

## TikTok: To Ban or Not to Ban?

BY LAUREN KEHRLE  
Staff Writer

On Wednesday, March 13, the U.S. House of Representatives passed a bill that would ban TikTok nationwide if current owner ByteDance Ltd., headquartered in Beijing, China, refuses to sell its stake in the company. The legislation stems from lawmakers' concerns about Chinese government officials gaining unsolicited access to users' data as well as other reservations regarding citizens' privacy.

The bipartisan proposal passed by a vote of 352-65, with 197 Republican and 155 Democratic politicians expressing their endorsement. On the contrary, 15 right-wing and 50 left-wing leaders opposed the motion.

The reason that some politicians chose to

counter the bill was on account of their belief that the U.S. should warn about the app's data privacy and propaganda concerns, however, allow consumers to run that risk at their own choice.

While the proposition received a favorable response in the House, it must also obtain a majority vote in the Senate to become law, though the likelihood of such an outcome is unclear. Since there is no set date for the upper chamber of Congress to consider the measure, its end result remains ambiguous.

In spite of opposing opinions among legislators, the bill has secured support from President Joe Biden, who, according to the Associated Press, plans to sign his approval if it passes the Senate.



Damian Dovarganes, AP News

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A sign displayed at Tik Tok's building located Culver City, Calif.

## Missing University of Missouri Student Found Dead in Nashville

BY VALENTINA MASSONI  
News Editor

Riley Strain, a 22-year-old University of Missouri senior, was found dead in the Cumberland River, in Nashville, Tenn. on Friday, March 22.

"There is nothing to suggest any foul play at all," said Nashville Chief of Police, John Drake, in a press conference after Strain's body was found.

14 days earlier, on Friday, March 8, Strain was last seen by his friends when asked to leave Luke's 32 Bridge bar and restaurant on Broadway Street.

The Metro Nashville Police Department (MNP) released surveillance footage videos showing Strain after he departed from the venue. Strain was last seen in footage at 9:52 p.m. on March 8, after drinking downtown, according to a statement from the MNP.

One video shows Strain running down the street. He runs into a sign and falls to the ground. After standing up, he continues to hunch over and stumble down the street, bringing his hand to his head multiple times.

Dr. Mun Y. Choi, President of the University of Missouri made a statement to the university after Strain's

body was located. According to the statement, Strain was traveling to Nashville for his fraternity's spring formal.

"It was very impactful as a college student to hear about this situation as it hit very close to home. Thinking an event like this could occur to any of my friends on spring break in Nashville or truthfully anywhere is very unsettling to imagine," said junior Siobhan Reidy.

"It is also eye-opening as it prompts difficult conversations about the realities of overconsumption and the dangers in today's world," she said.

Aside from the surveillance videos, Strain's bank card was found near the river on March 17. This is one of the few developments that occurred prior to locating Strain's body five days later.

A post on X (formerly known as Twitter) from the MNP states that "Riley Strain's bank card was discovered this afternoon on the embankment between Gay St. and the Cumberland River."

According to a statement from the TC Restaurant Group and Luke's 32 Bridge posted on Instagram, Strain was only served one alcoholic beverage from their establishment. He was removed because he failed to follow the venue's conduct standards.

Although he was allegedly only served one alcoholic drink from Luke's 32 Bridge, it is unclear how much Strain had to drink or whether he consumed any drugs that day.

"Not to jump to conclusions on this case, but it seems kind of unlikely that Riley was simply intoxicated from excess alcohol consumption given his demeanor in some of the video evidence I have seen," Reidy said. "It is possible he could have been drugged, but even if he wasn't, this is a real issue that can be prevented with proper precautions."

Senior Briella Novella visited Nashville for a spring break trip with other students from Sacred Heart University. She returned home from the trip on March 4, only 4 days prior to Strain's disappearance.

Novella said, "I'd advise someone going on a trip with college friends to stay together and look out for each other. Also, never put your drink down and make sure you get it directly from the bartender."

A press release from the Delta Chi fraternity headquarters stated, "Our hearts go out to Riley's family and loved ones during this incredibly difficult time as we work to provide support and resources to all those affected by this tragedy."



Contributed by Sam Schelfhout, Assistant Professor in Sports Management

A glimpse inside the State Farm Arena in Atlanta, Ga. where the NCSSC was held.

## Student Competes in National Sports Sales Contest

BY CHRIS BREWER  
Staff Writer

Senior Patrick Rescsanski, a sports management major, recently participated in the National Collegiate Sports Sales Championship (NCSSC). He is the first student to ever qualify for this event and represent Sacred Heart University, specifically the Welch College of Business & Technology (WCBT).

The NCSSC was held from Feb. 22-27 in Atlanta at State Farm Arena, which is the home of the Atlanta Hawks.

"I'm honestly quite surprised to hear that I'm the first student to compete from Sacred Heart in the NCSSC. I hope with my experience I

can help the school take steps to compete more effectively and frequently, as the competition was an amazing experience. I met so many professionals in the field, and they all were extremely nice," said Rescsanski.

To qualify for this event, Rescsanski had to attend training sessions and ultimately rank high enough in the virtual round. Rescsanski described the meetings he had in order to perform well at the event.

"I prepared through meetings with my professor, as well as mentors from sports organizations," Rescsanski said. "There were also mandatory meetings/training held by the NCSSC to help us prepare and for them to show our case studies; guides for what we were doing

and how we would be judged."

Assistant professor of sport management in the WCBT, Sam Schelfhout, informed Rescsanski about the NCSSC and helped prepare him for it.

"As Patrick's professor for SM-299 (Sport Sales & Promotion), I had the pleasure of witnessing his journey firsthand. While I had known Patrick from previous courses, his selection to compete in the NCSSC was primarily based on his interest in pursuing a career in sport sales after graduation," said Schelfhout.

