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“Don’t Say Gay” in Florida

BY AIDAN DALY
Staff Writer

According to the Associated Press, on March 28, Gov. Ron DeSantis of Florida officially signed what the critics have called the “Don’t Say Gay” bill, which would restrict students in kindergarten through third-grade from learning about sexual orientation and gender identity.

The bill states, “Classroom instruction by school personnel or third parties on sexual orientation or gender identity may not occur in kindergarten through grade 3 or in a manner that is not age appropriate or developmentally appropriate for students in accordance with state standards.” Parents would be able to sue districts over violations.”

However, some members and allies of the LGBTQ+ community have expressed some concern about the law.

“To me, the ‘Don’t Say Gay’ bill is incredibly horrifying,” said junior Olivia Delgado, president of the Gender Sexuality Alliance (GSA). “It also stands as a testament to the fact that even today, LGBTQ+ youth are constantly under attack from legislatures that should be there to protect and we are absolutely stunned and appalled by this newest homophobic and transphobic piece of legislation,” said Delgado. “I have witnessed similar reactions from allied students, faculty and staff in the SHU community as well since a bill such as this goes deeply against Sacred Heart University’s core values.”

Others have claimed that the restriction of sexual orientation education is discriminatory towards the LGTBQ+ community as well as a violation of human rights.

“I do think the new legislation in Florida does help to send the message that deviations in gender identity and sexual orientation are not the norm,” said Dr. Kelly Marino, coordinator of the Women’s, Gender and Sexuality Studies minor. “It stigmatizes these populations to not have their stories mentioned. It contributes to erasure.”

However, proponents of the law have argued that schools should not be the one to teach students about these subjects, but instead, parents.

According to the Associated Press, “Republicans have said that the law is intended to keep parents informed of what children learn and are exposed to in schools.”

“Additionally, less talked-about aspects of the law require districts to notify parents of health care services offered in schools and give them the option to decline them. Districts will also be required to notify parents if there is any change in a student’s mental, emotional or physical health monitoring,” reported the Associated Press.

Despite the intentions of the law, some are still skeptical if school districts can completely deter students from talking about LGBTQ+ issues.

“The reality is that most kids are not just going to be discussing these issues with their parents,” said Marino. “They will end up having these discussions either way. It’s just that by bringing it up in the classroom, the context can be guided a little more.”

Some large companies and organizations have even publicly objected to the law.

According to the Associated Press, “During the week of March 16, Disney workers planned walkouts during their breaks every day to protest CEO Bob Chapek’s slow response in publicly criticizing Florida legislation. Additionally, the U.S. Education Secretary Miguel Cardona spoke with LGBTQ+ students to say the federal government supports them even if the governor does not.”

Some students have strongly criticized proponents of the law and claim that learning about people who are LGBTQ+ should not be such a polarizing topic.

“Contrary to many of the homophobic sentiments that proponents of the ‘Don’t Say Gay’ bill claim, children not feeling safe and supported within their school community because they are LGBTQ+ is a critical issue,” said Delgado. “To me, it’s unimaginable and cruel to take away the opportunity from children to learn about accepting people of different identities.”

Others who oppose the law have restated the importance of teaching about a variety of different people in order to properly prepare children for the future.

“In today’s society, people are maturing at younger ages in a variety of different contexts,” said Dr. Marino. “We need to start preparing people at earlier ages for the realities of a diverse world.”

Are You Alcohol Aware?

BY CHANTAL EL CHAIB
Staff Writer

April marks Alcohol Awareness Month, an annual effort to raise awareness about the dangers of abusing alcohol.

“Alcohol and addiction are very important topics; however, I don’t think we are taught much about it. I never really knew our campus offered programs and counseling towards it, and I think more people need to realize there is help available,” said sophomore Isabella Mazzucco.

A big part of alcohol awareness is to educate individuals about the signs of a drinking problem and the effects that come with it.

“I would define a drinking problem when a student’s alcohol use is putting their own safety and/or the safety of others at risk, and when the drinking begins to interfere with one’s ability to function in their daily life,” said Jeffrey Labella, University Counselor and Alcohol & Substances Services Coordinator.

As part of alcohol awareness month, Sacred Heart provides various programs that help students who may be suffering from alcohol addiction. One of which is through the University’s Counselor and Alcohol & Substances services, which takes place both on and off-campus.

The Collegiate Recovery Program offers virtual recovery meetings every Wednesday at 2 p.m. on Zoom in addition to 12-step meetings on Monday evenings at 7 p.m. in the Main Academic Building.

“Everyone is welcome. This meeting is great for anyone interested in substance use recovery, and those in recovery as well,” said Labella.

“James Cafran, the Recovery Coordinator for Collegiate Recovery Program, oversees these programs,” said Labella. “In addition, students who are questioning their alcohol use, or struggling with alcohol use challenges are welcome to reach out to myself or James Cafran and make an appointment for guidance.”

There are also programs offered off-campus for those who are interested including weekly Alcoholics Anonymous (AA) meetings in the community. If there are students in recovery seeking these supports or questioning their alcohol use, they should visit www.ct-aa.org to find a local meeting.

“If a student requires more intensive help than weekly meetings, individual counseling, outpatient and inpatient services are available based on individual need,” said Labella.

Additionally, if a student is looking for referrals to treatment, they can find more information on the CT Department of Mental Health and Addiction Services (DMHAS) website.

While it is very important to know how to seek help if needed, it is also good to know more about addiction and how it can happen.

“Genetics account for up to 60% of risk factors for alcohol addiction in studies,” said Dr. Kerry Millner, professor in the Doctor of Nursing Practice and an expert on addiction.

According to research used by Millner, excessive alcohol consumption is common amongst individuals of various ethnicities and is a component of both young and older people’s lifestyles.

“There are certainly SHU students who fall into the category of having drinking problems, but this is not a problem unique to this University,” said Labella. “I think this is a problem affecting most universities in the country, and it is a problem that many are working hard to find effective solutions to.”

In addition to the Collegiate Recovery Program, there is also s.w.e.e.t., a student branch of the Wellness Center that serves as a support center and will answer any questions students may have regarding topics such as resources for mental health and education on alcohol, sleep and therapy/therapy dogs.

“Students who may be suffering from an alcohol addiction could benefit from education from the sweets on campus by observing how much alcohol you are actually putting in your cup and how that alcohol may be affecting your body,” said Abigail Andre, s.w.e.e.t. peer educator.

