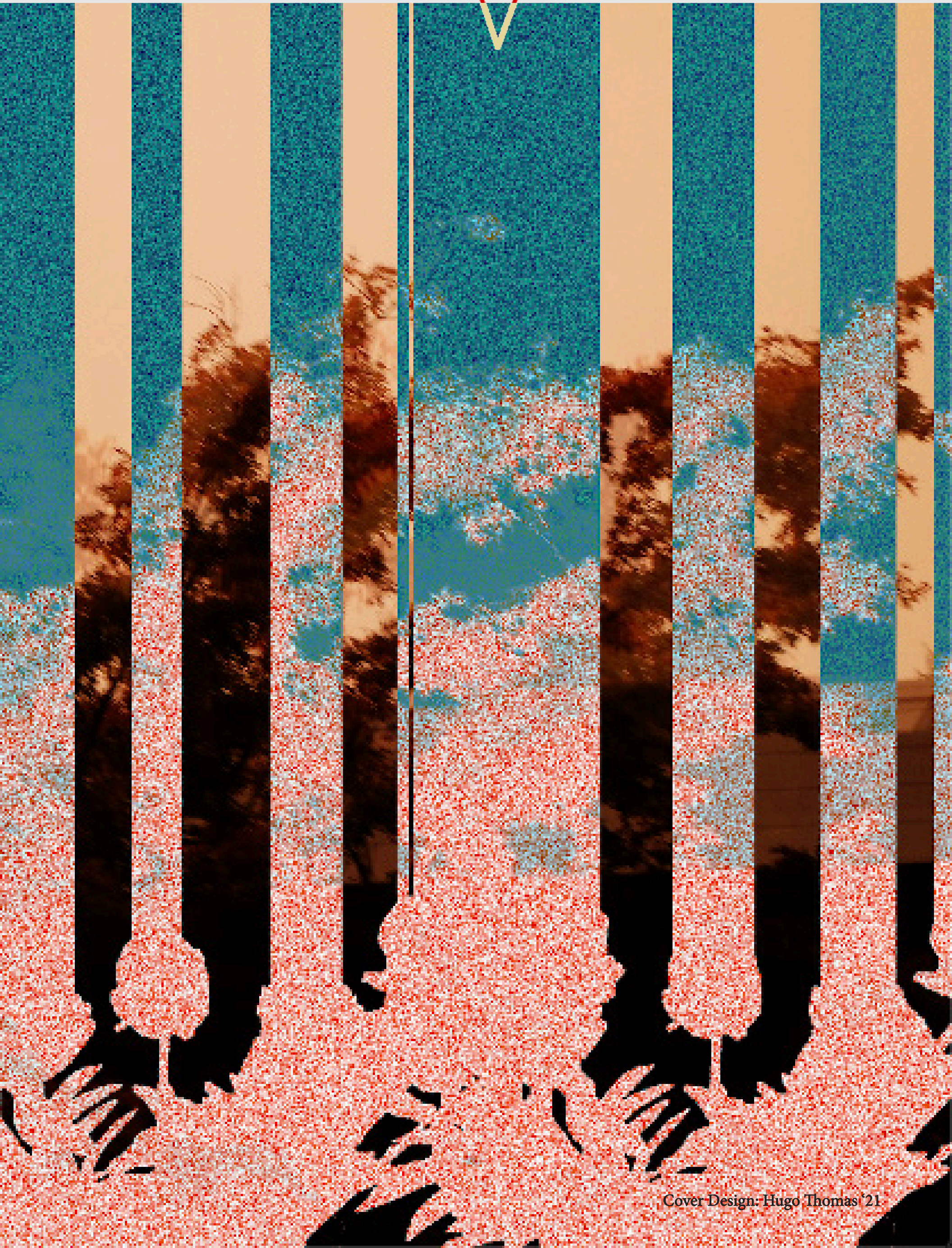
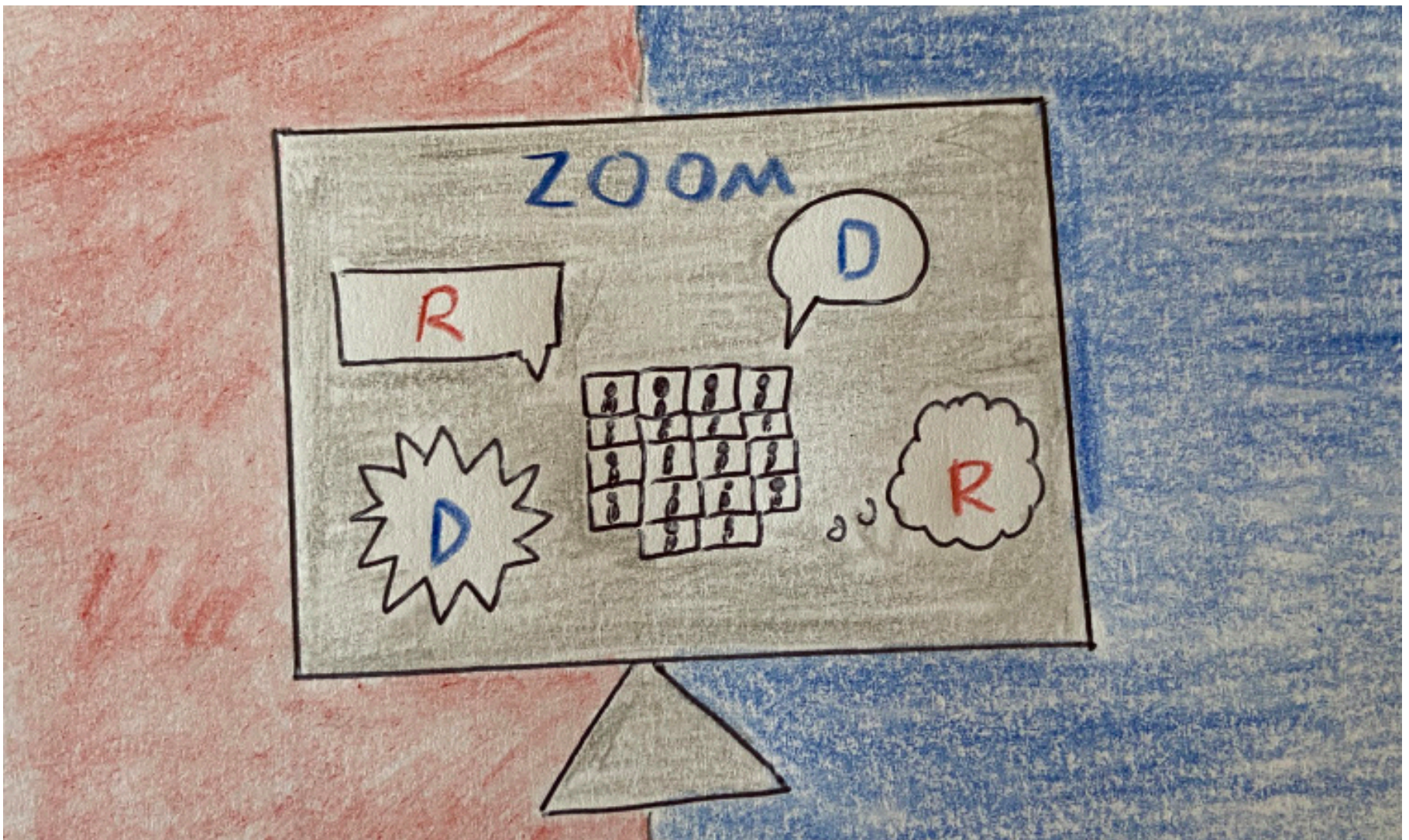


theHeartBeat





Have Zoom discussions and clubs eased or heightened political tensions at SHP?
Drawing by Axel de Vernou '21

SHP Reflects on the Political Climate Following the 2020 Presidential Election

News - Eric Bollar '22

On the 20th of January, Joseph R. Biden Jr. was sworn in as the 46th President of the United States, marking the end of one of the most controversial and influential elections in the country's history. With different political standings across campus, how will the political climate at SHP be affected now that the election has passed?

