



THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

WEDNESDAY, MARCH 3, 2021

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HEY SENIORS!

The Countdown Begins Now!

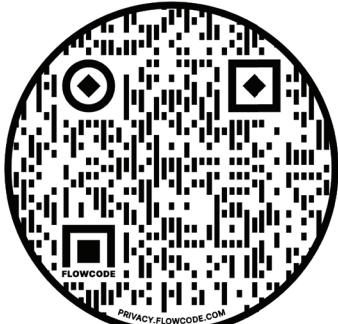
81 DAYS UNTIL GRADUATION



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SCAN ME!!



Five Amigos Celebrate Black History Month

BY RYAN DOWNEY

Staff Writer

On Thursday Feb. 25, the “Five Amigos Celebrate Black History Month” event took place in the Sacred Heart University chapel. This event was sponsored by the Office of Mission Integration, Ministry and Multicultural Affairs and moderated by Robert Johnson, Director of Multicultural Affairs.

“This event is an opportunity to discuss such real and important issues that many face on a day-to-day basis,” said sophomore Matthew Davila.

Valerie Kisselback, Imam Gazmend Aga, Rabbi Marcelo Kormis, and Reverend Sarah Smith discussed the importance of Black history, not only in society, but also in their respective religions.

“We’re going to be highlighting different African Americans who have made an impact in different faiths,” said Johnson, prior to the event.

Junior Colleen Shaffer helped open the event.

“Sacred Heart could be the first school to have this race and faith discussion,” said Shaffer. She concluded her introduction encouraging everyone in attendance to listen with “open ears, open hearts, and open arms.”

During the event, speakers identified people within their faith who they felt should be acknowledged.

“Reverend Tracey Blackman made a great impact through preaching and is very high up within the United Church of Christ as a strong Black woman,” said Smith. “She is a Black person who is making that difference.”

Kormis acknowledged famous Black Jewish individuals who have made a great impact in their communities such as Walter Mosley, as well as athletes and musicians.

“Two organizations within the Black community include the Jews of Color Initiative and the In Every Language Organization,” said Kormis. “These organizations bring people of different backgrounds together.”

Shaffer asked the panel, “How does your faith traditionally create spaces and opportunities for equitable leadership for people of different backgrounds?”

“This year, Pope Francis named Bishop Wilton Gregory (US) a cardinal, making him the first African American cardinal,” said Kisselback.

“The Congregational church was the first mainly white denomination to ordain an African American man named Lemuel Haynes in 1789,” said Smith.

“The Jewish community is relatively small and growing up I was never really exposed to Jews of colors, that is something I never could

have imagined,” said Kormis. “When I began my studies as a rabbi, that was my first exposure to Jews of color.”

Panelists also discussed how their faiths can mend broken relationships with marginalized communities.

“We shouldn’t teach our children and our youth to be colorblind, but we shouldn’t be blind to the values of each other,” said Aga. “Being different is beautiful.”

This event was the first of its kind here at Sacred Heart, many students gathered together to discuss the issues about all marginalized groups, but especially, people of color and how they have historically been affected and how to stop hate.

“I personally believe in something higher than we traditionally think of that being Jesus, and I also think that we all in these different faiths have the same belief that all people should be treated equally,” said Johnson.



Robert Johnson
Director, Office of Multi-Cultural Affairs



MADISON PELUSO/SPECTRUM

THE “FIVE AMIGOS CELEBRATE BLACK HISTORY MONTH” EVENT WAS HOSTED AS A WAY TO FOSTER A DISCUSSION ABOUT MINORITIES IN OUR SOCIETY.

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)

Melady 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)



News

Record Breaking Temperatures In Texas

BY ASSOCIATED PRESS

AUSTIN, Texas (AP) — Anger over Texas' power grid failing in the face of a record winter freeze mounted Tuesday as millions of residents in the energy capital of the U.S. remained shivering with no assurances that their electricity and heat — out for 36 hours or longer in many homes — would return soon or stay on once it finally does.

"I know people are angry and frustrated," said Houston Mayor Sylvester Turner, who woke up to more than 1 million people still without power in his city. "So am I."

In all, between 2 and 3 million customers in Texas still had no power nearly two full days after historic snowfall and single-digit temperatures created a surge in demand for electricity to warm up homes unaccustomed to such extreme lows, buckling the state's power grid and causing widespread blackouts. More bad weather, including freezing rain, began arriving Tuesday night.

Making matters worse, expectations that the outages would be a shared sacrifice by the state's 30 million residents quickly gave way to a cold reality, as pockets in some of America's largest cities, including San Antonio, Dallas and Austin, were left to shoulder the lasting brunt of a catastrophic power failure, and in subfreezing conditions that Texas' grid operators had known was coming.

The breakdown sparked growing outrage and demands for answers over how Texas — whose Republican leaders as recently as last year taunted California over the Democratic-led state's rolling blackouts — failed such a massive test of a major point of state pride: energy independence. And it cut through politics, as fuming Texans took to social media to highlight how while their neighborhoods froze in the dark Monday night, downtown skylines glowed despite desperate calls to conserve energy.

"Change starts within, we need to do something now regardless if the political leaders in charge of our nation won't help and or comply with when things need to be done," said SHU sophomore Gabby Alzate.

The toll of the outages was causing increasing worry. Harris County emergency officials reported "several carbon monoxide deaths" in or around Houston and reminded people not to operate cars or gasoline-powered generators indoors.

Republican Gov. Greg Abbott called for an investigation of the grid manager, the Electric Reliability Council of Texas. His indignation struck a much different tone than just a day earlier, when he told Texans that ERCOT was prioritizing residential customers and that power was getting restored to hundreds of thousands of homes.

But hours after those assurances, the number of outages in Texas only rose, at one point exceeding 4 million customers.

"This is unacceptable," Abbott said.

By late Tuesday afternoon, ERCOT officials said some power had been restored, but they warned that even those gains were fragile and more outages were possible.

