

Hey Freshman: Get Involved!

**Wednesday,
September 23rd**

**9:15PM-11:15PM
BINGO
@EDGERTON THEATRE**

**Thursday,
September 24th**

**10:00AM-4:00PM
STUDENT GOVERNMENT
FRESHMAN ELECTIONS
(VIRTUAL)**

**Friday,
September 25th**

**6:00PM-11:00PM
4 V 4 BOWLING COMPE-
TITION (BY RESERVA-
TION)
@PIONEER LANES**

**Saturday,
September 26th**

**10:00AM-3:00PM
PANHELLENIC RECRUIT-
MENT: PHILANTHROPY
ROUND
(VIRTUAL)**

**1:00PM-5:00PM
MINI GOLF
@CAMPUS CABANA 1**

**Sunday,
September 27th**

**6:00PM-10:00PM
PANHELLENIC RECRUIT-
MENT BID DAY
(VIRTUAL)**

**Monday,
September 28th**

**3:00PM-7:00PM
MAKE YOUR OWN MASK
@QUAD**

**Tuesday
September 29th**

**8:00PM-10:00PM
S'MORES UNDER THE
STARS
@63s PATIO**

Sacred Heart Launches New Multicultural Center

BY **BRYAN CASEY**
Assistant News Editor

On Sept. 9, Sacred Heart University held a ribbon cutting ceremony to unveil a new Multicultural Center, located within the Humanities Center of the Main Academic Building.

This center, recently converted from a computer lab, possesses new desks and couches; along with creative artwork and inspiring quotes from underrepresented groups.

The center will be utilized as a meeting space for a variety of multicultural clubs, like Multicultural Council, Black Student Union, La Hispanidad, Italian Club, and Gender Sexuality Alliance. While the area will host clubs, the space is open to all students and faculty as an active hub for discussing multicultural issues and inclusivity.

"This center needs to be integrated into student life, student activities, the athletic department, etc.," said President of Sacred Heart, Dr. John J. Petillo.

The new Director of Multicultural Affairs, Robert Johnson, hopes to work as a positive voice for minority students while inciting social growth throughout the Sacred Heart Community.

"We want to create sustained change here, we don't want it to be a one-time deal," said Johnson.

Johnson graduated from Sacred Heart in 2016 with a bachelor's degree in psychology and continued on to gain a master's degree in the same field. He formerly worked in the Office of Admissions until gaining this new position.

Johnson hopes to aid minority students while inciting change through a variety of new programs, the first being a mentorship program that highlights Sacred Heart alumni of color or other underrepresented demographics. This program, titled the "Inspiration Station," will put forth their successes in a visual and short biographical style.

"When I feature these students, my hope is that other students will see this representation and it will spark a flame within them, so that they will also be inspired to do more for themselves and others," said Johnson.

Along with the Inspiration Station, Johnson hopes to create a social justice wall.

"I want those groups to know that their stories will not go unheard through this center. I also want students who come through this center to know about these stories and to be aware, because awareness is key," said Johnson.

Tatyana Paul, President of the Black Student Union, voiced how the new space can be utilized for educational purposes.

"We can now educate people on our campus about the problems underrepresented students face, and outline ways in which we can all come together to help fix these issues," said Paul.

Johnson has a variety of ideas to utilize the space for such educational purposes. One of these is to host a variety of inclusion-focused seminars. These seminars will be available for both students and faculty.

He also hopes to conduct a series of diversity workshops, which will discuss topics like police brutality, cultural appropriation, and indigenous sensitivity.

"I want to provide a space for underrepresented students to vent and it would be great to have these different diversity workshops," said Johnson.

Krystie Tirado, a resident of the Multicultural Club, commented about the importance of this space and the helpful resources it will provide for underrepresented students.

"By providing us with a safe space of our own, I believe that underrepresented races at Sacred Heart will finally feel comfortable just being themselves. I hope that having this room will give students of color the confidence to go out and push themselves to become more active, involved, and vocal members of the Sacred Heart community," said Tirado.



RIEANNA FLORES/SPECTRUM

STUDENT DOES HER WORK IN THE NEW MULTICULTURAL CENTER IN THE OFFICE OF MISSION INTEGRATION, MINISTRY AND MULTICULTURAL AFFAIRS.



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News

The Future of the America

BY CITLALLI GODINEZ
News Editor

On Sept. 17, Dr. Gary Rose held a livestream event along with a panel of Sacred Heart University students to discuss the upcoming 2020 Presidential Election.

“I believe a lot of people are for change in the country though I do think that just based on what we registered last year, the campus does lean a little more Republican which is totally fine,” said Carlos Ruiz, President of PioneerVote.

The 2020 Presidential Election and the future of America is discussed at weekly virtual meetings hosted by the Club of College Republicans and Democrats.

