

How Do You Celebrate?

Alejandro Ramos

Assistant Perspectives Editor

“This upcoming Christmas, I will be going to Cleveland, Ohio to see my cousins and my grandmother,” said freshman Maggie Brigioli. “My favorite part usually around this time of the year is seeing my relatives, since I do not get to see them very often.”

Brigioli is one of many in the Sacred Heart University community who looks forward to celebrating the holidays during this time of year. With the fall semester coming to an end, heading back home, getting together with loved ones and taking part in yearly traditions will be some of the many ways students close out 2022.

On traditions, students around campus have unique experiences when it comes to spending the holiday season with their loved ones. Sophomore Jakob Sargent has the chance to celebrate a multitude of festivities at the end of December, something which he does every year.

“Usually, my family and I go out for dinner on the 23rd for my mom’s birthday every year,” said Sargent. “After that, Christmas Eve is spent at my father’s grandparents’ neighborhood. We like to go to our favorite diner called the Lakeside Diner in Stamford for brunch. I think my favorite part of the whole experience of the holidays is shopping when I get all my gift cards together!”

“Every year, my family and I like to go to New York City and visit the famous Christmas Tree at the Rockefeller Center,” said sophomore Gianna Simmons, “I love it because I do not only get to enjoy time with my family, but I can see other people’s reactions to the tree and see the amount of joy it gives them. It brings a sense of warmth to the atmosphere.”

Aside from the festivities that come along with the holidays, having family at their sides is comforting to some. Freshman Roberto DeCosta, who is an athlete on the track and field team, most looks forward to Christmas so that he can see his family.

“Usually, my whole family comes up and we spend time with each other giving gifts,” said DeCosta. “Being with each other just makes Christmas the best because I’m with the people I love and I’m around people who care about everyone there and that makes Christmas the best, and we eat a huge meal--that’s always fun.”

As we end the semester, students tend to have high stress during finals season. The holiday season will be a stress reliever to some students. Activities range from high energy levels to hanging out and watching a movie.

“I usually spend Christmases with my family, our favorite tradition is watching ‘Christmas Vacation’ on Christmas Eve,” said junior Cody Davis. “I’m very excited for the holidays this year.” Jordan Greene contributed to this article.

Is It Ever TOO Early for Christmas Tunes?

Isabella Fabbo

Staff Writer

When do you start listening to Christmas music?

For some students at Sacred Heart University, the Christmas season starts as early as Nov. 1.

“I start listening the second Halloween is over,” said senior Sophia Kostiw. “I feel like the holidays don’t feel as long as when I was a kid, so I have to drag it out so it’s longer.”

“Christmas music starts Nov. 1. Halloween is my favorite holiday but then it’s Christmas time,” said senior Allie Cimaglia. “Oct. 31 it’s ‘Monster Mash.’ Nov. 1 it’s Michael Bublé.”

While some students like to get a head start on listening to Christmas music, others prefer to wait.

“I listen to Christmas music after Thanksgiving. I feel like if you listen to it before that, it takes away from Thanksgiving,” said junior Kate Bell.

“I start listening to Christmas music right when Dec. 1 hits,” said junior Mike Garofalo. “I don’t do right after Thanksgiving because I feel like December is when Christmas really starts.”

Some professors at the university also believe in waiting to listen.

“I’d love to see it begin a week after Thanksgiving. It’s two separate holidays with two different things,” said Prof. Joseph Alicastro, director of the graduate program in Journalism and Media Production at the School of Communication, Media, and the Arts. “I think it would help to not commercialize Christmas so much.”

The debate over the appropriate time to start listening to Christmas music has left some students defending their stance.

“Christmas is my favorite holiday,” said senior Nicole Capuano. “I don’t understand why people wait to listen to Christmas music because it is such a happy feeling and brings so much joy. Why would you want to deprive yourself of that?”

Other students can understand the eagerness to get into the Christmas spirit, even if they choose to wait themselves.

“I think they’re just very excited for the holidays and there’s nothing wrong with that,” said junior Mario Montuori. “I start listening to Christmas music in December, though, because that’s when Christmas is.”

When it comes to what kind of Christmas music students enjoy listening to, there is a variety.

"I love Michael Bublé's Christmas album, it's so good. And Taylor Swift's old Christmas album," said Bell. "I grew up listening to them, so it just reminds me of being young and believing in Santa."

"I love Michael Bublé, but the classics are my favorite," said Cimaglia. "They make me feel good and make me feel like I'm still a child. I'm almost 22 but it makes me feel young again."

While many students enjoy the more classic Christmas songs and artists, others appreciate the new music and covers that have been released in recent years.

"I like artists like Ariana Grande and Justin Bieber giving new spins on Christmas music," said Kostiw. "I think it brings recognition to the old artists too."

"I like to listen to the newer Christmas music from Ariana Grande or even Kelly Clarkson. I also think Pentatonix makes cool Christmas music," said freshman Nikki Luba.

If you like new Christmas music or new renditions of the classics, some pop artists have released songs and albums this year. According to Billboard, Lizzo recently recorded a cover of Stevie Wonder's "Someday at Christmas." Camila Cabello released her cover of "I'll Be Home for Christmas." Additionally, the Backstreet Boys released an entire album, featuring classic songs and three originals

So You Think You Can Drive?

Daisy Tuquinagui

Staff Writer

“Coming here from California, the driving rules are definitely different and take time to adjust to. With certain speed limits on California highways, one is able to go 65 mph, whereas in Connecticut, the general rule is 55 mph,” said sophomore Kaitlin Dyer.

Sacred Heart University has students that come from different areas and regions. During a student’s sophomore year, the university permits them to start bringing a car on campus. Many students end up participating in a parking lottery to ensure they secure a spot somewhere on or off campus.

“I am from Massachusetts, but I do not think I would say that my state has the ‘best drivers,’ but I would say they are the best compared to some New Jersey and Connecticut drivers,” said senior Ally Peto. “I think part of the reason why drivers here or in New Jersey are not as friendly might be due to the drivers’ education programs being different for some young drivers. I also think getting used to being on the road with different state drivers and adjusting to certain rules can play a factor for what state does have the best drivers.”

Some seniors who have now been here the longest out of other students have similar opinions on what it is like driving in Connecticut compared to other states. Seniors who do live off campus become more likely to drive around the Connecticut area as they will not be on campus as much. It becomes a constant routine for them to witness the similarities and differences on the road.

“Out of the 18 years of living in the Boston area, I have never felt so uneasy about driving until I have driven in Connecticut these past couple of years,” said senior Nicole Ferrero. “The lack of turn signals, not yielding to stop signs and the list goes on. I feel like I have to triple-check when I’m driving in Connecticut because I cannot trust some of the drivers here.”

Some students share a positive experience when driving with others who come from a different state and have become more observant when driving with others who might be unfamiliar with the area they are currently in.

Sophomore Lauren Cote said, “I personally have had a great experience driving with people from different states. I will say I am much more alert just because that is how I am when driving somewhere far from home and I am not the one behind the wheel.”

“I am a Connecticut driver and I know we are not the best, but we are also not the worst either. As for other states, I think Rhode Island drivers are pretty good,” said junior Dani Savino.

Black Panther Sequel Hits Theaters

Carmela Cogliano

Staff Writer

The highly anticipated sequel “Black Panther: Wakanda Forever” premiered in theaters on Nov. 11. The sequel to the award-winning film was made in the wake of tragedy as the cast mourned the loss of star Chadwick Boseman.

According to The Associated Press, “Black Panther: Wakanda Forever” broke the slow spell that the box office had experienced since the summer. The film, which features Letitia Wright, Lupita Nyong’o, Danai Gurira and Tenoch

Huerta, earned \$180 million in its opening weekend, becoming the highest-grossing November opening in North America, while making nearly \$330 million globally.

“Black Panther: Wakanda Forever” takes audiences back to the African nation that is mourning the loss of Prince T’Challa, who was played by the late Boseman in the first film. The nation is facing threat from Tenoch Huerta’s character, Namor, and his warriors.

“I thought that the movie was very good. It lives up to the first movie, but I wouldn’t say that it’s better,” said sophomore Eamon Bednarcik. “It was well written and I think the director did a really good job.”

“I thought it definitely lived up to the hype of the first movie,” said junior Elaina Edwards. “It had central themes of grief, death and unity and was very well directed.”

According to The Associated Press, the first film broke the box office and was released in February 2018 and went on to gross \$1.4 billion worldwide, making it one of the highest-grossing films of all time. The movie was nominated for seven awards at the Academy Awards, winning three of them. It was the first superhero movie to win Best Picture and the first Marvel Cinematic Universe film to win numerous categories.

A sequel has been in the works since the release of the first movie. However, that all changed as soon as Boseman passed after battling colon cancer for four years during the summer of 2020.

According to The Associated Press, director Ryan Clooger and his team were faced with revamping the script after he passed. The movie became about the death of Boseman’s character T’Challa and the grieving kingdom he left behind.

“They had to rewrite the entire movie,” said Bednarcik. “They originally planned for Chadwick Boseman to be in it. I think the movie does a great job carrying out the original vision even with the passing of Chadwick Boseman.”

Many fans were concerned about how the two would compare after the tragic passing of the star.

“In my personal opinion, I think that ‘Black Panther: Wakanda Forever’ could have been better,” said sophomore Victor Colonna. “I did not get the same jumping out of my seat feeling that I got when watching the first movie.”

Colonna felt that it was the heartbreaking passion of Boseman that contributed to this. “I just felt like something was missing,” he said.

“I wanted to see how the two movies would compare after the passing of Chadwick and I would say they did the best they could,” said senior Gediyon Prince. “It’s kind of hard when your main character dies, but I would say that this movie lives up to the first one and honors him well.”

According to The Associated Press, if ticket sales continue the way they are going, “Black Panther: Wakanda Forever” is expected to do as well as the first movie.

“I have not gotten the chance to see it yet, but I plan on spending the upcoming holiday in the theater with my family. If it is anything like the rest of the Marvel franchise, I know that it will be great,” said junior Stasia Dussault.

SHU'S Home Makeover

Isabella Fabbo

Staff Writer

When you are on the Sacred Heart University Main Campus on Park Avenue, you may hear banging and the sounds of construction vehicles at work. A large, red fence surrounds the former Pioneer Village parking lot, as workers continue to make progress in building a new dormitory and parking garage.

