

**WELCOME BACK
AND HAPPY NEW
YEAR!**



**FOLLOW US ON
SOCIAL!**

**@shuspectrum on
Instagram, TikTok,
and Twitter**

Visit Our Website

shuspectrum.com

SCAN ME!!



**Remember to keep
your mask on in-
doors while on
campus!**



Sacred Heart Becomes a JED Campus

BY EMILEE CAMODEO
Assistant News Editor

On Jan 18, President Petillo announced that Sacred Heart will become a JED Campus after partnering with the JED foundation which focuses on bringing awareness and providing resources on topics including mental health, substance abuse, and suicide prevention.

In the email, Petillo says, “JED campus schools embark on a strategic partnership with JED that assesses and enhances existing work and helps to create positive, lasting systemic change in the campus community. This process also relates to House Bill 6402, which places new requirements on higher education institutions, including the creation of mental health coalitions at each campus.”

James Geisler, Director of Counseling, will be the new chair of the Mental Health Coalition. His prior experience is as a program manager and a child guidance therapist.

“The responsibility of being the chair of the mental health coalition at SHU aligns with my personal and professional strengths,” said Geisler. “I am passionate about enhancing the emotional well-being of university students, always eager to engage in leadership roles and excited for opportunities to be innovative.”

Starting this Spring semester, same-day counseling appointments will be offered Monday through Thursday from 1 p.m. to 3 p.m. in order to help support students who may be having a difficult time. These 30-minute appointments are offered on a first-come, first-served basis, and can be scheduled by calling the main counseling line beginning at 8:30 a.m..

“I believe that the more conversations that we can facilitate across campus related to mental health, the more we create a campus where counseling is destigmatized, and where there is no shame in asking for help,” said Geisler. “The more we ask, ‘Are you OK?’ followed by ‘And it’s OK if you’re not, there are resources here on campus for you,’ the more we promote a community where conversations around wellness become a part of our campus culture.”

During the pandemic, some students have already started to realize the importance of taking care of their own mental health and well-being.

“I feel like other people have it worse than me, which is why I have always been afraid to speak up,” said senior Alana Proudian. “I soon realized that all of our problems matter and that we should be able to speak our minds and feel validated, especially during these times.”

However, before any major changes can take place, Larry Wielk,

Dean of Students, says that there are some preliminary steps to be taken.

“The first steps of the process will be to do a campus wide ‘Healthy Minds’ survey of our entire community, which will

The JED Foundation Logo.

likely be done in mid-March,” said Wielk. “This will allow all members of the campus community to provide feedback on our current programs and services, and to obtain a baseline of our campus needs moving forward for all populations.”



The Jed Foundation

Contributed by jedfoundation.org

“I am passionate about enhancing the emotional well-being of university students, always eager to engage in leadership roles and excited for opportunities to be innovative”

- James Geisler, Director of Counseling

While some changes of this program are still to be determined, some students have already begun to see the effects in their own classrooms.

“In one of my classes, my professor added the new JED Program to her syllabus to advertise more awareness on this foundation,” said senior Alexandra Kennedy. “I believe that if every professor includes this in their syllabus, then it will reach every student.”

Although the JED initiative may have started just in time for some students, others who are graduating soon may not be able to fully experience it before they leave.

“As a senior graduating, I feel as though I lost some time here due to the pandemic,” said senior Grace Hurley. “It would make me feel more supported if I had access to these resources even after graduating.”

Nonetheless, Dean Wielk feels that given the rise in mental health issues at

the university, this endeavor is one of the most important undertakings that Sacred Heart can be involved in with meeting the needs of the campus’ population.

“As we come out of the COVID crises, the mental health crisis is the next campus-wide pandemic, and we are in the midst of fighting it,” said Wielk. “JED should be a big help in bolstering our toolbox to fight this crisis and to provide a safe campus environment.”



Sacred Heart University Wellness Center.

Sacred Heart University



NEWSPAPER RACK LOCATIONS

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

News

SHU's First Endowed Chair Selected

BY SOPHIE CAMIZZI
News Editor

According to an email sent by Dr. Petillo on Jan. 20, Dr. Maureen Ruby was announced as the Isabelle Farrington Endowed Chair of Social, Emotional, and Academic Leadership (SEL), the first ever endowed chair at Sacred Heart.

In the email, he says, "An endowed chair or professorship is one of the most prestigious academic positions and is completely funded in perpetuity. As endowed chair, Dr. Ruby will be helping to prepare educational leaders with expertise in social, emotional and academic leadership - something that is already a key component of the College of Education's doctoral program."

"It's humbling," said Ruby. "You work hard and when things like this come your way, you're like 'why me?' You're not in this work for yourself when you're a teacher. When you have a student that goes off and gets a fabulous job and accomplishes so much to help other people, that is so gratifying and so I see this position as a gift."

Before receiving her Ph.D. from the University of Conn., she began as a dentist and worked at underserved public health clinics.

"When you work in public health clinics, it's very undeserved," said Ruby. "Part of the problem is that they haven't had access to care and that they haven't really learned to take care of themselves so you're constantly working with people to teach them, so I think the teaching

piece was always there."

According to Dr. Petillo's email on Jan. 20, she also has many academic accolades such as the North Branford Public Schools 2000 Teacher of the Year semifinalist, a co-principal investigator for \$3.9 million federal Early Reading First grant, and recently has completed a two-year Ashoka-Changemaker Fellowship at the Yale Center for Emotional Intelligence in May 2019.

"Dr. Ruby was chosen because she has the breadth and depth of academic and professional experiences required to step into the role and make an immediate impact," said Dr. Michael Alfano, Vice Provost for Strategic Partnerships and Dean of the Isabelle Farrington College of Education.

"She is an outstanding teacher and has many professional relationships with many influential and important people who work in education, including U.S. Secretary of Education, Dr. Miguel Cardona," he said.

In her position, Ruby will work with doctoral students to complete their SEL-related dissertations, as well as connect students with school districts that would benefit from their research.

"This program is a one of a kind program, to the best of our knowledge right now, it's the only doctoral program in social, emotional and academic leadership anywhere," said Ruby. "The work that this program is designed to support is these graduate students really tackling problems of the

practice insight to the context that they're actually in, not some lab or perfect school, it's the real deal."

Many undergraduate students within the Isabelle Farrington College of Education also agree with Ruby about the importance of gaining hands-on experience in the classroom.

"I believe it is essential to get hands-on work in the classroom since we are taught the skills to teach and manage a classroom, but we learn the most by actually being in a classroom," said senior Leanne Suozo. "If you are learning how to drive you study the manual, but it is when you actually get behind the wheel that you take what you know about driving and apply it. Same thing goes for teaching."