“We are all about inclusivity, a very open and accepting meeting space for people to share their ideas and have discussion,” said Kolby Driscoll, President of College Democrats. “We try to facilitate and organize debates between the two clubs to understand where everyone is coming from. To work collectively in one cohesive unit, we have to be really understanding of everyone’s views collectively.”

Rose was able to get insight on what it meant to be part of a particular political party along with the importance of voting.

“Developing ways to include the student body to let them know why voting is so important,” said Ruiz. “PioneerVote and athletics will be working together to register the student body.”

“As a Republican, I think that the reasons Republicans are Republicans is because we trust that the values that form the foundation of this country will be strong enough to overcome any oppressor or tyrannical legislation,” said Matteo Menta, the President of College Republicans.

Menta added that the key issues among the student body were law enforcement and the character of the presidential candidates.

“It’s easier to stay in the middle and say we’ll hear it out, I’ll see where to go,” said Ruiz. “PioneerVote focuses on getting input on where students are leaning towards voting.”

Sacred Heart encourages their student body to engage in politics.

“There are two choices or attitudes if you want to engage in politics,” said Menta. “There’s the first attitude which is by far the easiest, treat yourself like you are on a pedestal.”

Students watching the event via Zoom raised questions and concerns as well. One student asked their thoughts on electing an independent candidate.

“We’ve never elected an independent president,” said Rose. “It’s either a Federalist or a Democratic Republican and we’ve also elected a Whig Party but

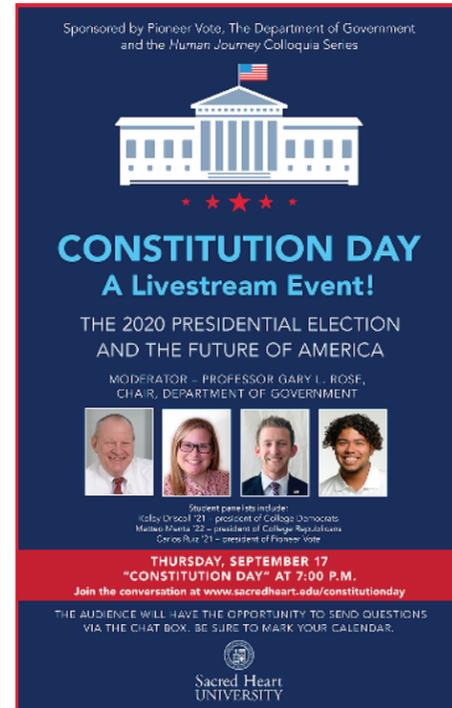
when that died down, we have elected Democrat or Republican.”

The public also raised concerns about COVID-19.

“Coronavirus has been a very big factor, so I think it has hurt President Trump’s chances but now it seems the public has actually shifted away from the virus because of the riots that have been happening within the American cities,” said Menta.

Rose then raised a concern on whether or not the upcoming election could be categorized by mass fraud.

“In my personal opinion I think President Trump is a little worried,” said Ruiz. “I do believe that there is a possibility for that but it’s really unlikely for it to happen.”



SACRED HEART UNIVERSITY HOSTS A LIVESTREAM EVENT ON THE UPCOMING 2020 PRESIDENTIAL ELECTION.

SPECTRUM NEWSPAPER SOCIAL MEDIA ACCOUNTS (2020)



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The Spectrum Newspaper



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Perspectives

Campus Life During a Pandemic

BY DANIELA CESPEDES
Assistant Perspectives Editor

You get to campus and before your class begins, you place your meal order through Boost Mobile, an app that takes your order and places it out for the time you have indicated, only to get a notification that your meal is ready before the time requested.

"I wish the Boost mobile app was better planned out. Sometimes I order food for a certain time after class so it's ready when I'm done with class but then I get a notification that it's ready an hour early, by that time it's cold when I go to pick it up," said sophomore Sarah Caramanica.

Other students feel the new changes to the dining halls have increased their experience.

"I personally really like it," said senior Fernando Pirez. "I've always wanted 63's to be take-out since I was a freshman."

Sacred Heart University has implemented various procedures to keep their students safe while being back on campus during the COVID-19 pandemic. These include changes to the dining experience as well as social experiences.

"I do feel like more students are out and about. I see people sitting in the chairs and a lot more people running outside and walking outside instead of just staying inside," said Caramanica. "I think students are happy to be back, all of my friends including myself missed Sacred Heart a lot and were all happy we can be together again despite the circumstances."

While the university holds the First 50 Days, which is intended to help students socialize, some students feel more events should be created.

"I wish they would add more events that appealed to the majority of people and were informational based," said sophomore Olivia LaRosa.

Sacred Heart has also added several safety procedures to keep students healthy. These include hand sanitation stations and regular cleaning of classrooms and bathrooms. However, some feel like this is not enough.

