

THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

WEDNESDAY, SEPTEMBER 29, 2021

REPORTING CAMPUS NEWS SINCE 1983

VOLUME 47, ISSUE 3

THIS WEEK AT SHU!

WEDNESDAY SEPT. 29

4-6PM IT'S NEVER SHU LATE
TO GET INVOLVED: LINDA'S
3RD FLOOR

9-11PM PIONEER PAINT
NIGHT: NC AUDITORIUM

THURSDAY SEPT. 30

3-5PM WHAT'S THE SCOOP
COMMUTERS? HAWLEY
LOUNGE

6-7PM LIVE MUSIC AT THE
PAVILION: PIONEER PAVILION

6:15PM-10:15PM BETA
THETA PI KARAOKE

NIGHT FUNDRAISER: NC
AUDITORIUM

8PM VANYA, SONIA, MASHA &
SPIKE: LITTLE THEATER

FRIDAY OCT. 1

12:30-3PM SELF-REFLECTION
WITH HER CAMPUS: HC 101

8-11PM ALL AGES NIGHT:
RED'S

8PM VANYA, SONIA, MASHA &
SPIKE: LITTLE THEATER

SATURDAY OCT. 1

12-4PM FALL FEST: 63'S LAWN

1-4PM ENVIRONMENTAL CLUB
CAMPUS CLEAN UP: CHAPEL
QUAD

4-7PM MULTICULTURAL FALL
FASHION SHOW: EDGERTON

SUNDAY OCT 2.

7-8PM TRIVIA NIGHT: COFFEE
THEMED RED'S PUB

Nursing in a Pandemic

BY SOPHIE CAMIZZI
News Editor

On Sept. 10 and 17, the Davis & Henley College of Nursing (DHCON) held their annual Blessing of the Hands/White Coat Ceremony for juniors and seniors at the Chapel of the Holy Spirit that had previously been put on pause last semester on account of Covid-19.

However, due to improving conditions on campus this semester, seniors were able to attend the ceremony that is typically held during their junior year.

"The pandemic started when I was a sophomore, so we missed out on Blessings of the Hands as a junior, which was a bummer," said senior Daria Munia. "But this year, we had our hands blessed by the nursing faculty, and we were also given our white coats."

While the actual ceremony has remained the same for years, the meaning behind it has since been altered due to Covid.

"One of the reverends had a significant health event, and she said it so beautifully: 'I was scared, and someone held my hand when I was fading away and losing consciousness, and when I woke up, the first thing I felt was the nurse's hand in mine encouraging me to come back,'" said Dr. Karen Daley, Dean of DHCON for Healthcare Education. "Usually, a handshake or a warm hug are wonderful things, but during Covid, they kind of became a threat. We had to wash them, we had to not touch, and they became something dangerous that could transfer the virus, so the blessing has taken on a whole other meaning this year."

Those within the healthcare field have faced many difficulties during the ongoing fourth wave of the pandemic, especially nurses.

According to the Associated Press, "[As a result of the ongoing crisis for the nursing workforce and burnout for many nurses,] many are quitting their jobs in substantial numbers all across the country, with 62% of hospitals reporting a nurse vacancy rate higher than 7.5%."

In combination with the high level of education expected of many nursing students, Covid has made mental health for nursing students a priority for the university.

"I think that when you're in a very high demand program like nursing and anxiety levels are already high about succeeding, and then you overlay a pandemic that makes people feel very insecure and unsafe on top of all that, you have to give students a lot of grace," said Daly.

Despite this, some students are still not deterred from their goals.

"As someone who's sister handled the brute of the pandemic, she has said to me that it is a slap in the face after working the front lines and seeing people refuse a vaccine which is saving lives," said sophomore Christopher Torres. "However, I don't think it has changed my outlook on nursing. If anything, it has made me jump into the field more than ever."

Although the Covid outbreak has somewhat changed the nursing

field, the very basis and ethics of nursing remain the same and have even been strengthened due to the hardships.

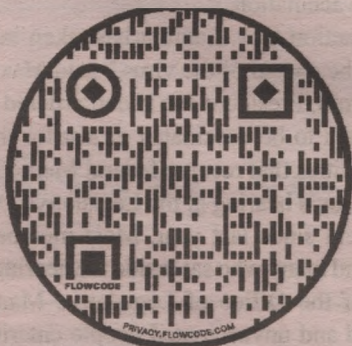
"I think in some ways, the pandemic has changed us for the better," said Daly. "We became so much more committed to the nursing profession because we could see how nurses lead in the community, how they lead in the hospital, and we were able to cope and help people around us. I'm just so proud."



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SCAN ME!!



THE SPECTRUM

NEWSPAPER RACK
LOCATIONS

Martire
(first floor by the main staircase)

Spectrum Office
(in the Communications and Media Arts wing)

Curtis Hall
(just inside the front doors)

Linda's
(first floor across from the bookstore)

Pitt Center
(just inside the front doors)

SC Wing
(first floor near 63's and Edgerton)

UC Wing
(near the Public Safety window)

Melody Hall
(just inside the front doors)

Student Life Office
(in the lounge)

Hawley Lounge
(next to the stairs)

Library
(just inside the front doors)

CHE
(just inside the front doors)

West Campus - West Building
(one rack is toward the Market and dance studio, the other is in between the Factory and Maker Space)



UPCOMING GAMES



Week of September 26

Women's Soccer-Thurs. Sept.
30 @12pm-Park Ave Field

Women's Volleyball-Fri. Oct. 1
@4pm-William H. Pitt Center

Men's Soccer-Thurs. Sept. 30
@3pm-Park Ave Field

Field Hockey-Fri. Oct. 1 @7pm-
New Haven

Women's Volleyball-Thurs. Sept. 30
@7pm-William H. Pitt Center

Women's Golf-Sat. Oct. 2-@US
Naval Academy

Women's Rowing-Sat. Oct. 2-
Shelton

Football-Sat. Oct. 2 @1pm-
@Howard

Women's Rugby-Sat. Oct. 2
@11am-@Dartmouth College

Men's Ice Hockey-Sat. Oct. 2
@4:05pm-@Hartford

Women's Swim-Sat. Oct. 2
@11:30am-Milford

Women's Ice Hockey-Sat. Oct. 2
@5:30pm-Shelton

News

New Music Major at SHU

BY BRENDAN WILLIAMS
Staff Writer

As of fall 2021, students at Sacred Heart University can now pursue a bachelor's degree (B.A.) in music.