Ruby is currently the assistant superintendent in Brookfield, Conn., a K-12 school district, but she will be joining Sacred Heart as an associate professor in Aug. 2022.

"To me as a professional, I feel so blessed because I am going to be able to hopefully support other people in ways that will have a ripple effect and just have far reaching benefits to improve the lives of so many people," said Ruby.

"All of us can be enriched by being supported by our own social emotional learning so I'm very excited to see how this role can be of service not only outside of the community, but within the Sacred Heart community," she said.

Zero-Covid Policy at Olympics

BY BRENDAN WILLIAMS
News Editor

Is it safe to attend the Olympics?

"It would be a hard decision since going to the Olympics is a dream come true, but clearly, if there is a pandemic on top of the hacking of phones, I might think that not going is probably the best, but I think athletes should get a choice," said sophomore Kayla Kutch.

According to the Associated Press, as part of China's "Zero-Covid" policy, all athletes, officials, staff and journalists will be required to provide two negative tests before traveling to Beijing, another negative test at the airport before heading to their site and during the games, where PCR tests will be taken daily for every individual.

In addition, those who have recently tested positive are required to submit five negative tests to enter China. While there is no vaccine requirement, those who are unvaccinated must quarantine for 21 days.

"What China is trying to do right now is on an unbelievable scale," said Dr. David Luesink, an assistant professor in the history department with specialization in modern China. "China is trying to have a zero-Covid policy in a city of 14 million people, and if they have the number of cases that Sacred Heart would have on a normal day, they will shut and lock down the city in a way that nowhere in America has seen during the pandemic."

Even though this may be an issue for some, others are still optimistic about the games. "As long as the necessary precautions are taken, then yes, I do believe they should go on as planned," said sophomore Chris DiGangi.

For the 2020 Summer Games, Japan also had individuals self-isolate. However, they were allowed to leave after two weeks of quarantine. Conversely, China has been locked down for nearly two years.

According to the Associated Press, as of Jan. 13, "More than 20 million people are under lockdown in China with some barred from leaving their homes. Authorities have reported a total of 104,379 cases since the pandemic began and 4,636 deaths, a figure that hasn't changed in months."

However, with the Omicron-variant in effect, it may be even more difficult for China to contain the virus and their "Zero-Covid" policy during the games.

Dr. Maura Iversen, Dean of the College of Health Professions said, "The Omicron variant has a high transmission rate and short exposure period, making attempts to control the spread of the disease very challenging. The concept of providing a 'safe area' for athletes, their support staff, and media by separating them from the general public

may not be sufficient to contain spread."

"China's approach to containing Covid through the implementation of lockdowns and closed borders has reduced their population's national immunity," said Iversen. "Although China's rates of spread and Covid-related deaths are significantly lower than other countries at present, the risk of exposure with such a tremendous influx of global travelers looms large."

As part of the "Zero-Covid" policy, China is also requiring all international Olympic attendees to log into a health monitoring system app at least 14 days before their departure.

According to the International Olympic Committee (IOC), the app allows users to submit required health information daily and includes chat features, file transfers, weather updates, tourism recommendations, and GPS navigation.

However, on Jan. 18, the Associated Press reported that the app has come into question after concerns from Citizen Lab, an internet watchdog group, said that the app has flawed encryption and is vulnerable to being hacked, which could expose users' sensitive data.

Not only are Covid-19 and security concerns affecting the Beijing games, on Dec. 6, 2020, the Associated Press reported that the U.S. has said it will stage a diplomatic boycott of the upcoming Winter Games in protest over China's detention of more than one million Uyghur Muslims in the northwestern region of Xinjiang along with other human rights concerns.

"There is not a huge cost to China as they maintain the claim that there is no clear diplomatic position of the Olympics," said Luesink. "To them the bigger story is how they control Covid and the performance of the athletes."

The 2022 Winter Olympic Games will be taking place in Beijing Feb. 4 - Feb. 20.



A person in PPE walks past the Olympic rings inside the media center.

AP News



A man masks up in front of the Beijing 2022 Olympics sign

AP News

Perspectives

Influencer Infatuation

BY ASHLIN HALEY
Perspectives Editor

When a famous figure, who has a large following on the internet, becomes involved in a controversy, an immense amount of people and supporters intensely follow the scandal. The urge from these followers to keep up-to-date on the status of the public issue has become a prominent internet phenomenon. Now, people wait for these influential figures to release “apology videos” or statements explaining their side of the story.

A recent sexual assault accusation against a prominent influencer on TikTok took center stage on multiple social media platforms. Months later, the victim posted a video to Youtube on January 20, now reaching 19 million views, explaining his side of the story and telling his viewers the exact details. Public explanations and apologies receive a lot of attention, making it clear that internet drama intrigues many people.

This phenomenon has caused many students to wonder why they find themselves closely following internet drama.

“Any time I see an intriguing title, I click on it. I think it’s addicting in a way to watch these videos, because it’s something that doesn’t directly affect me, so it’s interesting and sometimes sad to see what decisions other people make,” said senior Sara Fagan.

Others say that the back and forth arguments of famous people online make these issues almost impossible to avoid.

“You see it all over every social media platform. The titles of these scandals are repeated and posted everywhere, so I always find myself following the drama because I want to know what the hype is about,” said senior Anna Pirkl.

Other students say that the addictive nature of public issues is up for interpretation.

“It’s also a he said she said situation. You never really know who’s in the right, and I think that’s the draw of keeping up on the drama,” said senior Abby Radwanski. “You



Instagram, @jamescharles
James Charles posing for his Instagram followers.

want to make your own opinion on the issue and figure out for yourself what side you are on.”

Other students do not find themselves wrapped up in these internet issues.

“I honestly do not really care about internet drama. A lot of my friends talk about scandals when they come up and half the time, I don’t know what they’re talking about,” said junior Ashley Kenneally.

Agreeing with Kenneally, many others do not see the importance of focusing on internet scandals.

“I don’t think it’s necessary to follow the personal problems of other people. It kind of takes up a lot of energy in my opinion,” said senior Cory Hutchison.

Although many agree that internet drama has an addicting nature, others say that they feel empathy for those involved.

“For the victims that are stuck in these public issues, you feel bad that they have to publicly announce everything going on in their lives,” said Pirkl. “A lot of these issues are heavy, and it’s unfortunate that people are sometimes forced to release a statement.”

Similarly, many say that a lot of internet scandals are topics that should remain private.

“I can’t imagine having to tell millions of people if I made a mistake or if I was a victim of an issue. It’s a lot of negative attention either way and not something you want online forever,” said Radwanski.