To begin, it is necessary to understand how political discourse between students has changed given the online format of the school year. The political climate at SHP would stagnate without the opportunity or space to have thorough and honest discussions, which is why students and faculty alike have put in great efforts to ensure these opportunities arise, whether through class discussions or clubs. Mr. Ben Hunter notes how "in the AP Gov classes, a number of students hosted discussions, and they were really well done." Furthermore, on the student side, Theodore Purcell '21, a leader of SHP Politics, mentions how "the online portion has been a struggle for all clubs" but that "students have done a great job handling differing opinions and disagreements." Similarly, PASH leader Zoe Schneider '21 remarks on the diversity of these political spaces and that they "cover a pretty wide swath of political perspectives, so you can actively choose to seek out opinions that both support and challenge your own."

Given that students have a multitude of opportunities to engage in political discourse with their peers, the question arises as to how the tension involved in political discussion will be affected since the election cycle has ended. Ultimately, this is not certain, and members of the community disagree on if it will change, as

well as how it will change. Mr. Hunter says that the political climate at SHP will not change significantly, and that "it's going to remain kind of polarized. This is all through Zoom, and a lot of students are very hesitant to speak about politics in certain climates. I think the upperclassmen are a little bit more willing to but the freshman and sophomores are really hesitant... They're afraid that they're going to get in trouble." Reluctance to contribute to political discussions is a major obstacle for discourse, and it is apparent that the online format has only amplified this issue.

On the contrary, students at SHP remain hopeful that the potency of political disagreements will subside. Teddy believes that "the intensity will definitely calm down. Generally, political discussions had the nature to get heated or intensified in the last 4 years. I think a lot of that will be gone now." Zoe says that "not being in the height of political partisanship and anxiety like we were during the election will probably help the SHP climate feel less charged" but that "there are still so many important issues left to be discussed, like COVID relief, climate change, and immigration that we haven't reached a bipartisan consensus on." Overall, students seem to have mixed feelings about the state of politics at SHP, but they still remain hopeful that peaceful discourse will remain.

Due to the heightened polarization of politics in the past year, students wonder if disagreeing political groups at SHP will grow more unified now that the election has finished. Community members believe that a political divide will still be apparent but that unification will be possible if both sides work together. Teddy says

that despite any political disagreements between students, "there definitely is a moral unification that will be present as a community." Zoe adds that "being out of the crux of political tension should help calm things at SHP ... but with the amount of disinformation on the election persisting and the ongoing impeachment hearings, the aftershocks of this election are going to be felt for a long time." Hopefully, peaceful discourse and joint moral values as a part of SHP's community will help lessen the political divide and animosity.

The religious aspects of SHP's community could help unite students of different political perspectives. Mr. Hunter says that although "certain groups are pretty entrenched in their positions and it seems like they're not really open to truly examining their own beliefs and where they come from," the fact that "we're in a Catholic institution and we're coming from a position of Catholic social teachings makes it all the more complex." He adds, "As an institution, we stand for certain things, so how do we imbue those beliefs in the students without being seen as having a political agenda?" Encouraging students to recognize their moral beliefs as separate from politics is an important step to unifying the community.

While students and faculty are hopeful that the completion of the 2020 presidential election will lower the aggressive intensity of certain political discussions, they are still working towards political unity by setting up discussion spaces and practicing peaceful discourse. This effort has continued over Zoom and will hopefully carry over into the next phase of the school's reopening.

Editorial: The Hope That This Semester Holds

HeartBeat EICs

As 2020 came to a close, we realized that transitioning to a new year is not a magical resolution to the problems that our world is facing. The deep divisions that marked the presidential election and the subsequent increase in polarization burst on January 6th, when we saw both a symbolic and physical attack on our democratic institutions. Covid-19 has challenged us to continue upholding our virtual community while limiting our interactions with our beautiful campus.

Confinement and division are defining our reality at this moment, and sometimes it seems like we have entered more than just a phase. However, we have recently seen immense bravery surrounding an urgent desire for change in other parts of the world, whether that be the pro-democracy protests in Russia or the continued effort of Hong Kong's citizens. Our time for change will soon emerge from this period of stagnancy, and we have to remember that there is light at the end of the tunnel. The four walls that surround us as we stare at our small Zoom

screens are not a new reality, but a hurdle that we are overcoming as a school community as we seek to continue our intellectual discourse through an online medium.

We are surrounded by confusion and isolation but to remain hopeful is the only method of getting through what we are collectively and individually facing. Though we saw outrageous political violence on January 6th, the events of January 20th displayed social progress as the first woman of color was inaugurated as vice president. We have seen the start of a vaccination process and many medical successes. We should take time to appreciate the progress that has been made in our country and the barriers that were broken. However, that does not mean that we ignore the violence at the Capitol or the threatening Covid-19 infection rates threatening people's physical and mental well being. As SHP students, we are called to look at how these issues are affecting us on a national scale as well as how they are impacting our own community as we directly face the effects of the continued

virtual educational format.

The HeartBeat will continue to promote content about civic action and justice throughout the next semester. We will report on the reopening process for SHP while highlighting how other communities are affected by Covid-19 in different ways. We continue to aim to share the thoughts of the student body, engage in peaceful discourse about serious matters, and produce light content that gives all a chance to take a break. In this issue, you will find reporting about the new schedule, opinions on our reopening plan, features that demonstrate the continued tenacity of our athletes and artists, and the usual back page humor.

As the semester progresses and we make our way back to campus, we will try to make the transition to the print publication we know and love, though we will be sticking with the bi-weekly virtual digest for now. We look forward to overcoming the challenges that are ahead and have hope for a strong semester.

Alumni Feature: Milan Kordestani, CEO of *The Doe*

Lifestyle - Katie Sinclair '22

Ambitious, driven, and dedicated, 2017 Sacred Heart alumni Milan Kordestani has pursued his passion into the professional world. After attending SHS for six years, Milan continued onto Colorado College, where he recently graduated a semester early. Milan has always been an innovator: at age 13, he was given a pet turtle and soon got into the business of buying and selling them. He purchased the turtles young from a breeder in San Francisco and sold to people with aquariums around the United States. With the help of Dr. Slafter, Milan discovered an interest in chickens at SHP. Soon his yard was filled with 20 of them (to make it easy they all went by the name Chester)! His passion for chickens quickly turned into a business of selling eggs to neighbors, introducing him to the process of creating a product, marketing, and selling. Looking back, Milan attributes much of his success to his chickens and turtles!

Milan is involved in a wide variety of projects, including *The Doe*, an online platform to publish opinionated articles anonymously. When he was 16 years old, Milan began writing for the Huffington Post, his first article titled "Unpacking the Horrific Conditions of the American Poultry Industry." He explains that while the quality of the article is nothing impressive, his age set it apart. When the Huffington Post removed the op-ed section to focus on political publication, Milan was inspired to create a site where people could write about any belief without worrying about the fallout. He explained that "in today's media, there is so much cancel culture and a fear of new or different opinions. There needed to be a place where people could share their opinions and not be worried about the response." Milan's vision became a reality and he is now the CEO of a company with around 5,000 subscribers and a team of 21 people. His job is to drive the company's mission of supporting and sparking civil discourse.

In a time of political hyperpolarization, like other publication sites, *The Doe* has been

challenged to provide compelling content that reaches its wide spectrum of readers. Milan elucidated that social media provides content that appeals to your view—this keeps you on their site and the consumer never thinks twice about it. *The Doe* "is a place for people to confront biases and break down echo chambers." Their approach introduces voices and opinions contrary to your own. Further, Milan detailed that each month they count the articles published from a specific political side, from there they find writ-



Milan Kordestani, who graduated from SHP in 2017.

