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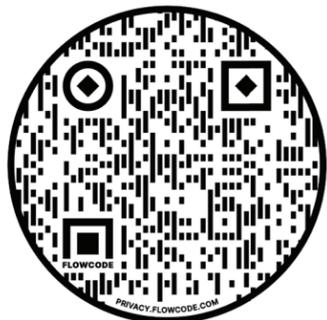
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## Newfound Creativity On Luxembourg Campus

BY MARIO PEDERNA  
Staff Writer

COVID-19 has caused many schools and businesses to come up with alternative ways to operate, and the Luxembourg Campus of Sacred Heart University is no exception.

“We had to switch from live to online immediately, and we did that over the weekend,” said head of campus Antoine Rech. “Thanks to the support of the U.S., we were able to work with our professors to switch to Zoom and the online tool.”

Located nearly 5,000 miles away from the U.S., Sacred Heart’s Luxembourg Campus primarily offers graduate programs for the Jack Welch College of Business and Technology, as well as study abroad programs for undergraduate students.

The campus has been integrating technology and virtual learning now more than ever. This serves as an example as to how innovation can come from necessity.

“From a crisis, you can also grab opportunities,” said Rech. “So what we did is we actually invited some professors from the U.S. to participate in the courses that we were offering here in Luxembourg.”

The concept of having professors in different countries teaching alongside one another via Zoom is new, but it can serve to help students by providing them with knowledge from people all around the world.

Being able to instantly connect with someone across the world not only provides potential for how college courses can operate, but also for how the campuses in Fairfield and Luxembourg can collaborate and work with each other.

Dr. David Taylor, director of digital integration of campuses, works directly with the staff at the Luxembourg Campus and described what the process of changing how the two campuses work together was like.

“When the pandemic happened, we were using Zoom for all these things and so last spring, as we were doing classes on Zoom and we were doing meetings through Zoom, we started realizing that there’s no difference between me having a meeting with the Dean from my house here, and having the meeting in Luxembourg,” said Taylor. “What we realized is that one of the silver linings in the pandemic is that really, distance doesn’t matter so much in the electronic age.”

Although there have been difficulties with the pandemic, both campuses are focusing on the positives.

“Again with Zoom, there’s not a lot of difference now between when I’m collaborating with my colleagues here versus when I’m collaborating with my colleagues there, so it’s really sort of brought the campuses together in a nice way,” said Taylor.

The location of the campus in Luxembourg is also something

students can benefit from. Being a central city in Europe, students have the opportunity to travel and experience different kinds of cultures.

“The city center is not like downtown New York, it’s not like Manhattan. Here, you can walk, you can take the tram to go from one store to another and mix with the people, and this is a fantastic opportunity to develop yourself,” said Rech.

The university also provides students with opportunities to travel and study abroad, with programs that can be as short as a few weeks or as long as a full semester.

In Jan. 2022, there will be a two-week program to study in Luxembourg, as well as an opportunity to go for the full semester later on in the spring of 2022 for undergraduate students.

“The university is about giving you knowledge, skills, and to offer you new ideas of development,” said Rech. “So if you have, as a student of Sacred Heart, the opportunity to use Sacred Heart in Europe, in Luxembourg, well, explore because then you will come back to your country with a whole different view.”



SACRED HEART UNIVERSITY

SACRED HEART UNIVERSITY’S LUXEMBOURG CAMPUS ADJUSTS TO VIRTUAL LEARNING DUE TO THE COVID-19 PANDEMIC AND FOUND CREATIVE WAYS TO COLLABORATE WITH THE FAIRFIELD CAMPUS.

## “Sarah Speaks Up” Colloquium

BY CHARLOTTE GRENS  
Staff Writer

“For ten years I was in a domestically violent relationship,” said Sarah Gallardo, who likes to go by the single name Sarah.

On March 10, Sarah, founder of “Sarah Speaks Up,” spoke at a Sacred Heart University colloquium held via Zoom, she spoke for nearly an hour straight without interruption. About thirty students and professors attended the event and participated in a short question and answer session afterwards.

As a survivor of over ten years of domestic violence, Sarah uses her platform to shed light on domestic violence and to encourage other survivors to speak up about their own experiences.

In her presentation, Sarah described her childhood, including how she was able to cope with an alcoholic mother and an abusive father.

“As the oldest, a lot of the responsibilities naturally fell on my shoulders,” said Sarah, who became a mother to her younger sisters. “We did struggle as kids.”

Wanting to be able to get away from the craziness of her home life, Sarah strove to be great in school. She got involved and joined as many clubs as she could to ensure that she could go away to college.

“I poured myself into my studies and extracurricular activities. I was actually overly involved,” said Sarah. “It was kind of a little bit uber-extra, but my subconscious thought that the busier I was, the less I’d be able to focus on the dysfunction and less I’d actually have to be physically home.”

This led her to get the opportunity to attend her number-one school, Berkeley College of Music, in Boston.

However, this is when Sarah came to the realization that she had been molested by a friend of her father from the age of 8 or 9 to the age of 13.

“I began having these strange flashbacks and triggers and nightmares that I found very confusing at the time,” said Sarah.

Sarah served as an inspiration to the students attending.

“Although this is a painful topic, it needs to be talked about,” said sophomore Maddison Jones. “Knowing what happens behind closed doors truly does raise more awareness.”

Later, Sarah got involved in a ten-year long abusive relationship, facing things like being beaten, raped and even shot at.

She tried to escape many times, but it wasn’t until Sarah had her first child that she decided to leave her now ex-husband.

“I thought to myself, if anyone was to hurt this little girl, I don’t know what I would do to that person,” said Sarah. “And then I thought, if she learns to allow people to mistreat her, won’t that be my fault? Won’t that be the example that I set for her? So for that reason, and that reason mainly alone, we left my ex-husband when my daughter was six months old.”

While her ex-husband was in jail, Sarah began to heal from the trauma by going to support groups and doing other healing actions.

She then worked to get her domestic violence counselor certification and become a speaker.

“More than anything, I wanted to help others who have gone through similar situations, or worse, those who are still stuck in that,” said Sarah.

Sarah has won a number of awards, created two support programs and had the opportunity to speak at the Commission on the Status of Women Conference at the United Nations Headquarters in New York City.

“Sarah doesn’t matter. But what Sarah can do for everyone else, that’s what matters,” she said.