Many have ideas of how they would handle these situations if they were a prominent internet figure.

“It’s easier said than done since influencers are expected to release every detail about their lives, but I would try to keep my personal issues as private and lowkey as possible,” said Fagan. “Posting statements and videos definitely adds a lot of fuel to the fire, and it’s a permanent trace of your identity online.”



Instagram, @natliezacek
Natalie Zacek modeling a set and offering a brand discount.

Omicron Takes the Lead

BY DEANNA DRAKOPOLOUS
Perspectives Editor

With the recent and ongoing surge of the Omicron variant, some students have been worried about the return to school and the potential of catching the virus.

“I have been very nervous about catching COVID returning to campus during the surge of Omicron,” said junior Gianna Romagnoli.

Some students are worried that their exposure will be higher since classes are still fully in-person, even with the surge.

“I am surprised that we haven’t returned to SHU Flex since there is a surge,” said sophomore Jessica Zarilli. “My classes are pretty packed, so I definitely get a little nervous sitting right next to someone.”

Due to Omicron, some classes have been moved online for the start of the semester.

“Two of my classes are online for the first couple weeks of the semester,” said freshman Ronda Williams.

Some students fear that if the surge continues, classes will move to online.

“I have been enjoying having fully in-person classes and being able to be in a classroom setting again, so I am really hoping classes don’t have to be remote if the cases on campus go up,” said freshman Sophia Clark.

Some fear that due to off-campus gatherings, the cases will go up on campus.

“I know a lot of people have been attending off-campus gatherings and I feel that these are going to increase the cases on campus,” said Zarilli.

Some students have been taking cautious measures to lower their risk of catching Omicron.

“I’ve been doing my part to protect myself and others by wearing my mask and not attending large gatherings,” said junior Anna Richards.

Due to the recent variant, The Coronavirus Planning Team sent out an email on Dec. 17 stating “With the CDC recommending vaccines and boosters for everyone 16 and

older and, in keeping with our vaccine policy that follows CDC guidelines, we will require a booster shot before your return to campus after the Christmas break if possible (according to your eligibility) or no later than March 15 .

Some students agree with the decision to require the booster shots on campus.

“I think the decision to require boosters was a good call by the school since Omicron is surging,” said senior Shamere Collins.

Some students feel more confident being on campus since they have received their booster.

“I just got my booster shot over winter break, so I am confident that it will help me fight off Omicron,” said junior Kyle Saulnier.

Other students feel comfortable being on campus during the Omicron surge since they contracted the virus over break.

“I feel much less worried and protected having natural immunity for a few months since I got COVID over winter break,” said junior Haley Sullivan.



Instagram, @shu_set
Students on Campus enjoying one of the Student Events Team activities while staying masked and safe.



Instagram, @shucampusmin
SHU Campus Ministry Peer Team pictured in campus chapel on the weekend of their annual Fall Retreat.

Features

So You Want to Be an RSA?

BY JULIA HALLISEY
Features Editor

Sacred Heart Office of Residential Life has opened RSA applications for the 2022-2023 school year. RSAs, short for Residential Success Assistants, are responsible for being a mentor to the residents on their floor and in their building.

“Top priority for RSAs is bringing all of the residents on your floor and in your building together to create a very positive, welcoming, and open space for community building,” said Kolby Driscoll, Resident Hall Director (RHD). “Being that friendly face residents can come to for help.”

Other responsibilities include meeting with your residents, planning programs, meeting with your building staff, designing bulletin boards and door decks, and serving on-duty for the building on select nights.

Each residential building at SHU has RSAs on-duty. SHU RSAs going through training over winter break from Sunday- Wednesday 8 p.m.- 11 p.m. and Thursday- Saturday 8 p.m.- 2 a.m. to ensure residents always have someone to go to in case of an emergency.

“I look forward to being on-duty every Tuesday, because I love who I work with,” said junior Laura Regan, an RSA.

The application process consists of a written application and reference forms, which can be found on SHU’s website. On Feb. 17 and Feb. 18, applicants will meet with an RHD and an RSA to discuss the position further, and on Feb. 19, the RSA candidate pool will be grouped together in small groups for a group roundtable. The round table includes activities and conversation starters.

“This will give Residential Life staff an understanding of how candidates work in groups, how they fit into the group dynamic, and their leadership skills,” said Driscoll.

Following this process, notification letters will be sent out via email to all applicants by March 2.

Although interviews can be stressful for some, the Office of Residential Life wants every applicant to have a positive experience.

“Know who you are as a person, trust in yourself, never give up, and be 100% yourself,” said senior Simona Bruno, a Senior RSA. “That’s all Res Life is looking for.”



Instagram, @shureslife

Being yourself throughout the application process plays a big role in Residential Life’s decision-making process.

“When you are being yourself, the RHDs and the RSAs that are interviewing you get to have a great understanding of who the applicants are as individuals, and that then goes a long way to help us piece together who we want to hire as an RSA and where they would work best,” said Driscoll.

Applicants also shouldn’t be afraid to be vulnerable during this process.

“When it comes to applying, know your strengths and weaknesses,” said Bruno.

“But don’t be afraid to show your weaknesses, it just shows how strong and willing you are to work on those weaknesses.”

Many current RSAs have been inspired by past RSAs to apply for the job.

“I loved my RSA freshman year and she made me feel so welcomed,” said Bruno. “Because of that, I wanted to do the same thing for other freshmen.”

And their work does not go unnoticed.

“The impacts RSAs have on their residents is tremendous. Our RSAs do an amazing job at building and maintaining a community,” said Driscoll.

Aside from their residents, RSAs build a community within themselves.

“One of the best parts of being an RSA is the staff that you’re given,” said Regan. “Everyone says they become your second family, but it’s really true.”

The Office of Residential Life will be holding information sessions on Feb. 2 at 2 p.m. and 5 p.m., Feb. 4. At 12 p.m. and 4 p.m., and Feb. 7 at 5 p.m.

“I tell everyone I know to apply to be an RSA,” said Bruno. “If you’re thinking about it, there’s no harm in applying. It could honestly change your life, like it did for me.”



Instagram, @shureslife

RSA’s attentively listening to training seminars to strengthen their skills as a resource for students.

When In Rome

BY JENN HALLOWELL
Assistant Features Editor

For the first time since March 2020, Sacred Heart University has sent their students back to being abroad for the Spring 2022 semester.

In order to allow students to study abroad, many discussions took place before making the final decision.