"I do not feel safe and protected because I don't know what people are doing," said junior Noah Centeno. "Also I don't know if classrooms are being sanitized like they should."

On the other hand, sophomore Abby Andre said, "I feel very safe and protected on campus. I feel like they have increased the amount of security so there is never a moment I feel unsafe."

Despite the changes brought by the pandemic, most students are excited to be back.

"I'm very happy to be back," said Andre. "My freshman year was cut short and being back here reminded me how much I missed being at SHU and being in the college atmosphere."

Other students are glad to be a part of their school community once again.

"I am so happy to be back because of my friends and my involvement. I am in the dance ensemble, s.w.e.e.t., and the Class of 2023 Vice President," said LaRosa.

During these unexpected times, feeling a part of your community is very important to some students.

"I definitely feel a part of SHU. It makes me feel more involved in trying to make the best of this year while still supporting other students, especially the freshmen that have this whole new experience in front of them," said Caramanica. "It's hard enough starting college, but with a pandemic occurring as well, it's even harder to get adjusted to this new life."



RIEANNA FLORES/SPECTRUM

SACRED HEART HAS IMPLEMENTED MANY CHANGES TO CAMPUS TO ACCOMMODATE THE COVID-19 GUIDELINES, INCLUDING DINING HALL HOURS.

Students Banned From Campus

BY MACKENZIE MAHER
Perspectives Editor

On Sept. 3, Sacred Heart University's Coronavirus Planning Team sent out an email requiring all students living off campus in Bridgeport not to come onto campus until further notice.

The email stated the university was making this decision because of the recent spike in positive COVID-19 cases among students who live off campus in Bridgeport. At the time, there were 10 positive cases out of the 2,500 students who live off campus in Bridgeport.

Students who lived in SHU housing in Bridgeport lived in single-family homes, and faculty or staff who lived in Bridgeport were still permitted to come to campus.

After receiving the email, many students felt strongly about not being allowed on campus.

"I felt extremely scared but at the same time not exactly shocked," said junior Kristine Udahl. "Coronavirus is something every single student was extremely aware of before coming to school, and everyone knew there was a chance of a shutdown happening."

Other students worried about not being able to attend important things that require being on campus like their work study programs.

"I started to get extremely overwhelmed with the thought of not being able to pay my bills this month and afford groceries since work study is my biggest financial support during the school year," said senior Emma Cannetti.

Others who are Division 1 student athletes were not able to attend their practices.

"Since I was not able to follow my usual schedule which includes working out in the morning with my team at practice, this started to affect my mental health because I was not able to follow a regular routine," said senior Brianna Costanza.

On Sept. 4, the Coronavirus Planning Team sent out another email to notify students they would be selecting a group of students who live off campus to be tested for COVID-19 at West Campus over the weekend.

Junior Cory Hutchison was among the 434 students to be randomly selected for coronavirus testing.

"Since this is the type of world we're living in and we wanted to get back on campus as soon as possible I understood why SHU was doing the testing," said Hutchison.

According to Hutchison the testing was really easy and his negative test result came back very quickly.

"I'm definitely glad that SHU took the time to test off-campus students once they made the announcement that we weren't allowed on campus, so that they could reevaluate everything and make a well-informed decision that still keeps everyone safe," said Hutchison. "I think that if more cases pop up throughout the year, which will happen, then random testing and looking at the numbers this way will help us stay on campus the rest of the semester."

For students that lived on campus, many said the campus atmosphere was missing the off-campus students.

"It wasn't the same vibe on campus with all the upperclassmen gone," said sophomore Madison Mancha. "The campus felt very empty and dull but on a good note the lines at Linda's and 63's were very short."

On Sept. 7, the university sent out an email allowing off-campus students back onto campus starting the next day due to the low number of positive test results that came back from the randomized COVID-19 testing that took place.

Some students are hopeful and say that the short period off-campus students were prohibited from campus may have actually been a wake up call for some.

"I believe that with that first ban being sent out, off-campus residents are being more careful and taking matters into their own hands so that we can all have a safe and enjoyable semester together on campus," said junior Kristine Udahl.



JONATHAN SORIANO/SPECTRUM

SACRED HEART UNIVERSITY STUDENTS LIVING OFF-CAMPUS IN THE BRIDGEPORT AREA WERE NOT PERMITTED TO COME TO CAMPUS DUE TO A RISE IN COVID-19 CASES.

Features

Let the Band Play On

BY ELIZABETH KALFAYAN
Assistant Features Editor

The COVID-19 pandemic hasn't stopped the Sacred Heart band program from making music and putting on a halftime show.

This year, the band program has decided to put on a virtual halftime show that includes music from Disney's *Fantasmic* as well as "Friend Like Me" from *Aladdin*. The dance team will also be participating with the band in this feature.

