

THIS WEEK AT SHU!

- WEDNESDAY 3/30:**
2PM & 4PM WOMEN'S SOFTBALL VS. SIENA COLLEGE: PIONEER PARK
3PM WOMEN'S LACROSSE VS BRYANT: CAMPUS FIELD
4-6PM TO WRITE LOVE ON HER ARMS YOGA EVENT: MARTIRE FORUM
5PM GREEK WEEK: INFLATABLE JOUSTING: CHAPEL QUAD
6-10PM S'MORES & GLOW NIGHT: 63'S LAWN & PIONEER PAVILION
7-9PM EQUITY & EQUALITY IN THE SLP FIELD, CHE S208
9PM-12AM SENIOR PUB NIGHT AT RED'S
- THURSDAY 3/31**
6PM LIVE @ RED'S
7PM POOL TOURNAMENT: HAWLEY LOUNGE
7PM GREEK WEEK: GREEK SING: PITT CENTER
- FRIDAY 4/1:**
ALL DAY GREEK WEEK: BANNER CONTEST: VIRTUAL
12-3PM LEARN ABOUT SG FOOD TRUCK: UPPER QUAD
- SATURDAY 4/2:**
11AM-2PM GREEK WEEK SERVICE DAY: BRIDGEPORT RESCUE MISSION
- SUNDAY 4/3:**
11AM GREEK WEEK: GREEK OLYMPICS: NOTRE DAME FIELD
1PM MEN'S BASEBALL VS FAIRLEIGH DICKINSON: VETERANS PARK
4PM MEN'S TENNIS VS ST. FRANCIS U: TENNIS CLUB OF TRUMBULL
4PM WOMEN'S TENNIS VS ST. FRANCIS U: TENNIS CLUB OF TRUMBULL

DATE, TIMES, AND LOCATIONS SUBJECT TO CHANGE

More New Dorms Coming to SHU

BY MEGAN HARKINS
Staff Writer

The Town of Fairfield Plan and Zoning Commission has approved plans for two new dorm halls to be built at Sacred Heart where the Bowman Hall parking lot currently resides.

According to the Connecticut Post, the proposed buildings would be three stories tall and connected by a bridge on the third floor, adding 115 four-person suites with a total of 484 beds. The proposal also includes building a single-story parking deck, for a total of 219 parking spots.

They are set to be built on campus behind the newest dorm/dining hall building named Thea Bowman - and will face Jefferson Street.

"Looking at the basic design, it seems like it would fit sophomores since our goal is to bring sophomores from Pioneer Gardens to campus," said Director of Residential Life Gregory Madrid. "I know the article in the paper said freshman, but to me, Mother Teresa makes much more sense for the freshmen. Again, numbers drive things, so if we had 200 more freshmen next year, then it shifts us."

While some students may be excited for the new dorms, others are just as excited for more parking spots on-campus.

"I think the addition of parking spots will be really nice for students with cars at school because some days it is hard to find parking spots," said sophomore Julie Moresco. "Especially on days when there are events going on, it is much harder to find a spot."

Some Fairfield residents have concerns about the construction specifically about the potential traffic being caused in the area surrounding the university.

"Traffic was one of the issues because they thought it would mean 450 more cars in the neighborhood," said Larry Wielk, Dean of Students. "But our mentality is these halls are meant to bring people back on to campus primarily from places like Oakwood and Pioneer Gardens so there would be fewer people driving to and from campus so that would minimize traffic issues."

The new dorms will not be the only construction in the upcoming months, Seton Hall will also be receiving some renovations this summer.

"An extensive amount of work is going to be done on Seton this year. We are taking all the brick off the building and refacing it," said Wielk. "We are doing the necessary renovations to prevent the buildup of moisture in the building. The day after commencement, the building will be shut down and it likely won't be finished until about a week before school starts. We will likely do the same in Merton next summer. Both buildings just can't get done in one summer."

However, the question still arises if West Campus will ever hold housing for students in the future.

"At this point, there aren't any definitive plans, and partly because it would be isolating students," said Wielk. "Say we put these new buildings at West Campus, in the evenings it would be really isolated. They wouldn't have any facilities and would have to come back to campus to work out."

As for what is possible for the future, there is a consideration for apartments to be built by the Center for Healthcare Education (CHE).

"There is some property that we own up next to the CHE that we just purchased," said Wielk. "It is likely that down the road we might consider putting some apartments up there and those would likely be for upper class health students, as well as some graduate students."

While the prospect of construction may be on the rise, many students are looking forward to the new dorms in hopes to have more students on-campus and improve morale.

"The dorms being built will only offer good things going forward in the community," said sophomore Sarah Wille. "Students will not feel isolated, and we will be able to bring more students to main campus."



(TOP) SOURCE, (BOTTOM) Sara Anastasi
 (TOP) A rendering of what the new residence hall that would house 484 students. (BOTTOM) The current Upper Quad parking lot that will soon become another residence hall.



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News

Daylight Savings

BY SOPHIE CAMIZZI & COLLEEN SHAFFER
News Editor & Staff Writer

What do you think about daylight savings?

“As an early riser, I appreciate the balance of having daylight savings time and standard time,” said senior Kailee Donoghue. “The late sunsets are a great benefit in the summer, but I do appreciate an early sunrise in the winter months. It helps me to feel more awake for my day.”

While students may appreciate some aspects of daylight savings, it may not remain that way for very long.

According to the Associated Press, on March 15, the Senate unanimously approved the Sunshine Protection Act, a bill that would make daylight savings time permanent across the U.S. by 2023.

While the bill still needs approval from the House and President Biden, senators have already made their arguments for the benefits of standardizing daylight savings.