“We look at a number of factors and sources, including vaccination rates, healthcare infrastructure, reports from local staff, CDC recommendations, etc., in determining when to return to our study abroad programming. The length of the semester program also allows for students to be abroad for a longer period making any need for Covid related protocols like testing and quarantine/isolation a feasible part of the program,” said Renee Pang, Senior Associate Director, Office of Global Affairs.

The biggest obstacle was Covid-19, which came with precautions that students had to take before going abroad.

“SHU requires that all study abroad participants are fully vaccinated, including the booster dose, once eligible,” said Pang.

Aside from personal precautions, each country has requirements for entry.

“We also looked closely at the entry requirements for each country, which may include testing or completing specific documentation,” said Pang. As usual, students also completed an online health and safety orientation as well as a pre-departure orientation and all students are enrolled in international health insurance through GeoBlue.”

While abroad, students are still taking Covid precautions, but they are not letting them take away from their overall experience.

“Covid has mostly impacted our experience in relation to the strict restrictions on travel,” said junior Emily Cenci, who is currently studying in Rome, Italy. “But I’m still experiencing so many amazing things that I wouldn’t have if not choosing to go abroad.”

The impact that the abroad experience has on SHU students is truly irreplaceable.

“Study abroad is an amazing opportunity for students to learn in a new environment. Particularly with semester programs, students are able to further develop their independence, flexibility, language skills, and intercultural awareness,” said Pang.

Students who are currently abroad have started to adjust to their new scenery.

“Overall, it’s been a cultural adjustment that has really pulled me out of my comfort zone,” said junior Emily Cenci, who is currently studying in Rome, Italy. “I think it’s important to have this experience because I have learned so much in such a short amount of time.”

Students studying abroad have only just started their travels and will not return until the end of the spring semester.

“I’m so grateful to be able to have this amazing opportunity,” said Cenci.



Contributed by Olivia Cayward

Emily Cenci (left) and Olivia Cayward (right) doing some sight seeing while studying abroad.

Spotlight



The Family Behind Audrey's Corner

BY JILL AMARI
Audrey's Corner Editor

A quiet chapel, filled with family, friends, sorority sisters, professors, and advisors. A beautiful spring day to celebrate a beautiful life. A campus coming together to mourn and honor a kind and loved young woman who felt like she had found her home at Sacred Heart.

In May 2018, Audrey Niblo passed away suddenly due to an undiagnosed heart condition. Her memory and values live on in the form of the people who knew her, and through this page in The Spectrum.

Audrey was part of many families during her time at SHU. In one aspect, Spectrum was her family, and the students who were part of the staff in May 2018, as well as Faculty Advisor Prof. Kabak, played a significant role in creating Audrey's Corner. Audrey was also part of the sorority Theta Phi Alpha, and her sisters served as another SHU family.

To open Audrey's Corner this semester, I wanted to write about her first family: her siblings Cassidy, Glenn and Nicole, and her parents Laurie and John.

Over a series of Zoom interviews, I learned more about Audrey, her family and her passions. Many previous publications have used her passions as inspiration, such as a photo display of pets and multiple articles on kindness and positivity. In addition to being a lover of pets and kindness, Audrey was a cheerleader who never gave up, a creative writer, and a talented photographer.

But her personality goes beyond what she loved to do—she loved to be a cheerleader for everyone, no matter if they were her siblings, peers or friends. She took her passion for writing to another level by joining Spectrum as a staff writer. And she hadn't always been interested in media: her first career choice was to be a physical therapist.

Throughout each interview, there were moments of reminiscing and telling both funny and courageous stories about Audrey. Some recurring themes I noticed during our conversations include determination, courage and kindness—themes which Audrey's Corner tries to emulate.

And this may sound cliché, but another repeated topic was individuality. As her father, John, put it, Audrey was never afraid to be herself and “wouldn't let anything hold her back.” Her mother, Laurie, also described her as “unique, a little bit quirky,” and I think we

can all learn from Audrey's personality and how to be truly, unapologetically ourselves.

Despite struggling throughout elementary school—Audrey had difficulty with her fine motor skills and was bullied—she never became hateful or angry, instead staying steadfastly kind, strong and patient. With the help of teachers, friends and her family, Audrey remained a determined and bright student. Above all, she never gave up, and this attitude continues to serve as a powerful motivator for her siblings and parents.

When reflecting on Audrey's fortitude, one story that sticks in my mind involves her time as a competitive cheerleader. Nearly every member of her family recalled a similar story of her attempts to perform a back handspring. As someone who used to take gymnastics, I know that back handsprings are very difficult to achieve. But Audrey was relentless in her pursuit of one despite—or perhaps because of—the challenge.

Another oft-told story was about Audrey's water-skiing adventures. Whenever the Niblo family went water-skiing together, Audrey would try to perfect her balance—another difficult feat. No matter how many times she fell down, she would get back up and try again, never becoming frustrated or bitter. And all that practice paid off—during one trip, she was able to balance on the water skis, and it was all due to her determination and hard work.

Audrey was very successful in her last year at SHU. While she first went to St. Bonaventure University, she transferred to SHU for her second semester, and it's here that she felt most at home. As John Niblo put it: the happiest times for him were when Audrey was too busy for her immediate family because she was spending time with her SHU family.

Hearing about Audrey's determination and achievements was inspiring, and I hope it inspires you as well. It was a truly uplifting experience to meet her siblings and parents, and I am grateful for everyone who has—and continues to—support Audrey's Corner and the Niblo family.

Next week: Part 2 of the Niblo family interviews, including some exciting future plans for Audrey's Corner!

Fashion: “Glitter in the Sky, Glitter in my Eye”

BY ELIZABETH COYNE
Arts & Entertainment Editor

HBO Max's “Euphoria,” the 2019 drama series popularized by a young and Zendaya-obsessed demographic, has come out with a second season which dives deeper into the previously explored topics and visuals of the first.

The American adaptation of the Israeli show with the same name, shines a light on high school students as they struggle through their teen years within the confines of addiction, mental health issues, and relationship conquests.