Continued on page 2....

News

Downstairs at the New Dispatch Center

BY JONATHAN PITCHER
Staff Writer

In February, the municipalities of Fairfield and Westport opened the 911 Dispatch Center at Sacred Heart, the first in the state to combine two towns with an outside partner.

Located on the lower level of the Ryan Matura library, the new Westport-Fairfield dispatch center streamlines calls and creates faster communication services with emergency dispatch teams around Fairfield County.

“The library location was chosen as it allows for easy access and the square footage fits the needs of the municipalities,” said Gary MacNamara, Executive Director of Public Safety and Government Affairs. “We all know that the SHU community is part of the larger surrounding communities and Dr. Petillo recognized that for this project to go forward, the towns needed our help in finding space.”

According to the Sacred Heart University website, the dispatch center will allow a better flow of communications, reduce duplication of services as many incidents impact more than one town, increase response time and provide another level of security and safety for the SHU campus.

Some students at Sacred Heart feel more secure knowing that help may be on the way faster than before.

“I feel safer knowing that we have a dispatch center so close to us. Anytime I’m walking around campus at night, I can feel more secure having the reliability of emergency services anytime I need them,” said junior Jack Elliot.

“This is the hub of emergency calls for service for both communities so there will be an extra

presence at times of emergency personnel, and priority will be given to restore power, should we experience a power loss on campus,” said MacNamara.

The wide variety of services offered by the new dispatch center are designed to be more efficient as municipalities work to take calls and send first responders.

According to CT Insider, “The new dispatch center has been five years in the making, and is the first of its kind in the state. Officials said there are other regional centers, but those are all overseen by private companies. This is the first one led by municipalities.”

Professor Gregory Golda, clinical instructor in communication and media studies, and his Multimedia Production class are working with the dispatch center to create a commercial advertising the new facilities.

“We are working to get the interviews done within the next week for the project we are working on with the dispatch center,” said senior Dylan Cole, a student in the Multimedia Production class.

Since the arrival of the new dispatch center on campus, some students feel that this should be a wakeup call for other universities to do the same.

“I always felt secure on campus knowing that Public Safety was one call away, but having a dispatch center right on campus gives me a whole new feeling of security and I hope other universities around the country do the same, as it can save their students’ lives,” said senior Matthew Cestone.

Are You Alcohol Aware? (cont.)

BY CHANTAL EL CHAIB
Staff Writer

When a student shares a question or concern about their use of alcohol or any substance, s.w.e.e.t. counselors take that concern seriously.

“We have a program that we run called the BAR exam, and it is one we mostly give to freshman resident students,” said Andre. “We take them through an activity of filling a glass (they can choose from various alcohols) and guessing the amount of alcohol in it. Most students are surprised at how much they may be putting into their bodies at one time, and it is a good way to teach students how to pace themselves if they choose to drink.”

During this program, they use a website called “The Virtual Bar,” which enables the user to enter their body weight, gender, and height and influence how much alcohol/food/water they give to a virtual individual. It then calculates the person’s BAC and gives a little information on the physical effects that amount of alcohol has.

Collegiate recovery programs are beneficial for recovering alcoholics and are one of the first of many

steps they may have to take to recover.

“This type of recovery does not happen overnight and starting with a program on the collegiate level is a good base program to have,” said Andre. “I think collegiate recovery programs are a great way to start immersing yourself into the path for recovery.”

Services and recovery programs are available to everyone and reaching out is encouraged.

“Recognizing the signs of alcohol misuse and receiving appropriate treatment may make a big difference in someone’s recovery. Everyone should know that help and treatments are available,” said junior Colton Nicholas.

To schedule an appointment for Alcohol or Other Drug Service, please contact the Wellness Center Counseling Services at 203-371-7955 or email Labella at labellaj@sacredheart.edu.

Judge Ketanji Brown Jackson Under Scrutiny

BY MEGAN HARKINS
Staff Writer

On March 24, the fourth and final day of the Senate Judiciary Committee’s consideration of Judge Ketanji Brown Jackson, the first Black woman nominated for the Supreme Court, concluded.

“Jackson’s appointment is certainly a milestone within the history of the U.S. Supreme Court and underscores how much concern there is with inclusivity when it comes to staffing the federal court system,” said Professor Gary Rose, Chairman of the department of government.

According to the Associated Press, Ketanji Brown Jackson worked as a public defender and served on the U.S. Sentencing Commission before she was nominated to the bench by President Barack Obama.

Jackson faced many challenging questions during her week in front of the Senate Judiciary Committee.

“During the first day of the hearing, the federal judge had to endure hours of public scrutiny from skeptics, namely the Republican senators who are erecting a wall of opposition to her landmark nomination, the first in the court’s 233-year history, and may vote against her confirmation,” reported the Associated Press.

“It was really traumatizing to watch,” said Melanie L. Campbell, president and CEO of the National Coalition on Black Civic Participation and convener of the Black Women’s Roundtable, to the Associated Press. “My spirit feels it was to bring this Black woman down because she’s about to break the glass ceiling that, once broken, opens the door to more.”

While the scrutinization of Jackson brought back memories for some Black women who have had to constantly defend their ability and skill to perform well, other people believe that these steps were necessary in order to properly consider Jackson for the position.

“Judge Jackson has been scrutinized for her judicial philosophy, her previous rulings on abortion, and most importantly, the criticism of her rulings regarding offenders of child pornography laws,” said senior Ryan Silverstein, President of the College Republicans.

Silverstein raised comparisons to the harsh questioning of some nominees put forward by Republican Presidents.

“In my opinion, the criticism is unequivocally justified, considering the previous three nominees were subjected to non-stop attacks not related to their judicial records from members of the Democratic Senate Caucus such as allegations of gang rape, accusations of racism for adopting an African American Child and bigotry regarding other nominees’ Christian faith,” said Silverstein.

While some believe that the criticism was justified, many still believe that having the first Black female Supreme Court justice will be a positive change in society as shown by Sen. Cory Booker’s speech to Jackson on the third day of hearings.

“You faced insults here that were shocking to me,” said Booker to the Associated Press. “I’m sorry, you’re a person that is so much more than your race and gender. You’re a Christian. You’re a mom. You have earned this spot. You are worthy. You are a great American.”