For more information on Sarah, you can read her book “Hiding in Plain Sight,” available through Amazon, or visit her website sarahspeaksup.com.

# News

## Congress Passes \$1.9 Trillion COVID-19 Relief Bill

BY ASSOCIATED PRESS

WASHINGTON (AP) — A Congress driven along party lines approved the landmark \$1.9 trillion COVID-19 relief bill Wednesday, as President Joe Biden and Democrats claimed a major triumph on legislation marshaling the government's spending might against twin pandemic and economic crises that have upended a nation.

The House gave final congressional approval to the sweeping package by a near party line 220-211 vote precisely seven weeks after Biden entered the White House and four days after the Senate passed the bill. Republicans in both chambers opposed the legislation unanimously, characterizing it as bloated, crammed with liberal policies and heedless of signs the crises are easing.

"Help is here," Biden tweeted moments after the roll call, which ended with applause from Democratic lawmakers. Biden said he'd sign the measure Friday.

Most noticeable to many Americans are provisions providing up to \$1,400 direct payments this year to most people and extending \$300 weekly emergency unemployment benefits into early September. But the legislation goes far beyond that.

"Today we have a decision to make of tremendous consequence," said House Speaker Nancy Pelosi, D-Calif., "a decision that will make a difference for millions of Americans, saving lives and livelihoods."

For Biden and Democrats, the bill is essentially a canvas on which they've painted their core beliefs — that government programs can be a benefit, not a bane, to millions of people and that spending huge sums on such efforts can be a cure, not a curse. The measure so closely tracks Democrats' priorities that several rank it with the top achievements of their careers, and despite their slender congressional majorities there was never real suspense over its fate.

"I have seen so many people struggle financially because of COVID-19, and people need assistance from higher powers to make ends meet," said sophomore Giavanna Volpe.

Republicans noted that they've overwhelmingly supported five previous relief bills that Congress has approved since the pandemic struck a year ago, when divided government under then-President Donald Trump forced the parties to negotiate. They said this one solely reflected Democratic goals by setting aside money for family planning programs and federal workers who take leave to cope with COVID-19 and failing to require that shuttered schools accepting aid reopen their doors.

"A federal response is necessary, but the dollar amount seems excessive," said Sacred Heart University Prof. Gary Rose, Chair of the Department of Government.

Sen. Roger Wicker, R-Miss., touted the bill's \$29 billion for the ailing restaurant industry, tweeting it would help them "survive the pandemic" without mentioning he had voted against the legislation. Democrats predicted this week that Republicans would do that, with Pelosi saying, "It's typical that they will vote no and take the dough."

Wicker told reporters, "I'm not going to vote for \$1.9 trillion just because it has a couple of good provisions."

A dominant feature of the 628-page bill is initiatives making it one of the biggest federal efforts in years to assist lower- and middle-income families. Included are expanded tax credits over the next year for children, child care and family leave — some of them credits that Democrats have signaled they'd like to make permanent — plus spending for renters, feeding programs and people's utility bills.

"I like the emphasis this bill puts on working-class and low-income families as well as small businesses," said freshman Brian Foisy. "It's also great that President Biden and Democrats fulfilled their campaign promises of more stimulus checks."

Besides the direct payments and jobless-benefit extension, the measure has hundreds of billions for COVID-19 vaccines and treatments, schools, state and local governments and

ailing industries from airlines to concert halls. There is aid for farmers of color, pension systems and student borrowers, and subsidies for consumers buying health insurance and states expanding Medicaid coverage for lower earners.

"Who's going to help? Do we say this is all survival of the fittest? No," said House Budget Committee Chairman John Yarmuth, D-Ky. "We rise to the occasion. We deliver."

Rep. Jared Golden of Maine was the only Democrat to oppose the measure. He said some of the bill's spending wasn't urgent.

The measure was approved amid promising, though mixed, signs of recovery.

Americans are getting vaccinated at increasingly robust rates, though that is tempered by COVID-19 variants and people's growing impatience with curbing social activities. The economy created an unexpectedly strong 379,000 jobs last month, but there remain 9.5 million fewer than before the pandemic struck.

Republicans said the country will pay a price for the extra spending.

"It's certainly good politics to say, 'Hey, we're going to hand you a check for \$1,400,'" said Rep. Tom Rice, R-S.C. "But what they don't talk about is what this bill costs."

An Associated Press-NORC Center for Public Affairs Research poll found last week that 70% of Americans back Biden's response to the virus, including a hefty 44% of Republicans. According to a CNN poll released Wednesday, the relief bill is backed by 61% of Americans, including nearly all Democrats, 58% of independents and 26% of Republicans.

Yet until November 2022, when control of the Senate and House will be at stake, it will be uncertain whether voters will reward Democrats, punish them or make decisions on unforeseen issues.

*Ryan Downey contributed to this article.*



CONGRESS HAS APPROVED PRESIDENT BIDEN'S \$1.9 TRILLION COVID RELIEF BILL WHICH INCLUDES \$1,400 TO MANY AMERICANS.

CNN

FOR THE ONLINE VERSION  
OF THIS WEEK'S PAPER,  
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# Perspectives

## St. Pandemic's Day

BY IANNA HANKINSON  
Staff Writer

How are you spending St. Patrick's Day this year?  
 "This year is different because we won't be going to the parade," said sophomore Lauren Mazze. "So many families are concerned about COVID-19, so we won't be going to anyone's house either."  
 While the holiday may be a time of celebration for some, the longstanding 259-year tradition of the St. Patrick's Day Parade in New York City has gone awry due to COVID-19 restrictions.  
 Previously, each year, nearly 3 million people lined the 1.5-mile parade route to watch the procession.  
 According to HISTORY.com, "The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green. Today, the New York City St. Patrick's Day Parade is the world's oldest civilian parade and the largest in the United States, with over 150,000 participants."  
 Many students say that their traditional St. Patrick's Day plans will change this year.  
 "Usually my family and I would go to the St. Patrick's Day Parade in New York, then we would meet more family and friends at an Irish restaurant for a night of music, food and dancing," said sophomore Sarah Arcuni. "I'll miss going to the parade, being with extended family and being at the restaurant we've been going to for years."  
 According to irishcentral.com, the parade will honor first responders and essential workers for the ongoing pandemic. It will not include representatives from any of the traditional groups that march in the parade because of restrictions on the size of gatherings. Spectators will not be allowed to watch the parade in person, but it will be livestreamed for all to view safely from home.  
 Regardless of the adjustments, some students have expressed discomfort toward the idea of even being in the city during the pandemic.  
 "No one's going to willingly take their mask off to go out and enjoy the holiday," said sophomore Nina Manganello. "You're not able to gather in the same way with the people you typically would."  
 Additionally, some students have been concerned about how they will spend their holiday.  
 "Going from normally spending a holiday surrounded by hundreds of people to not even being able to be around more than a few with masks is very different," said Mazze.  
 For some seniors, this holiday has become bittersweet.  
 "It stinks we can't go to bars for St. Patrick's Day because it's the last year that my friends and I will be living so close," said senior Megan Mango. "I would've never guessed that the virus would still be in full force an entire year later, but it's best to keep

