attend our events,” said Cardona. “We provide great activities for students to do on campus and keep them occupied while still following the Pioneer Promise.”

Their do-it-yourself activities are popular among many students.

“The last SET event that I went to was the make-your-own airbrush towels,” said sophomore Natalie Tewksbary. “It looked really unique, and my suitemates and I were looking for something to do. It was fun and we were pleasantly surprised.”

Freshman Rhiannon Ortiz says she has found the SET events to be great opportunities to get involved, meet new people and try something new.

“I love their take-home crafts,” said Ortiz. “They’re well thought out and safe, which is important during a pandemic.”

Cardona says SET has had an easy time hosting activities despite the COVID-19 restrictions and rules surrounding the Pioneer Promise.

“With the new cabanas, things have been running smoothly,” said Cardona. “The Office of Student Life has provided us with so many spaces and options to hold our events and get the students outside while doing our activities.”

Aside from on-campus activities, off-campus students living in the surrounding area say the warm weather has them exploring the town.

“I’ve been going to the beach to relax and unwind,” said junior Meghan McShane. “I also love to take walks with my friends or even do my homework outside.”

Similarly, sophomore Sarah Carr says she has been going to Ninety-Acres Park, which

is only a minute walk from campus.

“It’s so convenient to go and sit there with my friends,” said Carr. “We’ve been bringing blankets and having picnics on weekends. I often forget how much my mood improves when it’s warm and I can get some fresh air.”

The *Event*

TENT

on the Quad is

OPEN



— Please —

ENJOY DINING & SOCIALIZING RESPONSIBLY

Reserve the tent for your event!



Features

Changes to Welch College of Business

BY JULIA PORTOGHESE
Staff Writer

What are new minors and programs at Sacred Heart University? The Jack Welch College of Business & Technology, also known as WCBT, is frequently enhancing its offerings with the latest advancements in the world of business for students to create connections.

The curriculum is accredited by the Association to Advance Collegiate Schools of Business. Minors are sometimes added, specifically in the management program, including entrepreneurship and sales.

Dean Martha Crawford responded to questions about the new programs at WCBT in an email interview, with the participation of Prof. Jeanine Andreassi, Chair of the Management Department.

“The small family business and entrepreneurship minor was revamped in the fall of 2019. It is now an entrepreneurship and innovation minor,” said Crawford. “Increasingly, organizations are seeking individuals who have an entrepreneurial mindset and are creative problem solvers.”

According to Crawford, the program is designed to sharpen those skills in students so that they add value to their own organization’s innovation goals or eventually have the right tool kit to launch their own successful businesses.

“In the spring of 2021, the Management Department launched a sales minor as a joint offer with the Marketing Department,” said Crawford. “The minor started in the fall of 2020 and is already running with full classes and growing in popularity.”

The management program focuses on problem-solving, communication and leadership. According to the Sacred Heart website, business students focus their learning on data and technology.

“An e-sports minor was launched as a joint program with the School of Communications. Six executive-level speakers helped launch the program. Lastly, a technology management minor was developed in the MBA program,” said Crawford.

Students within the program can apply for endowed scholarships like the Arianna Petillo Scholarship and John F. Welch Scholarship. Recipients of an endowed scholarship are known as Welch Scholars.

Senior Anna Martinelli is a recipient of the Arianna Petillo Scholarship – an endowed scholarship created by Sacred Heart President John Petillo and his family.

“Welch Scholar Anna Martinelli is working with the department to develop a mentoring program where Human Resource (HR) Masters students will mentor HR students. Prof. Christian’s MBA class will be exploring ways that MBA students and/or MBA alumni can be used to mentor management students and, if successful, other WCBT students as well,” said Crawford.

The university offers membership in the Society of Human Resource Management (SHRM). This is known as the largest human resource association in the world.

“SHRM has developed a Human Resource Curriculum Guidebook that is based on extensive research and contains components that are most relevant to early-career HR professionals,” said Martinelli. “Sacred Heart’s Human Resource Management minor program has recently been fully aligned with SHRM’s HR Curriculum Guidelines. As a result, students enrolled in the minor program have the opportunity to apply for the SHRM Certified Professional (SHRM-CP) Exam.”

The crossover between WCBT and SHRM allows for more opportunity for students.

“Sacred Heart students will be able to graduate with their SHRM-CP and be recognized as experts and leaders in the HR field, giving them an advantage among competition when entering the job market,” said Martinelli.