With the final confirmation vote to be expected next week, some have also said that it is also important to recognize some of the important figures in history who have contributed to Jackson’s potential appointment.

“Important breakthroughs occurred well before Jackson’s selection: President Lyndon Johnson appointed Thurgood Marshall, the first African-American, to the Supreme Court; President Reagan appointed Sandra Day O’Connor, the first woman, to the Supreme Court; President George H.W. Bush appointed the second African-American, Clarence Thomas, to the Supreme Court; Barack Obama appointed the first Latina, Sonia Sotomayor, to the Supreme Court,” said Rose.

“So Jackson’s selection by President Biden can be viewed as a continuation of Presidents demonstrating sensitivity to inclusivity and sensitivity to the voices of demographic groups once on the margins of American society, not to mention how such appointments also reflect very wise political considerations,” he said.



Judge Ketanji Brown Jackson at her court hearing.

AP News

Perspectives

How Are You Finding A Job?

BY SAMANTHA INGRAM
Staff Writer

Have Sacred Heart students been finding it easy to find jobs?

“I think that it is going to be hard to find a job because the job market is very competitive, especially wanting to work in a certain field based on my research,” said senior Kelsey Ciafone.

According to Indeed, “Not all students work their way through college. Those that do often work outside of their field of expertise. Many job postings require a decent level of experience, whether it advertises an entry-level position or not. After college, many graduates find it difficult to overcome this requirement.”

Some students worry about specific job requirements.

“Yes this scares me, the thought of not having the right qualifications or if they would choose another candidate,” said junior Thea Chronopoulos.

More recently, according to CNBC, in January there were, “11.3 million job openings, 6.5 million hires and 6.1 million separations.”

There are several job search platforms such as Indeed, Linkedin and Handshake that students utilize to search for jobs. These tools allow students to make connections with employees, advertise their skills on their profiles and search through occupations that



SHU student logging into her LinkedIn account to display her resume, research jobs, and network.

Staff Photographer, Sara Anastasi

interest them.

“I have used Handshake to find internships and I have gone on Indeed,” said junior Claire Lawler.

Students say that these platforms have made searching for a career more attainable.

“I think these platforms make the job search significantly easier. Without the online platforms, I would not have found my internship for last summer,” said Lawler.

Are these platforms accessible?

“They are very easy to navigate because I use the filters to specify my searches,” said Chronopoulos.

Although students find these platforms easy to navigate in the job search field, some students comment on their minimal usage.

“I do not spend a lot of time on the platforms, but when I do spend time on the platforms I’m on there for a brief time because everything is easy to find and navigate,” said senior Savannah Palas.

Some students find that they have luck when finding a job over others due to their specific major and extensive education.

“I have a better edge over other potential candidates, because I am in the 5 year education program and I will be graduating with my masters degree,” said senior Natalie Dente.

On the other hand, some students worry about the thought of not obtaining a job.

“Yes, I am very nervous I will not be able to find a job after graduating,” said Lawler.

SHU has a center for Career and Professional Development that assists students in finding internships, resume writing, cover letter writing, interviewing and job search skills. The center is located on the second floor of Linda E. McMahon Commons.

Some students agree that the Career and Professional Development Center has played a successful role in their time here.

“I do find the career center helpful because they have helped me fix my resume. They also offer job interview workshops, which I think are very helpful,” said junior Francesca Compagno.

Others comment on their feeling of security in graduating from Sacred Heart.

“Since the job market is competitive, the thought of not obtaining a job does concern me. Coming out of Sacred Heart University, which is known for its competitive programs, does make me feel better,” said Dente.

“The Greatest Night in the History of Television”

BY FIONA YOUNGS
Staff Writer

Biggest night for Hollywood, the Oscars. Did you watch the drama unfold between Will Smith and Chris Rock?

Some students watched it live while others, saw it after the fact from various sources.

“I watched it after,” said sophomore Kendall Holland.

According to an article by AP News, “[Will] Smith left millions of witnesses stunned



AP News

The moment Will Smith slapped Chris Rock on stage during the Oscars.

Sunday when he marched onto the stage of the Dolby Theatre and smacked Chris Rock in the face after the comedian made a joke about his wife, Jada Pinkett Smith.”

The initial reaction and opinions about the actions of Will Smith varied from student to student.

“I found it

to be inappropriate and could have been handled after the show,” said sophomore Allison Shapinko. Other reactions were a bit different, and some students were disappointed.

“My initial reaction was shocked as Will Smith was a childhood hero to me. Even though I know he is very protective over Jada, I never expected him to become physically violent with someone in order to protect her,” said sophomore Emmy Arellano.

Whether or not Smith should be reprimanded is another debate that is surfacing among viewers.

According to an article by NBC News, the Academy came out with a statement condemning Smith’s actions on the night of the awards.

Though the Academy said that they do not agree with Smith’s reaction, some students wish they saw action to represent these words.

“Yes, [he should be reprimanded] because he should have handled it after the event and not during. If he could not handle the joke, he should have taken it upon himself to be the

bigger person and confront him after,” said freshman Santina Chiazzese.

Others felt that there could have been many ways to reprimand him for what he did during the Oscars.

“I do believe Will Smith should have at least been reprimanded by at least being asked to leave the Oscars event,” said Arellano.

Some felt that there was reasoning behind the lack of immediate repercussions.

“Will Smith should have been removed from the Oscars if this was a real event. The fact that that did not happen and then minutes later received his award is at least to me further proof this is all premeditated,” said Holland.

A few students believe that there is no need for consequences.

“I think the fight is between Chris and Will and no one else. So, if he [Chris] does not want him [Will] to be in trouble, then he shouldn’t be,” said Shapinko.

From another standpoint, some students believe that the events that took place had a deeper meaning behind them.

“I believe this is an example of Macho behavior to mark his [Will Smith] ‘territory’ aka his wife,” said Arellano.

“I do find this as an example of the ‘picture perfect’ woman due to the fact we are raised to believe that celebrities are perfect and flawless, and Jada showed that she is human just like us with imperfections and insecurities.”

Similarly, Holland said, “Definitely [a form of macho behavior], if his wife went up there to defend herself the reaction would have been much different.”

Regardless of the reason behind Smith’s actions, many students find the biggest debate being whether or not it was real.

“Part of me thinks it was some sort of stunt,” says Chiazzese.



AP News

Will Smith and Jada Pinkett Smith posing on the red carpet before the Oscars begin.