"I'm excited about it, it looks cool," said freshman Ariana Porco. "I'm excited about the parking garage because I'll have my car on campus next year."

While some students are looking forward to the new additions, others have seen the construction as an inconvenience.

"It's taking up one of the major parking lots on campus," said junior Dylan Feehan. "It's hard to find parking already, and it has just made it worse."

"I don't feel like the construction workers have directly caused inconvenience on navigating around school, but it has increased the challenge that already existed," said senior Brianna Diaz.

The construction hasn't just been an issue for students with cars, though.

"I live in J-Hill (Scholars Commons) and the construction is so loud," said sophomore Giana Coccimiglio. "Walking back to the dorm, I can't hear anything, especially when I'm on the phone."

In addition to Main Campus, construction for a new hockey arena is finishing up down the road at West Campus.

"The completion of the Martire Family Arena on West Campus is the culmination of our robust, multi-year building and expansion program reflecting our growing national status," said Deborah Noack, Executive Director of Communications. "The new arena will allow students, faculty and staff to cheer our teams on right here on campus."

Some students are already looking forward to cheering on their teams at the new arena.

"Hockey is my favorite sport. I'm literally so excited," said freshman Zoe Vella. "I'm debating coming back for the opening game since it's over break."

The construction of new buildings and facilities are not the only aspects of the university's growth.

“In addition to physical expansion, the university has grown to more than 10,000 full- and part-time undergraduate and graduate students,” said Noack.

With more people and more buildings, campus has begun to look a lot different for some students.

“It’s gotten bigger and they’ve accepted a lot more people. The new dorms and the upper quad were grass when I was a freshman,” said senior Erin Gibney. “It’s cool that they’re doing this all so fast.”

“The Upper Quad was just a pile of dirt with lots of construction when I was a freshman,” said Diaz. “It’s changed so much and for the better of this campus.”

The many changes that have accompanied the university’s growth and expansion have been taken positively as a way to bring Sacred Heart students closer.

“I think the expansion might actually increase the sense of community and connection,” said freshman Victoria Philips. “People like change and it’ll be a good opportunity for people to come together and explore Sacred Heart.”

“While it may seem contradicting, I feel like the expanding of campus will actually bring people together better,” said Diaz. “Having a bigger school means more students, which means more opportunities to find people with common interests.”

In fact, the expanding campus has not stopped the Sacred Heart community from coming together.

“Despite all our growth, we have worked hard to maintain a campus where we all get to know one another through small classes, conversations and events outside the classroom and the chance to interact with everyone from the president of the university to faculty and staff at all levels,” said Noack.

The construction of the new dormitory and parking garage in Pioneer Village is set to be completed by 2024, whereas the hockey arena will be completed by January 2023. The new arena will host the men’s Division I ice hockey team against Boston College on Jan. 14, 2023, and the women’s Division I ice hockey team against Harvard one day later.

How Do You Spend Thanksgiving?

Jordan Greene

Staff Writer

“Being from Australia, I have had to get used to not seeing my family around this time of year,” said sophomore Angus Henricks. “Even though I have been able to find ways to have fun with others these past couple of years, I still miss being able to be around my family, especially when others are getting the chance to.”

Being a foreign undergraduate student at Sacred Heart University like Henricks is a prime example of how the holiday season may look different for everyone. Every student has their own unique tradition for Thanksgiving, like freshman Ryan Jaipaul. Jaipaul is looking forward to being back home with family in his hometown of Queens, N.Y.

“This Thanksgiving, I will be having fun with my family in Queens by laughing with them and sharing my experiences from my freshman year so far,” Jaipaul said. “I look forward to eating plenty of turkey and stuffing as well. I’m expecting at least two plates.”

Some students at SHU spend their Thanksgiving outside of the comforts of their own homes. Even without being home, students like sophomore Kenzie Mullahey find ways to celebrate the holiday with family.

“Usually, my family and I go to a diner for Thanksgiving,” said Mullahey, “I know it sounds a little sad, but I’ve loved doing it these past years, especially now that my family is all the way in Florida, and I go to school in Connecticut. The best part is eating a bunch of cookies that my grandma makes.”

Simplicity plays a factor for certain students when it comes to their traditions. Sophomore Ben Shea enjoys spending Thanksgiving with his immediate family instead of a large gathering.

“After a lot of my family moved from here in Connecticut to live in places like Texas and Florida, I’ve learned to just have a day with my parents and siblings and enjoy my time with them,” said Shea. “It helped me to really cherish family time and not feel the need to be around so many people just to have fun.”

For many students, Thanksgiving is a time for family, but for some, it means eating their family’s traditional Thanksgiving meal.

“My favorite foods to eat every year are sweet potatoes and stuffing,” said junior Justin Infante. “When I go to Long Island to see my cousins and family friends, those are the foods we usually go for first.”

Although Thanksgiving is a big holiday for cherishing the people in your life, not everybody gets to have that kind of holiday. That's why freshman Grace Miller uses her holiday to give back to those who may be celebrating a different kind of Thanksgiving.

"When I work on the turkey truck, I feel amazing making people feel good, especially on a holiday like Thanksgiving," said Miller. "It is what the holiday is all about, which is giving thanks and appreciating everything that we have and what we are able to have."

Making SHU Accessible

Daisy Tuquinagui

Staff Writer

“I do think SHU is doing better at improving accessibility. It seems like sliding doors are being added every day, and there is ramp access to many buildings,” said sophomore Anna Macaulay, Senator of Student Government.

Sliding doors were recently installed this fall on Sacred Heart University’s campus, replacing the traditional heavy doors in many buildings such as Martire and the Humanities Center of the Main Academic building. Some students are still acknowledging the newly installed doors as they enter these buildings.

“The removal of big, heavy doors with sliding ones are the most notable improvements,” said Macaulay. “Student Ambassadors have an accessibility route now when a prospective student or family member has a wheelchair.”

Though the sliding doors are still new on campus, some students feel this issue can be worked on more. Physical accessibility can also deal with improving speech assistance in classrooms.

“Sacred Heart is working on improving campus accessibility, but there is much more that can be done to better improve accessibility. There are some interior doors on campus that are always closed, but do not have push buttons or magnets holding them open,” said sophomore Corinne Bain. “I believe that there are some ways that classes could be made more universally accessible, such as by always including captions on videos when available. This would benefit not only people who have hearing loss, but also people who may struggle to process auditory information or people who have learned English as a second language.”

Some students also take into consideration that sliding doors are only the beginning of improvements and there is much more work for the road ahead for physical accessibility on campus.

Senior Julia Kavanagh said, “I think SHU is doing a fair job improving accessibility on campus and the residence halls. However, there is still progress to be made. All academic buildings have elevators present; however, all elevators are not near the entrance of buildings, and at times do not work or work well.”

Students who run into concerns on campus with physical accessibility are directed to the Office of Student Accessibility, where Director Kathy Radziunas assists with concerns.

“Students who have concerns may reach out to the Office of Student Accessibility, and yes, a few students who use wheelchairs or crutches have shared the difficulties they have had navigating the campus,” said Radziunas. “For a campus to be considered truly accessible, a

student should not face 'undue burden' such as having to work harder or take longer to move throughout the campus, live in the dorms or attend activities."

Students can request accommodations before the school semester starts to make sure they are not facing any of the undue burdens Radziunas mentioned.

"Sometimes these issues can be remedied by providing additional accommodations such as priority registration so that the student can select classes in the same building on a given day or schedule the timing of a class to allow for the time it will take to travel between classes using a wheelchair, for example," said Radziunas.

Some members of Student Government who serve as a voice for the student body on campus and work with Community and Inclusion advocate for campus change and can be a resource to students.

Senior Bella Scarmack, Director of Community and Inclusion of Student Government, said, "I think every campus can improve on its accessibility. SHU has included numerous efforts, including sliding doors and audiovisuals to display lectures as written words on a board. SHU should continue to invest in this technology and grow accessibility on campus."

"I think the installation of sliding doors on campus is a great improvement," said senior Sal Morlino, Senator of Student Government. "Now it just makes it so much easier, especially for people with physical disabilities. As a senator, I am hoping to see more improvements."

When It All Falls Down

Ciara O'Toole

Staff Writer

Ye, formally known as Kanye West, has been in the spotlight for his antisemitic remarks. As a result, partnerships with Adidas, Gap, Balenciaga, Vogue, and others have been terminated.

“Based on the gravity of his statements, his refusal to apologize, and the harmful impact his words are having in spreading antisemitism across the country, I believe it is perfectly appropriate for companies to cancel their business relationships with him,” said Rabbi Joshua Ratner, Jewish Chaplain of the Office of Mission Integration and Ministry at Sacred Heart University, “West spewed a series of offensive claims drawing on conspiratorial theories about Jewish power and control in the entertainment industry and in the business world.”

Over the years, West has amassed much success but has been embattled with many scandals. His controversial statements on racial and political topics, his conflicts with other performers, and his divorce from Kim Kardashian are all reasons that have kept him relevant in the news.

According to the Associated Press, Ye has alienated even ardent fans in recent years. Those close to him, like Kardashian and her family, have ceased publicly defending him after the couple's bitter divorce and his unsettling posts about her recent relationship with comedian Pete Davidson.

“I think Kanye is a great artist that has just let the fame, money, and power get to his head. He has become more of a polarizing and controversial celebrity instead of focusing more importantly on his art,” said sophomore Pietro Tripodi.

Although many people believe that West has crossed the line with his recent statements, some still value and support him.

“The way I see it, I still like listening to Kanye's music. Obviously, the things he said are absurd and hurtful, but that to me is separate from his music career. That's why I still listen to his music, and it doesn't turn me off to it,” said sophomore Jeremy McKenna.

“I think he doesn't really deserve the fame anymore and it's more of just the fallout from this making him more famous,” said McKenna, “Kanye is kind of losing it, and for his sake, it would be nice to see him make a comeback.”

In previous statements, West has admitted to having bipolar disorder, and in many of his song lyrics, he shows that he has been strongly affected by mental illness and drug abuse throughout his career.

“I don't agree with the statements that Kanye has made but I know that he is dealing with mental and emotional health issues. He has spoken about it publicly, but no one has really helped him

or tried to talk to him about his issues,” said junior Ishpal Pandhal. “It just shows how there is not much awareness of men’s mental health.”