Rescsanski was able to create connections with multiple organizations

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# News

## Sports Sales Competition

BY CHRIS BREWER  
Staff Writer

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through this experience including the Atlanta Hawks, Philadelphia Flyers, and Madison Square Garden Sports. He also had mentors in the sports sales area who were SHU Alumni, helping him prepare for this event, including Jessica Beer from the Philadelphia Flyers, and Dan Tamburro from the Connecticut Sun.

Rescsanski succeeded in the quantum quiz section of the event and eventually made it to the elite eight in that portion.

Schelfhout emphasized the importance of acknowledging Rescsanski's efforts to find success at the NCSSC.

"It's essential to highlight Patrick's exceptional drive and initiative in his pursuit of success. He is inquisitive and creative, and he put a lot of energy into preparing for the competition. As much as we facilitated his journey, Patrick took control of his own destiny and achieved a stellar result," said Schelfhout.

Students like junior Lazerus Berisha find inspiration in Rescsanski's experience, hoping to represent Sacred Heart similarly in the future.

"As a sports fan, I see how important it is for the sales team to excel at their jobs. Seeing a fellow Sacred Heart student competing in this event makes you want to compete in something like this in the future and represent our school," said Berisha.

Rescsanski took not only an accomplishment back home with him but also had the chance to network and connect with people in the workforce. He hopes that the school pays more attention to events like this moving forward.

"There was also a portion of the event that was for interviews, with involved organizations, that had sent some of their sales professionals to be judges. This, along with networking with other competitors, was the most valuable part of the competition by far in my opinion," Rescsanski said.

"This allowed me to connect with the current workforce as well as the future of the sports sales workforce. I think the school should be investing more into this competition, and I'm going to do my best to advocate for this," he said.



Contributed by Sam Schelfhout, Assistant Professor in Sports Management

Senior Patrick Rescsanski (pictured third from the right) at the National Collegiate Sports Sales Championship held in Atlanta, Ga. where he was the first Sacred Heart student to ever compete in the event.

## SHU Professor Receives Fulbright Award

BY SONIA GIUSTI  
Staff Writer

Dr. Kanwalroop (Kathy) Dhanda who is a professor of management in the Jack Welch College of Business and Technology (WCBT) recently received a Fulbright Scholar Program Award to observe the impact of climate change in Iceland from a business perspective. She will be traveling to Iceland for the fall 2024 semester.

This award gives the opportunity for professionals to lead research and teach in their area of profession while they are abroad.

"It feels really good to get this award because I have always wanted to apply for it," said Dhanda.

There are various awards in this program including the Scholar Award, Global Scholar Award, Public Policy Fellowship, Arctic Initiative, and Amazonia. Each of these areas have different components to them and are restricted to certain career levels.

In this program, Fulbright recipients have the chance to engage in research to help with their area of profession and after going abroad they may be offered partnerships through institutions.

Dhanda's area of study is about the environment and the protection of our resources. She mainly focuses her professional work on business and tools that can be used towards keeping a sustainable economy.

She has developed her experience of sustainability by teaching courses about sustainability and leadership at the American University of Paris and the Auckland University of Technology in New Zealand.

The grant Dhanda received allows her to get the opportunity to go abroad to Iceland and learn more about their supply chains, their overall economy and climate change.

"I am mostly going to focus on supply chains and interviewing people to see how climate change impacts their jobs and I will design a survey for this," said Dhanda.

According to a Sacred Heart press release, Dhanda expects to bring with her considerable knowledge and findings and to have established a liaison between the University of Iceland and SHU.

While Dhanda is abroad, she will be teaching a graduate class at the University of Iceland where she will be educating students about supply chains. The concept of supply chains allows a network of individuals, organizations, resources, and technology involved in the creation and sales of a product.



Tracy Deer-Mirek, Sacred Heart University

Dr. Dhanda will be spending her Fall 2024 semester in Iceland studying the impact of climate change as a part of her Fulbright Scholar Award.

"I love teaching students abroad. So, I will be teaching as well as researching while I am there," said Dhanda.

Dr. David Taylor, Dean of the WCBT, has had the chance to teach abroad, as well, and has been given awards from the business school such as the teaching and service award.

"She is an outstanding researcher and an excellent colleague which makes it more exciting that she is winning this award. It is a once-in-a-lifetime experience and one of the most prestigious awards," said Taylor.

The WCBT's mission is to educate leaders to make a positive impact on the community and prepare them for success in the evolving and complex global business environment. They also focus on experiential learning and impactful research.

"I really love all the courses the business school has to offer; there are so many amazing opportunities and the professors are super helpful. I've made really great connections with my professors, and I can't wait to see where the business school takes me," said sophomore Julia Sateriale.

In a press release with Sacred Heart, Dhanda said, "In our field, the Fulbright Scholar Award is the pinnacle of an academic career; it is the highest award. It is such an honor because the Fulbright Program is the U.S. government's flagship international exchange program. In a way, they are naming me as an ambassador from the U.S. going to Iceland."

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The motion mirrors the objective of the deal brokered by the Trump administration in 2020 that would have handed U.S. corporations Oracle and Walmart partial ownership in TikTok for the sake of strengthening national security, as this executive effort was dismissed in court amidst the chaos caused by 2020 presidential election campaigns.

Regardless of the proposal's performance in the Senate, the House vote highlights ongoing tensions between China and the U.S. Although American lawmakers have targeted TikTok to confront what they consider a national security threat, they have simultaneously faced some pressures to tread lightly given the platform's popularity among millions of users, many of whom are part of a younger audience.

"There will be much disappointment among younger voters to start with if TikTok is banned, particularly if it is not purchased by an American company," said Dr. Gary Rose, Scholar in Residence. "I don't believe this will be long-term. Many college students on TikTok will likely find the ban disruptive but they will adjust. I also believe that college students are now starting

to understand the threat that TikTok and China pose to our national security."

