

# THE SPECTRUM

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## THE SENIOR ISSUE

CELEBRATING THE CLASS OF 2024



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*Breaking News: the Seniors Are Awesome*BY JOANNE KABAK  
Faculty Advisor

From a distance, this season can look all too familiar. There are the usual award ceremonies and invitations to events piling up. But when you look more closely, there is nothing repetitive about it. In fact, each season of graduation is especially unique. And there is no group more unique than the editors who are wrapping up Spectrum for their last time.

While keeping to the honorable traditions of the paper and of professional journalism, each senior has left a mark and put a stamp of individuality on the whole team and the publication itself.

For example, take photography – a visual record of Sacred Heart at this moment in time. Bella Fabbo has led her staff to make it real, whether it's grabbing a post off Instagram or snapping a scene in a TAP performance. What's more, in order to train novice photojournalists, Bella has had to call on her own know-how and experience, from what's a good photo angle to how to craft a caption.

But the work of matching word and image is just part of the story. You need to have readers. Lots of them. That's where the public relations managers come in. Alena Kladis brought her skills as an influencer in her own right to train her staff to make compelling social media content. As vital as online efforts are in selling the reasons for reading Spectrum, the push has to also come from in-person actions. If you've passed through the hallway in HC on certain days, you've surely seen the efforts of Kayla Kutch who's applied her years of experience promoting SET to creating energetic table times for Spectrum.

Speaking of selling Spectrum, it's not just to readers but to advertisers too. That challenging task went to Nick Meachen. He built up Spectrum's ad sales after the lean pandemic years. He did it with the professionalism of a Welch College business student and through the legwork of reaching out to longtime sponsors – thank you Hansen's – and of forging relationships with new ones.

Still, newspapers by their very essence are about reporting and writing. Especially the front page. Deciding what's newsworthy, who to assign the story to, and how to finish it off with detailed editing are just some of the tasks that Erin Clark has been doing all year. A student government pro, Erin has an innate sense of what's important and what it takes to turn top stories into go-to content.

Does a story belong in news or features? That's one of the things Isabel Haglund and Geraldine Paglia considered each week. In a campus full of activities and interesting people, discerning what fits with a flexible section is key. Who are the students on campus who know how to fill out a tax return and which ones can write poems to stir audiences? Just by reading one page in features, you can find the answers to both questions.

There is one area where you're sure to know what's going to be covered: sports. Sports is about sports. But with so many types on campus, it's been up to Jake Cardinale and Victor DiPierro to decide what to include that week and what, sorry to say, there's no room for. Jake has been with Spectrum throughout his time in college and Victor came

on board after one semester in the 211 class. With their mutual love of sports, they work together to cover the big stuff – major games, what alumnus has a cool job with what major network – as well as the niche sports that show the thrilling range of athletes. Sports may be a lot about winning and losing, but the sports section itself is always a winner.



One concern remains about writing sections: What will Taylor Swift do? Now that A & E editor Alanna Wunsch is graduating – a Swiftie who even got an impossible ticket to the Eras Tour – will the new editors give the superstar enough coverage? Most likely, just as Alanna did, A & E will continue to feature the awesome work of the performing arts on campus, the best new movies, and even other popular singers. Olivia Rodrigo, anyone?

Still, a lot of critical work gets done behind the scenes. Enter Meg Harkins and Sarah Margerison, the copy editors. Is the comma in the right place, does the sentence structure hold, will the photo match the article – this is their world. They are among the last people to see the paper before it goes to print. If you've read a story and recognized good grammar and smooth organization, know that Meg and Sarah had a hand in it.

I always end my review with a nod to the editor-in-chief, sometimes using the famous quote “the buck stops here.” But not this time. You can't put Brendan Williams and the word “stop” in the same sentence. Brendan is always in motion. Whether he's chasing down candidates for governor to get an interview or heading off to Rockefeller Center to intern at MSNBC, Brendan has the news on his mind and in his heart. He leads a staff of more than 50 editors and writers. When it comes to every part of the publication, he means business. When it comes to managing people, he embodies consideration and warmth. Working with him, you're as likely to enjoy a smile and a laugh as you are to mull a headline or a quote. Brendan is inventive (see the new campus life section), he's serious (see the tough topics on the front pages) and he's the kind of leader that the future of journalism needs in order to keep it relevant and respected.

I'll miss you guys. And I will always remain grateful that, as each of you has benefitted from the past editors, you too have led the way for the unique group that follows.

*Thanks for Reading*BY BRENDAN WILLIAMS  
Editor-In-Chief

The spring semester of my junior year in high school, I came to an open house at Sacred Heart. After I checked in with my parents in the Pitt center, I remember walking around a table fair when I was handed a copy of the Spectrum.

To this day, I still have that copy I was handed almost 5 years ago. Little did I know then, what exactly that paper would bring me.

