

La Hispanidad Celebrates Social Justice Week

BY SAMANTHA MARANO
Staff Writer

Sacred Heart University’s club La Hispanidad will be celebrating Social Justice Week from Monday, March 21 to Friday, March 25.

The president of La Hispanidad Club, Cithlaly Palacios, has worked alongside her fellow executive board members, Social Chair Amanda Bonet and Secretary Jouseth Tolentino Torres, to put together events all week long.

“It started with picking a theme we wanted. We reached out to every club on campus and sent in an offer for them to be a part of it and after that, they filled out our google form,” said Palacios.

SHU President, Dr. John Petillo, was also involved in the planning of this project.

“A lot of meetings went into this with Dr. Petillo, the marketing team at SHU and a lot of hands were on deck and still are. My advisor Arlete Perez Paez, the Multicultural Center and Campus Ministry have been super helpful with anything that I needed. I was able to lean back, and they were kind of just there for me,” said Palacios.

La Hispanidad will be sponsoring all the events listed below.

The English Club will be hosting a reading for Women’s History Month and Social Justice Week on Monday, March 21 from 2:00 p.m. to 3:30 p.m. in the Martire Forum.

Gay Straight Alliance is holding a Queer Trivia Night, with a special importance on the facts, history and iconography of the transgender community in honor of Transgender Day of Visibility on March 31.

All students are welcomed to attend and there will be a prize for the 1st place winner. It will be taking place in the Multicultural Center at 7 p.m. that day.

Biology Club will be holding an event on March 21 at 8 p.m. in Naclerio Commons 104.

College of Democrats and To Write Love on Her Arms will be holding a table time on Wednesday, March 23 from 3:30 p.m. to 5 p.m. at Table 1. They will have information about how social justice and mental health are related.

All the clubs put together their own events, but in partnership with La Hispanidad for Social Justice week.

La Hispanidad will be hosting a final event on Friday, March 25 to end the week. The theme is “Diversity, Equity and Inclusion.” Students will walk from the chapel on campus to the upper quad. Dr. Petillo will be there to talk about what social justice is.

“I think it’s so amazing that Sacred Heart has something like La Hispanidad because it brings Hispanic culture to campus,” said senior Maria Quirola.

All students are welcome and encouraged to participate in these events and to join the La Hispanidad club.

“La Hispanidad is a club where we will have anyone no matter their race, you don’t have to be of Hispanic heritage to join our club. We are open arms to anyone, and we give people the opportunity to express their true selves,” said Palacios.

“We are open arms to anyone, and we give people the opportunity to express their true selves,”

-Cithlaly Palacios, La Hispanidad President

Marching into Women’s History Month

BY CHANTAL EL CHAIB
Staff Writer

What does Women’s History Month mean to you?

“Women’s History Month means a lot to me because it signifies how far women have come and what they have achieved,” said sophomore Kerry Kline. “This month is important because it gives us all a chance to celebrate women worldwide.”

To celebrate this occasion, many clubs and organizations on campus have created events to support women, one of which includes the new Women’s Empowerment Alliance Club.

“The Women’s Empowerment Alliance is a club focused on advocacy and education surrounding topics of women’s rights, equality, health and autonomy,” said junior Maria Pandolfo, president of the Women’s Empowerment Club.

“Our meetings focus on discussions relating to women’s issues, such as cervical health and bodily autonomy,” said Pandolfo. “We are currently holding a Period Product Drive for the Bridgeport community during the month of March.”

While some may think that this is only a club for women, anyone can join.

“The club is open to everyone,” said Pandolfo. “Men and women, and those who identify as non-binary. We have male members and we love having them.”

Some students believe that it is crucial to have a club like this on campus in order to support and empower other women.

“The reality is that Sacred Heart has a high percentage of women on campus,” said junior Kendall Decker, treasurer of the Women Empowerment Club. “Issues such as women’s health, rights and societal pressures create the need for a space where women can come together and empower each other not only on-campus but within our own communities as well.”

Other clubs, such as the English Club, are also holding events. In particular, the club will be reading excerpts of important female writers on March 21 in the Martire Forum.

Many students are looking forward to some of these events held by both the English Club and Women’s Empowerment Alliance Club in addition to other events held by some organizations on campus.

“It is great to be on a campus with various events that celebrate us as women,” said junior Kailee Welch. “It is important to have a place where women can feel empowered and have their voice heard.”

According to an email sent out by Dr. Kelly Marino, Coordinator of Women’s Gender and Sexuality Studies (WGSS), there are even more future events coming up in March including a film screening, a History Annual lecture and an Intercollegiate event.

Men are also celebrating the month with Delta Tau Delta running their annual White Ribbon Campaign.

According to the White Ribbon Campaign website, “White Ribbon is the world’s largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.”

“It is nice to see our campus celebrating women because it raises awareness to issues women are facing currently and how much more work needs to be done,” said Kline.

For students wanting to learn more about the impact of gender and sexuality, Sacred Heart offers a Women’s Gender and Sexuality Studies minor (WGSS).

“The Women’s Gender and Sexuality Studies minor is so important because it helps to build students’ professional skills. In WGSS classes, students consider different perspectives and experiences, important concepts such as intersectionality and how to work with people from varied backgrounds,” said Marino.

The course considers gender and sex and how such factors influenced people’s lives, as well as learning about activism and social justice issues.