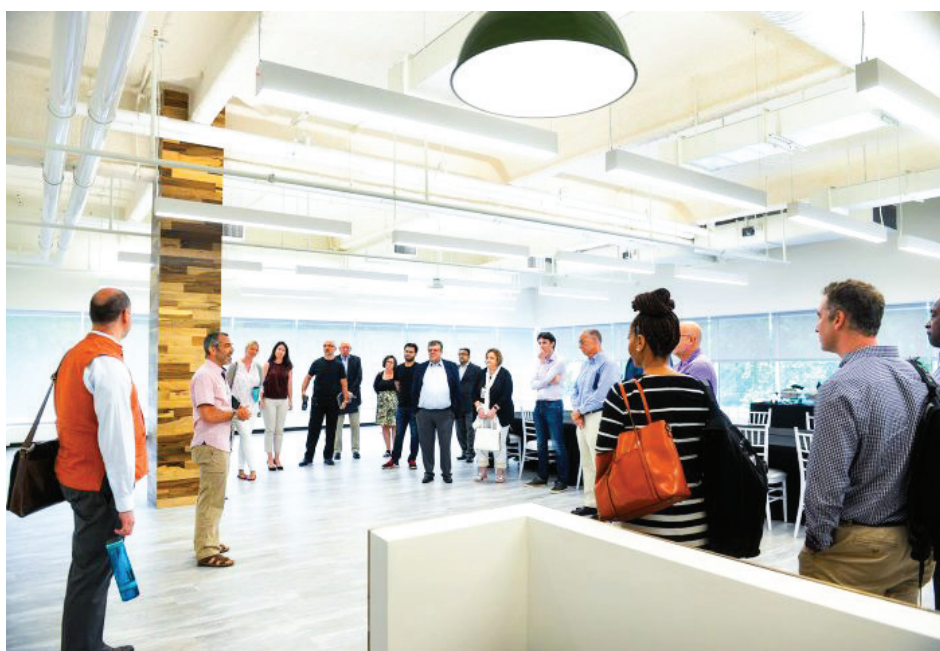
Mentoring is also a part of WCBT students’ leadership opportunities and experiences at Sacred Heart.

“The SHRM Mentor Program is designed to connect Sacred Heart undergraduate students who are interested in pursuing a career in Human Resources with a SHU graduate student who is enrolled in the Masters of Strategic Human Resource Management Program and involved in Sacred Heart’s SHRM student chapter,” said Martinelli.

Human Resources focuses on managing future and current employees. A SHRM Mentor Program will provide graduate students the experience in training.

“The relationship formed between the mentees and their mentors will allow undergraduate students the opportunity to start networking and build their HR network, and will allow mentors the opportunity to encourage and advise undergraduates by sharing their own experience, advice and knowledge,” said Martinelli.

The SHRM Mentor Program will enhance the undergraduate student connection for future opportunities with older generations.



UNIVERSITY BUSINESS
THERE HAVE BEEN RECENT CHANGES TO THE JACK WELCH COLLEGE OF BUSINESS AND TECHNOLOGY, INCLUDING ADDITIONS TO THE MANAGEMENT PROGRAM.

Campus Life Leadership Awards

BY CAROLYN BEDDOW
Staff Writer

Do you know someone on the Sacred Heart University campus deserving of recognition for their dedication and leadership?

“It is important to recognize students on campus for their hard work and dedication, especially this year as it has been different, to say the least,” said Katherine Morovich, Coordinator of the Student Life Program.

The CLLA’s are run and organized by Student Life and are a way for students to be recognized for their dedication and positive contributions to the Sacred Heart community.

Some of the awards include the Pioneer Awards for one person per class year, the Doug Bohn “Unsung Hero” Award and the John Croffy Outstanding Leader Award, which are all based on nominations. Outstanding faculty, staff, administrators and graduate assistants can also be nominated in “The Final Four Awards.”

Outstanding student leaders are also recognized from different departments for their involvement on campus. Some of the department awards include the Performing Arts, Campus Ministry, Residential Life, Student Ambassadors and Fraternity and Sorority Life Awards.

“I have been nominated. You have to list your involvements on campus and then fill out a form explaining what you do for leadership around campus,” said senior Kelly Aarons-Castellanos.

Some students are not just recognized at the CLLA ceremony at the end of April, but their names are also put on a plaque on the wall across from the glass doors of the dining hall 63’s in the main academic building. Their names are placed on the plaques along with other winners of the awards going back to the 1996-1997 school year.

“I think that they are important because they recognize the incredible things our student population does, but I wish that they were more inclusive of leaders who may be less well-known but still do amazing work,” said Aarons-Castellanos.

This year the CLLA’s are taking place in person with a livestream from the Edgerton Theater for people to watch virtually. The award ceremony will be held similarly to previous years, while also maintaining and following COVID-19 guidelines.