"We can't perform for people and crowds like usual," said Keith Johnston, the Director of Performing Arts and Director of Band and Orchestra. "We wanted to come up with a way to continue to perform as a band together."

The band has implemented different protocols in order to follow safety regulations. Every member gets temperature checks prior to the start of rehearsal as well as wears musician masks throughout the entire rehearsal. These musician masks allow students to play their instruments while also wearing a mask. There are also bell covers for each instrument and social distancing between each student.

"It's been challenging for us to find rehearsal methods that will work within the time frame we are trying to use," said Andy Kolar, the Associate Director of Bands.

In order to make this virtual show happen, the band is going to have multiple recording dates. During these dates, smaller sections will be recorded together and spliced all together in the end to make the video.

Despite the challenges and differences this year has brought the band program, many students are eager to be back and play with their fellow musicians.

"Although this is very new, different and under the circumstances were a bit unexpected, I think this is really cool because it allows us to continue playing," said Julia Simoneau, sophomore trumpet player.

There was no pre-season band camp for students to learn the music and other marching techniques, so the band is in a bit of a time crunch. However, many see the show coming along nicely.

"It's a little bit stressful considering we would usually have much longer to prepare but I think for the amount of time we have it is coming along pretty well," said Julianne D'Amico, junior front ensemble player.

Another difference that is a shock to many students is the absence of a football season as of right now. However, there being no football season has not discouraged the band members from participating and enjoying making music with their friends again.

"If this season has proved anything it is that marching band can still exist without football," said Kailee Donoghue, junior drum major. "Although we love cheering the team on at game day and helping to hype the crowd up during pregame and halftime, this year really allowed us to focus on performing for our own love of music."

The band program also plans to have other virtual events throughout the semester with the same concept in mind of recording smaller sections playing together and putting

them all in one video. They hope to make a Halloween concert virtual show at the end of October as well as release a Christmas memories concert at the end of November.

They hope to post these videos on their social media platforms as outreach to prospective students as well as the community. The halftime show the band is currently working on is scheduled to be released in early to mid October.

"Given the circumstances, I understand and am still just glad that we are able to have band in any aspect," said Brianne Paiva, senior member of the color guard and creator of the dance for this year's show.



THE HOME PLACE BLOG

THE SACRED HEART UNIVERSITY BAND HOLD PERFORMANCES THROUGHOUT THE SEMESTER IN A VIRTUAL CAPACITY FOR OTHER STUDENTS TO ENJOY.

Take a Deep Breath

BY ANAYA VANCE
Features Editor

When the news of COVID-19 hit the United States and universities around the country began to send students home, Sacred Heart University's Office of Campus Ministry sent out their first Take A Deep Breath daily prayer email.

"Each day, but especially at this critical time, we need to stop and 'Take a Deep Breath,' we will send a daily reflection, prayer or song each day under this title," said the email. "We hope we can be a bit of help during these stressful times. Of course, all are welcome to contact us at the Division of Mission and Catholic Identity."

Since then the emails have been sent out either every day or every other day. They include uplifting quotes and phrases, quick history lessons on saints and philosophers, song lyrics and poems.

"I'm not a very religious person but I can say that I do look at the Take A Deep Breath emails because it gave me some piece of mind to relax," said senior Brittany Bass.

The Take A Deep Breath emails are a constant reminder that despite all the chaos going on around us we should allow ourselves to take time, pause, and reflect.

"The name Take A Deep Breath came up just as we were brainstorming, and we were like yes that really captures what we are trying to offer everyone just a moment to pause and to just take a deep breath," said Campus Minister Valerie Kisselback. "I think our breath re-centers us so we wanted to offer this as a space to drop all the chaos."

Not only did the Office of Campus Ministry receive a positive response from the University but the community as well. They took to social media to enhance their image which allowed people to comment their own Take A Deep Breath reflection on Instagram.

"We got a really good response from the community, and I think one of the things people liked about it is that each member of the mission office would take turns writing them, so you got to see people's different personalities, different perspectives and insights on different situations," said Kisselback.

Not only has Campus Ministry eased the university with their daily messages but has also continued to have virtual Mass able for attendance streamed live on YouTube every week. Being that students are not permitted to congregate at Mass in person, people are still able to practice their faith in some way.

"Every once in a while, I would tune in to Mass online to just reflect a little bit," said senior Darien Vigilance. "With everything going on I was happy that I could still attend Mass even if it wasn't in person."

Campus Ministry has found a way to keep the university connected and calm through times when many fell short of hope and they continue to do so on campus as well as on their Instagram account @shucampusmin.



RIEANNA FLORES/ SPECTRUM

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Arts & Entertainment

The Show Must Go On

BY JULIA PIZZUTO
A&E Editor

The world of performing arts was among the first to alter and then completely halt operations in March of 2020. This was due to the coronavirus pandemic and the nature of practices and performances in the arts to involve high volumes of people.