myself and everyone around me safe."  
 However, other students have created alternative ways to celebrate despite the circumstances.  
 "This year I'm probably going to go to dinner with my roommates," said sophomore Tara Matthies. "I used to be with a huge group of people, but because of COVID-19, I'll only be with my roommates."  
 While St. Patrick's Day may be celebrated differently this year, for some, this is only one example of the way the pandemic has changed annual traditions.  
 "COVID-19 has changed my normal traditions drastically," said Arcuni. "From going out without a thought to now spending holidays home with the utmost caution of not getting COVID-19."



FOX 5 NEWS

SACRED HEART STUDENTS REACTION TO HOW THEIR TYPICAL ST. PATRICK'S DAY FESTIVITIES WILL BE IMPACTED BY COVID-19.

## Dining On or Dining Off?

BY FRANCESCA MCCAFFREY  
Staff Writer

Whether it be dining halls or dining out, the choice of where to eat is up to you.  
 Many Sacred Heart University students say they enjoy dining off-campus in local areas such as Fairfield, Bridgeport and Westport. These areas have a plethora of restaurants to choose from, making them popular spots.  
 "There's not much to do on campus, and going out to eat with my friends off campus is always fun," said sophomore Juliana Beaton.  
 Many students say they prefer certain off-campus restaurants.  
 "Molto, located in Fairfield center, is my favorite," said sophomore Adriana Bracco.  
 Students say they are attracted to the fun, easygoing atmospheres of off-campus restaurants. The diverse menus which give students more options than they are accustomed to with on-campus dining make many students agree that the restaurants act as a piece of normalcy.  
 "The fun atmosphere in Molto attracts me, along with the menu, making it a great place to enjoy dinner with friends and have some fun," said Bracco.  
 Another key aspect of the dining experience are the prices, especially for college students where money can be hard to come by.  
 "Molto is my favorite restaurant because the food is not only handmade, fresh and delicious, but the prices are very affordable," said sophomore Brianna Ramos.  
 Students say hearing other people's experiences is what draws them to try a restaurant for themselves.  
 Beaton said, "My roommates always find new places to eat that they hear about from other people."  
 Engagement through social media is also a factor in the popularity of off-campus restaurants. Students share their meals and the locations of restaurants on apps such as Snapchat, which allows them to offer suggestions to other students who want to try new restaurants.  
 "I usually hear about places through Snapchat when other people post their meals or just by searching foods near me and looking at every menu," Ramos said.  
 The excitement to try new places also allows students to expand their list of off-campus choices for dining. While trying one new place, there is another place lined up behind it on their list to try.  
 "While my favorite is Flipside, I would love to try Brick and Wood as I have heard it has not only a good menu, but amazing food as well," said sophomore Jenna Dimech.  
 On March 4, Governor Ned Lamont announced that starting March 19, Conn. restaurants will expand dining to 100-percent capacity. A curfew for dining rooms will still be mandated, along with an eight-person limit at tables.  
 "I think Connecticut has earned it," Lamont said according to nypost.com.  
 Will this affect the comfort students have built to leave campus and dine out?  
 Sophomore Matthew Monopoli said, "I think with the ease of the capacity rules, I will be able to experience the normal energy a restaurant gives: a welcoming energy and one that isn't such a cold exchange."



EXPERIENCE FAIRFIELD CT / PIZZERIA MOLTO

BRICK AND WOOD (PICTURED FIRST) AND PIZZERIA MOLTO (PICTURED SECOND) ARE TWO RESTAURANTS IN DOWNTOWN FAIRFIELD THAT SHU STUDENTS RECOGNIZE AS THEIR FAVORITES.

# Features

## Post-Graduate Leadership Programs Recruitment Week

BY RYAN MCHALLAM  
Staff Writer

Thinking about going to grad school after graduation? Are you also thinking about where to start when looking for your first job?

You can find all of these answers and more through Sacred Heart University's Post-Graduate Leadership Programs Recruitment Week.

"Students simply needed to register through Handshake. Also, all sessions carried a casual tone, allowing students to engage in discussion by asking questions along the way," said Patti Moran, Director of Career Programming & Exponential Learning.

Sacred Heart University's Center for Career & Professional Development hosted a recruitment week from March 8-12 to educate Sacred Heart students of the graduating class on their options for post-graduation.

"This week is designed to virtually educate SHU students on a variety of competitive leadership, rotational and early career programs offered after college," said the event's official website.

This allowed students to find their path for post-graduation.

"Many of the companies that we partner with, in particular mid- to large-scale organizations, offer leadership and rotational programs to recent college graduates. These competitive programs require approximately a 1- to 2 ½-year commitment where candidates will rotate among various departments or corporate locations, receive active professional mentorship and training, and engage within the company in various capacities," said Moran. "The Center for Career & Professional Development decided to host a week dedicated to these programs, allowing companies to showcase their recruitment timeline and offerings in a variety of ways."

The recruitment week held a variety of virtual events for students who are graduating this year and even for recent alumni to help prepare their leadership skills for the real world. The week's main event was MLB/NHL interview opportunities.

"View and database live baseball and/or hockey game broadcasts, MLB/NHL Network studio programming, exclusive shoot footage, archival footage from the MLB library, etc., using the DIAMOND Logging System," said the professional development's website.

This granted students the opportunity to get a jump start on their career journey and get their foot in the door for real-life job experience.

"In addition, the MLB and NHL Network offered pre-selected interviews for candidates interested in their post-graduate Logger and Broadcast Associate positions," said Moran.

Leadership is something very prominent that companies look for, especially when it comes to the workforce and job world after college.

Some students also plan to go the non-traditional graduate school or work force route after graduation.