“Students should become educated on some of the achievements of women in history because otherwise, we have a very one-sided narrative about the past, a narrative that provides no women role models and overlooks their important contributions,” said Marino. “A male-dominated narrative reinforces patriarchy and inequality, and distorts the reality that many different people contributed to building our society.”



Advocate. Educate. Empower.
Women's Empowerment Alliance

Instagram, @womens.alliance.shu

The Women's Empowerment Alliance has been very active on Instagram during Women's History Month.

News

One Year After...

BY SOPHIE CAMIZZI & AIDAN DALY
News Editor & Staff Writer

On March 16, the AAPI (Asian American Pacific Islander) Club held a mass in the Chapel of the Holy Spirit on the one year anniversary of the Atlanta spa shootings to honor the eight victims who were killed and their families.

“I thought it was really good and a nice way to pay tribute to the victims of the shooting,” said sophomore Borris Paul. “I think it’s important to do events like these because it helps spread awareness for these kinds of issues.”

According to the Associated Press, a shooter opened fire last year at Young Asian Massage in Cherokee County, Gold Spa and Aromatherapy Spa in Atlanta, which resulted in eight total deaths, many of them women of Asian descent. He had claimed that his actions were not racially motivated, but instead prompted by a “sex addiction.”

“Those killed were: Xiajie ‘Emily’ Tan, 49; Daoyou Feng, 44; and Delaina Yaun, 33; and Paul Michels, 54; Suncha Kim, 69; Soon Chung Park, 74; Hyun Jung Grant, 51; and Yong Ae Yue, 63,” reported the Associated Press.

“Our remembrance was something that the university needed,” said senior Grace Sullivan, president of the AAPI Club. “I think that people are quick to forget how quickly something like this could happen anywhere. Without remembrance, we forget and that allows for horrifying things like this to happen all over again,”

The mass included prayer readings, various members of the AAPI Club coming



Aidan Daly, Staff Photographer
Memorial Mass in the Chapel of the Holy Spirit on Sacred Heart University's Campus.

forward with their thoughts and feelings about the shootings as well as naming and lighting a candle for each person who had lost their life.

While this mass may have been an important milestone for students who are AAPI, some still feel that there is still much more work to be done to improve representation on campus.

“In the last two years, AAPI hate crimes [in the United States] have spiked 339% yet we have barely scratched the surface of where it really began,” said Sullivan. “It still shocks me that Sacred Heart did not have an AAPI club until 2021. I’m hoping that this is only foundational work and that this club will remain in place long after we all graduate.”

According to the Associated Press, “Stop AAPI Hate has been tracking incidents nationwide based on victims self-reporting. From March 19, 2020, through the end of last year, it recorded a total of 10,905, with 4,632 occurring in 2020 and 6,273 in 2021. Women reported 61.8% of the incidents. However, the number could be higher as many victims hesitate to report and not all incidents are charged as hate crimes.”

“It is our goal to create a safe place in which students of different backgrounds can come together to connect, inspire and have difficult conversations that improve social awareness for all,” said Sullivan.

“It doesn’t matter when you start as long as you want to be there. This club was established so that students can connect with one another and learn more,” said Sullivan. “We have a lot of great conversations, and it has been really nice to connect with other students. This truly is a community and I’m grateful to be a part of it.”



Aidan Daly, Staff Photographer
Supportive poster found outside of the Chapel.

Native Ukrainian Speaks at SHU

BY JONATHAN PITCHER
Staff Writer

On March 17, the Department of Government hosted “Russia’s War Against Ukraine, in Context,” a colloquium in the Naclerio Commons featuring guest speaker Olena Lennon, adjunct professor of political science and national security at the University of New Haven.

With her additional background as a native Ukrainian as well as being an expert on Ukrainian politics and Eurasian geopolitics, Lennon gave some of her opinions on some of the main figureheads of this war.

“Zelensky was an incredible leader but wasn’t always great,” Lennon said. “He had two choices; be overthrown by Putin or be overthrown by Ukrainian citizens, he chose wisely to stand with the people.”

“I actually think Putin is rational, he just has a different set of facts and information as his intelligence services don’t tell him the truth because he has too many ‘yes-men’ around him,” she said.

Some students looked forward to hearing Lennon’s analysis of the Ukrainian war in order to learn from another perspective that media outlets may not have covered.

“I want to learn more about the situation in Ukraine because I feel like there is more to it than what I am seeing on T.V. or social media,” said freshman Keara Mulrooney.

“I just hope they come to an agreement soon and not let the situation get worse.”

Lennon’s presentation and background as a Ukrainian native also made other students feel heard due to their own heritages relating to Ukraine and Russia.

“I am personally Ukrainian and Russian, so being in

One video titled “Storyful Olga Gaisumova” showed unarmed Ukrainian citizens jumping on Russian army vehicles and not letting them pass into Ukraine, which only showed how unprepared the Russian forces were.

“Putin had misled his own forces by saying they were successful as there were text messages from dead Russian soldiers claiming that they didn’t even know what they were asked to do in Ukraine,” said Lennon.

Many students were outraged by the videos and believe that larger organizations such as NATO should be taking more actions to stop Russia.