The new program will be based in the department of media and performing arts in the School of Communication, Media and the Arts (SCMA). It will be currently accepting those who wish to enroll into the program.

"The music program has grown to be the largest performing arts program at Sacred Heart," said Prof. Joseph Carter, director of academic music programs. "In response to the unprecedented growth over the past several years, a music major is the next logical and prudent step as Sacred Heart continues to expand its arts curricula. The demonstrated demand for music classes at SHU suggests that it is reasonable to anticipate significant interest for this new major."

According to Keith Johnson, director of bands and orchestra at Sacred Heart, students in the program will be able to choose from concentrations in either music performance or music production.

"The music curriculum will give students a broad range of communication, organizational and problem-solving skills that are applicable to a wide range of jobs within the music and arts fields," said Carter.

Since its founding, Sacred Heart has offered a music minor program. However, with the new major, students will expand on these skills by taking more specialized classes.

"Students will gain the skills necessary to excel as music professionals, educators and producers through more advanced study, in-depth practice and practical or applied experience," said Carter.

"There's an enormous amount of potential for the music major program," said Johnson. "Graduates will be able to pursue opportunities as performers, producers, recording engineers, composers, music executives, agents and more. In addition, students will be able to become certified music teachers through the newly established master's in music education program in the Farrington College of Education."

According to Carter, this program will begin in the fall of 2022. However, there are some students in the music and theatre arts programs who believe there are issues that need to be resolved before the major begins.

"I love the idea of having more musicians on campus," said junior Ben Carson, who plays guitar and is involved in both the theatre and performing arts program on campus. "But there currently aren't enough practice rooms, which isn't ideal when there are really no other places on campus to practice."

Other students feel that the school needs to improve the pre-existing programs.

"I feel as though there is a lack in funding for the practice rooms," said senior Mason Duckworth, who is a member of the choir and minoring in music. "There were many

times when I would want to rehearse the music I was given for performances or class, but since we only have a small selection of practice rooms, they are most likely all always taken."

However, the department believes that this problem will soon be addressed.

"This was key to the original proposal," said Carter. "More practice rooms and a second dedicated music classroom with piano. This is in the process of being set up."

"It's no secret that we need acoustically tuned music facilities for both individual and large ensemble practices," said Johnson. "Over the past decade, SHU has demonstrated a commitment to building needed academic, residential and athletic facilities. With the establishment of this new music major, this is definitely an opportunity to build new and exciting facilities for the performing arts."



KEYBOARD (LEFT), PIANO (TOP RIGHT), SAXOPHONE (BOTTOM RIGHT).

PEXEL

Gov. Lamont Seeks to Extend His Masking, Vaccination Orders

BY THE ASSOCIATED PRESS

Connecticut Gov. Ned Lamont on Wednesday released a list of executive orders he hopes top legislative leaders will agree to extend through Feb. 15.

The orders include required COVID-19 vaccinations for nursing home workers, required vaccination or testing for school workers and certain state employees, and required mask-mandates in schools and elsewhere.

Earlier this summer, a law was passed which empowers the top six Democratic and Republican legislative leaders to disapprove any of the executive orders issued under the state's emergency public health declarations.

"We have unfortunately seen the risks of the Delta variant realized, with a prolonged surge in cases, hospitalizations, and deaths from this new and more contagious variant," Lamont wrote in a letter to legislative leaders.

He noted how it's critical the state continue its vaccination campaign and masking requirements in schools and certain high-risk settings to "prevent the emergence of even more contagious and more dangerous COVID-19 strains."

On Wednesday, Lamont issued a proclamation calling the General Assembly back to Hartford for a special legislative session next week to approve the 6th renewal of the Democrat's declaration of public health and civil preparedness emergencies.

Republican lawmakers have voiced opposition to the move, arguing it's time for the Democratic-controlled General Assembly to make these decisions.

In other coronavirus-related news in Connecticut:

VACCINE MANDATE OPPOSITION

Teachers, school bus drivers, and health care workers were among the dozens of people who testified before a group of state legislators Wednesday, arguing they unfairly face the possibility of losing their jobs because state and federal mandates require them to get vaccinated or tested regularly for COVID-19.

Some said they're willing to risk their jobs rather than get the shot.

"I may lose my job next week, but my choice and every parent's choice for what we put in our bodies is more important than my job," said Linda Machorro, a veteran elementary school teacher in the Danbury Public Schools.

Some people who appeared before the General Assembly's Conservative Caucus, which organized the hearing, said they've been shunned at work and experienced discrimination because of their resistance to getting the shot.

Some questioned why vaccinated workers weren't also required to get tested regularly while others complained about having to answer invasive questions about their medical histories and religious beliefs in order to obtain an exemption.

Ashley Madore, one of several school bus drivers in Bristol who attended the hearing, said people who kept working during the pandemic are now scoffed at by politicians and

others because of their personal concerns about the vaccine and their reluctance to get tested weekly.

"Those of us who were once heroes are now nothing because we believe in the right to choice," she said.

An executive order signed by the governor requires staff at childcare facilities and pre-K-12 schools statewide to have received at least one dose of a COVID-19 vaccine by Sept. 27. Those who don't get vaccinated due to certain exemptions will have to get tested weekly. State hospital and long-term care employees will not have the option of testing in lieu of vaccination.

"Every action Gov. Lamont has taken in response to the pandemic has been aimed at reducing the spread of the virus," said Max Reiss, a spokesperson for Lamont.

Last month, President Joe Biden ordered all employers with more than 100 workers to require them to be vaccinated or test for the virus weekly. Also, he required workers at health facilities that receive federal Medicare or Medicaid to be fully vaccinated.