Sacred Heart University's performing arts programs were no exception to these coronavirus-induced cancellations. After nearly six months away from campus—and a lot of Zoom calls and compromised performances—SHU's performing arts are back and adapting to new COVID-19 regulations and restrictions.

The Coronavirus Planning Committee at SHU has implemented multiple policies to keep the university community safe in addition to enforcing CDC guidelines, all of which are detailed on the SHU website. However, these new policies do not come without complications and an adaptation period for everyone, including the arts programs.

"While I am excited to hold meetings now, I worry because of COVID-19," said junior Christian Colon, the current Improv President in the Theatre Arts Program (TAP). "COVID-19 regulations have changed a lot about how TAP works. We as performers have always been a close family, but for us to be safe we need to change."

The changes due to coronavirus restrictions are different for each arts program, including TAP, Dance, Choir, Band and Orchestra. The TAP program has implemented Zoom meetings whenever possible, as well as an RSVP system so that there are never too many people in a room. The program is also administering temperature checks and limiting touching for in-person rehearsals.

TAP is still holding live performances this fall and tickets will be available in the Edgerton box office as per usual, but seating will be socially distant and limited.

The Dance programs are similarly affected by coronavirus restrictions; they practice the same standard sanitization and mask-wearing but are implementing additional safety procedures specifically to keep all dance groups running smoothly.

"Kari, the Director of Dance, has divided the studio into sections so that each dancer stays 6 feet apart," said junior Larissa Brito, a member of the Dance Ensemble. "Our classes are also hybrid and each class is split into two groups so that the studio is not flooded with dancers."

Brito said she has been practicing in her room in Seton Hall when her dance classes are online. Some choreographers are taking their classes outside to create a safe, more enjoyable environment, according to Brito.

The Choir program at SHU has been adapting in similar ways, but they too face some specific challenges.

"Our members are wearing a special singer's mask, are seated 10 feet apart, are limited to smaller sized groups, and we limit the rehearsal time to 30 minutes," said Dr. John Michniewicz, Director of Choral Programs. "Our group performances will be done virtually or by video."

The Band requires there to be either a hole in the mask or no mask worn in order to play most instruments, so they too have been making changes. Marching Band, for example,

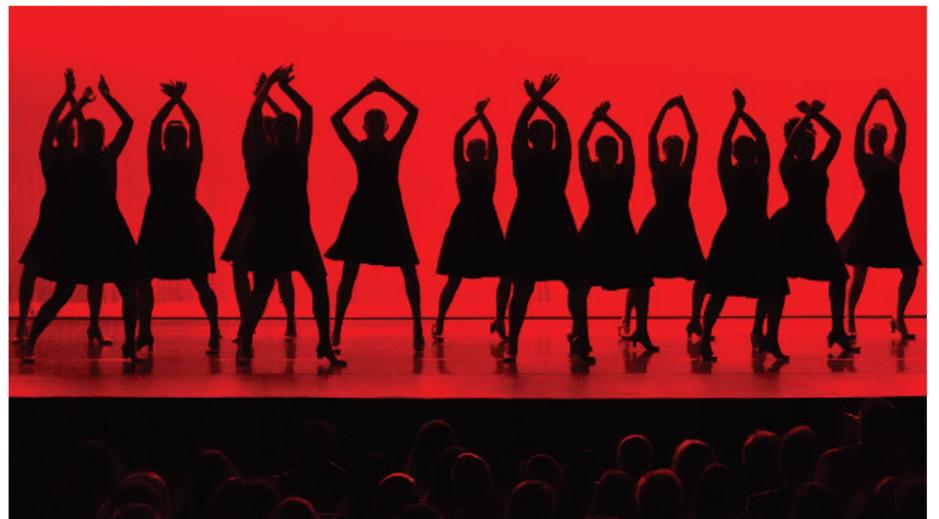
has to operate at an increased distance from one another and alter some marching movements as a result.

One senior Band member said that it has been difficult for the members to form the same bond this year due to cancellation of pre-fall Band Camp and social distancing guidelines.

"The band directors are trying to foster that same experience and feeling through our practices, but it is just challenging to do so while we are also juggling classes and other responsibilities," said the senior musician.

With no effective vaccine yet available, the challenges and changes presented by COVID-19 may persist until spring or later, meaning the arts programs will continue with modified operations. Some performances have already been scheduled for the spring, though, such as the Dance showcases in March 2021.

"I only can hope for things to get better and that our community will have life closer to what it was before, but until then we must stay safe and be smart," said Colon.



