

THIS WEEK AT SHU

WEDNESDAY

FEB. 23

6PM KARAOKE NIGHT
WITH FRATERNITY AND
SORORITY LIFE @ RED'S

10:10 BINGO
IN EDGERTON
AUDITORIUM

THURSDAY

FEB. 24

7PM MOVIE NIGHT
NACHO BAR AND
GROWN UPS IN THE NC
AUDITORIUM

FRIDAY

FEB. 25

1PM DELTA TAU
DELTA WHITE RIBBON
CAMPAIGN IN NC
AUDITORIUM

9PM MURDER MYSTERY
LATE NIGHT @ LINDA'S
THIRD FLOOR

SATURDAY

FEB. 26

2-6 PM JUMBO GAME
NIGHT NC AUDITORIUM

SUNDAY

FEB. 27

10:30 - 2PM SUNDAY
BRUNCH IN RED'S

An Update on Ukraine

BY BRENDAN WILLIAMS
News Editor

Tensions are high for yet another month at the Ukraine border, as the Associated Press reports that at least 150,000 troops are surrounding the country on three sides. It is believed they are ready to invade at any moment.

On Feb. 20, the Associated Press reported that Russia had rescinded earlier pledges to pull tens of thousands of its troops back from Ukraine's northern border. A move that U.S. leaders said put Russia another step closer to a planned invasion.

"Vladimir Putin is one who wants to bring back what he sees as the glory of the Soviet Union," said Dr. Gary Rose, chairman of the department of government at Sacred Heart. "He wants to really restore the might and power again by land expansion, bringing some of the now independent, former Soviet Union republics back into the fold under his leadership."

"Ukraine is a target for him, and he's already made one advance by taking Crimea several years ago," said Rose. "He has his sight set on more of the country, but it's hard to tell what's going to happen, if the invasion is intended to take a portion or the entire country."

Ukrainian President Volodymyr Zelenskyy, called for a meeting with Vladimir Putin in an attempt to seek a resolution.

"I don't know what the president of the Russian Federation wants, so I am proposing a meeting," said Zelenskyy at the Munich Security Conference, according to the Associated Press. "Ukraine will continue to follow only the diplomatic path for the sake of a peaceful settlement."

There was no response from the Russian government, further supporting the widespread belief that Putin is not justified.

"I think Russia does fear the Western powers, and they do fear Ukraine becoming part of that," said Rose. "Russia will have very little consequence as far as their own security if Ukraine joins NATO, despite what Putin is suggesting."

"NATO is a defensive organization formed specifically for defensive purposes," he said. "It may minimize Russia's influence in that region, but I don't see adding another NATO country

being in anyway detrimental to their economic or political interests."

"Putin is trying to lead to cracks in the NATO alliance," said Dr. Isil Akbulut-Gok, assistant professor in the department of government. "Some members are saying that they should support Ukraine by sending military equipment, but some

"We're talking about the potential for war in Europe. I mean, let's really take a moment to understand the significance of what we're talking about,"

-Vice President Kamala Harris to the Associated Press

do not want to join like Germany, who blocks military action against Russia."

The Associated Press reported a surge of shelling tore through the walls of a kindergarten injuring two and disrupting basic communications. Both sides accused each other of opening fire.

U.N. Secretary-General Antonia Guterres told the Munich Security Conference that a small mistake or miscommunication between major powers could have catastrophic consequences.

"If Russia does invade Ukraine, they're going to be absolutely immersed in a guerrilla

war and the Ukrainian people are prepared to fight right to the end, they have the equipment to do so and the spirit as well," said Rose.

While most NATO countries are supplying Ukraine with weapons and the U.S. has troops on the ground in neighboring Poland, most believe that the west should attempt more to deter Russia if an invasion occurs.

"The United States should have a forceful response to Russian invasion," said Senior Ryan Silverstein, President of the model United Nations club. "Obvious avenues are sanctions on the oligarchs that control Russia."

Biden reiterated his threat of massive economic and diplomatic sanctions against Russia if it does invade, and pressed Putin to rethink his course of action. Biden said the U.S. and its western allies were more united than ever to ensure Russia pays a price for the invasion, the Associated Press reported.

"Economic sanctions work fairly well when countries are isolated," said Rose. "When they have other connections to get resources, as Russia does with China, then you have to wonder about the long-term real effect of those sanctions."

Despite Russia denying plans to invade Ukraine, the threat of invasion at any moment looms, leaving the Ukrainian people, along with the rest of the world, on edge.

"We're talking about the potential for war in Europe. I mean, let's really take a moment to understand the significance of what we're talking about," said Vice President Kamala Harris to the Associated Press.

"Europe might be at its most perilous moment since the end of World War II," said Harris. "It's been over 70 years, and through those 70 years there has been peace and security. We are talking about the real possibility of war in Europe."



White House National Security Adviser, Jake Sullivan, giving update on Ukraine during press conference (Top). Andriy Yermak, the Head of the Office of the President of Ukraine, addressing the media (Bottom).

NEWSPAPER RACK LOCATIONS

Hawley Lounge
(next to stairs)

Student Life
(across from office between doors)

Library
(inside front doors)

West Campus (West Building)
(first floor lobby)

West Campus (East Building)
(outside East Cafe)

Thea's Abbey
(lobby)

Melady Hall
(inside front doors)

Martire
(first floor by the main staircase)

Spectrum Office
(in the SCMA Wing)

Curtis Hall
(inside the front doors)

Linda's
(first floor)

Pitt Center
(inside front doors)

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

NC Wing
(first floor near couches)

News

Is There an End in Sight to Covid-19?

BY COLLEEN SHAFFER
Staff Writer

On Feb. 10, the Coronavirus Planning Team sent out an email informing students of the decision to remain masking indoors regardless of Gov. Ned Lemont's announcement to end the mask mandate for K-12 schools by the end of year.