In recent months, there has been a rise in antisemitic attacks across the nation. These comments from West and silence from other celebrities has not helped.

“Instead of apologizing for these harmful remarks, West doubled down on them, repeating them over and over, and igniting other purveyors of hate such as the extremist Goyim Defense League to put up a banner in Los Angeles reading ‘Kanye is right about the Jews’ while giving Nazi salutes,” said Ratner.

Alejandro Ramos contributed to this article.

Old Enough to Fight, Old Enough to Vote?

Isabella Fabbo

Staff Writer

What do you think the voting age should be?

It is currently 18 years old, the same age one becomes a legal adult in almost every state.

Some Sacred Heart students believe the voting age has been appropriately set at 18, with no need to lower it.

“I think that if you’re considered an adult at 18, you should be able to vote as well,” said freshman Jacob Carlson.

“I think the voting age should stay at 18 as that is the age we are legally considered to be adults,” said senior Hailey Pinto. “We should be able to have a say in the type of world we want to live in.”

“It should stay 18 because at that point you’re a legal adult,” said junior Victoria Piacentino.

While most students agree the voting age should stay at 18, some understand the appeal of raising it to 21.

“I’m debating between staying or raising,” said sophomore Tara Kelly. “I think it’s unfair that you are allowed to vote at 18 but aren’t allowed to do most things until you’re 21. They say your brain isn’t fully developed until 21, so why should people be allowed to vote for a president, which is an extremely important decision?”

The 26th Amendment, ratified in July 1971, officially lowered the national voting age from 21 years old to 18 years old. The movement for this action began during World War II, with the notion, “Old enough to fight, old enough to vote,” according to the Richard Nixon Library.

Some students share the same belief in that notion today.

“I think it should stay the same age as how old you are to enlist in the army because if you can serve, you should have a say in those decisions,” said senior Celia Ponto.

“I am of the belief that if we’re old enough to drive, old enough to have jobs and old enough to enlist in the military, then we are old enough to vote,” said junior Ashley Czermak, President of PioneerVote. “Personally, I believe having the voting age set at age 18 is perfect.”

Some students say that younger people are more impressionable to having their voting ideas swayed by social media.

“I think social media does have an effect on voting because people post a lot of false bias information that influences people’s voting,” said freshman Madison Conklin. “If younger people see it, they believe everything and anything.”

“Because of the presence of social media, everyone has access to political information,” said Piacentino. “I still don’t think it should be lowered, though, because younger people can be influenced easily, and I don’t think they have the life experience to make those kinds of educated decisions.”

According to the United States Census Bureau, 57% of citizens ages 18-34 voted in the 2020 presidential election, up 8% from the previous election in 2016.

Although the percentage has increased, some students believe more people need to be voting.

“21 is too old because we need more voters to get out there,” said senior Ryan DiFronzo.

The university also believes in the need for more voters with PioneerVote, a student-led campaign that encourages students to utilize their right to vote. The organization seeks to increase the percentage of young voters and overall political engagement in the Sacred Heart community.

“The opportunity to vote is valuable and a privilege,” said Pinto.

The Wild Wild Fall Fest!

Daisy Tuquinagui

Staff Writer

Students at Sacred Heart University are excited for the events SET planned for this fall. From Oct. 17 to Oct. 21, SET hosted a week of fun fall-themed events as a part of Harvest week. The events leading up to the week included camper mugs, decorating mini pumpkins, and plenty of chances to snack.

Junior Kendall Holland said, "I'm looking forward to seeing the various options of fall foods they will offer this week. Every year it's something so exciting."

On Tuesday, students got the chance to ride on a mechanical pumpkin and decorate cookies on 63's lawn. Students waited in line to see how long they would make it until their fall and make and eat fall-decorated cookies.

"Cookie decorating screams fall season to me and it just puts me in such a happy mood. I really love these events," said junior Irene Katehis.

Another event of Harvest week was a Friday night screening of Ghostbusters that students could watch from under the stars.

"My friends and I also love a good home feel movie during this season so knowing that 'Ghostbusters' will play this week sounds so much fun," said Katehis.

Many students looked forward to and enjoyed Harvest week, but many more were looking forward to SET's biggest event of the fall: Fall Fest.

"SET events make the Sacred Heart experience so much fun! Bingo is my absolute favorite. I can't wait to see what they have planned for Fall Fest this weekend.

Every year there is so much going on, it is so hard to pick what to do first," said senior Daniel Ring.

Senior Kelsey Akoury who plans Fall Fest and is the annual events chair of SET said, "I think this fall fest is going to be different than previous years because we have worked on it since the summer and are really excited to have a different and unique theme here at SHU for the students to enjoy."

This year's Fall Fest was themed around the wild west and many of the activities of the day were based on that theme.

"Our novelties are based around our theme, therefore we have plant your own cactus plant, airbrush tattoo artists, make your own sand art, mechanical bull, and lasso the longhorn. As for

food, it is very much comfort food like pulled pork, pulled chicken, mac and cheese, cornbread. Etc,” said senior Akoury.

Fall Fest was in full motion on Saturday with balloons and food trucks all around. There were games and activities set up all around drawing in students to have some fun. Sacred Heart’s President, Dr. John Petillo even came down to make an appearance.

“I’m loving Fall Fest. My friends and I have been looking forward to it. I enjoyed the lunch and it was a nice break from studying,” said sophomore Allison Marx. “If I had to choose my favorite activity throughout the fest it has to be decorating the cacti. They had a bunch of options to choose from and had decorations that you could put on the pot which was cute.”

Senior Madison Miller said “Fall Fest is always something that gets us students excited. I honestly think SET does such great things. These events inspire people to come together to find boundless ways of creativity. I really think it motivates students to always find a work-fun balance.” Isabella Fabbo contributed to this article.

Family Weekend Under the Fireworks

Ciara O'Toole

Staff Writer

Every year in the midst of the Fall semester, Sacred Heart University Family Weekend. It is a special event that gives parents and friends of students a glimpse into campus life at Sacred Heart.

Senior Djoe Hostin claims that Family Weekend at Sacred Heart is one event that he really appreciates.

"There's always such a great atmosphere around campus and I really acknowledge the amount of effort from the staff and students that go into the weekend behind the scenes," said Hostin. "I think it's a unique celebration to SHU as I have rarely heard of other universities hosting an event as such."

The Saturday afternoon football game at the campus field was one of the most anticipated events of Family weekend. Families and students packed the stands as Sacred Heart's Football team defeated Stonehill College 40 - 27.

According to junior Kim Fenton, the football game was the weekend's standout activity for both her and her parents.

"My mum and dad were beyond excited for the weekend in general as they haven't gotten to take part in the event before due to their busy schedules, they were eager to get to the football game as they are huge fans of the sport and loved every minute of the game," said Fenton.

Sacred Heart families were also able to enjoy walking around campus to see how the university has grown throughout the last couple of years.

"My parents had a blast at the family weekend, we attended most events on campus including the fireworks, the football game, concerts, and the tour around

campus," said senior Julia Swett. "They were especially in shock with how much the university has expanded since I came to SHU back in 2019."

Junior Aina Garriga had a very fulfilling weekend despite the fact that her parents couldn't attend the weekend festivities since they were overseas.

"I got to meet a lot of my close friend's family and I felt the excitement and love around campus which truly brightened my days, a standout day for me was the Friday when there was a beautiful display of fireworks at the campus field," said Garriga.

Freshmen at Sacred Heart were particularly excited about the occasion since it gave them a chance to introduce their families to their new friends and show them where they would be spending the next four years.

“It’s been a transition coming into college and being far from my family and hometown friends, so this weekend was truly amazing as I got to reunite with them,” said freshman Ava Scordo. “They also got to see their first college football game and I brought them to Sacred Heart Choirs event which was definitely their favorite part of the weekend. They were also thrilled and relieved to observe how well I have settled in at university so far.”

She Will Be Loved...For Now

Isabella Fabbo

Staff Writer

If you're on social media, you may have noticed the recent stories of celebrity men cheating. In the span of just one month, two major cheating scandals have gone public involving Maroon 5 front man Adam Levine and Try Guys member Ned Fulmer.

"Celebrity men feel entitled because they have so much, so they cheat even on the best [women] when they shouldn't," said sophomore Gabriel Concepcion.

The scandal surrounding Levine was ousted by the woman he was cheating with, Instagram model Sumner Stroh, in a TikTok video.

Levine posted a statement on his Instagram story just two days after Stroh's video, saying, "I did not have an affair, nevertheless, I crossed a line during a regrettable period in my life.... My wife and my family is all I care about in this world."

Some Sacred Heart students have strong opinions on the scandals, especially with Levine.

"If it was just DMs (Direct Messages), it wasn't that bad, but I don't condone it," said junior Victor DiPierro. "If he was unhappy, he should've said it wasn't working out."

However, some students see cheating through DMs to be just as bad as any physical cheating.

"I don't like how he cheated and then said 'oh no I didn't have an affair,'" said sophomore Mary-Kate Connell. "And his wife is pregnant. It's not okay."

Students also commented on Stroh's video, in which she shared screenshots of her conversations with the Maroon 5 singer.

"I was having an affair with a man who is married to a Victoria Secret model," said Stroh in the TikTok. "At the time I was young, I was naïve, and I mean quite frankly I feel exploited."

"I felt like [Stroh] was trying to act like a victim when she knew he was married," said junior Megan Harkins. "If you're aware that they're married, you can't play the victim card because you knew. Posting pictures of the DMs and showing you clearly responded, you can't play the victim after that."

Levine isn't the only celebrity under fire for cheating, though. Former Try Guys member Fulmer has also received backlash after appearing to be a "wife guy" in the group's YouTube videos.

Fulmer made it clear that he was in a happy marriage since the introduction of the group back in 2014 when they were a part of BuzzFeed. Fulmer's love for his wife and family was a large part

of his personality. This has made the news of the cheating scandal even more heartbreaking for fans.

“It was so bad. He prided himself on loving his wife, loving his kids and being known as the dad of the group. He completely ruined that,” said sophomore Emily DeIBene. “It changed my opinion big time. I can’t watch old videos without being a little upset.”

Have you ever wondered what leads celebrities to cheat? Some students have speculated themselves.