Features

SHU Engineering Builds Go-Karts to Raise Money

BY SARA ANASTASI
Staff Writer

This semester, Sacred Heart University’s freshman engineering students are building go-karts to raise money for the Simply Smiles Children’s Village as a way to incorporate community service into their curriculum.

The freshman engineering class, Engineering Explorations, is constructing go-karts from scratch as part of their design project. While learning technical engineering skills is a key aspect of the class, students also experience the opportunity to work with organizations to give back to the community, according to Professor Tolga Kaya, Director of Engineering.

“As part of the class, I also wanted to give them some social awareness,” said Kaya. “We looked at all of the university’s community departments, the students made presentations to see which organization they wanted to work with, and they decided on Simply Smiles.”

Simply Smiles, Inc is a 501(c)3 non-profit organization that builds villages of foster homes. The organization operates a Children’s Village in Oaxaca, Mexico, and is currently building a village for Native American children on the Cheyenne River Reservation in South Dakota.

The young engineers partnered with Simply Smiles to set up a fundraising page and are collecting donations for the construction of a playground for the South Dakota village.

“Our Children’s Village on the Reservation is a community of foster families offering a child placement option that fulfills the spirit of the Indian Child Welfare Act by ensuring that Native children who have been removed from their homes can remain with kin and community,” said Simply Smiles Communication Manager, Alexandra Gross. “The playground is yet another element of our Village that will make the space even more welcoming to youth placed in our care.”



Not only are donors supporting Simply Smiles by contributing to the cost of construction of the playground, but they are also getting the chance to be a part of the engineering project by receiving special recognition.

According to the fundraising page, donors will receive a special gift associated with the go-kart project depending on the amount they give.

“It’s great knowing that the money raised through this event is going to Simply Smiles giving children a place to run and play, possibly inspiring young new engineers,” said freshman engineering student Terry Ruffin.

This project also gives freshmen the opportunity to broaden their communication skills and become well-rounded students.

“Not only are they raising money for an organization, but they are also reaching out to professionals whom they will eventually work with in the future,” said Kaya.

According to Kaya, the fundraiser has been quite a success and has been making steady progress so far.

The students have raised a total of \$2,102, making up 42% of their goal of \$5,000. The fundraiser ends on Monday, May 30. They will be holding the go-kart race in a few weeks, after Easter break.

“It’s been great working with Professor Kaya’s class,” said Gross. “We’re



Staff Photographer, Jessica Fontaine

Freshman engineer students worked tirelessly to create the Go-Karts.

honored that they selected Simply Smiles to support in their project this semester, and they are helping to raise awareness of our Children’s Village on the Reservation in doing so.”

Greek Week 2022

BY JILLIAN REIS
Staff Writer

From March 31 to April 3, Sacred Heart University’s sororities and fraternities came together to participate in Greek Week. The week is an annual tradition that takes place every spring where different greek life organizations compete against each other for the title of winners of Greek Week.

“We try to get all the chapters together to enjoy each other’s company and build community,” said Director of Greek Life, Nick Frias. “Yes, there is a competition aspect to it but we try not to put the emphasis on the competition and more so the community.”

Due to the Covid-19 pandemic, Greek life was not able to have a traditional Greek Week since 2019. In 2020, the week was entirely virtual and in 2021, they were able to do a hybrid version of online and in-person events.



Contributed by Joe DeCarlo

The crowd was full of maskless smiling SHU students at Greek Sing.

“We haven’t had Greek Week because we got unfortunately sent home my freshman year,” said Panhellenic Vice President junior Madeline Normoyle. “So the only ones that know what a true Greek Week are the Seniors.”

This year’s Greek Week got back to tradition and the theme was “Greek Legends”. Each chapter got to choose a Greek god or goddess to

represent such as Zeus, Aphrodite and Hades.

The theme of the week also influenced some of the events such as the “Quest for

Gold” scavenger hunt and the inflatable jousting tournament. Other events have been traditional staples for Greek Week such as the Greek Olympics and Greek Sing, which is a favorite among many students in Greek life.

“Greek Sing is my favorite event because it lets people be creative, make great connections and have a lot of fun,” said Senior Jackie Mahlmeister. “Whether you’re actively participating or cheering others on, it’s an amazing atmosphere to watch the Panhellenic community compete in friendly competition.”

In addition to the fun events planned for Greek Week, there is a service day where chapters of greek life can help the community.

“Every chapter has been given a time slot to bring non-perishable food items to Bridgeport Rescue Mission,” said Frias. “So we’re trying to give back to the local community to kind of show some of the naysayers of fraternity and sorority life that we are actually doing good work.”

Despite all the competition between the chapters of Greek life during Greek Week, the only prize is being named as the champions of the Greek Week 2022. The idea is to put a greater value on coming together as a community over competing for a prize.

“It’s kind of like a celebration of everything that everyone has done throughout the entire year and an opportunity to be surrounded by the entirety of the fraternity and sorority life community,” said Panhellenic President Juinior Gianna Conidi. “You’re competing against each other but you’re all toward the same goal.”



Instagram, @shu_panhellenic

The sisters of Chi Omega participating in the Greek Life Scavenger Hunt.



Contributed by Natalie Dente

Zeta Tau Alpha after taking the victory at Greek Sing.

Spotlight



Looking Beyond Life

BY JILL AMARI
Manager of Audrey's Corner

My time in Paris has been everything I hoped my study abroad experience would be—adventurous, eye-opening and humbling. However, it has not been without its challenges. Just a couple weeks ago, my grandfather passed away in the U.S. While a death in the family is always difficult, this time was especially challenging because 1. It was my first time losing a close family member and 2. I could not attend any of the services. Although I'm glad my grandfather is no longer suffering, it was strange not to be there during his wake and funeral, especially since I am one of only two grandchildren. I always like to look on the positive side of things, though—I think that's a trait that makes working on Audrey's Corner so enjoyable for me. Even in death—something that is primarily thought of in relation to sadness and grief—there is opportunity for hope and joy. In honor of my grandfather and to others who have been faced with the challenge of grieving a death from afar, I've written a poem in French with an English translation. The title, "La vie après la mort" ("Life After Death"), was inspired by a French per-

son who once asked me if I believe in life after death. I think my answer becomes clear by the end of the poem, and I hope it serves as a comfort to anyone who is grieving.