"This is a real rather than a fabricated concern," Rose said.

Despite speculation that it is involved in perpetuating the invasion of personal privacy, TikTok has regularly denied allegations of being a Chinese government tool, according to the Associated Press. Further, the U.S. government has failed to provide sufficient evidence showing that the app shared such information with Chinese authorities.

Just as the validity of claims citing TikTok's violation of security is debated, students differ in opinion on whether the app is safe and the implications as well as the impact that a ban would bring about.

"I think the ban would be problematic because of the fact that lots of students use the platform as a side job," said junior Darcy Fruhschein.

"I think the ban would be beneficial as it would take away a big distraction from society," said junior Chris Escudero.

Whether one deems the bill an opportunity or obstacle, the weight of its importance is commonly understood.

"I scroll through TikTok on a daily basis to watch videos from my friends and accounts I follow, so the app being

taken away would definitely be an adjustment," said junior Kate Fleissner. "If TikTok is banned, the whole world will be affected."



Isabella Fabbo, Photo Editor

Tik Tok is a popular app amongst children and young adults.

# Features

## Making Connections In Marketing

BY COLLIN MACLEOD  
Staff Writer

On Wednesday, March 22, the American Marketing Association (AMA) hosted a panel at West Campus. This event, titled “How to get a job in marketing,” featured multiple speakers from companies such as Meta, Lovesac, Boehringer Ingelheim, BIC, and Venn.

“They taught a lot of valuable information, talking about that first connection, that first job, and how to build up a resume,” said sophomore Andrew McMillen, President of the Marketing Club.

Throughout the presentation, panelists offered different pieces of advice to students, especially for making the connections that McMillen mentioned.

“One cool piece of advice that I heard was one of the panelists said he would scroll on TikTok, and would research the brands he would see advertising, and then connect with them on LinkedIn to reach out to people,” said McMillen. “I thought that was a really cool way of making that first connection, and how he was able to get so many looks at potential jobs because of it.”

During the panel, the speakers also gave direct advice on how to get your foot in the door.

“The best tip and advice that stuck with me the most was from Victoria Rosa Garcia, the media manager for Boehringer Ingelheim as well as a Sacred Heart alum,” said sophomore Emilia St. Pierre, Secretary of the Marketing Club. “Her advice was to start building your brand now, be bold, and put yourself out there. It can be very intimidating with family, friends, peers, and coworkers viewing your social media profiles, but the work you put in now will benefit you in the future.”

Throughout the event, all the panelists emphasized how important it is for students

to actively update their LinkedIn pages, part of which is continuously forming new connections.

“Since the event, I have connected with many of these panelists on LinkedIn,” said sophomore Allison Ricci. “I’m looking forward to reaching out to them down the road, to strengthen connections in hopes of potential internships or jobs.”

Additionally, panelists also mentioned the current state of the marketing field, and how new technologies are affecting it.

“Another helpful thing discussed at the panel was the emergence of AI (Artificial Intelligence),” said Ricci. “Instead of thinking that AI is going to take over the workforce, we should learn how to work with AI opposed to it stealing our jobs.”

After the panel segment of the event, there was a cocktail hour with food and drinks which opened the floor for more casual networking, and smaller group discussions.

“We got to talk to the panelists one on one or in groups during this time. It was nice to be able to talk to them in a more casual setting after the event,” McMillen said. “We were able to pick their minds about what they’ve gone through, learned, and what they have experienced.”

The real-world experience that panelists bring to these events is part of the draw for students to attend.

“These events are super beneficial for us students,” McMillen said. “You can only do so much in the classroom, getting hands on experience and meeting people doing what you want to do, is really where you will learn and grow.”

“This event was definitely beneficial, because I left feeling super confident in my abilities to succeed in marketing in the future,” St. Pierre said. “I’m grateful for Sacred Heart giving these opportunities to make connections that will help us succeed in the future.”

## From Campus to Closing: Inside the Real Estate Club

BY JORDAN DORSEY  
Staff Writer

One of the new clubs created this past fall semester was the Real Estate Club.

“The purpose of this club is to create a platform for like-minded individuals to get together, network, converse, become friends, and learn about real estate,” said junior Zachary Braca, President, and Founder of the Real Estate Club.

Braca is the class president for the junior class as well as a full-time realtor in Connecticut. He founded the club during the fall 2023 semester. They now have over 100 members.

According to their LinkedIn, the club’s mission is to provide an immersive learning experience, foster innovation, and facilitate connections with industry experts, alumni, and peers.



Instagram, @shu\_realestateclub  
President and founder of the Real Estate Club, Zachary Braca with Real Estate Developer, Richard Zavlyanov.

The most recent event they held was connecting students with Richard Zavlyanov, a New York City multi-million-dollar investor and developer, who spoke to students within the club about his journey and experience in real estate.

“He was so inspiring, and he’s in his twenties. It just goes to show that anything is possible if you put your mind towards something and that’s what I want people to get out of this club,” said Braca.

Another event they held was a property tour of a Sacred Heart rental. The investor bought the house, fixed it up, and added an

extra bedroom and bathroom. Students were able to see how it was financed and how the deal came together.

“Real estate is a lot about instinct too as well as the numbers. You have to get a feel of the space. If you don’t feel it and know something is going to cashflow, it just won’t work,” Braca said. “You’re not going to learn that in class, you’re going to know that by doing.”

The club is open to students of all majors and grade levels and is dedicated to nurturing a community of students and professionals who share a passion for real estate.

“I wanted to be a part of this club because I wanted to show other students that you don’t have to be a business major,” said Vice President, founder, and junior Bianca Fossile, who is an education major on campus. “We thought this would be a perfect club for students to get internships and networking because we all have so many connections. Just by going to the meetings, you’re able to meet with students that have those connections.”

Junior Reagan Gromko, Marketing Lead and founder, manages all of the club’s social media such as Instagram and LinkedIn. She makes the flyers, sends them out, and advertises all the events.