According to the Associated Press, “Sen. Ed Markey of Massachusetts, the original cosponsor of the legislation, was joined on the chamber floor by senators from both parties as they made the case for how making daylight saving time permanent would have positive effects on public health and the economy and even cut energy consumption.”

“The process of a bill being approved by the legislative branch of government is quite extensive so the fact that it was approved as quickly as it was is extremely rare,” said senior Grace Glennon. “Considering the levels of polarization today and in our government, I would be surprised that this bill was to pass so quickly.”

Senators are not alone in this matter as many people in the U.S. also have opinions on whether daylight savings should be permanent or not.

According to the Associated Press, a poll taken last October shows that most Americans want to avoid switching between daylight savings and standard time while only 25% of Americans preferred to switch back and forth. Additionally, 43% of pollers said that they would like to see standard time used during the entire year while 32% of pollers said that they would prefer daylight savings time be used.

“I think making daylight savings permanent would have positive effects upon mental health due to the correlation between increased serotonin and other ‘happiness-producing’ hormones with sunlight and longer days,” said senior Jennifer Rodriguez, president of s.w.e.e.t.

Dr. Susan DeNisco, professor in the Doctor of Nursing Program, also agrees that a lack of sleep is a cause of concern.

“The biannual asynchrony of our body’s natural time clock has been linked to increased health risks including depression, obesity, cardiac events, cancer, occupational and motor vehicle accidents,” said DeNisco. “I strongly believe that daylight savings can be a factor in seasonal affective depression especially in those people that have pre-existing depression or anxiety. The interference with daylight has an influence on circadian rhythms.”

For students who struggle to adjust to a new time change, some have suggested self-care as one way to alleviate some of the stress caused by daylight savings.

“If you’re someone like me who likes to follow a daily routine, be sure to implement self-care as you start to adjust to the new time change,” said Rodriguez. “Doing little things for yourself each day goes a long way and if you or a friend have been showing significant signs of seasonal depression, emphasize the importance of asking for help and speaking with a mental health professional.”

For students in need of mental health services or counseling, please contact the Counseling Center at 203-231-7955, or Public Safety at 203-371-7911 if in need of immediate emergency assistance.



Woman in bed waiting for alarm clock

pexels.com

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MUSIC BY MARVIN HAMLISCH LYRICS BY EDWARD KLEBAN BOOK BY JAMES KIRKWOOD JR. AND NICOLAS DANTE

Perspectives

Gas Prices Breaking the Bank

BY BROOKE SENGER
Staff Writer

Are you a college student on a budget? According to the CNBC article “How the Ukraine-Russia conflict may push up prices for Americans,” gas prices have not been the only product whose cost continues to skyrocket due to the Ukraine-Russian conflict.

Many students are feeling these effects.

“As a student who does have a job and does go to school, I find it extremely difficult to come up with the funds to enjoy going out to dinner with friends and simply being 19,” said sophomore Jayden Sprankle.

Recently, the cost of wheat has had its largest surge in 14 years. This is because Russia is the world’s largest exporter of wheat. According to the CNBC article, Ukraine and Russia combined make up almost 30 percent of worldwide wheat exports.

Senior Chelsea McNulty said, “I was just out to dinner the other night and realized that the prices have gone up in that specific restaurant. There was a note on the bottom of the menu saying that this is due to an increase in import prices.”

“This inflation has made me much more aware of my money and how I spend it,” she said.

Additionally, Russia is a major producer of crude oil, which is the main component of gasoline. According to CNBC, “That’s why higher oil prices often translate to higher gas prices.”

Sprankle, who commutes to school said, “From a commuter point of view and someone who just drives a lot in general, I do not think I will ever get used to the increase of gas prices.”

On the other hand, some students are not paying much attention to this issue of supply and demand.

Freshman Skylar Camaj said, “History shows that this is what happens during wars, and that is why we try to stay out of them. We just have to ride out this wave and hope for the best.”

“Obviously these issues are concerning, but realistically there is nothing we can do,” said Camaj.

However, most students feel the effects of these supply and demand issues.

“The issue with supply and demand in the world right now is a big deal because it is felt hugely by the economy. For example, the real-estate market is probably charging 30 percent over a regular asking price,” said sophomore Tommy Straehle.

Straehle explained how the increase in overall cost of living has directly impacted his independence. He said, “This inflation directly affects the average cost of living and in turn, has also affected my ability to find a house for next year as well as the independence I wished to have.”

According to the CNBC article, the Labor Department reported that over the last year gas prices have increased 42.1 percent, televisions 12.7 percent, furniture 11.2 percent, and overall rent 2.9 percent.

Senior John Crecco said, “This issue of supply and demand clearly makes a large difference, just look at the economy and the stock market. Prices of other goods are already increasing, but salaries aren’t. I know the U.S. is doing all it can, but maybe we should change our tactics.”



Staff Photographer, Fiona Youngs

(LEFT) CT residents lined up at gas stations to fuel up in anticipation of gas prices rising. (RIGHT)

Mad For March Madness

BY SYDNEY GIACALONE
Staff Writer

March Madness is back in full swing, with the NCAA Division I men’s and women’s college basketball tournament which is typically held in March and April. Between the brackets, the surprises and the underdogs, the tournament keeps millions of Americans watching television for several weeks during the tournament.

The official start to March Madness, when all the college basketball teams that will be participating are disclosed is called “Selection Sunday”, which was held on March 13. This year, a total of 68 men’s and 68 women’s teams were chosen to participate and began playing on March 16.



AP News

DeAndre Williams of Memphis attempting to cover Drew Timme of Gonzaga during their match up on March 19, 2022.

Many students are interested in watching the games and making brackets.

“March madness is my favorite time of the year. I love watching the games and seeing former friends and teammates on screen,” said senior Brian Rice. “I made a bracket with close friends from home and then my fraternity group.”