Wednesday's hearing at the Legislative Office Building marked the first such in-person public event since last year. Most members of the Conservative Caucus, people who testified and many who sat inside the hearing room did not wear face masks. The executive director of the Office of Legislative Management issued a rule on Aug. 2 requiring vaccinated and unvaccinated people entering the complex to wear face coverings when in common areas.

House Speaker Matt Ritter, D-Hartford, accused the legislators of "putting Capitol Police, members of the public, staff and elected officials at risk" and urged House Republican leaders to "take action against these elected officials who blatantly and purposefully broke our building's public health policy."

House Minority Leader Vincent Candelora, R-North Branford, called Ritter's statement "hyperbolic" and "inaccurate given the guidance legislators received from Capitol Police" on Wednesday.

"This manufactured controversy is the latest evidence of his party's desire to conduct as much business as possible outside the public eye," he said in a statement. "Make no mistake, Democrats want to keep the Capitol closed and continue the charade that virtual government is serving residents well."

Perspectives

Freshman Year...How’s It Going?

BY KENLEY PIERRE
Staff Writer

Freshman Marco Arbogast was excited to begin his first year on Sacred Heart University’s campus and to meet new people and start his college experience.

“College has been fun so far, and I’ve had a smooth transition since I have met a lot of cool people,” said Arbogast.

The freshman class of Sacred Heart started their college experience in August, being able to go to in-person classes as a change from remote learning the past few semesters.

“I was really hoping to be in person because I was in person in high school for my senior year. I feel like I learn better in person,” said freshman Jackie Gillien.

Some freshmen have adjusted well and have not experienced homesickness.

“I have adjusted well to life at Sacred Heart and being around my roommates has helped a lot,” said Gillien.

Similarly, other freshmen have been able to transition to the college experience due to Sacred Heart’s atmosphere.

“My adjustment has been pretty good. I am doing well academically since there are a lot of resources and things to get involved in,” said freshman Matthew Roessel.

The freshmen class has experienced many on-campus events like the First 50 Days.

According to the Sacred Heart website, “The First 50 Days event series are campus-wide programs that aim to make you feel at home. Packed with social, informative, academic events and activities, these events provide you with the opportunity to meet and interact with other students, faculty and staff.”

Many freshmen say that they took advantage of these events.

“I really enjoyed going to the First 50 Days events,” said freshman Vanessa Benjamin.

“I loved the Stuff-a-Bear event.”

Some freshmen are excited to get involved in different clubs and organizations that they learned about at the “Just SHU It” Involvement Fair.

According to Sacred Heart’s Twitter, “The involvement fair took place on the chapel quad, where students got information on clubs and organization and how to join.”

“I enjoyed the involvement fair and talking to the sororities got me excited to get more involved and join one,” said freshman Abbey Riela.

On the other hand, some freshmen have had a hard time adjusting to college life despite the many events on campus. ,

“I was a little bit homesick, but calling and FaceTiming with my parents helped,” said Riela.

Other students say that their family have come to visit, which has been helpful with their adjustment.

“I have not been homesick because I saw my family when they came to watch my brother’s soccer game at SHU,” said Benjamin. “It has been good meeting new people, and getting involved has helped.”

Some freshmen admit that they struggled with online learning and learn best in person.

“I am happy that we are in person this year because I struggled with online learning, so being in class face to face with my professors is really helpful,” said Reila.

Some freshmen had to be online their senior year of high school, and many say that physically being back in the classroom is more natural.

“I am really happy that we are in person because I spent my whole senior year online, and making friends with classmates is a lot easier when it isn’t over Zoom,” said Benjamin.

Exploring Pioneer Village

BY RACHEL DEGENNARO
Staff Writer

Sophomore Breana Gionta is excited to be living in the new Pioneer Village Residence Halls while also being steps away from Sacred Heart University’s newest dining hall.

“I love that the new dining hall is right next to my dorm room. It’s really helped me keep track of my eating schedule because it’s a 10 second walk,” said Gionta.

SHU’s completed Pioneer Village contains six residence halls, with the newest additions being Teresa of Calcutta Hall, Frances Xavier Cabrini Hall and Thea Bowman Hall. Combined, these three new dorms house around 450 to 500 students total, with Thea Bowman Hall connected to SHU’s newest dining location, Thea’s Abbey. Pioneer Village is located in the heart of campus and houses various grade levels, most of whom are sophomores.

“I love living on the Upper Quad because it is centrally located and I can walk to the Bobby Valentine Center, the SHU Pad, or grab a coffee at Starbucks in the main building,” said senior Lindsay Kassardy.

Many students residing in Pierre Toussaint Hall, Elie Wiesel Hall, Pier Giorgio Frassati Hall, Teresa of Calcutta Hall, Frances Xavier Cabrini Hall and Thea Bowman Hall say they are loving the beauty and social aspect of being at the heart of campus.

“There are constantly people outside, whether they are just hanging out, eating or playing volleyball, and it’s always so fun,” said sophomore Ava Zechinno.

Students living in these residence halls are also enjoying the food options available at Thea’s Abbey.

“I love the new dining hall in the middle of the village. So convenient and delicious,” said sophomore Grace Schiller.

Many students said that Thea’s Abbey is in a great location with a large indoor seating area, outdoor seating areas and outdoor grills used for special events.

“The dining hall is amazing, and I love how we are able to sit outside and get fresh air,” said Gionta.

Brianna Cilea, a sophomore living in Teresa of Calcutta Hall, said, “The common rooms are a great way to get into a new environment and out of your dorm room to study and get work done. It is also a great place to relax on a school night or watch TV with friends.”

Each residence hall in the Pioneer Village also has designated areas for students to socialize.