After spending most of the first semester of my freshman year watching movies in my room in Seton - I knew that for the second semester, I needed to get involved.

That spring, I joined a virtual just SHU it fair, where you could go into zoom breakout rooms with different organizations. When I clicked the join button, I found myself in a zoom call with only one other person, who put me on an email list of contributing writers and told me about this class called “news writing and reporting.”

A few weeks after registering for classes, and registering for that class she told me about - I got my first email to contribute to Audrey's Corner where I ended up creating a graphic to go along with a piece about kindness.

Around that same time, I replied to a global email looking for applications for the 2021-2022 Spectrum editorial board. Without knowing anything about the paper other than my one contributed graphic, and still yet to have taken the class, I applied for the position of news editor.

Later I received an email confirming receipt of my application, and set up a zoom interview. It was then that I first met Prof. Kabak. The interview turned into a 45 minute conversation about everything. I was asked about myself, and we got to talk about her experience with the paper.

It was during that call that Prof. Kabak, politely and without saying these exact words

- told me I was unqualified for the position of news editor at the time. But then she told me about the position of circulation manager - and how the last person who was hired as circulation manager their freshman year became editor-in-chief.

Over the past three years on the board I've been able to take on 5 positions - starting from staff writer and circulation manager, to news editor, managing editor, and now editor-in-chief.

While I am a communications major and math isn't my strong suit, this edition marks the 70th issue since I have been a member of the board.

Throughout this entire year, everytime I have gotten a compliment or congratulations on another edition of the spectrum - I have always replied the same way.

I don't do it alone, because we have an amazing team.

I could not have gotten through this entire year without Maddie, and this spring semester without Molly.

Despite both of their perpetually busy schedules, they always made time for the Spectrum and for my crazy texts at all hours of the day. I don't think there was a day this semester where the three of us didn't talk to one another in some way.

Molly stepped into a position halfway through the year, and that was no easy feat. We asked her to take on becoming a managing editor when I know she most definitely was not expecting it.

At the start of last semester, Julie Dunn and I would always joke with Maddie because she would always say to us after adding something to the paper, “but if you hate it, I could change it.”

To that I would always laugh at her, because chances are when Maddie did something, her contributions to the final product would always make it better.

She always had the answer to something even when I didn't, and I know that there is nothing she isn't prepared to handle. She will make an amazing editor-in-chief.

A few days ago, I sent out my weekly global email to the school, and I wrote this sentence: “Meet the woman who we couldn't do anything without, Spectrum faculty advisor Prof. Joanne Kabak.”

She is our harshest critic, our biggest supporter, and our strongest defender. There is not a single thing that goes on in the Spectrum without her knowing about it, or eventually finding out.

If someone were to ask me the question: Who is a professor who had the biggest impact on my four years at Sacred Heart? My answer would be Prof. Kabak.

She believed in me even when I didn't believe in myself, and she challenged me to be a better writer, editor, journalist, and leader.

Everyone who took Prof. Kabak's class knows the best way to finish an article is with a quote or a fact. And I'm going to finish with a fact (that may be an opinion).

To everyone on the board: I couldn't do my job this year, without you being great at yours. Thank you to our 50 staff writers and 27 editors for filling eight pages, for 21 weeks this academic year.

# Editorials

## *There's Enough Time To Do It All*

BY ERIN CLARK  
News Editor



During my orientation, I was repeatedly told the same line, “Get involved in as much as possible.” To that, I figured I would try to, but also I would be focusing on adapting to college life. I hoped to make memories at SHU, but did not think I necessarily needed to be involved to do so.

One afternoon, my roommate and I were peering from our dorm room window in Seton Hall out onto the 63’s patio. We saw food trucks and commotion and decided to check our 50 First Days itinerary. Here we saw that this event was “Scoops with SG,” an ice cream event to spread the word about upcoming Student Government elections. I’m not sure if it was the ice cream or the amount of fun the students seemed to be having, but I decided we had

to go, my roommate reluctantly followed.

In the following days, I won the election and fell in love with Student Government. From this point on, I began to see the value of being involved.

I began to join more and more clubs, dragging my friends to Pioneer Vote or Best Buddy meetings. But as time went on, I no longer had to beg people to go with me, I now had new communities within these organizations.

Being involved on campus does not have to mean joining clubs and organizations. Another one of my favorite ways to be involved was through my majors. In preparation for a test or a lengthy homework assignment, classmates and I would form study groups. These groups would serve as both academic and social areas of involvement.

Soon, I would have my Student Government friends, my dance friends, my political science friends, etc.

Although it is important to prioritize your schoolwork, it is equally important to prioritize your involvement on other aspects of campus. Throughout my week, I had just as many, if not more, meetings and events to go to as I had classes.