"My plans for post-graduation entail moving to St. Louis, Mo. to work for a non-profit organization called L'Arche. I will be a live-in assistant (live in a community home

among people with and without intellectual disabilities) in this inter-faith community," said senior Jenna Calabrese. "I will assist with the physical, mental, emotional and spiritual care of the adult 'core members' (individuals with intellectual disabilities)."

Most Sacred Heart University students are actively thinking about what that next step is going to be after they complete and receive their undergraduate degree. A lot of Sacred Heart students pursue grad school to either carry on their education or to receive a graduate degree.

"I am actually doing the one-year master's SCPR program here at Sacred Heart. I plan to hopefully be working as well," said senior Nicola Pareg.

Senior students at Sacred Heart University have different plans for when their time is done as undergrads. The Center of Career and Professional Development offers strong guidance and aid to all undergraduates to make sure they are ready to enter the post-grad world.

"Student participation and faculty support have been tremendous," said Moran. "We have seen representation across various majors and class years from all colleges."



THE CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT SPONSORED A POST-GRADUATE LEADERSHIP PROGRAM THAT ASSISTED STUDENTS IN FINDING THEIR PATH AFTER COLLEGE.

## Student Ambassador Applications Are Out!

BY MAI TAKAISHI  
Staff Writer

Students at Sacred Heart University can apply to become Student Ambassadors starting March 10. Student Ambassadors give tours and help run open houses, among many other responsibilities.

A Student Ambassador's main purpose is to encourage prospective freshmen to choose Sacred Heart. One of their roles includes showing the attractions of the campus. For example, the Bobby Valentine Health & Recreation Center and the 63's dining hall are popular spots to show on tours.

Another role of Student Ambassadors is to be a symbol of Sacred Heart and to represent the university's core ideals.

The program allows prospective students to have more confidence to choose Sacred Heart and feel comfortable at the university. Student Ambassadors do their best to answer visitors' questions during tours.

Student Ambassadors mainly help the undergraduate admissions office with "showcasing SHU Pride," running events and welcoming families, according to junior Grace O'Rourke.

"My advice for people thinking about applying is to be yourself," said O'Rourke. "Don't try and change your personality or the way you act to 'fit' the ambassador position. Go in with an open and positive attitude."

Senior Admissions Assistants Julia Tavolilla and Emma Wollweber advised the same as O'Rourke. Being themselves is most important to make prospective families choose Sacred Heart because they should understand the facts come from Student Ambassadors' hearts.

"Being a Student Ambassador is to reflect what the university stands for," said senior Thomas Lawless. "It means expressing your love for the university and why you chose Sacred Heart as your home away from home."

Becoming Student Ambassadors can make students' college life more fulfilling because they can meet new people. Going on tours gives Student Ambassadors and prospective students opportunities to know each other directly before they enter college.

Through the program, students can learn many kinds of skills, such as how to communicate with each other and have more confidence.

Visiting students and families can see the special view about the school coming from Student Ambassadors.

"We are truly a family and support one another to do our best," said Tavolilla. "Join our family and watch how much you will grow and lend a helping hand to other students looking for their home."

Ambassadors can learn more about the charms of Sacred Heart while giving tours, especially through preparing their scripts for tours, during which they learn more about each building and location on campus.

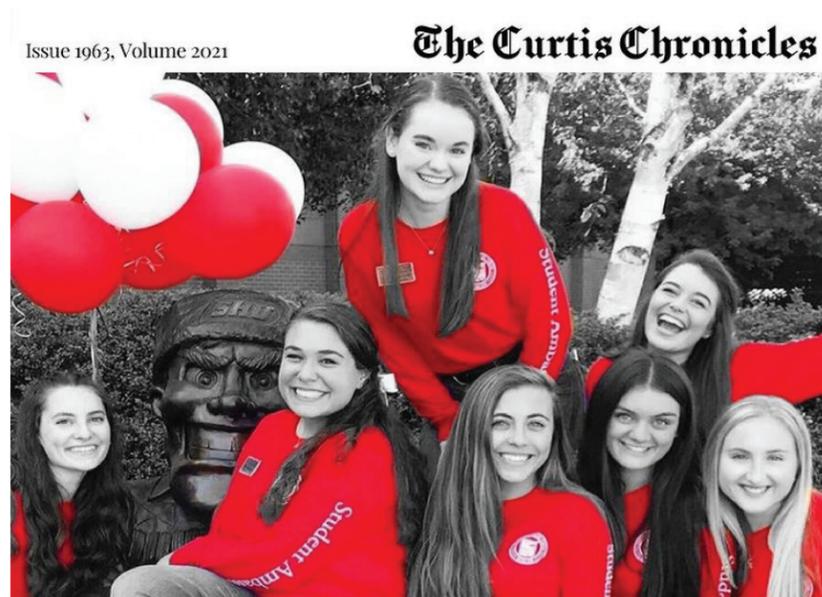
In addition to better understanding the university itself, Student Ambassadors also gain

understanding about themselves.

Application information for Student Ambassadors was sent out by Rob Gilmore, Director of Campus Experience, on March 10. Information sessions were held on March 8-10. The application due date is March 26.

Students can also find information about how to apply for this position through the Instagram @shu\_studentambassadors.

"If you love Sacred Heart and want to be part of something bigger than yourself, the student ambassador program is the one for you," said Lawless. "There is no better feeling than giving a tour to a prospective student."



### APPLICATIONS LIVE TODAY!

STEP 1: Click the application link in bio

STEP 2: Apply to be a Student Ambassador

STEP 3: Get ready to make a difference!

SHU STUDENT AMBASSADORS

STUDENT AMBASSADOR APPLICATIONS ARE NOW AVAILABLE, CHECK THE LINK IN THE @SHU\_STUDENTAMBASSADORS INSTAGRAM BIO TO APPLY OR EMAIL ROB GILMORE FOR MORE INFORMATION.

# Spotlight



## SHU Talks: Lessons in Happiness

ANDREW KANE  
CONTRIBUTING WRITER

Recently, I watched a lecture on YouTube from the “SHU Talks: Happiness” series. This particular video was from Imam Gazmend Aga, a Sacred Heart University chaplain.

For me, there was an excerpt from the video that really stood out: “Faith equips us with the tools to combat depression and hopelessness, and there is nothing wrong with accepting and acknowledging your grief. The strength of a believer, despite all the pain and grief—that, in essence, is what true faith is.”