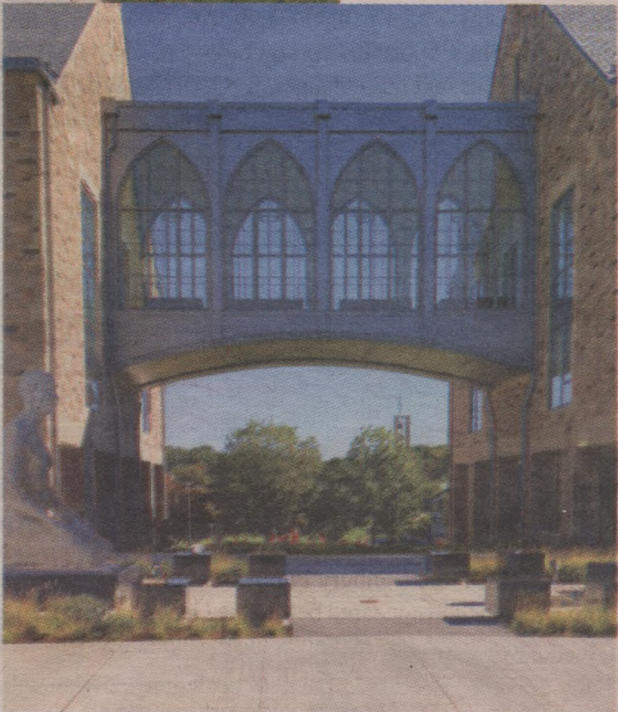
“I have made so many new friends while living in these dorms because there are so many areas to gather with people and get to know new faces,” said Kassardy.

Pioneer Village dorms also offer students their own bathroom, kitchen or kitchenette, lounge or living room, and spacious closets.

“The amenities that come with the buildings make me feel like I’m living in luxury. This was definitely my first choice of housing,” said Zecchino.

Students also said living on campus at Sacred Heart made being away from home easier.

“My favorite part about campus is that it makes me feel as if I am at home. Sacred Heart is such a warm and accepting school, and everyone here is so friendly, which makes being away from home so much easier,” said Gionta.



EXTERIOR OF PIONEER VILLAGE.

ARIANA BONILLA, STAFF PHOTOGRAPHER

Features

Fall Fashion Show Collaboration

BY MAIGHREAD SCARFIELLO and JULIA HALLISEY
Staff Writer/Features Editor

The Sacred Heart University Multicultural Center and Fashion Club will collaborate on their first ever Fall Fashion Show. The event will take place on Saturday, Oct. 2 in the Edgerton Theatre from 4-6 p.m.

The show will represent all cultures and ethnic backgrounds of students from Sacred Heart.

"This is an opportunity for people of all different backgrounds and ethnicities to represent different cultural garments and pieces they want to share with the Sacred Heart community," said Leela Gallucci, Multicultural Affairs Graduate Assistant. "We've never done anything like this before, so it has been kind of crazy and stressful. We're going to have an alumni, Carlos Ruiz, as the MC and host of the event."

There will also be music and a dance performance by the SHU Dance and Section Team.

Along with representing their cultures, participants have a chance to show their talent as well.

"There are going to be a handful of students modeling their own costumes and designs," said Gallucci. "That's going to be really exciting. I can't wait to see what they come up with."

Students in the community are excited for this event as well.

"It is really cool to see our school do something like this," said senior Marie Funes. "I think it is important that people take pride in their culture and share it with their community."

The message of this event goes beyond just fashion.

"Being Honduran has a lot to do with who I am, so to see other students embracing their culture as well as showing off their talent is inspiring and really makes SHU feel like a home," said Funes.

Along with representation of cultures, inclusivity to the LGBTQ+ community will be touched upon.

"We're going to have Caribbean-themed cultural representation, a lot of African and Hispanic culture, there's some Irish, Italian," said Gallucci. "There is also going to be a non-binary community representation as well."

The Multicultural Center prides themselves on inclusivity for all, and this event is no different.

"Although this is a cultural event, I was really surprised to hear that there will be an LGBTQ+ portion in the show," said senior Brianna Santos. "I think that really shows how important representation is to the Sacred Heart community and really separates us from a lot of other communities."

This event, although light-hearted and fun, poses as a learning opportunity for many students.

"As someone who isn't familiar with many cultures, this is an important event to attend and pay attention to," said junior Olivia Vadas.

Sacred Heart is a community filled with numerous different cultures and backgrounds, and the Fall Fashion Show plans to give each and every one of them the spotlight.

"It is great for us to learn about how other cultures live and how they represent each other," said Gallucci. "It's going to be a way to get everyone together and show that we all are connected in things that we love like fashion."



MULTICULTURAL FALL FASHION SHOW

A fashion show highlighting various cultures and demographics.

October 2 • Saturday • 4-6 P.M

Edgerton Theater

Sacred Heart University

Come learn about various cultures and ethnicities through fashion!



SACRED HEART UNIVERSITY

FLIER FOR THE UPCOMING FALL FASHION SHOW ON OCT. 2.

Panhellenic Sorority Recruitment at SHU

BY ADRIANA FRANCHINO
Staff Writer

This past weekend, Sacred Heart University Greek Life kicked off their annual sorority recruitment for the fall. This year marks the first in-person Panhellenic recruitment since 2019, which is being done throughout multiple locations on campus. The eight sororities have gone through this process and added new members into their organizations.

The process differs from last year, during which recruitment was held completely on Zoom because of Covid-19. With the utilization of masks and the multiple buildings being used around campus, recruitment was allowed to happen in person this year. However, there was a Zoom option available for women in quarantine who were going through the recruitment process.

Starting this past Friday, women walked through the areas where recruitment was being held and interacted with all eight sororities to try and find their new homes.

Before the weekend began, both the recruiters and the women going through the process had personal impressions about the events.

"Looking back on my time at Zeta Tau Alpha, I joined when I was a freshman, and now being a senior and being able to help my chapter continue to grow is something I am proud to be a leader of," said senior Olivia Sergio, the Vice President of Recruitment and Membership for Zeta Tau Alpha. "This experience has motivated me in ways I never thought possible, and having the support of my sisters is something I value, and they continue to keep me motivated even during stressful times."

Women going through this process had some concerns and other thoughts going into the weekend.

"Going into recruitment as a freshman can be a little nerve wracking because I'm still transitioning into college life. I'm a little nervous, but I'm more excited to go out and introduce myself to new people," said freshman Lauren Dioro.

Organizers of these events ensured that everything ran as smoothly as possible and explained more about the process itself.

