

Oh The Places You'll Go

CELEBRATING THE CLASS OF 2026



Editorials

Piecing the Puzzle Together

BY **GEORGE TRIEBENBACHER**
Editor In Chief

Well, we’re finally here. After five semesters with Spectrum, with four of those being on the board, editing countless articles, and writing 11 of my own, I get to leave my fingerprints on one final issue before graduating from Sacred Heart.

1,342 days ago, I moved into Toussaint Hall to kick off my freshman year and Sacred Heart experience, and things looked a lot different back then. I entered college anxious and scared of being away from home for the first time and unsure of what I wanted to do with my life. Slowly but surely, the pieces began to fall into place. If you told me back then all of the things I’d experience in the next four years, I’d have a hard time believing you.

One-by-one, I’m going to take you through many of the experiences that pieced together my Sacred Heart puzzle and will leave me with lifelong memories.

Immediately after starting freshman year, I joined the Sports Media Club and quickly found a passion of mine on campus. I’ve always loved sports, but joining SMC allowed me to be exposed to what the School of Communication, Media & the Arts (SCMA) has to offer. It wasn’t until my sophomore year when I started to take media-related classes, but being in the podcast suite with SMC my freshman year gave me a brief taste of what those courses would look like. Believe me when I tell you, I didn’t know a whole lot about control rooms and the media back then, so the club was a good place to start. Over the years, I went from just being a member to being the Director of Productions to serving as President in my senior year. I’ve made great friends through the club over the years, including meeting one of my now closest friends, and have had a lot of laughs and good memories during podcasts and meetings.

Let’s fast forward to the spring semester of my junior year. While I’ve always gone to sporting events here at SHU, especially the hockey games at Martire Family Arena, I never imagined what went on behind the scenes, and that all changed when I took CM372: Live Event. I remember the first broadcast I ever worked, a men’s volleyball game on a Friday night in January. I was on handheld and didn’t have a clue what I was doing, so much so that one of my fellow crewmembers had to come down to show me how to hold the camera. Fast forward a year and a half, and I’ve been crewed in several different positions, ranging from producer to audio, and have worked games in many different sports, including this season’s AHA Playoffs and the sold-out men’s basketball game against Fairfield. I’ve met a great group of people that’s almost become a family given the amount of hours we’ve spent together. Thank you to Aaron Such for all of the opportunities and guidance he’s given me to help me grow in the sports broadcasting field.

My experiences with Spectrum pushed me to join the Pulse this year to see how journalism looks from a broadcast standpoint. Once I started making packages, I realized how much truly goes into broadcast journalism. Between framing interviews, ensuring proper lighting for the interviews, coming up with questions, getting B-roll, creating a script, and, finally, putting all of that together on Adobe PremierePro, it’s an extensive process and one that I’m glad to have gotten to experience. In my opinion, some of my best work came with the Pulse included my package on the Bridgeport Islanders 25th anniversary season and, especially, my recent story on the SHU women’s basketball team’s bounce back season. Editing these packages certainly took their fair share of time, but receiving positive feedback from Prof. Alicastro made it all worth it. Also, being able to anchor one of the shows was something that was on my bucket list since I joined the class, and I’m very grateful that I was able to get that experience.

Last but certainly not least, the Spectrum. I vividly remember my first Spectrum class, which occurred over Zoom due to snow, on January 16, 2024. I hopped on the Zoom call at 9:30 a.m. not really

knowing what to expect. I knew that writing for Spectrum was a part of the class, but I didn’t know the extent of what I’d be writing or the format I’d be writing in. As I listened to Prof. Kabak explain the process during that first class, I was slightly concerned about how I’d fare, as I never had experience writing news articles. After writing my first article, which was on the change in the to-go system at 63s, I realized that this was something I really enjoyed doing. Conducting interviews with various sources across campus and turning those interviews into a ~600 word article quickly became a hobby of mine, and that led me to apply to be on the Spectrum board. Serving as co-news editor in the 2024-25 academic year allowed me to see Spectrum from the other side, as an editor working with students in the class - which was me just months prior. When applications for the next year’s board came out, I knew that I wanted to move up but didn’t know exactly what I was qualified for. After meeting with Prof. Kabak last March, it became clear to me that she believed I had what it takes to be editor-in-chief, and that brings us to this year. Serving as editor-in-chief was an incredible experience and wouldn’t have been possible without the help of the entire board, and I’m grateful for the contributions each and every one of you made to Spectrum this year. In particular, I’d like to thank Shannon and Moira for being so helpful and reliable this year and for working tirelessly every Monday to help put the paper together. I’d also like to thank my predecessor Maddie Beekman for being such a big help during my transition to editor-in-chief. And finally, I’d like to thank Prof. Kabak for the opportunity to be editor-in-chief and for all of her help over the years. Seeing the paper come together each week was a rewarding experience and one that I’m glad to have been a part of.