For many people,

“I think that March Madness is comparable in volume of watchers to the Super Bowl,” said Rice. “I know that the numbers came out for this week’s first game schedules, and they boosted their best viewership in about 5 years, I believe.”

The men’s tournament had averaged roughly around 3.82 million viewers per game last year, according to the sports entertainment website, The Athletic.

According to justwomeninsports.com, a total of 1.13 million viewers tuned in Monday to watch the women’s tournament kick off with UConn’s 52-47 win against UCF.

Students have said that they become more excited and look forward to watching the tournament as time moves closer to March as well as when the tournament is going on, especially during the time of the “Sweet 16” and the “final four.”

“Every year, I get excited to make my bracket and pick my team. I also personally believe



AP News

Arizona’s guard Benedict Mathurin puts the ball up against TCU.

their favorite part of participating in the brackets of March Madness is to keep up with the teams and the statistics of the games.

“I love to see which teams win and which teams lose and it’s also a really good feeling to watch the team you picked for a bracket win a game,” said sophomore James Dario. “Keeping up with the scores and small statistics is also one of the best parts about March Madness in my opinion.”

Some students believe that March Madness is such a popular event, that it might even be one of the most viewed and watched tournaments on television each year.

“I honestly do believe that it is one of the most watched events on television because March Madness involves so many schools and so many people making brackets and competing against friends and family,” said junior Kelsey Neary.

Some students have noticed the popularity of watching the tournament grow over the years.



AP News

The fan section full of support at the Women’s NCAA Tournament.

that the best part to look forward to during the entire tournament is the final four because it’s getting closer to the end and we can finally see which team is going to win it all,” said sophomore Mia Marino.

Some students said they have come close to winning a bracket in the past.

“In previous years, I have come in second place with my bracket,” said Neary.

On the other hand, some students expressed how difficult they feel winning a bracket is.

“I have never won a bracket before, it is impossible,” said sophomore Tommaso Ferraresi.

Features

Marissa J. White Earns Ed.D.

BY VALENTINA MASSONI
Staff Writer

Marissa J. White's dissertation, "I am Not Alone: Supporting Teachers of Color Through Affinity Groups," was presented and approved on Feb. 10. White was announced as the first-ever recipient of a doctoral degree in educational leadership (Ed.D.) at Sacred Heart University.

"This is a groundbreaking doctorate across the country because I think we are one of the first – if not the first that focuses on this subject as a doctoral program," said Professor Thomas Lee Morgan, who was White's chair throughout the process of writing her dissertation.

On Feb. 11, Provost Robin Cautin sent an email to the student body of the university announcing the name change of the Isabelle Farrington College of Education (FCE) to the Isabelle Farrington College of Education and Human Development (FCEHD).

Cautin's email reads, "The name change reflects the expansion of the College's programmatic offerings, as well as the increased research and grant productivity of its faculty."

According to a press release from the university, "Trained with a holistic approach, students in the Ed.D. in educational leadership program develop social, emotional and academic leadership skills to lead organizations from a whole-child perspective, as well as effectively and ethically lead faculty and staff."

The Educational Leadership program is currently the only doctorate program within the FCEHD. White was the initial of the founding group of graduates to have her dissertation approved and will be honored at the commencement ceremony in May among her colleagues.

"Various factors drive my passion for the retention of teachers of color," White said. "First, I am an African American woman educated in the inner-city, and I am also an

African American educator in the inner-city."

White spent the three years of her doctoral studies researching and composing her dissertation. She proved that educators of color are struggling within their profession and a safe space needs to be provided for them.

"I am honored and humbled. Earning a doctorate was not a part of my plan, but this program fit who I am so well," said White. "I was able to take my experiences as an educator of color and conduct research that can help other educators of color in the field, ultimately creating an environment that values diversity and promotes equity for students and teachers."

Attaining this degree is not the end of White's endeavors. Though she is currently an assistant principal for a Pre-K and elementary school, she does plan to use her degree for the benefit of many others in the future.

"I will be using this degree to educate and create an environment where social-emotional learning is at the forefront of teaching and learning, promoting self-care to teachers and students and using improvement science to create improved systems that lend to equity-centered and trauma-informed education," said White.

Students and faculty alike are impressed with White's accomplishment.

"I think our first student earning their doctorate is really inspiring to hear. Being the first of its kind for anything sounds impressive and incredible," said sophomore MaryAnn Droesch, a member of the Five-Year Education program.

"I think for myself and for the rest of the faculty, we are amazed at what our students do on a daily basis and we stand extremely proud of every single one of them," said Morgan.

Greek Life Philanthropy Events for Spring 2022

BY ISABELLA COSTANZA
Contributing Writer

Each semester, Sacred Heart University's Fraternities and Sororities host events in efforts to raise money, awareness and support of each of their philanthropies.

Sacred Heart's sorority philanthropy events this semester include Alpha Delta Pi's "Dunk a Pi," Chi Omega's "Make-a-Wish Madness," Delta Zeta's "Sing It for Starkey," Delta Delta Delta's "Sincerely Yours," Kappa Alpha Theta's "Kicks for Casa," Kappa Delta's "Caitlin's Shamrock the Runway," Phi Sigma Sigma's "Princess for a Day" and Zeta Tau Alpha's "Dodge for a Cure."

The fraternity philanthropy events include Beta Theta Pi's Volleyball Tournament,

Delta Tau Delta's "White Ribbon Campaign," Kappa Sigma's "Haircuts for Heroes," Pi Kappa Phi's "Bike-a-Thon," and Omega Phi Kappa's event, which is still to be determined.

In addition to these events, Panhellenic Council will hold their annual "Talentless Talent Show."

Some fraternities and sororities have already hosted their philanthropy event for the spring semester.