“It has definitely exasperated my empathy for the Ukrainian civilians and made me incredibly angry with Vladimir Putin after hearing his flawed rationale and reasoning to start a ‘military operation’ against Ukraine,” said Shomstein. “I left this colloquium feeling an overload of emotions to say the



Sophie Camizzi, News Editor
Olena Lennon (left) presenting her opinions on the Ukrainian war from her perspective as a native Ukrainian while students and community members (left) listened attentively.

this interactive environment with a fellow Ukrainian made this a very personal issue that I associate with on an emotional level,” said freshman Miriam Shomstein. “It is also difficult to understand everything that is going on from the news, so having a politician summarize the main points about this is very helpful and informative.”

Lennon continued the colloquium by sharing videos that were posted to social media regarding the Ukrainian citizens fighting against the Russian army.

least.”

After the presentation, students and professors had the opportunity to ask questions in a brief Q&A, where she provided more in-depth answers on how this invasion can affect the rest of the world and where she thinks it will lead to.

“I encourage everyone to look at the price we are paying by allowing this invasion to happen,” Lennon said.

Perspectives

Is SHU’s Campus Accessible to Everyone?

BY FIONA YOUNGS
Staff Writer

Do you believe that disability accessibility largely contributes to a sense of social justice? For most students and faculty at Sacred Heart University, the availability of disability accessible areas is important in order to maintain inclusivity on campus and foster a communal feeling of social justice.

According to the U.S. Department of Labor, “The Americans with Disabilities Act (ADA) prohibits discrimination against people with disabilities in several areas, including employment, transportation, public accommodations, communications and access to state and local government programs and services.” Although all public and private universities are required to follow the ADA, some students across the nation still find themselves struggling with certain areas on college campuses.

Many students believe that Sacred Heart’s campus generally follows the standards of the Americans with Disabilities Act, but some note that there are different parts of the campus that are not accessible to everyone.

“I do feel the school does a good job at accommodating for students with disabilities, although there are some places I do feel could be more accessible like the steps going down from Roncalli Hall to campus. A way to fix this is to maybe add a ramp next to the steps,” said sophomore Victoria LoPinto.

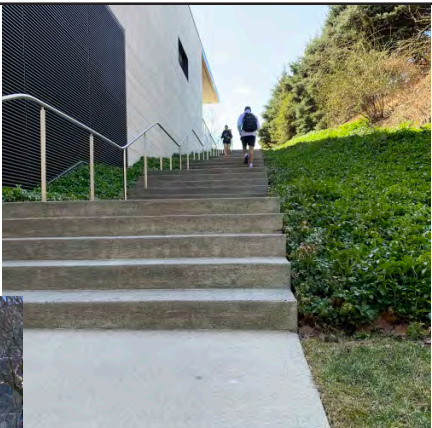
Many people also believe that the campus is largely accommodating but not entirely finished with the improvements and goals of accessibility for students with disabilities.

“There will always be more that we can do and that is a good thing. Technology has made college a possibility for many students who a few years ago would not have found



The large steps in front of Upper Quad residential halls.

Julie Dunn, Photo Editor



Set of stairs by Linda’s to get to Upper Quad

Julie Dunn, Photo Editor

difficult the process might be for someone who has a disability,” said freshman Zachary Braca.

Although not every student has been aware of the amount or lack of accessibility for people with disabilities, most students see the need for these accommodations.

“Of course, I believe that it is important for a campus to be accessible... I think it is the least the school could do to ensure the quality education and inclusion,” said junior Autumn Garofola.

While acknowledging their progress, the school is working to make the campus more accessible in various ways.

“New buildings at SHU meet or exceed the ADA requirements. Our office has just begun to work with the other departments and campus organizations to investigate our accessibility, and I expect that we will all learn a lot from each other about what needs to be changed,” said Radziunas.

A variety of people do believe that social justice and disability accessibility are relevant to each other and the office of Student Accessibility is finding ways to celebrate that.

“In the coming months, we hope to partner with the diversity and inclusion organizations on campus to work toward Disability Pride. I think that it is important to not just advocate for our students, but to provide a venue for self-advocation,” said Radziunas.

SHU is “Stronger Together”

BY DEANNA DRAKOPOULOS & SAMANTHA INGRAM
Perspectives Editor & Staff Writer

Do students at Sacred Heart University feel like there is a sense of unity and inclusion within the campus?

“I believe so, everyone in the classroom is treated the exact same no matter who you are,” said junior Nina Manganello.

On March 14, Dr. John Petillo, president of Sacred Heart, sent an email to SHU students addressing the message of “Stronger Together.” This message, “Stronger Together,” was founded to bring awareness to social justice.

In this email, Petillo said that a survey will be sent out that can help comfort students. He stated, “In support of SHU’s core values, the university is developing new strategies and actions to benefit students, faculty, staff and alumni. We are asking for 10 minutes of your time to provide feedback on the culture at SHU, with a focus on diversity, equity, inclusion and belonging.”

The goal of the “Stronger Together” message is to encourage new ways for students to feel united as one at Sacred Heart.

“I thought the email President Petillo sent out is going to be very beneficial to the community,” said junior Gianna Romagnoli. “It is uplifting to see that the university is seeking input from across the entire community and will use this input to shape SHU into a place where everyone is welcome and can thrive.”

According to Collegefactual.com, “‘Sacred Heart is ranked 2,504 out of 37,790 when it comes to the racial/ethnic diversity of the students.’ Their diversity is higher than the national average, but some aspects of diversity are different than others.”

Some students addressed their feelings on diversity within the campus.