Photo from Entrepreneur.com

ers to even the divide with a contrary outlook. He discovered that the more controversial the topic the better the article does. For example, a piece issued in October of 2020 titled "I'm Black, Trans, and Voting for Trump" is one of the site's most viewed articles. The comments filled with civil debates as well as people of similar beliefs finding a community, interested in the intersec-

tional approach that the author offered. Like other sources, *The Doe* faces criticism and claims of misinformation and hate speech, but Milan will always respond by reiterating that he is not running a news network. His site is not oriented around telling you what to believe. They publish real stories from real people.

The Doe is a publication site for any age writer or viewer. When issuing an article, his team must ensure that it will serve a purpose to the public. From a high school student to a celebrity, everyone maintains an equal level of anonymity. Milan credits the teachers and classes offered at Sacred Heart for his growing interest in entrepreneurship. After moving to college and eventually finding himself in Los Angeles, he reflected on his time at Sacred Heart. He believes that "one of the greatest things was the teachers, they really care and people caring goes so far." He directly credited Mrs. Picetti for her dedication to making her students strong writers, something necessary in his line of work, as well as Mr. Judge in Environmental Science for being a "great human" overall. Lastly, Milan commends Dr. Slafter for supporting his ventures in agriculture.

He emphasized that for students interested in entrepreneurship and unsure of where to begin, they should look to the Internet—specifically Youtube—as well as the vast set of resources that SHP has to offer. Finally, Milan noted that "it is often intimidating to begin, but make the commitment to be willing to fail."

By listening to Milan's advice and taking advantage of the resources which SHP offers, including its dedicated teachers and robust academic curriculum, students can discover and follow new passions while preparing for the professional world in the way that Milan did. Part of the process is experimenting with new opportunities and making mistakes. "Trial and error are part of the journey and with lots of dedication, you will eventually get it right," says Milan.

ASB Adapts Spirit Week in Light of Social Distancing

News - Makena Tom '24

If it were any other year, this week the student body would be packed into Harman and around the pool deck to participate in Spirit Week— a week that students eagerly anticipate throughout the entire year. In the past, SHP has always gone above and beyond for the week-long sequence of events. ASB President Kathryn Sweeney said that in past years, “we end up being so loud, and we go so hard that Menlo can hear from the literal opposite ends of campus.” And though some things may change this year, even COVID-19 can’t stop the Sacred Heart ASB and class officers from putting every effort into making this year’s Spirit Week memorable and matchless.

At the end of last semester, ASB and a group of administrators, including Mr. Bell, Ms. Gomez, and Mr. Quattlebaum, made the decision to postpone the 2021 spirit week to later in the spring semester “in hopes to retain as much

normalcy as possible.” While dates have not yet been set in stone, ASB President Kathryn Sweeney confirmed that “it is going to be in late April after spring break.” As of right now, ASB is brainstorming plans for each of the five tiers: blue, purple, red, orange, and yellow. “We’re hoping and praying for as much normalcy as possible, but we’re preparing for anything that gets thrown our way,” said Kathryn.

While some activities will be modified, students can look forward to the same traditions like the lip sync battle and class-theme videos. It is likely that the larger school-wide events that are usually held in Harman will remain virtual under current restrictions. While competitions like Rock and Jock may not be the same this year, ASB is working hard to create as many opportunities for student engagement as possible. “We just want to make it as fun as possible for everybody, especially if it ends up being fully virtual,”

said freshman class president Donna Garcia. This year’s Spirit Week will not be the same as previous ones, however, new circumstances allow for an opportunity to try new things. “In the end, it is what you make of it, and I think that sentiment rings true for whatever Spirit Week ends up looking like this year,” said Kathryn. Whatever the circumstances, Kathryn encourages students to “get excited, and involved in as many ways as possible.” Donna is excited to “end the year off with a great week!”

The most recent ASB meeting was held on February 3rd to discuss and select each grade’s theme presented to ASB and administrators. Students should keep an eye out for details in the near future, as class officers will continue to send materials along and update the student body about developments taking place.

Will Biden Listen to the Science?

Op-Ed - Jack Frauenhofer '22

Throughout the primaries and the Presidential Election race in 2020, the Biden Administration has constantly reminded American citizens that the Democratic Party, contrary to the Republicans, listens to science. Biden argues that the GOP has blatantly ignored scientific research on a variety of issues, including climate change and wearing masks. He asserts that his administration will take into account scientific analyses and data. Nevertheless, Biden is failing to keep this promise as he bows down to the teachers unions on delaying the reopening of schools even though the science proves it is safe.

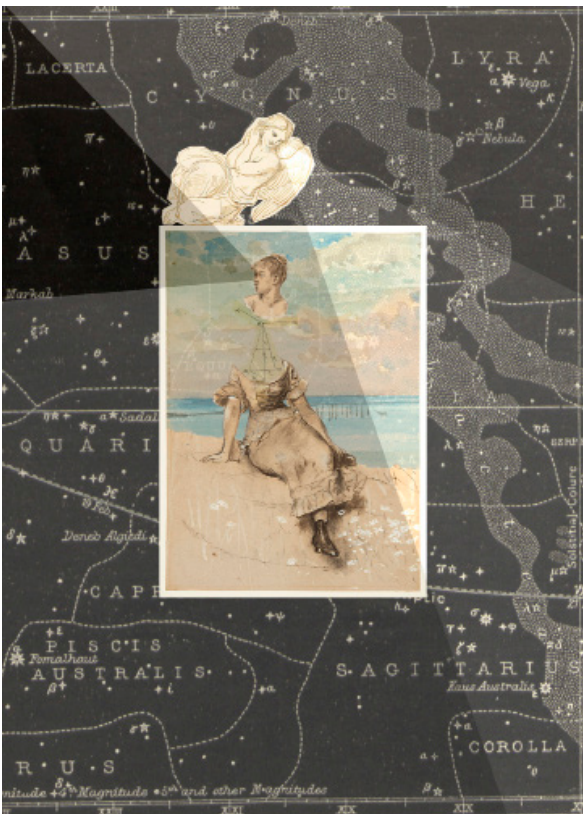
A goal of President Biden during his first 100 days is to reopen schools; however, the current conflict with the Chicago Teachers Union has put him to the test. Although many experts have concluded that it is safe for children to be taught in the classroom, elementary and middle school teachers in Chicago have refused to show up to classrooms as instructed. They have claimed that it is unsafe to teach in-person without the vaccine available for all instructors and released an interpretative dance video on You-

tube to emphasize the point. Not only are they risking the lives of fellow Americans by asking for vaccination before those in dire need of it, but they are also sacrificing the education of their young students by avoiding the classroom. As ridiculous as the Chicago Teachers Union’s argument and interpretative dance is, they are only able to insist on such demands due to the power they have displayed over the district.

The district of Chicago and Mayor Lori Lightfoot have been too lenient with the Teachers Union, surrendering to demands and spending almost \$100 million on personal protective equipment, disinfectants, ventilation improvements, portable air purifiers, and regular COVID-19 testing. But, after being far too accommodating to the union, Mayor Lightfoot put her foot down, pushing to reopen schools against the Chicago Teachers Union and gaining support in doing so. Whether Democrat or Republican, all parents want to see their children receiving a valuable education by being in the classroom. Nevertheless, the fight with the Chicago Teachers Union to reopen schools continues with no

aid from the President in pushing against the union to further his supposed agenda of reopening schools by following the science, which claims that teaching in the classroom is safe.