Aga continued, “Trust God’s word, even if the suffering feels endless and you feel yourself getting exhausted from the weight of it all. Do not lose hope, for there is something even better waiting for you right around the corner. Nothing remains forever, not even hardships.”

Aga’s words struck a chord with me. Early in the pandemic, it was hard for me to see light at the end of the tunnel. I was out of work (even before COVID-19), I was living at home with my parents, and not much was going on in my life. I had moved back home in July 2019 after spending four incredible years in New York City. I wasn’t making much money, and I always had roommates to deal with, but I was happy because I was doing things and living life.

Fast forward to the start of the pandemic, and I was outright miserable. I cried a lot, way more than usual. It was during this time, though, that I began to realize that this pandemic would be temporary, and it would pass. Like Aga said, “Nothing remains forever, not even hardships.”

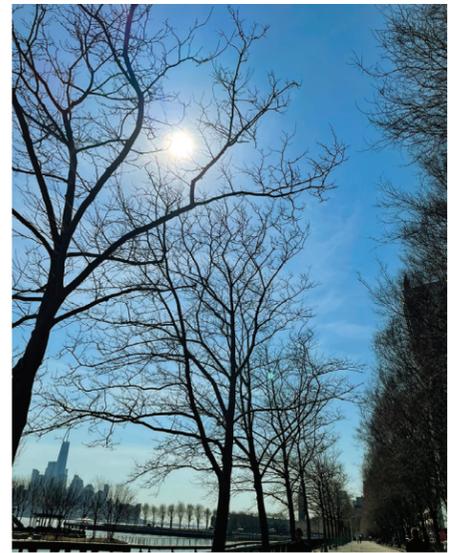
The turning point for me was leaving my brief cell phone sales job in July 2020 after two awful weeks. I did not want to spend my life working random jobs and feeling sad most of the time. Leaving that job gave me the kickstart that I needed to pursue my true passion of working in journalism and media. I applied to several schools and eventually chose Sacred Heart.

Just days after starting the fall semester, more stars began to align. I interviewed with Trader Joe’s, went on a second interview, and landed a Crew Member position with the store. I spend my shifts having fun, talking with customers, and trying out delicious Trader Joe’s products.

That’s when I really started to feel some semblance of happiness again. While work and school keep me busy and focused, I still have my bad days and anxieties from time

to time, but I’ve learned to accept them. I just remember what Aga said about being grateful for what I do have: “During the hard times, we tend to forget the blessings we have around us and instead focus more on the things going wrong for us. Remind yourself that you have a lot to be grateful for. Do not make yourself anxious over the unknown outcomes. Play your role the best you can and leave the rest to God.”

He’s right. In my opinion, happiness does not mean feeling happy all the time. That kind of mindset simply doesn’t exist. What matters more is aiming to better yourself while finding contentment and taking time to acknowledge the things you are grateful for in your everyday life.



MADISON PELUSO / THE SPECTRUM

# Fashion

## The Challenges of COVID-19 on the Fashion Industry

BY ELIZABETH COYNE  
Assistant A&E Editor

On March 10, the Jack Welch College of Business & Technology presented “Challenges of COVID-19: The Apparel Industry Through the Lens of C-Suite Executives.” The event was free for any Sacred Heart University student or staff member to attend live via Zoom.

Included in the panel was Sacred Heart alumni and current Fashion Institute of Technology (FIT) professor, Dr. Brooke Carlson. Along with Carlson, Vice Chairman and former owner of Mitchell Stores Bill Mitchell, along with his son Scott Mitchell, were in attendance.

Fashion Marketing and Merchandising professor, Dr. Dave Loranger, was the coordinator of the event.

“We started to realize that we had this huge base of affiliates through the university that are pretty heavy hitters in the apparel industry,” said Loranger.

Many students interested in the business of fashion attended the event and enjoyed hearing what the speakers had to say.

“The fashion panel at Sacred Heart was every bit of inspiring. All of the speakers were extremely insightful and shared their interest in the industry so openly with fellow students and me,” said sophomore Emily Falco. “It was great to hear about the innovation that has gone in the fashion industry since COVID-19 and how it can impact my future career.”

The panel opened with Loranger asking, “What changes in consumer shopping behaviors have you seen?”

Carlson began the discussion by talking about “conscious consumerism,” which, according to Vox, is a type of consumer behavior especially prevalent among millennials and Generation Z shoppers in which consumers take their pick of stores based on the company’s moral and ethical values.

“It’s necessary because your generation is so tuned into it, so if you want to groom that next generation consumer into your brand, you need to incorporate the motivations, attitudes, beliefs and values into your operation and all you do unless you won’t be relevant to the consumer,” said Loranger. “A lot of research shows that your generation and the millennial generation are really good at sniffing out authenticity.”

Vice President of Production and Sourcing for American Eagle Outfitters, Sindi Ruisiecki, and Vice President of Product Development and Supply Chain Management for Alo Yoga, Jessica Roberti, answered the same question from the perspectives of a comfortable lifestyle brand.

According to WGSN, comfortable and lounge-style garments have been the leading style of clothing purchased by consumers during COVID-19.

“We’re lucky to be in the space where people want to shop right now, people want comfort,” said Jessica Roberti.

The conversation shifted to the new technology improvements each company had to make in order to stay relevant during the pandemic.

Scott Mitchell talked about the changes in their own technology, mentioning that Mitchell Stores’s online sales make up a majority of their business currently, and that if they had not switched to a more technological form of sales, their company would have gone out of business.

Both Bill Roberti and Scott Mitchell added that the success of different products has also changed with men buying less ties for themselves, due to lack of in-person business transactions, and more jewelry to show gratitude toward the women in their lives.

“If you didn’t have a web presence or the ability to create one within your business, you weren’t going to make it,” said Scott Mitchell.

“Unless you evolve, unless you change, unless you pivot, you won’t grow,” said Bill Roberti, Managing Director of Alvarez & Marsal Incorporated and former CEO of Brooks Brothers.

Loranger said he hopes to have more panel presentations in the future with a variety of topics including innovation, consumerism and technology.



THE CONVERSATION

THE JACK WELCH COLLEGE OF BUSINESS AND TECHNOLOGY HOSTED “CHALLENGES OF COVID-19: THE APPAREL INDUSTRY THROUGH THE LENS OF C-SUITE EXECUTIVES” TO DISCUSS HOW CHANGES HAD TO BE MADE WITHIN THE FASHION INDUSTRY TO ACCOUNT FOR COVID-19 RESTRICTIONS.