“I do not see SHU as a very diverse campus so I would like to see it become more diverse in the future,” said sophomore Kelly Raftery.

Some students said they do not notice the demographics of the campus.

“I don’t notice that our campus is predominantly white, but the statistics online say that we are,” said Manganello.

According to Sacred Heart’s website, “At SHU, we address systemic inequities through self-interrogation, by championing unity and respecting the inherent worth and dignity of each other.”

There are several diversity and inclusion clubs on campus to get involved in. One major organization is the Multicultural Center, which opened in Sept. 2020 with the goal to connect and unite students within Sacred Heart’s community.



Group of students enjoy the beautiful weather on the steps.

Sacred Heart University

“Everyone who comes to the Multicultural Center and participates in our events knows that they have a family here,” said graduate assistant Leela Gallucci. “We are here for each other.”

Although some students have never visited the Multicultural Center, they believe its presence on campus is benefiting the community.

“I have heard of the Multicultural Center, but I do not know much about it. I think it is very important to have this on campus to make people feel included, heard and comfortable,” said sophomore Kelly Raftery.

According to U.S. News, “Colleges emphasize a diverse class because different perspectives allow students to learn from one another,” says Monica Inzer, vice president for enrollment management at Hamilton College in New York.

Likewise, some students believe that diversity on campus has allowed the campus to flourish.

“With the implementation of numerous efforts to promote diversity on campus over the years, I believe our university and the individuals within it have been able to grow by being exposed and uniting with many different people with different perspectives,” said junior Haley Sullivan.

Some students believe more can be done to enhance unity on campus, in addition to the spread of the “Stronger Together” message.

“There is always room for SHU to do more to foster unity regarding diversity and inclusion. We also need to be willing to have open and honest conversations as a whole within the SHU community,” said Gallucci.



SHU students walking around campus on a rainy day.

Samantha Ingram, Staff Photographer

Features

Sacred Heart Professor Finalist for PR and Social Impact Award

BY JILLIAN REIS
Staff Writer

“The Social Impact Awards honor communicators who use their platforms to better their community and the global community at large,” according to PR News Online.

April 20 marks the 2022 PR News Social Impact Awards. Sacred Heart University’s Dr. Mark Congdon has earned a spot among the finalists for Mentor of the Year and Outstanding Educator of the Year.

Having only been at Sacred Heart for two years, Dr. Congdon has taught nine service-learning courses where he worked with students on twelve different diversity, equity and inclusion (DEI) projects.

Dr. Congdon was inspired to pursue service-learning during his undergraduate experience at the University of Maine where he participated in several service-learning



Sacred Heart University
Dr. Congdon is Uniting Hearts by sharing passion for social justice.

projects. “That was transformational. I assumed all colleges were like that and then when I got my master’s in PhD, I realized it wasn’t,” said Dr. Congdon. “That’s something that I knew I wanted because I took a lot from it.”

Dr. Congdon’s classes at Sacred Heart combine public relations and communications with social justice, giving students the chance to work with nonprofits, such as U.S.-El Salvador Sister Cities (USESSC) of which he serves on the national board of directors.

After his first semester at Sacred Heart, Dr. Congdon worked with students to develop a larger community engaged initiative called Uniting Hearts. Uniting Hearts’ purpose is to bring light to social issues each semester.

The first semester of Uniting Hearts was spring 2021 and the theme was “Celebrating Differences Through Allyship.”

Dr. Congdon is continuing the Uniting Heart initiative this semester under the theme “Uniting Hearts Through Cultural Immersion” and will include a variety of events, such as a Culturefest Block Party in April.

“The goal here is that it’s going to be educational,

but it’s going to be a celebration of learning,” said Dr. Congdon. “Connecting to the Bridgeport community and inviting the Bridgeport community to be a part of SHU.”

Apart from Uniting Hearts, Dr. Congdon is also working with students to partner with the Bridgeport education fund. The students are helping the fund with their social media presence and finding mentors for the fund’s mentorship program. Dr. Congdon and his students are currently planning a staff versus students kickball tournament to raise money for the fund.

All of Dr. Congdon’s efforts towards service-learning and teaching students to use their skills towards bettering the community have earned him a spot among the finalists in the Social Impact Award as well as accolades from his colleagues.

“Mark’s passion for social justice is contagious,” said Prof. Jane Paley. “I like to visit his office when I see him to exchange ideas and draw a little inspiration. He’s always percolating.”

“He’s incredibly enthusiastic,” said Prof. Bindig-Yousman. “We’re so happy that he’s working with our undergraduate students and bringing his enthusiasm and commitment to these issues to Sacred Heart.”

Dr. Congdon is excited to be a finalist, but to him, it is a shared victory.

“It’s good to be recognized for your work, but to me, I think it’s more so about the work of the students,” said Congdon. “I wouldn’t be able to be nominated or to be a finalist if it wasn’t for the work my students are doing in the community because if it wasn’t for them, the award wouldn’t even be possible.”

SHU Names New Interim Chief Diversity & Inclusion Officer

BY SARA ANASTASI
Staff Writer

Sacred Heart University has named Dr. Amanda Moras as interim Chief Diversity and Inclusion Officer (CDIO). Moras will take over this role for the university effective immediately while also continuing with her current position as Associate Provost for Teaching and Learning.

Sacred Heart’s Office for Diversity & Inclusion (D&I) is tasked with leading and developing diversity, inclusion and equity efforts across campus.

