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Five Amigos Celebrate Black History Month

BY RYAN DOWNEY
Staff Writer

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

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

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

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

Junior Colleen Shaffer helped open the event.

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

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

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

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

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

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

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

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

“The Jewish community is relatively small and growing up I was never really exposed to Jews of color, that is something I never could have imagined,” said Kormis. “When I began my studies as a rabbi, that was my first exposure to Jews of color.”

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

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

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

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

The “Five Amigos Celebrate Black History Month” event was hosted as a way to foster a discussion about minorities in our society.
Record Breaking Temperatures In Texas

BY ASSOCIATED PRESS

AUSTIN, Texas (AP) — Anger over Texas' power grid failing in the face of a record winter freeze mounted Tuesday as millions of residents in the energy capital of the U.S. remained shivering in subfreezing temperatures. Residents have that their electricity and heat — out for 36 hours or longer in many homes — would return soon or stay on once it finally does.

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

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

Making matters worse, expectations that the outages would be a shared sacrifice by the state's more than 29 million residents quickly gave way to a cold reality, as pockets in some of America's largest cities, including San Antonio, Dallas and Austin, were left to shudder in the dark Monday night, downtown skylines glowing despite desperate calls to conserve energy.

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

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

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

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

"This is unacceptable," Abbott said.

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

The grid began preparing for the storm a week ahead of time, but it reached a breaking point early Monday as conditions worsened and knocked out wind and power plants offline. ERCOT president Bill Magnas said. Some wind turbine generators were iced, but nearly twice as much power was wiped out at natural gas and coal plants. Forcing controlled outages was the only way to avert an even more dire blackout in Texas, Magnas said.

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

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

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

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

Climate change should be factored in too.

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

Charlotte Gains contributed to this article.

WITH RECORD BREAKING LOW TEMPERATURES IN TEXAS MANY RESIDENTS WERE LEFT WITHOUT ELECTRICITY TO WARM THEIR HOMES.
"Kimye" Is No More

BY FRANCESCA MCCAFFREY
Staff Writer

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

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

"I'm surprised that Kim and Kanye split, but at the same time, I'm not completely surprised due to Kanye's mental state," said sophomore Adriana Branco.

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

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

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

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

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

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

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

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

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

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

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

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

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

Many anticipate what is next for the two.

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

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

Students Create Small Instagram Businesses

BY IANNA HANKINSON
Staff Writer

Have you ever used the Instagram shopping feature?

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

According to business.instagram.com, "70% of shopping enthusiasts turn to Instagram for product discovery." Instagram has developed a business and marketing forum to shop for new, chic products and to "drive awareness, increase customers and share your story for product discovery." Instagram makes some of mouth and social media, you learn as you go.

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

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

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

Other students launched their Instagram businesses during quarantine.

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

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

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

As simple as it may seem to create an Instagram business, some students say they make it official and that he and Kim can have a bond, whether it is being civil, creating a friendship or finding a bond they once had, according to sophomore Julia Cunningham.
COVID-19 has certainly changed the band’s typical performance style. However, many members appreciate having the opportunity to play for a virtual audience. “We just want to play music. If we are not able to perform in person, then this is the next best option,” said Kolar. “It’s been a challenging year for musicians everywhere, but we have been able to meet, although in a limited fashion, but do what we love to do: make music.”

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

This is “The Pulse”

BY RYAN MCHALLAM Staff Writer

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

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

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

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

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

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

The first show of 2021 was smooth sailing according to one of the student producers. “We did get some equipment fixed and got the nod to allow anchors to take off their masks during the show,” said Gileau.

“One goal is ‘for all of the students to continue to do great storytelling and great production work,” said Gileau and to continue to develop their editorial and production skills,” according to Prof. Joseph Alicastro, faculty advisor for “The Pulse.”

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

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

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

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

The first show of 2021 was smooth sailing according to one of the student producers. “We did get some equipment fixed and got the nod to allow anchors to take off their masks during the show,” said Senior Producer Tomas Koeck.

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

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

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

THE SACRED HEART UNIVERSITY TV NEWS MAGAZINE SHOW, “THE PULSE,” IS BACK FOR YET ANOTHER SEASON AFTER TAKING A SHORT HIATUS FOR WINTER BREAK.
When you look online at Audrey's Corner, pictures of a beautiful girl instantly catch your eye. Her bright smile invites you to click open articles that use the power of words to destigmatize stressors of student life, such as bullying, which are topics that Audrey's Corner stands to openly discuss and which Audrey herself spoke so bravely about. So much so that her hometown’s newspaper, The Telegraph, commemorated her efforts in a published article and video.

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

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

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

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

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

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

"No?"

"Then you’re going.

Familiar hands clamped around shoulders too small to protest.

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

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

"You’ll go today too."

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

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

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

"What’s so bad? I thought you liked all your classes this year?"

Her mother's voice broke through her dreamland.

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

"What’s wrong with the hallways?

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

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

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

"Why can’t she be both?"

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

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

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

"It’ll rather stay home."

"Wait right here."

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

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

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

"I don’t know..."

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

"Okay. Fine. I’ll try them on, I guess."

In her mother’s socks, the fluorescent light of her lamp glowed. Her moonlight dreams danced along the tile floors. For the first time, Anna reveled in the way reality looked a bit like hers chipped back into view. Holding socks.

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

They were the same, the same. She smiled. She’d heard her lips told them so.

She wiggled her toes to the tune of the bell. Maybe she’d make a hallway friend or maybe she wouldn’t. Really, it didn’t matter. She had herself and her mother’s hallway socks.
Emma Stone: The New "Cruella De Vil"

BY MADISON PELUSO
Staff Writer

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

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

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

"I'm so interested in this revamp of Cruella," said senior Hope Lecours. The trailer portrays the ruthless and wicked villain of Cruella De Vil. It is shown that Stone's portrayal is reminiscent of Angelina Jolie's Maleficent, Margot Robbie's Harley Quinn, and even Jennifer Lawrence's Katniss Everdeen.