La vie après la mort

Même si tu es loin
Je peux parler avec toi.
Si on peut communiquer durant la vie,
Pourquoi pas le faire pour l'éternité ?

Je crois qu'il y a une vie après la mort
Sinon pourquoi aurais-je expérimenté la vie et l'amour ?
Il doit exister une raison de vivre
Des signes positifs et amicaux dans ce monde tyrannique
Et j'espère un jour pouvoir communiquer
Par mes rêves, mon écriture et mes pensées
Que l'existence d'une vie après la mort soit vraie.

Life After Death

Even if you are far away,
I can talk with you.
If we can communicate during our lives,
Why not for eternity?

I believe there is life after death
If not, why have I experienced life and love?
There must be some purpose in life
Nice signs in this world of tyranny.
And I hope one day I can communicate
Through my dreams, writing and thoughts
That the existence of life after death is real.

Merci à Pierre pour son aide avec les corrections.
Thanks to Pierre for his help with proofreading.

The New Psychology of Fashion

BY ELIZABETH COYNE
Arts & Entertainment Editor



Instagram @emmachamberlain
Emma Chamberlain posted this in March of last year

Stepping back out onto the streets of the post-pandemic world can be tough for a number of reasons, but the long fantasization of the seemingly out-of-reach world of style has made it even more daunting. To better understand why the industry and all that encompasses it seems so paralyzing, it is best to first understand the psychology behind fashion and how it relates to humans on a scientific level. A pure symbiotic relationship at work, the human form is at the base of all fashion, who is then intimately affected by the resulting product. In an interview with the American Psychological Association, Author Carolyn Mair said, "The fashion industry is about people. It employs millions worldwide and everyone wears clothes. Clothes are the closest thing to our bodies, they're our second skin." Proven especially during the pandemic, clothing significantly impacts the way people think about themselves and behave in front of others. In an interview with BBC Culture, Rose Turner, Fashion Psychologist at the London College of Fashion said, "When other activities that help us to feel 'like us' such as hobbies, seeing friends and going to work, are unavailable, getting dressed up may help people to reinforce their sense of self." "I definitely feel better once I get dressed properly," said junior Regan Daly. "I think it's just the act of focusing on myself for a little while in the morning that makes me feel more confident." Another shift to the fashion space is the rise of a recurring psychological phenomenon, that the height of heeled shoes is always in perfect opposition to the state of the economy. Best stated in an article by The New York Post, "When the economy goes low, the heels go high." This phenomenon dates back to the financial struggles seen during the Great Depression in the 1930s, World War II in the 1940s and even the oil crisis of the 1970s. During all of these times, heeled shoes gained height as the economy suffered. With the current rise of consumerism that many have dubbed "The New Roaring

Twenties," following the COVID-19 lockdown, consumers have found themselves with a choice of footwear dominated by height. Designers are sending their models down the runway in high heels and platforms have made their way back into the closets of high fashion consumers, only perpetuating the theory of discussion. According to a YouTube video, Fashion Critique ModernGurlz said, "After a period of hardship, we tend to go the other direction and dress luxuriously, and what better way to do that by wearing absurdly high heels?" "I didn't even notice it, but I have been seeing higher heels on the runway recently.



Bright orange heels from Etsy

Etsy.com

So many platforms especially," said junior Hailey Morelli. Following the pandemic, there has also been a psychological shift in the way social media platforms like Instagram are used to share and produce fashion content. Rising fashion influencer and Louis Vuitton Brand Ambassador, Emma Chamberlain, has fully embodied the hashtag turned meme popularized in the summer of 2021, "#makeinstagramcasualagain." This includes Chamberlain posting heavily edited branded photos next to low-quality photos of her with no-makeup or purposely taken at unflattering angles. The goal of this trend is to lower the astronomically high expectations of primarily female social media users, while continuing to promote and churn out the sales of fashion products. "I think it's so cool that Instagram influencers like Emma post photos that aren't edited or posed. I think it makes her seem more relatable, to me at least, and I just like the vibe of her feed more," said Morelli.

Arts & Entertainment

And The Academy Award Goes To...

BY MICHAEL MORELLI
Staff Writer

On March 27 at 8 p.m., the 94th Academy Awards aired live on ABC. The ceremony, also referred to as the “The Oscars,” is a yearly event at which the best films of the previous year are awarded based on a number of criteria. According to the Academy Awards promotional material, the awards given out at this ceremony are “the highest honors in film-making.”

This year 24 different awards were given out in many categories. The most prestigious award categories are for Best Actor, Actress, Director and Picture. The winners of these categories were Will Smith, Jessica Chastain, Jane Campion and “CODA” respectively.

Many Sacred Heart University students and professors were happy with the nominees and winners.

“It’s nice to see independent films get nominations and wins,” said Professor James Barnes, a media professor and filmmaker at Sacred Heart. “They started at the Sundance Film Festival and so did my career.”

“I wasn’t really enthusiastic about watching the Oscars this year because I hadn’t really seen many of the movies,” said Dr. Emily Bryan, an English professor at Sacred Heart with a history in theater. “I did, however, see all of the performances for best actor, and I think that Denzel deserved it for ‘The Scottish Play.’”

According to The Wall Street Journal, “More than 15 million people tuned in to watch coverage of the 94th annual Academy Awards.”

Despite having more viewers than last year, it was reported that these numbers were still low.

According to Wall Street Journal, “While the audience was a vast improvement from 2021, it is still a big decline from the 23.6 million who tuned in to watch the 2020 Oscars... This continues a trend of declining viewership for the award ceremony.”

The ceremony also found itself embroiled in drama, even before the awards aired.

According to IndieWire, Best Picture nominee Rachel Zegler and star of “West Side Story,” was not invited to the ceremony.

According to IndieWire, “The news that Zegler was not initially invited to the ceremony drew social media backlash.” Because of the outrage, she was eventually invited. Zegler ended up presenting the award for best Visual Effects.

Zegler’s initial snub was not the only drama at this year’s ceremony.

While Chris Rock was presenting the award for Best Documentary, he made a joke about Jada Pinkett Smith’s recent hair loss. Actor Will Smith, her husband and nominee for Best Actor, responded by stepping onto stage and slapping Rock. Smith won the award for Best Actor later in the night.

Viewer reactions to the incident have varied.

“If Will Smith didn’t go up and slap him, everyone would be feeling sorry for the Smiths,” said junior Anna Morel. “If he hadn’t lost his temper he wouldn’t be framed as the bad guy.”