The grid began preparing for the storm a week ahead of time, but it reached a breaking point early Monday as conditions worsened and knocked power plants offline, ERCOT

president Bill Magness said. Some wind turbine generators were iced, but nearly twice as much power was wiped out at natural gas and coal plants. Forcing controlled outages was the only way to avert an even more dire blackout in Texas, Magness said.

"What we're protecting against is worse," he said.

Still, Magness said ERCOT could not offer a firm timetable for when power might be fully restored. The outages are the widest Texas' grid has suffered but hardly a first in winter. A decade ago, another deep February freeze created power shortages in Texas the same week the Super Bowl was played in Arlington. A federal report later flagged failures in the system, including power plants that are unable to stand up to extreme cold.

"Each state and their politicians need to think about how to prepare for the worst instead of sitting back and saying it's always been warm in Texas, you know why shouldn't we worry," said Professor Jennifer Mattei.

On Tuesday, the Federal Emergency Management Agency said Texas had requested 60 generators and that hospitals and nursing homes would get priority. Thirty-five warming shelters were opened to accommodate more than 1,000 people around the state, FEMA said during a briefing. But even they weren't spared from the outages, as Houston was forced to close two on Monday because of a loss in power.

Climate change should be factored in too.

"Each person should take it upon themselves to start to really think about the environment, thinking about how to live more sustainably," said Mattei.

Charlotte Grens contributed to this article.



ASSOCIATED PRESS

WITH RECORD BREAKING LOW TEMPERATURES IN TEXAS MANY RESIDENTS WERE LEFT WITHOUT ELECTRICITY TO WARM THEIR HOMES.

What Can I Do After Graduation (Besides Get a Job)?

BY MARIO PEDERNERA
Staff Writer

College graduation is a big moment in anybody's life. However, time spent planning and time spent worrying about what comes after can be stressful.

On Feb. 24, Patricia Moran, Director of Career Replacement, Professor Brent Little, Annie Wendel, Valerie Kisselback, Linh Nguyen, and senior Jenna Calabrese were part of a Colloquium called "What Can I Do After Graduation (Besides Get A Job)" to help guide students who feel they might not be ready to go straight into graduate school.

The panelists shared their experience on why you might take a year to try service for others, some of the benefits that it can bring, and why you shouldn't worry if you are in a spot like this and need some time to develop yourself.

"I felt like I had a lot of passion but I didn't know where to channel it, and I just really wanted a lot more formation," said Nguyen. "I felt like no matter what it is that I wanted to do in life, I needed to learn and to grow a lot more on a personal level and a professional level before I felt like I was ready to make meaningful contributions in the world."

Getting to discover things about yourself is not the only point that was made to show how traveling and doing service can help someone find what they should be doing.

Having the chance to absorb another culture and give yourself to the aid of other people in any way you can could lead to some form of growth.

"Traveling abroad changes your perspective not only about the world, but about yourself and your own culture. We often have assumptions that go unrecognized just because we've never experienced anything different," said Little. "Traveling abroad can help you uncover and challenge those assumptions, and hopefully realize how other cultures do some things better than we do."

Seeing that things could change in your culture isn't the only thing that doing service for others and traveling abroad can do for you as a person.

"Service requires the skill of adapting to a different environment than you are used to. It often also makes you think differently about relationships," said Little. "These kinds of people skills are invaluable for any career or profession."

The panelists also gave advice on how to decide what service you should do, and Kisselback described her experience and what led her to her decision.

"Some questions for discerning a path in general that I find helpful are, 'does it bring you joy, are you good at it, and does the world need it,'" said Kisselback.

Dedicating all this time to doing service and living a life so different to the one you are used to can be challenging at times, and another one of the panelists, Wendel, gave advice on what things you should avoid and how you can stay strong and push forward.

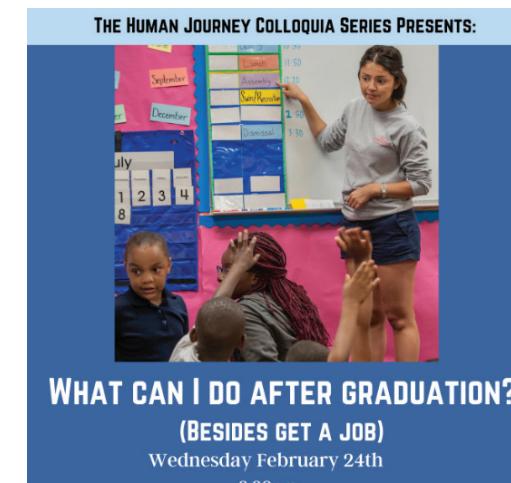
"It's easy to compare yourself to others and get caught up in what you 'should' be doing, especially being so immersed in social media. We're conditioned to graduate and immediately want to find the 'dream job', said Wendel. "However not everyone's career follows the same track and you should be comfortable exploring different options."

The colloquium resonated with students, like Calabrese, who are looking to take part in this journey of service.

"Studying within the College of Health Professions, the common path after graduation often involves some sort of advanced degree or grad school," said Calabrese. "I felt pressured, especially being a strong student, to stick to the common path many people were telling me I had to pursue."

Calabrese also talked about how she felt the panelists did well in not only describing what opportunities of service there are, but how they are connected and the importance of research when looking for something to do.

"If I could give any advice to a student discerning what to do after graduation it would be to know yourself," said Calabrese. "Knowing yourself does not mean you need to understand exactly what you want to do or explore. Rather, become aware of the people, coursework, and the experiential learning opportunities you have encountered, or wish to try, at SHU. Being honest with yourself may lead you in a direction completely different from where you thought you may end up. It is in the adventure, however that your true self will shine."



https://sacredheart-edu.zoom.us/j/95454650532?pwd=RldoKzxWcDBDemtYVEI4cDBPY3NWdZ09

SACRED HEART UNIVERSITY

THROUGHOUT THE COLLOQUIA SERIES, "WHAT CAN I DO AFTER GRADUATION (BESIDES GET A JOB?)" STUDENTS WILL LEARN ABOUT OTHER OPTIONS FOR POST-GRADUATION.