According to the email, "Because the CDC still lists Fairfield County as a high-transmission area and, on the advice of state and local health officials, Sacred Heart will continue to require indoor masking for the time being."

"As much as we would love to say 'When you meet this metric, you can do this,' unfortunately, none of that exists," said Dr. Henry Yoon, Medical Director of the Coronavirus Planning Team. "The way we make these decisions is balancing the scale of safety and quality of education against metrics that are most often case rate and positivity rate-driven on our campus."

Some students have been supportive of the decision to keep masking regardless of the new announcements about Covid-19.

"Honestly, I think that the university has done a great job in keeping our community safe during the pandemic," said junior Ryan Downey.

However, other students remain critical of the decision due to the low number of cases shown on the Sacred Heart Covid Dashboard that, as of Feb.

18, has shown to be a total of nine, including students both on and off-campus, as well as faculty and staff.

"Most people don't even wear their masks properly anyways so I think, at this point, it should just be lifted," said senior Kristen Murray. "We are required to be vaccinated and boosted, so I don't think at this point we should have to wear a mask especially, because once the weather gets warmer, cases usually begin to drop as well."

Yoon and the Coronavirus Planning Team are able to recognize some of these students' frustrations. However, with students coming in and out of campus constantly, there is still an opportunity for Covid outbreaks.

"The decisions are all about risks and benefits," said Yoon. "Sacred Heart is dedicated first and foremost to the safety of their students."

With the delta, omicron, and other Covid variants, the team has been well aware of the ever-changing landscape of Covid so changes to the pre-existing mask policy is not out of the question whether that be implementing more or less amendments.

"As we have since the beginning, we will always monitor the status of the virus and make our decisions accordingly," said Michael Iannazzi, Co-Chair of the Coronavirus Planning Team and Vice President for Marketing and Communications.

However, even if the decision to not mask anymore happens, some students have become attached to masking over the years and have even become aware of some of the benefits it can bring.

"I don't really feel ready to not be wearing masks yet," said junior Christiana Kelly, a nursing student. "I also think it prevents getting colds during cold and flu



(Left) Starbucks baristas wear masks while working at The Market. (Right) Freshman Megan Schneider wears a disposable mask inside while studying.

Jessica Fontaine, Photo Staff

season which is nice. I know that lifting the mask mandate is inevitable, but I'm definitely just nervous."

With relatively consistent low Covid-19 numbers across campus, it might not be too much longer that students will have to wait to take off their masks.

"If things continue to get better, as they have been, it is likely that we will modify our indoor masking policy soon," said Iannazzi.

US Virus Cases, Hospitalizations Continue Steady Decline

BY ASSOCIATED PRESS

Average daily COVID-19 cases and hospitalizations are continuing to fall in the U.S., an indicator that the omicron variant's hold is weakening across the country.

Total confirmed cases reported Saturday barely exceeded 100,000, a sharp downturn from around 800,850 five weeks ago on Jan. 16, according to Johns Hopkins University data.

In New York, the number of cases went down by more than 50% over the last two weeks.

"I think what's influencing the decline, of course, is that omicron is starting to run out of people to infect," said Dr. Thomas Russo, professor and infectious disease chief at the University of Buffalo's Jacobs School of Medicine and Biomedical Sciences.

COVID-19 hospitalizations are down from a national seven-day average of 146,534 on Jan. 20 to 80,185 the week ending in Feb 13, according to the Centers for Disease Control and Prevention COVID data tracker.

Public health experts say they are feeling hopeful that more declines are ahead and that the country is shifting from being in a pandemic to an 'endemic' that is more consistent and predictable. However, many expressed concern that vaccine uptick in the U.S. has still been below expectations, concerns that are exacerbated by the lifting of COVID-19 restrictions.

Dr. William Schaffner of Vanderbilt University's School of Medicine said Sunday that the downturn in case numbers and hospitalizations is encouraging. He agreed that it likely has a lot to do with herd immunity.

"There are two sides to omicron's coin," he said. "The bad thing is that it can spread to a lot of people and make them mildly ill. The good thing is it can spread to a lot of people and make them mildly ill, because in doing so, it has created a lot of natural immunity."

However, Schaffner said it's much too early to "raise the banner of mission accomplished." As a public health expert, he said he'll be more comfortable if the decline sustains itself for another month or two.

"If I have a concern, it's that taking off the interventions, the restrictions, may be happening with a bit more enthusiasm and speed than makes me comfortable," he said. "My own little adage is, better to wear the mask for a month too long, than to take the mask off a month too soon and all of a sudden get another surge."

Officials in many states are cutting back on restrictions, saying they are moving away from treating the coronavirus pandemic as a public health crisis and instead shifting to policy focused on prevention.

During a Friday news conference, Utah Gov. Spencer Cox announced that the state would be transitioning into what he called a "steady state" model starting in April in which Utah will close mass testing sites, report COVID-19 case counts on a more infrequent basis and advise residents to make personal choices to manage the risk of contracting the virus.

"Now, let me be clear, this is not the end of COVID, but it is the end — or rather the beginning — of treating COVID as we do other seasonal respiratory viruses," the Republican said.

Also on Friday, Boston lifted the city's proof of vaccine policy, which required patrons and staff of indoor spaces to show proof of vaccination.

"This news highlights the progress we've made in our fight against Covid-19 thanks to vaccines & boosters," Boston Mayor Michelle Wu said via Twitter.

Dr. Amy Gordon Bono, a Nashville primary care physician, said now is not the time to lessen vaccination efforts, but to double down on them. In the spring of 2021

when vaccines were becoming more readily available, the U.S. was "eager to declare COVID independence," she said. Then came the delta and omicron surges.

Bono, who attended medical school at Tulane University in New Orleans, said the U.S. should approach COVID like hurricane season.

"You have to learn to live with COVID and you have to learn from it," she said.