To the students with more time left in their undergraduate time at Sacred Heart, I urge you to be involved. It is easy to be jealous of a lighter schedule, having flexibility in the day to shop or hangout with friends. But you will find you will never miss out if you prioritize your obligations. You have time to do it all.

When looking back on my memories at SHU, so many of them stem from the different organizations I was a part of. Leaving this aspect of my undergraduate career will be one of the toughest parts.

Thank you to SHU for creating a campus environment with such a high presence of students that are involved, and thank you to these organizations for making my experience so extremely positive. You truly do have time to do it all!

## *I Hate Writing*

BY ALANNA WUNSCH  
Arts and Entertainment Editor

I hate writing. This is something I have said on numerous occasions throughout my middle, high school, and even early college career. Writing was never something that I was really great at. I struggled coming up with cohesive stories and especially struggled on elaborating on the details. I would always do the bare minimum essay requirement for my classes, hoping that it would still give me an A. I could never understand those people who wrote over the allotted number of pages, and were able to effectively communicate everything they were thinking into words. It was truly a mystery

I came into college as a film and television major, hoping to produce Reality TV shows in the future. Quickly, I realized that production simply was not for me. I needed to pivot, and that’s how I found public relations. I finally found something that I found interesting, fun and that I seemed to be good at. This new found major would allow me to pursue a career in the entertainment industry, but also any other industry I found interesting in the future, it was perfect.

Coming into SHU, I had some college credits, and often found myself taking multiple winter and summer courses to help me through some gen eds. This sent me way ahead of my peers, and on the track of graduating early. The thought of ending my senior year a semester earlier than all my friends was daunting. I had already lost the spring of my senior year in high school, and didn’t want to miss out again. Through discussions with my mom and scouring the list of majors and programs on SPA, I decided to add another major to my already extensive list of courses (at this point in time I had also already completed two minors). Somehow I landed on the conclusion of adding a major in journalism. Remember, the beginning where I said I hated writing... yeah, so this addition confused my parents and honestly myself as well.

Let me take you through the thought process, public relations and journalism go hand in hand. They work in the same format, and what they write intertwines with one another. So, if I learned to be a journalist as well, I would be a better PR professional. The major was also just another three or four classes to my schedule, so really... what’s the harm?

I sat down in my first journalism class in the spring of my junior year. I was anxious and kinda thought to myself that I’m in way over my head. Two weeks later, I got my first writing assignment for The Spectrum, it was to



write an article about one of the shows being produced in the Little Theatre. I reached out to my sources, gathered all the information, and finally sat down to write. To my surprise, it came naturally. In just under half an hour, I had a complete and cohesive article to present to my editors and professor. After that initial piece, I found myself actually excited for my assignments. I was so curious about what I would be writing next, who I would get to interview and how I would be able to create the story. Nothing beats the feeling of seeing my first published article online and in print. It was just so exciting to see something I wrote be published for anyone to see. My experience in this class is what brings me here now, writing to you as an editor in my last piece for The Spectrum.

I truly never thought I would enjoy writing, let alone put myself in a position where I get to do it weekly. I am thankful for my experience on the editorial board, for bringing out a passion I didn’t know I had. This year, I was able to write for two different publications - allowing myself to get out of my comfort zone and seek stories in places I would have never gone before. Journalism has taught me so much over the past year and a half, I am so thankful that I found myself on this seemingly random path. I truly can’t believe I ever once said that I hate writing.

# Editorials

## *What An Incredible Ride*

BY JAKE CARDINALE  
Sports Editor



When I arrived on campus in August of 2020, my experience at SHU was not how I envisioned the beginning of my college experience playing out. It was the height of the pandemic. Everyone was required to wear masks everywhere except their own room. Classes had to be socially distanced, meaning everyone had to be six feet apart. Sometimes half the class would be on zoom, because they were quarantined with COVID. This drove a lot of students off campus and back home to become virtual for the remainder of the semester, including my roommate.

Before we even got to November, the amount of COVID cases on campus got so bad that the school was practically shut down. All clubs and organizations had to be fully virtual. All sports seasons were done. Most students, myself included, packed up and went home for the rest of the semester. All classes were now fully online for the remainder of the semester.

I didn't know what to expect heading into the spring semester of my freshman year. Good news was I got a new roommate, a friend I made during my first semester at SHU. Bad news was basically everything else. No one was allowed to leave their rooms for the most part the first two

weeks. Classes were hybrid. They were half in person and half virtual. It was very difficult to deal with.

My sophomore year started out a little better, as masks no longer needed to be worn outside. They still needed to be worn inside, however. Things improved as time went on. I started to meet more people. Clubs and sports were able to be fully in person. By March, SHU decided to remove the mask requirement for the most part.