When asked last week about a new Center for Disease Control and Prevention study, which found that schools can safely reopen if they follow precautions, White House press secretary Jen Psaki said, “The CDC hasn’t issued the formal recommendations or requirements on how all schools across the country can open. They did a report, as they do reports frequently, based on an area in Wisconsin. Important, interesting data, no doubt. But that is not reflective of every school district and community in the country.” In essence, Psaki is explaining how Biden’s administration will allow schools to reopen if they can and want to. However, they will not ask unions in big urban school districts to do so, thus explaining Biden’s lack of aid in favor of Mayor Lightfoot’s conflict with the Chicago Teachers Union. So does Biden really listen to science, or does he only bow down to the power of the unions?



From left to right: “Rose Colored Vision,” “Duality,” and “In Sight” from AP 2D Art & Design student Alexandra Szczerba '21

The Future of Cursive Writing

Op-Ed - Alexander Lourdes Medel '23

While cursive is present everywhere, it is also absent everywhere. We see cursive in our day-to-day lives through our signatures and Coca-Cola bottles to old-fashioned letters and famous documents such as the Constitution. However, it has become an endangered form of handwriting as it is being replaced by print and typing. All of us here at SHP have at one point been taught how to use this essential skill. Whether it was in the years long past or right now, it is imperative that we consider its importance.

Cursive writing has accompanied the full breadth of American history from the past to the present. In the colonial era, penmanship was seen as a representation of oneself. Accordingly, many people accompanied their writing with distinctive decorations and flourishes with a famous example being John Hancock’s signature on the Declaration of Independence. Moving into the nineteenth century, Americans began to use standardized methods of cursive writing such as Spencerian script and by the turn of the twentieth century, Palmer script. If you have seen your grandparents’ loopy handwriting, then it was most likely written in the Palmer script. As Palmer script fell out of favor by the 1950s, it was replaced by Zaner-Bloser and D’Nealian Script with both methods being taught today.

While cursive is slowly disappearing

from public use, and while smaller numbers of schools are teaching them, it is important to know that losing the skill to write cursive entails the loss of many benefits. According to Scholastic, cursive writing can help in spelling and word formation. Since letters are joined together in cursive script, rather than print where the letters are separated, people are able to perceive words as single units rather than a collection of letters. As a result, cursive writing makes spelling words

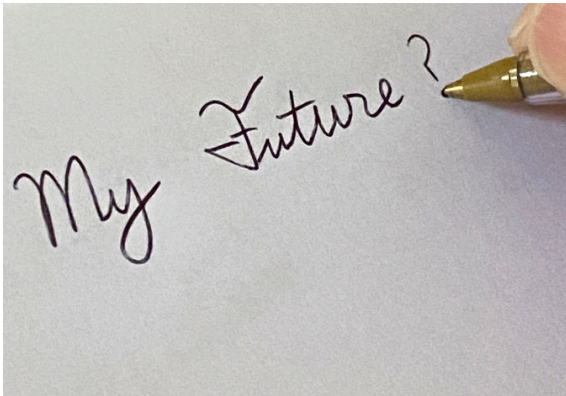


Photo provided by Axel de Vernou '21

easier. Moreover, writing words in cursive also helps the writer remember information through the words he or she has written down. Studies show that children who use cursive are able to develop skills in syntax and word organization, with the latter being easier to understand (Scholastic). Other benefits include developing better

motor control and engaging more parts of the brain (Mental Floss). Cursive has also shown the ability to help children with dyslexia by helping them read and write (The Write Life).

In addition to being useful, cursive writing is also elegant. It is not only a skill, but also an art form and an avenue people can utilize to express and communicate their creativity and artistic passions to others. In all, cursive writing should not be considered out of style or obsolete. Learning how to write cursive also helps one understand how to read cursive. Mastering this skill would allow one to read letters or any form of handwritten information without difficulty. In the same way that we value usefulness in skills and resources, we should be able notice the effectiveness and importance of cursive writing.

Like many at SHP, I have studied cursive early in elementary school. Unlike many at SHP, I still use it on a daily basis. Penmanship in its entirety is endangered as society progresses to the digital age with touchscreens and keyboards. That only worsens the current status of cursive writing. Writing is a skill that allows us to communicate with each other and foster connections and cursive writing only makes those aforementioned processes easier. Thus, it is important to understand that cursive is not only a way to connect us to what we write, but as a way to connect us to others.

The COVID-19 Vaccine Distribution Fails to Reach Prisons

Op-Ed - Anika Goyal '23

One in every five prisoners in the United States have tested positive for COVID-19. There are around two million incarcerated, and these two million people are an extremely vulnerable part of the population. Many correctional centers are designed to house people in confined spaces. Inmates live in extremely communal spaces, living just a couple feet from each other. This close proximity makes it hard to take preventative measures such as social distancing, as well as proper use of personal protective equipment.

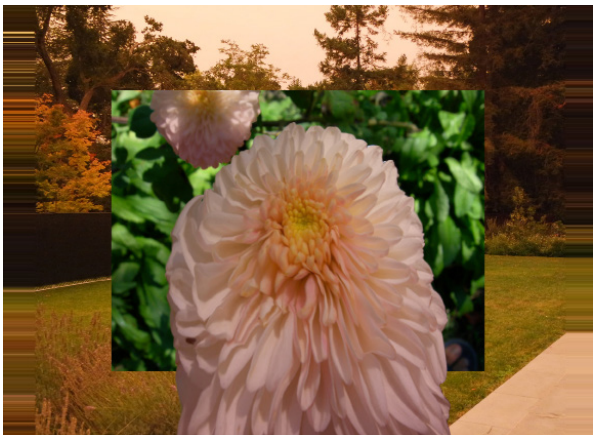
Crucial supplies such as soap, masks, hand sanitizers, and testing resources are limited. For example, the CDC mandated masks on April 3, a Louisiana prison did not receive masks until June or July. In addition to this, many of those incarcerated do not have proper access to healthcare. Considering that many prisoners have pre-existing health conditions, many of which are undiagnosed, it puts the incarcerated population at a much greater risk. Those that do end up infected with COVID end up in solitary confinement as it is the only place to quarantine and distance them safely. This results in the incarcerated individuals being four times more likely to contract

the virus than others, and three times as likely to die from it. As the mortality rates in prisons increase, those who haven’t even been convicted or gone to trial are dying due to the virus. In Texas, 80% of those in prison that have died, have not even been convicted. The prison outbreaks have had a tremendous effect on the people of color that are marginalized in these communities. When a family member goes to visit an inmate the disease can be contracted and spread to the community as well. The incarcerated population is very vulnerable, and it is also rarely prioritized in society. However, this has become an unfortunate reality due to the pandemic for many incarcerated individuals.

The Center for Disease Control and Prevention has put correctional officers in the second priority group. However, those in correctional facilities have been placed below second priority. In Colorado, a vaccine distribution proposal draft has prioritized those that have not been convicted before those that have committed crimes. The Oregon Department of Corrections has begun the distribution of COVID-19 vaccinations to over one-thousand prisoners. California has been particularly impacted by the pandemic

and has begun vaccination. However, of the 25 prisons, the facilities chosen to be offered vaccinations have had fewer infections. The Avenal Prison in Central California has had 3,500 cases, which has been one of the most severe spreading events and has not received vaccinations (New York Times: California Begins Vaccinating Inmates, but Not at Its Hardest-Hit Prisons). In the month of January, the cases in California have doubled, and deaths have increased by 30% (NBC News). During the midst of transferring high-risk individuals from San Quentin prisons to other prisons, 2,600 inmates and officers were infected, resulting in the death of 28 people (New York Times: California Begins...). All of these incidents indicate how crucial vaccinations are for correctional facilities.

However, the conditions and lack of resources in correctional facilities are creating deadly super-spreader events that impact thousands. It is essential that we make sure that the incarcerated receive vaccines since they are neglected by the general public. A life sentence in jail, should not necessarily mean that you are sentenced to death.