Junior John Mayo said, “I feel like [Levine] let the fame get to his head and maybe he was bored.”

“I feel like [Fulmer] has a big ego and he thought he could’ve gotten away with it,” said DeIBene. “He let fame get to his head a lot.”

When fame leads to cheating scandals, it not only harms the celebrities’ personal relationships, but also their relationships with fans.

“I used to really like Adam Levine’s music, and whenever I hear ‘Sunday Morning’ and ‘She Will Be Loved,’ it’s like can you even trust them anymore?” said Connell.

Getting Strange at Sacred Heart

Daisy Tuquinagui

Staff Writer

“I screamed with joy when I found out that Gaten Matarazzo was coming to campus,” said senior Alexa Gallerani. On Sept. 27, Gaten Matarazzo, who plays Dustin in “Stranger Things,” visited Sacred Heart University for a question and answer panel sponsored by Student Life and hosted at the Edgerton Auditorium.

Tickets were on sale for \$5 from Sept. 20 up to the day of the event.

Students stood in line for hours in order to be able to purchase tickets for this event.

“Tickets were on sale at 1:30 p.m. the first day and I arrived at 12:30 p.m.,” said sophomore Allie Pesek. “The hour-and-a-half wait line was definitely worth it because he is one of my favorite actors.”

Sophomore Sierra Sailor shared the news with her family back home.

“The first thing I did was tell my parents, as we share love for the show ‘Stranger Things’,” said Sailor. “Gaten’s personality shines through his real-life interviews and other projects he has worked on previously.”

“Stranger Things” first aired in 2016 on Netflix, and since then, Matarazzo’s performance in the show has given him over five award nominations, such as the IGN award for best dramatic TV performance and the Saturn award for best performance by a younger actor in a streaming series.

During the event, students were given permission at the end to get in line and ask Matarazzo any questions.

“I was a little star-struck when he came out on stage. I had no questions going into the event, but other students definitely came prepared,” said junior Samantha Katz.

During the Q&A, Matarazzo let Sacred Heart students in on some information that was a surprise to many in the audience; he was born in the same state as Sacred Heart.

“I was in total shock when he revealed that he was actually born right here in Connecticut, raised in New Jersey, and now resides in New York,” said Katz.

Students like junior Rachel Pesce were thankful that the university made this event happen and were excited to learn about how different Matarazzo’s life is compared to her own.

“The cool and most special thing about Gaten Matarazzo is how he is just around our age,” said Pesce. “It is unbelievable that his career took off at the age of 9 and his first ever job was having a role in a drag show.”

“Seeing Gaten on stage was an unforgettable experience,” said junior Emily Haddad. “‘Stranger Things’ is a show near and dear to my heart because I like to think that I grew up with characters themselves.”

As the panel came to an end, students took out their phones to record what some students considered “the ultimate moment” of the event.

“Every single person in the audience went straight to filming the best part of this event,” said Haddad.

One of the final questions of the night was asking Matarazzo to sing “The NeverEnding Story” from “Stranger Things.” Although he mentioned it was not something he usually does, he did it with the help of an unnamed Sacred Heart student.

“I can happily say that I got to witness Gaten Matarazzo sing on stage ‘NeverEnding Story’ with a Sacred Heart student,” said senior Alissa Brandl. “He [Matarazzo] seemed nervous, but his singing was fantastic.”

How do YOU deal with Mental Health?

Ciara O'Toole & Jillian Reis

Staff Writer & Perspectives Editor

College can be a stressful time for a lot of students, and the rise in mental illness cases has not made it easy on students. According to the National Institute of Mental Health, nearly 1 in 5 adults in the United States suffer from mental illness. Students at Sacred Heart University are not exempt from the statistics.

One student who has seen a change in her mental health is junior Alyssa Miclat.

"I have seen a major difference in my mental health since coming to university, both positive and negative," said Miclat. "I think the main difference is the amount of pressure I put on myself to achieve a high GPA, as I have always been a perfectionist in everything I do, which does take a toll on my mood."

Some students on campus have taken to making an effort at keeping a healthy mentality to combat mental illness. Senior Vitalina Golod takes care of her mental health by waking up early in the morning and focusing on what she has to do for the day.

"For me personally, a day that contributes to a healthier mentality includes waking up early and enjoying a slow morning, going out with friends, exercising and cooking at least one home-cooked dinner."

Junior Katsiaryna Starastsenka gives her insight on what she thinks about the topic of mental health with the general population at Sacred Heart from an international student's perspective.

"Back in my country [Belarus], people do not pay much attention to mental health or reveal their emotions, as they are not used to talking about any issues they might experience," said Starastsenka, "while, in the USA, mental health plays an important role in society. Thus, people share what they feel and open up to people they newly meet."

According to Junior Kim Fenton, she believes there needs to be a greater focus on resources on campus for students' mental health as a whole.

"Most people have no knowledge of it, so we do not know what is available even if we need it," said Fenton. "I believe more mental health resources are needed for student-athletes since they are put under greater psychological and physiological constraints and stressors in their day-to-day lives."

Sacred Heart has a lot of resources in place in terms of mental health, including the Wellness Center and website, which include both on-campus resources as well as contact information for crisis situations outside of Sacred Heart, such as the phone numbers for the National Suicide Prevention Hotline and the Trevor Project.

Sacred Heart also offers a range of yoga, aerobic and dance classes for those looking to improve their mentality through fitness.

“I get myself involved in many extra-curricular activities at SHU, but my dance class particularly stands out, as many of my students have come to me acknowledging how it helps them relax and is their escape from the amount of college work they have, which gives a sense of achievement from my part,” said junior Samira Altareb.

Another on-campus resource for students is the s.w.e.e.t. Peer Educators who have a variety of programs throughout the year, such as s.w.e.e.t. Dreams, which teaches students about the importance of getting enough sleep. One of their most popular programs is Canine Help SHU?, where students can pet and hang out with therapy dogs to destress.

Sacred Heart also has a counseling center for students who feel like they need to talk to someone about what is going on in their life. Students can make an appointment with a counselor by calling (203) 371-7955 or following the instructions on their website at <https://www.sacredheart.edu/offices--departments-directory/counseling-center/appointments/>.

It's the Great Pumpkin (Season), Charlie Brown!

Isabella Fabbo

Staff Writer

How do you get into the fall spirit?

According to the Farmer's Almanac, fall officially starts on Sept. 22. However, for students like junior Kaitlyn Luba, it began a week ago.

"My roommates and I already started decorating last week inside and outside of our house," said Luba. "We were very eager to start because we all love the fall and Halloween."

While many students explained they had not begun fall festivities yet, they did voice their excitement for upcoming activities.

"I love going to the Silverman's Farm in Easton, Conn.," said freshman Victoria Matos. "I love doing the pumpkin picking and apple picking."

Silverman's Farm offers a wide variety of fall activities perfect for students looking to get their fall fix. According to their website, the farm is home to a pumpkin patch and apple orchard, as well as a country market where visitors can purchase produce and baked goods. They even have scenic tractor rides.

For Luba, a spot like Silverman's Farm is a must this season. "I am excited for fun fall activities like haunted hayrides, pumpkin picking and having hot apple cider," said Luba.

Fall is a time to relish in everything spooky and pumpkin spice, but for some, it is a time marked by sports.

"When I think of fall, I think of football. I love cheering for the Jets on Sundays," said junior Daniel Godley. "I hate fall because school starts but I love it because of football and playoff baseball."

Other students expressed disdain with the season for a major reason: the weather.

"The only thing I don't like about fall is the 'in-between weather,'" said freshman Sarah Foley. "One day it will be 45° and cloudy and then the next day it will be 75° and full sun."

Despite the changes in temperature, many students said they enjoy the fall foliage, especially on campus. However, the scenery isn't the only thing students are excited about this fall.

"For fall, I am really excited about school spirit picking up as more football games are going to be home later in the season this year," said Foley. "I have always been a big football fan and since I am a freshman, I'm really excited to experience and be able to see Division I games here at SHU."

In addition to cheering on the football team and taking in the fall scenery, students can get into the fall spirit with help from the Student Events Team (SET).

“This year the theme [for Fall Fest] is ‘Wild West’ so think of a very country, southern family BBQ backyard vibe!” said senior Kelsey Akoury, annual events chair for SET. “If we simply had it fall themed it would be the same every year, so we aim to have a theme and make it different each year for the students!”

Looking for events more fall or Halloween related? SET still has it covered.

Senior Samantha Henry, theme chair for SET, announced that Harvest Week is dedicated solely to Halloween and fall events.

Harvest Week is Oct. 17-21 with most activities taking place on 63’s lawn, while Fall Fest will take place Oct. 22 from 1 p.m. to 5 p.m. also on 63’s lawn.

A Home Away from Home

From Sept. 23-25, Sacred Heart University held its annual three-day Homecoming event where students and alumni were able to come together and celebrate school traditions.

One of the events that took place during the weekend was the SHU Sports Communication Round table that was held on Sept. 23. The round table brought back alumni who now work for sports media organizations such as ESPN, the MLB Network and Bleacher Report.

Returning alumni like Ryan Sanudo were amazed at all of the changes that have taken place on campus from when he was a student.

“It’s amazing to be back,” said Sanudo. “Seeing Sacred Heart in its new form with new facilities and new buildings is kind of crazy to witness considering how it used to look when I attended the university.”

Other alumni were excited to reminisce with old friends and professors.

“It’s always great to come back to Sacred Heart and see old friends and professors,” said alumnus Gus Pfisterer. “It’s incredible to see the wonderful change the campus has gone through.”

Another event that was held was the football game where the Pioneers faced Dartmouth College in the afternoon. With the game proceeding all the way to overtime, Sacred Heart was able to claim a 38-31 victory over the Big Green.

Sophomore Jake Walsh, a student-athlete who plays on the Sacred Heart football team as a long-snapper, was most excited about the turnout in the stands.

“The crowd was electric for the entirety of the game,” said Walsh. “It was cool seeing people who used to play come and support us. It was also nice to get the victory against a very disciplined Dartmouth team.”

Certain students were also able to contribute to the game on the sidelines. Sophomore Eamon Bednarcik explained his experience on what it was like to work during the game.

“I had fun during the game,” said Bednarcik. “I liked being on the sidelines watching various actions take place. If there ever was a problem on the field or with certain camera work, I was able to take responsibility and make sure those problems were fixed.”