“When we first started the club, we were just thinking about real estate, but we wanted to push it out to so many other different topics. We talk about the commercial aspect, development, sales, and investment,” said Gromko.

When approaching the dean about starting the Real Estate Club, Braca had a conversation about starting a Real Estate minor and if there is enough engagement and involvement, it can evolve into a major.

“My first meeting with the dean I said I want to start a real estate club and not only that, we are behind the eight ball,” said Braca. “We need to have a real estate program.”

Braca emphasizes the importance that being a college student is the best time to take risks.

“I see the vision when some people don’t,” said Braca. “Real estate isn’t a back up, it’s plan A.”

## Relay for Life Raises \$9,373 for American Cancer Society

BY JOSHUA ARCHILLA  
Staff Writer

Relay for Life is an organization and club at Sacred Heart University partnered with the American Cancer Society to raise money for cancer treatments and research. Relay for Life has worked to honor cancer survivors while also remembering the lives lost. The club recently hosted its annual Relay for Life event this past Sunday, March 24 located at the Bobby Valentine Health and Recreation Center.

An activity provided was designing luminary bags. According to the American Cancer Society website, “Luminarias honor every life touched by cancer. You can dedicate them to a loved one, someone currently battling, or anyone who overcomes it. When you attend a relay event you will see the luminaries decorated with names and sometimes messages towards the people they are dedicated to.”

Students at SHU relay for many different reasons.

“This is my second year as president of the club. I relay for my grandma and my dad who are both cancer survivors,” said senior and club president of Relay for Life Kayla Pereira. “I also relay in honor of my two uncles who have passed away from cancer.”

During the event, participants walked laps in honor of the people who have fought and have been affected by cancer.

“During the event a lot of people speak, and then we do three laps. One for survivors, another for healthcare workers, and lastly our luminaria walk,” said sophomore club member Briant Johnson.

Speeches were held before the survivor’s lap. These speeches involved club members’ stories about cancer and how it has affected their lives. This provided a chance to connect with individuals for the cause or who have had similar experiences with this disease in their lives.

Sophomore and member of Relay for Life, Aiden Guavain, talked about his battle and experiences with testicular cancer after being diagnosed his senior year of high school.

“I was lucky enough to have an excellent prognosis and after my surgery, I did not need any

further treatment. This is definitely something that stuck with me mentally,” said Guavain. “One of the hardest parts of my experience was going to the Jimmy Fund Clinic, where I saw a ton of children fighting cancer.”

Senior and e-board member Carolina Lopez also spoke about her experiences with cancer in her family.

“Cancer has touched my life in many ways, more than I can wish. My father unfortunately lost his fight against non-Hodgkin’s lymphoma, as well as all four of my grandparents. This made cancer a big part of my life and why I relay,” said Lopez.

“Being here today with you means helping hundreds of families who are suffering from the impacts of cancer whether that be financially or emotionally.”

Lopez also spoke about what sharing her story means to her.

“It is a little nerve-racking and hard to speak on an experience that caused a lot of pain in the past, but it is inspirational to hear everyone’s story, so I love doing it every year,” said Lopez.

According to the American Cancer Society website, Relay for Life has raised \$6.8 billion nationwide since 1985. Throughout 2023 until the Relay for Life event this past Sunday, the club has raised \$9,373.

“I am proud of everyone for all the money we raised. We’ve touched the lives of so many people,” said Pereira. “I hope this brings the Sacred Heart community even closer together in the future as the club and the event continues to grow.”



Joshua Archilla, Staff Photographer  
Relay for Life club President Kayla Pereira pictured alongside her grandmother and father, both cancer survivors.

# Finding Purpose Through Equine Show-Jumping



Monty and Cassidy Niblo at the Vermont Summer Festival Horse Show Competition in Manchester, Vt.

Contributed by Cassidy Niblo

BY CASSIDY NIBLO  
Contributing Writer

My name is Cassidy Niblo, I am 29 years old and work in the equine show-jumping industry. I train horses and coach people on riding. I started riding when I was 5 years old just taking lessons a few times a week until I was 14 and found Enrite Farm. There I started riding every day and competing. I worked there at the end of high school and through college at the UCONN Stamford Campus to help with expenses. After graduating from UCONN I started working there full time and am still there today.

I have been around horses for most of my life. They have helped me get through some of the toughest moments in my life; there is something therapeutic about working with, riding, and simply just being around these animals. There are actually some ongoing scientific studies on the healing effects horses can have on people. I have witnessed and experienced it first-hand.

In middle and high school, I struggled majorly with anxiety. I give a lot of credit to horses and Enrite Farm with helping me get through those years. I have worked with and ridden too many horses to count over the years, creating many bonds and connections I will never forget. However, one in particular has made the most impact; his name was Monty. I first started riding Monty when I was around 14 or 15. He was a little bit trickier than the other horses I had ridden in the past and had a lot of anxiety. He would do what's called "weaving" which is when a horse rocks and sways side to side, similar to a person pacing back and forth or shaking their leg when feeling anxious. There was something about him I was drawn to and could relate to. It wasn't smooth sailing right away. There were many times I struggled with Monty, sometimes he would stop at jumps when he would get nervous and felt he couldn't do it. I remember too on the ground wanting to brush him and spend time with him and that sometimes didn't go so well either. If you brushed too hard, he would pin his ears and pretend to try and bite you in warning. Other times if I had a bad day at school and was upset and wanted to pet him, he would just start weaving and turn away. While some horses will definitely be willing to sit there and let you feel comforted by their presence, Monty was more of a mirror - if I was upset, he became visibly upset. On the flip side, if I was happy, he was more than willing to let me hang out with him. I learned a lot from it for sure. If I wasn't able to calm down in a healthy way, it wasn't going to be a good ride that day. As we got to know each other more and became more trusting of each other, both of our confidences grew and the anxious days became less and less for the both of us.