“Understanding Nature” from AP 2D Art & Design student Hugo Thomas '21

New California Guidance Allows Sports to Slowly Return

Arts & Athletics - Nick Karros '24

On January 25, the Stay At Home Order in California was lifted, paving the way for select sports teams to begin their seasons. The California Interscholastic Federation (CIF) released a chart dictating the different requirements for certain sports.

Currently, because San Mateo County is in the “Widespread” tier, only sports that require little to no contact may begin competition (once their seasons start). These sports include Cross Country, Golf, Swimming, Tennis, and Track and Field. Other sports that require Covid-19 cases to decline in order for their official seasons to begin may continue to train outdoors but may not participate in a competition with any other school. Sports that cannot yet start their season include Baseball and Girls Lacrosse, (“Substantial” tier); Football, Boys Lacrosse, Soccer, Volleyball, and Water Polo (“Moderate” tier); Basketball (“Minimal” tier).

These tiers mainly refer to the number of new cases in a county per 100,000 people. So, in or-

der for Basketball to start competing, less than one new case per 100,000 people would have to be recorded in the county. For reference, San Mateo County has nearly 30 new cases per 100,000 each day, so a drastic decrease would be required to move into the Substantial (4-7 cases), Moderate (1-4), or Minimal (<1) tiers. However, despite the fact that Cross Country begins its official season Monday, February 1, not all will be back to normal. Teams will only be able to compete against one other school at a time, meaning that Swim, Track, and Cross Country meets, as well as Golf and Tennis tournaments must be between just two schools. Currently, out of state competition as well as competition between schools not within the same or neighboring counties is prohibited. The CIF has also published specific safety protocols for each sport if its season were to begin. Another helpful visual was sent out in Mr. Rodriguez’s email detailing the projected start dates of each sport (refer to the end of the article to access the document)

In this document, Purple refers to Widespread, Red refers to Substantial, Orange refers to Moderate, and Yellow refers to Minimal. It is also important to note that due to Covid restrictions, the CIF decided to condense the typical fall, winter, and spring seasons into Season 1 and Season 2. Season 1 sports are Cross Country, Football, Water Polo, and Girl’s Volleyball, while all others fall in Season 2. Unfortunately, while it is unlikely that sports such as Basketball, Lacrosse, Soccer, and Football will be able to have games this season, it is good news that sports deemed as lower risk will be able to take part in competition, hopefully being a first step in returning to normalcy next year.

Mr. Rodriguez’s document: (https://shschools.myschoolapp.com/ftpimages/783/download/download_6145468.pdf)



“Fallen Soldiers” from AP 2D Art & Design student Hugo Thomas ‘21

How the New Schedule Has Failed SHP’s Math Curriculum

Op-Ed - Adrián de Vernou '22

Having just finished the first term of the semester, it’s safe to say that the new schedule does not work for one subject in particular, one which every student is required to take: math. From my experience, having a test every four days is way too little time to actually understand, practice, and learn the material that is taught. In addition, if students are lacking important, conceptual knowledge after a unit, they don’t have the time to process this material before they move on to something entirely new. They then have another four days to learn the material while also making sure they understand the previous unit. The schedule leaves little room for error and forces the student to concentrate almost completely on their grade rather than what they are learning.

The schedule poses another major issue with math classes. The time between the end of our math class this year to the start of the next is way too long and will result in students completely forgetting ev-

erything they had learned during the four week period. Students like me who took math in the first term will have almost half a year without any math classes. I believe that most students will end up forgetting the units they just finished a month ago, and the two month summer break leaves almost everyone with an empty void where they are not engaging with the material from the previous semester. With up to five months without a math class, non-AP math teachers are forced to look for ways to continue the material learned during the four weeks either over the summer or at the end of the semester. The worst part is that prerequisites for next year’s courses are still based around the grade given in the second semester during the new schedule.

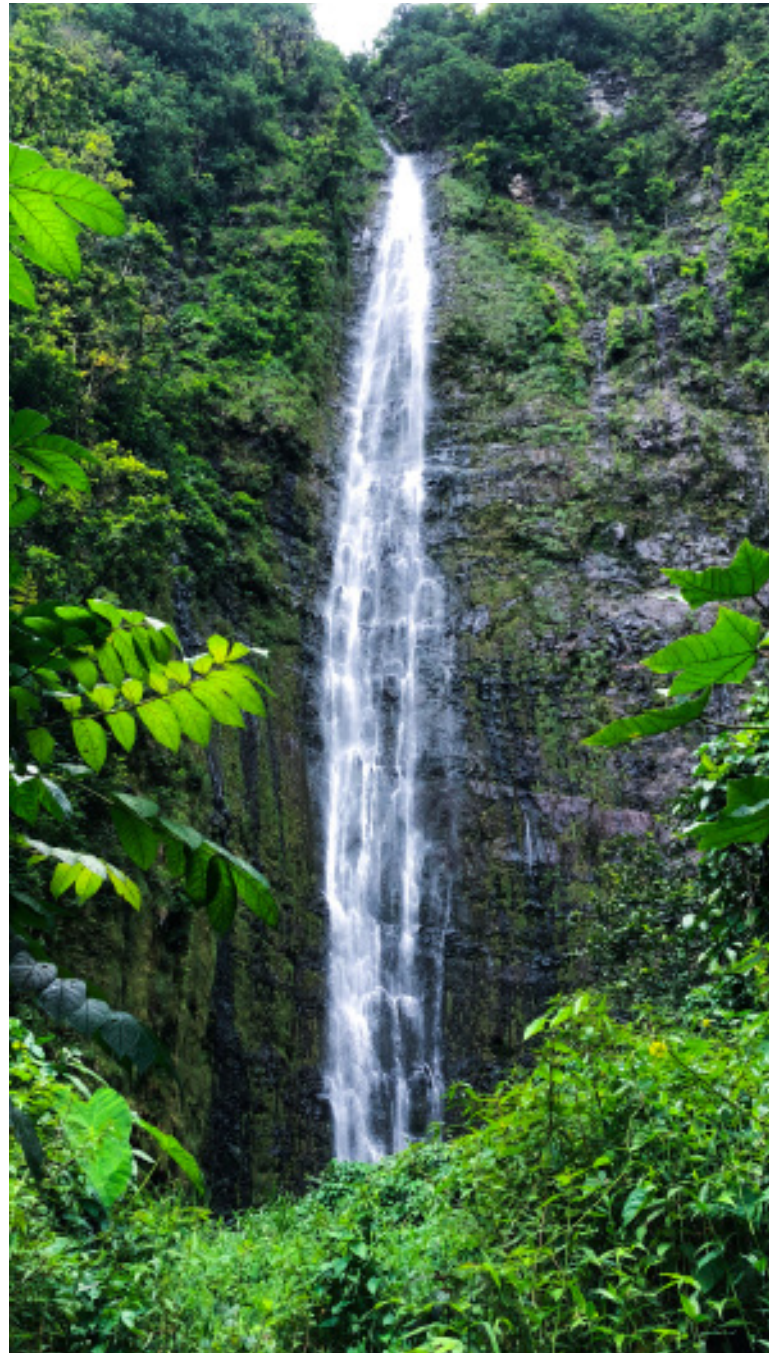
The four week cycle does not give an honest assessment of a student’s knowledge of the material, nor their capability to perform in a math classroom. However, the new schedule gives us the opportunity

to learn a valuable lesson. Radical solutions to problems are not always the best ones. While creative solutions to problems are essential to navigating through unprecedented and challenging times like the ones we are facing, solutions that are unused and untested often lead to even more confusion and difficulties.