On March 20, Kappa Delta hosted their Annual "Caitlin's Shamrock The Runway" in efforts to support their philanthropy, Prevent Child Abuse America and their local beneficiary Saint Joseph's Parenting Center.

"At our event, we had guest speakers discuss the epidemic of child abuse in America, members from all over campus walk in four different runway categories and had performers showcase their talents in between runway sections," said sophomore Cara Grill, Kappa Delta's VP of Events and Programming. "We ended our event by announcing the winners of our 19 baskets from the basket raffle as well as crowning the winners of Mr. and Miss Shamrock."

Although this event took place in March 2022, Grill has been planning Caitlin's Shamrock The Runway since November 2021.

"Because this event is so eclectic and includes so many ways of fundraising and getting campus involved, planning this event became part of my everyday life," said Grill. "Over winter break, I spent most of my time helping design shirts for the event, reaching out to those who performed in our show and creating endless documents to organize our budget and the logistics of the event."

Planning these events is not a simple task, and it often requires these organizations to be accommodating to unforeseeable circumstances.

"Planning this year's White Ribbon Campaign involved reaching out to various leaders of the Center and the SHU community and seeing if they would speak at our event," said Junior Joe DeSimone, Delta Tau Delta's Philanthropy Chairman. "We have been planning this event for over a month, particularly due to complications with having to reschedule due to weather. However, we were fortunate that many of our speakers

were still able to join us on the new date."

Kathryn Ionta, Assistant Director of Fraternity and Sorority Life, commends SHU's organizations for their ability to overcome any new changes or obstacles that come along the way.

"Since beginning my role at SHU in 2019, I have seen philanthropy events experience normalcy, completely canceled, held at limited capacity both inside and outside, with mask requirements," said Ionta. "The progress I have seen is that our fraternity men and sorority women accept the immense challenge of pivoting at the last minute and remaining flexible and innovative. I am hopeful to see a semester of wildly successful philanthropy events that are both fun and impactful."

These events require the outgoing support of the SHU community in order to be impactful.

"Making connections is a crucial part of planning an event of this magnitude, so my team and I worked tirelessly to strengthen connections with those all throughout FSL and the rest of campus to try to get as many people involved as possible," said Grill. "One of my many goals of his event was to open it up to as many SHU students as possible. To do this, we reached out to all FSL organizations as well as sports teams and even those not affiliated with any organization to nominate a Mr. and Miss Shamrock nominee."

These events also serve as an opportunity for organizations to be recognized for their dedication to their philanthropies.

"Our philanthropy is to raise awareness for sexual assault and domestic violence towards women. The goal of our event was to have various guest speakers talk about their

connection to this cause," said DeSimone. "This year the chapter received recognition from First Selectwoman Brenda L. Kupchick in the form of a proclamation from the town of Fairfield. This document thanked Delta Tau Delta and Sacred Heart for hosting the White Ribbon Campaign event and efforts to reduce violence against women within our community."

To be a supporter of these philanthropies does not mean you have to be an active member of these organizations.

"I would encourage every member of the SHU community to support one of the many philanthropy events sponsored each semester," said Ionta. "Each fraternity or sorority benefits a different philanthropic cause, so find the one that speaks to you. Or, find the event you would most like to participate in."

If you're interested in supporting any one of these organizations on campus, follow @shufsl on Instagram, or email Nick Frias, Director of Fraternity and Sorority Life, friasn@sacredheart.edu.



One of the Delta Tau Delta brother's showing support at the "White Ribbon Campaign" philanthropy event. Instagram, @shudefts

Spotlight



Oops I Have Anxiety!

BY JILLIAN REIS
Staff Writer

I was drying my hair when it happened. I had my earbuds in and was absolutely butchering the Hairspray soundtrack yet still having the time of my life. I was even using my hairbrush as a microphone. And then I couldn't breathe. I had no idea what was happening and started to freak out. Everything had been completely normal and then very suddenly it wasn't. In the back of my mind, I knew I was breathing yet every other part of my brain was screaming for air. No matter how hard I tried I couldn't seem to breathe. Luckily, my mom was home that day and she was able to help me out of it. I don't know what would have happened if she wasn't there. What I do know is that it was a panic attack. One of the many fun symptoms of anxiety. I don't know when I started developing anxiety or at what point I thought I had it because for the longest time I couldn't admit to myself that that's what it was. I would get anxious over things that weren't in my control. It wasn't just happening because I forgot to do homework. It was happening when I made eye contact with a stranger or if a piece of hair was sticking up on my head. I just considered it normal. Everybody gets anxious sometimes but for me it was happening every

day.

I finally admitted I had a problem when I started getting physical symptoms like a stutter and random hyperventilating. I feel guilty for taking so long to admit to my disability and yet it's still hard to grapple with.

My anxiety has never been officially diagnosed by a doctor and I have never sought that kind of treatment because I'm worried about having to take medication. Some people take meds for their anxiety and that is a completely valid choice, but there are a lot of side effects that have made me nervous. So instead of taking meds I drink green tea and practice positive self-talk. I am learning new ways to manage my anxiety every day and I have a pretty solid support system for when I can't handle it on my own. I've even opened myself up to looking at therapy as an option which, I think, is a big step in the right direction.

Life with undiagnosed anxiety can be tough. I doubted myself a lot before admitting it, but now that I have, I can work towards living with my disability rather than just surviving it.

SHU Featured on Showtime Series

BY ISABEL HAGLUND
Staff Writer



Sacred Heart University

Sacred Heart University Students in costume for "Three Women" filming

Members of the Sacred Heart University's marching band as well as the color guard had the opportunity to be featured in an episode of the new Showtime series "Three Women."

The series is based on the book "Three Women" published in 2019, written by Lisa Taddeo. On Wednesday, Feb. 23 and Thursday, Feb. 24, 22 members of Sacred Heart University's marching band as well as 11 members of the color guard went to the set on Long Island for a day of rehearsal and then a day of shooting.