Pretty soon, we became close to unbeatable in the show ring. We competed in the jumpers; you jump over fences and whoever is the fastest without knocking any rails down wins. Monty was very fast and I knew him so well I was willing to try turning very tightly in an effort to cut down on time that others in my class would not. We had a connection

that was very clear. Horses are your teammate, and sometimes just like with people, you don't really click, and other times it seems like they know what you are thinking before you are even aware of it. That's how it was with Monty and I. He had become a much more easy-going and competitive horse over the years of me riding him, and I like to think I improved in the same way.

On May 1st 2018 we got the news that my sister Audrey Niblo had passed away very suddenly and unexpectedly. It was later revealed to be due to an undiagnosed heart defect. The pain I felt after that is not something I would wish on anyone. I was in school at UCONN at the time and working at the barn. I remember going to the barn at night when no one was around with my friend and coworker Jenny. The horses were very healing. I would go into the stalls with some of them and just hug them. It's a very hard thing to explain but it felt like we would connect and become one and they would share the pain with me. They wouldn't take it away, but they would ease the load of it for just a moment. Even Monty who I thought might start weaving when I went to visit based on previous experiences was still. He seems to know that this was different and he needed to help me. My dad came to the barn later that week as well. We brushed Monty together and put his saddle on and got him tacked up before my ride. I was nervous he might pin his ears and try to bite as my dad did not have much experience with horses but Monty again knew to be still. He was helping ease and absorb some of our grief even if just for a moment. I went to a competition with Monty the week after Audrey died, thinking it would be something to keep me busy and a way to try and have some fun. I wasn't all that practiced with everything going on and wasn't really thinking clearly. Monty again seemed to know he needed to help me out a little that day. We ended up winning the class, and I credit that win to the bond we had. I had fun that day for the first time since my sister passed and for that reason that specific competition is one I will never forget.

In January 2021, Monty passed away at the age of 27. The average lifespan of a horse is around 25-30 so he was considered a senior. I was still riding him a little bit at the time but no longer competing. He had begun showing signs of wanting to slow down in his work load about a year prior due to his age but was still happy to work here and there so I rode him for fun at home. The pain of losing him was second only to my sister. He wasn't just my pet, he was my teammate and partner for over a decade. I once again turned to the rest of the horses in our barn for a little help.

I have another horse now named King. King has a lot of athletic ability but is young and green (inexperienced and needing training) and has a bit of a stubborn streak. He is tricky but in different ways than Monty was. There are times I struggle with him and feel slightly frustrated but I think back to how it started with Monty and where we finished. I know with a little patience my partnership with King will grow into something great as well. Horses have helped shape me into the person I am today and I honestly don't know where I would be without them.

## In Honor of Audrey Niblo

Audrey's Corner was created in honor of junior Audrey Niblo, a Spectrum staff writer, who passed away from an illness in 2018. In living a life of kindness, positivity and love of animals, Audrey chose to follow a path of joy, even as she was open about the many struggles young people face, including bullying. In articles, creative writing and images, Spectrum continues to promote the messages of Audrey's life for all students.



# CampusLife

## TODAY IN HISTORY



AP Photos by Lynne Sladky, Justin Stack, and Mesfin Fekadu

**47 BCE** - Cleopatra reinstated as queen of Egypt

**1775** - Continental Congress elects Thomas Jefferson

**1794** - United States Navy is founded

**1884** - First long-distance phone call made from Boston to New York

**1915** - "Typhoid Mary" Mallon gets placed under quarantine on North Brother Island, New York City

**1939** - First men's NCAA champion crowned in "March Madness"

**1963** - Director and screenwriter Quentin Tarantino is born

**1964** - Strongest earthquake in United States history devastates southern Alaska

**1970** - Singer Mariah Carey is born

**2020** - North Macedonia becomes 30th country to join NATO

**2024** - Manatee Appreciation Day, American Red Cross Giving Day, and World Theatre Day

## How to Grow Your Very Own Dorm Room Garden

BY COLLIN MOURA  
Campus Life Editor

Although the cold weather continues to drag on, the spring season is right around the corner. Growing your very own indoor garden is the perfect way to brighten your dorm rooms aesthetic. Plants are proven to reduce stress and mental fatigue, filtering pollutants out of the air. Studies also show that flora can improve productivity, creativity, and relaxation.

Soil, sunlight, and water are the big three of horticulture. Soil quality is paramount, as it provides the vital nutrients required for plant growth. It is important to be aware of your plant's sunlight demands. Some plants flourish in direct sunlight, while others grow better when placed in the shade. A healthy supply of water is essential for your plant's survival, but overwatering can lead to root rot or leaf scorch. Understanding your plant's unique needs is the best way to find the right balance and create a beautiful garden.



Collin Moura, Campus Life Editor

Maintaining your hanging plants is a tranquil activity that adds a bit of nature into your living space.

These Plants are Perfect for Your Dorm Room!

### Succulents

An interior garden mainstay, these low-maintenance plants are perfect for beginner gardeners looking to add some flair to their room décor. Succulents need very little water to survive, but if the leaves and stems start to wrinkle and dry, that is a sign the plant is dehydrated. Because succulents naturally grow in hot climates with plenty of sunlight, they tend to necessitate an abundance of ultraviolet rays. Popular indoor succulents include Agave, Haworthia, Opuntia, and Cactus.

### Aloe Vera

Although technically a succulent, aloe warrants its own entry. It purifies the air of formaldehyde and benzene – two hazardous chemicals found in household cleaning products. Aloe has been used medicinally for thousands of years, treating skin irritations and sun burns as far back as ancient Egyptian civilizations. This remedial plant can live indoors for up to 12 years, flourishing under abundant sunlight and little water or fertilizer.