As I look forward with graduation quickly approaching, I can confidently say that I’m a much different person than the one who arrived at Sacred Heart almost four years ago, and that would never have been possible without all of the countless experiences I’ve had here. For that reason, I will always look back on my time at Sacred Heart very fondly.



Editorials

Saying “Goodbye”

BY **MOIRA STAPLES**
Managing Editor

Why are goodbyes so hard, yet hellos so easy? This is the question I asked myself four years ago while writing my college essay. Even after everything I’ve learned during my time at Sacred Heart University, I’m still not sure I have the answer.

Looking back, I try to remember what I was so afraid of. Was it simply graduating and going to college, or was it my fear of change, of becoming someone new? When I look in the mirror today, I still see the same person I was, but she looks a little different now.

The first thing I notice is the bangs I impulsively cut last year, an attempt to look more like “myself,” returning to a style I have not rocked since second grade, when I cut all my hair off to be Velma for Halloween.

Next, I see the slight shadows under my eyes from countless late nights writing articles and editing videos, a path that younger me would have never expected when she came to college with absolutely no clue what she wanted to do with the rest of her life.

Finally, my eyes are drawn to two faint lines tracing the outline of a smile—one that has only grown wider and more frequent, thanks to the amazing people I’ve found along the way, who never fail to make me laugh and are kind enough to laugh at my jokes, too.

Goodbyes are hard, so why should graduating be any different? The word *goodbye* itself feels misleading. It begins with something hopeful, “good,” yet always arrives at an ending. *Hello*, on the other hand, feels light; it is both expected and full of possibility. When you are young, you chase this kind of electricity, the excitement of something or someone new. My freshman year, I said countless hellos, greeting each new person as an opportunity to grow and change. However, at that moment, I never thought that I would be saying goodbye just four years later— but I wonder if that’s the point.



Maybe that’s why goodbyes feel so hard—because we don’t let ourselves see them coming. We often forget about goodbyes until it is too late. In the moment, we feel infinite, as if life will always stay just like this and things will never change. But as we all come to learn, sometimes gently and sometimes not, that is not true. We will graduate. We will move away. We will move on and look back at these moments as memories.

This time I want to say “goodbye” differently. Not with regret or sadness, mourning the things and people I did not appreciate enough when I had the chance. This time, I am going to remember the “goodbye,” holding on a little tighter to these moments knowing that they will not last forever— and maybe that’s ok.

What I Will Remember

BY **SARA HASENEY**
Features Editor

MK-237, CM-301, PS-295. One day, these will be groups of random letters and numbers that have no significance to me. I won’t remember who Edward R. Murrow is, or what makes up a SWOT analysis. “The medium is the message” will have no significance to me, and I won’t have a clue on what a Stukent Simternship looks like (thankfully). When I look back on my time in college, the classes have only played a minor part in shaping who I am today in comparison to who I was four years ago. Although I won’t remember what Laudato Si’ talks about, I’ll remember the bench in front of the chapel that I called my parents on, the second night I got here crying saying I wanted to transfer home and that SHU wasn’t for me (classes hadn’t even started yet).

I’ll think about how scared I was to change my major from elementary education to communications, when I didn’t even know what “communications” meant. Now, I can’t think of a more perfect major for me. Stepping onto the streets of Midtown by myself for the first time to walk into a building I didn’t think I belonged in for an internship felt a lot less scary than being dropped off in Seton Hall room 507 with a girl I met



on Instagram.

The rope swing in the backyard, the stream next to our house that’s harbored “swimming lippies”, and the back deck that’s broken underneath people’s feet will come to mind when I think of college. Uncle Sal, prosciutto bread, and my landlord calling my roommates and I his nieces are things that will pop up in my head on random days. My roommates and I meeting in the “L room” at 8 p.m. on Tuesdays for DWTS, and any time we were all around on Wednesdays for TSITP and TML are truly some of my most cherished memories.

Of course, I’ll think about the Riverwalk Thursdays and Elicit Fridays, and all the other late nights that have happened in between. I’ll hear songs one day that will put my back to getting ready in Bowman Hall, and could smell the Dossier Aquatic Vanilla in the air.

Through my time here, I’ve learned that it’s okay to enjoy things you didn’t think you would, and that those places can take you far. If you told me senior year of high school I would be giving campus tours and writing for the school newspaper, I definitely would have thought you had the wrong person. Through my experiences, I’ve gotten better with talking to people I don’t know, developed a stronger work ethic, and have grown to understand what it feels like to be motivated. The confidence I have grown in myself and my capabilities is all credited to how my time throughout college has shaped me.