Perspectives

“Kimye” Is No More

BY FRANCESCA MCCAFFREY
Staff Writer

On Feb. 19, reality star Kim Kardashian filed for divorce from rapper Kanye West after being together for almost seven years. While their separation has been known to many for some time now, Kardashian filed papers at the Los Angeles County Superior Court to make it official.

Due to their marriage being so public, news of this was of interest to many.

“I’m surprised that Kim and Kanye split, but at the same time, I’m not completely surprised due to Kanye’s mental state,” said sophomore Adriana Bracco.

The issues were said to have begun in their relationship after West launched his presidential campaign for the 2020 election in July, according to TMZ.

During his campaign event in South Carolina, West shared tears and deep secrets from his marriage. He mentioned Kardashian’s consideration of aborting their first child, and even called Kardashian’s mother, Kris Jenner, “Kris Jong-un.” After these instances, Kardashian finally decided she had enough, according to TMZ.

The one aspect preventing Kardashian from leaving was West’s bipolar depressive episodes, and she thought it would be cruel to end the marriage in the midst of him being unwell, according to TMZ.

Many considered Kardashian’s decision in light of what has been publicized about West.

“I was proud of Kim for doing what was right for her mental health at the end of the day,” said sophomore Brianna Ramos. “It’s hard to help someone that doesn’t want it.”

With the divorce, Kardashian is asking for joint legal and physical custody of the couple’s four children, along with a prenup neither party is contesting to. According to TMZ, they are already far along in reaching a property settlement agreement amidst the divorce as well.

The two have also agreed to commit to co-parenting with one another.

“I hope and believe they will be able to co-parent happily like Kardashian’s sister, Kourtney Kardashian, and her ex, Scott Disick, for the sake of the four children,” Ramos said.

With a divorce in the spotlight, such as this one, comes the rumors and speculation of who the two celebrities will end up with next.

“I heard Kanye was with Jeffery Star, a well-known beauty influencer,” said sophomore Jenna Dimech. “Therefore, he could possibly be with a man next, but as for Kim I’m not sure.”

Both Kardashian and West have brands to maintain throughout all of this and many wonder how they will be affected throughout the process.

Sophomore Juliana Beaton sees it from a beneficial point of view for the two.

“I think with all of the publicity they are both getting as individuals and together, it will help their brands tremendously,” said Beaton.

Many anticipate what is next for the two.

Some students think West should take time to find himself and become more stable in order for anything between the two to progress.

“What I think is next for Kim and Kanye is definitely Kanye figuring himself out so that he and Kim can have a bond, whether it is being civil, creating a friendship or finding a bond they once had,” said sophomore Julia Cunningham.



NBC NEWS

ON FEB. 19, KIM KARDASHIAN OFFICIALLY FILED FOR DIVORCE FROM HER HUSBAND OF SEVEN YEARS, KANYE WEST.

Students Create Small Instagram Businesses

BY IANNA HANKINSON
Staff Writer

Have you ever used the Instagram shopping feature?

“Some days I end up scrolling through Instagram and purchasing a new pair of sweatpants from a random page. I don’t even have to know the seller since I can easily direct message them,” said sophomore Julia Steiger. “I like to be able to support small businesses even if it’s just by buying a hoodie.”

According to business.instagram.com, “70% of shopping enthusiasts turn to Instagram for product discovery.” Instagram has developed a business and marketing forum to shop for new, chic products and to “drive awareness, increase customers and share your story among a highly engaged audience.”

As Instagram businesses have grown in popularity, some students have taken it upon themselves to create and build brands through their own social media platforms.

Junior Emily Zizzadoro started selling clothes during her senior year of high school through her Instagram account @emilyzcloset.

“I wanted the cute trendy clothes, but I didn’t want to spend too much money, so I just went to Hobby Lobby and made it myself,” said Zizzadoro. “Seeing people wearing them at their schools has been really rewarding.”

Other students launched their Instagram businesses during quarantine.

“I started Mademelov clothing in the summer and sent it to a couple of TikTok influencers, and then I blew up,” said sophomore Amy Steidle.

Steidle has an entire team that goes into building Mademelov. With the passion and help of her friends, sophomores Victoria Bautz, Maeve Fowers, Angelica Tarsia and Jackie Vallee, she has created a substantial Instagram business. The Instagram account @mademelov currently has over 1,000 followers and over 100 likes on most of her posts.

According to business.instagram.com, “87% of people say influencers have inspired them to make a purchase.”

As simple as it may seem to create an Instagram business, some students say that it takes the same amount of hard work and dedication as any other job.

“I didn’t expect it to be as time-consuming as I thought,” said freshman Isabella Costanza, owner of the handmade mask company The Custom Corner. “I had to communicate with clients and show our product before they bought it.”

According to Forbes magazine, “Opening your own business is often a learn-as-you-go process. But, the more smart decisions you make early on, the better chance your company has for success.”

Although creating an Instagram business does not come without difficulties, some students say there are benefits as well.

“My favorite part has been getting feedback from happy customers and seeing the love I get to share with my products,” said freshman Sydney Barone, owner of Sydney Ann Design Co. “Hearing back from how much our customers loved their gifts was a gift to me.”

Despite the good and bad aspects of Instagram businesses, Instagram makes some

people’s dreams accessible by making it easy to create and sell products.

“I always wanted to be my own boss,” said sophomore Alaina DeRose, owner of Adjewels. “Don’t be scared to start. It’s going to be hard at first, but eventually, by word of mouth and social media, you learn as you go.”



RIEANNA FLORES/SPECTRUM
SHU STUDENTS ARE USING THE INSTAGRAM SHOPPING FEATURE TO CREATE SMALL BUSINESSES FOR THEMSELVES.

The Sacred Heart Spectrum Features

The Pep Band Continues

BY MAI TAKAISHI
Staff Writer

The Sacred Heart University pep band plans to hold a virtual concert to be released in late March or early April. In this virtual concert, band members will record videos to release online. The recorded videos will be streamed at the Edgerton Center. All in-person concerts were cancelled due to COVID-19.

This concert will be held for people in the Sacred Heart community who have lost members of their families or those close to them. The goal of this performance is to make audiences happier through their music.