The Campus Life Leadership Award Ceremony is planned for April 28 at 6 p.m. in the Edgerton Theater and is by invite only. The event will also be livestreamed for friends and family to watch virtually.

THE CAMPUS LIFE LEADERSHIP AWARDS

• NOMINATE A LEADER •

THE PIONEER AWARDS

- FIRST YEAR PIONEER AWARD
- SOPHOMORE PIONEER AWARD
- JUNIOR PIONEER AWARD
- SENIOR PIONEER AWARD

THESE AWARDS WILL BE GIVEN TO A STUDENT IN EACH CLASS WHO HAS CONTRIBUTED TO THE ENHANCEMENT OF THE SACRED HEART COMMUNITY BY MAKING A POSITIVE IMPACT THROUGH HIS/HER ROLE AS A LEADER. A CUMULATIVE GPA OF 2.5 IS REQUIRED AND FULL-TIME UNDERGRADUATE STANDING.

THE DOUG BOHN UNSUNG HERO AWARD

THIS AWARD WILL BE GIVEN TO A STUDENT WHO HAS MADE SIGNIFICANT CONTRIBUTIONS TO CAMPUS LIFE BEHIND THE SCENES AND HAS NOT REGULARLY RECEIVED PUBLIC RECOGNITION FOR HIS/HER COMMITMENT TO SACRED HEART UNIVERSITY. A CUMULATIVE GPA OF 2.75 IS REQUIRED AND JUNIOR/SENIOR STANDING.

THE JOHN CROFFY OUTSTANDING LEADER AWARD

THIS MAIN LEADERSHIP AWARD IS TO BE GIVEN TO A STUDENT WHO THROUGH HIS/HER PARTICIPATION AND INVOLVEMENT WITHIN THE UNIVERSITY COMMUNITY HAS DISPLAYED OUTSTANDING LEADERSHIP. A CUMULATIVE GPA OF 2.75 IS REQUIRED AND JUNIOR/SENIOR STANDING.

SACRED HEART UNIVERSITY
THE ANNUAL CAMPUS LIFE LEADERSHIP AWARDS, RUN BY STUDENT LIFE, WILL TAKE PLACE ON APRIL 28.

Spotlight



Treating People with Kindness

ANDREW KANE
CONTRIBUTING WRITER

If you're a mental health professional or enthusiast, you've probably come across some variation of the phrase "treat people with kindness." Regular readers of The Spectrum and Audrey's Corner know that kindness was one of Audrey's signature personality traits.

Compassion and empathy have made their way into popular culture in recent years with more people focusing on their mental wellbeing and caring for both others and themselves. Not too long ago, former One Direction singer turned solo superstar Harry Styles released his sixth single that is called "Treat People with Kindness." It is from his 2019 album "Fine Line" and is a prime example of kindness making its way into pop culture and the media.

When I first started writing this article, I had flashbacks of pre-pandemic memories seeing Styles in concert at the 3Arena in Dublin, Ireland back in March 2018. It was the first activity of my trip, and it was a fantastic experience.

In "Treat People with Kindness," the singer's intention is clear right off the bat. Layered by addictive piano chords, the background singers chant an ode to finding kindness and a happy place: "Maybe we can find a place to feel good/And we can treat people with kindness/Find a place to feel good."

After the opening lines, the song gains momentum and remains consistent in both melody and lyrics. One particular section that resonates with me is the second verse. It is simple yet sends a positive message about feeling good and living in the moment. Styles sings, "Given second chances/I don't need all the answers/Feeling good in my skin/I just keep on dancin'." As a dancing enthusiast, I could not agree more!

I highly encourage everyone to listen to this wonderful song if you're feeling down or just want to listen to something upbeat and positive. It is available on Spotify and Apple Music. Turn it up, have a small dance party with your friends, and celebrate kindness!



94.5 PST

Fashion

Pantone and How it Revolutionized the Fashion Industry

BY ELIZABETH COYNE
Assistant A&E Editor

What color is your favorite T-shirt? Would it be the same if you bought it in New York, California or Texas?

Using the Pantone Matching System (PMS), a standardized color reproduction system, the color of a garment can be matched exactly no matter where it is produced. With consistent color comes consistent and mass-marketable clothing that goes from the showroom to the store to your closet the same way every time.

According to Fashion Insiders, "The idea behind the Pantone Matching System is to allow designers to 'colour match' specific colors when a design enters the production stage, regardless of the equipment used to produce the color. This system has been widely adopted by graphic designers, reproduction, and printing houses for a number of years now."

"I never knew about this system, and even though I'm not a design student, I can totally see how helpful this must be for designers," said sophomore Hailey Morelli. "I can't imagine having my design produced all over the country and every version being slightly off."