As I sit here writing this, I look at my gown, dress, and cords hung up in the corner of my room wondering where all of the time went. It feels like no time has passed since being in orientation group 15, meeting Molly, Liv and Charlotte. Just yesterday I was introducing myself to Maddy and Zoë, and now I couldn’t imagine my life without these friends..

These past 4 years have been my most transformative ones yet, and leaving it all behind feels surreal. The community I’ve surrounded myself with at Sacred Heart has made me a better person, and I couldn’t be happier with the memories I am leaving with. I might not remember how to write an SMP, but I could write a novel on how much love and appreciation I hold for my time at Sacred Heart University.

Editorials

My Dog Ate My Homework

BY SHANNON TUTTLE
Managing Editor

After I graduated high school, my dog ate my diploma. A new chew toy for the family dog was the sum of my high school years. The 9th, 10th, 11th, and 12th grade hallways were spent worrying about others’ opinions of me and listening to the latest classroom drama. There was no difference between a dog’s bone and my diploma.

The summer before I set to college, I reconnected with childhood friends to reenvision our lives. It was the age of careless youthfulness. We walked barefoot throughout our days to the endless summer nights and woke up to the bright future ahead of us. Our eyes were open to the wild and short world and we vowed to conquer our precious piece of it.

I discovered music that made me euphoric. Laughter so contagious I was sick for days. Late nights on the lake and conversations I don’t remember. We drove the 1998 Chevy Malibu until its wheels fell off. For the first time, I didn’t care about others’ perceptions of me or my out of trend clothes. I felt truly alive and not simply living.

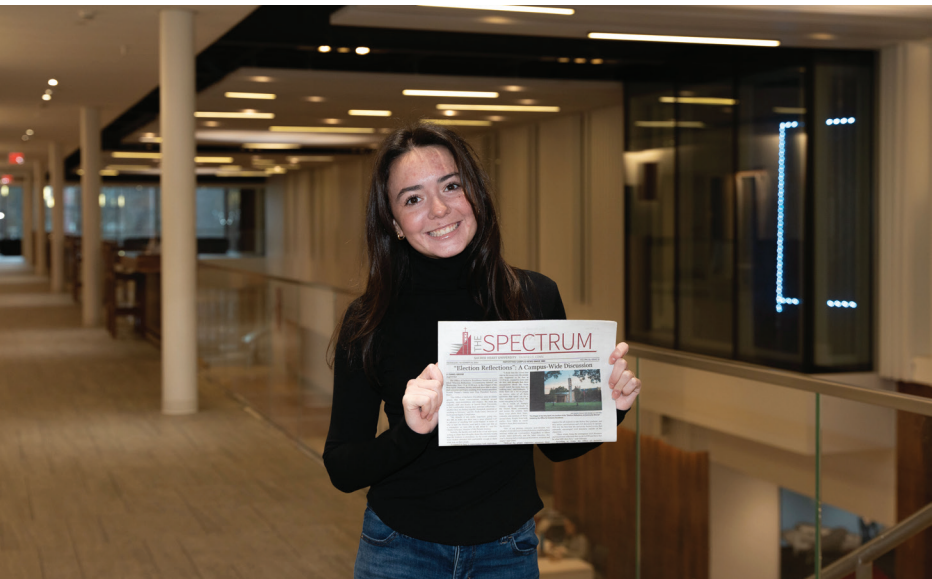
Moving into college my freshman fall of ‘22, I promised myself not a mundane life. To live even an ounce of the summer days I was leaving behind. I still remember the first night spent in my new dorm on the sixth floor of Merton Hall. I felt so small and out of place, but a subtle humming in bones, a feeling that my next four years were going to be memorable.

Now, reflecting on my time at Sacred Heart, I am happy I held my promise. I’ve made amazing friends who became my family, my roommates became my sisters. I’ve traveled to National Parks across the country, sleeping in hammocks and meeting friendly strangers. CDs live in my car’s radio and my book stack became a tower. I’ve laughed, and cried, felt overjoyed and overwhelmed, I’ve bloomed into my confidence. I’ve been 18 and 22 with more and more memories that have forever changed my life.

With 10 days until graduation, it’s evermore a reminder that time is too

precious. I will not remember my gen ed grades or what was trending on social media. But I will remember dancing front row at the Beach Boys concert, skating on the new hockey arena’s ice for the first time, sleepovers in Shannon and Maddie’s freshman year dorm, meeting Francesco’s and my campsite neighbors from West Virginia, decorating for many pregames and parties in our house living room, or accidentally dying my hair black and laughing with my friends about it for days. I will remember the connections, the friendships, the fun, the emotion. And I will remember how saddened I am to watch these next few days of senior year drift to memories.

As I turn my tassel from right to left at graduation, I’ll be reminded that my college years were not wasted. The fun of four years will not be confined to the lamented ink of my diploma. So as long as I have my memory, my dog can have my diploma.