Band directors tried to hold a virtual performance last fall, but could not record the audio and video together. They are hiring two outside professionals to record the band performance for this virtual concert.

Andy Kolar, Associate Director of Bands, is doing his best to continue to practice safely. "We purchased custom-made musician masks that allow students to play their instruments while keeping a tight seal around their mouthpiece," Kolar said.

A virtual concert provides a different set of challenges as the process of preparing is different than a typical in-person performance. All members wear masks, and instruments are covered by a bell cover. Bell covers are used to prevent the spread of germs for players with wind instruments.

Band rehearsal rules are also strict and create another challenge to maintain members' physical playing skills. In the Edgerton Theater, where band concerts are normally held, all members are allowed to practice for 30 minutes to one hour, then they need to leave for 15 minutes so that the space can be sanitized.

"The amount of time in each rehearsal has been reduced significantly," said Kolar. "To allow proper social distancing, we can only rehearse in large rooms, so we have had to work quickly when we meet."

Junior Luke Mallory is one of the pep band members facing the new challenges of virtual performances.

"We're putting together a pep band video for the hockey and basketball teams since we can't physically be at the games," Mallory said.

Members of the band do what they can to keep everyone safe during rehearsals.

"I try my best to distance myself from others to keep myself and others safe," said Amanda Meza, a sophomore percussion member.

A pivotal point of motivation for band members is having a live audience during their concerts. Now performers have to find a new source of motivation in these times of social distancing.

"Having an end goal gives us something to work toward and makes us feel somewhat normal again. It also gives us purpose to come together and create something beautiful together musically as a group," said Mallory.



FAIRFIELD CITIZEN

THE SACRED HEART UNIVERSITY PEP BAND WILL CONTINUE TO HOLD PERFORMANCES VIRTUALLY DUE TO COVID-19 RESTRICTIONS.

This is "The Pulse"

BY RYAN MCHALLAM
Staff Writer

This just in, Sacred Heart University's own TV news program, "The Pulse," has returned once again for a new season of shows for the spring semester.

"The Pulse" is Sacred Heart's student-run TV news magazine program that correlates with the CM 371 TV News Magazine Production course.

On Thursday, Feb. 25, they taped their first show of the new semester. "The Pulse" covers a variety of topics and even works on stories outside of the Sacred Heart community.

"The Pulse's" program transcends from popular news programs such as CBS's '60 Minutes' or NBC's 'Nightly News,' showcasing university and local community feature stories," according to "The Pulse's" website.

they can take their masks off and are six feet apart."

"The focus of the first show back is on the return to campus under COVID: spring COVID protocols on campus, SHU nursing students during COVID, safe campus activities under COVID, and the new dorms on Upper Quad," said Alicastro.

"Also, we introduced a new Alumni Spotlight segment which is really cool," said O'Rourke. "Personally, I love to see what SHU alumni are doing and I think it is important to stay connected."

"The Pulse's" new show, episode #39, was released to the public via YouTube and the show's website, thepulseshow.com, on Monday, March 1.

"The Pulse" is a really special part of Sacred Heart University. We really are a team and work together to put out this show. It is definitely a collaborative process," said O'Rourke.



Pat Kelleher

Mckenzie Carbone

"The Pulse" and its team have many goals for this semester.

One goal is "for all of the students to continue to do great storytelling and great production in the studio and to continue to develop their editorial and production skills," according to Prof. Joseph Alicastro, faculty advisor for "The Pulse."

All of the students on the team are looking forward to "The Pulse" for this semester. They are all ready to get their hands-on experience and are able to contribute to the show in different ways.

"I was on camera one as well as posting on Instagram as I am the Social Media Manager for 'The Pulse's' account. Some of my classmates like to stick with the same position every show. Personally, I like to try everything and dip my toes in everywhere," said senior Jackie O'Rourke, The Spectrum A&E Editor. "Last semester, I anchored and was the Technical Director. It was fun to be behind the camera; it's definitely a lot less nerve-wracking."

Students contribute anywhere from pitching and writing stories, filming behind the camera, working in the studio's control room, or working in front of the camera as news anchors.

"My position was on audio, so I had to do microphone checks and make sure the anchors' levels were even," said senior Cara Gileau.

THE PULSE
SACRED HEART UNIVERSITY'S TV NEWS MAGAZINE SHOW, "THE PULSE," IS BACK FOR YET ANOTHER SEASON AFTER TAKING A SHORT HIATUS FOR WINTER BREAK.

Spotlight



When you look online at Audrey's Corner, pictures of a beautiful girl instantly catch your eye. Her bright smile invites you to click open articles that use the power of words to destigmatize stressors of student life, such as bullying, which are topics that Audrey's Corner strives to openly discuss and which Audrey herself spoke so bravely about. So much so that her hometown's newspaper, The Greenwich Time, commemorated her efforts in a published article and video.

My short story "Hallway Socks" follows the fictional character Anna Greenwich as she battles bullies and mental illness. Named in honor of Audrey's hometown of Greenwich, Conn., I wrote "Hallway Socks" in memory of the brave, strong and resilient young woman who continues to inspire us all.

...

Anna Greenwich slept through her alarm every morning. The other Greenwichs, all morning people, never understood why the youngest of their bunch had such terrible trouble waking up with the sun. She'd told them once, over breakfast under a still-dark sky, that the moon trapped her in her dreams.

This morning in particular, it took Anna an extra ten minutes to untangle herself from her dreams. She'd write them all down later in the green journal her mother gave her the summer before sixth grade. *A place to keep all your dreams*, she'd said, *especially the ones you have when those eyes of yours are open wide*.

Now her mother was standing at the foot of her twin-sized bed, arms crossed over a chest Anna firmly believed held the world's warmest heart. Except, sometimes, that heart was too busy making sure everyone was awake to worry about keeping them warm.

"Anna, you're gonna miss the bus if you don't get your butt out from under those covers right now!"

"I'm not going," a sigh sounded from somewhere within the pile of pillows.

"Are you sick?"

"No."

"Then you're going."

Familiar hands clamped around shoulders too small to protest.

"Please, I'll go tomorrow. I promise."

Feet hit the blue carpet, toes curling at the cool contact of reality.