According to Fashion Insiders, the system was developed by Lawrence Herbert in 1963 after he bought the New Jersey-based company a year earlier. Before Herbert's influence, Pantone manufactured color cards for cosmetic companies.

The Pantone for fashion and home colors are labeled with two digits, a dash and then four more digits. The color is also labeled with a suffix representing what material the color is printed on. For example, PMS 19-4052 TCX is "Classic Blue" and 14-1911 TPX is "Candy Pink." The suffix "TCX" refers to textile cotton extended, while "TPX" refers to textile paper extended.

According to O.Berk Company, "There are over 1,000 colors identified in the Pantone Color Matching System, including metallic and fluorescent colors."

For any designer or manufacturer using the PMS, Pantone recommends the annual purchasing of the PMS Color Guide or "swatch book" for reference, as the colors in the book yellow over time and become less accurate.

As well as the PMS Color Guide, Pantone provides a seasonal color trend report for fashion designers to use as a guide for the most popular colors to produce their garments in. According to Fashion Insiders, "Every season, the team at the Institute evaluates the colors shown by designers in their collections at New York Fashion Week. The Pantone Fashion Color Report is then created with the gathered information."

According to the Pantone Fashion Color Trend Report: New York Fashion Week Spring/Summer 2021, "This season's report features the top 10 standout colors, as well

as current takes on the five core classics we can expect to see on the New York runway as fashion designers introduce their new spring/summer collections."

Pantone also releases a "Pantone Color of The Year" every December in preparation for the new year. The colors "Ultimate Gray" 17-5104 and "Illuminating" 13-0647 are the Pantone colors for the current year. According to Pantone, they were chosen for their warmth and dependability.

"I think color adds another dimension to art. A story can be told simply by creating a sketch, but when you add color, it can make more sense," said Paige Hall, Art Club Vice President. "Even if an artist chooses to use a black and white or gray scale, the image trying to be represented will jump out at whomever is seeing it. When color is added, a mood is set, and I think that's important, but also beautiful."



VOGUE

THE PANTONE MATCHING SYSTEM (PMS) REVOLUTIONIZED THE WAY THE FASHION INDUSTRY, AND MANY OTHER INDUSTRIES, WENT ABOUT THEIR DESIGNS.

Arts & Entertainment

GospelFest: Hope for a Brighter Tomorrow

BY JAMES GALLAGHER & JACKIE O'ROURKE
Staff Writer, A&E Editor

On April 3, the Sacred Heart University Choral Program hosted a livestream event called "GospelFest: Hope for a Brighter Tomorrow."

"Be sure not to miss this inspirational, energetic and uplifting program featuring the SHU Choral Program and guests in this presentation of Gospel music selections. A highlight of the year," stated the Sacred Heart Events Calendar.

COVID-19 has affected different aspects of campus life this year, including the Sacred Heart Choral Program. The choirs have had to make adjustments to GospelFest and other events this year.

"Because of the limitations associated with COVID-19, our rehearsal times are more limited, and the amount of music we can present on video is a bit less. But, as evidenced by the final concert, the enthusiasm, fun, and energy associated with this yearly concert still comes through," said John Michniewicz, Director of Choral Programs.

Michniewicz said, "I was very proud of the efforts of all of our singers, soloists, and choral directors who really went above and beyond to present their individual parts in an engaging, energetic and uplifting way."

This event had an uplifting style of music with songs like "The Storm is Passing Over," "We Have Hope" and "Wanna be Happy." All of the songs preached messages of hope, happiness and unity.

"I participated in the event to bring hope that the pandemic is almost over, and we need to be strong together to deal with these hard times," said junior Connor Rossi, a member of the Gospel Choir.

"The theme of this year's GospelFest Concert was Hope for a Brighter Tomorrow, which perfectly represents what everyone needs to hear. The importance of this event is to express through music the feeling of hope," said Choir President, senior Sara Terpak.

"I personally love Gospel music because it has such a spiritual, uplifting, empowering movement to it. Especially with these music choices in our choir performance and putting out faith in the universe to 'Hope for a Brighter Tomorrow,'" said Terpak. "Just as the choir members at the end of the concert say, 'Everything will be okay,' 'Always look up.' Even if today feels like the end of the world, remember there is always tomorrow."

The Sacred Heart Choral Program includes the Concert Choir, the SATB Ensemble called "4 Heart Harmony," the SSAA A Capella Ensemble called "Blended Hearts," the TTBB A Capella Ensemble called "The SHUpermen," the Gospel Choir and the Liturgical Choir.