“The CDIO will lead university-wide efforts to create a diverse and supportive learning and working environment in which all members of the community have the opportunity to succeed,” said Provost Robin Cautin.

According to Moras, she will focus on collaborating with faculty, students and staff to build more inclusive teaching and learning spaces in her time as interim CDIO.

“I am excited by the work that has been done and inspired by the energy and commitment of our faculty, students and staff,” said Moras. “I look forward to collaborating with the Multicultural Center, Student Affairs and the Center for Teaching and Learning and other divisions to ensure that we are best supporting all of our students.”

According to Cautin, the university will be conducting a nationwide search for a permanent hire for the CDIO position.

During that hiring process, however, it is important that this work continues in the meantime, according to Moras.

Moras has been at Sacred Heart since 2010 and initially started as a sociology professor.

“Dr. Moras is a very energetic and passionate professor,” said junior Abby Molloy, a sociology minor. “She makes sure to relate her content to the lives of college students, which makes her classes really relatable and interesting.”

According to Moras, much of her personal background is in working with students.



Sacred Heart University
Dr. Amanda Moras is named Interim Cheif Diversity and Inclusion Officer on campus.

“It was obvious in the classes I took with Dr. Moras that she genuinely cares about her students and their success both in and out of the classroom,” said Molloy.

In addition to teaching, Moras also stepped into the role of Associate Dean for Student Success in the College of Arts and Sciences.

This past January, she moved into the Associate Provost for Teaching and Learning position before the addition of her new role as CDIO.

According to Moras, the transition into this new role has been very exciting.

“Within minutes of the email announcement going out, I was contacted by so many people across campus with ideas and offers to collaborate,” said Moras. “The office has been built on the commitment that we are ‘stronger together’ and this overwhelming response speaks to that.”

Moras and her team are currently working on a teaching and learning series to bring the

Sacred Heart community closer together in order to create a more accepting, equitable learning atmosphere. In addition, a campus-wide survey regarding diversity and inclusion will be sent out this week.

According to Moras, it is important that our whole community participates in this survey.

“I have loved my time at SHU and I see this as another opportunity for us to live our values,” said Moras.

Spotlight



Poems for Social Justice

BY KAILEY BLOUNT
Manager of Audrey's Corner

For Social Justice Week, Audrey's Corner is sharing stories of chronic illness and disability. Below is a collection of creative nonfiction and poetry from Audrey's Corner editor, Kailey Blount. In her creative nonfiction piece, "No One Dances in the Desert," Blount writes of a forest fire to symbolize her relationship with chronic illness. In her poem, "For Orange Bottle People," Blount writes to the disabled community recounting her experience as a disabled woman living in an able-bodied world.

No One Dances in the Desert

Two twigs snapped off a sycamore tree. No one noticed their disappearance, not even the sycamore himself. He'd argue later that he felt their loss like missing limbs. But, by then only the wind would be around to listen.

Anyways, they snapped, and they ran and if anyone noticed, no one cared. Afterall, they were twigs. Twigs snap under the smallest of pressures.

The forest wasn't a fool. She'd heard of fire. Forest Fires the humans called them. Like she had something to do with it. The wind had told her stories of fire's destruction. But like everything green, she didn't think harm could touch her.

So, when the twigs sparked a flame, she ignored them. They were twigs. Twigs that snapped without ever being touched. They were too weak to destroy her. Later, she'd deny feeling their spark- their pain. But, by then only the wind would be around to listen.

The fire did what fires do. He crept on burnt toes through rich soil hills, searing holes and spreading smoke. When the forest finally took notice, it was too late. He'd destroyed her deepest roots.

Engulfed in flames, she fell.

What was once green charred black. And from beneath the smoke, she wished to whoever watched from the clouds to give her back her roots, her trees, her twigs.

Desert sand didn't suit her. No one dances in the desert.

Forest Fires she whispered to the wind. Maybe I did have something to do with it.

It took many years for Forest to feel anything other than sand again. When she did it began with twigs.

For Orange Bottle People

my name's only ever been printed on orange bottles

i've imagined it just about everywhere else

mostly on pages

sometimes on chalkboards

anywhere but on these damn orange bottles

at least my letters don't live on paper bracelets they did

i wore blue gowns and rubber socks for so long

i don't quite know what to wear anymore

they assume you know what to do

after living with the dead

but you never do

you know how to swallow pills

and words

you know how to turn wrists

and stomachs

you know how to rate pain

and faces

and nothing else

i've tried to learn

how to talk to strangers

drive in slow lanes

stand on bus lines

but mundanity escapes me

every time

and all too soon

the paper bracelets find me

again

failing to boil water

Arts & Entertainment

TAP Presents “Sweat”

BY SARAH COSTA
Staff Writer

“It’s a really freaking intense show, but it’s so good,” said senior Allison Campbell.

Sacred Heart University’s Theater Arts Program (TAP) premiered “Sweat,” written by Lynn Nottage, on March 17. The production will continue through March 27 in the Little Theater.

The play examines the working class and addresses issues such as classism and racism.

“I think that watching this show requires you to confront your opinions, your biases and really recognize the world around you,” said Campbell. “And that’s something that people don’t want to do, who likes that? That’s uncomfortable and it requires you to be uncomfortable, and I think that’s so important.”