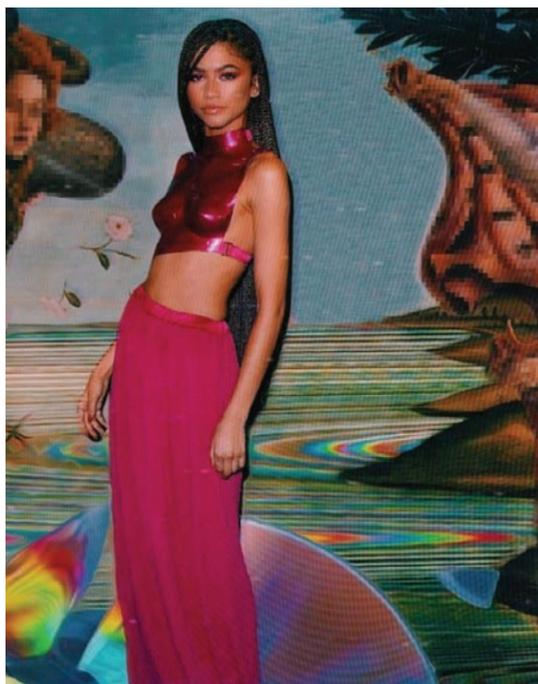
Aside from the busy plot line, fans of the show have shown strong interest in the series' costume and makeup choices. These designs individually glamorize each character using heavy glitter makeup and form fitting garments in bright colors and bold patterns.

According to Vogue Magazine, costume designer Heidi Bivens has earned Emmy, Primetime, and CDG Award nominations for her work on the first season of “Euphoria.” It has been reported that due to the second season's interest in darker themes, the clothing pieces will be dyed deeper and styled a bit edgier than previously shown, along with more subdued makeup choices.

Bivens told Vogue Magazine that when she was beginning her design process for season one, she pulled show creator Dan Levinson aside and said, “I could do this, and it would be more realistic, or I could do this other thing that's not as realistic.” He said, “I don't give an eff about reality.” That resonated with me.”

Many fans of the show have used social media to express their thoughts and opinions on the show's costume design and overall aesthetic.

The main platform, which has given “Euphoria” promotion with talk of the unique fashion choices, is TikTok. On the app, many have poked fun at the way students dress at “Euphoria High” in videos where they switch from an outfit they would wear to class, typically a casual sweater and lounge pants, into a skin hugging, multi-textured, and revealing outfit accessorized with high-heels and large statement jewelry.



Instagram, @euphoria

Zendaya posing in a very “Euphoria” type pink set.

“I love the ‘Euphoria High’ trend on TikTok, I think it's so funny and I love seeing what everyone grabs from their closet when they think of the show,” said junior Reagan Daly. “Everyone knows just what makes something ‘Euphoria’ or not.”

The trend has gotten shared and recreated so many times, it has even prompted Vogue Magazine to release an article entitled “How Would You Dress for Euphoria High.” The article features a handful of creators who all interpret the trend using pieces from their own closet.

Another video concept has creators on the app switching the lights off in their bedrooms as they fall backwards onto the bed, quickly switching the frame to show their eyes covered in glitter and their bedroom now a glowy neon, courtesy of LED strip lights. This video pays homage to a season one scene in which Rue, the main protagonist of the series' storyline, does the same stunt in similar makeup.

“It honestly makes so much sense that so many people our age love the makeup, hair, and clothing on ‘Euphoria.’ It's bold, and so desperately reminiscent of the early 2000's, when we all grew up,” said junior Hailey Morelli. “The show's design is so packed full of creativity, and everyone I see on social media is more than a little creative.”



Instagram, @euphoria

Dominic Fike (left) Alexa Demie (right) displaying different styles on social media.

Arts & Entertainment

A Legen...Wait For It...dary Spin-off?

BY EDIJE FRANGU

Assistant Arts and Entertainment Editor

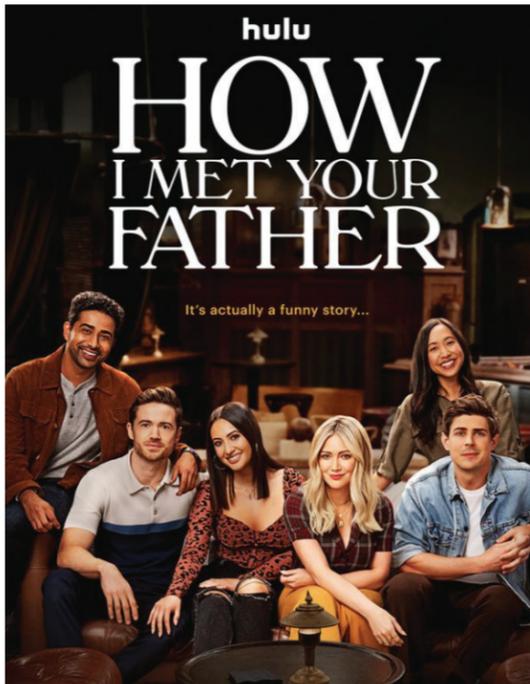
The new sitcom “How I Met Your Father,” a spin-off of the CBS comedy series “How I Met Your Mother” is now available to stream exclusively on Hulu. The show premiered two episodes on January 18, with new episodes airing every Tuesday.

The new series mirrors the storyline of the original show, but is depicted from a woman’s perspective. Disney alum Hillary Duff stars as Sophie, who is telling her son the story of how she met his father, just as Ted Mosby, played by Josh Radnor, does in the original.

Kim Cattrall was brought on for the role of future Sophie who offers narration throughout the series. In the original, the late Bob Saget had narrated Ted’s story.

Many students at Sacred Heart University were pleased with the casting of the show.

“I am so excited about this new spin-off and not even because I’m a fan of the original. I just love that it’s starring Hillary Duff,” said junior Kate Iannazzi. “My generation loved her when she was on Disney and a lot of us hoped for a Lizzie McGuire reboot which we sadly didn’t get, but now she’s starring in this fun show and that kind of pays homage to two different fan groups.”



Instagram, @himyfonhulu

The How I Met Your Father cast posing for the cover photo.

According to Hulu, the series will follow the young lives of Sophie and her group of friends tackling adulthood, love, and life in present day New York City in an age of social media and online dating apps.

The series begins with Sophie detailing a Tinder date gone wrong. Tinder is a popular dating app used most commonly among young adults. The date had appalled Sophie so much that she vowed to quit the app.

“I think it’s going to be so interesting to see how they take on dating and maneuvering relationships today,” said junior Brianna Rossback. “Everything has become so technology based that the human contact aspect of dating has almost been erased and I think online dating only makes it worse. But it is 2021, and that’s our reality, so I’ll love to see how they take that on.”

According to Deadline, creators Isaac Aptaker and Elizabeth Berger will be working on the series as executive producers and writers. They had proposed the idea in 2018, but due to another conflicting project were not able to commit to it.

Original creators of “How I Met Your Mother,” Craig Thomas and Carter Bays will also be executive producers, alongside producer Hillary Duff.

Thomas and Bays expressed their excitement and close connection to the new spin-off to Deadline.