After the game ended, recent graduates were able to talk about their experience watching the game as a graduate rather than a student.

“It was a great experience realizing how much a community can build you up for the world and prepare you in the best way possible for the unknowns,” said 2022 graduate Ahjante Rampersad. “Having this feeling of being welcomed back home and seeing familiar faces who I have had the chance to grow with and new creations is definitely a humbling experience.”

For post-graduate student Chris Ortega, it was good to see many students in the position to meet various alumni and have the chance to meet with many people with their own experiences.

“Seeing so many students having the chance to meet alumni and grab the chance to learn from the past is a beautiful thing to me,” said Ortega. “Hopefully this will allow the current students to learn what they should do for the future. This is not just important for them, but for future students as well. If all of the current students can learn a lot from all of the alumni this weekend, this will influence them to teach the same lessons they learned to the next generation, and the cycle will eventually continue.”

Panic! At the Parking Lot

Jillian Reis

Perspectives Editor

For senior Jessica Fontaine coming back to campus means seeing her close friends and walking around the beautiful campus. Unfortunately for her and many students it also means a return to parking on campus.

“Parking has been stressful,” said Fontaine. “I usually have to leave my house thirty minutes before my class starts and I only live five minutes away from campus. Even when I leave early, I often drive around campus for what seems like an eternity before I find a spot.”

Currently, students can apply for a residential parking pass that will allow them to park in residential lots or in the student overflow lot by the Trumbull Mall.

If a student is not a resident they can apply for a commuter pass that would let them park in the Main Campus lot and garage, the Martire lot, the West Campus garage, and the Center for Healthcare Education in addition to other locations off campus.

For some students on campus, paying for a parking decal doesn't make sense.

“It's hard to find parking,” said freshman Gabriella Valotto. “You need a parking pass to even park anywhere on campus which is money along with tuition we already pay.”

Sophomore Ethan Stieir expressed his frustration with many students who avoid paying for a parking pass.

“People pay \$0 and illegally park and take spots from those that pay,” said Stieir. “Then you have to park illegally and get a ticket to your student account.”

Some students on campus have resorted to parking illegally to make it to class on time.

“No spots for commuters leads to people parking illegally all over and blocking roadways and fire lanes just to make it to class,” said junior Jackie Lage. “The students shouldn't have to be there a half hour before class and sometimes still not find parking.”

Many students anticipate the difficulty of finding a parking spot by heading to campus early, but not every student has that luxury.

“I only have 15 minutes to get from my west campus class to the Pitt center,” said senior

Trevor Middleton. “With the very limited availability, I end up late to practice due to the fact that I am driving around in circles just waiting for someone to leave.”

Another big issue for students has been the closure of the Thea Bowman Hall parking lot which is making way for two new dorms.

“My window views the spaces outside of Theresa and every day I see cars lined up along the softball field because there are no spaces,” said Sophomore Alexis Detuzzi. “Last year it was pretty bad, but I think this year with them removing the parking lot in the upper quad plus accepting more students/commuters, all around it’s a fight for parking.”

As of now, there are plans for a new parking lot outside of the new dorms being built that will have 219 parking spots as well as a parking lot to be paired with the new hockey arena that will hold 759 spaces.

Formal Season Is Back

Fiona Youngs

Staff Writer

Junior Tori Lopez put on her mint green dress and her white heels and joined the other 314 people to Zeta Tau Alpha's April in Paris themed formal. The formal consisted of the members of the chapter and their dates, roommates or friends. They entered the ballrooms of the Riverview Bistro in Stratford, Conn. where the place was elaborately decorated with balloons and flowers.

Formals play a role in Greek life in a variety of ways, though they are not a requirement, but are something that the individual fraternity and sorority decide on.

"There are currently 13 total chapters on campus— eight sororities and five fraternities. We typically see all the sororities having a formal both semesters and if the fraternities choose to have one, they typically reserve theirs just for the spring semester," said the Director of Fraternity and Sorority life, Nick Frias.

There are many amenities that go into entertainment at formal depending on each organization's budget.

"A lot of money goes into formals—food, DJ, the venue itself, etc. so it really depends on if each chapter has the financial means to host one for both semesters," said Frias.

Many members of the Greek life community enjoy the stylistic aspect of formal, as well as the fun time that comes along with it.

"I love dressing up and dancing, so formal was something I really looked forward to," said sophomore Emmy Arellano.

For others, many people enjoy attending formal, as they feel it brings their organization together.

"I look forward to events such as formal because I believe it is a great bonding experience for our chapter," said junior Carolyn DeFranco.

Some members look at formal as a chance to connect with new people.

"Formal gives everyone time to socialize and be together outside of the school environment. It's also an opportunity to meet new people in your sorority or fraternity," said sophomore Julia Fischer.

The connections with each other are what many people focus on, but others believe more come from them. Some of these women view these events as time with their "family."

"I believe that these events do make a difference to our chapter... I was able to hang out with sisters that I don't get to see too often and of course get ready with my family line," said junior Gianna Romagnoli.

Though it is a fun night for many, safety is Sacred Heart's priority. Therefore, the school has their input on what is important as well as rules for events like these.

"I do think formals can be beneficial, especially when they are conducted appropriately. Chapters are supposed to register their formals with the Office of Fraternity & Sorority Life and follow certain safety procedures like having sober Social Event Managers and have a separate bar area for 21+ individuals," said Frias.

During the current times, some members believe that COVID-19 has put a damper on formals for a few years which is in part why they are excited for this year's events.

"It has been a while since we were able to have formal, so it was nice to have such a special event like this again for our girls," said DeFranco.

Fraternities and sororities have many events over the course of the year but formal is a big event in Greek life that is enjoyed by many.

"The whole community shares the excitement of doing something altogether," said junior Gabby Teutul.

End of The Year Check-In

Samantha Ingram

Staff Writer

Sacred Heart's spring academic schedule began on Jan. 18 and is now quickly coming to an end on May 2. Returning from Easter break, there are only two weeks left of classes followed by graduation and final exams.

"My classes are definitely getting a little more stressful with finals around the corner, but I am hoping to finish strong," said sophomore Alanna Wunsch.

Many students said that the semester included a lot of activities and clubs to keep students busy.

"Extracurriculars have heavily occupied my semester, but I am happy to have had an eventful second half of my junior year," said junior Carissa Munoz.

Other students said their semester flew by, especially seniors who are graduating.

"As a senior, I find the end of the semester to be really bittersweet. I definitely feel it's time to move on; and as soon as my coursework is all finished and submitted, I think I'll be excited to graduate," said senior Sydney Duval.

According to students, there have been some significant events that made their semester enjoyable.

"For me personally, the highlight of my semester was Greek Week. I had so much fun participating in Greek Sing, and I loved going to other events to see my sorority sisters and friends in other sororities," said junior Tara Matthies.

As for some students, there were some low parts of the semester.

"I have had a few challenging courses this semester, so they have been a little tough to get through," said Wunsch.

Looking ahead to next semester, Student Planning and Advising is a system where students can register for classes. The website has various sections that allow a student to choose classes, view their grades, look at their progress with credits and apply for graduation.

"I did get the classes I wanted for next semester. I have a lot of block classes, but I'm glad they are all in person," said Munoz.

The low COVID cases have allowed for a more sense of normalcy within SHU's campus.

"I felt much more safe this semester and since the virus has calmed down, it has allowed the school to have more events that I have missed in the past years," said Matthais.

Others reflect on positive additions that this semester has allowed.

"As someone who started school here in the fall of 2018, I remember what normal looked like. It's been really exciting to see things like Senior Week, 'Dead's' at Red's pub and even the soft serve machine at 63s come back to campus for people to enjoy," said Duval.

Some seniors look forward to the end of the year festivities as well.

"As a senior, something that I have been excited for as a way to close out the semester is Senior Week. It's exciting that we are the first class to participate since 2019. I think it'll be a good way to make more memories with my friends here before graduation," said senior Kristine Udahl.

The Expansion Of Campus

Samantha Ingram

Staff Writer

Over the past few years, Sacred Heart University has expanded its campus to new horizons, including additions of new dining halls, residential halls and a brand-new state of the art hockey arena called the Martire Family Arena coming in Jan. 2023.

With Sacred Heart still in the process of expanding, students are given a chance to experience all the new places on campus, like the Bobby Valentine Center, the parking garage, the Pioneer Village and the newest dining hall, Thea's Abbey that opened in the Fall of 2021.

"I really do believe that Sacred Heart has done a fantastic job at expanding campus and adding much more to the school. All these new places on campus to live and eat at are giving the best opportunities for students to enjoy their college experience," said junior Jenna Santoro.

Some students said that the new facilities on campus stood out to them when touring Sacred Heart.

"All the beautiful new buildings like the upper quad and the Bobby Valentine Center were most intriguing to me when I took a tour of Sacred Heart before I committed here," said freshman Gianna Volpe. "The campus was just so beautiful, and I instantly fell in love with it, and I immediately knew this is where I wanted to spend the next four years at college."

Other students said that the Bobby Valentine Health and Recreation Center that opened in August of 2019 has been a new facility that they enjoy.

"The Bobby Valentine Center opened right before I started school as a freshman in 2019 at Sacred Heart and I have been using the gym there ever since the first day I moved in," said junior Kirsten Calantone. "My favorite part of the Bobby Valentine Center would have to be the track on the second level that goes around the entire perimeter of the gym."

Some seniors feel Sacred Heart's campus has changed drastically from when they were freshman.

"The campus now versus when I started in 2018 is unrecognizable. Over the past four years, the school has added at least more than four new buildings," said senior Victoria Eger. "When I started, Toussaint was the newest dorm building and now there is a whole new village of freshman dorms."

Some students feel that the campus has expanded greatly in such a short period of time.

"I am a junior here at Sacred Heart and I have noticed that over the past three years, things have been changing very quickly while maintaining a good pace. I feel as if the faster places on

campus get built, the more attraction it has to students applying here,” said junior Alison Dyeovich.

According to some students, the future of Sacred Heart University’s campus will be much different in years from now and will be more expanded as years go on.

“I am excited to come back for alumni weekend and see how the campus looks. Each semester we came back to school, there was something new,” said Eger.