SACRED HEART UNIVERSITY

SACRED HEART'S PERFORMING ARTS PROGRAM IS WORKING TO ENFORCE CDC GUIDELINES WHILE STILL BEING ABLE TO HOLD PERFORMANCES THROUGHOUT THE SEMESTER.

Kancelled With the Kardashians

BY ELIZABETH COYNE
Assistant A&E Editor

After 13 years, "Keeping Up With the Kardashians" has officially been cancelled. The airing of the show's 20th and final season is set to be released in 2021.

The official announcement was posted to several of the Kardashians' social media platforms on Sept. 8. The statement posted was signed by all the members of the Kardashian-Jenner family.

"To our amazing fans," said the official announcement. "It is with heavy hearts that we've made the decision as a family to say goodbye to Keeping Up With the Kardashians."

Many fans were shocked when they heard that the show would be cancelled. "Wait, what they're cancelled, why would they do that," said senior Julia Scherer.

Through the numerous seasons that have aired, the show has given fans the opportunity to take an inside look at what the Kardashian-Jenner family experiences on a daily basis. The members of the family were grateful to their fans for watching all these years.

"After what will be 14 years, 20 seasons, hundreds of episodes and numerous spin-off shows, we are beyond grateful to all of you who've watched us for all of these years," said the statement.

There has been no official reason announced as to why the show is being cancelled, but many news outlets have speculated that it's due to the recent decline in ratings.

According to Vox, this drop in ratings comes from the nature of social media, and how the news surrounding the Kardashians makes headlines but gets resolved before the episode airs. Therefore, by the time viewers see the episode, it's no longer relevant news.

The family members involved in the show also made it a point to thank everyone who was involved in the development, creation and production of the show for the past several years. This includes Ryan Seacrest, E! and their production team, Bunim/Murray.

"Without Keeping Up With the Kardashians, I wouldn't be where I am today," said Kim Kardashian-West in a tweet to fans. "I am so incredibly grateful to everyone who has watched and supported me and my family these past 14 incredible years."

After the show's premiere in 2007, the Kardashian-Jenner family has been very much in the public eye with new businesses such as cosmetic companies, iPhone games, clothing lines, and more growing daily.

Since it was officially announced that "Keeping Up With the Kardashians" was going to end, many long-time fans of the show have used their social media pages, friends and families to express how much they will miss watching the show.

"When I heard about the Kardashians ending, I really couldn't believe it," said senior Devin Gavigan. "They have really shaped the culture that we live in, from Instagram to fashion and beauty."

Many fans now question what is next for the family and how the entertainment industry will be affected by the show being cancelled.

"I'm super interested to see what is next for them and for pop-culture now that the show is no longer airing," said Gavigan.



ASSOCIATED PRESS

AFTER 20 SEASONS, IT WAS ANNOUNCED THAT "KEEPING UP WITH THE KARDASHIANS" WILL OFFICIALLY BE CANCELLED.

Sports

Julius Chestnut Named Preseason All-American

BY JOSEPH SCIANCALEPORE
Assistant Sports Editor

On Sept. 2, junior running-back Julius Chestnut was named to the 2020 Football Championship Subdivision (FCS) Preseason All-American Second-Team. According to Sacred Heart Athletics, Chestnut was the only player in the Northeast Conference (NEC) to be named to the Preseason All-American Second-Team.

"My mom told me about the award," said Chestnut. "I was actually a little surprised. Since I made All-American 3rd team for the 2019 season, I wasn't expecting to be on the 2nd team. I was also very happy."

Chestnut is coming off of a sophomore season in which he rushed for 1,495 yards, which was the second most in the FCS and the second-highest single season total in SHU history. He also carried the ball 293 times, leading all of FCS, as well as setting a SHU single-season record.

"Coming off of a productive year inspires me to do even better. I love this sport and this is what I want to do in the future," said Chestnut.

Mark Nofri is going into his eighth season as the Pioneers head coach. Nofri reflects on Chestnut's honors and hopes that he can carry the momentum into the upcoming season.

"I am happy and proud of Julius. He had a great year last year and proved he is one of the top running backs in the league, and all of FCS. It was well deserved," said Nofri. "But again, this is a new season and new year. I want to see him improve and be even better this year."

Chestnut was named to the All-NEC First-Team, First-Team All-ECAC, as well as the All-New England team in 2019. Nofri acknowledged Chestnut's on the field honors as well as his character off the field.

"He's a great kid. He does all the right things on and off the field. He works hard in the weight room and in the classroom," said Nofri. "Always has a smile on his face and is glad he is a Pioneer. He has earned the respect of his peers because of his work ethic and leadership skills."

When it was announced that the 2020 NEC football season was going to be postponed, Chestnut tried to stay positive even though he would need to wait a little longer to start his junior season.

"When I found out the season was being postponed, I was a little crushed. But it didn't surprise me," said Chestnut. "With everything going on in the world, I knew it would probably happen. I understand why they did it, but of course I would love to be out there playing and competing."