“Sweat,” is set in Reading, Penn. in the year 2000. It tells the story of a group of friends as tensions run high due to rumors of layoffs at a steel mill. The entire play includes only nine cast members.

“Every character is so incredibly human that despite their flaws, despite how problematic they may be, you can’t hate them,” said Campbell. “It really makes you consider the humanity of all of the people around you, and the way that your actions and you as a person will be affecting the people around you.”

A lot went into the making of “Sweat.” Rehearsals were held multiple times a week and would range from three to eight hours. In addition to rehearsals, there were various technical and design aspects involved in the making of the play.

Throughout the entirety of the show, the play jumps back and forth from the year 2000 to the year 2008. The design team based many of their elements on the early 2000s. Costume design picked out the costumes to resemble the time era’s fashion.

After each scene, they played well known songs that may have seemed random to audience members. However, every song the audience heard was purposefully selected.

“Our sound designer Nick, he spent a lot of time going back and forth with our director John Flaherty about what kind of songs he wanted for the show,” said Production Stage Manager, junior Lauren Torres. “The transition music, the pre-show music, everything was hand selected. They took time to curate a playlist and those are the songs you see in the show, it’s all early 2000s music that everyone loves.”

A lot of time and effort went into the props design for the play.

“The shelves were given to us and the bar layout was given to us,” said sophomore Matthew Cordova. “Director John Flaherty helped give direction and I used John’s vision to put the bar together.”

Cordova worked as the props designer on “Sweat.” Props design had many elements to focus on. For instance, the characters order multiple drinks during the play. Cordova

spent a lot of time mixing the drinks until he got the right color he wanted.

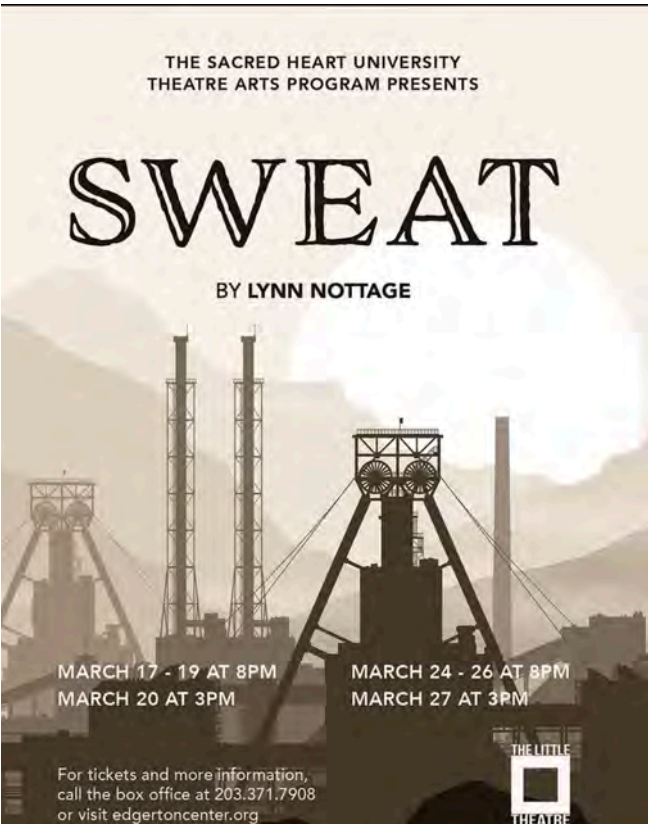
A scene with the characters of Tracey and Oscar, included smoking cigarettes. The cigarettes may have looked real, but they were not.

“They’re herbal cigarettes, so they’re tobacco free and nicotine free. They’re used in props a lot as cigarettes, but they look and smell real,” said Cordova.

In compliance with SacredHeartUniversity’s Covid-19 regulations, cast members were vaccinated and followed protocols. Audience members did not need to wear masks inside the theater.

“Sweat” will have performances from March 24 through March 26 at 8 p.m. in the Little Theater, as well as a show on March 27 at 3 p.m. at the same venue. Tickets can be purchased at the box office located in Edgerton Center.

“Everyone involved is so passionate about what they are doing, and it shows in the work they do,” said Torres. “I am very lucky to work with such talented people!”



Instagram, @shutheaterarts

The advertisement for “Sweat” was posted on social media and all over SHU’s campus.

Upcoming Multicultural Council Showcase

BY JESSICA FONTAINE
Staff Writer

As fights for social justice continue, the Multicultural Council’s Showcase of 2022 will highlight the talents of its students. The show has been postponed to April and will feature singers, dancers and more.

According to the Multicultural Council of America’s website, chapters of the MCC work to promote world peace and acceptance of all people through education, healthcare and other programs.

“The Multicultural Council is a safe place for students of minority races and allies to gather together and continue to educate ourselves,” said Grace Sullivan, president of the Multicultural Council. “Our goal is to improve ourselves and the Sacred Heart community by advocating and practicing social justice, as well as social diversity both in and outside of our club setting.”

“The Multicultural Council is a club in itself. We’re basically a multicultural club where we all meet in the Multicultural Center, learn about each other’s cultures and have topics that we go through each week,” said junior Stephanie Butler.

“When I went to the first meeting, I saw all these people that I had never seen walking in the hallways before, and I thought, ‘Oh, there are people that can relate to me.’ My high school was very small, it was a predominately white school, and there weren’t any clubs at all relating to culture,” said Butler.