# Arts & Entertainment

## New March Music

BY MADISON PELUSO  
Staff Writer

Multiple artists, from pop to country, have released new music this month. Popular singers like Justin Bieber, Drake, Bruno Mars and Thomas Rhett, along with others, have released singles or albums so far in March.

"I'm overwhelmed in the best possible way with the number of back-to-back releases going on in the music industry. It's something we need and something to look forward to because people are really going through personal battles in times like this," said senior Kali D'Agostinis, who previously served as an intern for Z100, New York's Hit Music Station.

Every Friday, artists are releasing their new albums for their fans to listen to. March especially has been a big month for music with many back-to-back releases from multiple artists.

There are many performers releasing music, one of which being Justin Bieber, who released a new single titled "Hold On" on March 5. According to Vulture.com, the song will be included in his sixth album release titled "Justice" coming out on March 19. The release of Bieber's new music is expected to have his fans excited to listen.

"I have no doubt that the music he is releasing will be just as amazing and talented as the last five studio albums he has released throughout his career," said D'Agostinis.

Along with Bieber, Bruno Mars is another artist who released a new song this month. His song titled "Leave the Door Open" is the debut single from the duo Silk Sonic which includes Anderson Paak and Mars, according to Vulture.com. The song was released on March 5 and has many people becoming fans of this new duo.

"I love Bruno Mars's new song 'Leave The Door Open,'" said sophomore Hailey Morelli.

Drake released a new EP consisting of three songs on March 5 as well. The EP is titled "Scary Hours 2."

"The minute Drake's new EP dropped, it immediately hit the top of the charts. 'What's Next,' highlighting a Playboi Carti type beat, debuted at #1 on the Spotify global chart.

'Wants and Needs' is the third biggest global debut while 'Lemon Pepper Freestyle' is fourth. It's not my favorite Drake project, but I still respect the unexpected new music drop," said junior Maddie Craig.

In addition to many big-name artists, some artists who may not be as well-known have released music this month. On March 5, artist Quinn XCII released his fourth studio album titled "Change of Scenery II." According to Michigandaily.com, the album was "produced by long-time collaborator and old friend, Ayokay, and the album returns to many of the uplifting and nostalgic sounds of 'Change of Scenery.'" "Change of Scenery" is an EP that Quinn XCII released in 2015.

Formerly, in the United States, albums were released on Tuesdays. According to Vox, "since the 2013 surprise Friday drop of her album, Beyoncé has created a ripple effect through popular culture."

"Nothing is better than new music Friday during a stressful and crowded week," said D'Agostinis.

"I like how all these artists are releasing new songs for everyone to listen to this month to help us get through the obviously challenging times," said Morelli.

Social media is a helpful way for many artists to get their music to circulate for more people to hear. For instance, on March 2, singers Ashe and FINNEAS released a song titled "Till Forever Falls Apart" that was trending on the social media app TikTok.

In addition, on March 4, artist Nick Jonas released a new song titled "Spaceman" and Maroon 5 released a song titled "Beautiful Mistakes" featuring Meghan Thee Stallion.

"This is important for the music industry. As new music is being released, it is creating a bigger platform for these musicians and artists to venture out and take part in collaborations and build their audience and fanbase," said D'Agostinis.

## Oprah Winfrey's Interview with Prince Harry and Meghan Markle

BY JACKIE O'ROURKE  
Arts & Entertainment Editor

On March 7, CBS aired a primetime special called "Oprah with Harry and Meghan" at 8 p.m. The special is also available to stream at any time on the CBS website or app.

The first half of the two-hour broadcast included a one-on-one interview between talk show host Oprah Winfrey and Duchess of Sussex Meghan Markle. Then, Markle's husband, Prince Harry, Duke of Sussex, joined the two women for the second half of the broadcast.

John Koblin of The New York Times reported, "The number of viewers climbed as the show went on. It drew 16.9 million in the first hour and 17.3 in the second, Nielsen reported. That audience was about twice the size of the viewership for the prime-time ratings winner in a given week."

The interview was filmed at a mutual friend's home in California during the month of February.

Prince Harry and Markle wed on May 19, 2018 during a grand royal wedding which was broadcasted live across the world in St. George's Chapel at Windsor Castle in the United Kingdom.

During the interview, Markle revealed that she and Harry actually said their vows three days prior to the royal wedding in a private ceremony that was only attended by her, Prince Harry, and the Archbishop.

"That was so shocking," said sophomore Rachel Petti.

On May 6, 2019, the couple welcomed their first born, Archie Harrison Mountbatten-Windsor.

On Jan. 8, 2020, Harry and Meghan made the announcement that they "intend to step back as 'senior' members of the Royal Family and work to become financially independent, while continuing to fully support Her Majesty The Queen." The two made that announcement on their joint Instagram account at the time, @sussexroyal.

The family then spent the majority of 2020 in the United States starting their new lives.

On Feb. 19, it was announced that Prince Harry and Markle would never be returning as working members of The Royal Family. Buckingham palace released a notice saying, "Following conversations with The Duke, The Queen has written confirming that in stepping away from the work of The Royal Family it is not possible to continue with the responsibilities and duties that come with a life of public service."

The notice also said, "The honorary military appointments and Royal patronages held by The Duke and Duchess will therefore be returned to Her Majesty, before being redistributed among working members of The Royal Family."

Prince Harry, Markle and Winfrey discussed these events and many others during the interview. The main point of the interview was to discuss why Prince Harry and Markle decided to step away from The Royal Family. At the end of the interview, Winfrey thanked the two for sharing their story. In reply, Markle said, "Thank you for giving us the space to do it."

"When I saw the Harry and Meghan interview, I was proud of them. They really didn't hold back on anything and I felt like they were being really authentic," said senior Devin Gavigan.

Perhaps one of the most shocking parts of the interview was when Markle revealed that she had suicidal thoughts during her time as a royal. "I just knew that I didn't want to be alive anymore," said Markle during the broadcast.

"That was the most shocking part," said Petti. "It made me feel really bad for her and both of them. I feel like they both really tried and tried to get help and no one would help them, so they decided to leave for the safety of them and their family."