Junior year was really the first time since about the middle of my senior year of high school that I went into anything not feeling limited in the things that I could do. No mask requirement or social distancing. COVID guidelines were gone. All classes and other campus activities were fully in person. It was a great feeling, but a bit odd in a way. It felt like my college experience was just starting, meanwhile it was already halfway done. Junior year was really the first time that I truly had fun in college. Made a lot more friends. Got even more involved with the Spectrum Newspaper as an assistant editor for the sports section, became the Vice President of the Sports Media club, and started my own sports podcast. I finally felt like a college student.

My senior year at SHU is something I will never forget. I had the incredible opportunity to be the Co-Sports Editor for The Spectrum, something I had been working towards since I took News Writing and Reporting with Professor Kabak my sophomore year and had been a part of the Spectrum board in some fashion ever since. Different classes that I got the opportunity to take in my last two years at SHU have taught me so much about the Sports Communication and Media program that I have been in for four years and will stay in as a graduate student for the next year starting in August. I had the opportunity to work a lot of SHU broadcasts, as well as help with different events such as the "What SHU Doing" podcast and the Esports Showcase. It was a year that I will never forget.

My experience at SHU featured many ups and many downs. It was an incredible ride, that isn't even over yet as I will be staying at SHU for graduate school. Years ago, I wasn't sure if anything that I have accomplished over the last four years was even remotely possible. Thanks to SHU, it not only became a possibility, it became a reality. I will never forget my time at SHU. I cannot wait to see what is next for me.

## *What I Would Tell My Freshman Year Self*

BY VICTOR DIPIERRO  
Sports Editor

Coming into college in the fall of 2020, I did not know what to expect. The COVID-19 pandemic was still at the forefront of everyone's minds, and no one really knew what "normal" was anymore.

I remember the drive up to Sacred Heart's campus on move-in day. There wasn't a cloud in the sky, and we didn't hit a single ounce of traffic (I was kind of hoping we would to ease my nerves a bit).

As I was moving into Toussaint Hall, I met all my suitemates for the first time and immediately knew we would get along. I'll never forget how we went to 63's for lunch right after we moved in and said goodbye to our families. I remember thinking to myself, "Wow, this is really it. What now?"

As someone who always is planning out their schedule for next week before the current week even starts, I sometimes forget to live in the moment. If I could go back to move in day and speak to my freshman year self, I would tell myself to R-E-L-A-X.

Yes, college can be a scary place. You are away from home for the first time, you are meeting tons of new people, and chances are, even with a major declared, you still might not know what you want to do with your life yet. While all that can be stressful, it is also completely normal, and in the end, it is all going to work out.

That same first night where I was planning out my entire four years, I also made a promise to myself before I went to sleep. I vouched to never say no to trying new things, get involved in everything I possibly can, and make the memories of a lifetime.

Four years later and about 10 days until graduation, I can look back on my four years at Sacred Heart and firmly say I achieved everything I set out to accomplish.



From meeting lifelong friends who I now consider part of my family, being the President of my fraternity, Beta Theta Pi, the Co-Sports editor for The Spectrum, a crew member on The Pulse, a Student Ambassador, and studying abroad in Dingle, Ireland, I can put my head on my pillow at night with not a single regret.

My advice to incoming freshmen would be to have fun. Not everything is so serious. You only have four years, that might seem like a lot of time, but it goes by in the blink of an eye. Make memories, step outside of your comfort zone, and live life with no regrets.

Thank you for everything Sacred Heart, we have gone from total strangers to me calling you my forever home. The memories I have made here will last a lifetime. Extremely grateful and proud to be a Pioneer.

# Editorials

## *Forever a Student at Heart*

BY ISABEL HAGLUND  
Features Editor



When I first sat down to write this, I thought it was going to be an easy article. Reflect about your time at SHU and think about how deciding to come here four years ago has changed your life. I thought, “That’s easy!” I quickly realized that that was not the case.

When I think about my time here at SHU, so many different memories and experiences come to my mind. I am so grateful for what SHU has brought me, offered me and what I have taken advantage of being here for the last four years.

To start, Sacred Heart has given me my best friends. Moving into Toussaint Hall my freshman year, I was filled with so many different emotions. I was nervous and wondering if and how I would make friends, what my classes would be like, what if I hated the food, what would I do if I was homesick?

All of my questions were quickly answered when I stepped onto campus. The first couple weeks I met amazing people and quickly formed long lasting friendships that I am so grateful for. I am so thankful for those girls and could not imagine my college experience without them.

Another experience that I am so grateful for was the opportunity to study abroad twice. Ever since I can remember I always dreamed about studying abroad and SHU made those dreams become a reality. I was able to live in Rome, Italy for five months, meet absolutely amazing people, and travel all over Europe across Italy. Then I chose to go to Dingle for two weeks the following May. Dingle was a dream and it was amazing to be in Ireland where my family is from and of course, hold a baby lamb.