"Each sorority has the chance to welcome new members into their organization through three recruitment rounds over the course of three days, being Sisterhood Round, Philanthropy and Service Round, and finally Preference Round. As these rounds happen, the further on it goes, the more intimate they become," said Kristine Udahl, the Vice President of Recruitment on the Panhellenic Executive Board.

The excitement and energy was high this weekend for these women who got to go back to a face-to-face recruitment process. Before this process began, there were several

pre-recruitment events that were held to enhance this experience even more for everyone involved.

"We had a lot of pre-recruitment events, such as Grilling with the Greeks, and other specific table times, such as Phi Sigma Sigma's Krispy Kreme Donut and Starbucks fundraiser to raise money for our philanthropy. These were also great ways to meet potential girls who could join our organization and become a part of our sisterhood," said junior Jenna Santoro, the Sisterhood Development Chair of Phi Sigma Sigma.

Starting off the fall semester on a high note, the formal Panhellenic recruitment was something that many incoming women, and current members of these sororities were very excited about and gave them more to look forward to for the rest of the semester.



MAE ARCHACKI, FRATERNITY AND SORORITY GENERAL ASSISTANT

ALPHA DELTA PI DURING PHILANTHROPY ROUND.

Spotlight

AUDREY'S
CORNER

a place for kindness & reflection

The Power of Pets

PLEASE ENJOY THESE COMFORTING AND CUTE PICTURES OF PETS FROM SHU STUDENTS!



Butter
KATE IANNAZZI



Mo (Left), Ellie (Right)
MIA SANSANELLI



Cricket (Left), Blu (Middle), Ollie (Right)
MIA SANSANELLI



Ellie
KAILEY AND COURTNEY BLOUNT



AMBER HARRISON



Ellie
KAILEY AND COURTNEY BLOUNT



JESS FONTAINE

Fashion

Life, Luxury and the Pursuit of Fashion

BY ELIZABETH COYNE
Arts and Entertainment Editor

The most recent Met Gala took place on Sept. 13 at the Metropolitan Museum of Art. Centered around the freshly curated costume exhibit entitled “America: A Lexicon of Fashion,” the Met Gala encouraged a wide display of fashions from designers following the theme “American Independence.”

The event left some wondering: what is American fashion, and how has it evolved throughout the years of America’s independence?

“I did the whole thing,” said junior Hailey Morelli. “I looked at the outfits, picked out my favorites and laughed when I thought they didn’t follow the theme. But now I’m wondering if I even knew what I was supposed to be looking for?”

In the past, American fashion has relied heavily on European fashion. Some American designers have depended on the influence of their European counterparts, while others have desperately tried to separate from the aesthetic.

In a New York Times article, Fashion Director Vanessa Friedman said, “In the beginning, American fashion was largely defined by what it wasn’t: European.”

According to the Evening Standard, in the beginning of her political career, First Lady Jackie Kennedy wore fashions almost exclusively from European designers. It wasn’t until after Kennedy was struck with criticism that she switched to having her garments made in the United States, many times using European fabrics and patterns which she preferred.

Over time, American fashion has come to represent less of the United States as a whole and more of the individuals who inhabit it.

Inspired by Adeline Harris Sears’ “Signature Quilt with Tumbling Blocks Pattern,” the recently curated costume exhibit is meant to be a place of unification and representation for all aspects of American fashion. According to the MET, the quilt served as “a metaphor for the United States and its varied cultural identities.”

Each of the 100 pieces within the exhibit are shown with a “word bubble headpiece,” chosen to display the different emotions exuded by American fashion.

Diane von Furstenberg’s signature wrap dress is paired with a headpiece labeled “freedom,” representing the freedom given to the wearer due to the dress’s ease of fit, comfort of wear and flexibility of size.

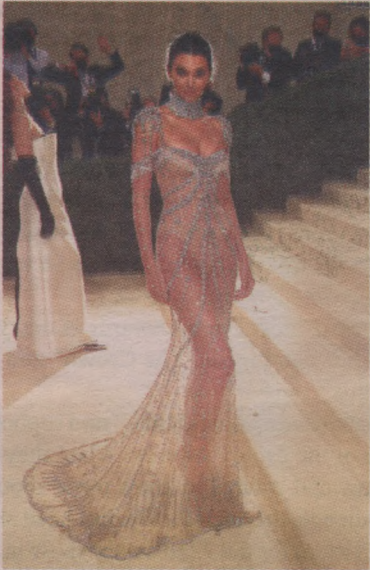
Both of Olivia Cheng’s garments are presented with the attached label “innocence.” This is due to the captured essence of childhood Cheng represents with the technique of using pressed flowers within her designs.

A dress by Patrick Kelly is labeled with the word “joy,” inspired by Kelly’s hope to make people smile with his clothing. The black shift dress is adorned with varying

buttons forming a heart shape across the chest, inspired heavily by his grandmother, who altered his clothing as a child.

In a New York Times article, Wendy Yu Curator in Charge of the Exhibition Andrew Bolton said, “I just thought it was time to try to make people think differently about American fashion. The show is trying to problematize that tradition of always considering it through a lens of sportswear and reflect the way American designers have been at the forefront of wrestling with contemporary issues, be it ethical, sustainable or social, which are much more emotive.”

“I love the different identities presented within the exhibit. I think it sends such a powerful message that America is made up of several parts which work in unison to create a whole,” said junior Reagan Daly. “The difference in cultural background is what makes America special and unique, what a great way to show it.”



KENDALL JENNER (LEFT), SHAWN MENDES AND CAMILA CABELLO (RIGHT)

AP NEWS

Arts & Entertainment

The Rise of Lil Nas X

BY MARIA JEAN ZEGARELLI
Staff Writer

On Sept. 17, artist Lil Nas X released his latest album, "Montero" (stylized in all caps), which is available on all music streaming platforms. The album includes features from Miley Cyrus, Elton John, Megan Thee Stallion and Doja Cat.

In an interview with Rolling Stone, Lil Nas X said, "Creating this album has been therapy for me. I've learned to let go of trying to control people's perception of who I am, what I can do and where I will be. I've realized the only opinion of me that really matters is my own."