Terpak said, "Ever since the beginning of the spring semester, all of the choirs have been practicing the Gospel music. I'm currently in three different choirs which include Liturgical, Gospel, and 4-Heart Harmony. Each choir had two pieces of music to learn and rehearse. Each choir student had to record themselves singing the music on their phones or laptops to send in to their director. After the audio was put together, each group got recorded for the visual aspect and then linked up the audio to the visual."

For the song "Now Us" sung by the Gospel Choir, special guest President Dr. John

Petillo joined in and sung along with the choir in what was one of the most uplifting songs of the concert.

"Being a part of Gospel Choir with Dr. Petillo has given me the opportunity to build a meaningful friendship with him, practicing with him every week," said Rossi. "To me, it shows how much the faculty cares about the students at Sacred Heart and specifically how much Dr. Petillo cares for the students."

"COVID-19 has impacted choir tremendously. Each group would all rehearse for about two hours twice a week. Now each section will meet with the director for thirty minutes having the students in masks and social distancing," said Terpak. "Even though choir looks and feels a little different, it still makes me happy I get to participate in this program."



RIEANNA FLORES / THE SPECTRUM

THE SACRED HEART CHORAL PROGRAM PRESENTED "GOSPELFEST: HOPE FOR A BRIGHTER FUTURE" VIA A LIVESTREAM ON APRIL 3.

SHU Band Presents "Pioneer Blast"

BY CHLOE CURTIS
Staff Writer

The sounds of the pep band fill the room, and students play Sacred Heart University's fight song, creating the classic tune with their various instruments. Big Red stands alongside the band, dancing to the beat. "Pioneer Blast, a virtual band concert on Thursday, April 1, has begun.

However, this spirited environment is far from normal for Sacred Heart's pep band. Due to COVID-19, the players were masked, six feet apart and performed without the support of a physical audience. Instead, they played for a virtual broadcast.

"It feels weird that after my 12 years of playing the saxophone, my final performances are going to be virtual," said senior Jillian Milano.

In March of 2020, the COVID-19 pandemic swept across the country, causing universities and schools to remain closed for several months. Many students find themselves in Milano's situation, feeling that their final moments of college are less than expected.

"I will admit, it is upsetting that my final hoorah of playing isn't in the presence of my family and friends, but I am beyond grateful that we are able to have performances despite all that COVID-19 has taken away," said Milano.

Despite the changes that Milano and the rest of the band face, she still has found ways to enjoy the last few months she has as a performer. While concerts and practices may be a little different, the sounds of the performance are not.

"My favorite piece that we performed in this past concert is 'Shipping Up to Boston.' I played this piece throughout my high school experience and I love the energy that goes through the band when we play it," said Milano.

"Shipping up to Boston" is only one of the many pieces played during the concert. Others include Walk the Moon's "Shut Up and Dance," Fountains of Wayne's "Stacey's Mom" and The White Stripes's "Seven Nation Army."

While these pieces only take minutes to perform, they take much longer to put together. "We have been preparing since the beginning of the spring semester," said freshman flutist, Maggie Lalor.

Like Milano, Lalor agrees that even a global pandemic cannot stop the upbeat atmosphere the band produces.

"Apart from the fact that we had to follow COVID-19 guidelines, we learned the music the same way and had a great time doing it," said Lalor.

The energy of the band stays the same, even at a distance. In order to protect the student body, Sacred Heart has implemented many guidelines for the campus to follow. This includes mandatory mask wearing, social distancing and no crowds.

"Under normal circumstances, we as a band would practice the pieces on the stage or in the band room. Typically, we would play through the pieces in concert order and then

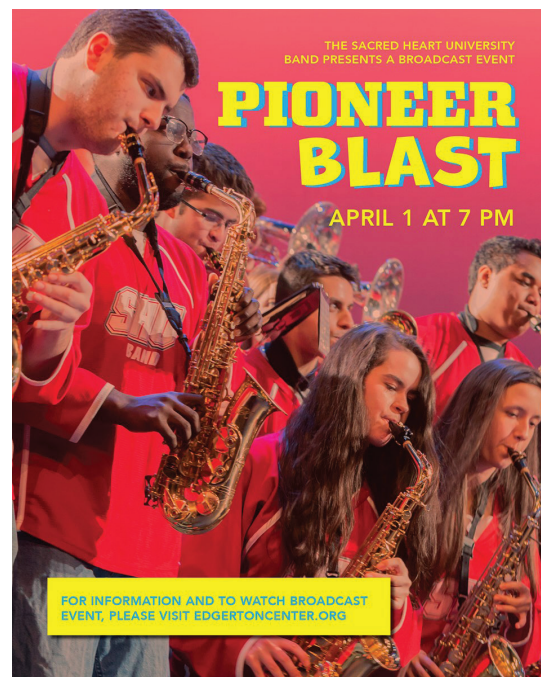
go back and fix specific parts of the pieces that sounded muddy or unclear," said Milano. "Since COVID-19 started, we still prepare for a concert in the same manner, with the only difference being that we are socially distanced throughout the Edgerton rather than sitting next to one another."