In addition, I have learned and grown so much at Sacred Heart. I am so grateful for my professors and fellow students. Being able to learn from my professors, I have become smarter, more confident in my skills, and have been able to build relationships with them. I have learned so much from all of my professors here and am so grateful for their guidance and knowledge.

My time at SHU would not be as entertaining as it has been without Her Campus and The Spectrum. Being on the executive board for both of these organizations, I was able to become a stronger writer, meet so many wonderful people, and have so much fun.

People always say that college flies by in the blink of an eye and I remember thinking freshman there’s no way that’s true. If I could go back to my freshman year self, I would say that your four years at Sacred Heart will challenge you in ways you’ve never been challenged before. You will be given opportunities that you could never dream of and you will have the time of your life with some of your favorite people you haven’t even met yet. So don’t blink and remember you will forever be a student at heart.

## *The Road Less Traveled*

BY GERALDINE PAGLIA  
Assistant Features Editor

If you open Google Maps and type a destination in, you may get three different ways to get to the same place. Each route offers a different perspective, there are twists and turns, roadblocks, and views to last a lifetime all of which are a part of the journey. As graduation is just around the corner I have been reflecting on my journey.

My senior year of high school, I was eager to get out of my hometown and start a new chapter in my life. It definitely did not end the way I thought it would due to COVID-19, but it only drove my desire to get life after high school started. In August, I left the comfort of my hometown for new experiences.

My first year was filled with growth, love, friendships, and hard work. Sophomore year I came back with expectations everything would remain the same. Unfortunately, the love faded, friendships were tarnished, and work became a chore. I was no longer in a space where I could grow. I knew I needed a change but my options were slim. Transferring seemed like an embarrassing wave of the white flag, like I would have been admitting to the world I was not cut out for college. I made the hardest decision and took a leave of absence from school. I went back home without a plan which is very out of character for myself. Nonetheless, I spent the time working and relearning my passion for school.

Come August 2022, off to Sacred Heart University, I arrived as a junior according to student planning and advising, but with the emotions and nerves of a freshman. At first, there was an adjusting period, I did not know quite where I fit in at SHU but I knew it felt right. Slowly, Sacred Heart University gave me my spark back. Specifically, SHU Club Field Hockey, this team is the most special group of girls I have ever been a part of. They challenge me to be a better player, teammate, and friend. I have never laughed harder when I am with them. They welcomed me with open arms and have become like family.

Study Abroad, this once-in-a-lifetime experience did not disappoint, Dingle, Ireland was such a dream. In just two weeks, I met amazing people



from all over the world and gained life experience I will take with me forever.

The Spectrum, for the past year, I have genuinely looked forward to spending my Sunday evenings in the Spectrum office. I have had the opportunity to learn and grow from some of the most incredible writers. This board has the perfect mix of the best personalities and truly has been a highlight of my time here. Passing down my position is bittersweet, but I will also look back on time with gratitude.

My road map to where I am today has definitely not been smooth, but I would not have changed it for the world. Each step led me closer and closer to this very special place and I am forever thankful to Sacred Heart. The experiences and opportunities I have had, and the people I have met in just two years have been such a blessing. Now, my road map continues to life after college, with more lessons to learn and growth to be had, but I know wherever my road map may take me there is a pin saved where my spark came back.

# Editorials

## Senior Send-Off: Advice to Future Graduates

BY ALENA KLADIS  
Public Relations Manager



As my time at Sacred Heart University comes to a close, I find myself reflecting on the journey that has brought me to this moment. To all the underclassmen of SHU, as you continue on your own paths at this incredible university, I want to share some words of wisdom and advice that I've gathered along the way.

First and foremost, cherish every moment. These years will fly by faster than you can imagine. Embrace the late-night study sessions, the campus events, the spontaneous adventures with friends, and everything in between. Take the time to appreciate the beauty of this campus, the diversity of thought among your peers, the moments you share with your friends and classmates, and the wealth of knowledge offered by your professors. All of it will truly mean something to you one day.

Don't be afraid to step out of your comfort zone. College is a time for growth, both academically and personally. Be involved with the university, whether it's in greek life, sports, or clubs, because one day you won't have that option. Take risks, try new things, get involved and push yourself to explore areas outside of your comfort zone. Whether it's joining a new club, studying abroad, or taking on a challenging course, these experiences will shape you in ways you never thought possible.

Remember to prioritize self-care. It's easy to get caught up in the hustle of college life, but don't forget to take care of yourself along the way. Make time for activities that bring you joy, whether it's exercising, watching your favorite show, reading for pleasure, or simply spending time with your friends. Your mental and physical health should always come first.