After the release of his debut album, Lil Nas X received many positive reviews on his public persona as well as his music.

According to The New York Times, "The gleeful queer 22-year-old pop star and savvy digital trickster often cuts an impossibly confident figure in public."

"I've heard him be called a modern-day Elton John with an outstanding persona, coming out with hit after hit. He plays a large role in the LGBTQ+ community," said junior Nick Amato.

Lil Nas X has often referred to his album as his child. Prior to the release of "Montero," he posted photoshopped pictures of himself pregnant, using them to get fans excited for the upcoming music.

In an Instagram photo caption, Lil Nas X said, "SURPRISE! I can't believe I'm finally announcing this. My little bundle of joy 'Montero' is due September 17, 2021."

"I feel like his album 'Montero' has a lot of potential to get big. I originally heard him back in 2019 when he came out with 'Old Town Road.' He has been blowing up on social media," said Amato. "My favorite songs on his latest album are 'That's What I Want' and 'Industry Baby.'"

"As a strong ally of the LGBTQ+ community, I think the energy in his new album and new music videos are powerful and motivational," said junior Alexandra Peixoto.

According to Forbes, Lil Nas X's first single "Old Town Road" is the longest held single to stay at number one on the Billboard Hot 100 list. Along with this, "Old Town Road" was the first song in history to reach 15x Platinum Status.

More recently, Lil Nas X has received mixed reactions to his red carpet looks and social media presence.

According to Associated Press, the theme for the most recent Met Gala was "American Independence" which left plenty of room for interpretation. Lil Nas X attended and performed "a Lady Gaga-esque strip tease on the carpet in a gold Versace, from cape to armor to embellished jumpsuit."

"Regarding his sense of style, I think his outfit for the Met Gala truly stood out and made a statement among a lot of the other celebrities that attended," said sophomore Stephanie Zustovich.

Lil Nas X proudly showcases his flamboyant personality on social media platforms such as TikTok, Instagram and Twitter.

"Not only do I love his music, but I love him as an artist and an influencer on the

internet, too. For someone who got into the music industry at a young age, he has truly made quite the impact," said Peixoto.

"The artist brings more to the table than just music. Lil Nas X is a movement. He is the future of music. I wouldn't call it a gimmick, I'd call it a proclamation to the music industry," said Zustovich.



LIL NAS X AT THE 2021 MET GALA RED CARPET.

THE ASSOCIATED PRESS

The Emmy Awards

BY TALIA PIETROBUONO
Staff Writer

Broadcasted on ABC, the 73rd annual Emmy Award show was on Sept. 19. The show honored and awarded many actors and creators who were outstanding in the production of a television show.

According to the Emmys, "The Emmy Awards recognize excellence within various areas of television and emerging media."

Some actors showcased during the award ceremony were Kerry Washington, Tracee Ellis Ross and Kaley Cuoco.

The stars came dressed in lavish gowns and had their pictures taken on the red carpet before the awards began. Thousands of people tuned in to see the outfits these stars chose to wear and what designer dressed them.

Some stars exercised "method dressing," a way of dressing done by an actor to reflect the character played in a movie or show. For example, Anya Taylor-Joy came dressed in a 1960s-inspired gown, a modernized version of the 1960s garments she wore when playing Beth Harmon in "The Queen's Gambit."

"Watching the red carpet at the Emmys is my favorite because I love seeing the outfits that the actors come out in," said sophomore Bianca Castaldo.

Some of the categories presented at The Emmys were Outstanding Limited Series, Outstanding Supporting Actor in a Drama Series and Outstanding Writing for a Comedy Series.

According to CBS News, "Jean Smart received the award for Outstanding Lead Actress in a Comedy Series for her role on HBO's 'Hacks.' Kate Winslet, who worked alongside Smart in 'Mare of Easttown,' another HBO production, was given the award for Outstanding Lead Actress in a Limited Series, Anthology Series or Movie."

"The Emmy Awards have always been important to my mom and me," said sophomore Ashley Lyons. "Being the only daughter in my family, my mom and I always sit together for every award show and watch it together; it's become a tradition to us."

According to CBS News, Netflix brought home the most Emmy Awards at this year's ceremony, totaling 44 awards from all the categories combined. "The Crown" and "The Queen's Gambit" each brought home 11 awards this year.

"'The Crown' is a show that I started to binge-watch during quarantine," said sophomore Marissa Poska. "I first found out about it because of the Emmy Awards. When they were nominated in 2020, I became interested in the show and wanted to know more about it."

Although the Emmys typically have a large audience, the award show has been slowly losing viewers each year. The Emmys were made virtual for the 72nd award show in 2020 due to Covid-19, causing a massive loss in viewers. That loss carried over to the most recent show this year.

According to Entertainment Weekly, "At this point in human history, it is a well-

documented fact that most Americans are not interested in watching awards shows. Ratings for the Emmys and the Oscars continue to plummet to new lows every year."

Despite the low viewership, the Emmys will continue to showcase the talented actors, producers, directors and creatives next year during a new award ceremony.



BILLIE PORTER (TOP LEFT), KATE WINSLET (TOP RIGHT), JASON SUDEIKIS (BOTTOM LEFT), GROUP PHOTO (BOTTOM RIGHT)

THE ASSOCIATED PRESS

Sports

Club Football Starts Season 2-0

BY MICAH BRANTLEY
Staff Writer

The Sacred Heart Club Football team started the 2021 season off with a 2-0 record in the first two games of their season. Their wins came against the My Healthy Community (MHC) Green Wave on Sept. 11 and the Clarkson University Golden Knights on Sept. 18.

The club football program has missed two years due to Covid, and in those two years 30 new freshmen have joined the squad.

"For the first time in two years, to get back on the field was a different set of nerves," said Head Coach Greg Jones. "To go out there on the field with my team and put on a good showing after two years, it was very emotional for us."

In their home opener, senior safety Chris Binkowitz picked up a tackle and an interception in the win over MHC Green Wave.

"Our season is great. We're 2-0, it's a long season, we have a lot more to accomplish and we are all invested in getting a ring," said Binkowitz. "In the first two games, our team played very well. Even though we had a short pre-season, we all support each other and are invested in winning."