Taking It To Heart

BY MADDIE CONKLIN
Copy Editor

“Enjoy it; it goes by fast!” Something we’ve all been told, yet don’t really take it to heart until we’ve finally reached the end. Being a senior who has ‘reached the end,’ I have used these final weeks of the semester as moments of reflection, looking back on all the incredible experiences I’ve had at Sacred Heart University (SHU). I am so beyond grateful that four years ago, I made the decision to make SHU my home away from home, creating friendships that have turned into family.

Going into college, I honestly had a strong indication that I was going to regret my decision. Obviously, everyone gets the end of summer jitters running through them before that first day of orientation, but I was debating my decision entirely. I didn’t know what I wanted to do with my life, and I was absolutely terrified to leave home. But now, looking back on these past four years, I couldn’t imagine a life without the opportunities and friendships I have made through my years here at SHU.

If there is anything I have learned through attending Sacred Heart, it’s that this journey is not always easy, but what you gain from the hardships is greater than any struggles you may face. My journey through college is the start of my story; leading me to the beginning of a new chapter that I am so excited to unfold!

Looking back, reflecting on the person that I have become, I realized that I have discovered so many versions of myself that I didn’t even know existed.

Freshman year, I was somewhat timid, somewhat excited, but overwhelmed with emotion, worry, and doubt. I was loving meeting new people and developing my new friendships, but I felt so out of place. I had put so much pressure on myself to make that decision of what I wanted to do with my life, that at times I forgot to live in the moment and enjoy the experiences of college instead of worrying about the outcome four years down the road. During my spring semester, I even took some time away from school, and at the beginning of that break, I didn’t think I was coming back. However, I now realize that taking that step away helped me to keep an open mind, realizing how much I would miss sticking through college. At the time, I found myself feeling defeated, taking time away from school and worrying about not graduating on time through taking the break. But now that I’m less than two weeks from walking across that stage and receiving my diploma (and in fact graduating on time), I feel immense gratitude for stepping away and taking that time I needed, and realizing that I don’t need to have it all figured out.

By the time my sophomore year began, I made a pact to myself to enjoy every minute of my time at SHU. I started saying ‘yes’ more and stopped

planning out every scenario, good and bad, that might come from each opportunity. Sophomore year was my year of change; I was determined to use this time to figure out who I am, instead of stressing about who I would become.

Junior year, I continued to live in the moment, saying ‘yes’ to any opportunity that came my way, which prepared me for a senior year full of celebration and pride, feeling accomplished overcoming the challenges I faced, and embracing the change along the way.

Now, taking in the last few weeks at school, looking back on all the memories, I can confidently say that I am proud of who I have become. Do I have it ‘all figured out’ like I hoped? Not in the slightest. However, I take that as a blessing, because now I know all the opportunity and experiences that are waiting for me in this new chapter are more than I could imagine, and the change that I may face will allow me to find even more versions of myself that I didn’t know existed, but am excited to get to know.

So for those who are scared of the change, for those who don’t know if this is where you’re supposed to be, for those who feel they need to have it ‘all figured out,’ I encourage you to take a moment of reflection, step back, and take a deep breath. Say ‘yes’ to any and every opportunity that comes your way, get involved with as much as you can, and most importantly, say hi to that person you pass in the hall every day, they may become the family that you didn’t know you needed. All in all, enjoy every single day, minute, and second of it, because it truly does go by fast.



Editorials

The Best Four Years

BY EMMA RICOTTA
Co - Arts and Entertainment Editor

I can't believe that it is already my turn to write my editorial for the senior issue for Spectrum. As cliché as it sounds, it feels like I was reading the senior issues of peers that graduated one to two years ago just yesterday.

Now, somehow, I'm here trying to put into words what have truly been the best four years of my life. How can I possibly sum that up into one article? It seems impossible, but I can only try my best.

Throughout my years at Sacred Heart, I have achieved things I never thought I would. I choreographed four dance pieces for the dance company, became an editor for the Spectrum, served as vice president on the executive board of the dance program and served as personnel chair on the executive board of my sorority, Chi Omega.

My freshman year, I was actually an exercise science major (I know, the complete opposite of what I am now). I remember sitting in my biology class, knowing that it wasn't the right place for me. It was definitely a difficult feeling to face because then I had to do some research on what major I was interested in pursuing.

After many meetings with Sacred Heart staff, I found media arts and strategic communications. I made the switch, and it was the best decision I have ever made. For the first time, I felt genuinely excited about what I was learning. I don't think I would have accomplished the things I did had I stayed in a different major.

If you told my freshman year self that I would become an editor for the school newspaper, I honestly don't think I would have been surprised. Writing has always been a part of who I am. With a dad who was an English major and a mom who is a librarian, I grew up surrounded by a love for writing and reading. One of my favorite things has been sending my articles home for my parents to read.