Barnes said that the incident took attention away from the winners of the awards.

“It absolutely overwhelmed the rest of the event,” said Barnes. “That’s unfortunate for people like Questlove or Sian Hader who may have been having once-in-a-lifetime moments.”

Sian Hader was the director and writer of “CODA” which won the award for Best Picture. Questlove was the director of the documentary “Summer of Soul” which won the Oscar that Rock was presenting when he was struck.

Morel would prefer if the Oscars moved away from drama.

“It’s supposed to be a celebration and a happy event,” said Morel. “It’s unfortunate that it has to turn to drama and controversy just for a little more publicity.”

Watch Your Favorite Books Come to Life

BY SARAH COSTA
Staff Writer

Do you have a favorite film adaptation?

From Harper Lee’s “To Kill a Mockingbird,” to J.K. Rowling’s “Harry Potter” series, it can be difficult to choose because there are many new film adaptations being released.

“Recently, ‘Death on the Nile’ and ‘The Weekend Away’ were released,” said junior Kelli Wrinn who is also a Copy Editor for the Spectrum Newspaper. “I also heard that a film of the novel ‘Where the Crawdads Sing’ will be coming out in the summer. That book has been on my list for years, so I think the creation of the movie will give me the motivation to read it sooner rather than later.”

“Death on the Nile,” the crime novel by Agatha Christie, was released on Feb. 11. “The Weekend Away,” by Sarah Alderson, came out on March 3.

There has been a lot of buzz surrounding “Where the Crawdads Sing,” by Delia Owens, set to come out on July 15. The novel follows the story of a girl named Kya and involves mystery, romance and murder.

Ironically, there has been controversy around the film adaptation due to complications surrounding a murder. Delia Owens’ ex-husband Mark and his son Christopher were accused of being involved in the murder of a poacher in Zambia.

The film adaptation is being produced by famous actress Reese Witherspoon. Additionally, Taylor Swift revealed to her followers on Instagram that she had written a song for the movie. Alongside the filmmakers, Swift is struggling with the controversy surrounding the novel.

Controversy aside, there are many difficulties and obstacles when it comes to adapting a book into a film. People may assume it’s easy to turn a novel into a screenplay because the book is already in written format. However, the process is more complicated.

“Prose is different than screenwriting. In novels and short stories, we are often in character’s heads. In screenplays you

must show rather than tell. Translating one form into another can be painstaking,” said Todd Barnes, professor in the School of Communication, Media and the Arts.

Books are being created not only into movies, but also into shows on streaming services such as Netflix and AppleTV.

“Pachinko” by Min Jin Lee was released on March 25. “Pachinko” follows the story of a Korean family, released on Apple TV.

“I’d say that my favorite adaptation would be ‘Haunting of Hill House’ on Netflix. Now, the show deviates quite a bit from the book, but that doesn’t subtract from the quality of the narrative,” said freshman Cayden Thompson. “I know a lot of book fans say, ‘The movies are never as good as the books’ and that might be the case sometimes, but I also think that it’s possible for the film adaptations to establish itself as a solid narrative even if separate from the source material.”

A recent film adaptation has been released on Netflix that also differentiates a bit from the novels. If you’re a fan of romance novels you have most likely heard of the ‘Bridgerton’ series by author Julia Quinn. On March 25, Netflix released the second season which quickly moved to Netflix’s ‘Top 10’ list.

Another anticipated film adaptation is “Bullet Train” starring Brad Pitt and Joey King. It is set to be released on July 29. “Bullet Train” by Kotaro Isaka is a thriller about five assassins.

Murder mysteries, historical fiction and heartfelt romances are some of the things you can expect to see this year. Even if you haven’t read the books you can still enjoy the movies.

Some Sacred Heart students argue that watching the movie first is better.

“If I watch the movie first and then read the book, I am never disappointed by the book because most of the time, there is so much more in the novel than in the movie,” said Wrinn.

Sports

Meet Kathleen Early, Sacred Heart’s Athletic Counselor

BY JENNA LETIZIA
Staff Writer

If you walk up to the second floor in the William H. Pitt Center and make a right into the study room, you will find two sliding glass doors on the right side. Inside these doors is the office of Kathleen Early, Sacred Heart University’s first ever athletic mental health counselor.

As the only resource designated specifically to mental health for student athletes at Sacred Heart, Early’s biggest day-to-day responsibility includes counseling sessions with student athletes.

“I have always felt that it is very important to allow athletes to have a space to be able to not be okay and talk about all the pressures they are facing,” said Early. “I decided to put together both my passion of helping other people and my love for athletics.”

Early completed her undergraduate degree at Fairfield University while also playing for their Division 1 women’s soccer program. She got her first taste of the athletics program at Sacred Heart working as an intern before eventually taking on the role as a counselor.

Not all student athletes are required to attend counseling sessions with Early,

but she has found that a good majority of student athletes seek help.

“We, as a counseling center, believe that students should be ready and willing to seek help,” said Early. “We always promote help seeking and we are always there for our student athletes, but never mandate counseling.”

Continued on page 7...



Sacred Heart University

Kathleen Early, Sacred Heart’s Athletic Counselor

Meet Kathleen Early, Sacred Heart’s Athletic Counselor (cont.)

BY JENNA LETIZIA
Staff Writer

Additionally, counseling sessions with Early typically work on a short term basis. Students usually attend anywhere between one and six to eight sessions.

One of the most common issues that Early has had to help student athletes understand is that being an athlete is not their only identity. She works with student athletes to help them understand that apart from being a student athlete, they are in college to get an education and build their career as well.

“Many student athletes feel as though being an athlete is the whole part of them,” said Early. “Helping student athletes understand that there is more to them than being an athlete is a big part of what we do.”

Performance anxiety has been on rise since the Covid-19 pandemic, as well as pressures surrounding performance due to the stoppage in playing. Many student athletes have been challenged with preparing to compete again.

This past year, Early has been drumming up new ways to improve her department’s influence. One way in which she has done this is by providing student athletes with an

app called Restore Resilience.

Along with this app, many student athletes have become involved in the on campus club Heart to Heart, which is dedicated to student athletes and mental health.

“One really fun initiative that the club has been able to do this academic year is something called Wellness Wednesdays,” said Early. “Every Wednesday, we open up the skybox upstairs in the Pitt Center to create a fun space for student athletes to de-stress and connect with other student athletes.”