### Sansevieria

Also known as the snake plant, sansevieria is the best desk plant for your college dorm room. They are able to tolerate a range of environments, thriving in both direct sunlight and the shade. Take proper precautions if you own pets. Snake plants contain saponins, which are toxic to cats and dogs.

### Hanging Plants

Perfect for a windowsill or above a desk, hanging plants are an increasingly popular addition for indoor gardens. English Ivy, Pothos, and Philodendron are some of the best options for brightening up your dorm room. They require thorough watering, liquid fertilizer, and frequent trimming.

### Edible Plants

Beautiful to look at and handy to have nearby, there are a wide variety of small, edible plants that can be grown in your very own dorm room. Lavender, Mint, Microgreens, Basil, and Rosemary are all easy to maintain, beautiful to look at, and the perfect compliments for your favorite meal!

Local plant nurseries include Oliver Nurseries in Fairfield, Terrain in Westport, and Treeland Garden Center in Bridgeport. Happy Gardening!

For counseling services and support reach out to the university resources:

### Counseling Center

Open 9-5 on Weekdays

Make an Appointment: 203-371-7955

### s.w.e.e.t. Peers

Follow the s.w.e.e.t. Peers on Instagram @shu\_sweetpeered and stay updated on the programs run by their team

### Public Safety

Routine Calls: 203-371-7995  
Emergency Calls: 203-371-7911  
or 203-374-9352



Interested in contributing to Campus Life? Contact us at [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu)

# Arts & Entertainment

## Tomas Koeck's Upcoming Documentary: "Flyway of Life"

BY EMMA RICOTTA  
Staff Writer

From filming toucans in Costa Rica to polar bears in Manitoba, the film crew for the documentary "Flyway of Life" has been working on the production for about a year and a half, with the film set to be released on April 22, 2025.

Tomas Koeck, a graduate student in the School of Communications, Media and the Arts (SCMA), is the director, writer and director of photography for his documentary.

"Flyway of Life" is about the Atlantic Flyway which is a migration path utilized by a large bird population traveling from areas like Costa Rica to Manitoba that is



Collin Moura, Campus Life Editor

Sacred Heart University second-year graduate student, Tomas Koeck, looks along the Connecticut shoreline for Piping Plovers & American Oystercatchers.

often overlooked.

"Not only are there hundreds of birds that utilize these flyways, but they influence these ecosystems that they travel through," said Koeck.

Dr. James Castonguay is the Associate Dean of SCMA as well as the executive producer of "Flyway of Life."

"This project addresses real and global problems that we have, and we have a student that is actually making something that people will watch and that will educate them," said Castonguay.

Junior Collin Moura, Campus Life editor for the Spectrum Newspaper, is the assistant camera person for "Flyway of Life." He became friends with Koeck about a year ago because of their shared interests of the outdoors, wildlife and environmental conservation.

"I joined Tomas for a couple of shoots for 'Flyway' and started to learn more about the different topics of the film," said Moura. "I've been involved in accompanying him on the bigger expeditions and we just got back from Costa Rica a couple weeks ago and are heading to the Everglades in two weeks."

Koeck has assembled a large team with roles varying from production advisors to marine ecology consultants.

"For me, the team is the most important thing," said Koeck. "I wanted to assemble a group of people who all believe in the project and believe in the message we are telling."

Moura is passionate about both photography and videography as well as the outdoors. He can combine all these interests within his role in this documentary.

"This is the first feature film that I've worked on, and I have a pretty big role in it," said Moura. "It's honestly such an incredible opportunity to work on a project that is associated with companies like The National Audubon Society and Canon, and to be working for such a good cause."

Among Koeck's many other accomplishments, he has also recently been inducted into the Explorers Club which is a professional society that promotes scientific exploration. There are only 3,500 members worldwide and some well-known members include: Teddy Roosevelt, Buzz Aldrin and Jimmy Chin.

"Once I applied, I just sent it out and forgot about it. Then, I heard that I got in and I was so stoked," said Koeck. "Not only is it a high designation, but it is also an organization that has been around since the early 1900s."

Castonguay enjoys partnering with Koeck because of his passion and eagerness for his projects and the work he puts into them.

"Tomas is a great example of a student who has taken advantage of the resources that are available to him," said Castonguay. "I don't know a lot of other schools that are doing that for their students who want to squeeze all the juice out of the orange."

"I'm telling students, 'No limits, don't be afraid, think about your dream project, imagine it, don't think you can't do it and don't worry about the resources,'" said Castonguay.

For more information on "Flyway of Life," check out [www.flywayfilm.com](http://www.flywayfilm.com).

## March: A Month Full of New Music Releases

BY BELLA GENERAZO  
Staff Writer

Recently, new music releases have been fueling the music industry and pop culture. To name a few, Lizzy McAlpine, Ariana Grande, Justin Timberlake and Kacey Musgraves have all recently released new music.

On March 8, 2024, Grande released her new album, "eternal sunshine." On March 15, Justin Timberlake released his new album, "Everything I Thought It Was." Kacey Musgraves also released her new album, "Deeper Well," on March 15.

"My favorite new album is Kacey Musgraves' 'Deeper Well.' It's just so good! I've been a fan of hers for a long time, and she continues to put out fantastic music," said Dr. Rachel Bauer, coordinator of academic theatre arts and assistant professor of Media and Theatre Arts.

Bauer said, "I think it's important to lean into social media when artists are promoting their music." Musgraves has been promoting her new album on her Instagram by posting on her story and feed as well as linking the album in her bio. She has also emphasized in her feed what her music means to her.

According to the Associated Press, "As a whole, 'Deeper Well' is a soft-pedaled album, but also one that celebrates her humanity. It's a nice change of pace—arguably the best kind—one with some familiarity."

Bauer has been listening to this album as well as admiring other artists such as Olivia Rodrigo and Taylor Swift. She has young children and so she enjoys using music to help them learn new things.