During my junior year, I wrote my first editorial for Spectrum. Before starting this one, I went back and read it again. One line stood out to me: "I hope that in a couple years, once I've graduated and feel that my life is coming together, that I read this editorial with a smile on my face. I know I'll remember this feeling and feel proud of the place that I will be in." I can say now that I do. I feel proud of where I am today.

My time in the dance program has been the most meaningful part of my college experience. It's where I formed friendships that will last a lifetime and discovered my style as both a dancer and choreographer. I attended the

pre-fall dance intensive before school started freshman year where I met Emma, Sydney, Morgan and Hannah, who are now not only my roommates, but my best friends. I truly cannot imagine my college experience without them.

My

nal dance shows were some of the hardest and most beautiful moments I've experienced. Being on stage that last weekend felt surreal, it was so hard to say goodbye something I love so much.

I was completely present doing what I love with my best friends. And when I wasn't performing, I was watching my friends bring my choreography to life. Seeing their smiles and their tears filled me with gratitude and I will always remember that moment.

Joining Chi Omega is another decision I will always be thankful for. Recruitment was both exciting and nerve-wracking, but I found a home filled with some of the sweetest, purest and kindest people you will ever meet. There's something special about the way Chi Omega makes you feel. I always say that after having a conversation with a Chi O or even just going to an event, I always feel instantly better.

Now it's my turn to graduate after watching three classes before me do the same. It's true, time really does fly when you're having fun. I feel so grateful that I embraced every moment and didn't take my college experience for granted.

The people truly do make the place. Sacred Heart has shaped me in more ways than I ever could have imagined. The day before I left for college, someone told me these would be the best four years of my life. At the time, I didn't fully believe them. How could four years be that good?

Now I know. They were so right. And I will carry these memories, these friendships and this growth with me for the rest of my life.



Learning What Actually Matters

BY CAROLINE DAVINO
Co - Arts and Entertainment Editor

When I first started at Sacred Heart, I wasn't sure if I was even in the right place.

I came in undecided, unsure of what I wanted to do, and planning to transfer back home. I didn't feel confident in myself or my abilities, and I definitely didn't expect where I would end up by senior year.

That started to change when I took Intro to Media Production with Prof. Golda. His teaching style pushed me to do more and think differently. I realized I was interested in production, social media, branding, and graphic design. For the first time, I felt like I had found something that actually fit me.

That's what led me to declare my major in Strategic Communications, Public Relations, and Advertising.

What once felt like being "behind" quickly turned into capability, confidence, and motivation. I started getting more involved on campus, took on leadership roles in my sorority, and became more comfortable in my own abilities. I began to understand what kind of work I wanted to do and what I was capable of.

A lot of that growth came from getting more involved and putting myself in positions I never thought I would go for.

Taking on an executive council role in 2024 as Vice President of Programming for Zeta Tau Alpha challenged me in a way I did not expect. Planning events taught me that what people remember is the feeling they have at events. It made me more aware of the effort behind the scenes and how much intention goes into managing a team.

The following year, in 2025, being Vice President of Communications was one of the biggest turning points for me. I learned more about photography, social media, and being confident in what I do. That role completely changed how I see myself and my abilities.

Being responsible for how an entire chapter is represented taught me more than I expected. It allowed me to create a brand and showed me how far intention goes. I had to think about what people respond to, what works, and what doesn't.

I also learned how to lead.

Holding that position pushed me to be more confident in my decisions, trust my ideas, and take responsibility for the outcome of my work. It forced me to grow quickly and step into a version of myself I wasn't fully comfortable with yet.

Those experiences shaped who I am today.

By the time I joined The Spectrum in my senior year, I had already developed a strong foundation in communication, but the experience still changed how I think about writing.

At first, I thought strong writing was about sounding polished or making something interesting enough to read. But being an editor showed me that it comes down to clarity, accuracy, and intention.

As co-Arts & Entertainment editor, I spent this year not only writing but also editing other people's work. That forced me to slow down and actually evaluate what made something effective. You start to notice what feels unclear, what is unnecessary, and what strengthens a story.

Strong writing is not about saying more. It is about saying the right things in the right way. Every sentence should serve a purpose. If it doesn't, it doesn't belong.

That mindset didn't stay within The Spectrum.

Now, as a social media and creative intern for Uploft Interior Design, I use those same skills in a professional setting. Across everything I've done, the same idea continues to show up.

What seems effortless usually isn't.

Looking back, the biggest thing I have learned is how to think more critically, trust myself, be more confident, and approach everything with more intention.

Because most of the time, it's the small details that actually matter.