"You'll go today, too."

Goosebumps trailed up a spine clothed in what-ifs. What if she tripped? What if they laughed at her?

"You don't understand. I hate it there."

The hands let go, and Anna leaned back. Yesterday's dreams welcomed her goosebumps.

"What's so bad? I thought you liked all your classes this year?" Her mother's

Hallway Socks

KAILEY BLOUNT

CONTRIBUTING WRITER

voice broke through her dreamland.

"I do. It's the hallways." She whispered the word. Anything louder would wake her lamp, whose fluorescent hue she couldn't seem to stand these days.

"What's wrong with the hallways?"

"Everybody walks with their friends. And some of the girls, the ones with the rolled-down Uggs, always laugh to each other when I walk past by myself. Like somehow not having friends means I don't have ears."

"What about that girl from English class—Gianna? I remember you inviting her over a few weeks ago to work on a project. Why don't you walk with her?"

"She's an English friend. Not a hallway friend."

"Why can't she be both?"

"Because she'd rather walk around with her hallway friends in the morning."

Silence fought its way between the pair: two hearts broken for one.

"I'll be your hallway friend." A whisper.

"I'd rather stay home." A laugh.

"Wait right here."

Anna remained frozen beneath the cool covers. Her mind laced a daydream about a miracle friend her mother would bake into existence like those ten-minute Tollhouse cookies she always burnt. Blue eyes stayed glued to the door until a shadow that looked a bit like hers climbed back into view. Holding socks.

"Socks?" Anna sat up, back stuck against a yellow wall.

"Not just any socks. My favorite pair. Wear these, and when you walk down those halls, I'll be right there beneath your shoes, taking every step with you."

"I don't know..."

But she was already at the edge of her bed, feet dangling, teasing reality. A smile lit up her mother's face, one Anna couldn't help returning.

"Okay, fine. I'll try them on, I guess."

In her mother's socks, the fluorescent light of her lamp glowed. Her moonlight dreams danced along the tile floors. For the first time, Anna reveled in the way reality felt against her soles.

The girls with the Ugg boots laughed when she turned the corner. Anna stared at them instead of ducking her gaze like she usually did.

They were the joke. The smile that graced her lips told them so.

She wiggled her toes to the tune of the bell. Maybe she'd make a hallway friend or maybe she wouldn't. Really, it didn't matter. She had herself and her mother's hallway socks.

Fashion

Depop: The App Turning Fashion Lovers into Business Moguls

BY ELIZABETH COYNE

Assistant A&E Editor

Depop, an app dedicated to individuals being able to post, sell and resell clothing items, has grown so much in popularity that it now provides its users the ability to earn a substantial income all from their own homes.

Depop was created in 2011 by Simon Beckerman and was originally based solely in London, although today it has additional offices in Milan, Manchester and New York.

According to Depop's website, the app started as a social media destination to purchase the clothing featured in PIG Magazine, of which Beckerman was the co-founder. However, the app soon evolved as a "broader social marketplace" separate from the magazine where users had the freedom to share what they were wearing, buying and selling.

The app is usually explained to outsiders as a way to "thrift online" with the clothing purchased almost always being second-hand or handmade. Along with sellers plucking their old Forever 21 favorites out of their own closet to re-sell on Depop, many have discovered the great monetary value of re-selling vintage or designer clothing pieces through the app.

"Depop mirrors the spectrum of styles appealing to the diverse members of Generation Z and recognizes their preference for smartphones and social media to buy and sell apparel online," said Professor Brendan G. Rafferty, retailing professor at Sacred Heart. "The preloved and vintage clothing components align with the generational shift away from the waste of fast fashion towards more sustainable clothing."

University of Huston student Olivia Haroutounian, was recently covered in an article by Vogue Magazine because of her entrepreneurial success on Depop. At only 22 years-old, she has managed to grow her online store so large, approximately 26,000 followers, to where her earnings are now paying for her degree.

Haroutounian's passion for acquiring vintage clothing started when she was young, thanks to the help of her mother who was a vintage clothing dealer. It was only in her teens when she started to sell her collection on Depop for a profit.

In her interview with Vogue Magazine, Haroutounian said, "I kind of fell in love with clothes there. There were '70s clothes, like platforms and all of these really rare T-shirts. Everything was a quarter, and ever since then I've been super into collecting."

Another 20 year-old seller Caitlin Young, based in the UK, pays for her lifestyle and education through her Depop sales. She, along with being a full time student, sells up to £2,000/\$2,452.38 worth of vintage clothing a month through the app.

In an interview with The Guardian, Young said, "People in my family say, 'You sell used shoes?' They are so disgusted, but everyone I know buys vintage. It's what people do now. It pays for my life."

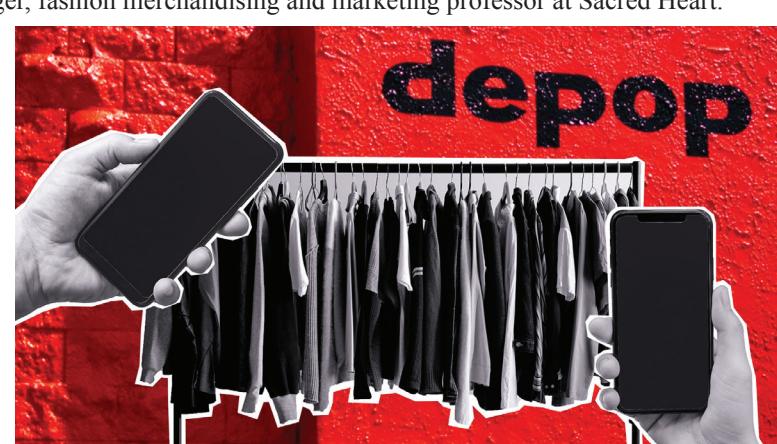
Depop has recently been reported as a new force in the "bedroom entrepreneurs" movement. According to TechCrunch, the phenomenon was spawned with the rise of social media popularity, and revolves around one using their own personality, interests and image as a brand and growing their business from there.