McAlpine has been preparing to release her new album, "Older," on April 5, 2024. She has opened presale, promoted it on her social media platforms and

has released a few songs from the album.

"I started listening to Lizzy during COVID and instantly fell in love with her music, so hearing sneak peeks of her new album is always incredible," said junior Juliana Balzano. "This new music really highlights that feeling of your early 20s not knowing what you are doing with your life yet and how to deal with change, and as someone in that age range, it's comforting."

New releases give people the opportunity to listen and appreciate new artists and their music. Many people use music in their everyday lives.

"I listen to music every day. I think that it helps me get in touch with my emotions, I have a playlist for every mood and situation so when I feel an emotion I listen to that playlist," said sophomore Jenna Siuta. "I love music and I am in full belief that it can help guide you through anything that happens."

## Students Celebrate Community at SHU/SLAM

BY THERESA TARTAMELLA  
Staff Writer

Last weekend Sacred Heart University's Inception Dance Crew hosted SHU/SLAM which featured 16 different dances. It was a sold-out event with an enthusiastic crowd and dance numbers ranging everywhere from tap to hip-hop.

The night started off with a tap dance titled "They Don't Want Music." This number was very upbeat and energetic and set the tone for the rest of the night. Not only did Inception Dance Crew host the event, but they also performed.

"SHU/SLAM is really fun because it's a different type of show," said senior Ava Zecchino who is a part of Inception Dance Crew. "We host the show and we're in the audience. It's a different atmosphere and a different type of energy."

Inception was a part of four dances throughout the night: "On My Mama," "Freakum Dress," "Monster" and "The Pack." These performances were a mix of small groups as well as full group performances.

Senior Breana Gionta, who is also a part of Inception Dance Crew said, "My favorite performance piece that I was in would definitely be 'Freakum Dress.' Dancing in heels allows me to show another style of dance that I haven't done in a while and let out my inner girl boss. It is fun and makes you feel good dancing in heels."

Throughout the night, different performances showcased different styles of dance. There was a special performance from Harshitha Kaja who showcased a dance style called Bharatanatyam which is a South Indian art form. This was her third year performing at SHU/SLAM. There was also a number called 'Griztronics' which featured techno-style music and Irish step dancing.

The Director of Dance, Kari Williams, led the launch of SHU/SLAM in 2016. She said she wanted to break away from a traditional dance performance and allow the performers to be in the audience to make the performance more engaging and community-driven.

"In essence, SHU/SLAM embodies the ethos of a community-minded dance event—it's about coming together, celebrating diversity, and fostering meaningful connections.



Contributed by Madison Beekman, Manager of Editorial Content

Members of the Inception Dance Crew perform on stage at SHU/SLAM.

We transform the dance floor into a space of pure joy and unity, where every member of the SHU community can feel welcomed and included," Williams said.

Its untraditional setup of allowing the performers to be in the audience helped raise the energy levels and kept the audience engaged throughout the night. There was also an open mic section which allowed someone from the audience to go on stage and show a special talent. This had audience members laughing and allowed for a connection between performers and audience members.

Sophomore Morgan Plitnick, who attended the event said, "SHU/SLAM was an amazing show. Each performance was unique and showed dancers who enjoyed sharing the stage with others and this allowed for the audience to have just as much fun as the performers."

For Inception Dance Crew, one of the biggest takeaways was being able to do this with their friends.

"I adore my dance friends and wouldn't trade them for the world. They make the experience and being involved with Sacred Heart dance truly memorable. The support and love we all have for each other is unbreakable. Nothing is better than dancing with girls that cheer you on and are passionate for dance," said Gionta.

# Sports

## Women's Bowling "Splits" with NEC Following Successful Season

BY BRENDAN MURPHY  
Staff Writer

The two time defending champions, Sacred Heart University (SHU) women's bowling team, came up short against Merrimack in the Northeast Conference (NEC) Championship game on March 24, in Hamilton, N.J.

The Pioneers have finished top two in the conference for eight straight years and were looking to make their final mark, as this was their last season as part of the NEC.

While they came up short of their ultimate goal, their season is not over yet. The Pioneers qualified for the Intercollegiate Team Championship (ITC) Nationals, along with junior Molly Chisea who qualified as an individual.

"Honestly it does not feel real," said Chisea. "Everybody was so close. I realized every shot mattered, and that was super nerve-racking. I had to focus tremendously to make it count."

Chisea's cumulative score of 1,328 placed her within the top six, securing her spot in the national tournament from April 17 to April 20.

Junior Morgan Brunet was one pin shy of also booking a trip to nationals, as she finished seventh with a cumulative score of 1,281.

"It would have been cool for both of us to have the experience together," said Chisea. "We could have come together more as teammates. We also bowled in high school together, so we are used to bowling together for

quite a while now."

Freshman Madilyn Yockel has been another key component to the Pioneer's success this season. Yockel finished 13th overall, knocking down 1,246 pins for an average of 207.7 at the individual sectional, while taking home NEC Rookie of the Week honors.

"It feels great. I think I had a breakthrough moment and it was good to get my feet underneath me and feel good about going into the end of the season," said Yockel.

The team has also had countless other contributors this season that helped pave the road to nationals. Hannah Manetta, Paige Donovan, and Karleigh LeMond, all finished in the top 30 at the individual sectional.

ITC Nationals will take place the third week in April at Kingpin Lanes in Jeffersontown, Ky. This is the Pioneers' first ITC Nationals appearance since 2018, meaning no active bowlers for the Pioneers have had the experience of going to nationals.

"I think it is all going to be really cool because we get to experience our first time together," said Yockel. "I really think it is going to be a good opportunity to come together and really experience it as a whole."

Head coach Becky Kregling formed SHU's bowling



Instagram, @sacredheartbowling

The women's bowling team celebrates securing their spot in the NEC Championship for the ninth consecutive year.

team in 1993 and has watched the program and the sport grow to make noise on the national level.