Social distancing remains a large difference for many group events, Sacred Heart's band included. Instead of an audience coming together, viewers tuned into a broadcast on Vimeo, a video sharing and streaming website.

Lalor had a positive outlook on this aspect of the performance.

"The livestream allowed even more people to watch the show, instead of everyone having to congregate at one location," said Lalor.

While performing may look different for Sacred Heart's pep band amidst COVID-19, the music persists.



SACRED HEART UNIVERSITY

THE SACRED HEART BAND PRESENTED "PIONEER BLAST" ON APRIL 1 VIA A LIVESTREAM FOR SHU STUDENTS AND FAMILY MEMBERS TO ENJOY.

Sports

Julius Chestnut Highlight

BY ROBERT FINIZIO
Staff Writer

With 40 seconds remaining in the second quarter of a Sacred Heart University vs. Merrimack College matchup, sophomore quarterback Marquez McCray of the Pioneers stands back in the shotgun formation ready to call the snap.

The ball is snapped as McCray drops back and delivers an over-the-head throw to junior running back Julius Chestnut, who reels in the ball with one hand.

“Open field for Chestnut, down the sideline and see ya!” said announcer Randy Brochu. “Julius Chestnut with a touchdown!”

61 yards, untouched. An easy six points for Chestnut.

Chestnut has accumulated at least 150 yards of total offense every game this season, as well as ten total touchdowns and 699 total yards, according to Sacred Heart Athletics.

“Julius is a great football player and an even better person. He works hard on and off the field and is a real joy to have around,” said head coach Mark Nofri. “He is always smiling and has earned the respect of his teammates and coaches. His success is a tribute to his work ethic.”

Nofri, in his ninth season as head coach of the Pioneers, has seen Chestnut play since his high school days at Archbishop Spalding in M.D.. Chestnut credits Nofri for being a key part of his recruitment and interest in the Sacred Heart football program.

“As soon as I came up here on my official visit, I knew Coach Nofri was that man,” said Chestnut. “He was welcoming.”

In Chestnut’s rookie season, he produced seven touchdowns in 11 games, 713 rushing yards and was named the Northeast Conference (NEC) Offensive Rookie of the Year, according to Sacred Heart Athletics. Chestnut followed up this success in his sophomore campaign as well, rushing for over 1,400 yards and earning two NEC player of the week accolades, according to Sacred Heart Athletics.

“I’ve been playing football since I was six years old, playing football is fun to me,” said Chestnut. “I don’t look at it as ‘I’m just here to do this,’ I love the game of football.”

Having fun does not mean Chestnut takes football, or academics, lightly. Of all of the accolades Chestnut has received over his three-year career at Sacred Heart, making the dean’s list ranks high in his eyes.

“Making the dean’s list was definitely my main accomplishment that I like to brag about,” said Chestnut.

Chestnut opened the 2021 season against Duquesne University with four total touchdowns and over 160 rushing yards. He followed up this performance with another four touchdowns against Long Island University (LIU) the following week, according to Sacred Heart Athletics.

According to Sacred Heart Athletics, when the Pioneers faced off against Merrimack in the third week of the season, Chestnut led in both receiving and rushing yards with over 240 total yards and two touchdowns.

In what was set to be the last game of the season against Wagner College in Staten

Island, the game was canceled due to positive COVID-19 results within the Wagner program, according to Wagner Athletics.

“It was very disappointing, and we were crushed that we couldn’t play,” said Nofri. “A week of football preparations is very demanding. They need to be rewarded to play the game.”

The Pioneers are set for a rematch of their week one matchup with Duquesne in the NEC Championship game on April 11. A win against Duquesne would earn them a bid in the Football Championship Subdivision (FCS) tournament, and would be their first trip since 2014, according to Sacred Heart Athletics.

“I feel confident that we are going to get the job done,” said Chestnut. “Everyone knows what we have ahead of them. I feel confident about this championship game.”

The Pioneers went on to defeat the Duquesne Dukes 34-27 in the first NEC Championship game that went into overtime. Chestnut and the Pioneers will now play in the FCS playoffs.



THOMAS KOUREBANAS / THE SPECTRUM

JUNIOR RUNNING BACK JULIUS CHESTNUT HAS BEEN SUCCESSFUL BOTH ON AND OFF THE FIELD, WITH OVER 700 TOTAL YARDS THIS SEASON AND MAKING THE DEAN’S LIST.