In an interview with TechCrunch, Depop CEO Maria Raga said, "Our mission is to redefine the fashion industry in the same way that Spotify did with music, or Airbnb did with travel accommodation. Depop's top sellers are known to clear \$100,000 annually. It's a real business for them."

"It's a great example of how e-commerce is more than just the online giants like Amazon and Wayfair, and individuals can be a disruptive force and add value in our economy in a way prior generations didn't imagine was possible," said Dr. Michael Gorman, finance professor at Sacred Heart University.

Along with the selling and purchasing of clothing, Depop has provided a space for entrepreneurs to sell accessories of their own creation. It is common to find handmade or self-designed phone-cases, hats, earrings, purses and more on the app.

"Depop is empowering everyday Gen Y & Z users to be on a level playing field with large apparel companies and to build their own unique presence that resonates with their peers on a deeper and authentic level through social consciousness," said Dr. Dave Loranger, fashion merchandising and marketing professor at Sacred Heart.



THE CHIC DAILY
DEPOP, AN APP ALLOWING PEOPLE TO BUY AND SELL CLOTHES, IS ON THE RISE AND ALLOWS USERS TO MAKE A SIGNIFICANT INCOME.

Arts & Entertainment

Emma Stone: The New “Cruella De Vil”

BY MADISON PELUSO
Staff Writer

Walt Disney Studios recently released a trailer for the live action film titled “Cruella” based on the villain from the “101 Dalmatians” 1961 cartoon and 1996 live action film. The new movie is scheduled to come out on May 28, in which Emma Stone plays the starring role of Cruella De Vil.

In the movie, Cruella is a fashion designer who will do anything to make her name known, including using Dalmatian puppies to make coats.

There was a wide variety of reactions to the trailer from people on social media. There were some people who liked the trailer, while it left others disappointed.

“When I saw that Emma Stone was the actor revamping, I was honestly disappointed a bit,” said senior Devin Gavigan. “I didn’t really like the costume design for the looks they’ve shown or the idea of Stone as that character. I think Glen Close is an impossible woman to come after for that role. It may have been better casted with an older actor.”

Glen Close played Cruella De Vil in the 1996 live action version of “101 Dalmatians.” Close is also an executive producer of this new film.

Besides a movie poster put out for this film and the trailer, people have not heard much about the movie. According to collider.com, COVID-19 has affected the production of “Cruella,” which was originally scheduled to be released Christmas 2020. After starting to film in 2019, Disney delayed “Cruella’s” release date from Dec. 2020 to May 2021.

There have been a lot of comments from people about Stone taking on this well-known role of Cruella De Vil.

“The casting of Emma Stone as Cruella in this new live action spin-off is interesting because Stone has often been cast as an ingenue or heroine,” said Prof. Lori Bindig. “In ‘Cruella,’ Stone will bring her well-known name but also play against type.”

With Stone playing such a strong, well-known villainess, fans on Twitter have said Stone’s portrayal is reminiscent of Angelina Jolie’s Maleficent, Margot Robbie’s Harley Quinn and even Jennifer Lawrence’s Katniss Everdeen.

For this cast, Stone will be joined by Emma Thompson, Joel Fry, Paul Walter Hauser, Emily Beecham and Mark Strong. Craig Gillespie is the director of “Cruella.” Tony McNamara co-wrote the “Cruella” script with Dana Fox.

This new movie is taking characters from the classic movie “101 Dalmatians” and going deeper into the story behind Cruella De Vil. Stone helps tell the story of this evil villainess and brings the character to life.

Many students at Sacred Heart University have also had mixed reviews about the trailer. “I’m so interested in this revamp of Cruella,” said senior Hope Lecours.

The trailer portrays the ruthless and wicked villain of Cruella De Vil. It is shown that Cruella crashed a masquerade ball by making a grand entrance where her hooded cape vanished and a powerful red dress appeared on her.

Following the outfit change that caught everyone’s attention, Stone, playing the role of Cruella said, “How does the saying go? I am a woman. Hear me roar.”

“Not only do these reimaginings or new backstories humanize these demonized

characters, but they also challenge audience members to think about how we decide who is a hero and who is a villain,” said Bindig. “Providing audiences insights to the people and experiences that shaped Cruella will offer a new perspective on the character.”



WALT DISNEY STUDIOS’ LIVE ACTION FILM “CRUELLA” WILL BE RELEASED ON MAY 28 WITH EMMA STONE PLAYING THE LEAD ROLE OF CRUELLA DE VIL.

CNN

“iCarly” Makes A Comeback

BY ELIZABETH COYNE
Assistant A&E Editor

The Nickelodeon sitcom “iCarly” was released to Netflix on Feb. 8. The first two seasons are available to watch on the streaming platform and have created buzz on social media, with some old fans rekindling their love for the show.

“iCarly” was on the air from 2007-2012 and starred Miranda Cosgrove as Carly, a quirky teenage girl who starts a web show with her two best friends Sam and Freddie, played by Jenette McCurdy and Nathan Kress, respectively. The show also featured other characters such as Carly’s older brother Spencer, played by Jerry Trainor, and the gang’s goofball friend Gibby, played by Noah Munck.

“I think it is so much more enjoyable to watch now than it was back then. I’m able to catch on to way more jokes and it’s so much funnier to me now,” said sophomore Kristin Livia.

Many users on TikTok have been paying homage to “iCarly” by making videos about their favorite scenes, opinions on the actors and the show’s most popular jokes. One example is users recreating “spaghetti tacos,” a food combination that exists and is often mentioned in the “iCarly” universe.

The sitcom has also been rumored by several news outlets to continue the original storyline with a reboot that follows Carly as she navigates through life as a young adult.

Dan Schneider, the original creator and producer of “iCarly,” will not have any part in the production of the reboot after parting ways with Nickelodeon in 2018. According to OK Magazine, Jay Kogen and Ali Schouten will be the heads of production in Scheinder’s place.

This is set to be available for viewing on Paramount+, the new Paramount Pictures streaming service that will launch in early March.

According to Paramount Pictures, viewers can expect to see lots of original content from the streaming service, with many based on popular movies or TV series.