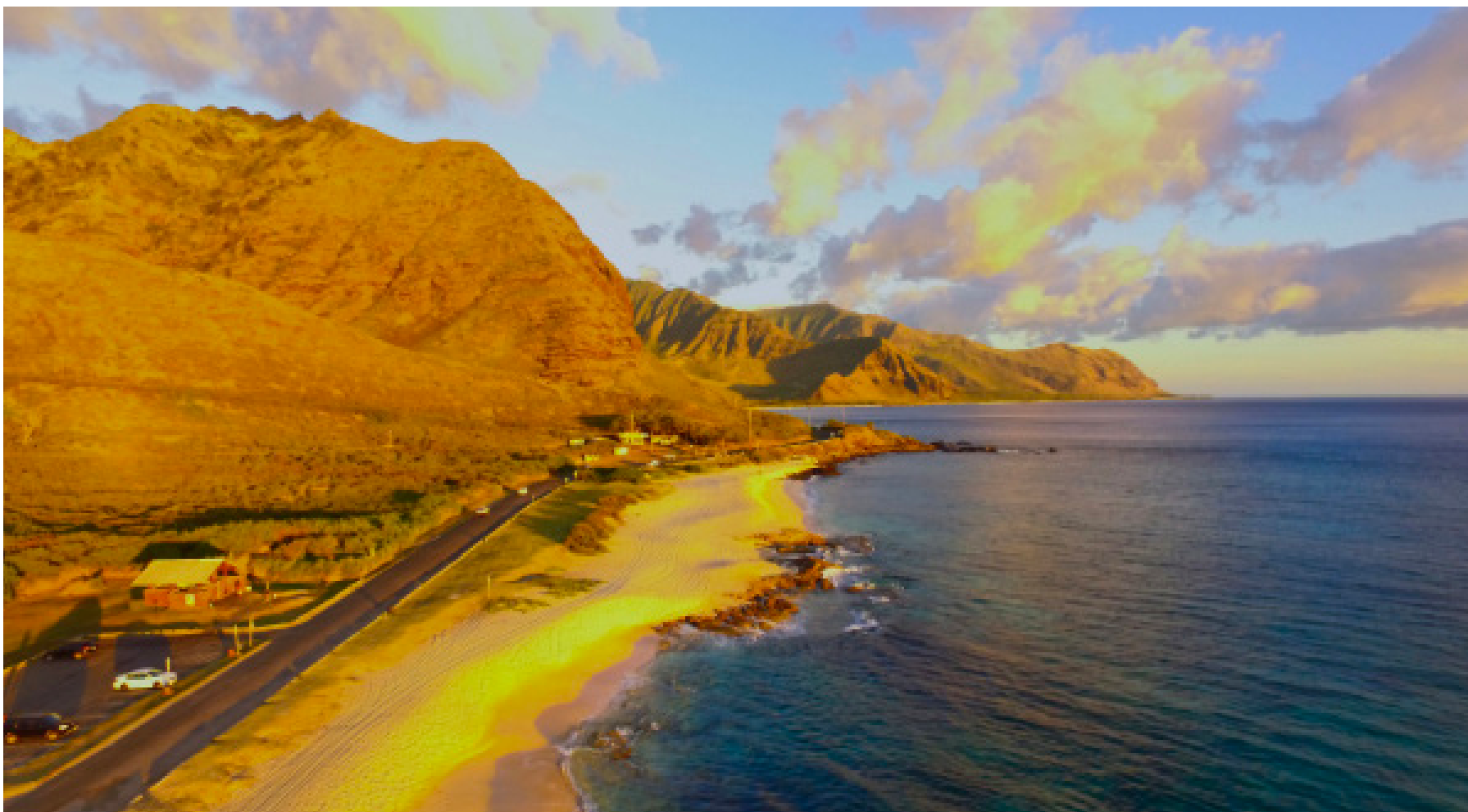
By prioritizing the return to campus instead of the curriculum, SHP has placed students in a position where learning is difficult, especially for math classes that depend on sustained learning. Despite math not being everybody’s favorite subject, it is still a necessary and important subject to tackle in order to be ready for college level courses. While nothing can be done now to fix the situation, hopefully SHP will offer opportunities to make up for this abrupt shift in our mathematical education and resume a more traditional model in the fall.

Viewfinder: A Visit to Hawai'i

A collage of photos captured by Andrew Rocha '23 during his trip to Hawai'i which will leave you dazzled and craving a trip to the beach during the Winter Break!



Viewfinder Continued



New 2021 Fashion Trends

Fashion - Ilaria Freccia '22

With 2020 in the past, 2021 is a year of fresh starts, reawakening, and dusting of the cobwebs. What better way to start off the new year than with the hottest trends - I'm here to tell you what they are, how to wear them, and where to buy them.

Color combos

Sage green, lavender, brown, purple and orange (tangerine) are the trendiest colors of the year. Tangerine orange in particular is rising to hunter green levels of popularity and pairs well with purple and brown. Sage green is also one of the hottest colors of 2021 pairing well with lavender, brown, and cream. Buy these colors at Princess Polly, Bershka, and Motel Rocks.



Artwork created by Katie Sandhu '21

Oversize button down shirts

This trend is a classic that can be layered under a big sweater or sweater vest and over chunky boots. Shop this at Zara, Jcrew, and Banana Republic.

Checkerboard

Whether by itself on pants or with a pattern inside of the boxes, checkerboard is the hottest pattern of 2021.

Platform shoes

This trend has been around for a while, but rather

than platform sneakers, fashionistas are focusing on chunky boots, slippers, and best of all, loafers this year. Shop platform shoes from Dr. Martens, Asos, Zara, and Sam Edelman.

Bubblegum Pink

Easily one of the most photogenic colors, bubblegum pink will be working its way into your closet and your Instagram feed this year.

Uggs

The shunned middle-school go to is back. Every celebrity from Emily Ratajowski to Bella Hadid have been spotted in the comfy brand recently. The most popular styles are the "Fluff Yeah" and "Oh Yeah" slippers as well as the "Classic Mini Boot".

La Manso style rings

Springing off of 2020's popular DIY trend, the chunky colorful rings are sure to be one of the most popular accessories of the year. For a more affordable alternative try looking on Etsy or even DIYing it.

1930s Silhouettes

If there's one thing we've learned from being in quarantine is the value of comfort. This is being incorporated into the fashion industry with comfortable 1930's style silhouettes like wide legged trousers and long, loose dresses. Shop the 1930s silhouette at thrift stores or Express.

1970s

While we're talking about decades, crank your Fleetwood Mac because the 70's are back. Lots of styles, originated in the 70's like fuzzy bags and hats, corduroy pants, flared pants, and pattern mixing are some of the biggest trends of the season. Some of my favorite places to find 70's inspired looks besides thrift stores are Free People and Urban Outfitters.

Y2k

Let's throw it forward a little bit to the early 2000,

thanks to celebrities like Bella Hadid and Emma Chamberlain, popular 2000's trends such as low rise jeans, vintage GAP, excessive layering, and tiny graphic tanks are here to stay. For authentic garb checkout poshmark and depop. If you want something a little newer, Princess Polly and Brandy Melville have a good selection.

Fur

With the rise in popularity of thrifting, it's no surprise that some trends are coming back from extinction. Fur is about to have a big moment. It is already being seen in hats and bags, as well as a few well know brands like House of Sunny and Saks Potts. If you are lucky enough to find one at a thrift store - congratulations! If not, there are plenty of incredible and ethical faux ones on the market.

Princess Diana

Perhaps one of the most timeless and iconic style icons of the 1990's, Princess Di's laid back and comfortable style is having a moment in the resurgence of biker shorts, dad sneakers, vintage crewnecks, and oversized blazers. My favorite biker shorts are from WeWoreWhat and Lululemon.

Statement Pants

From brands like Motel Rocks, Adika, and Princess Polly, comes arguably the most Instagram-able trend of the year - statement pants. Whether just patterned, brightly colored, or graphic, this style is easy, accessible, and super trendy.