Still Becoming

BY JORDAN DORSEY
Web Manager and Photography Editor



I thought I knew everything when I first came to Sacred Heart. I believed I knew who I was, what I wanted, and where I was heading. I thought of a straight road where every step made sense, every chance led to the next, and everything went precisely as I wanted it to. But, it didn't. And yet, that's what made these four years important. There wasn't an easy path to get through college. There were times when nothing felt safe, and things were always changing. Things didn't always go as planned. Sometimes possibilities fell through, plans

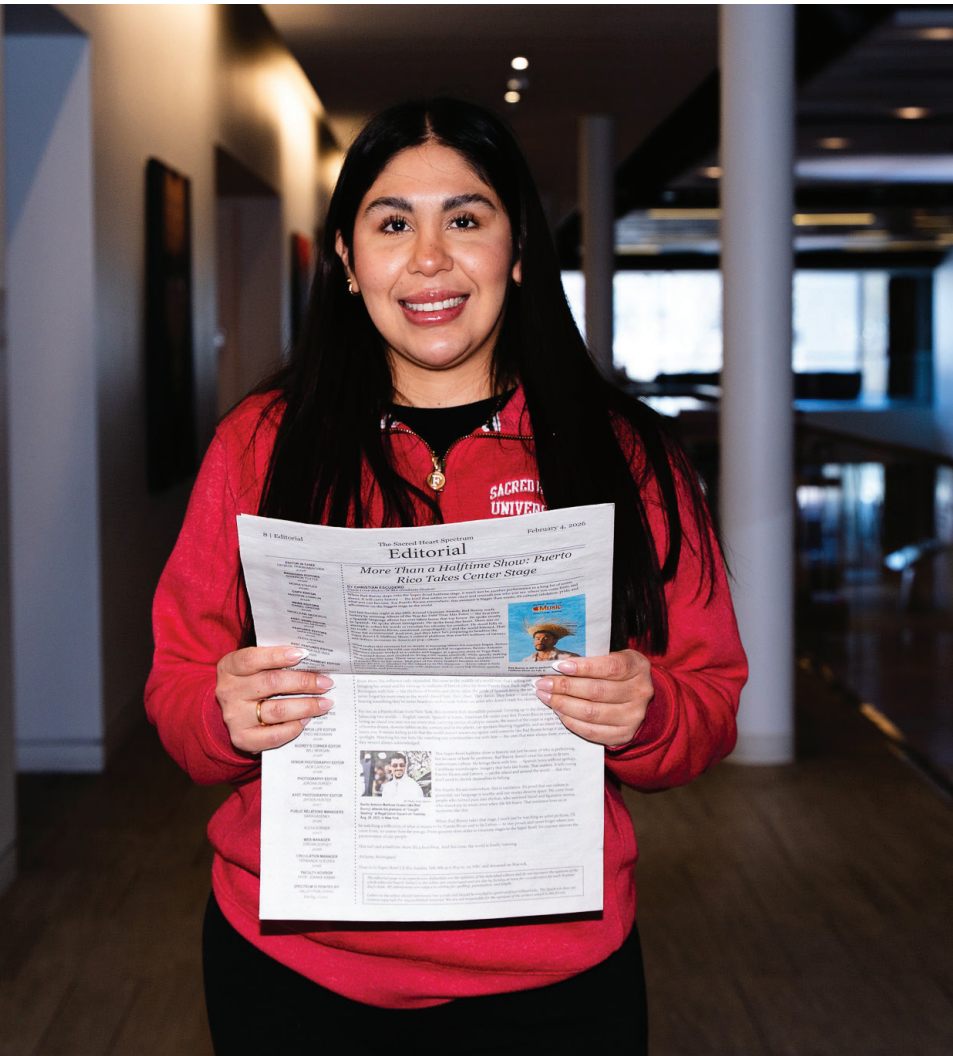
changed, and I had to start all over again without knowing what would happen next. Those moments were hard to deal with, and they were frustrating at times. But they made me grow. I realized how to change my goals when things didn't go as planned. I learnt how to stand up for myself, even when it was hard. I discovered that confidence isn't something you either have or don't have. It's something you build over time by making mistakes and not giving up. I never thought that growth would happen in some of those areas. I learnt that being responsible isn't only about doing your own work, it's also about being there for others, even when it's simpler not to. It means having boundaries, holding people accountable, and still being someone they can turn to for help. It taught me how to be patient, how to talk to people, and how to lead in a way that builds structure instead of putting pressure on them. I learned things about myself that I had never known before outside of those roles. I learnt how to take risks, go after chances that were out of reach, and put myself out there. I got more self-sufficient, stronger, and surer of the kind of life I want to establish, even though I'm still not sure what it looks like. People kept reminding me why it was important through all of it. The late-night conversations, the small wins, the moments when everything felt like it was finally coming together. Those are the things I will carry with me. As graduation gets closer, it feels like you must have everything planned out. To know what to do, how to do it, and what to do next. But these four years have taught me that having all the answers doesn't help you grow. It comes from knowing how to keep going when you don't. I might not be leaving Sacred Heart as the person I thought I would be. But I'm leaving as a stronger, more motivated, and more prepared person for whatever comes next. And that's more important.