According to Economic Policy Institute, schools are still segregated by race and ethnicity, even over six decades after the Supreme Court declared that “separate but equal” schools were unconstitutional in Brown v. Board of Education.

“The Multicultural Council is a big thing for Sacred Heart because we all know it is a predominantly white institution,” said sophomore Ishpal Pandhal, president of the International Student Council and international student from Kenya. “Over the past, there has been little to no representation of people of color.”



Contributed by the SHU Multicultural Center

The walls of the MCC have many quotes that express equality.

Data USA reports that as of 2019, 69.7% of SHU students are white, 11.4% are Hispanic or Latino, 5.35% are Black or African American, 2.33% are Asian, 2.18% are two or more races, 0.164% are American Indian or Alaska Native and 0.0874% are Native Hawaiian or other Pacific Islanders.

“We’re seeing all of that’s changing because SHU is changing its initiatives,” Pandhal said. “I like SHU because of the fact that they acknowledge some of these things and allow the starting of multicultural clubs and the Multicultural Center, a safe space where students can feel welcome for who they are and don’t feel judged or threatened by any individual.”

Butler said, “I’m Asian American and when I was looking for clubs, one thing I noticed at the time that I was a freshman was that we didn’t have an Asian American Club at Sacred Heart. The Multicultural Council was where I found that I could fit the best.”

Sullivan said, “Our showcase is being postponed to allow our performers more rehearsal time and flexibility, but I am so excited to see some of our performers returning from prior showcases as well as OPK performing step at our showcase!”

Butler said, “When you’re in such a small minority compared to the massive amount of people at Sacred Heart, being heard is one of the most important things you can feel. This is something where anyone can go and speak their truth.”

“There are a lot of things I learned coming to America that I didn’t necessarily know before. I feel like the Multicultural Council showcase is showcasing that while bringing unity and bringing everyone together for one cause, which is diversity and inclusion. I recommend everyone going to the showcase,” said Pandhal.

The Every Heart is Sacred Initiative

BY ALLY BOTTO
Staff Writer

After the events of George Floyd in 2020, junior student athletes Mikala Eacrett and Myles Talley were inspired to co-found the Every Heart is Sacred initiative on campus.

This group aims to educate, support and create unity for the athletes of Sacred Heart University and establish a place where students of different ideologies and backgrounds can share thoughts, opinions and experiences they have faced in their lives.

“We talked about how there were no social justice groups at SHU that we knew of,” said Eacrett. “We decided that, since we are given a platform as student athletes, we should do our best to bring people together to represent and celebrate all diverse groups.”

Starting this initiative has influenced how student athletes use their platforms, especially on social media.

“When it comes to using our platforms, the power of the share button is very important,” said Talley. “I follow accounts and reshare posts about topics like mental health and Black Lives Matter to educate my family and friends and spread awareness.”

Many teams have been supportive of the program thus far. The SHU women’s basketball team wore Every Heart is Sacred t-shirts during warmups before their games to show their support throughout the season.

“Since the pandemic, it has been hard to get the program running and we have not had the turn out we had hoped for,” said Eacrett. “Going forward, our goal is to have representatives from each athletic team and to get the whole athletic department on board.”

This program has gained the recognition of Athletic Director Judy Ann Riccio. She is

the school’s first female athletic director and the 57th woman to lead a Division I athletic program currently out of 357 DI schools.

“I am so proud of how our student athletes responded to the social issues that were arising in our country, especially during a pandemic,” said Riccio. “Our Sacred Heart student athletes have a history of advocating for what they believe in and wanting to lead change within our community.”

Riccio has seen the creation of DEI working groups for staff to connect on topics such as LGBTQ+, race, work-life balance, on-boarding and hiring practices. On campus, the National Collegiate Athletic Association (NCAA) DEI week is also honored with a student athlete identity event, which educates and highlights all the unique identities outside of sport.

“I think it is important to speak up and recognize that there is more to us than just the sports we play,” said Talley. “Underneath this stigma, I am also a student, brother, son and friend.”

Every Heart is Sacred strives to create a safe and inclusive space where student athletes can have a voice and listen to one another.

“Our favorite saying is ‘be comfortable with the uncomfortable,’” said Eacrett. “I think it is important to have those difficult conversations on hot button issues,

even when people do not agree with each other so that we can continue to learn from one another and collectively grow.”



Instagram, @shu_sass_

Sacred Heart athletics have implemented the Every Heart is Sacred initiative to their programs.

Ukraine Paralympic Team

BY JENNA LETIZIA
Staff Writer

Despite Russian forces wreaking havoc on their native country over the last several weeks, the Ukrainian Paralympic team did not let that stop them from placing second in the total medal count overall during the 2022 Winter Paralympic Games in Beijing.

On Feb. 24, Russia launched an invasion of Ukraine in an attempt to regain control over the country that was a part of the Soviet Union until its collapse in 1991.

The Ukrainian Paralympic team arrived in Beijing in early March for the 2022 Paralympics, but not without their loved ones and their beloved country deep in their hearts.

“We’re here to represent our country,” Ukrainian Paralympian Oksana Shyshkova told the New York Times. “To glorify our country, to tell the world that Ukraine exists.”

From March 4-13, Ukraine accumulated a final medal count of 29. They took home 11 gold medals, which placed them only behind host country China with 18. The remainder of their medal count consisted of eight bronze and 11 silver.