Early is constantly looking for many ways to help create a culture that fosters help seeking for Sacred Heart athletes.

“We want student athletes to know that it is okay to not be okay and that there are resources out there for them.” Early said.

To schedule a counseling session, you can contact Early via email (earlyk@sacredheart.edu) or by phone at (203) 371-7955.

SHU Students Working on the Big Stage

BY ALLY BOTTO
Staff Writer

Sacred Heart graduate students Shannon Szefinski and Shannon Torres along with junior Evan Cormier were given the opportunity to volunteer at the Bridgeport Regional games of the 2022 National Collegiate Athletic Association (NCAA) Division I women’s basketball tournament. This included two Sweet Sixteen games and an Elite Eight game.

The University of Connecticut (UConn) and Fairfield University hosted the Bridgeport Regional portion of the NCAA tournament at Total Mortgage Arena, formerly known as Webster Bank Arena in Bridgeport, Conn.



Contributed by Shannon Torres
Shannon Szefinski and Shannon Torres working at the March Madness Tournament.

“We had applied for credentials to see if we could take videos and photos at the game, but our request was denied due to NCAA rules,” said Szefinski. “Then someone from the Event Management department reached out to us to explain the situation with the NCAA and asked if we’d like to help out as volunteers for Media Relations.”

Their jobs varied day to day depending on what was needed for the games.

“On practice days, I sat in on team and coach press conferences then made copies of the transcripts to hand out to the media representatives in attendance,” said Szefinski. “On game days, I assisted with distributing media credentials then I would get to watch the game courtside until I had to help with post-game press conferences.”

One of the main jobs that Cormier took on was the role of a runner, with the primary goal of acting as general assistants to the production staff.

“During TV timeouts, we made copies of the stats then handed them out to the broadcasters on press row so that they could give updates during the game,” said Cormier. “I also assisted during press conferences and helped hand out credentials to the media.”

The quarterfinal matchup between the UConn Huskies and North Carolina State University Wolfpack was the first Elite Eight game or later to go into double overtime. The game ended in a UConn victory by a score of

91 – 87.

“It was a surreal experience,” said Torres. “Seeing the crowd so loud and excited and being able to share this experience with my friends was special.

Upon winning the Bridgeport Region, UConn made their fourteenth straight Final Four appearance under Coach Geno Auriemma.

“This was an amazing experience that I haven’t been able to fully comprehend yet,” said Szefinski.

“I went into this not really knowing what to expect then all of a sudden, I’m five feet away from Geno Auriemma and escorting the Commissioner of the Big Ten Conference, Kevin Warren, to his seat!”

Although the women’s tournament has been held since 1982, the 2022 season marked the first year that the tournament was officially branded as March Madness, a title that only the men’s tournament had held for nearly four decades.

“It’s pretty special having even just a small role in this tournament, especially since it’s a women’s tournament,” said Szefinski. “In a way, I think we were a part of history because this was the first year the women’s tournament was referred to as March Madness.”

All the 2022 women’s March Madness tournament games are aired on the Entertainment and Sports Programming Network (ESPN) channels including ESPN, ESPN2, ESPNU, ESPNEWS. The games are also streaming on the ESPN website, application, and FuboTV.

“Even though we were only volunteers and played a small role in such a big tournament, we got to network with people in our profession and who work at other schools and just talk about our goals,” said Torres. “I am nothing but thankful to be able to have an incredible experience working this tournament.”

Kingpins of the NEC

BY BRYAN SMITH & ARLINGTON COOKE
Assistant Sports Editor & Staff Writer

With their win over Long Island University (LIU) on March 26, the Sacred Heart women’s bowling team has won their fifth Northeast Conference (NEC) Championship. With the win, they have automatically qualified into the NCAA tournament for the eighth time in school history.

“This year has been very up and down,” Head Coach Becky Kregling said. “We finished at the bottom of a lot of tournaments, but then we finished high and had great Sundays.”

Kregling has been at the helm of the Sacred Heart bowling program since its

as a team and I think we finally reached our peak.”

This is a sentiment shared by Jones, not only from a team perspective, but also from an individual performance standpoint.

“It’s been rough a couple of tournaments but we’ve turned it around and I’ve turned it around,” said Jones. “Becky and [assistant coach] Rich [Jacobson] have helped me with some issues that I had in the bad tournaments and have helped make the next tournaments really good.”

The Pioneers come into the NCAA tournament having won six straight NEC games and seven of the last eight. They are looking to continue their stride into the NCAA tournament.

“If you play very well, you can honestly beat anybody, but if you play sloppy, then you’ll probably be out of the tournament very quickly,” said Kregling.

In 2021, the Pioneers made the tournament as an at-large bid after failing to win the conference, but they ended up just short of the final four.

“We were really close to making the



Contributed by Larry Levanti
The Women’s Bowling Team worked very hard for the NEC Champion Title.

inception back in 1993. Now, on top of leading her team to the NEC title, she was named NEC Coach of the Year for the fifth time.

The Pioneers triumph in the NEC Championship culminated what has been a very lengthy season. Their season started on Oct. 23 and they have gone 11 consecutive weeks either practicing or competing.

“I’m a veteran, I’ve been on the team for about five years, but eleven weeks in a row is the longest I’ve gone at once,” said graduate student Colby Jones.

Jones, who was a Second-Team All-NEC member, along with junior Hannah Manetta, who was named First-Team All-NEC, were two of the driving forces behind the Pioneers successes this season. Manetta led the team with 111 strikes.

“The year as a team has been up and down because we’re a pretty young team,” said Manetta. “But this past weekend we worked really well together



Contributed by Larry Levanti
Sophomore Paige Donovan focused in on bringing home the win.

final four last year- like only a couple of pins away- so I really think we can do it this year,” said Manetta.

The Pioneers will face a familiar foe in the first round of the tournament as they take on NEC rival Fairleigh Dickinson University in Rochester, N.Y., on April 8.

Sacred Heart Athletics contributed to this article.

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Finding My True Passion in Writing

BY STEPHANIE PATELLA
Assistant Web Manager

They say when one door closes another door opens, but what if the first door was your favorite door? What if that was the door that would lead you to a future career on Broadway performing in front of thousands of people each night basking in the pleasant yet deafening sound of applause? What really happens when that door is closed? And, better yet, where exactly will that next door lead you?