Emily Beecham and Mark Strong. Craig Gillespie is the director of "Cruella." Tony McNamara co-wrote the "Cruella" script with Dana Fox.

For this cast, Stone will be joined by Emma Thompson, Joel Fry, Paul Walter Hauser, Emma Corrin, Mark Strong, Craig Gillespie in the direction of "Cruella." Tony McNamara co-wrote the "Cruella" script with Dana Fox.

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

Many students at Sacred Heart University have also had mixed reviews about the trailer. "I'm so interested in this revamp of Cruella," said senior Hope Lecours. The trailer portrays the ruthless and wicked villain of Cruella De Vil. It is shown that Stone has often been cast as an ingenue or heroine," said Prof. Lori Bindig. "In "Cruella," Stone will bring her well-known name but also play against type."

Emily Beecham and Mark Strong. Craig Gillespie is the director of "Cruella." Tony McNamara co-wrote the "Cruella" script with Dana Fox.

With Stone playing such a strong, well-known villainess, fans on Twitter have said many things about Stone taking on this well-known role of Cruella De Vil.

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

The movie "Cruella" is set to be released on May 28. The trailer portrays the ruthless and wicked villain of Cruella De Vil. It is shown that Stone's portrayal is reminiscent of Angelina Jolie's Maleficent, Margot Robbie's Harley Quinn, and even Jennifer Lawrence's Katniss Everdeen.

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

"Not only do these reimaginings or new backstories humanize these demonized characters, but they also challenge audience members to think about how we decide who is a hero and who is a villain," said Bindig. "Providing audiences insights to the people and experiences that shaped Cruella will offer a new perspective on the character."

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

"iCarly" Makes A Comeback

BY ELIZABETH COYNE
Assistant A&E Editor

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

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

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

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

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

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

This is set to be available for viewing on Paramount+, the new Paramount Pictures streaming service that will launch in early March. According to Paramount Pictures, viewers can expect to see lots of original content from the streaming service, with many based on popular movies or TV series.

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

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

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

According to OK Magazine, Miranda Cosgrove, Jerry Trainor and Nathan Kress are the first to have signed onto the project while Jennette McCurdy and Noah Munck have not yet agreed to return.

Still, even without the return of every cast member, many say reboots can bring a level of comfort and familiarity. "There is a sense of security that comes with nostalgia, and it just feels like you're at home," said Walker. "When these shows progress even more and we hear about reboots, there is a feeling of returning to our childhood, even when seeing the responses of those younger than us as they say the joy we did in the show's first go-around."
Men's Ice Hockey Tournament and Senior Night Win

By Gianni Occhipinti

Staff Writer

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

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

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

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

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

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

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

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

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

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

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

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

"All the seniors got videos on the scoreboard from their families which was pretty special," said Boyagian. "It was a special game, and I'm glad that we were able to come out with a win."

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

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

According to Sacred Heart Athletics, on Feb. 19, the Atlantic Hockey Association (AHA) announced there would be a change during the 2021 Atlantic Hockey Tournament. Due to COVID-19, teams in the West will continue to only play teams in the West half of the division, and likewise for the East. This will continue throughout the playoffs until the final four.

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

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

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

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Kenny Womack Two-Sport Athlete Spotlight

By Alex Marciniak and Dan Gardezza

Staff Writer & Editor in Chief

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

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

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

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

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

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

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

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

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

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

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

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

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

As he concludes his basketball season and begins his football one, he hopes his leadership, even as a freshman, can translate to success.

"I want to be a team guy first," said Womack. "I know that by being a team guy, individual success comes. I'm just ready to play."

The basketball team completed their regular season on Feb. 26 with a win against Fairleigh Dickinson University. Football kicks off on March 7 against Duquesne University at Campus Field.
I will learn to be nice when all I want to do is be mean. I will learn that all of us deal with things differently. I will not go MIA on my friends. I will be my boyfriend's social - BE A BETTER FRIEND AND GIRLFRIEND

How would you describe 2020? 2020 was terrifying, painful, depressing, and confusing. It was a year of the unknown - a year when our lives were passed.

Let me describe my 2020 wardrobe in a couple of words - oversized hoodies, sweatpants, Adidas track pants and Ugg slippers with an occasional switch up to Nike Air Max's. I can't do that this year. Although my 2020 wardrobe brought me great comfort, I believe that what one decides to wear every day may serve to broaden my perspective without putting a dent into my mental health.

I especially appreciate the effort Kara and Nate make to remain respectful of the people they are around. They ask all the right questions in order to educate themselves and viewers so that the people and places they are visiting are represented properly. Sometimes feels like a cop-out watching it and not experiencing it for myself, but I know that with the life I want to live, traveling to 100 different countries is not a realistic goal. The world we live in right now is so unpredictable. Knowing that I have access to archives like Kara and Nate's travel vlogs serve to broaden my perspective without putting a dent into my bank account. I am so lucky to have the world at our fingertips. Literally, all it takes is typing something right into the YouTube search bar.

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

Educational - GET THAT DEGREE

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

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In addition, they make sure to dive deeper than the tourist stops to milking cows and hauling cow poop. They ate every meal the people they are around. They ask all the right questions in order to educate themselves and viewers so that the people and places they are visiting are represented properly. Knowing that I have access to archives like Kara and Nate's travel vlogs serve to broaden my perspective without putting a dent into my bank account. I am so lucky to have the world at our fingertips. Literally, all it takes is typing something right into the YouTube search bar.

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