Covid Burnout in Nurses

Brooke Senger

Staff Writer

The pandemic has driven out so many healthcare workers that the number has become a crisis level, according to U.S. News.

Employee Benefit News states, "...the U.S. Bureau of Labor Statistics projects that 500,000 seasoned nurses are expected to retire between now and the end of 2022, creating a shortage of 1.1 million nurses."

Chelsea McNulty, a graduate from Sacred Heart University's nursing program said, "Yes, I am worried about the shortage of nurses. I have also personally noticed the shortages at work such as short staffing and nurses calling out."

Sophomore nursing student Alyssa Merk said, "This national crisis of nurse shortages makes me feel anxious about going into the healthcare field, but not in a negative way. I want to learn everything I can and make sure I'm prepared. If anything, I'm anxious because I want to be able to help right now."

Others comment on their worries regarding the field.

"I'm nervous that the field is changing in a negative way. My mom is a nurse and worked through the pandemic. Seeing her burnout firsthand was not only sad, but also angering because she was not getting the support she needed," said junior nursing student Emma Tesler.

"My biggest fear is that after all of my hard work in nursing school, I'm going to get into the healthcare field and I'll burnout so fast because I won't have the support I need," Tesler continued.

Some say that the treatment of nurses adds to this issue.

"It does not surprise me that the shortage of nurses is considered a national crisis because the way that nurses are treated in some places is just awful," said McNulty.

According to U.S. News, during the pandemic nurses faced extended shifts, which could include working 24 hours a day in uncomfortable personal protective equipment and worrying about being exposed to COVID-19 themselves.

Other hospitals made it a priority to communicate throughout the pandemic.

According to U.S. News, Dr. Redonda Miller, president of Johns Hopkins Hospital explained that within hospitals and health systems, working together has been crucial during the pandemic to help decrease burnout.

“Asking staff what they needed was so important to learn what was working and what was not. Staff want to know that their voice is heard,” said Miller, according to U.S. News.

“I did not know the true level of burnout when I started, but shortly after I figured it out and started to experience it myself,” said McNulty.

According to Employee Benefit News, “76% of nurses feel the same exhaustion. Of those who walk away from their profession, 59% cite insufficient staffing levels as their top reason for quitting, 56% the demanding nature of their job, 54% the emotional toll, and 51% because they don’t feel supported by their managers, according to a McKinsey survey.”

Many comment on their hope for this issue to be solved in the future.

Junior Tori Paul said, “I could never be a nurse with this level of burnout. It takes a special person with a lot of motivation. A lot of my friends have desires to be nurses and are in nursing school, so I hope that in a few years the problem will be fixed.”

Additionally, EBN reported how nursing schools typically graduate 188,000 new nurses each year, but by their second year in the workforce, 33% leave the bedside due to burnout, according to data from a nursing agency, IntelyCare.

“The number of nursing students going into the field soon may help fix this problem temporarily, but once they realize what nursing is really like, they most likely will leave the bedside,” said McNulty.

How Are You Finding A Job?

BY SAMANTHA INGRAM

Staff Writer

Have Sacred Heart students been finding it easy to find jobs?

“I think that it is going to be hard to find a job because the job market is very competitive, especially wanting to work in a certain field based on my research,” said senior Kelsey Ciafone.

According to Indeed, “Not all students work their way through college. Those that do often work outside of their field of expertise. Many job postings require a decent level of experience, whether it advertises an entry-level position or not. After college, many graduates find it difficult to overcome this requirement.”

Some students worry about specific job requirements.

“Yes this scares me, the thought of not having the right qualifications or if they would choose another candidate,” said junior Thea Chronopoulos.

More recently, according to CNBC, in January there were, “11.3 million job openings, 6.5 million hires and 6.1 million separations.”

There are several job search platforms such as Indeed, LinkedIn and Handshake that students utilize to search for jobs. These tools allow students to make connections with employees, advertise their skills on their profiles and search through occupations that interest them.

“I have used Handshake to find internships and I have gone on Indeed,” said junior Claire Lawler.

Students say that these platforms have made searching for a career more attainable.

“I think these platforms make the job search significantly easier. Without the online platforms, I would not have found my internship for last summer,” said Lawler.

Are these platforms accessible?

“They are very easy to navigate because I use the filters to specify my searches,” said Chronopoulos.

Although students find these platforms easy to navigate in the job search field, some students comment on their minimal usage.

“I do not spend a lot of time on the platforms, but when I do spend time on the platforms I’m on there for a brief time because everything is easy to find and navigate,” said senior Savannah Palas.

Some students find that they have luck when finding a job over others due to their specific major and extensive education.

“I have a better edge over other potential candidates, because I am in the 5 year education program and I will be graduating with my masters degree,” said senior Natalie Dente.

On the other hand, some students worry about the thought of not obtaining a job.

“Yes, I am very nervous I will not be able to find a job after graduating,” said Lawler.

SHU has a center for Career and Professional Development that assists students in finding internships, resume writing, cover letter writing, interviewing and job search skills. The center is located on the second floor of Linda E. McMahon Commons.

Some students agree that the Career and Professional Development Center has played a successful role in their time here.

“I do find the career center helpful because they have helped me fix my resume. They also offer job interview workshops, which I think are very helpful,” said junior Francesca Compagno.

Others comment on their feeling of security in graduating from Sacred Heart.

“Since the job market is competitive, the thought of not obtaining a job does concern me. Coming out of Sacred Heart University, which is known for its competitive programs, does make me feel better,” said Dente.

“The Greatest Night in the History of Television”

BY FIONA YOUNGS

Staff Writer

Biggest night for Hollywood, the Oscars. Did you watch the drama unfold between Will Smith and Chris Rock?

Some students watched it live while others, saw it after the fact from various sources.

“I watched it after,” said sophomore Kendall Holland.

According to an article by AP News, “[Will] Smith left millions of witnesses stunned Sunday when he marched onto the stage of the Dolby Theatre and smacked Chris Rock in the face after the comedian made a joke about his wife, Jada Pinkett Smith.”

The initial reaction and opinions about the actions of Will Smith varied from student to student.

“I found it to be inappropriate and could have been handled after the show,” said sophomore Allison Shapinko. Other reactions were a bit different, and some students were disappointed.

“My initial reaction was shocked as Will Smith was a childhood hero to me. Even though I know he is very protective over Jada, I never expected him to become physically violent with someone in order to protect her,” said sophomore Emmy Arellano.

Whether or not Smith should be reprimanded is another debate that is surfacing among viewers.

According to an article by NBC News, the Academy came out with a statement condemning Smith’s actions on the night of the awards.

Though the Academy said that they do not agree with Smith’s reaction, some students wish they saw action to represent these words.

“Yes, [he should be reprimanded] because he should have handled it after the event and not during. If he could not handle the joke, he should have taken it upon himself to be the bigger person and confront him after,” said freshman Santana Chiazese.

Others felt that there could have been many ways to reprimand him for what he did during the Oscars.

“I do believe Will Smith should have at least been reprimanded by at least being asked to leave the Oscars event,” said Arellano.

Some felt that there was reasoning behind the lack of immediate repercussions.

“Will Smith should have been removed from the Oscars if this was a real event. The fact that that did not happen and then minutes later received his award is at least to me further proof this is all premeditated,” said Holland.

A few students believe that there is no need for consequences.

“I think the fight is between Chris and Will and no one else. So, if he [Chris] does not want him [Will] to be in trouble, then he shouldn’t be,” said Shapinko.

From another standpoint, some students believe that the events that took place had a deeper meaning behind them.

“I believe this is an example of Macho behavior to mark his [Will Smith] ‘territory’ aka his wife,” said Arellano. “I do find this as an example of the ‘picture perfect’ woman due to the fact we are raised to believe that celebrities are perfect and flawless, and Jada showed that she is human just like us with imperfections and insecurities.”

Similarly, Holland said, “Definitely [a form of macho behavior], if his wife went up there to defend herself the reaction would have been much different.”

Regardless of the reason behind Smith’s actions, many students find the biggest debate being whether or not it was real.

“Part of me thinks it was some sort of stunt,” says Chiazzese.

GAS PRICES BREAKING THE BANK

BROOK SENGER

STAFF WRITER

Are you a college student on a budget? According to the CNBC article “How the Ukraine-Russia conflict may push up prices for Americans,” gas prices have not been the only product whose cost continues to skyrocket due to the Ukraine-Russian conflict.

Many students are feeling these effects.

“As a student who does have a job and does go to school, I find it extremely difficult to come up with the funds to enjoy going out to dinner with friends and simply being 19,” said sophomore Jayden Sprankle.

Recently, the cost of wheat has had its largest surge in 14 years. This is because Russia is the world’s largest exporter of wheat. According to the CNBC article, Ukraine and Russia combined make up almost 30 percent of worldwide wheat exports.

Senior Chelsea McNulty said, “I was just out to dinner the other night and realized that the prices have gone up in that specific restaurant. There was a note on the bottom of the menu saying that this is due to an increase in import prices.”

“This inflation has made me much more aware of my money and how I spend it,” she said.

Additionally, Russia is a major producer of crude oil, which is the main component of gasoline. According to CNBC, “That’s why higher oil prices often translate to higher gas prices.”

Sprankle, who commutes to school said, “From a commuter point of view and someone who just drives a lot in general, I do not think I will ever get used to the increase of gas prices.”

On the other hand, some students are not paying much attention to this issue of supply and demand.

Freshman Skylar Camaj said, “History shows that this is what happens during wars, and that is why we try to stay out of them. We just have to ride out this wave and hope for the best.”

“Obviously these issues are concerning, but realistically there is nothing we can do,” said Camaj.

However, most students feel the effects of these supply and demand issues.

“The issue with supply and demand in the world right now is a big deal because it is felt hugely by the economy. For example, the real-estate market is probably charging 30 percent over a regular asking price,” said sophomore Tommy Straehle.

Straehle explained how the increase in overall cost of living has directly impacted his independence. He said, "This inflation directly affects the average cost of living and in turn, has also affected my ability to find a house for next year as well as the independence I wished to have."

According to the CNBC article, the Labor Department reported that over the last year gas prices have increased 42.1 percent, televisions 12.7 percent, furniture 11.2 percent, and overall rent 2.9 percent.