Six Fencers Selected to NCAA Championships

BY THOMAS KOUREBANAS
Staff Writer

Six fencers from Sacred Heart University competed at the National Collegiate Athletic Association (NCAA) championships. The events were held at Pennsylvania State University’s campus from March 25-28.

During the 2013-2014 season, Sacred Heart sent five fencers to the championships. This year’s squad broke records for the program.

“This is the first time Sacred Heart ever had six fencers [selected] to the NCAA championships,” said junior Tia Petrides. “It was such an amazing experience to represent Sacred Heart.”

Seniors Troy Kapitzke and Cameron Silver, freshmen Domenic Bartolo and Vijay Ganta, and sophomores Lawrence Tan and Tia Petrides qualified for the championships. The men’s fencing team finished 10th with the overall team finishing 13th out of 19.

Silver finished 10th amongst epee fencers, earning All-American honors. To be selected for the award, you have had to finish top 12 in the tournament for an event.

“I was at the Pitt every day for four hours a day at least,” said Silver. “I feel like I really got out what I put in.”

The sport is divided into three events: foil, epee and sabre. Each has their own weapon and rules for engaging an opponent.

“Foil and sabre use this thing called right of way,” said Silver. “Let’s say you have a four way stop at a stop sign, the first person to pull up to the stop sign has the right of way. So, if you have two [fencers] and they hit [strike], both lights go off.”

The foil and epee blades have a little button on the tip that takes a certain amount of pressure before a light goes off, indicating who made contact. For foil and sabre, if both lights go off, the point is rewarded at the discretion of the referee.

“The person who initiated the attack first even if both fencers hit at the same time is the person who gets the touch [point].” said Silver.

With sabre, you can strike with any part of the blade in a slashing motion, as opposed to strictly poking with foil or epee. Each event also has rules for where a fencer can strike.

“For foil, the target area is just the torso, and for sabre, it’s the waist up,” said Silver. “With epee, you pretty much don’t have rules of engagement. If both people hit, both people get the touch. The target area is anywhere.”

The three events require different physical demands.

“With foil and epee, it’s more technical with a lot more blade work,” said freshman sabre Bartolo. “In sabre, you’re working more on cardio, explosiveness and how fast you can go.”

To qualify, a fencer needs at least 10 bouts and a 40% win ratio. Selection is also determined through power ranking, which represents performance against quality competition.

“If you beat someone who’s really good, your power ranking goes up more than if you

beat someone that is not so good,” said Silver. “24 people in total go, the top five fencers from the Northeast [region] from the power ranking got to go to the NCAAs, but you can only send two people per [event] per school.”

The pioneers scored 43 points overall with 23 in epee, 12 in sabre and eight in the foil.

Tan’s praises go beyond the qualified fencers.

“I feel like not only the six of us that went, but the entire team, has improved,” said Tan. “It took the team as a whole to work toward this goal, and [we] made history sending six fencers to championships, even through a pandemic.”

Coach Yury Molchan recognized the challenge of repeating history next year.

“It will be difficult next season, but I think it’s possible,” said Molchan.



SACRED HEART UNIVERSITY

SACRED HEART HAS SENT SIX FENCERS TO THE NCAA CHAMPIONSHIPS FOR THE FIRST TIME IN PROGRAM HISTORY.