"It was an insanely long two days of rehearsal and filming, so we were all exhausted, but in awe of the experience we were having," said senior color guard captain Maeve St. Onge.

According to the press release from the university, each day the students were on set they were there for 12 hours long and a four-hour long trip to and from campus.

"It is a big commitment," said Keith Johnston, Director of Bands and Orchestra. "Your missing classes two days in a row and so you had to really want to do that."

This was also a learning opportunity for the students who attended.

"I was really shocked and excited for this unique opportunity," said freshman band member Jackson Schiffbauer. "It showed a different aspect of what a band does."

"It's such a great experience to increase my leadership and choreography skills, said St. Onge. "I love the group of people it has brought me to with all my heart."

The students also were able to see what working in the film industry and on a TV show set looks like up close.

"Most of us have never have done this type of thing before. We all loved every moment of it," said Schiffbauer.

"Just being involved when you are on set and you see how many people are involved and all of the different responsibilities for making something happen, you get a very different feel," said Johnston.

In addition, the episode will showcase the color guard performing.

"Being on the show was incredible because it was an opportunity to bring color guard to the television world, which is something you rarely see," said St. Onge.

Having the opportunity to be on this series brought out a lot of different emotions for the students.

"I would describe the emotions for me and my peers as ecstatic," said Schiffbauer. "We were so excited to take part in this. We all loved every moment of it."

Although the Showtime series "Three Women" does not have a release date yet they have heard possibly in the fall of 2022.

"We are all very excited to see the episode when it comes out and are even planning our own little red carpet watch party," said St. Onge.

These students got to experience something that they will never forget.

"Sacred Heart is a school that is producing students who need to be able to go out into the broader world," said Johnston. "Anytime we can participate in anything like this it gives us national exposure as well as an enormous educational benefit for students and that is worth its weight from my standpoint."

Arts & Entertainment

Kenny Werner: The New Jazz Age

BY STEPHANIE PATELLA
Staff Writer

On March 19, world-class jazz pianist and author Kenny Werner performed at the Sacred Heart Community Theatre. Werner played alongside the members of his trio: Joannes Weidenmueller on bass and Ari Hoenig on drums. The performance also included a few pieces performed by Werner's protege Vivienne Aerts, a Dutch performer and assistant professor at Berklee College of Music.

The trio performed original pieces including "Little Blue Man" and "Blue in Green." While this may have been the first time some audience members heard Werner's music, one in particular had been inspired by his artistry for years.

Adjunct Professor of Music, Darren Litzie, said, "He's incredible. I discovered him and transcribed his music in college. I love how he performs as if he is playing for the first time."

Throughout the show, Werner engaged with the audience by providing background on how he came to write each piece and how he incorporated some of his techniques from his book, "Effortless Mastery" into the performance.

Werner wrote "Effortless Mastery" in 1996. According to Werner's website, this book is considered his "landmark opus on how to allow the master musician from within to manifest."

Werner explained that he was inspired to write the book based on his experience with a classical piano player and friend named Joao Assis Brasil.

"He had me just dropping my fingers on the keys. So rather than play, he walked away and he wanted me to do nothing but that for two weeks which freaked me out," said Werner. "After that time of doing nothing, that was when it was time to play. My hands started to play by themselves, and they were playing better than I ever could have."

Werner continued to learn from Brasil as well as develop his own tactics that he outlines in his book. He dives into methods for artists such as muscle memory, value of mistakes, patience, and improvisation. Werner released his second book "Becoming the Instrument" to build on these concepts and inspire artists to practice self-love within their

performances.

In addition to Werner's accomplishments as an author, he has also made significant strides as a lecturer. While originally called into The New School in Manhattan to administer a midterm music exam and make some extra pocket money, Werner saw the prospect for a new career.

"I was an improviser. So here I am sitting there. I look at the test and the first question is 'what is the first chord of 'Body and Soul,'" a famous jazz song. And the students keep guessing different notes and I keep saying they are wrong," said Werner.

"But then I finally tell them, 'any note can be the first chord of 'Body and Soul,'" said Werner. "So, they keep calling out different notes and I show them that any chord can start the song. It was probably the best harmony lesson they ever had."

Eventually, Werner had received calls to conduct private lessons and was compelled to display his knowledge onto others.

"I discussed it with my wife. Maybe it was time to switch to teaching. I was ready to have courses in which I could construct on my own," said Werner.

Werner began teaching at Berklee in 1970. Soon after, Werner became the Artistic Director of the Effortless Mastery Institute, named after his book, in which students are taught his methods of practicing and performing.

According to the Berklee College of Music website, "The institute focuses on principles put forth in Kenny's book 'Effortless Mastery' and helps students reclaim their inner voice and their connection to music, allowing them to perform on the highest level."

Werner continues to inspire others each day through his books and music. He also continues to provide young artists with advice in pursuing a career in music.

"Just let go of the need to change and be satisfied with slow incremental success," said Werner.



Stephanie Patella, Staff Writer

The SHU Community Theater was lit up for the Kenny Werner performance.

Olivia Rodrigo Behind The Scenes

BY CODI LYNDERS
Staff Writer

Standing on a raised stage accompanied by a small orchestra at Red Rock Canyon State Park in California, 19-year-old singer-songwriter Olivia Rodrigo belted out her hit song "good 4 u." This was one of many performances that fans saw in her newest documentary, "Olivia Rodrigo: driving home 2 u (a SOUR film)," which was released March 25 on Disney+.

Almost a year after the success of her 2021 record-breaking debut album "SOUR," Rodrigo decided it was finally time to give her fans an exclusive look at how this creative masterpiece came to be. The documentary follows Rodrigo on a road trip from Salt Lake City to Los Angeles, the two places where, according to the film, she recorded most of the album.