Senior John Crecco said, "This issue of supply and demand clearly makes a large difference, just look at the economy and the stock market. Prices of other goods are already increasing, but salaries aren't. I know the U.S. is doing all it can, but maybe we should change our tactics."

MAD FOR MARCH MADNESS

SYDNEY GIACALONE

STAFF WRITER

March Madness is back in full swing, with the NCAA Division I men's and women's college basketball tournament which is typically held in March and April. Between the brackets, the surprises and the underdogs, the tournament keeps millions of Americans watching television for several weeks during the tournament.

The official start to March Madness, when all the college basketball teams that will be participating are disclosed is called "Selection Sunday", which was held on March 13. This year, a total of 68 men's and 68 women's teams were chosen to participate and began playing on March 16.

Many students are interested in watching the games and making brackets.

"March madness is my favorite time of the year. I love watching the games and seeing former friends and teammates on screen," said senior Brian Rice. "I made a bracket with close friends from home and then my fraternity group."

For many people, their favorite part of participating in the brackets of March Madness is to keep up with the teams and the statistics of the games.

"I love to see which teams win and which teams lose and it's also a really good feeling to watch the team you picked for a bracket win a game," said sophomore James Dario. "Keeping up with the scores and small statistics is also one of the best parts about March Madness in my opinion."

Some students believe that March Madness is such a popular event, that it might even be one of the most viewed and watched tournaments on television each year.

"I honestly do believe that it is one of the most watched events on television because March Madness involves so many schools and so many people making brackets and competing against friends and family," said junior Kelsey Neary.

Some students have noticed the popularity of watching the tournament grow over the years.

"I think that March Madness is comparable in volume of watchers to the Super Bowl," said Rice. "I know that the numbers came out for this week's first game schedules, and they boosted their best viewership in about 5 years, I believe."

The men's tournament had averaged roughly around 3.82 million viewers per game last year, according to the sports entertainment website, The Athletic.

According to justwomeninsports.com, a total of 1.13 million viewers tuned in Monday to watch the women's tournament kick off with UConn's 52-47 win against UCF.

Students have said that they become more excited and look forward to watching the tournament as time moves closer to March as well as when the tournament is going on, especially during the time of the "Sweet 16" and the "final four."

"Every year, I get excited to make my bracket and pick my team. I also personally believe that the best part to look forward to during the entire tournament is the final four because it's getting closer to the end and we can finally see which team is going to win it all," said sophomore Mia Marino.

Some students said they have come close to winning a bracket in the past.

"In previous years, I have come in second place with my bracket," said Neary.

On the other hand, some students expressed how difficult they feel winning a bracket is.

"I have never won a bracket before, it is impossible," said sophomore Tommaso Ferraresi.

Is SHU's Campus Accessible to Everyone?

Fiona Youngs

Staff Writer

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

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

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

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

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

"There will always be more that we can do and that is a good thing. Technology has made college a possibility for many students who a few years ago would not have found success in college," said Director of Student Accessibility, Kathy Radziunas.

Though some students see the pitfalls and successes of the campus regarding this topic, many students do not pay close attention to the availability of services that help in accommodating students with disabilities because they do not personally need them.

"I do not really notice the accessible things throughout the school if I am not looking for them," said LoPinto.

Others say this topic has opened their eyes.

"I have not really thought of accessibility before this interview. But I am glad that now I will be aware of it when I am going from building to building and how difficult the process might be for someone who has a disability," said freshman Zachary Braca.

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

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

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

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

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

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

SHU is “Stronger Together”

Deanna Drakopoulos & Samantha Ingram

Perspectives Editor & Staff Writer

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

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

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

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

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

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

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

Some students addressed their feelings on diversity within the campus.

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

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

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

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

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

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

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

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

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

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

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

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

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

Spring Has Sprung

Deanna Drakopoulos & Sydney Giacalone

Perspectives Editor & Staff Writer

What are you looking forward to during the Spring season?

"I am excited for the warm weather, watching the sunsets, seeing the flowers bloom and the grass get greener and the sunshine," said sophomore Bridget Pfeifer.

March 20 officially marks the first day to kick off the spring season. Many students expressed their excitement of enjoying the upcoming season on campus and taking advantage of the warmer weather.

"Going on walks around campus with my friends during the springtime is one of the best parts of the season for me," said freshman Blerta Lita.

While transitioning from the cold winter season to the warm spring season, some students have said that they are looking forward to spending more time outdoors and breathing the fresh air.

"I am most looking forward to not having to wear a huge winter coat around campus and just being able to drive around with my windows down," said junior Erica Savoca. "I really do believe that spring has a much happier vibe than winter."

Likewise, some students feel the spring air is rejuvenating.

"When spring comes around it is so refreshing and fun," said junior Gianna Romagnoli. "Everyone is excited for winter to be over, and it is my favorite time to be at school and enjoy time with my friends."

Many students are looking forward to being able to do work outdoors again.

"I love to do my work outside, so I am really looking forward to being able to do that again," said senior Anna Pirkl.

During the spring, there are plenty of events, activities and sports games that students can attend to enjoy the season and spend time with their friends.

"I like going to many sporting events on campus during the spring because it's something to do that is outdoors to enjoy the sun and I can get together with all my friends," said sophomore Abigayle Mitchell.

Other students enjoy relaxing with their friends when the warmer weather comes around.

"Some days, my friends and I love taking trips to the beaches in Fairfield to spend time together and relax," said sophomore Alexandra Licata.

Many students feel that the warm weather during the spring season has a big influence on students' moods and emotions.

"I think that the warm weather definitely affects the lives of students and faculty on campus," said sophomore Isabella Vaccaro. "It automatically puts people in a much better mood when they are allowed to do more activities or go to more events on campus."

Some students enjoy when faculty members take the warm weather as an opportunity to hold class outdoors.

"I hope that this spring one of my classes are held outdoors," said sophomore Jessica Zarilli. "I really enjoyed my classes that were outdoors last spring, and I feel that it puts everyone in a better mood."

Some students expressed how daylight allows them more time outdoors, especially at night.

"As it starts to become nicer out in the spring, I love to walk and drive around campus, especially at night because it starts to become darker out later in the nighttime, which is one of my favorite parts about the springtime," said sophomore Alie LeFrancis.

Some students have said that they are excited to see what Sacred Heart has in store for activities and events during the springtime.

"I am definitely going to attend some events on campus and get the most out of the SHU experience during the spring season," said Vaccaro.

Mask Mandates Change: Good to See Your Face

Ashlin Haley & Brooke Senger

Perspectives Editor & Staff Writer

On Feb. 24, The Coronavirus Planning Team at Sacred Heart sent out a mass email detailing mask mandate changes on campus. In response to low numbers of positive cases on campus and in surrounding towns and cities, the university decided that the mandates can be updated, starting on March 1.

The Coronavirus Planning Team stated “At that time, you will no longer need to wear a mask indoors, except in the following places: Classrooms, student health services, labs and clinicals, varsity and club sports athletics training rooms, and shuttles.”

Similarly, Connecticut’s governor, Ned Lamont, has altered statewide mandates, leaving the mask mandates up to the local communities for schools, according to Connecticut Official State Website. These plans were effective starting on Feb. 28, with many other states following suit.

As the decision of whether to mandate masks in school was left up to the individual institutions, Sacred Heart University was one of many colleges to take advantage of this opportunity and modify their mask regulations.

“I’m glad to see Sacred Heart is taking steps to loosen mask regulations. I think it’s a step in the right direction, but with a topic as controversial as this it’s almost guaranteed that not everyone will be happy with the decision,” said junior Alyssa McNulty.

Other students say that walking around campus feels interesting due to loosened restrictions.

“It’s different being able to see people’s faces now in the dining halls, gyms, hallways, etc. Sometimes I forget that you are able to take it off because we have been wearing masks for so long,” said senior Abby Radwanski. “I think being able to see people’s faces now really changes the feeling on campus in a good way.”

On the other hand, with many people on both sides of the mask debate, will everyone respect each other’s decision to wear a mask or not to wear a mask?

“Personally, if I’m not required to, I won’t wear a mask because it does get annoying, but I won’t judge others for still wearing one. I don’t know who they live with or how they feel about the pandemic,” said junior Mike Courtney.

Some students have been shocked by the decision to loosen the mandate at this point in the semester.

“I’m very surprised by the timing of this update. I know my hometown and many surrounding towns just had winter break,” said sophomore Terrence Carey. “People were all over the place,

flying and driving. With spring break coming up many kids are going to go home and there's a possibility it could spread like wildfire again."

Others comment on the possible distractions of masks.

"I feel that masks greatly affect a student's learning. Having this piece of cloth on your face is not only annoying, but people are sensitive to sensory disruptions," said senior Maggie Hope.

Many students have found it refreshing to be able to do everyday activities without a mask on.

"I go to the gym on campus every day and it's much easier to workout without one on. I also play intramural basketball in the gym and it feels good to be able to be active with others without wearing a mask," said senior Cory Hutchison.

Junior Brielle Furci said "Masks or no masks, the debate around it is like debating students' mental health vs. their physical health and the likelihood of contracting COVID. They are trying to decide which ranks higher when the truth is that everything varies from person to person."

Others say that they enjoy the ability to choose where they want to wear a mask.

"I like that Sacred Heart is leaving it up to the individual to make their decisions. If a person wants to wear a mask or doesn't want to, their decisions should be respected," said senior Sara Fagan. "It's accommodating to all students' personal choices for masks."

Kanye's Social Media Rant: Ye or Neh

Ashlin Haley & Samantha Ingram

Perspectives Editor & Staff Writer

Rapper Kanye West has been spamming social media with details of his personal life. According to Unwritten, his social media rant started on Feb. 4, when he began to post against his ex-wife Kim Kardashian and her decisions involving their children. Simultaneously, Kanye pleaded to get their family back together. As stated by Okayplayer, Kanye later continued to post against anyone associated with Kim's new boyfriend, Pete Davidson. He posted text screenshots between the two, pictures with Davidson's face crossed out and rants insinuating that Davidson will never have a relationship with him and Kim's children.

Since then, Kanye has addressed his concerns on social media and deleted posts from his rant. According to the Wrap, Kanye states, "I've learned that using all caps makes people feel like I'm screaming at them. I'm working on my communication. I can benefit from a team of creative professionals, organizers, mobilizers and community leaders."

Some students said they have followed the news about him on social media.