Delicate

One of the most underrated, but probably one of the most common micro-trends of 2021 are delicate knits and thin second skin tops. The trend very graceful and elegant making it one of the most flattering and easiest styles to look chic and classy. Shop for these at Free People, Anthropologie, or Free People.

With so many options, there's no excuse not to get up, get dressed, and live your most fashionable life!

Valentine's Day Special

Fashion - Storie Lynch '22

February 14th. For some, a great day to celebrate love. For others, a bitter reminder of their lack of a significant other. But either way, there is no excuse not to look cute on Valentine's Day. Whether it's red, pink, white, or a mix of all of them, there are lots of options to create the perfect Valentine's Day outfit for yourself or your significant other.

This first outfit is on the fancier side, and could be worn if you decided to go out to dinner or have a date night at home. The pieces needed are a cute pair of boots, sheer tights, a mini skirt, a top, and a coat. Black booties would work best for this outfit and color scheme. You can find super cute and affordable booties at stores like Nordstrom, Zara, and Bloomingdale's. Next, sheer tights. Either black or red lace or solid color would work best. If you're feeling extra spirited, be bold and go for the red! Now, for the mini skirt. If you chose tights, go for a black or white skirt. If you chose black tights, white or red would look best. This way, you are not so overwhelmed by one color, but you are still able to in-

tegrate a Valentine's Day theme among your outfit while still looking stylish. Now with your top you can go so many different ways. Whether it's a



Photo taken by Katie Sandhu '21

nice blouse or just a simple t-shirt, white or pink looks best. Now you have incorporated all the colors subtly into your outfit. To complete this outfit, if you decide to go outside and it's cold, throw on a black or white puffer jacket.

This next outfit will keep you a bit warmer and slightly more casual than the first one. For this outfit, you will need black boots or sneakers, a cute pair of white flare jeans, a top, and a sweat-

er or cardigan. Personally, I would choose to wear black booties or doc martens with this outfit, but a pair of converse high tops or any other type of sneakers would also be super cute. Next, pair your shoes with a cute pair of white jeans. Flare jeans and boyfriend jeans are both really in right now, and they would both look great with either style shoe. After putting together the bottom half of your outfit, its time to move on to the top. Since you are going to be wearing a sweater or cardigan as an extra layer, a simple tank top or t-shirt should work best. Light pink and white match really well, so that would be a good color for your base top. For the cardigan, you could do a different shade of pink or red. You can find super cute cardigans at Princess Polly, loveshack fancy, and Brandy Mellville.

These are just a few suggestions of what you could wear for Valentine's Day this year. But regardless of who you spend it with, it is never a bad idea to get in the loving spirit and dress up for Valentine's Day!

“Regencycore”: *Bridgerton’s* Impact on Fashion

Fashion - Rachel Chang ‘24

One of the top new shows of 2021, *Bridgerton* is set in England during the early 1800s, semi-realistically encapsulating the Regency-era marriage market, the daily life of British aristocrats during that time, and the struggles and joys of being in love. One of the lasting cultural effects of the show is the unique fashion of that time period. Some of the Regency era trends are making a comeback because of their timelessness, elegance, and distinctiveness. Stylist Alex Longmore describes this style, dubbed “Regencycore” because of the Regency era, as “feminine, bright, beautiful and very easy to obtain.” In the show, costume designer Ellen Mirojnick brought this vision to life, as can be seen in the Featherington sisters’ vibrant, floral gowns and Daphne Bridgerton’s dreamy, empire waisted ballroom gowns. Here are some of the styles and trends to look like a modern-day *Bridgerton*.

As viewers are likely to notice, one of Daphne Bridgerton’s most iconic looks are her puff-sleeve dresses. Whether she is staying home in her family’s mansion, visiting the Queen, or going to yet another ball, Daphne often chooses dresses with distinct, puffed sleeves. These types of sleeves create a beautiful, unique silhouette

reminiscent of princesses and folklore. If a puff-sleeve dress is too much for your taste, puff-sleeve tops are just as chic and can be paired with skirts or even pants if you want to keep it casual. Puff-sleeve dresses can be found at Lulu’s, H&M, and ASOS. Pacsun and Princess Polly have a nice collection of puff-sleeve tops and pieces as well. To look like Daphne, look for pale blue and cream colors.

“Is she to breathe, Mama?” In a scene from the show, Penelope Featherington shouts this line incredulously as her mother proceeds to pull her sister’s corset tighter and tighter. Although they are not as commonplace anymore in our society, corset tops have recently been making a comeback, though not in an effort to miraculously change a woman’s body but rather as a fashion statement. Whether you choose to wear a corset top with straps or without, they are very versatile. Corsets are best paired with baggy/wide-leg pants or jeans in order to present a pleasing contrast, but they can also be worn with tighter fitting bottoms if desired. Trendy corset tops can be found at Shein, Princess Polly, and PrettyLittleThing.

Regencycore fashion is not just about

clothing, though. Jewelry plays a big role in completing the decadent look of *Bridgerton* glamour. Big, impressive necklaces, simple chokers, and drop earrings are significant accessories to the women in *Bridgerton*. For instance, the beautiful diamond necklace given to Daphne from Prince Frederick of Prussia is a statement piece because of its intricacy and size. Other similar necklaces can be seen on the necks of Lady Danbury, the Featherington sisters, and just about every other female in the show. Distinctive factors of these necklaces are large jewels (especially diamonds) and symmetrical designs. The real necklaces used, of course, are rarities that are very pricy. Similar alternates that give off the same royal, vintage vibe can be found at a lower price in stores like Etsy and Poshmark.

Whether you’re rewatching *Bridgerton* religiously, or are just at episode one, or haven’t even watched it at all, the rising Regencycore trend is a unique style of fashion that you just can’t miss out on. Unlock your inner 1800s, British, royal wannabe, social debutante persona and try out these fashion pieces.

The Ski Week Must-Haves

Fashion - Makena Taylor ‘22

With ski week just around the corner we need to prepare for the snowy, winter wonderland weather. From walking around town, hitting the slopes, cozying up around a fire, or lounging around in your cabin, we’ve got you covered with these fashion ideas and tips that will keep you cozy and comfortable for your entire trip!

Winter Weather Dressing

To begin we will cover a few of the basics for walking around town and getting cozy indoors. Black leggings are a must have for winter weather because they can be paired and layered with other items in order to match different occasions and temperatures. For spending time outside or going to dinner, big sweaters, puffer jackets, and fleece quarter zips all pair well. For a warmer look, any style of denim pants also pairs well with these.

To stay extra warm, whether in your boots or jacket, anything fur lined is your new best friend. Boots are another must for chilly winter weather. While boots serve the obvious purposes of protecting your feet and ankles from the crisp air and trudging through the snow, it is important to keep in mind that not all boots are made the same! Depending on your use for the winter boot you are going to want to ensure the boots you are giving have the correct attributes for your use. For example, when walking around in the snow you are going to want to ensure that the boot you have covers most of your shin (so that snow cannot get in), are waterproof, and are durable for different conditions.

Amazon has many great options for snow boots that have a wide range of prices. Other brands like Merrell, L.L.Bean, Dr. Martens, and Timberland also offer waterproof boots that will keep you warm and protected.. Fuzzy socks, scarves, woven mittens, and beanies are another must for winter vacations because of the cozy warmth they provide as an addition to any outfit or look. As I mentioned earlier in the article,

sweaters are great for keeping you warm and cute at the same time. They are easy to throw on for any occasion and can keep you comfortable all day.

Snowy Adventures

You want to make sure your snow apparel will be warm and functional for your winter excursions. Having the right equipment can drastically change your ski week experience. Whether you are planning on skiing, snowboarding, sledging, or just walking around outside in the snow, your base layer is by far the most important. My favorite base layer, brands are kari traa, Patagonia, and smartwool. Ski socks are also a necessity in snow activities and the right brand can make a big difference in your circulation and warmth beneath your boost.