Many students and staff at Sacred Heart reacted positively to the idea of reboots within television culture.

“For audiences, reboots are nostalgic. They allow audience members to return to their childhood or teen years when life may have seemed less complicated. Since reboots are built around familiar characters, they can offer a sense of comfort to the audience,” said Dr. Lori Bindig, Department Chair of Communication Studies.

“I know that I personally have come to feel like certain characters in television shows and films are my friends, and this is a common occurrence for many, so the reboot of a television show from when I was younger? Well, that feels like my best friends are back,” said Prof. Alexis Walker, instructor in the School of Communications.

According to OK Magazine, Miranda Cosgrove, Jerry Trainor and Nathan Kress are the first to have signed onto the project while Jenette McCurdy and Noah Munck have

not yet agreed to return.

Still, even without the return of every cast member, many say reboots can bring a level of comfort and familiarity.

“There is a sense of security that comes with nostalgia, and it just feels like you’re at home,” said Walker. “When these shows progress even more and we hear about reboots, there is a feeling of returning to our childhood, even when seeing the responses of those younger than us as they have the joy we did in the show’s first go-around.”



alan
@alanngoojen

ANNOUNCEMENT: ICARLY IS ON NETFLIX, I REPEAT ICARLY IS ON NETFLIX

ELITE DAILY

NICKELODEON’S “iCARLY” WHICH AIRED FROM 2007-2012 WAS JUST RELEASED TO NETFLIX ON FEB. 8.

Sports

Men's Ice Hockey Tournament and Senior Night Win

BY GIANNI OCCHIPINTI
Staff Writer

The Sacred Heart University men's ice hockey team has had a challenging beginning to their season due to COVID-19. Their record is 6-8-2 overall and 5-3-1 in their conference.

"There's no playbook for this year," said head coach CJ Marottolo. "We've had some stops and gos, and pauses due to COVID, and it's been hard."

Junior forward Nick Boyagian also spoke on how COVID-19 has affected the team.

"One of the biggest challenges for our team this year has been trying to find a rhythm," said Boyagian. "We've had three different times now we've had to quarantine for 10 plus days."

Marottolo expressed his excitement about his returning players, and had a very positive outlook on the upcoming season.

"We started [quarantine] Sunday for the third time," said junior forward Emil Öhrvall. "Hopefully we are good to go for the playoffs."

The playoffs will begin on March 7, just days after their scheduled end of quarantine.

"The biggest challenge is dealing with all the stops and gos," said Marottolo. "As a player and a coach, you get into a routine, and right now we have no set schedule."

Boyagian mentioned that the teams' longest stretch was only two weeks long and that it has been difficult to develop the chemistry needed for the team.

Although the challenges may seem too much to overcome, the Pioneers are committed to continuing success.

"They'll do anything to play the game they love," said Marottolo.

On Feb. 20, senior night honored eight players resulting in a 5-3 win against Holy Cross. Families of the graduating players were not able to attend the game at Webster Bank arena due to Sacred Heart's no spectator policy in accordance with COVID-19 regulations.

"All the seniors got videos on the scoreboard from their families which was pretty special," said Boyagian. "I know it meant a lot to those guys."

Marottolo, along with staff from Sacred Heart, presented videos of each of the athletes' families before the game to accommodate for the families' absences.

"Senior night is obviously a very important night for the seniors and also the parents," said Marottolo.

According to Sacred Heart Athletics, Braeden Tuck scored on an empty net in the closing minutes of the third period to seal the 5-3 victory for the Pioneers.

"We all went out there and played that game for them," said Boyagian. "It was a special game, and I'm glad that we were able to come out with a win."

According to Sacred Heart Athletics, on Feb. 19, the Atlantic Hockey Association (AHA) announced there would be a change during the 2021 Atlantic Hockey Tournament.

Due to COVID-19, teams in the West will continue to only play teams in the West half of the division, and likewise for the East. This will continue throughout the playoffs until

the final four.

"We will be very familiar with our opponents," said Marottolo. "We'll know what to expect for sure."

In this new format, the Pioneers are excited and ready to get started.

According to Sacred Heart Athletics, the next game for the Pioneers is yet to be determined. The team was scheduled to compete against Bentley on Feb. 23, but was postponed due to COVID-19 restrictions and the final two games against American International on Feb. 26-27 were canceled.



SACRED HEART ATHLETICS

THE SACRED HEART MEN'S ICE HOCKEY TEAM CAME AWAY WITH THE WIN ON FEB. 20, SENIOR NIGHT, AGAINST HOLY CROSS.

Kenny Womack Two-Sport Athlete Spotlight

BY ALEX MARCINIAK AND DAN GARDELLA
Staff Writer & Editor in Chief

According to the National Collegiate Athletic Association (NCAA), only three percent of football players coming out of high school get to play at the Division I level. Only one percent of basketball players get to play at that same level. At Sacred Heart University, freshman Kenneth Womack has beat the odds, competing in both sports at the Division I level.

Womack played basketball and football at Bishop McNamara high school, which is located in Upper Marlboro, Md. Throughout his recruitment process, he made it known to schools that he had a desire to play both sports at the Division I level.

Sacred Heart, a place he considered home immediately, found a way to accommodate that.

"It felt like home here," said Womack. "So I signed in February, and then at that point I felt like I had the opportunity to play basketball too."

Womack's high school basketball coach reached out to Anthony Latina, the head basketball coach at Sacred Heart. Womack ended up putting together a highlight reel for Latina, who eventually offered him a spot on the team as a walk-on.

"Most Division I schools were not open to the idea of Kenny playing both sports because of the slight overlap in seasons," said Latina.

In order to make sure that Womack could manage both sports, both the football and basketball coaches coordinated to make sure that their practice times would not conflict with each other. However, both agreed that when football season was in session, Womack would be solely focusing on that one sport, and when finished with the season, he would step onto the basketball court.

Now with the schedule of two Division I sports, Womack has to find time between his academics and his athletics.

"Most of my time is practice and workouts. After all of that, I usually go to study hall to get work done," said Womack. "In my little bit of free time, I try to get on social media and keep in contact with my family."