Build meaningful relationships. Some of the most valuable lessons I've learned in college have come from the friendships I've formed along the way. Surround yourself with people who inspire you, support you, and challenge you to be the best version of yourself. These relationships will mean so much to you and shape you into the person you become. I know that the friendships I've built along the way will last a lifetime and they have given me some of the best memories that I'll remember forever.

Lastly, don't be too hard on yourself. College is a time of immense growth and discovery, but it's also a time of inevitable setbacks and challenges. Embrace the ups and downs. Remember that it's okay to fail, it's okay to have a bad day, and it's okay for things to not go as planned. Use those failures and setbacks as opportunities to learn and grow. Believe in yourself, stay true to your values, and never lose sight of your dreams. Always stay positive and continue striving to accomplish your goals. Invision it, put in the effort and just watch all your dreams come true!

As I prepare to start this next chapter of my life, I am filled with gratitude for the memories, experiences, learnings and lessons that these past four years have given me. To the underclassmen of SHU, I wish you all the best as you continue your own adventures. Remember to cherish every moment while you can and make the most of it!

## It Took Time But the SHU Really Fits

BY KAYLA KUTCH  
Public Relations Manager

Dear Freshman Kayla,

Hey younger me! So day one of being a student at SHU, your anxiety about college is at an all-time high. "Will I make friends?" "Will I transfer out?" "This is not the experience that the movies promised me." Well, four years later, I can tell you, as cliché as it is... It does get better.

Let's start with the anxiety. As you get on the Zoom calls, you build your confidence as a person. Yes, you hit some bumps in the road, especially in the first year. You weirdly get used to the masks and learn that every college student is going through what you are going through. You are going to experience the Just SHU It Fair (it was a week-long instead of a one-day event). You will get a lollipop with an inspirational message. At first, you think it is strange, but that is when you will learn about S.W.E.E.T (Student Wellness Education and Empowerment Team). This would become the first group you would join! Over the four years that you are a part of it, you will be educated on topics that are considered tough but will help you understand your own mental health while showing you ways to help other students who struggle. Oh, and in our senior year, you will be the PRESIDENT of this organization. I know, wild! The group of other S.W.E.E.Ts are some of the most caring students you will meet, and it is so easy to be part of the team with them. Also, Karen (your advisor) is a queen.

As far as making friends you will do it! The first year will start slowly, but we had to get through COVID-19 (which you did). In a few weeks, you will go on a one-day retreat to the Chapel of the Holy Spirit run by the Campus Ministry office. This day will change you in more ways than one. I know right now you are going through thoughts like "Is God real?" But heads up, you will make your Confirmation sophomore year, but don't worry, religion is still confusing. Now, the other thing that the retreat will bring is Kat. Kat will become your roommate for the next three years, your travel buddy, podcast co-host, and lifelong friend. And guess what, you become a captain of the Peer Ministry Team in senior year and kill it, even if it doesn't feel that way all the time.

Another group that will help you make friends is the Student Event Team (SET). Now, this group will go through ups and downs but will be a united group that helps you make friends in some silly ways, but this won't happen until sophomore year. This group will also build your passion for social media, and you will get to help grow SET's Instagram and TikTok; also, you get to write unhinged subject lines for emails. You will also be able to dominate the social media game with the iconic, and the only person who truly gets our social media humor, Alanna.

I know you have a dream of being a tour guide for SHU, and guess what... You became a Student Ambassador (aka a dope name for a tour guide) sophomore year. Now, you will



freak out since public speaking is not your strong suit, but after your first tour, it is mostly smooth sailing. How you dream of it... is true! It is amazing to talk about something you love while having the opportunity to see students fall in love with the school you fell in love with sophomore year of high school. P.S. You will get rejected as a Student Ambassador at first, but in a few months, Rob Gilmore will realize what a mistake that was and accept you into the program.

As our time at SHU is coming to an end, one organization you will join in your last year will be the Spectrum Newspaper. Yes, the girl who has dyslexia is on the newspaper... but not as a writer but as a Public Relations manager. You will be able to see one of your other lifelong college friends, Brendan, ace it as Editor-In-Chief of the paper. You will also be helping put together table times. You will surprisingly be able to get fifty copies of the paper handed out in 20 minutes. Which is unconfirmed but I feel it is a world record.

We are about to graduate, and thinking about what worried us back then makes me see how far we have come to become someone that I know freshman Kayla would be proud of. This next chapter in life brings new worries, but we got through college we can get through anything.

P.s. To answer your high school grad cap "If the SHU Fits?" ...  
It fits perfectly!

Crying in the club meeting,  
Senior Kayla

# Editorials

## Change of Plans

BY ISABELLA FABBO  
Photography Editor



I originally came into college as a criminal justice major, and my dream job when I was in middle school and high school was to be an FBI agent. This was evident by the final paper I wrote in the eighth grade about the FBI, the week-long camp I attended during February break at the FBI headquarters in Chelsea, MA as a freshman in high school, the extra criminal justice college course I took as a senior in high school, and meetings I had with FBI employers. My goal was clear, and I was setting myself up nicely to achieve it, so what changed?