Ukraine sent 12 male and eight female athletes to compete in two sporting events in Beijing. Eight of their eleven gold medals were achieved in biathlon with the remaining three in cross-country skiing. In addition to these 20 athletes, nine sighted guides were in attendance to aid several of the athletes with vision impairments.

“We would like to dedicate our results and medals to each and every Ukrainian and all the soldiers in the Ukrainian army who protect us,” Ukrainian Paralympian Iryna Bui told Japan’s Kyodo News. “With our performance, we represent the whole country, and this is our battle, here.”

Bui won one of Ukraine’s gold medals in the women’s ten kilometer, standing in the biathlon. Shyshkova won three gold medals, two of which came in the women’s six and 12.5 km, visually impaired in biathlon. The third came in the women’s 15 kilometer classical, visually impaired in cross-country skiing.

For junior Vitalina Golod of the Sacred Heart University women’s tennis team, the

perseverance of the Ukrainian Paralympic team has had a huge impact on her. Golod is the singular Ukrainian athlete at Sacred Heart.

“I am battling and trying to suppress my emotions, but the Paralympic team is channeling them,” said Golod. “You can only imagine the motivation they have, representing their nation.”

Much like her fellow Ukrainian paralympic athletes, Golod is using her sport to help block out all the noise from overseas.

“I remember I chose to go to practice on Thursday, Feb. 24 despite everything,” said Golod. “My teammates were surprised I was there. I explained to them that lying in bed and crying by reading the updates would not help anyone.”

While they may have been wearing gold around their necks as they came back to Ukraine, the Ukrainian Paralympic team brought home something more valuable.

“Although we got a lot of gold medals in the individual sports, I am sure they have brought the forces together and competed as a whole,” said Golod. “We are, indeed, the strongest nation and I’ve never been prouder of being Ukrainian.”



Sacred Heart University

Jasmine Rogers #14 playing during a game.

Jasmine Rogers: More than an Athlete

BY ROBERT FINIZIO & ARLINGTON COOKE IV
Sports Editor and Staff Writer

Junior Jasmine Rogers has been a standout outside hitter for the Pioneers for three years, but the efforts she has strived towards at Sacred Heart University go far beyond the volleyball court. Rogers has used her voice as a student athlete to promote the issues of social justice and the ways that it has shaped her life since she was young.

Rogers’ father, Roy Rogers, is a former National Basketball Association (NBA) player and current NBA assistant coach for the Portland Trail Blazers. Upon entering the coaching scene in 2008, black head coaches and assistant coaches were a rarity in the league.

“He has influenced my love for sports and helps me develop as a player both physically and mentally,” said Rogers. “He knows every type of struggle I go through.”

Seeing her father persevere and have success in a field that he was a minority of has inspired Rogers to have the same mindset as a black student athlete.

Growing up in a predominantly white neighborhood was one of the many obstacles she faced on this journey.

“It was a little difficult trying to navigate that world, not fully fitting in with the black community and not fully fitting in with the white,” said Rogers. “It wasn’t until

college where I found more people who understood what I was going through.”

Despite being one of the only black athletes on the women’s volleyball team, Rogers has grown more comfortable with handling these issues head on and telling her story.

“I felt like I had to be that voice that connects the community between the white and the black people,” said Rogers. “For a while, it felt more like a responsibility like it was my duty to but as I got older, I realized it’s not my job and I can’t force people to get educated if they don’t want to.”

Education on social injustices is what Rogers feels is a priority to real change, and with her degree from Sacred Heart she plans to be a significant part of this change at the professional level.

“I’m Human Research Management so my plan is to go into human resources development in the NBA after I graduate primarily for diversity inclusion,” said Rogers. “Making sure that everyone is held to the same standard.”

With one year left of her undergraduate program at Sacred Heart, Rogers wants to make an impact that will not only go beyond her years at the university, but will also go beyond the record books as well.

“Realizing that just because you have privilege, understanding what that privilege is should be on a daily basis and not just during black history month or just when we’re talking about it,” said Rogers. “Getting people to realize that it’s not only our responsibility to fight the fight.”

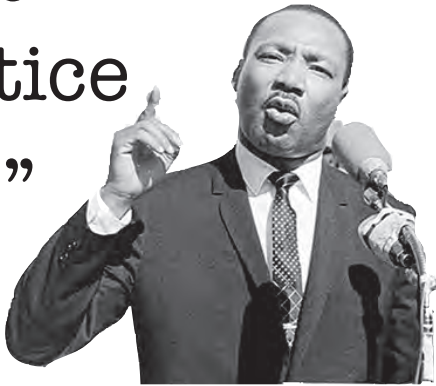
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“Injustice anywhere is a threat to justice everywhere.”

- MLK



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

- Anne Frank.



“Believe in something. Even if it means sacrificing everything.”

-Colin Kaepernick



“Justice consists not in being neutral between right and wrong, but in finding out the right and upholding it, wherever found, against the wrong.”

-Theodore Roosevelt



“People, even more than things have to be restored, renewed, revived, reclaimed, redeemed; never throw out anyone.”

-Audrey Hepburn



“The new dawn blooms as we free it,
For there is always light,
If only we’re brave enough to see it,
If only we’re brave enough to be it.”

- Amanda Gorman



“There may be times when we are powerless to prevent injustice, but there must never be a time when

we fail to protest.”

- Elie Wiesel