Nofri is making sure the team stays in good spirits and is prepared for the upcoming season.

"Everyone, including the coaches and players, are disappointed about not playing. Especially when you see other teams on TV playing football. They are trying to stay positive and working out together," said Nofri. "It could be worse, we could not be at school at all, but we are trying to stay together and improve as a team as much as we can."

We will be ready to play, when and if there is a spring season."

As Chestnut hopes to begin his junior season soon, he has picked out individual elements of his game to work out.

"I always try to improve my speed. So I have been working more on that," said Chestnut. "I hope to continue to do well and help my team win as many games as possible and win another NEC Championship!"



SACRED HEART UNIVERSITY ATHLETICS

JUNIOR RUNNING-BACK JULIUS CHESTNUT WAS NAMED TO THE 2020 FOOTBALL CHAMPIONSHIP SUBDIVISION (FCS) PRESEASON ALL-AMERICAN SECOND-TEAM.

Hockey Delays Start of Season

BY MARIA CIPRIANO
Assistant Sports Editor

On Sept. 9, the Hockey Commissioners Association (HCA) announced that the start of the 2020-21 collegiate Division I hockey season will be delayed. The men's and women's ice hockey teams are impacted by this decision.

"Our team had a feeling that the decision to delay would be forthcoming. We were all disappointed, but in lieu of what is going on in the world, we were not surprised," said C.J. Marottolo, head coach of the men's ice hockey team.

The men's season ended in March, shortly after their claimed championship title at the first-ever Connecticut Ice Hockey Tournament.

The women's season also ended in March after they were named New England Women's Hockey Alliance (NEWH) regular season champions.

"We had a great season last year, going 21-11, which included a 18-2 record against our league opponents," said Thomas O'Malley, head coach of the women's ice hockey team.

Jordan Sanislo, senior captain of the women's team, was also disappointed about the news of the season being delayed.

"It did raise some uncertainty, but it was still reassuring as they delayed the start of the season, considering some schools have called off the entire season," said Sanislo.

COVID-19 has changed the way both teams function, but they are still staying active in preparation for their seasons.

O'Malley mentioned that the women's team is in phase one, which consists of strength and conditioning workouts at the William H. Pitt center on campus at Sacred Heart.

"Our guys right now are in the middle of phase one, which is to prevent them from having an injury," said Marottolo. "This is because most gyms around the country and Canada were closed during quarantine starting in March."

The team's focal point during the preseason is to build up their momentum for the upcoming season.

"The main focus for this upcoming season is to create a positive team culture and to grow together, making us stronger both on and off the ice," said Sanislo.

Coach O'Malley hopes to have the women's team pick up right where they left off from last season. This means getting back to the playoffs and continuing onto winning a championship.

"Our goals this upcoming season are to get better every day, be accountable to each other on every level and have a fun year together," said Marottolo.

The men's team plays their games at Webster Bank Arena and the women's team plays at the Sports Center of Connecticut. On Jan. 25, Sacred Heart released an article stating that there would be a new ice hockey arena at West Campus, where it will be the home of the Division I men's and women's hockey teams, the figure skating team, and the men's

club hockey team.

"The team is very excited about the new arena. It is going to make things better for our program from day to day practicing and playing in our own on-campus arena," said O'Malley. "There would be various amenities that go along with it including the state-of-the-art locker room, athletic training facility, equipment room and many more."

Sanislo is excited about the new arena opening, as it will bring more attention to the women's hockey team because it will be on campus.

"It is a very exciting time to be involved with SHU hockey. I believe the atmosphere at our new arena will be electric and will make for one of our best college hockey atmospheres in all of college hockey," said Marottolo.



SACRED HEART UNIVERSITY

THE HOCKEY COMMISSIONERS ASSOCIATION (HCA) HAS ANNOUNCED THAT THE 2020-21 COLLEGIATE DIVISION I HOCKEY SEASON WILL BE DELAYED DUE TO COVID-19.

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Welcome to Audrey's Corner

JILL AMARI

MANAGER OF AUDREY'S CORNER

When I first saw an email from the faculty advisor of The Spectrum appear in my inbox last year, I had no idea how important that email—and the goal behind it—would become to me. I gave it a quick scan at first, thinking it was just another one of the dozens of emails we receive every day, but something about it caught my eye: it was an invitation to all undergraduates to apply for the Audrey Niblo Award for Excellence in Reporting and Writing, which was established in 2018 in honor of a student who had passed away about a year before I came to SHU.

As a freshman majoring in English, I thought it a dream come true to be presented with the opportunity to write for the university's newspaper. However, I felt particularly called to apply for the Audrey Award because this part of Spectrum was different from the rest of the newspaper. It was a special section of Perspectives, anyone in the community could write for it, and it didn't involve only writing reports like much of the rest of the newspaper.