"I did read them and heard talk about them. On the surface, his rants seemed funny just because of how ridiculous they were and how I couldn't believe he was actually posting these things," said sophomore Isabella Fabbo.

Kanye's posts concerned some students.

"I think he decided to take his issues online because he is in the public eye and knew that it would get a lot of attention," said junior Kelsey Neary. "I don't think this is a good way to communicate because it is bringing in so many other people that do not need to be involved. Personally, I think the issue between him and his ex-wife should be kept private."

Kanye also involved other famous artists in his posts. As reported by the Wrap, Kanye removed artist Kid Cudi from his album Donda for being associated with Davidson, "Just so everyone knows Cudi will not be on Donda because he's friends with you know who."

Some students believe he made the posts without receiving advice.

"I feel like his PR Team didn't know any of this. Kanye's been doing these types of things for a while," said junior Isabel Magrina.

According to Unwritten, many individuals suspected that Kanye's social media rant was rooted in his bipolar disorder, as Kim Kardashian has revealed his struggle with it in the past. Kanye himself has stated that he experiences manic episodes and since this has been a reason for past internet outbreaks, it is stated that fans wondered if he was relapsing again with his mental health.

His posts caught the attention of many, with some students agreeing that these instances are interesting to follow.

“We never see a lot of celebrity drama publicly like that. And I honestly just think it was entertaining for most people,” said Fabbo.

According to Capitalfm, Kim Kardashian wishes “to keep their private matters out of the spotlight, so it’s no wonder she hasn’t directly publicly addressed her ex-husband’s latest rant, but she did cryptically respond to his outburst through a simple social media caption.”

Some students acknowledge how Kanye’s rant has made others feel.

“As a public figure, his loved ones and PR team have a responsibility to keep him off social media. I can’t imagine how Kim feels right now. I know Kanye struggles with bipolar disorder, so I really hope he can get the help that he needs,” said junior Anatasia Colagreco.

Spring Break is Back

Fiona Youngs

Staff Writer

What are your plans for spring break this year? After not having a break last year, plenty of students decided to make plans for this break whether it be a trip or spend quality time with friends and family.

“I am planning on a small vacation with some friends for a couple days during the week of break,” said sophomore Irene Katehis.

School is not the only thing some are looking forward to taking a break from.

Sophomore Julia Fischer said, “I’m hoping to go on vacation with my friends to not only get away from schoolwork, but the cold weather also.”

Others do not have plans to travel, but plan to spend time at home and enjoy time off.

“During my break, I will spend time with my family,” said freshman Antonia Zandel.

Whether traveling or just staying local, many students are happy to be able to relax and recharge.

“Covid or no covid, taking time away helps my mind take a break and enjoy life in the moment without stressors,” said sophomore Alyssa Merk.

According to an article in the Washington Square News, “Time away from work or school has real benefits for a person’s mental health.”

Some students are looking forward to letting their minds kick back and relax during break.

“I am excited to give my brain some time off from school to allow it to recharge and be ready to tackle the second half of the semester. It is a much needed mental break,” said junior Julianna Tyznar.

Some students are looking forward to the leisure that comes with being on break.

“I just want to relax and be able to do things with my friends and family without worrying about having any kind of assignments due,” Fischer said.

Some students feel that one week off is a sufficient time to recharge.

“Although the one-week breaks do go by insanely fast, I do think it makes a difference,” said Fischer. “I think it’s a good thing to be able to look forward to having a break and be able to plan to go away or spend time with your family.”

On the other hand, some feel that a week break is not long enough.

“I think that we should have a longer break than just one week. I feel like one week isn’t long enough especially for college students to recharge and fully relax,” said Zandel.

While many students find a week to either go by too quickly or just not be enough time off in general, most are appreciative to have any time off at all, especially this time of the year.

“Yes, one week, even one day I feel is necessary for college students. Especially when it comes to the demands of your major, sometimes a break is all we need to regroup, refocus and reset,” said Katehis. “I think this is a good time to have a break as well because it allows students to have a break before midterm exams.”

Spring break this year is giving some a sense of normalcy, as last year there was no spring break due to COVID-19.

“This semester does feel different in a lot of ways, especially for spring break. This feels like the first time in a while where things are more normal and it’s acceptable to travel and do things over the break,” said Fischer.

Faith on Campus

Sydney Giacalone and Deanna Drakopoulos

Staff Writer and Perspectives Editor

As a traditionally Catholic university, Sacred Heart has done a lot of work in regard to introducing and implementing new faiths on campus. In addition, the staff covers many other religions like Judaism, Islam, Protestantism, Russian Orthodox, and many more.

Some students believe that Sacred Heart respects and recognizes all religions both inside and outside the classroom.

“I feel that Sacred Heart celebrates many different religions on campus which I believe is a great thing,” said junior Gianna Romagnoli. “We can see many religions recognized within the campus ministry.”

Campus Ministry at Sacred Heart is accessible to anyone who is interested in gaining more information about faith. Campus Ministry has recruited many leaders of varying faiths to help guide students in learning about other religions.

Buddhist Chaplain Venerable Shim Bo is relatively new to Sacred Heart’s Campus Ministry staff.

“I began serving the SHU community as an Interfaith Chaplain in October of 2021, so I have met the team and have had great chats and experiences with them,” said Venerable Shim Bo. “Priests, Rabbi, Imam, Monks, Consecrated, Lay, and Peer ministers offers the SHU community a wide range of spiritual insights, practices, and pastoral care experience that provide the support that students, faculty and staff want and need.”

As religions represented on campus continue to grow, some students want to get more involved by speaking with campus ministry to learn more.

“I have not personally met the newest members of campus ministry, however I am super interested in meeting them to hear about their views on different faiths and religions, and how they are celebrated on our campus,” said junior Alexandra Carracino.

Some students have taken religion classes that have allowed them to explore different religions.

“I took Introduction to World Religions, and I liked how it exposed me to so many new ideas and helped me understand and appreciate different religions and faiths other than my own,” said junior Jamie Fanizzi.

Catholic Intellectual Tradition (CIT) is the religion course that all Sacred Heart students are required to take.

"I enjoyed taking CIT because it gave me the opportunity to learn more about religions and have conversations with my classmates that come from all different backgrounds," said junior Anna Richards.

CIT gives students the opportunity to learn more about the different faiths and religions to help increase their knowledge.

"SHU admits the presence of other faiths because CIT does not deny the integrity or dignity of other religious or spiritual traditions," said Dr. June-Ann Greeley, professor, director of the Middle Eastern Studies program and advisor to the campus chapter of Delta Epsilon Sigma (DES), the national honor society for students at Catholic universities.

Some students believe Sacred Heart has become more open and aware to the diversity of faiths on campus and how they are celebrated throughout campus.

"I believe that recently SHU has done a great job highlighting many different religions on campus through different clubs and organizations," said junior Ashley Kenneally. "I feel that with the implementation of various religious leaders on campus, many students from different backgrounds can feel accepted and celebrated."

Some students believe that it is important for many faiths to be recognized on campus.

"We should continue to have outlets for every student because not everyone is going to be Catholic or believe in just one faith," said junior Adriana Franchino. "Having inclusivity and diversity on campus is very important to the community as a whole."

Many feel it is essential for students and faculty to respect and gain insight on all the different celebrated faiths around Sacred Heart's campus.

"The encouragement of a diversity of faiths on campus suggests that the lived experiences and beliefs of all people are to be respected just as any one person's religious or spiritual life is to be valued," said Greeley.

Do You Pay Attention to World News?

Brooke Senger

Staff Writer

How often do you educate yourself about the world's happenings and pay attention to the conflicts between countries? With prevalent issues across the world, like the ongoing unrest between Russia and Ukraine, the importance of these conflicts varies from person to person, especially college students. Pew Research Center reported that Americans ages 50 and older use both television and digital devices for news at high rates, while the younger cohorts have almost fully turned to digital devices to access news.

According to The National Center for Biotechnology Information, college-aged students spend an average of eight to 10 hours on their phones each day. If their main source of information comes from these digital devices, how many take the time to research prominent worldly issues?

Students' efforts to keep up-to-date on happenings of the world differ greatly.

"I am typically knowledgeable of worldly issues both inside and outside of the United States. I have heard a lot about the controversy between Russia and Ukraine because it's covered so much, but I don't fully understand it," said sophomore Tierney Geoghegan. "Personally, I don't follow news related accounts on social media. My parents always have the news channel on TV, and often send me links to articles. That's how I receive most of my news."

86 percent of American adults receive their news from a smartphone, computer or tablet, according to Pew Research Center. There are also many different pathways for Americans to access news on their devices such as news websites, apps, Google, various search engines, social media and podcasts.

"I follow news related accounts on social media such as CNN and Fox News because I think it's important to stay up to date with what's happening in the world. Social media is how I receive most of my news, but if I'm really intrigued, I'll go to the website and read the article," said junior Hope Mantovi.

On the other hand, some students find themselves not keeping up to date with news.

"Sometimes, I choose not to read about world news because it makes me feel helpless," said senior Brielle Furci. "Obviously if there was major confrontation with the U.S. I would educate myself, but for many world news topics the first time I hear about them is in class."

College-aged kids are also bombarded daily with news, which makes it harder to tell what news is real or fake, according to an article by Northeastern University. In a survey conducted in 2018, students often described the task of having to make sense of different versions of the same story, as various sources present information in altering ways.

“I definitely get overwhelmed at times with all the different versions of the same news story, which I hate because as a business major, I like to know what’s going on in the world,” said junior Jess Gamby. “There are so many social media platforms, and with so many people chiming in, it’s hard to decipher what’s true and what’s not.”

John Wihbey, a Northeastern professor, and one of the researchers who conducted the study said, “Young people have different ways of consuming news than people born even a decade before them. Our report suggests that in some ways, we have created for young people an extremely difficult environment of news. We need to figure out ways to guide them so they can navigate it.”

According to the article from Northeastern, much of this issue is derived from education. It is stated that teaching students how to evaluate news from an earlier age and more often during their school careers will aid them in avoiding feeling overburdened when it comes to news.

Dan Cohen, Dean of Libraries at Northeastern, and another researcher on the study said, “Students are feeling at-sea about how to navigate the news today. The rebirth of a more in-depth and truth-seeking habit among students would be immensely helpful. for our society and our democracy.”