“Kids, I’m going to tell you an incredible story: It’s the story of how two writers got lucky enough to make their dream TV show for nine seasons and now get to pass the torch to an inspired new creative team with their own incredible story to tell, the story of ‘How I Met Your Father.’ We are honored by their passion and vision and look forward to helping them tell a legendary new story,” said Thomas and Bays.

“I think it’s so cool that they have the original creators working on this new series. It makes the whole thing even more special,” said junior Tristan Saldanha.

“I watched the first two episodes as soon as they came out and they were so good!

“Even if you aren’t a fan of the original, you should give this one a shot,” said Saldanha.

All The Music You Missed in 2021

BY MARIA ZEGARELLI

Assistant Arts and Entertainment Editor

“2021 was an overall great year for the music industry. I feel that since Covid, a lot of new, more underground artists have been blowing up, on social media especially,” said junior Alaina DeRose. “We had a lot of great releases and I’m looking forward to what awaits this year.”

This year, 24 artists reached the number one spot on Billboard’s Top 100. Some of which earned their first number one single as well. These artists include Olivia Rodrigo, Glass Animals, Silk Sonic, Polo G, The Kid LAROI, and Jack Harlow.

“My most played artist this year was The Kid LAROI. He’s continuously dropping great music. If anyone is dropping new music for 2022, I hope it’s him,” said junior Parker Scherer.

The Kid LAROI’s first album dropped in 2020. According to Forbes, the production was done by 21 record producers, including Benny Blanco, Bobby Raps, and Taz Taylor. The Kid LAROI’s currently untitled first ever studio debut is set to release in 2022.

“Hands down the best part of 2021 was when Taylor released her version of Red,” said DeRose. “Swift released her remastered 2021 album on Nov. 12, then released a short film she directed for her song, ‘All Too Well.’”

According to Forbes, teenage pop artist Olivia Rodrigo released her first debut album, “Sour,” this year, solidifying its spot as America’s favorite breakup album. According to Forbes, Rodrigo has “won 3 MTV VMAs including Best New Artist and has been nominated for seven 2022 Grammy Awards.”

“I think Taylor Swift and Olivia Rodrigo should collaborate in 2022. Their energy bouncing off each other would result in a great piece,” said sophomore Stephanie Zustovich.

According to Forbes, the teen pop-rock sensation came in second with her debut album, beaten out by country singer-songwriter Morgan Wallen who claimed the biggest



Instagram, @taylorswif

Taylor Swift posted this throw back photo in honor of Fearless (Taylor’s Version).

album in the US of 2021. His album ended the year with over 3.226 million copies sold.

“I love country music. Morgan Wallen is one of my favorite country artists and one of my top artists according to Spotify. In fact, I will be attending one of his concerts this February,” said junior Amanda Ford.

Despite his musical success, Wallen received a large amount of backlash after being filmed using a racial slur while out with friends. The LA Times reported his apology video where Wallen commented that he wanted to “do better.” Big Loud Records suspended Wallen’s recording contract indefinitely.

American rapper, Baby Keem, cousin to rapper Kendrick Lamar, released his third album on Sept. 10 with Columbia Records. This album features guest appearances by Kendrick Lamar, Travis Scott, Don Toliver, and Brent Faiyaz.

“Melodic Blue was my favorite and most listened to album on Apple Music this year. Keem is a great musician with a fun and refreshing energy,” said junior Evan Cormier. “I have been listening to Keem since his first mixtape in 2018. This is his first studio album and I truly think that he is going to become a bigger hit soon. A lot of young artists have been finding themselves in the spotlight, Baby Keem should be one of them.”

According to Billboard, Dua Lipa’s “Levitating” triumphed as number one on the Billboard 2021 year-end Hot 100 Songs Chart. Because of this, the year-end number one Hot 100 list was led by a female artist for the first time in 10 years, since Adele’s “Rolling in the Deep.”



Instagram, @dualipa

Dua Lipa posing at an event in a eye-catching black dress.

Sports

Wilhelm Looks to Guide Women's Rowing to Clear Waters

BY BRYAN SMITH
Assistant Sports Editor

The Sacred Heart women's rowing team are well into their preparations for their spring season under the direction of new head coach Lucas Wilhelm. Wilhelm, who was hired following the conclusion of the team's fall season in November, is eager to get his Sacred Heart coaching career underway.

"I'm very excited to get started," Wilhelm said. "I think the team is in a really good spot. They have tons of potential, they're fired up, and they're rowing together really well."

Wilhelm has only been leading the team for a few months, but he has already started implementing new ideas and concepts into his practices and workouts. At the forefront of his changes is more concentration on the mental side of rowing.

"Rowing is something that allows you to push yourself in a lot more ways than just physically," Wilhelm said. "We're trying to get better at caring for each other and we're trying to get better at being disciplined."

Another way Wilhelm has been trying to get his athletes to focus on their mental state is by having them keep winter journals. In these journals, each athlete records their workout, how they performed, and jots down some thoughts on a discussion question he poses to them at the end of practice.

"He's focused a lot on our mentality, like what kind of teammate you want to be and the team culture you want to create," junior Amber Fischer said. "I think this is really helpful because rowing, as much as it's a physical sport, it's also a mental sport."

After spending years training with the United States national rowing team, Wilhelm is ready to transfer the knowledge he has picked up along the way to his team.

"I want the girls on this team to make it theirs, and jump in with both feet," Wilhelm said. "I'm putting them through the gauntlet in training because there is so much untapped potential and I want them to see the fruits of their labor in the spring."

The rowing team is also actively recruiting new athletes that may be interested in joining the team.

"It's a pretty life changing experience," senior captain Jess Wallace said. "The reason we're pushing for recruiting is because we want to give that experience to so many other people who may not have the opportunity to do so."

Of the 12 seniors graduating at the end of the season, 10 were walk-ons.

"We want to be able to keep that mixture of walk-ons and recruits," Wallace said.

Wallace was a walk-on, as was another team captain, junior Kat Burnside.

"Joining the team freshman year just made me a better person, and it made me want to strive to be better in all aspects of my life," Burnside said. "It honestly is such a motivator for you to get up in the morning. Competition is fun, winning is fun, so every day you wake up to do that and I feel like you can apply what you learned from rowing into your day-to-day life."

The rowing team has their first meet of the spring season on March 11 in Deland, Florida against Stetson University, Embry Riddle Aeronautical University and Jacksonville University.

Anyone who is interested in joining the rowing team can contact Coach Wilhelm at wilhelml@sacredheart.edu, or by calling him at (475) 988-7873. They can also contact assistant coach Megan Hinkle at hinklem2@sacredheart.edu.

Sacred Heart Athletics contributed to this article.



Julie Dunn, Photo Editor
Emily Groski (left) and Kristen Duffy (right) working Table Times to recruit new members.