Journey of Growth and Gratitude

BY FERNANDA GUEVARA MINAYA
Circulation Manager and Asst. Features Editor

Out of my years at Sacred Heart University, there have been many moments that shaped me, but one thing that has remained constant is how much this community has helped me grow. Sacred Heart became more than just a university to me. It became a place where I discovered my voice, challenged myself, and learned to believe in my own potential. As graduation approaches, I find myself reflecting on everything this journey has meant to me. When I first arrived, I was nervous and unsure of myself. Like many students, I had doubts, fears, and moments where I questioned if I truly belonged. Over time, Sacred Heart gave me opportunities to grow not only academically, but personally. Through classes, professors, and experiences, I became stronger and more confident. I learned that growth often happens when you step outside of your comfort zone. One of the most meaningful parts of my experience was learning to trust myself and keep going even during difficult moments. There were times when balancing responsibilities, deadlines, and personal challenges felt overwhelming. But Sacred Heart taught me the importance of resilience and consistency. I learned that even small steps forward can lead to big growth over time. I am also grateful for the professors and mentors who encouraged me along the way. Their support, patience, and belief in me made a lasting difference. Sometimes all a student needs is one person who reminds them they are capable, and I was lucky enough to find that here. Beyond the classroom, Sacred Heart gave me memories, and lessons I will carry forever. It taught me resilience, responsibility, and the importance of community. It showed me that success is not only about achievements, but also about kindness, persistence, and helping others grow with you. To everyone who was part of my journey, thank you. Above all, I thank God for guiding me through every step of this chapter. I am deeply grateful to my family for their unconditional love, sacrifices, and constant support.

I also want to thank the professors who always encouraged me to keep going and believe in myself. The experiences and lessons I found here will stay with me for life, and I will always carry this chapter with pride and gratitude. Wherever my future leads, I will never forget that I began this journey as a Sacred Heart Pioneer.



Editorials

Happy it Happened

BY DANIEL GREENE
News Editor

How can you tell you had a successful college experience? Do you measure it by your GPA, your internships or your friendships? I think those are all important, but the most integral part of a successful college experience is being sad that it is over but happy that it happened.

I started my college experience a little miserable as I began marching in the sweltering summer heat with a sousaphone on my shoulder. Luckily, I persevered through my first marching band camp, and I have not looked back since.

Wanting to broaden my professional skills, I joined the Chi Mu chapter of Alpha Kappa Psi, a professional co-ed business fraternity. I did not know it at the time, but this experience would prepare me for my time with the Spectrum.

In my junior year, I realized I wanted to build my journalism and writing skills for a potential career as a sportswriter or reporter. As a result, I registered for news writing and reporting, which is one of the best decisions I made during college. Having learned how to conduct myself over email and in interviews made me feel prepared for my first interview. Through my articles, I was lucky to meet different faculty, administrators, and staff

As my semester as a staff writer came to an end, I wanted to stay involved and help other writers, so I joined as an assistant news editor. Being able to help new writers grow and feel comfortable interviewing administrators was rewarding, especially seeing their growth after each new article. I also wrote an editorial about the SHU Pep Band performing at a men’s basketball, women’s ice hockey, and men’s ice hockey game across three states in three days.

For my senior year, I wanted to continue with the news section, becoming one of the news editors. I was not only helping writers, but also the new assistant news editors. Accepting more responsibility was a great experience.

Outside of the Spectrum, I interned at Jomboy Media for the past eight months, learning invaluable lessons about content creation. I have balanced writers’ questions with my commute to New York City, helping to edit articles on the train

Unfortunately, my time at Sacred Heart and the Spectrum is coming to an end, but I am happy to have been a part of it. I attended March Madness, the MAAC basketball tournament, started a podcast, and became a better leader during my time at SHU, which I will always cherish. Even if you have not fully figured it out, take your time, and experience college to its fullest extent, so you can be happy that it happened even when you are sad it is ending.



Strength in the Setbacks

BY THEO WEISMANN
Campus Life Editor

It’s absolutely wild to imagine it’s already been 4 years at Sacred Heart University. Looking back, it feels like with each passing year, time moved faster and faster.

It feels like just yesterday I moved into Merton, slowly making friends through playing Spikeball and small talk at 63’s. At the time it felt super nerve racking being a freshman from New Hampshire given most of the other students were from New York and New Jersey. I felt like there was a big social barrier.

Over time I felt these initial nerves fade away as I established my core friend group, not feeling the need to essentially interview every new person I came across. As a mostly introverted person this felt like a nice weight lifted off my shoulders.