Markle and Winfrey discussed the many headlines in British tabloids surrounding Markle and her sister-in-law, Kate Middleton, Duchess of Cambridge. They discussed in detail one headline that claimed Markle made Middleton cry days before her wedding to Prince Harry over the matter of flower girl dresses. Markle revealed that "the issue was correct" but she was the one who was brought to tears, not Middleton.

Markle is currently pregnant with her and Prince Harry's second child. During the interview, the couple revealed that they are having a girl and that Markle is due sometime during the summer.

On the subject of pregnancy, Markle also revealed that while she was pregnant with Archie, an unnamed member of the royal family asked Harry "how dark" Archie's skin would be. Winfrey later asked Prince Harry about this and he said that he was uncomfortable sharing who asked him the question.

"That was appalling," said junior Emma Riccardi.

On March 11, Prince Harry's brother, Prince William, Duke of Cambridge, told a reporter for Sky News, "We are very much not a racist family."

During the interview with Winfrey, Prince Harry revealed the current status of him and Prince William's relationship was "space." In the Sky News Interview, William said that, "No, I haven't spoken to him yet, but I will."



WHOWHATWEAR

THE "OPRAH WITH HARRY AND MEGHAN" SPECIAL AIRED ON MARCH 7 ON CBS WHERE THE ROYAL COUPLE OPENED UP ABOUT HOW THEY WERE TREATED BY HARRY'S FAMILY DURING THEIR RELATIONSHIP AND MARKLE'S PREGNANCY.

# Sports

## Saptak Talwar First SHU Golfer to Qualify for PGA Tour

BY MIKENZIE CARBONE  
Sports Editor

Senior Pioneer golfer Saptak Talwar became the first Sacred Heart University golfer and first Indian to qualify for the PGA Tour Canada – Mackenzie Tour. The Pioneer secured a membership in the PGA Tour Canada – Mackenzie Tour after finishing tied-4th (T4) out of 106 players with only the top six to receive a tour card.

According to [indiangolfdigest.com](http://indiangolfdigest.com), over the week of March 9-12, Talwar shot 69-74-67-69 (9-under, 279) at Mission Inn Club & Resort in Florida via a qualifying school, which was independent of Sacred Heart University.

Talwar takes great pride in being the first Sacred Heart student to qualify for a PGA Tour card.

“It gives me great pride to be able to take Sacred Heart’s name further into the golfing world with this achievement,” said Talwar. “We have a great golf program here that nurtures great talent and I hope through this, I can attract more and more people to the school as well as the golf program.”

Talwar started playing golf at the age of five in his hometown of New Delhi, India.

“I began first playing golf when I was five years of age so I’ve been hooked to this game from a very young age,” said Talwar. “I played most of my junior golf in India until 2015, which was when I moved to Bluffton, S.C. at a golf academy, International Junior Golf Academy (IJGA). Then I traveled around the U.S., playing junior golf tournaments, and eventually got recruited by Coach McGreevy here at SHU.”

Talwar’s three wins while at Sacred Heart has led to his membership at the Mackenzie Tour.

“I convinced myself that this year was a blessing in disguise for me because with all tournament golf on pause for everyone around the world, I could take the opportunity to really uplift my game during this break and come out a whole different golfer on the other side,” said Talwar.

Talwar discussed his strongest point on the field that boosts his motivation in every match.

“My strongest asset I would probably say is my mind. I think I’m a very smart golfer, so even on bad days I am able to grind it out and post a score that I can bounce back from the next day,” said Talwar.

The men’s golf team will start their season on March 14 at the St. Peter’s Peacock invitational at Fox Hollow Golf Club in Branchburg, N.J.



SACRED HEART UNIVERSITY

SACRED HEART SENIOR SAPTAK TALWAR IS THE FIRST SHU GOLFER AND FIRST INDIAN TO QUALIFY FOR THE PGA TOUR CANADA - MACKENZIE TOUR.

## Men’s Basketball Season Recap

BY ALEX MARCINIAK  
Staff Writer

On March 6, the Sacred Heart University men’s basketball team concluded their season with a 85-55 loss against Bryant University in the Northeast Conference (NEC) semi-finals.

Sacred Heart ended their season with a 9-9 regular season record and a 9-7 record in the NEC.

After starting off the season with a 75-55 loss against Long Island University (LIU), Sacred Heart looked to improve their preseason ranking of seventh in the NEC. By the end of the season, the Pioneers took third in the conference.

With such a young team, having only two seniors, Sacred Heart is hoping to use this to their advantage by growing the skills of the players they already have and improve on their third place finish this season.

COVID-19 was a factor that played into the team’s ability to connect, cutting off their pre-season games and prohibiting them to practice as a unit before the season.

“We didn’t get to play this summer,” said head coach Anthony Latina. “We didn’t get to know each other, play with each other or get a feeling for one another. It was a tough start.”

The team faced many challenges because of the new COVID-19 rules, including having to quarantine multiple times throughout the season.

“I had to quarantine five times and had to do a lot of Zoom workouts with our trainer,” said freshman forward Nico Galette.

Although COVID-19 posed issues for the team, Galette was able to help the team by the end of the season by being the second lead scorer for Sacred Heart in their NEC semi-final game against Bryant with 13 points.

“It felt good (to be the second lead scorer against Bryant),” said Galette. “I kept focusing on getting better offensively, and I think that was a product of me being in the gym all the time.”

Sophomore point guard Tyler Thomas was selected as both the NEC Most Improved Player and Second-Team All NEC. Last season, Thomas was named NEC Rookie of the Week twice throughout the year in games that resulted in victory against Wagner and Holy Cross.

This year, Thomas averaged 19.1 points, 5.2 rebounds, and 2.9 assists per game, making him the lead scorer this season for Sacred Heart.

“It means nothing to me to be put on Second-Team All NEC,” said Thomas. “It would mean nothing to me if I was First-Team. I want to win.”

Sacred Heart has never sent the basketball team to the national tournament in its history of playing at the Division I level. A conference championship this year would have guaranteed the Pioneers their first appearance in that tournament.

A perk of winning the regular season would include an invitation to the National Invitational Tournament (NIT). This tournament is one of the most prestigious college basketball venues, with a roster of top tier Division I basketball teams from around the country.

“We’ve been in the semi-finals (of the NEC tournament) two years in a row,” said Latina. “Hopefully we can skip a step, make it to the finals, and win the finals.”