Around the Horn with Sacred Heart Sports

BY ROBBIE FINIZIO
Sports Editor

While students at Sacred Heart University (SHU) headed home in December for the month-long winter break, student-athletes from 13 of Sacred Heart's athletic programs stayed in Fairfield to represent the Pioneers competitively.

After beginning the season 3-7 going into the holiday season the men's basketball team was able to pick up three conference wins over the break. Their leading scorer has been junior Tyler Thomas with 18 points per game, while the Pioneer's lead passer has been senior Aaron Clarke with 2.9 assists per game and

Both women's and men's ice hockey sit at fourth in their respective conferences at the midway point of the season. For the men's team, senior Ryan Steele and junior Braeden Tuck have led in scoring with eight goals apiece, while senior Anna Klein leads the women's team with 12 goals.

So far men's and women's fencing have one win apiece in 2022 with just two meets left in the season, including a match at Wellesley College on Feb. 5 and at Columbia University on Feb. 16. Senior Sophie Witek is fresh off a winning effort in the saber against University of Pennsylvania (UPenn) on Jan. 22.

"Since this is my first year as captain, I have put a big emphasis on team bonding and support," said Witek.

The men's and women's track and field team was off to the races as they competed in the Yale Season Opener, the West Point Open, the Lehigh Angry Birds Challenge, and the New York City Gotham Cup.

Women's bowling is neck and neck with Mount St. Mary's (MSM) for first place in the NEC at 6-1. It was a quiet January as the team did not hold a match until Jan. 21-23 at the Northeast Classic. The Pioneers placed 12th out of 18 teams.

The Sacred Heart women's swimming and diving program also fell victim to cancellations due to Covid issues as their meets against Monmouth University and Merrimack College were not able to be held. However, junior Casey Barrett and senior Nicole Tingley took individual wins in the 100-yard backstroke and the 200-yard butterfly in the team's loss to Central Connecticut State University (CCSU).

Ife Loverton put together nine kills and six blocks in the men's volleyball season home opener victory against Daemen College on Jan. 22. Their next match was also at home at the Pitt Center on Jan. 28, as sophomore Patrick Mucherino rallied the Pioneers to a win over Lasell University with 17 kills.

Sacred Heart Athletics and the Northeast Conference website contributed to this article.



Julie Dunn, Spectrum
Asia McCray during the women's game.

61 total in the season.

"Since classes ended in December, I feel like we have had our ups and downs," said Clarke. "I feel like our goal was to grow as a team and we did that in many ways."

Currently tied for third place in the Northeast Conference (NEC), the women's basketball team sits at 4-4. Junior Sonia Smith has led in both scoring and passing for the Pioneers as she is also top five in the NEC for both categories.

On the mat, senior Nick Palumbo from men's wrestling won all five matches he competed in this season, including wins by decisions against junior Trevor Tarsi from Harvard University on Jan. 15 and sophomore Nick Delp from Bucknell University on Jan. 22.

The women's wrestling had unfortunate luck in January as their duals against Delaware Valley University (DVU) and New Jersey City University (NJCU) were postponed, and their dual against East Stroudsburg was canceled.

Who Runs the World? Girls.

BY ROBBIE FINIZIO
Sports Editor



Instagram, @schmatshu

The All Women's Broadcasting Crew at the SHU

If you happened to tune into the Northeast Conference (NEC) Front Row for the Mount St. Mary's versus Sacred Heart women's basketball game on Jan. 21, you witnessed a historical event for NEC broadcasting. Although fans were only able to see Tykera Carter '18, graduate student Morgan Miller and Dominique Patrick as on-air talent, 14 other women behind the scenes helped put together the NEC's first ever all-women broadcast.

What had started out as a plan for just on-air talent and the control room to be staffed by women turned into a full-fledged broadcast team made up entirely of women when Brian Thorne, graduate professor of Studio and Live production at the School of Communication, Media and the Arts (SCMA), proposed the idea just a day before tip-off. Graduate students Shannon Szeffinski and Lauryn McNair took initiative and reached out to local Sacred Heart University (SHU) female graduates of the SCMA program to see if they would be interested.

"We had people come back who had graduated two or three years ago and they were so down for it when we told them what it was for," said Szeffinski. "Everyone was all-in about it and everyone wanted to make it happen."

Before the broadcast began, Thorne told all of the women something they would not forget.

"You are not remarkable females," said Thorne. "You are remarkable humans."

Word spread online as the Sacred Heart Athletics Twitter account posted just minutes before the broadcast started, which created buzz on all social media platforms, and even local television.

"It was really special, and I didn't realize the magnitude of it until right when it was happening," said Szeffinski.

According to ESPN.com, only about 16% of sports editors are women, and only about 14% of reporters are women which is an increase from 10% in 2018. Furthermore, the first all-female Major League Baseball (MLB) broadcast done by Entertainment and Sports Programming Network (ESPN) was not until October of 2021.

Graduate student Shannon Torres has seen the SCMA program grow from a male dominated field to a nearly 50-50 split. Torres encourages incoming female undergraduates to join the sports media and production field, with confidence and trust in themselves.

"As long as you are willing to and want to, you will be on the same level as everyone else, whether they are male or female," said Torres.

This will be the first of many all-female broadcasts for the SCMA program as they expect many more women to join the field in the coming years.

The Crew List: Control Room: Lauryn McNair (Director), Shannon Szeffinski (Technical Director), Shannon Torres (Producer), Cynthia Gomez (Replay), Graphics (Kristen James), and Ana Ramos (Audio).

Camera Operators: Lauren Baker, Camila Cayere, Laura Willoughby, Brooke Leshin, and Natalie Discenza.

Talent: Tykera Carter (Play-by-Play), Dominique Patrick (Color), Morgan Miller (Sideline), and Rose Hadsell (Booth Asst.).

On the Floor: Shaina Blakesley (In House Feed) and Allison Hogue (SID).