On the offensive side, senior slot receiver David DePalma rushed for 132 yards with two touchdowns, and freshman quarterback Thomas Hurley provided 82 total

yards as well as a rushing and passing touchdown in his Sacred Heart debut.

"Coming to Sacred Heart and playing football where I get a chance to play a full season and get back to normal a little bit, I'm happy to get the opportunity to play for SHU club football, and I am excited to be on the field with my team," said Hurley.

Their second win of the season came after Clarkson University forfeited at halftime. Junior quarterback Aidan Sacco was a lead rusher for the Pioneers with 73 of their 134 rushing yards.

"I'm happy to be out there again," said Sacco. "Last time I played football was in high school. I got the chance to play with good teammates and be coached by good coaches."

Next up for the Pioneers is a battle against the Warriors of Eastern Connecticut State in Windham, Conn. on Sept. 25. They will be on the road again versus the University of Vermont on Oct. 2 before returning to Campus Field on Oct. 16 for a rematch with Vermont.

Sacredheartclubsports.com contributed to this article.

Wrestling Season Preview

BY RYAN DIFRONZO
Staff Writer

Sacred Heart University's men's wrestling team awaits their opening match against American University on Saturday, Nov. 6.

After finishing the 2021 season with two National Collegiate Athletic Association (NCAA) championship qualifiers, Head Coach John Clark is coming back for his fifth season with the Pioneers. A significant difference from his past four years in coaching is that the 2021-2022 season will welcome the largest amount of recruits, both freshmen and transfers, that the Sacred Heart wrestling program has ever seen, with 30 total recruits.

"These numbers are unprecedented, and that falls right in line with the unprecedented results that we're looking to accomplish," said Clark. "I couldn't be happier to have a roster of 75 student-athletes."

When Clark took over the program in 2017, the Pioneers finished with a record of 2-10. Between 2019 and 2021, the Pioneers have had eight team wins and eight team losses, and as a result of the large recruitment, Sacred Heart now has the biggest Division 1 (DI) NCAA roster in the country.

"He (Clark) is always working so hard to make sure that everyone is improving," said freshman Jake Carlucci. "Whether it be a simple phone call or advice at practice, Coach Clark is always trying his best to obtain a close relationship with each wrestler and make sure that we are all working to achieve our goals."

Carlucci is among the 30 new recruits, and his ability to adjust to the atmosphere of a DI program is credited to the leadership and work ethic of his older teammates.

"These upperclassmen work so hard to get to where they are, and I'm using that as motivation to push myself to get to their level," said Carlucci. "Being a freshman means I have to prove myself and earn the respect of my teammates, and I want to do that on and off the mat with my hard work."

Senior Nick Palumbo was one of the athletes that competed at the NCAA championships in 2021, and as a veteran, Palumbo has seen both sides of winning and losing.

"Since I got here three and a half years ago, we have improved astronomically due to the hard work of Coach Clark and my teammates," said Palumbo.

In his 2021 campaign, Palumbo made the jump from the 149 weight class to the 157 weight class, where he tallied three wins in the shortened season. He plans on using the

talent he has on the mat to encourage the new slew of recruits coming in this season.

"I found the best way to lead is by example. I am putting in extra work, staying positive and just sharing advice when needed. I believe that if the younger guys see what I am doing while having success, then they will follow," said Palumbo.

The second matchup for the Pioneers will be against Pennsylvania State University (Penn State), a team that finished second overall in the NCAA championships in 2021 while also having four individual champions, according to bigten.org.

"We are competing with the best teams in the nations this year, and I expect this team will rise to the occasion," said Palumbo. "We're going to surprise a lot of people this year, so make sure you're watching."



SACRED HEART'S FALL 2021 MEN'S WRESTLING TEAM.

SACRED HEART UNIVERSITY

Nick Kirby Picks up Rookie of the Week for Men's Soccer

BY PATRICK QUIGLEY
Staff Writer

Freshman defender Nick Kirby of the Sacred Heart University men's soccer team was named Northeast Conference (NEC) Rookie of the Week.

In the third week of action for the Pioneers, Kirby notched two points and one goal in just two appearances. After scoring his first collegiate goal against Hartford University, the New Jersey native got the starting nod from Head Coach Joe Barroso against Quinnipiac University.

"Nick is a young man with tremendous grit and work ethic," said Barroso. "He has earned his playing time through his attitude every day in training and has performed well when given the opportunity."

According to Sacred Heart Athletics, Kirby is the first player to earn a weekly award since earlier in 2021 when Olliver Persson earned Player and Rookie of the Week on April 13.

"I am honored and happy to win this award, but none of it could have been possible without my teammates and the coaching staff supporting me," said Kirby. "It really does mean a lot to me because Sacred Heart took a chance on me when no other Division I program did. It really does prove how with hard work and determination you will be rewarded."

Kirby is the first of the Pioneers to achieve a weekly conference award this season

according to the NEC website.

"This will motivate me because I know that I can get so much better as a player. I am still young and have a lot to learn from the coaches and other players," said Kirby. "While it does feel good to be recognized, this is only the start and I can't wait to improve as an individual and as a team."

One of Kirby's teammates noted that he brings talent to their team.

"Nick has brought not only younger talent, but a competitive attitude. Coming to every practice and game wanting to win is something that rubs off on a lot of the players," said junior midfielder Rob Taylor. "One of the things a successful team needs."

Taylor was happy to hear about Kirby receiving the award.

"He's come into the program and earned his spot on the team. He's one of the hardest working players I've seen, and I'm proud to call him my teammate," said Taylor. "I feel the award is well deserved. It shows that his hard work is recognized."

Kirby noted that Sacred Heart was one of the only schools that offered him a position on the team.

"This program believed in me when most programs did not," said Kirby. "Everyone here welcomed me with open arms, and it is something I do not take for granted."

The Pioneers will travel to Kirby's home state of New Jersey on Sept. 26, where they will face off against Fairleigh Dickinson.