One challenge is that each region has a unique landscape, she said. In the American South, for example, many restrictions have been lifted for a while or never existed in the first place. Yet it's also a region with relatively lower vaccination rates.

"We've suffered so much and if there's a way to help appease future suffering, it's having a more vaccinated community," she said.

In Buffalo, Russo said he sees two possible future outcomes. In one, the U.S. experiences a fairly quiet spring and summer while immunity is still strong. He said in that scenario, it's likely immunity will wane and there will be a bump of new cases in the cooler months during flu season, but hopefully not a severe surge.

In the second — the one concerning public health experts — a new variant evolves and evades the immunity wall that was built up from both omicron infections and vaccinations.

"Whether such a variant can evolve is the big question, right?" he said. "That is the concern that we'll have to see through. Omicron was the first version of that, and there is this sort of adage that 'well, over time, viruses evolve to be less virulent,' but that's not really true. Viruses evolve to be able to infect us."

Perspectives

Faith On Campus

BY SYDNEY GIACALONE AND DEANNA DRAKOPOULOS

Staff Writer & 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.



Julie Dunn, Photo Editor

Silhouette of statue with chapel in the background on campus.

Do You Pay Attention to World News?

BY BROOKE SENDER

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

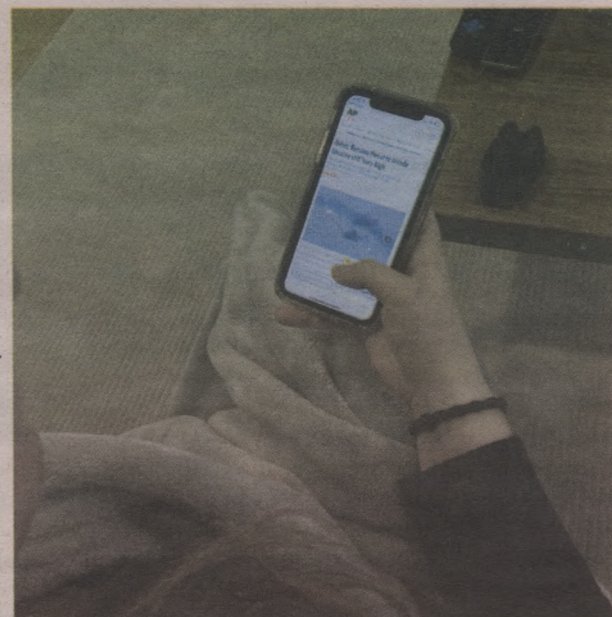
ways.

"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."



Isabel Haglund, Staff Photographer

Sophomore Allison Santoro reading an article about the crisis in Ukraine.

Features

Viva Las Senior Week

BY SARA ANASTASI
Staff Writer

"Senior week is a time to reminisce on the past four years and celebrate your graduation with your classmates, and your best friends," said senior Victoria Huggan.

A casino and club trip, free food and multiple formal events are all activities that Sacred Heart University's class of 2022 are able to participate in directly after finishing finals. Themed "Viva Las Senior Week," these events on May 10-13 will lead up to the 2022 commencement ceremony.

"Since this is the first senior week in about three years, the Student Government Senior Class Board and the department of Student Engagement and Involvement have decided to go big and put on a casino themed senior week," class of 2022 President, Olivia Champonis, said.

The Commencement page on the university's website shares the agenda for the week.

Following a brief information and safety meeting on Tuesday, May 10, a shuttle will depart towards the Mohegan Sun Casino in Uncasville, Conn. Seniors can spend their evening gambling at the casino or partying at Avalon Night Club, prior to sleeping at the hotel.

Beginning on Wednesday, May 11, students are offered the opportunity to reside in either Elizabeth Ann Seton Hall or Thomas Merton Hall for the remainder of the week. While this is optional, many seniors are looking forward to it.

"I am most excited to move back into the freshman dorms with my friends for a few days," said senior Gian

Capolino.

Wednesday evening will entail a casual trip to Stonebridge Restaurant in Milford. Free beverages and food will be provided.

"The next day is the Commencement Ball in which seniors get to be together as a class one last time to

May 12. This is a formal event with an open bar and DJ.

Finally, on Friday, May 13, the day preceding commencement, a Family Soiree will take place. This event will also be held in the North Parking Lot. The class of 2022 is welcome to invite family and friends to celebrate their final night before graduating.

Although Commencement may not officially be considered a part of senior week, it takes place on Saturday, May 14 to honor all eligible seniors.

"This is the first senior week to occur since the class of 2019, our freshmen year, due to the Covid pandemic, so we are all really excited," said Champonis.

Those planning on attending senior week events can purchase an event package with admission to all events, or individually purchase tickets.

Registration for senior week is available until Wednesday, Mar. 23 either through an online form or in the Student Life office.

"This is a great time to have fun with friends, get a little reckless (in the

safest way possible), and celebrate with some classmates we may have never met before because we all were able to reach a common goal together; graduating college," Champonis said.



Advertisement for Senior Week happening May 10 - May 13

celebrate our accomplishments all while we enjoy food, music and specialty drinks," Champonis said.

The Commencement Ball will be held in the North Parking Lot at Sacred Heart on the evening of Thursday,

Fashion: Leaving Street-Wear in the Dust

BY STEPHANIE PATELLA
Staff Writer

Bring flowers and pay your respects at the casket because streetwear has died...or has it?

Fashion news outlets have reported that streetwear and high fashion have blended so close together that eventually there will be no telling the difference between the two.

"Streetwear, which emerged in the 90's, was inspired by New York Hip Hop and California Surf Fashion. This style of dress is focused on comfortable and casual garments," said sophomore Jessica Candido.

Popularized in the late '80s and early '90s, hoodies, sweatpants, oversized jackets and other types of streetwear clothing have enhanced their recognition in recent years.