As the days leading up to my online freshman orientation grew closer, I started to panic. Did I really want to confine myself to one career path? What if I couldn't land a job as an agent? Then what? I remembered what some of the FBI employers had said to me during those meetings: that I could major in anything. They were actually looking for agents who majored in different subjects and areas. So, while I wasn't sure of anything else that I was passionate about, that I could see myself doing as a career, I decided to pick a major that I felt left me the widest range of options. I was going to be a Strategic Communications, PR, & Advertising major (with a writing minor that I added halfway through

freshman year). I was still unsure of how much I would like doing that kind of work, but there was genuinely no other option I could pick. There was nothing else I felt drawn to.

During one of my first meetings with my advisor, Professor Joe Alicastro, I remember him giving me the option of changing advisors, since my major didn't really align with what he taught and with what his specialty was. But I turned down the offer, and it ended up being a life changing decision. I didn't want a different advisor. Professor Alicastro seemed like he was willing to work with me and help me throughout my confusing journey. And I enjoyed our conversations about Italy, the Northshore of Massachusetts, and his NBC stories. I have Professor Alicastro to thank for where I am today and who I am today.

His experience in journalism, specifically in the broadcast news industry, certainly played a role in the classes I registered for. Despite being a PR & Advertising major, I ended up taking predominately journalism and production courses. If I'm being honest, I've only taken a total of two PR & Advertising courses in my time here at SHU. But I'm not bothered by it because I've come to find my passion.

This passion led me to take on larger roles within some media clubs, like The Spectrum and The Pulse. I've enjoyed writing articles and scripts, producing my own videos and photos, and being a team leader. I have The Spectrum to thank for my initial involvement that has sparked a new level of confidence in my new interests. Joining the board as the assistant photo editor last spring was the first time I had stepped out of my comfort zone and decided to become part of an important team. Now I've been the photo editor for two semesters, and while it's only been a year, my experience has been so rewarding and has given me valuable experience.

While part of me is a bit sad for letting down my younger self, I could not be prouder and more excited with my new career goals and my newfound passion in the fields of journalism and media production. I think my younger self would be just as happy for me, too.

I want to thank the entire Spectrum board for being such an amazing and fun team, you've made time here so enjoyable. I also want to specifically thank Professor Alicastro, Professor Joanne Kabak, Professor Sidney Gottlieb, Professor Gregory Golda, and Professor Keith Zdrojowy for all having an incredible impact on me during my time in the SCMA. I will never forget the lessons you've all taught me.

## Oh The Places We'll Go

BY NICHOLAS MEACHEN  
Advertisement Sales Manager

Everyone tells you how quickly four years will go by, but you never quite seem to believe it during those years. You're wishing Monday was the weekend, you're cramming for exams and procrastinating tedious assignments, all while wishing there were more hours in a day to get it all done. Every now and then, we think to ourselves, "When is this going to be over?!" Then, suddenly, it is. Those "going out 'fits'" turn into a cap and gown, and the hundreds of papers and assignments manifest into a degree. Instead of walking across campus, you're walking across the stage, and soon, instead of going to class, you'll go to a job. By then you've realized how right everyone was who told you how quickly the years go by. In all that time, I've learned so much about myself, my major, and the world, and yet, I can't help but think I still have so much to learn. College taught me countless things about business management, economics, marketing, and, yes, the Catholic Intellectual Tradition, but these four years have also taught me three valuable lessons that I'll take with me for life as I inevitably forget the many bookish things I learned.

First, I've learned never to stop learning. Examine the world around you, take in what people tell you, and question what you see and hear. All these practices deepen our experiences in life and help us make the choices we were meant to make. Some of those choices might be wrong, but that's okay, too. In fact, it's great. If college taught me anything, it's that the mistakes we make are the best learning opportunities we get. Along with this, remember to try new things, learn new things, stop trying those things, and try other things, too. College puts us in the unique situation of forcing us to try new things, but it can be easy to lose this practice outside of this setting. It's vital that we don't fall into a routine or forget to adopt the occasional "new thing." Doing so not only helps you learn about something new but, more importantly, something about yourself. Maybe the next thing you try becomes a career, a passion, or a million-dollar idea.

A motto I've carried with me for a long time was reinforced in college, and I'll reiterate as my second lesson, "Don't take it too seriously." What is "it?" "It" is whatever you'd like it to be. Don't take that C you got sophomore year too



seriously. Don't take that situationship that ended horribly too seriously. Don't take that bad interview too seriously. These little mishaps and mistakes happen to all of us, and often, we become better people because of them. Remember to laugh about these parts of our past and learn from them as well. Knowing that at the end of the day, everything will work out is half the battle. Making sure we learn from those bumps is the other half.