"After watching the documentary, I felt like I was able to understand her songs better," said sophomore Melissa Blanco.

Rodrigo goes through every track on the album and the story behind each one. Many hold personal messages about past relationships that made a mark on the young musician's heart. From heartbreak and teenage angst to jealousy and longing, Rodrigo covers many topics that Gen Z knows well.

In the beginning of the film, Rodrigo said, "There's nothing that connects people and there's nothing that's like a truer window into the human emotion than music."

Along with the live performances at different stops throughout the road trip, including some at a run-down gas station and inside an abandoned airplane, the documentary features footage from the studio where Rodrigo wrote and recorded songs with her producer, Dan Nigro.

Adjunct Music Professor Darren Litzie, said that as a musician himself, he enjoys seeing other artist's creative processes and rehearsal footage because of its relatability.

"In music and all forms of art, we hear the finished song, or we see the finished painting, but we don't often know much about the journey that the artist took to complete

the work," said Litzie.

"I love seeing footage of rehearsals when musicians are trying to decide if this would be a good spot for a guitar solo, or if the drums should stop playing during this section," he said.

Sophomore Kyla Hackett had a similar take and expressed that she feels closer to an artist after watching a documentary that shows a sneak peek into their lives.

"Usually, they do make me more of a fan of the person," said Hackett.

Even if casual listeners may not be rushing to stream an artist's documentary, there is no doubt that these films help bridge the gap between artists and fans.

"It's a great way for a musician to show themselves in a different light and connect with their fans on a more personal level," said Litzie.

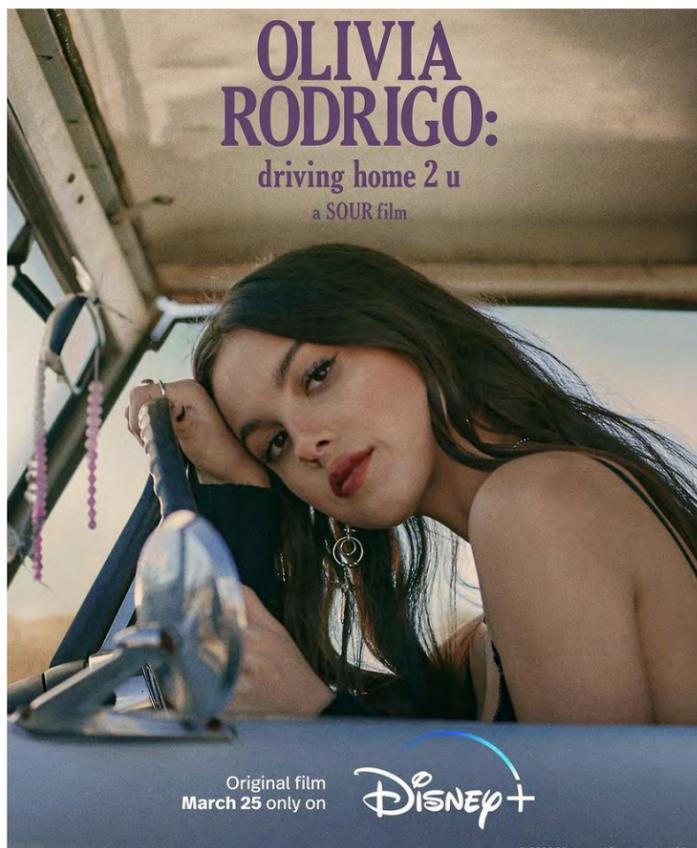
"Olivia Rodrigo: driving home 2 u (a SOUR film)" is not the only documentary following a popular musician. Disney+ also features behind-the-scenes looks at the album-making process of Taylor Swift, Billie Eilish and Beyoncé.

Though Rodrigo is relatively new to the music world, she has had her fair share of time in the spotlight, with Billboard pointing out her other talent: acting.

According to Billboard, "Rodrigo broke through with roles on Disney Channel's 'Bizaardvark' in 2016 and Disney+'s 'High School Musical: The Musical: The Series' in 2019, along with contributions to those show's soundtrack albums."

Whether she makes more headlines with her acting or stunning vocals, Rodrigo told Billboard that she has no plans on stopping her creative endeavors.

"I have a title for my next album and a few songs. It's really exciting to think about the next world that's coming up for me," said Rodrigo.



Olivia Rodrigo pulls her fans back for more with her documentary release to Disney Plus.

Instagram, @disneyplus

Sports

Pioneers Tee off Spring With NEC Honors

BY KENDALL VERSFELD
Staff Writer

The Sacred Heart University's men's and women's golf teams participated in the SHU Spring Break Invitational on March 11 and 12 at the Ladies Professional Golf Association (LPGA) International Hills Course in Daytona Beach, Fla.

"I was very pleased with the way both teams prepared for the event both in Connecticut and once we were down in Florida" said Head Coach Matthew McGreevy. "They were focused and had a good plan in place to be ready for the event."

Not only did both teams take home first place, but also sophomores Marcus Lim and Chantal El Chaib won Northeast Conference (NEC) Golfer of the Week. This was the first time El Chaib was named golfer of the week and the third time for Lim.

"Marcus' excellent play, but also his consistency week to week, has propelled him to achieve this," said McGreevy. "Chantal's tireless work ethic prepared her for that victory and she won't stop until she completes all her goals for this season."

Lim won the tournament shooting 141 over the two days and helped his team secure first place.

"I was driving the ball well all week and was keeping myself in good places on the fairway for both days which gave me two stress free rounds," said Lim. "I wish my putting was better both days but I can't complain."

El Chaib, who is also a staff writer for The Spectrum, shot a 141 over the two days to win the tournament.