One reason for the rise in popularity is due to celebrity influence.

"I think streetwear has become popular over time due to the influence of A list celebrities adopting this style, such as Ariana Grande and Kanye West. This has resulted in an increased demand and more companies jumped on the opportunity to produce this type of wear," said Candido.

Over time, streetwear has sprinkled materials of high fashion into its style. It seems that the crossover was caused by the adoption of brands such as Gucci, Fendi and Louis Vuitton making relaxed materials have a higher quality look.

According to BluFashion, "Streetwear is more luxury style due to the high-end fashion brands that have collaborated with streetwear brands. That is why the style of streetwear is slightly changing, gradually becoming more expensive."

Due to this drastic change in style, some believe that streetwear is on its deathbed.

Virgil Abloh, designer and CEO of fashion house Off-White, believes that the end of streetwear is not too far in the future.

In an interview with Fashion Week Daily, Abloh said, "I would definitely say it's going to die. Its time will be up. In my mind, how many more t-shirts can we own, how many more hoodies, how many sneakers?" With interest in streetwear waning, Abloh thinks the next trend will take a more nostalgic turn.

In the same interview, Abloh said, "There are so many clothes that are cool that are in vintage shops and it's just about wearing them. I think that fashion will go away from buying a box-fresh something; it'll be like, hey I'm going to go into my archive."

While Abloh believes vintage will make a sudden return, others believe that a different style will be streetwear's successor.

"If streetwear were to die, athleisure would probably take over," said sophomore Jenna Seggio. "Everybody wears it. You would go to class and see everyone in yoga pants and sneakers."

Designer Dapper Dan disagreed with the popular view and argued that streetwear is still very much alive in the fashion industry. In an interview with Footwear News, Dapper Dan said, "Streetwear doesn't define itself the same to everybody. It's all over the place. It's everywhere."

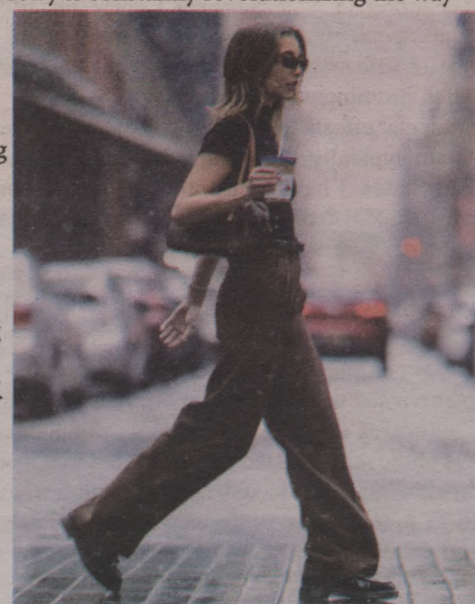
Born Daniel Day, Dapper Dan made a name for himself in 1982 when he launched Dapper Dan's Boutique mixing the style of the Hip Hop world with high fashion clothing. He is known for designing wardrobes for art-

ists, including Jay-Z and Salt-N-Pepa.

Whether you are convinced streetwear has taken its last breath or believe it is around for the long haul, the fashion industry is constantly revolutionizing the way in which all people show off their style.

According to Head of the Fashion Marketing and Merchandising Department, Prof. David Bloom, "Fashion always repeats itself in a more modernized form. It keeps moving.

There are various drivers to this. Covid-19 is a driver. Culture, music and dance are all drivers. Looking at the products of '70s, '80s and '90s, it always looks back and repeats itself."



Instagram @emmachamberlain

Emma Chamberlain advertising her new coffee launch in fashion shoot

Spotlight

**AUDREY'S
CORNER**
a place for kindness & reflection

We Are The Sons of Giants

BY JORDAN GREENE AND CAYDEN THOMPSON
Contributing Writers

Black History Month officially became a holiday in the year of 1976. Our nation celebrates the month of February by paying tribute to all that the African American community has accomplished. With the help of social media, I have uncovered facts about my ancestors that are remarkable. They have created inventions, pushed music to new heights and built a culture that influences our present-day society.

With all the outstanding feats African Americans have accomplished and the beautiful commendations made throughout the country, there is a flaw in Black History Month. When we celebrate this holiday, we look only towards the past for accolades. We forget what is happening in the present and what could happen in the future.

It is important for African Americans to remember the past. If our ancestors had not made the sacrifices they did, we would not have the opportunities we do today. We cannot forget the atrocities our ancestors endured, such as slavery, Jim Crow laws and the humiliating representations in media. However, only looking at the past creates a break in our thinking. It becomes impossible to have new ideas. We remain stuck in a "Pastime Paradise," a phrase coined by the legendary artist Stevie Wonder. What good is it to look to the past if we cannot celebrate what we have accomplished in the present?

In the future, I look forward to living in a country where black people can both celebrate their present-day achievements and commemorate the past. In acknowledging current accomplishments, we as individuals and a community will learn how to better accept and love ourselves. Our ancestors will be proud. I believe in us, and I always will.

Below, is a poem written by Cayden Thompson. Through art, he thanks his ancestors for their sacrifices and celebrates his community's present-day accomplishments.

Sons of Giants By Cayden Thompson

Upon the heads of giants, I gaze upon the sun;
The sun that shined upon them. The moon that watched them run;
I watch them both and ponder The mighty deeds of old
That the giants took to get me here To sit atop the world;
Above the clouds, amidst the sky; The stars, the only thing nearby
But how were we born in such a world where even birds fear to fly?
My thoughts collide, in wonder and awe As a question formed within my maw;
Oh giant sweet, oh giant tall Why, upon your head, are we all?
...The world you know, 'Twas once a dream, One that none could have foreseen
Until one day, my brothers in arms Shared that dream and fled the farms.
When knees buckled and whips cracked, We held that dream, a world abstract
When all was lost, when all was found, When violence was the only sound,
The dream remained, it was of you, A radiant reminder to all those who
endured the suffocating air below, for the promised land their dreams did show;
So while you breathe the sky's good air, Remember all the gifts you bear;
You are the sons of giants, stand tall and rejoice;
And whatever you do in this world that is, just know that it's your choice.