JONATHON SORIANO / THE SPECTRUM

THE SACRED HEART MEN’S BASKETBALL TEAM ENDED THEIR SEASON IN THE NORTHEAST CONFERENCE SEMI-FINALS AGAINST BRYANT UNIVERSITY ON MARCH 6.

# Editorial

## Where Are Our Souls?

**RIEANNA FLORES**  
PHOTOGRAPHY EDITOR

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PROF. JOANNE KABAK

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Recently, I watched the Disney movie "Soul." After watching this film, I can say it is highly worthy of seeing and absolutely worth the hype. I believe this is one of the most creative films I have seen Disney make in a long time. It is incredibly deep, and I think more people should watch it for multiple reasons.

There are so many relatable scenes, as well as many essential life lessons. I am not giving too many details away, but to summarize the film, it is about a man who has a strong passion for music and works his entire life to get a gig within the music industry. He fails multiple times, until he finally gets his chance. Immediately after he has the opportunity, he becomes unconscious and his soul travels where all the other souls are. His soul is so determined to make his life on earth meaningful that he is willing to do anything just to be back in his body. He ends up going on a journey with another soul and his job is to teach them why life is worth living. Along the way, he discovers life is not all about passion, it is about the little things that make you feel alive and present with yourself and everything or everyone around you.

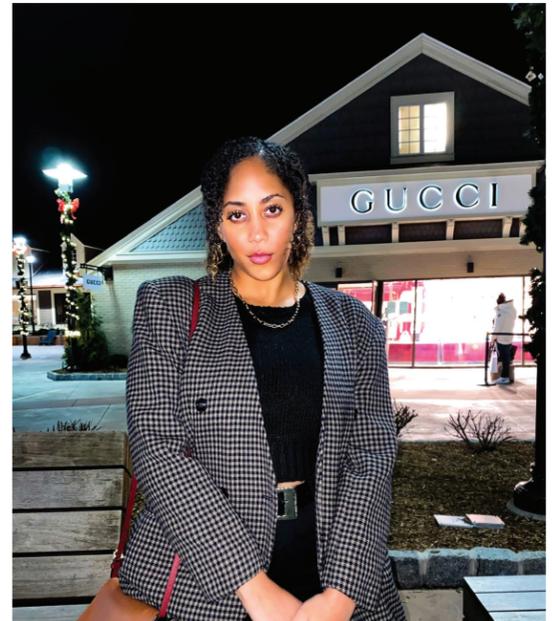
There are so many scenes throughout the film that resonate with me. However, there are two that resonate with me the most. One of them would be a scene where he plays piano for his audition where he finally gets the job. In this scene, a famous performer asks him to play, but does not give him a specific direction of how to play or what chords to play. He began to play from his heart and from what he felt from the piece. I admire this scene because I have a connection to piano. I took piano lessons for 11 years, and I am familiar with the feeling of getting lost in your music.

Sometimes there are moments where you're just playing a song and you might not even know what you're playing. You can make things up on the spot when you truly know what you're doing or even when you're feeling a certain emotion. I like to play when I need to express how I'm feeling because I am able to get my words out through music. That's why this scene speaks to me. It gave me chills because I felt everything he felt through

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every chord and note.

Another scene that made me feel the same way would be when he was able to live again. He played alone and as he played, he created a montage in his mind of all the little things in life that he learned to appreciate even more. To name a few, he pictured childhood memories, riding his bike, feeling the breeze hit his face, laughing with his father, and even just having a bite of a meal and smiling about it. Everything about this entire scene made me appreciate every aspect of life, including the hard times we all go through because it is those moments that lead us to where we are. If we don't appreciate those moments, how will our souls live on after we pass?



## Thank You 2020?

**DEANNA REINHARDT**  
MANAGING EDITOR FOR BUSINESS

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First off, I'd like to make it abundantly clear that I by no means am suggesting that this past year was, in any way, some kind of magical time for any of us. However, that said, I do believe that the "collective pause" which was imposed on us created a surplus of time, a sort of vacuum in all our lives. It left us with a void physically, mentally and emotionally which was just waiting to be filled by whatever means we could and whenever we could find the wherewithal to re-calibrate to this new reality we were living.

Ironically, everything became stagnant despite the fact that the world was seemingly spinning out of control. And so we did our best to adjust. We created ways to fill our days. And, admit it or not, I bet you each settled into your new daily quarantine routine, uneventful as it may have been.

Perhaps you just coasted and wallowed in all that extra spare time you now had—a welcome change from the fast-paced life you led before. Or, maybe you took advantage of it and accomplished all the things you once had to dismiss because there simply wasn't any time in your rigid schedule. Well, I certainly did a little bit of both.

I binged every possible Netflix show, learned all the TikTok dances, and had my full share of self-care moments, but then when that was over, I became frustrated with struggling to fill the rest of the time. I've always felt that boredom breeds creativity, but man, was I stumped. However, with time, I began to find small inspirations in things around me, whether that be on my daily ride down to the beach at golden hour, blasting some of my favorite songs, watching my favorite lifestyle bloggers, or just in the natural world that I now appreciated just a bit more.

In time, however, I also began to get reacquainted with myself. These small changes have led to what essentially became a personal catharsis: a seamless transition occurring from simply stepping off the proverbial treadmill of life and gaining the opportunity for more self-reflection—a better understanding of me. I now had the time to lean into that awareness and to create what was right in front of me all along. It was as organic as could be—all the things I truly had a passion for came into focus as being exactly what I needed (and wanted) to do!

I decided I would spend my time combining those passions—writing, public relations, fashion, food, trends and lifestyle—to

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create my very own social media blog! After some deep thought, I decided to jump in headfirst and created an Instagram account for my new blog, @simplylaviish (~go check it out!)

The page quickly became a part of my daily routine and, in part, my identity. After just a few weeks of steady posting over the summer, I acquired nearly 1000 followers, which blew my mind considering I was just starting. On the page, I provide tips from fashion to food and fitness, as well as self-care and lifestyle tips.

However, taking into consideration the current status of the world and playing on its name, Simply Laviish aims to inspire its audience to make even the simplest pleasures in life feel luxurious and indulgent—so important to maintaining our sanity, especially at this time, is finding happiness in the little things.

If quarantine has taught us anything, it's that a change of perspective is often all you need to push through life's most challenging moments. And @simplylaviish, we believe in tweaking even the ordinary so that every day feels special!

"2020" was a mixed blessing for sure, but it gave me the opportunity to see things clearer than I ever have before.