The coaching staff at Sacred Heart want what is best for Womack. Coaches understand that overtraining may be an issue.

"We will never put him at risk, and we will always make sure that it is the healthiest situation," said Latina.

Womack presents himself both on and off the field as a young upcoming leader.

"There's no question, he's a student athlete, and one of the premiere athletes here at Sacred Heart," said Latina. "He plays a big part in setting a tone for the team with his leadership."

As he concludes his basketball season and begins his football one, he hopes his



SACRED HEART ATHLETICS

FIRST-YEAR TWO SPORT ATHLETE, KENNY WOMACK, PARTICIPATES IN BOTH THE DIVISION I FOOTBALL AND MEN'S BASKETBALL TEAM.

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Traveling during a Pandemic without Traveling during a Pandemic

MAISY CARVALHO

ASSISTANT FEATURES EDITOR

For someone who has never traveled out of the country, I consider myself a travel junkie. I've seen just about every state, ridden the trans-siberian train, both first and third class, attended Holi in India, slept in a cabin made of ice in Finland, and even done the polar plunge in Antarctica.

You may be asking yourself, "Maisy, how did you do all of this if you have never been out of the country?"

Well, I may not have physically been to all those extravagant places, but mentally I have, thanks to YouTubers Kara and Nate Buchanan. Starting in 2016, the couple has been documenting their lives as full-time travelers for the past five years. With over 500 videos, their channel is a gateway to discovering new places.

The videos are balanced by showcasing the positives and negatives of traveling to unfamiliar places. From staying within budget, to being bombarded by locals, to enjoying the most beautiful places, they are committed to giving you the most genuine experience.

So, while everyone was scrolling through TikTok, I spent my quarantine becoming a well-versed traveler from the comfort of my own bed--and occasionally catching up with the newest TikTok trends. COVID-19 made us virtually confined to our bedrooms, and YouTube was a perfect getaway.

The most fascinating thing about YouTube is the simplicity of it. Kara and Nate are two people running their own show with only a couple of cameras and a laptop. It's that easy. Oh, and they lead a very interesting life. They reach their 2.13 million subscribers with every video they post and are able to share an authentic travel experience.

By 2020, they had traveled to exactly 100 countries together.

In addition, they make sure to dive deeper than the tourist experience. One of my favorite videos is when they traveled to Bhutan and stayed with a local family. They immersed themselves in the culture and were not afraid to try new things. Nate played archery with the men of the village, while Kara took to milking cows and hauling cow poop. They ate every meal the family made for them, and helped out with chores. The next day, they stayed at a monastery in the mountains. This monastery was particularly inspiring because of their mission to help orphans and children born into difficult situations.

I especially appreciate the effort Kara and Nate make to remain respectful of the people they are around. They ask all the right questions in order to educate themselves and viewers so that the people and places they are visiting are represented properly.

It sometimes feels like a cop-out watching it and not experiencing it for myself, but I know that with the life I want to live, traveling to 100 different countries is not a realistic goal.

The world we live in right now is so unpredictable. Knowing that I have access to archives like Kara and Nate's travel vlogs serve to broaden my perspective without putting a dent into my bank account. We are so lucky to have the world at our fingertips. Literally, all it takes is typing something right into the YouTube search bar.

I challenge you to take some time out of your day and check out what the rest of the world has to offer. It's just too easy not to.

Manifesting a Better 2021

CITLALLI GODINEZ
NEWS EDITOR

How would you describe 2020?

2020 was terrifying, painful, depressing and confusing. It was a year of the unknown – a year when our lives were paused.

Let's leave all the bitter emotions of that year in the past. Let's lay the year to rest. But let's also recognize that 2020 gave us a layer of thick skin that shapes us to who we are today.

We had time to learn and reflect not only on ourselves but on those around us. The beginning of a new decade motivated me to actually follow through with resolutions, but that all went downhill. Now, it is hard for me to sit down and write my goals, especially after a year of chaos. I will affirm now more than ever that it is crucial not only for myself but for you to motivate your positive thoughts and manifest a year without confusion, hardships and hurt. Let's speak into existence a year of positivity, happiness, motivation and peace.

I hope the few New Year's Resolutions I have inspire you.

Social – BE A BETTER FRIEND AND GIRLFRIEND

I will be a better friend. I will be a better girlfriend. I will learn to be a better listener. I will dedicate more time to my friends. I will dedicate a whole day once a week to my boyfriend. I will be kind. I will show my love through actions of affirmation. I will never have my boyfriend second guess whether I care or if I don't. I will not go MIA on my friends. I will be my boyfriend's safe place, my boyfriend's home. I will make my friends feel comfortable enough for them to open up on their thoughts, problems or obstacles. I will work toward not reacting to temporary emotions. I will learn to be nice when all I want to do is be mean. I will learn that all of us deal with things differently. I will learn to show my family my not-so-tempered, impulsive and sassy side.

Educational – GET THAT DEGREE

I have fantasized about my degree the minute I walked through the doors at Sacred Heart – LITERALLY. This May, fingers crossed, I will be graduating college with a bachelor's in media arts with a concentration in journalism and minoring in political science. I will speak into existence an editor job in NYC upon graduation. Editing is what I like to do, but it isn't where I'd like to stay in my career. I aspire one day to be a news reporter, but first, I will GET THAT DEGREE. Less than 100 days, but who's counting!

Personal – SELF-CARE IS IMPORTANT

Let me describe my 2020 wardrobe in a couple of words – oversized hoodies, sweatpants, Adidas track pants and Ugg slippers with an occasional switch up to Nike Air Max's. I can't do that this year. Although my 2020 wardrobe brought me great comfort, I believe that what one decides to wear every day may boost up one's confidence. I am going to strive to look presentable and semi-professional and put my boyfriend's oversized hoodies away. I want to wake up early, do my morning skincare routine, change and wear the most minimal amount of makeup.

If I could do that every day before my virtual classes, I'll feel like I upped my self-care.

Self-care is important, and that's why I want you to take time to do what you love, watch all the shows you enjoy, wear all the amount of make-up you want and look good for yourself.

With love, Cit.

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