Editorial

The One Time the Sequel is Better

AMBER MARTINEZ
WEB MANAGER

Firstly, if you do not like Tall Girl just admit you do not have any taste.

Secondly, if you do have taste then I think we can agree that Tall Girl 2 was even better than Tall Girl. 100x better and that is saying something since the first one was amazing.

Tall Girl 2 did what The Kissing Booth and To All the Boys I've Loved Before should have done. The creators of Tall Girl 2 clearly listened to the complaints made by the critics of all 3 movies and expertly tweaked the issues with the first one and made the second one even better.

If you are a non-believer of the film's greatness, then you leave me with no choice, I must create the ultimate guide to watching Tall Girl 2.

...You did this to yourself, just remember that.

Here are a few quick rules before we start:

1. Make sure you have water you can spit out
2. Make sure you have popcorn...to eat and throw
3. Make sure you have a viewing partner you are comfortable with
4. Make sure you talk, rewind, and pause when needed (it is encouraged if not required)

And lastly...

5. Understand that if Jake from State Farm agreed to be in the movie, then it clearly is worthy of an Emmy

And now it is time to analyze:

1. Pay close attention to the different shots, transitions, and filming/editing techniques used. The embraced change from TG to TG2 can be attributed to the change of cinematographers from Eric Alan Edwards to Shanbe Hurlbut. This is a crucial part because the cinematography for this film helps create not only artistic and visually appealing scenes but also helps tell the story in an effective way

2. Admire the wardrobe choices and take notice of the differences between the characters' outfits.

-Jodi (pronounced Yodee): Jeans, cropped sweaters and shirts, floral dresses, and comfortable lounge wear

-Dunkers/Dunkleman (pronounced Short King): Sweater vests, collared shirts, tailored trousers, and polyester jackets

-Stig (pronounced Ingvar Krueger wannabe): Plain tees, jeans, light jackets, and perfectly tousled hair

-Tommy (pronounced Dream Boat): Plain white tees (Haha), leather jackets, jeans, and the cutest face ever

-Fareeda (pronounced Girl Code savant): Graphic tees, cool homemade pieces, and equally as cool hair

-The wardrobe team for the film did an amazing job at styling the characters and helping the audience further understand the characters

3. Listen clearly to the well-crafted and delivered dialogue that can be credited to Sam Wolfson

-"Does Jodi ever talk about me?" (A line easily guessed while also still being iconic)

-"Do you want to impress your girlfriend, or do you want to sit here and chit chat?" (Easily my favorite line of the film)

All joking aside, even though I mostly if not completely have not been joking this whole time, Tall Girl 2 is a quintessential piece of my college career. I am not crazy enough to say whole life because they might make a Tall Girl 3 and I am rational that it can only get better. It's certain that one positive thing will be able to be written in the history books about 2022 and I think we can both know what that is...Uncharted was finally released in theaters.



Tall Girl 2 advertisement

Imbd

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Arts & Entertainment

The Real Life “Book Thief”

BY CODI LYNDERS
Staff Writer

The five-year literary mystery finally ended on Jan. 5 at John F. Kennedy International Airport when the real life “Book Thief” Filippo Bernardini was arrested for stealing unpublished book manuscripts.

The 29-year-old was an employee at the publishing company Simon & Schuster UK when he decided to impersonate different publishing industry workers and convince authors to send him their manuscripts.

Manuscripts are an important part of the publishing process, allowing the author of a piece of writing to share a small portion of their unpublished work with their team.

Sacred Heart University Librarian, Gavin Ferriby, defines manuscripts as personal, one-of-a-kind writings. “Manuscripts are precious to authors because they represent the ‘first instance’ of a work and are important not only legally but emotionally.”

If this emotional connection between authors and their manuscripts are as strong as Ferriby describes, then why would Bernardini want to sever it? Federal authorities stated that they were unsure of the motivation behind Bernardini’s scheming.

Due to the fact that Bernardini had been stealing unpublished manuscripts since Aug. 2016, it allowed him to perfect his criminal craft with the help of his industry insider knowledge.

According to NPR, Bernardini created fake email addresses and “more than 160 internet domains that were deliberately designed to be ‘confusingly similar’ to the real pages.”

He would use publishing shorthand and replace the letter “m” with “rn” on fake company websites. This made it extremely difficult for authors to distinguish if the

publisher contacting them was legitimate.

Authorities were even more perplexed after realizing that none of the manuscripts were leaked online after they were stolen.

According to The Guardian, “Publishing industry figures and authorities have been stumped for years by possible motivations behind the phishing scam, with no ransom or blackmail demands ever materializing after manuscripts were mistakenly sent on.”

After hearing about Bernardini’s actions over the last five years, several Sacred Heart students found themselves shocked, but not entirely surprised.

“Publishing, as well as the entire world, is becoming more virtual, making it easier for scams like this to arise,” said senior Grace Curley. “Not only would I have lost the opportunity to have my work published, but I would also have lost an opportunity to advance my career and achieve a lifelong dream of having real people read my work.”

Ferriby compared these stolen manuscripts to “Cases in which one roommate at SHU has stolen or plagiarized a paper for assignment. It’s not only legal theft, but emotionally abusive and dishonest. The emotion is more vivid than the legal infraction.”

Some of those who were affected by Bernardini’s scam included Sally Rooney, author of “Normal People,” and Margaret Atwood, author of “The Handmaid’s Tale.”

In an interview with The Bookseller, Atwood describes the unknown sources who tried to steal her manuscripts. “There were lots of phony emails from people trying to wrinkle even just three pages, even just anything.”