Editorial

The Hard Truths of Running a Small Business

JULIA HALLISEY

ASSISTANT NEWS EDITOR

EDITOR IN CHIEF
DAN GARDELLA
2021

MANAGING EDITOR – EDITORIAL
SHANNON SZEFINSKI
2021

MANAGING EDITOR – BUSINESS
DEANNA REINHARDT
2022

COPY EDITORS
MIA SANSANELLI
2023

JILL AMARI
2023

NEWS EDITOR
CITLALLI GODINEZ
2021

ASST. NEWS EDITOR
JULIA HALLISEY
2022

PERSPECTIVES EDITOR
MACKENZIE MAHER
2021

ASST. PERSPECTIVES EDITORS
ASHLIN HALEY
2022

SOPHIE CAMIZZI
2022

FEATURES EDITOR
ELIZABETH KALFAYAN
2021

ASST. FEATURES EDITOR
MAISY CARVALHO
2022

ARTS & ENTERTAINMENT EDITOR
JACKIE O'ROURKE
2021

ASST. ARTS & ENTERTAINMENT EDITOR
ELIZABETH COYNE
2023

SPORTS EDITOR
MIKENZIE CARBONE
2021

ASST. SPORTS EDITORS
JOSEPH SCIANCALOPORE
2021

MARIA CIPRIANO
2022

SENIOR SPORTS WRITER
ASIA McCRAY
2021

MANAGER OF AUDREY'S CORNER
JILL AMARI
2023

PHOTOGRAPHY EDITOR
RIEANNA FLORES
2021

ASST. PHOTOGRAPHY EDITOR
JOSEPH DECARLO
2024

PUBLIC RELATIONS / MULTIMEDIA MANAGERS
THEO HAUBRICH
2022

DANIELLE DAVANZO
2021

SALES MANAGER
JONATHAN SORIANO
2021

ASST. SALES MANAGER
AARON MARTINO
2024

CIRCULATION MANAGER
JILL AMARI
2023

FACULTY ADVISOR
PROF. JOANNE KABAK

We've all been there. Seeing a small business succeed and saying to ourselves, "I could probably do that if I tried" or seeing a handmade product and thinking, "I could probably make that."

The simple answer is no, you probably can't, unless you're willing to put lots of hard work into it.

Since quarantine has started, it seems to be a new trend to run a small business or have some type of a side hustle, and as a highly ambitious person myself, I decided to partake. When I look back on those moments of deciding to start a small business, thinking it would be so easy, I only have one word to describe myself: naive.

I've been surrounded by entrepreneurship my entire life. My grandfather started three of his own businesses that are still alive today. After working at one for the past two years, I learned just how much money, time and effort goes into every single day there. My family still runs these businesses, and my mother started her own family therapy practice while raising four children. I thought if anyone was going to start a successful small business in 2020, it would be me, right? I mean, it's almost like it's in my blood.

After months of seeing young people launching creative businesses, I decided to put myself to the test. In August 2020, I launched JDesigns, a sticker business. I learned everything there was to know about apps like Procreate and Cricut Design Space and used my (somewhat) artistic abilities to create products I was really happy with.

This was not an easy process. Somehow, in every step of the way, something went wrong. That is what you don't see when you're scrolling through Instagram or TikTok – the mistakes. Already, after a month of running JDesigns, I had gained so much respect for small business owners.

Through it all, there I was, running a small business out of my tiny bedroom at my off-campus house. In these moments, I had never been prouder of myself. I sold upwards of 300 stickers from Connecticut to places as far as Nashville, Tennessee and

Calabasas, California.

During the fall semester, I tried my best to manage my school work, my sorority, clubs and JDesigns. When finals rolled around, I was overwhelmed, to say the least. The quote "You can't pour yourself into anything while empty" had never described my life better.

During winter break, I took a break from JDesigns. Partly because transporting all of my supplies was too much of a hassle and partly because I was just burnt out. My original plan was to re-launch in February with more products and better time-management skills.



The Last Dance

DANIELLE DAVANZO

PR / MULTIMEDIA MANAGER

Remember when Winnie the Pooh said, "How lucky am I to have something that makes saying goodbye so hard?" Well, that quote hit home for me a couple weeks ago.

On Sunday, March 28, I had my last Dance Ensemble show, Spring Finale, here at Sacred Heart. From my first day at Sacred Heart, people told me to enjoy it because it goes by fast... but nobody warned me it would go by this fast.

I remember being a freshman; it was my first week at SHU, and I was going to my first dance meeting of the year in the Edgerton. When I tell you I was petrified, I was petrified. I did not know anybody at all, and I was a scared freshman walking into the doors of the Edgerton for the first time. Little did I know that day would change the next four years of my college career.

Since I committed to the dance program, my life has changed. Yes, I know it is corny to say, but it is absolutely the truth. I was a different person, a different dancer, a different choreographer and a different performer before I joined the Dance Ensemble.

I am so thankful and blessed to be able to say that this program has created a family for me over the last four years. I genuinely do not know how I could have gotten through the last four years without being a part of the Dance Ensemble. I have been presented endless opportunities and experiences, and have grown so much as a person and a dancer. I could not have had this amazing experience without the powerful, inspirational, determined woman herself, Kari Williams, the Director of Dance.

Coming into the dance program as a freshman in 2017, I never knew how much this program would change my life. Being away from home, I instantly had a family within this program. I was given friends that will last me a lifetime and moments that I could have never imagined. It is the most welcoming, supportive and inspirational dance family I have ever had. I am incredibly

lucky to have been supported by such great dancers who have pushed me to grow as a dancer and person.

I will never be able to express the gratitude I have for the Dance Ensemble and every dancer, choreographer and influential person I have crossed paths with because of this program. This program is what I will miss the most when I graduate after being blessed with the greatness this program has offered me over the last four years. Sacred Heart University Dance Ensemble for life.



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

Letters to the editor should not exceed 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.