"As this being my first year competing, I am happy with how I performed in the first

spring tournament," said El Chaib. "As courses in Florida are similar to where I play back home in Dubai, I felt more confident and comfortable which helped me play well."

One valuable lesson that Lim has learned since playing in the Northeast is dealing with a much colder climate than his native country of Malaysia.

"In Malaysia, I never get a chance to play in such tough and demanding conditions as it's 90 degrees all year," said Lim. "I think this really strengthens my golf game."

For El Chaib, the biggest takeaway from playing at a Division I program has been learning to play on a team.

"This has helped me perform well on and off the course," said El Chaib. "With the guidance of my coach, I have also been able to learn more about competing and practicing as a team."

Moving forward the men's and women's golf teams have three more events this year with the men's season ending against Yale University and the women's team finishing at The Hartford Invitational on April 15-16.

"I feel great about this season, we have a young starting lineup," said Lim. "I think that our biggest competition is ourselves, we need to learn to deal with pressure and big moments because we are such a young team."

Sacred Heart Athletics contributed to this article.



Sacred Heart University
Chantal El Chaib brings home the NEC Golfer of the Week honor.

Sarah Lawton Throws Second Career No-Hitter

BY BRENDAN CAPOZZI & ROBERT FINZIO
Staff Writer & Sports Editor

On Friday, March 18, the Sacred Heart University softball team was facing the Bryant University Bulldogs. Graduate student Sarah Lawton was on the mound and felt prepared coming into the start.

"To prepare for games, I focus a lot on my mentality," said Lawton. "Building my confidence every single day is key in addition to working on my spins and leg drive."

Lawton struck out nine batters, walked one and allowed no hits in her second career no-hitter as the Pioneers beat the Bulldogs 2-0.

This start for Lawton was her first outing against a Northeast Conference (NEC) opponent. She spent her undergraduate years at Florida SouthWestern State (FSW) and Florida Gulf Coast University (FGCU) before coming to SHU to pursue her master's degree.

It was in her sophomore season at FSW that Lawton threw her first no-hitter, which was also a perfect game, according to Florida SouthWestern State Athletics. She allowed no hits, no walks and struck out four in the first ever perfect game for the FSW softball program.

"When I came out for the seventh inning, I was a little nervous," said Lawton. "I knew what was going on, but I had to continue to pitch my game and get us the victory."

Lawton got the last out of her no-hitter when Bryant pitcher Sarah McKeveny popped out to shortstop Kira Ferraiolo.

"It felt great to complete the no-hitter, but this is the kind of stuff that cannot happen without your teammates," said Lawton.

Head Coach Pam London was proud of Lawton because she knew how hard she worked to achieve this goal.

"This no-hitter ranks up there with some of the best in SHU history," said London. "Not only was this an important start for her,

but it was also important for her teammates to say that she is the leader on our pitching staff and that we can rally around her."



Sacred Heart University
Sarah Lawton set the tone for the season with her impressive no-hitter against Bryant.

With Lawton completing her first no-hitter as a Pioneer and the first no-hitter for a Sacred Heart pitcher since 2018, this comes as a confidence booster for not only Lawton, but the entire team as well.

However Lawton does not want her expectations or the team's expectations for the season to change.

"I am not going to show up to each start and aim for no-hitters," said Lawton. "I am going to show up, throw my game and hope that we win which will bring out the good in our team."

The Pioneers look to continue to build off this momentum as they host Siena College in a doubleheader on March 30 and play a doubleheader against Stony Brook University in Stony Brook, N.Y., on March 31.

Sacred Heart Athletics contributed to this article.

Women's Lacrosse Ready for Conference Play

BY JAKE CARDINALE
Contributing Writer

The Sacred Heart University women's lacrosse team is 2-6 so far this season. That being said, they have yet to play any conference games and four of their six losses have been by three goals or less.

Sacred Heart is led by senior attacker Lydia Werlau who leads the team with 27 total points off 20 goals and seven assists. On March 7, she was named Northeast Conference (NEC) player of the week.

This is the fifth time that Werlau has won an NEC player of the week award.

"A lot of my success has to do with our coaching staff, but also the girls on the team this year," said Werlau. "All the girls on the team have been putting in effort throughout practice and throughout this whole season so that they can set themselves up for success and set each other up for success."

Werlau has turned a lot of heads this season, including that of her head coach, Laura Korutz.

"I'm always impressed by Lydia's performance, and she has really improved in her senior year," said Korutz. "She has taken strides this year and really turned into a bigger threat than she's been in years past."

Werlau just reached a personal milestone as well, having scored her 100th collegiate goal against Fairfield University on March 19.

"That was definitely a really big milestone for me and it was really awesome to have the team that we have this year because everyone is really close and we always try to hype each other up," said Werlau.

The Pioneers are heading into conference play looking to improve on their 2-6 record and make a push for the

playoffs.

"I believe that our team has an immense amount of potential," said senior defender Claire McElhenny. "Once we start believing in ourselves, I feel like there are going to be really successful outcomes."

The team has some things that they are looking to clean up for the start of conference play.

"First and foremost, we have to focus on limiting our turnovers," Korutz said. "That has to be our main area of focus over this next week before we head into Bryant. If we can do that, I think we're going to be more successful and we are going to see different results."

Having good team chemistry is another factor that the team recognizes needs to be strong in order to have success.

"We always say it has to do with the girl who won the draw, the goalie that made the save, the girl who caused the turnover, the girl that set the pick, the girl that assisted," said Werlau.

Feeding off of one another allows each player to not only make themselves better, but make their teammates better as well.

"We work hard for one another and every single day we push each other to be the best that we can be because everyone on this team has such great potential and it's awesome that everyone can push each other to get to that potential," said McElhenny.

Sacred Heart begins conference play against Bryant University on Wednesday, March 30 at 3 p.m. at Campus Field.