Though the past few years may have made authors overly protective of their creative works, not all faith in the publishing industry should be lost.

Adjunct English Prof. Amie Reilly said, “This was a fluke thing, that the lack of clear motivation means this was just one man’s wild idea. This one rogue rights coordinator isn’t representative of any larger weak spots in manuscript safety.”

In a statement released by the Southern District of New York U.S. Attorney’s Office, it was said that Bernardini would be charged with wire fraud and aggravated identity theft.

U.S. Attorney Damian Williams said that, “This real-life storyline now reads as a cautionary tale. The plot twist of Bernardini facing federal criminal charges for his misdeeds.”



Instagram, @bookstagramgold
Library full of different books.

She’s an Icon, She’s a Legend, She’s Frida

BY MICHAEL MORELLI
Staff Writer

Frida Kahlo was a Mexican painter who has recently made a resurgence in the public eye. A new exhibit titled “Frida: Immersive Dream” has just opened across several major cities. According to the event’s website, Immersive-Frida.com, the exhibit is intended to be an immersive retelling of the life and career of Kahlo.

Currently, the exhibit is showing in eight major cities across the United States, including Boston, Chicago, Dallas, Denver, Houston, Los Angeles, Pittsburgh and San Francisco. Immersive-Frida.com says the show will be a “360-degree experience.” Patrons will be able to walk through rooms full of 360-degree screens that detail every portion of Kahlo’s life. The exhibit has opened in some cities and will stay open until May.

Many Sacred Heart students are familiar with the artist and were excited to hear about the exhibit.

“She is for sure a feminine icon,” said graduate student Samantha Curran.

Though Curran hadn’t seen much of her work, she knew about one distinct feature that’s included in nearly all of Kahlo’s pieces.

“The number of self-portraits she did presenting a prominent uni-brow was something that nobody really thought of as feminine,” said Curran.

According to Net-A-Porter.com, Kahlo’s uni-brow is representative of feminist ideals. “Her brow is a statement rejecting stereotypes about what is and isn’t attractive.”

Kahlo’s work was heavily influenced by her physical ailments. According to FridaKahlo.org, Kahlo contracted polio at a young age. Due to this, her right leg and foot grew much thinner than her other limbs. Kahlo was also involved in a bus accident in 1922.

According to FridaKahlo.org, “A steel handrail impaled her through the hip. Her spine and pelvis were fractured, and this accident left her in a great deal of pain.”

Kahlo’s painting “The Broken Column” was heavily inspired by her bus accident.

“I have personally never heard of Kahlo,” said Art Club Vice President, Amanda Palma. “The artist uses strong colors and scenes to portray her subject and really gets the point to the viewer.”

Palma also expressed interest in attending the exhibit saying, “I think that her interactive exhibit would be interesting to attend, especially because her work is so unlike anything I’ve seen before.”

Art Prof. Mary Treschitta, says that the new exhibit is revolutionary.

“We have entered a new and inventive way to experience art,” said Treschitta. “Total immersion into Frida Kahlo’s emotional state of being.”

Treschitta said that this new way of viewing art is something she hopes to bring to SHU. “We have been experimenting with augmented reality in our own art and design gallery,” said Treschitta.

The exhibit was attended by several descendants of Kahlo, all who had a positive experience.

According to News. Artnet.com, Kahlo’s great grandniece, Mara Romero Kahlo, has been very cooperative in supplying information on the artist. Both her and her daughter responded positively to the exhibit, especially due to the producer, Massimiliano Siccaldi’s, take on the content.

With the exhibit coming to so many cities, there are many chances to experience the tribute to Kahlo.

“Her visual communication of female emotions transcended the art world,” said Treschitta. “All humans can connect to this emotional outcry.”



Instagram, @fridaimmersive
The immersive art gallery is shown in Lighthouse ArtsSpace, allowing Kahlo’s work to come to life.



Instagram, @fridaimmersive
“Frida: Immersive Dream” allows audiences to learn about Kahlo’s life experiences in a captivating way.



Instagram, @fridaimmersive
Kahlo’s portrait will be mixed in with various historical photographs.

Sports

BY **BRENDAN CAPOZZI**
Staff Writer

L.A. Rams Take Home the Lombardi on Home Turf

On Sunday Feb. 13, Super Bowl LVI took place at SoFi Stadium in Los Angeles, featuring the AFC champion Cincinnati Bengals and the NFC champion Los Angeles Rams. The Rams were victorious, winning their first Super Bowl title since 1999 and second overall, defeating the Bengals 23-20. Rams wide receiver Cooper Kupp was named Super Bowl MVP due to his stellar performance, which included 92 receiving yards and two touchdowns.

"I thought the game was everything that we expected it to be," said junior Kenny Kearns. "Two good teams going at it and giving it all they have to bring home the Lombardi Trophy."

The game was broadcasted on National Broadcasting Company (NBC) and it was estimated that an average of 112.3 million viewers tuned in to watch the game - the most for a Super Bowl since 2017 and a 14% increase from last season's Super Bowl.

The main storyline around this game surrounded the two quarterbacks- Matthew Stafford from the Rams and Joe Burrow from the Bengals. Stafford was in his first season with the Rams after being traded in the offseason from the Detroit Lions, where he spent the first 12 years of his career. Burrow was playing in the Super Bowl just one year after tearing his ACL on Nov. 22, 2020.

The Rams struck first when Stafford connected with wide receiver Odell Beckham Jr. for a 17-yard touchdown with 6:22 left in the first quarter. Unfortunately, Beckham Jr. went down with a knee injury later in the first half, which ultimately led to him being out for the rest of the game. As the teams went into the locker room for halftime, the Rams were ahead 13-10.

As both teams were preparing for the second half, fans were treated to a halftime performance from Eminem, Snoop Dogg, Dr. Dre, Mary J. Blige, and Kendrick Lamar. This performance included special appearances by 50 Cent and Anderson Paak.