Lastly, is a lesson we all learn far too late in life: savor time. If my experience at Sacred Heart taught me anything, it's that we do not have as much time as we'd like to think. So, take in every sunny day. I often say if it's above 70 degrees, I have no obligation to go to class. Soak up every moment you spend with friends. Remember their laughs, the late-night conversations, the Main St. Creamery runs, and everything else. Remember to look back often on the good memories we all made at SHU. Open that camera roll, and take five minutes to remember faces, moments, and places. Remember that the places we'll go will be just as great, but never forget the places we've been.

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## The Past Four to 2024

BY SARAH MARGERISON  
*Assistant Campus Life Editor and Copy Editor*



As I look back on my last four years here at Sacred Heart, it's important I note that none of this would be possible without the support, guidance, and love of those in the SHU community, as well as those at home. I want to take this opportunity to say my thank yous, and acknowledge the people and experiences that got me all the way to graduation.

First off, thank you to the random dad that helped loft my bed in Merton freshman year, whose child in which I'm still not sure he belonged to. You saved my family a lot of time and energy on that move-in day, and my mom is still really thankful she didn't have to do it.

Thank you to Merton for introducing me to some of the best friends I'll keep for life. You guys are never getting rid of me.

Thank you to COVID for... just kidding.

Thank you to the SHUttle for always keeping me on my toes and letting me guess when you'll show up at PG. Every. Single. Day.

Thank you to every Uber driver who took me all around Connecticut, or dropped off my food when I was too lazy to get it myself. Thank you to JP's for putting the Italian Chicken sandwich back on the menu. I had to resort to other meals until it was back which was really tough for me.

Thank you to that one professor that gave me the lowest final grade I'd ever received in my four years at SHU, you really humbled me with that one. Thank you in the way that Taylor Swift is giving her thanks in her song, "thank you aMee."

Thank you to the Merritt Parkway for teaching me that being a good driver is a waste of time if everyone else around you is bad. When they stoop low, you stoop lower.

Thank you to 214 Anton Drive for bringing my friends and I stray cats to feed in our backyard, weird neighbors that made us feel normal, and an opportunity to hang anything on our walls and call it decor. And thanks to the group of guys that lived in our house before us; we love the frat party aura our basement brings and the full cans still stuck in the rafters that we can't reach.

But in all seriousness, I want to thank SHU for bringing me some of the best friends I could have ever known, the greatest support from the English and SCMA departments that I could've asked for in a school, and especially my family for having my back at all times. I wouldn't be walking across that stage on May 11 if it wasn't for all of you.

Also, thank you to the SHU Dance Ensemble and the Spectrum Newspaper for giving me outlets to be my most creative self and do things I love to do with equally amazing people.

The past four years have been some of the best to date, and I'm excited to see what my future holds.

## Resilience to Readiness

BY MEGAN HARKINS  
*Assistant Campus Life Editor and Copy Editor*

I have learned a lot over my four years at Sacred Heart University. I've become more knowledgeable, independent, and resilient. Resilience was a term that I was not familiar with before entering college.

As I look back, the fall of 2020 was one of the most challenging times for myself. COVID-19 was still very present, and I was transitioning into a new chapter of my life. I was leaving home for the first time and had no idea what the next four years were going to look like in such unprecedented times.

My first year at SHU was not an easy one. I found it difficult to get involved with the restrictions placed and it was hard to do well in my classes as they were mostly all online. However, I did meet my best friends that first year thanks to the third floor of Roncalli Hall. I believe my friends are a big part of helping me learn how to be resilient. We were all in the same boat and were trying to navigate this abnormal transition to college.

I believe the challenges I faced while coming into college have shaped me into the person I am today. I used to be much more reserved and did not know how to do things on my own. I did in fact have to ask my freshman year roommate to teach me how to do my own laundry. Thanks Ava!

My mom still jokes that in high school she would have to order my Dunkin Donuts for me before school and now look at how far I've come! Seriously though, college makes you grow up. You have no choice but to learn how to do things on your own.

When you tell someone, you graduated during the pandemic, they immediately feel bad for you.



However, I am extremely proud to be part of the class of 2024 (AKA class of 2020). I think there is a bond that we all share because of our end of high school into college experience. We were forced to adapt to these challenges and grow up a bit faster. We are now all strong because of what we had to go through.

As graduation is approaching, I can say I feel very confident going into post-grad life. I sometimes wonder if the pandemic had not happened, would I feel this way. College did not start ideally how I would have wanted it to, but I am a firm believer that everything happens for a reason.

I move forward resiliently and know that I will be able to face any challenges that come my way. I am forever thankful for these last four years and would not change them for a second. Thanks to SHU, I am ready for whatever the next chapter of my life may hold.