These series of questions flooded my brain at the conclusion of my sophomore year of high school. I had attended an all-girls Catholic high school called Saint John Villa. My time in Villa’s performing arts program led me to believe that Broadway was my calling. I thought nothing more of my future than bright lights and belting out the most cliché musical theater songs on a huge stage.

That was, of course, until I received the announcement.

On a random Thursday in January, the vice principal called all students and faculty into the gymnasium. Everyone shuffled in rather quietly. The mood was somber, so the initial thought was that a faculty member had resigned or maybe even a nun had passed away.

If you guessed either one, you would be incorrect.

I can still remember hearing the tremble in my vice principal’s voice when she pressed her lips against the microphone and said, “We are sorry to inform you, but at the end of the year, Saint John Villa will be closing its doors for good.”

Hearing those words felt like a dagger straight to the heart. The school in which I had found such comfort and love would be shutting its doors. The place in which I had truly developed a passion for theatre would force me to take my final bow halfway through my high school career.

What am I supposed to do now?

I spent the next few months attending multiple open houses, but none could compare to my beloved Villa. Running out of options, I reluctantly decided on Fontbonne Hall Academy, another all-girls Catholic school.

The funny thing is, I had conveniently chosen a school that did not prioritize theater as much as Villa, so it was time for me to redirect my focus on something new.

At Fontbonne, we were required to pick an elective in addition to our other required classes. I vividly remember skimming the

list and seeing nothing that sounded remotely related to theater.

I decided to take Print Journalism. I mean what else am I going to take? Intro to Neuroscience? I don’t think so.

During the first week, my teacher asked the class to conduct brief interviews with a partner and craft a short article based on our findings. It was a simple assignment, so I thought nothing of it. After submitting the article, my teacher held me back after class and complimented my writing skills. He asked if I would be interested in writing for our student-run newspaper, “The Folio.”

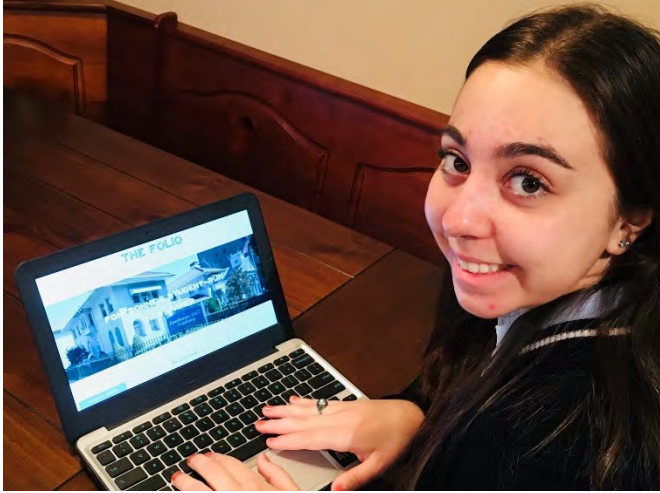
“Um, sure, I guess,” I said, quite unenthusiastically.

At my first meeting, I was asked to complete a featured spotlight on one of the new faculty members. I had never conducted an in-depth interview nor crafted a 600-word article that would be published in a newspaper. This was way outside of my comfort zone.

Eventually, after a stressful week, the piece was finished. Once again, my teacher applauded my writing abilities.

After getting a few more articles under my belt, I started to realize that I might actually have an interest in writing. I might really enjoy telling stories, perhaps, even more than performing.

Not long after that, my teacher elected me editor-in-chief, and I began to realize that maybe this could be my future. Maybe this was the right door all along...



BY NICHOLAS MEACHEN
Ad Sales Manager

Transferring to SHU

All my life I wanted to live in New York City. As a kid, I was so excited to move to the city, go to college and start a life in Manhattan. So, when I got there and realized after a year the dream wasn’t all it was cracked up to be, I felt I had no idea where I would be going next. Now fast forward to today, I’m overjoyed with the realization and that I ended up transferring to Sacred Heart where I couldn’t imagine being anywhere else or experiencing college at any other university.

Transferring as a sophomore felt like looking into the unknown. It was daunting and confusing. Though, as soon as I visited Sacred Heart and saw the campus and the college style I wanted, I knew it wouldn’t be that bad. From the start, everyone I encountered was helpful and kind and I found myself talking to new people every day. It was refreshing to be on a campus where people had similarities and a connection to the university itself.

In short, it felt nothing like the college experience in New York. Going to college in Manhattan, you find yourself surrounded by people while still feeling a little isolated, as if there is almost too much to the college experience in New York City. Sacred Heart brings the campus feeling you could never find in Manhattan, somewhere that everyone can meet, hangout and be students together.

Transferring still isn’t easy though and making entirely new friends, meeting whole new roommates and getting to know a ton of different professors was not something I ever expected to do almost halfway through college. In the beginning, there are days where you wonder if you made the right choice, or if you should have stayed behind and times where you might feel a little lonely. Luckily, I realized quickly I wasn’t the only

transfer student. In fact, there were quite a lot in the same boat as me who were still learning the names of the people, their way around campus and which dining hall is the best (It’s Theas by the way). As time went on though, I think we all learned that adjusting wouldn’t be that hard and making friends wasn’t going to be impossible, in fact in some cases it was easier. Does anyone else remember meeting people freshman year? It was awkward, scary and sometimes you just wanted to go home. By the second year, experience plays its part. You know that if you could do it the first time you could do it the second time. Now, months into the semester, I go out on weekends, study with friends on the weekdays and get to use my car whenever (a luxury no college student can afford in Manhattan). In the mornings, I can grab coffee for \$4 instead of \$9 and walk around campus knowing it’s a second home.

What surprised me the most though was the unity and school spirit it seems Sacred Heart never runs out of that city colleges never even find. Every day I see the red sweatshirts or the stickers on cars and know that everyone who goes here, wants to be here. My entire time in the city I don’t remember seeing one sweatshirt that represented my school, or even a coffee mug at that. You were a New Yorker before you were a college student, at Sacred Heart, you’re always a Pioneer.

Looking back, it seems silly to have been so nervous to transfer, to meet new people and start at a new college. New York taught me a lot about myself and what I wanted out of life but Sacred Heart feels like the home I’ve wanted out of college. Reflecting on transferring and my time at both schools, I don’t think I’d change a thing.

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