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Thank You, New York

JULIA HALLISEY
FEATURES EDITOR

As someone born and raised in Connecticut, it may seem a little arbitrary to praise an out-of-state city for changing the course of one's life, but that is what New York did for me.

New York City is a city known, and admired, all over the world. Because of this, a lot of New York visitors can recall the first time they stepped into the magical city, took in the sights, and decided they adored the city that never sleeps, but I can't. I was probably around two years old when I first went to New York.

I was introduced to the city surrounded by family. Every year, on the first Saturday of December, my grandpa would take my whole family there. Picture two grandparents, five adults, and 11 children running around. Now, picture it in 20 degree weather.

So thank you, New York, for giving me some of my best memories.

We usually always did the same things—walks in Central Park, seeing the tree, trips to F.A.O. Schwartz, and the Rockefeller Christmas show. After 10 years of doing the same exact thing, you'd think it would get old, but it never did.

Thank you, New York, for giving me tradition.

When we stopped going to New York as a family, I took it upon myself to continue going every December. No matter how crazy my schedule was or who I had to convince to come with me, I was there every year without fail. It's become a tradition I once shared with my family, now share with my friends, and hope to continue for the rest of my life.

Thank you, New York, for giving me something to aspire to.

I was 10 years old when I decided that I was going to move to New York, and I'd tell anyone who would listen, "When I graduate college, I'm going to move to New York," and somehow everyone I told knew that it was a perfect fit for me.

I swore the day I broke my "New York City Girl" phone case in middle school would go down in history as the worst day of my life.

In some ways, I was manifesting before I even knew what manifesting was. Even from that young age, I wholeheartedly believed that I would end up in the city, and even though almost every other thing about me has changed, that desire never has.

I never cared for school. I was a terrible student throughout middle school and my freshman year of high school. I didn't get the point of sitting in a classroom all day, until my high school started preparing us for college. That's when my New York game plan kicked in.

Thank you, New York, for helping prove that I am capable.

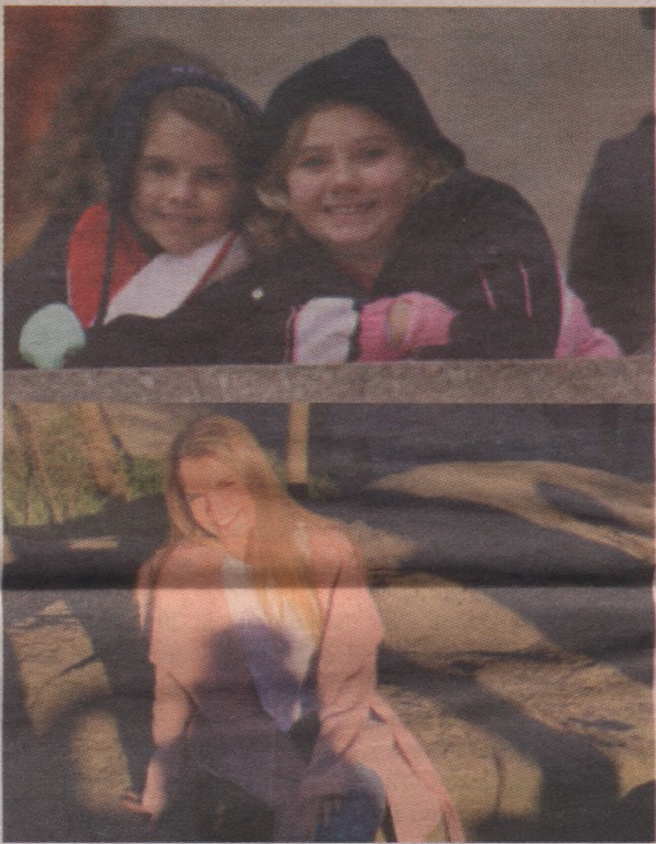
If you looked at my grades from 6th-10th grade and compared them to my grades from 11th grade-junior year of college, you'd think I either started spending hundreds of dollars on tutors or I

somehow got really good at cheating, but neither of those things happened. Sophomore year is when I realized that in order to make it to New York doing something I love, I had to start working right then.

When I didn't want to do my homework, I thought of New York. When I thought a test wasn't worth studying for, I thought of New York. While most students stacked up their extracurriculars because it would look good on their college applications, I was thinking beyond college and thinking about New York.

Even though I always pictured myself in New York, it somehow felt like a far away dream. Now, as a senior, I'm realizing that it's actually not so far away. And while it's still a dream, I'm realizing the value the city will forever have in my life even if I never move there, because it kept me going when I didn't think I could.

So, thank you, New York, for everything.



Lessons Learned

MARIA CIPRIANO
CO-SPORTS EDITOR

When I first started college, I never thought that I would be where I am today or even graduating a semester early.

Over the past four years of my college education, I have learned that time moves faster than we think. I started at Adelphi University my first semester freshman year and hated it. During Thanksgiving break, I looked at Sacred Heart and decided to transfer here.

It was weird to leave my friends at Adelphi, but it felt like the right thing to do. I was able to have the classes I took transfer over and continue taking general education classes.

I was able to join the club lacrosse team and make new friends, some of whom I now live with.

My sophomore year was very interesting because it started out great, and then my second semester, Covid happened. I was still able to finish that semester and also figure out what I wanted to do after I graduate.

Taking the News Writing and Reporting class with Professor Kabak made me realize that writing for a newspaper is something that I would enjoy doing.

That class not only helped me become the writer I am today,

but also encouraged me to join the e-board, which I am still on as a senior.

There are so many things that I can talk about in relation to being on The Spectrum, but I think that I have mostly learned how to be the person I am today.

Whether it was giving constructive criticism to a writer and helping them through their article or even learning how to think of questions to interview an athlete or coach after a huge game, I will take these skills that I have learned while being at Sacred Heart and keep them in my back pocket, because who knows where I will be in the next four years.

Looking back at all of the things that I have accomplished at this school, I never thought that it would end the way it is. That I would be graduating a semester early and applying to graduate school to start in the spring.

With that, I would like to say thank you to everyone that has helped me along the way—my family, my friends, my professors, my coaches, and anyone else who has been with me throughout college.

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