Sacred Heart Athletics contributed to this article.

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An Accidental New Year's Resolution

BY SOPHIE CAMIZZI
News Editor

I shaved off my eyebrows last week and I have zero regrets. Some people might ask if I'm doing alright or if I'm going through a breakup or some other dramatic scenario, but I promise I'm doing just fine other than the occasional bouts of senioritis that flare up every now and again.

Truthfully, I've just been living my new favorite phrase of the year: "How are you going to know what you like and what you don't without trying something new."

It wasn't my intention to have a New Year's resolution since I don't really believe in those kinds of things. It just sort of happened on its own.

Earlier this year, I randomly started trying out new restaurants in my hometown and discovering some great restaurants and food places. Even today, I just tried soft shell crabs for the first time, and I ended up liking them so much that I'll probably get them next week.

But even besides applying this motto to food, I've also applied it to other things in my life including some of my favorite things including beauty and fashion.

One day after scrolling through social media and seeing those gorgeous girls with the big lashes, I decided that I was going to master the art of putting on fake eyelashes. Of course, I felt kind of silly the first day wearing them to class after not wearing heavy makeup for four years, yet I received nothing but compliments from my friends and classmates.

Do you know what the "looking glass effect" is? According to Simply Psychology, "The looking-glass effect is the ideas and feelings that people have about themselves – their self-concept or self-image – that are developed in response to their perception and internalization of how others perceive and evaluate them."

Basically, we change the way we behave based on how others might think about us.

I learned all that in some AP Psychology course in high school, but I didn't realize how trapped I was in that kind of mentality until this year.

There was even a time then when I would just refuse to wear traditionally "feminine" clothing just so that I could fit in with the rest of the crowd, but that's just not me. I love the color pink and sparkly objects attract me like nothing else and that's just who I am.

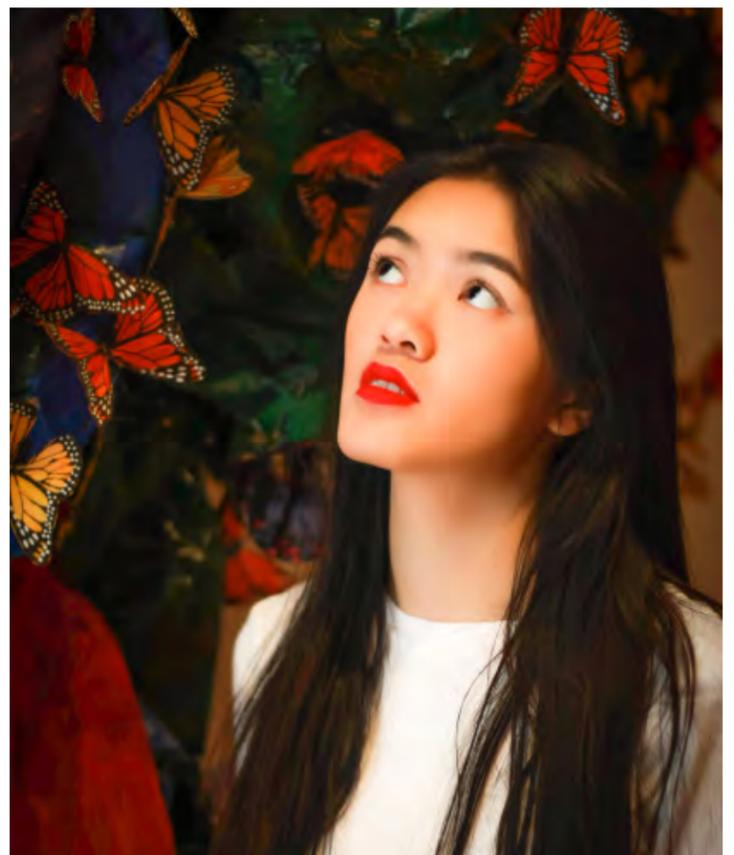
I have so many things I want to try in the future from getting my cartilage double pierced to learning how to pole

dance and do those fancy stunts on silk ropes that will most likely get me sent to an early death.

The only person I'm put on this earth to please is myself and the people I'm close to. There will always be someone who doesn't like me and that's just a fact of life, yet in return, there will also be people who will love me for just simply being myself.

When you learn to stop caring and start trying something new, you might just surprise yourself so why not shave off your eyebrows?

We can even do it together.



Not What I Expected

BY EMILEE CAMODEO
Assistant News Editor

As I am now approaching the finish line of graduating, there are many things I am looking back on. I regret not participating in every opportunity that was offered my way. I transferred from Siena College after my freshman year. Coming into a bigger school not knowing anyone was difficult. I felt like I had to start all over again.

Being the new kid is never fun, no matter how old you are. As I entered an entire new college, eager and excited to start fresh, the pandemic destroyed any chance I had of meeting new people, branching out and essentially having a memorable college experience. I feel like I was not given the same opportunity as everyone else, but I guess that is selfish to say.

The second week of sophomore year, I participated in recruitment and ended up getting into my top sorority. I remember how relieved I was to meet new people, to find "my" people. Sadly, that isn't exactly how it happened.

Only a few months after I joined my sorority, Sacred Heart mandated everyone to leave due to the pandemic. I was taken from every opportunity I thought I was going to have.

Although my college experience isn't what I expected it to be, I am beyond grateful for the opportunities this school has given me. The pandemic didn't stop me from meeting friends of a lifetime and pursuing the career path that I was uncertain of when I first arrived.

As I look back on my college experience, I will forever cherish late night drives with my friends, petty arguments that never matter in the morning, studying all night long and simply feeling content with where my life is. I knew I made the right decision of transferring, regardless of the pandemic and how I thought my college experience was "supposed to go." I am appreciative of every bumpy step that led me to where I am today.

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