"The Super Bowl halftime show was a throwback to the past as it paid homage to the hip-hop and rap stars of the late 90s and early 2000s," said junior Laura Regan. "The set featured iconic locations such as 'Tam's Burgers' and 'Randy's Donuts' that filled the people of Los Angeles with nostalgia."

The second half began with Burrow throwing a 75-yard touchdown pass to wide receiver Tee Higgins on the very first play, putting the Bengals up 17-13. The Rams were held to just three points for almost all of the second half until they got the ball with 6:13 left in the 4th quarter down 20-16. Stafford and the Rams offense drove 79 yards, with the drive culminating in a 1-yard touchdown pass to Kupp with 1:25 left, putting the Rams ahead 23-20.

The Bengals attempt at a potential game-tying or go-ahead drive would be thwarted when Joe Burrow's pass fell incomplete on 4th and 1 from the Rams 49-yard line with 43 seconds left.

"I thought the Super Bowl was great because of its historic significance when it came to Cooper Kupp," said freshman Anthony Pizzirusso. "Not only did he win the MVP, but he also became the fourth wide receiver in the Super Bowl era to win the Triple Crown."

The "Triple Crown" occurs when receivers lead the league in receptions, receiving yards, and receiving touchdowns. The last time this feat was accomplished was in 2005.

The biggest off-season questions for the Rams will be if defensive lineman Aaron Donald and Beckham Jr. return next season. Beckham Jr. is a free agent and Donald has said he will contemplate retirement. With the 2022 NFL season starting on Sept. 8, the Rams could look different next year as they hope to repeat as Super Bowl champions.



Instagram, @rams

Taylor Rapp (left) and Dani Johnson (right) got engaged after the Rams took the win.

Women's Bowling on a Roll

BY **JENNA LETIZIA**
Staff Writer

The Sacred Heart women's bowling team is gearing up for the final weeks of their season as they look to get back to the Northeast Conference (NEC) championship.

After falling 2-1 to Fairleigh Dickinson University (FDU) in the NEC championship almost one year ago, Sacred Heart sits tied in first place in the NEC holding identical 12-2 records with Mount Saint Mary's University.

"We have gained experience at tournaments and found success at the first two NECs," said head coach Becky Kregling. "We are bowling tournaments against some of the top teams in the country for more experience."

Despite this being her first year on a Division I collegiate program, freshman Nancy Kohut has won four NEC rookie of the week honors, most recently on Feb. 9. It is her second consecutive rookie of the week title, having won the honor on Feb. 2 as well.

"Bowling means a lot to me," said Kohut. "I think earning these honors has really shown off all my hard work and it's meant a lot to me."



SHU Athletic Department
Women's bowling athlete Nancy Kohut

Kohut's play the weekend of Feb. 5-6, in which Sacred Heart competed in their second NEC tournament of the season, earned her the honor after accumulating a total score of 1,563 points.

The Pioneers finished the weekend with a 3-1 record with wins over Mount Saint Mary's, FDU, and Duquesne University. They were just shy of earning a fourth victory, falling 974-968 to Saint Francis College.

Junior Hannah Mannetta has also contributed to the success of the team as the Port Jefferson Station, N.Y. native posted over 200 points in five of seven matches she played during the second NEC tournament on Feb. 6.

"I'm pretty proud of the success I've had so far," said Mannetta. "I feel like I've had to step into the anchor role a bit and I'm doing better than last season."

Mannetta was a part of the program last season when the Pioneers were taken down by FDU in the NEC championship.

"We have definitely been using the loss to FDU as motivation through our first two NEC meets," said Mannetta. "We basically take it as fuel to the fire. I feel like the rest of the team understands that it's an important matchup."

The Pioneers will travel to Bethlehem, Pa. for the final NEC meet of the season on March 5 and conclude on March 18 at Vanderbilt University for the Music City Classic. The NEC championship tournament begins March 25 in Howell, N.J.

"It would mean a lot to win the NEC championship," said Mannetta. "It would mean a lot to see this young team come together and show that all the hard work we've put in this season will pay off."

Sacred Heart Athletics contributed to this article.

Baseball Looking to Round the Bases this Year

BY **ALEXANDRA BOTTO**
Staff Writer

The Sacred Heart baseball team has been projected to finish third in the Northeast Conference (NEC) this year, according to the NEC Preseason Coaches Poll. They received one first place vote in the poll. This is an improvement on last season's projection, when they were picked to finish fifth in the conference with no first-place votes.

The Pioneers finished third in the NEC in 2021 with an overall record of 23-25 and a 17-10 mark in the NEC. Following a season that exceeded expectations, head coach Nick Restaino has big hopes for what his team will accomplish this season.

"We want to have a winning record, qualify for the NEC tournament and win our overall conference," said Restaino. "It will take sacrifice, discipline and a comprehensive effort to play well in all three facets of the game: pitching, hitting and defense."

Restaino was named head coach in 2017 after spending the previous three seasons as an assistant coach and recruiting coordinator for the Pioneers.

After losing half of his starting lineup in the offseason to graduation and transfers, Restaino was able to add a few incoming transfers and freshmen players to complete his puzzle.

"We look for dedicated student athletes who are good teammates and have a specific skill set or ability to develop that skill set," said Restaino. "In addition, we look for players that have a competitive nature."

These efforts will be led by graduate student Ryan LaMay and senior Chase Jeter. Both Jeter and LaMay serve as co-captains of the team alongside senior Joe Emerson.

LaMay started 11 games last season with 28 strikeouts in 48.2 innings pitched.

"Being a captain of this team has been one of the greatest honors of my baseball career. To know that I have the trust of my coaches and teammates is an incredible feeling and I take this position very seriously," said LaMay. "As captain, I have made it my goal to support my teammates in other areas, like academics, because I believe my role extends beyond the baseball field."