"From what it started thirty years ago, bowling is totally different, including our program," said Kregling. "It has been cool to be able to experience our recent success with the team. We go back to talk with some of the alumni and they see how much has changed in college bowling in general."

The Pioneers are looking forward to leaving their mark at ITC Nationals and carry that momentum into next season.

## Former SHU Running Back Re-Signs with Tennessee Titans

BY JASON PILLA  
Staff Writer

Julius Chestnut, former running back for Sacred Heart University's (SHU) football team, re-signed with the Tennessee Titans on March 13.

Chestnut was a three-time All-Northeast Conference (NEC) running back, finalist for the Walter Payton award, 2018 Offensive Rookie of the Year, and an All-American at SHU. All these accomplishments helped grab the attention of the National Football League (NFL) scouts, prompting Chestnut to declare for the 2022 NFL draft after his senior season.

Chestnut is thrilled to get another opportunity to play for the team that signed him as an undrafted free agent after he went undrafted in the 2022 NFL draft.

"It's a blessing, now there's another opportunity for me to change my life and show the world what I can do," said Chestnut. "I've been dreaming of playing in the NFL my entire life and once I got the opportunity, I knew I had to go for it."

Mark Nofri, the head coach of SHU's football team, coached Chestnut for all four years and has enjoyed seeing him get an opportunity in the NFL.

"Julius had such a great career at SHU and had huge numbers nationally for his position," said Nofri.

"He's a hard worker and loved his teammates, we knew after his freshman year he had a lot of talent."

DeAndre Byrd, a graduate student and athlete at SHU, spent all four of his undergraduate years playing football for SHU, and is a very close friend of Chestnut.

"During our 2020 COVID season, Chestnut had a breakout year, rushing for nearly 1000 yards in five games," said Byrd. "This was the same year he was nominated as a Walter Payton award finalist. From there on, he captured the attention of a lot of NFL teams."

In last season's second preseason game with the Titans, Chestnut had a breakout performance, finishing with 13 carries, 98 rushing yards, and 2 touchdowns against the Minnesota Vikings.

Chestnut's preseason performance awarded him with a spot on the Titans 53-man roster to open the 2023



Instagram, @titans

Former Sacred Heart running back, Julius Chestnut, has been re-signed with the Tennessee Titans.

season, but unfortunately in week three, he was placed on Injured Reserve with a hamstring injury and missed the rest of the season.

"I've been working hard to get back, rehabbing and everything," said Chestnut. "My goal right now is just to focus on being healthy for this upcoming season."

Nofri is impressed with the impact that Chestnut has had in the NFL so far and was happy to hear that he re-signed with the Titans.

"I think he has done a great job of earning a spot on the 53-man roster. I was happy to see the Titans want him back even after his injury this past fall," said Nofri. "If you know Julius and how hard he works and cares about football, it doesn't surprise me."

Chestnut is motivated to come back stronger and overcome any other challenges in his way.

"I want to show the world that my injury meant nothing," said Chestnut. "I'm back for who I am and I'm feeling better."

## Women's Tennis Nets Success in Preparation for NEC Tournament

BY WILL RATH  
Staff Writer

The Sacred Heart University (SHU) women's tennis team have been on a roll in their 2024 season, achieving a 13-3 record, with only a handful of matches remaining until the upcoming Northeast Conference (NEC) tournament. The Pioneers aim to finish the season strong but will be faced with tough opponents along the way.

Head Coach Mike Guastelle, who oversees both the men's and women's teams has led the Pioneers to an impressive 13-3 record, with four more games left in the regular season.

"We have some tough opponents coming up, and it'll give us a good indication on where we are going into our conference tournament," said Guastelle. "Other than that, things have gone well for us so far, so I don't have much to complain about."

Guastelle also spoke about this year's group, and the level of talent that they bring on the court.

"There's a mental toughness to this group that I don't think I've ever had with other teams," said Guastelle. "Even when we don't play well, we figure it out, and we're able to play those matches that are close where it's three sets or two tight sets, tiebreakers, we usually come through in those moments."

Guastelle added, "They're a mentally tough group, and they play with a lot of grit. I think that's what separates this group from others."

Senior Katsiaryna Starastsenka has flourished with the Pioneers this season, winning NEC Player of the Week on March 7, and was also named Player of the Month for February.

"I try not to focus on the awards and every match I just try to go on court and help my team to win," said Starastsenka. "We all have been practicing very hard and worked a lot to become better and it is nice to feel that all the hard work is paying off."

The Pioneers have two matches left before the NEC tournament.

"We have already won some very tough matches

against very good teams, and I think we just need to be confident in our abilities and go on the court to fight hard to show that we have worked a lot to become a better team," said Starastsenka.

Senior Kim Fenton reiterated the confidence that the Pioneers have built on throughout their long season.

"We just have to go into the matches confident and believe that we deserve to be on the court just as much as them," said Fenton. "We have the skill and fight, I think it comes down to our self-belief in the end and making sure we utilize our strengths in the matches."

SHU is looking to bounce back from their previous season.

"Last year we made the finals for the first time in program history and that was great," said Guastelle. "But this year, we're looking to change that, and we want to win the NEC tournament."

The Pioneers road to the NEC tournament won't be an easy task, as they are scheduled against Fairleigh Dickinson (FDU) on Saturday, March 30 in Teaneck, N.J., and Stonehill College on April 6 in Easton, Mass.

# Editorial

## Editorial Board Photoshoot

PHOTOS BY ISABELLA FABBO  
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**Senior Leadership:**  
Madison Beekman (left),  
Brendan Williams (center)  
and Molly Bruton (right)



**Inspiration:**  
Awkward JCPenney  
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**Interested in  
joining the board?**  
Keep an eye out for an  
email about applications  
for the 2024-2025  
academic year.

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