I was invited to attend the introductory meeting to speak with students and faculty who had known Audrey and to learn a bit more about Audrey, her interests, and her impact on Spectrum. Within the first few minutes, I knew that this was something I wanted to be a part of for the rest of the year—and hopefully for the rest of my time at SHU.

As the newest members of this initiative, one of our first orders of business was to create a name for our section in the newspaper. A name that was catchy, short, and something Audrey would've loved. Soon enough, we had a winner: Audrey's Corner.

In the meantime, I was also thinking of topics and articles I could write. As a group, we discussed writing about challenges

that students face on campus, such as bullying, dealing with stress, and mental health issues. I learned that Audrey had been bullied when she was younger, and she became an advocate for change by speaking out about her experience being bullied.

We also talked about the things Audrey loved most, such as ice cream, spreading kindness, and smiling. At the beginning of the spring semester, I submitted my first piece to Audrey's Corner: a poem about the importance of a smile.

This year, I will be doing more behind-the-scenes work as the manager of Audrey's Corner. While I am thrilled to continue writing for Audrey's Corner, I am also excited to make Audrey's Corner more widely known as it returns to both the online and print versions of The Spectrum.

As we begin the fall semester, we will continue to promote kindness on campus and in the general community. We will continue to remember Audrey through a variety of articles, including opinion pieces, creative writing, photographs, and art. This year especially, we need some of Audrey's caring nature and optimistic personality to share with the world.

An application for the 2020-21 Audrey Award will be sent in an email to all undergraduates, but you don't have to be a student to write for Audrey's Corner. In the past, we've also had faculty, clubs, and even parents of students submit works.

If you have any questions about the Audrey Award or would like to write for Audrey's Corner, feel free to reach out to Jill Amari, manager of Audrey's Corner, at amarij@mail.sacredheart.edu.

Living on Campus During a Pandemic

DEANNA REINHARDT

MANAGING EDITOR - BUSINESS

When envisioning my return to campus this fall and the COVID-restrictions that would be in place, I have to admit, I was less than thrilled. The normal excitement of reuniting with friends and the anticipation of a new school year had been replaced with anxiety and doubt as to what the year might bring.

I'm happy to say that almost one month in, I'm very surprised as to how well it's going and that I am actually enjoying myself. Don't get me wrong, college life is definitely different this year. For one thing, I'm not always sure who is saying hello to me--hard to tell behind those masks! Amazingly, eyes have become everyone's most outstanding feature, but as the weeks have gone on, what was once a hesitant and awkward hello has become relaxed and welcoming.

Similar to the warmth now masked behind each hello, the rest of this "new normal" has begun to grow on me as well. For one, I was initially disappointed by the idea of so many online courses because I really enjoy interacting with my fellow students, but now I've found that it's actually quite convenient working from my dorm room--in my pajamas! With this, I have more time to complete assignments (all from the comfort of my bed) and then have the rest of the day to enjoy myself.

Normally, when it was time to leave my room, I would usually look to socialize with friends from various residence halls, both on and off campus. However, because of the new guidelines, that social circle has greatly diminished. New guidelines dictate that we only associate with those in our direct residence halls. This seemed incredibly restrictive at first, but has actually forced me to go outside my comfort zone and get to know students I may have previously overlooked. As a result, I have made more friends and actually enjoy having them living so conveniently

close by.

Beyond the social aspects, I found myself concerned as to how safe it would be living in such close proximity to other students during such precarious times. Thankfully, the safety precautions Sacred Heart University has taken have allayed my fears and health concerns. Readily available hand sanitizer and enforced mask-wearing, as well as random testing and contact tracing, have ensured the safety of us all.

Although careful about socializing in large groups, I am still able to enjoy our beautiful campus and take advantage of the numerous new Adirondack chairs placed comfortably throughout. I have quickly adjusted to this new COVID-campus lifestyle. From reserving time at the Bobby Valentine Recreational Center to following the preset arrows for food at Linda's, it's all working out just fine.

All in all, so far, I'd say fall 2020 is going pretty smoothly here at SHU. Despite a few off-campus incidents, and some more recently on campus, it seems The Coronavirus Planning Team is keeping on top of this challenge. It is imperative that we continue to strictly follow the guidelines which have been put in place for us. Although things appear to be going smoothly, a false sense of well-being could lead to overconfidence and subsequent risky behavior. As tempting as it may be to venture outside of the recommendations, to do so would actually undermine our common goals, and in a worst case scenario, could even bring the school year to a premature close.

I am hopeful that if we continue to adhere to our Pioneer Promise, this will not be a successful year for all, but certainly one for the books that we can be proud we conquered when we look back on our time at SHU.

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

Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.