Editorial

MEET *the* STAFF

- EDITOR IN CHIEF
MAISY CARVALHO
2022
- MANAGING EDITOR – EDITORIAL
MA SANSANELLI
2023
- MANAGING EDITOR – BUSINESS
DEANNA REINHARDT
2022
- COPY EDITORS
KAILEY BLOUNT
2023
- KELLI WRINN
2023
- EDIJE FRANGU
2023
- NEWS EDITORS
SOPHIE CAMZZI
2022
- BRENDAN WILLIAMS
2023
- ASST. NEWS EDITORS
EMLEE CAMDEO
2022
- COLLEEN SHAFFER
2022
- PERSPECTIVES EDITORS
DEANNA DRAKOPOULOS
2023
- ASHLIN HALEY
2022
- FEATURES EDITOR
JULIA HALLISEY
2022
- ASST. FEATURES EDITOR
JENN HALLOWAY
2022
- ARTS & ENTERTAINMENT
EDITOR
ELIZABETH COYNE
2022
- ASST. ARTS & ENTERTAINMENT
EDITOR
MARIA ZEGARELLI
2023
- EDIJE FRANGU
2023
- SPORTS EDITORS
ROBERT FINIZIO
2023
- MANAGER OF AUDREY'S CORNER
JILL AMARI
2023
- KAILEY BLOUNT
2023
- PHOTOGRAPHY EDITOR
JULIE DUNN
2024
- PUBLIC RELATIONS MANAGER
THEO HAUBRICH
2022
- ASST. PUBLIC RELATIONS
MANAGER
JACQUELINE CHAMPOUX
2022
- CIRCULATION MANAGER
BRENDAN WILLIAMS
2022
- FACULTY ADVISOR
PROF. JOANNE KABAK

The Rewarding Work of a Student Ambassador

MIA SANSANELLI

MANAGING EDITOR -EDITORIAL

My dad has been a guidance counselor for over 20 years, which means I have visited many more colleges and universities than the average young adult. In fact, I have kept a running list and the number is well over 30. And although they have not all been official visits, I have taken more than my fair share of tours.

I had always admired how informative and passionate our tour guides were. When I took my first official tour of Sacred Heart's campus in August of 2018, I fell in love with the school. I had always been interested in the school and the possibility of playing Division I soccer while pursuing a degree in Communications, but I never realized how perfectly the school checked all my boxes.

I was so grateful for the upperclassman on the soccer team who showed me around that day after the ID Clinic, because she made me realize that this is my dream school. When I received my official acceptance to Sacred Heart in December of that year, I was ecstatic about all the opportunities and memories that I would have on our beautiful campus.

I knew I wanted to help high school students find their second home and the perfect fit for their next four years, just as SHU did for me.

Once I was a sophomore, I learned the proper name is student ambassador. I did not get an interview the first time, so I reapplied as a junior and was accepted to work with Undergraduate Admissions. I could not wait to show prospective students my school and help them decide if Sacred Heart is the best place for them.

I have been reflecting on my first semester as a student ambassador and I can truthfully say that I enjoyed the people I have met and the work that I have done.

The training was extensive and the information at first appeared overwhelming, but I feel that I have grown to love my school even more for it. I have learned more than I thought I would ever know about Sacred Heart and I'm pretty sure I'll have the routes memorized forever.

My fellow ambassadors and the employees at Curtis Hall have made me enjoy coming to work during the week and on the weekends. They share my passion for helping others and for showcasing our school to future Pioneers. I am thankful that I get to work with such understanding, hardworking, and good-hearted people.

The work of a student ambassador is not for everyone. There are long hours, very cold shifts, and sacrifices that must be made in order to make the commitment. But the work is exceptionally rewarding.

I feel proud when I receive compliments from families and accomplished when students tell me that they plan to come back. And my heart is filled with happiness when I hear that someone has found a love for Sacred Heart after coming on tour with me.

Right before we left for winter break, I received a letter from a student who I took on a tour. They hand wrote me a thank you card, saying how I turned SHU from just another name of their list to their number one choice. They fell in love with all the aspects of our school that I did; the ones I pride myself on emphasizing to everyone else.

They said they were dying to come here and to one day call Sacred Heart their school, as I have called it my school.

During my most recent shift when I received this letter, I was also informed that they had just been accepted into the university.

There is nothing more gratifying than knowing that you made a positive impact in someone's life and that you have helped to make your dream school another person's dream, too.



Travel Diaries: California

THEO HAUBRICH

PUBLIC RELATIONS MANAGER

Instead of hopping off a plane at LAX with a dream and my cardigan, I flew into Palm Springs International Airport with my family this past December. While traveling across country during a pandemic was a stressful feat, watching my oldest brother get married made it all worth it. Welcoming my sister-in-law into the family, spending time with my siblings, and eating In-N-Out were also why I'm glad we went through with our trip despite the nerves.

After flying from Philadelphia to Dallas to Palm Springs, we were absolutely exhausted once we touched down in California. As soon as we got to our hotel, seeing my oldest brother and his fiance reminded us of our why: to celebrate their love and have a fun time with family. After two years of a pandemic, we definitely deserved it.

Our first day ended with checking into our hotel and settling down until we crashed later that night. Day two was full of exploring Downtown Palm Springs. We had a family breakfast at a local restaurant and relaxed until the rehearsal dinner later that night. The scenery that surrounded us was beautiful: lush palm trees, a close mountain range that was clearly seen wherever you went, and various types of greenery.

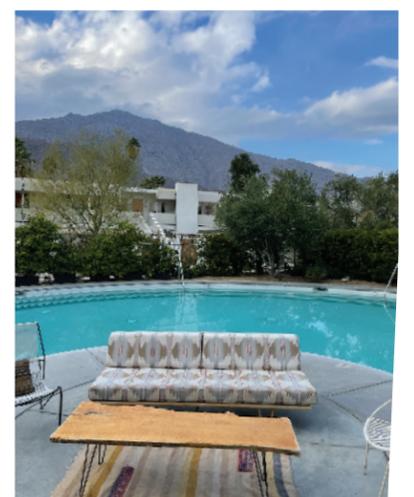
Day three was the most special. Everyone helped set up the wedding venue and later that day, vows were exchanged. Those in attendance may or may not have shed a tear while watching my brother and sister-in-law get married; it was a beautiful sight. It was supposed to rain that day, but it held off completely and we were graced with beautiful weather. The wedding took place at the hotel we all were staying at and the venue was absolutely stunning. It was an open concept, had a pool right next to it, and

everyone mingled for hours (with masks on). The atmosphere of the wedding radiated love, joy, and happiness for the new couple.

The next couple of days were spent in Pioneertown, which was right outside of Joshua Tree National Park. The motel and town we were staying in resembled a wild west movie, so it was a surreal thing to experience in real life. We also went into the National Park itself and explored the various trails and rock formations. After relaxing in this area of California, we made our way to Los Angeles, where we spent a couple of days doing typical tourist things. We then flew out of LAX and landed at the Philadelphia International Airport.

While traveling and being in another state on the other side of the country during a pandemic made us nervous, we were all very careful and masked up for the entirety of

the trip. These past two years have stolen a lot of things from everyone, so spending a week purely focusing on family, happiness, and love was exactly what we needed.



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.