In 2019, LaMay was one of three players to earn NEC weekly honors under Restaino, and was named to the All-NEC Second Team.

"Coach Restaino is an exceptional coach and he did a great job of bringing in talented, hard-working athletes and molding them into an even better group of men," said LaMay. "He ensures we are all in good academic standing and a visible, positive presence on campus."

The southpaw Jeter transferred in from Dartmouth after the 2019 season.

"I love the community at Sacred Heart and have been able to meet great people here. It was an easy adjustment, and I owe a lot of credit to my teammates and roommates who have been supportive of me," said Jeter.

He started 12 games for Sacred Heart last season and finished with a record of 5-3 with 43 strikeouts in 60.2 innings pitched. His campaign has led him to be named a 2022 Top 15 Draft Prospect in the Northeast Conference by the DI Baseball Journal alongside senior teammate Justin Jordan.

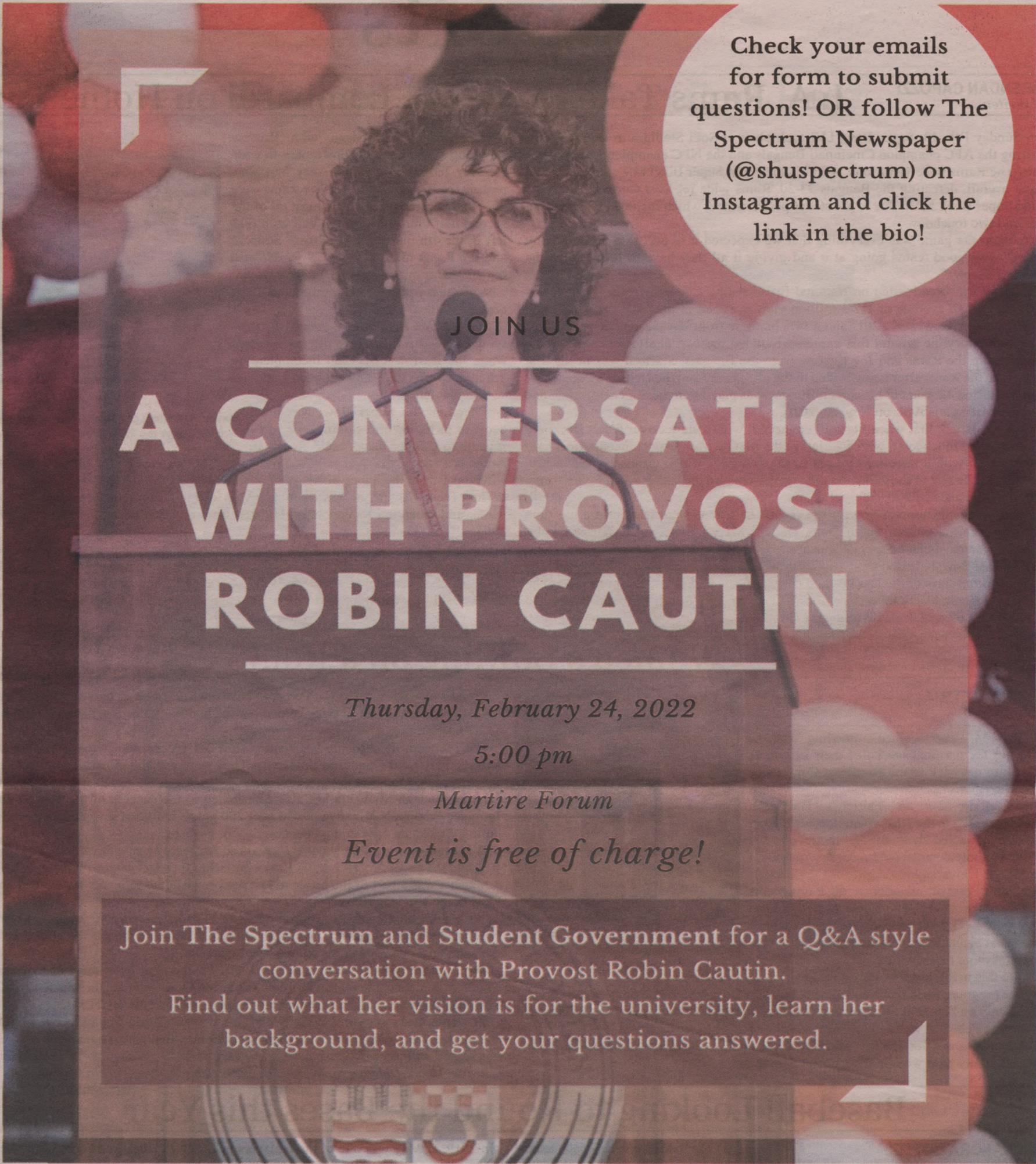
"Being named a top draft prospect feels great, especially since I have a strong desire to play professional baseball," said Jeter. "I hope to have a strong season that will impress scouts and put myself in the best possible position to continue pitching after college."

Jeter will be a major contributor to this team as they play toward a possible postseason run. The NEC's top four regular season finishers will qualify and advance to the double elimination conference tournament at the end of May.

"The goal for us every year is to win the tournament and get to play in a regional. It will be a tough task because the NEC improves every year," said LaMay. "Our team has the talent and ability to go far, but to get there, we need to focus on our teamwork and execution."

The Pioneers kick off their season Feb. 23 at Fordham University in The Bronx. They then travel to Richmond, Va. to face off against the University of St. Thomas on Feb. 25.

Sacred Heart Athletics contributed to this article.



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Thursday, February 24, 2022

5:00 pm

Martire Forum

Event is free of charge!

Join The Spectrum and Student Government for a Q&A style
conversation with Provost Robin Cautin.
Find out what her vision is for the university, learn her
background, and get your questions answered.

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