My favorite socks are the thin smartwool and Patagonia ones which optimize performance beneath your boot. For an additional



Some fashionable winter clothes to keep us warm but stylish during the winter.
Photo snapped by Katie Sandhu ‘21

layer of warmth on top, the Patagonia ultralight puffy jacket or Northface fleece can fit perfectly beneath your coat and add a lot of additional warmth. When shopping for snow jackets and pants, there are a wide range of styles and fits that

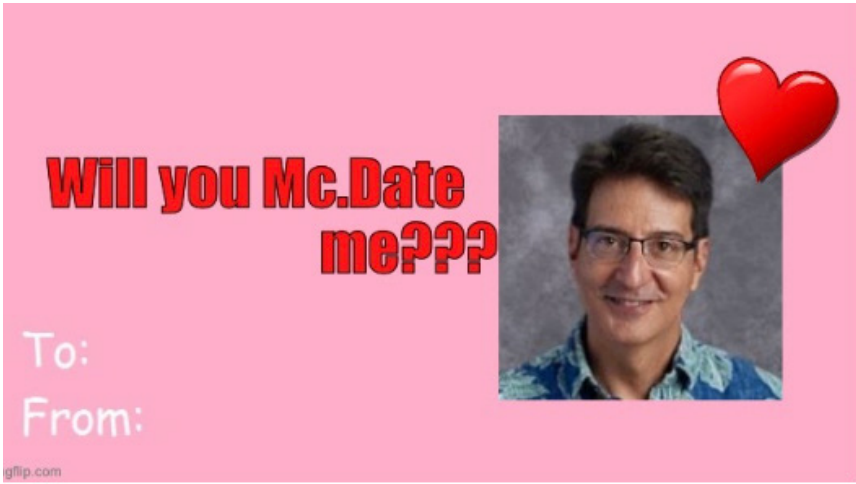
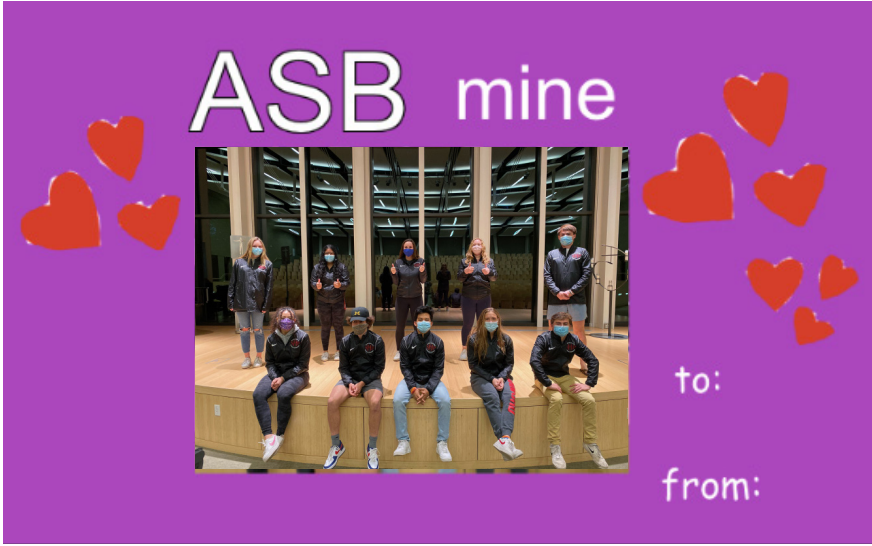
you can choose from. The North Face, Columbia, and Helly Hansen have a bunch of great options for shells which are simply the waterproof covering and are uninsulated. These pants are perfect for athletic skiing because of their flexibility and performance capabilities. Some more insulated pants can be found at Eddie Bauer, Colombia, Patagonia, Superdry, and North Face.

Some popular styles of both shell and insulated pants include bright colors or the classic white and black. For high-fashion options look at Toni Sailer, Moncler, Protest, Fendi, Erin Snow, Canada Goose, and P.E. Nation. Jackets also have a wide range of fits which are based on personal preference depending on how warm you want your coat to be. Popular styles include metallic or bright colored puffy ski jackets with fur lined hoods, pattern lined shells, and long puffer jackets with fur hoods. Some of the current popular ski coat brands are Canada Goose, Moncler, The North Face, Arcteryx, and Stio. Having a good helmet and goggles are always important and my personal favorite brands include Giro and Smith. Lens Changing technology has become extremely popular in the last few years because you can match your lens for the weather that day optimizing your sight and experience. When choosing gloves or mittens you want to find the top rated warmest gloves and you can, and then determine which style suits you best. Hestra is the top rated glove brand and comes in three different styles with a wide selection of colors. A newer glove that has been rising in popularity recently is the Outdoor Research (OR) heated gloves. They have a battery which heats up the inner liner of the gloves with 3 distinct heating levels allowing your hands to stay warm and toasty throughout the day.

I hope these tips and styles are helpful for picking out your ski outfits for this winter season. Enjoy your ski week by cold weather adventuring in the right gear!

SHP My Valentine

Back Page - Bennett Kruse '21, Katie O’Gorman ‘22, Clara Degois Sainz ‘22



Manifesting Spirit Week

Back Page - Ellie Noto '22

As we begin second semester, a student at Sacred Heart can only think of one thing... Spirit week. If you said finals, leave, please stop reading this article; I am not kidding. Considering COVID is still going on and we are virtual, I decided to come up with some fake spirit week ideas for each class to help gain some hope for our future semester.

Starting with the frosh (24's) - Green eggs and ham. Very self explanatory. Leaves; it would be really cute if all of them just dressed up as leaves and made up a tree, very community esc. Kermit the frog. There are so many kermit the frog memes that you can use for slogans, chants, and a lobby that would actually make this theme not awful. Starbucks. When I think of starbucks I think of freshmen (in the best way possible xoxo). Everyone could have a different drink on theme day and the lobby could be a shop that gives out coffee to the judges.

Next up, Sophomores (23's) - Rubber ducky. Everyone's a little rubber ducks and their chant is just the squeaky sound the ducks make.

Hertz. The lobby is the rental station at an airport. Highlighters. Now this one can be creative as highlighters could be the writing utensil or the makeup product so I will let your mind choose wisely. Big bird. I have the best meme on my computer screen of a big bird as he is one of my idols, however for the sake of privacy I will not be showing it. Either way, Big Bird is an icon and has many memes about him, similar to Kermit.

Continuing on with the Juniors (22's) - Smurfs. I think this is a good follow up after shrek. Blue man group. The lobby, hear me out, just a concert, the lip sync a concert, and everyone wears blue face paint. Perfect is the word that comes to mind when I read that. Menlol. Considering we have lost two years in a row it would only be natural that we join our follow losers. Cookie monster. Literally just another version of the kermit and big bird themes.

Lastly, our Seniors (21's) - Target. Someone could be the dog in the lip sync, and the lobby is obviously the store. Chilis. Lobby is the restaurant and you can give food out to the judges. Peo-

ple could also dress up as either an employee or a chili pepper. The shirts would be the "welcome to chilis" vine. Canada. Yes, Canada. The lobby could consist of famous Canadian tourists spots and give out bottle of maple syrup to the judges. For the lip sync it could really be anything with that one.

Now this one is my all time favorite, I think this should be highly considered for spirit week, genuinely. Lightning McQueen. That's OP. You win with just that theme. He's the fastest race car in the world. You have three movies to choose from for content, slogans, characters, and plots. The lobby, now personally I would do Luigi's store. In place of the piston cups, for this class especially, I would do their Rock and Jock wins. Lip Sync, you could use "Life is a Highway" and probably the actual tracks from the movie because the songs are slaps. Theme day, easy money, people could be Lightning Mcqueen, Mater, Doc, Sally; The list goes on.

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