Around this time, my world got flipped upside down as I slowly realized exercise science might not be for me. This was very scary at first as for the last two years, I had my heart set on this path, giving so much time to learn the industry through internships and classes. I felt like a failure almost.

It was at this point I felt completely overwhelmed and lost, even considering transferring or dropping out. If it weren’t for my best friend I probably would have. After a few emotional talks with my parents and my best friend, I decided I would stick it out and try to find a new direction.

Shortly after dropping my major I decided to revisit an older passion of mine, writing. It didn’t take long for me to realize that this was my new calling and I felt an urge to learn where this could take me, and I decided to become a communications major a few days later.

After finishing my first semester of classes in communications, I knew I was in the right place. Through communications, and especially through writing for The Spectrum, I found a version of myself I hadn’t met before. I gained confidence in my voice, learned how much I loved telling people’s stories, and realized changing directions wasn’t failure, it was growth.

In writing for The Spectrum, I found more than just a resume booster, I found my greatest mentors, gained rudimentary skills in writing and storytelling and a sense of purpose that was missing when I first arrived

on campus. My greatest memories from college won’t just be the big milestones, but more so the smaller moments in between. I will truly miss the late-night conversations with my roommates and spontaneous adventures with friends.

Looking back, what once felt like the biggest setback of my college experience ended up becoming the thing that shaped me the most. Now I realise that when you look back at the things that used to scare you the most, they always ended up working out for the better.

As I near graduation, it’s definitely a bittersweet feeling to leave a place that has provided me with so many experiences and lifelong memories. SHU gave me more than a degree, it gave me confidence, a sense of purpose and people I’ll carry with me long after our caps are thrown sky high in just over a week’s time.



Editorials

EDITOR IN CHIEF
GEORGE TRIEBENBACHER
2026

MANAGING EDITORS
SHANNON TUTTLE
2026

MOIRA STAPLES
2026

COPY EDITOR
MADISON CONKLIN
2026

NEWS EDITORS
DANIEL GREENE
2026

MADELEINE MEDEIROS
2028

ASST. NEWS EDITOR
NICHOLAS MAISANO
2028

FEATURES EDITORS
SARA HASENEY
2026

ALEXA BORNER
2027

ASST. FEATURES EDITOR
FERNANDA GUEVARA
2026

ARTS & ENTERTAINMENT EDITORS
EMMA RICOTTA
2026

CAROLINE DAVINO
2026

SPORTS EDITOR
COLLIN MACLEOD
2027

ASST. SPORTS EDITORS
TAYLOR MAGUIRE
2027

JACK CAVICCHI
2026

SPORTS APPRENTICE
NICK DILAPI
2028

CAMPUS LIFE EDITOR
THEO WEISMANN
2026

AUDREY'S CORNER EDITOR
WILL MORGAN
2028

SENIOR PHOTOGRAPHY EDITOR
JACK CAVICCHI
2026

PHOTOGRAPHY EDITOR
JORDAN DORSEY
2026

ASST. PHOTOGRAPHY EDITOR
JAYDEN HUNTER
2027

PUBLIC RELATIONS MANAGERS
SARA HASENEY
2026

ALEXA BORNER
2027

WEB MANAGER
JORDAN DORSEY
2026

CIRCULATION MANAGER
FERNANDA GUEVARA
2026

FACULTY ADVISOR
PROF. JOANNE KABAK

SPECTRUM IS PRINTED BY:
VALLEY PUBLISHING
Derby, Conn.

Photography and Slowing Down

BY JACK CAVICCHI
Senior Photography Editor and Asst. Sports Editor

I feel like we don't appreciate our time enough, especially the time that we dedicate to ourselves. Whether it is something as simple as going on a walk or as complex as going away for a weeklong vacation, we are always worrying about what's next.

It always feels like we have to get back to the library or that this is the last day before we go home from vacation. Because of this, we never slow down and enjoy what's right in front of us.

I grew up with my dad constantly taking pictures of my siblings and me, between camping trips and sports games. In July 2021, my family and I went to Acadia National Park in Maine, and I took my dad's old camera with me – this camera is actually still sitting on my desk next to me as I write this – to try to take some pictures.

Trying to capture the beauty of a place like Acadia is impossible, but it was so much fun, even if the pictures came out awful. A few years later, during my freshman year of college, I truly started to get into photography and learn how to use a camera. Most of my time now is spent working in athletics, typically filming games, editing videos, and taking photos.

Outside of work, I love to bring my camera with me and document places I go. I often find that this is the work I revisit and appreciate the most, not because it's the "best" work I have ever done, but because of the feelings and memories that are held behind these photographs and videos. My camera helps me be present in the moment. It forces me to

stop, look around, and appreciate what is around me, allowing me to choose what to include and exclude from the small 3:2 frame of a photograph.

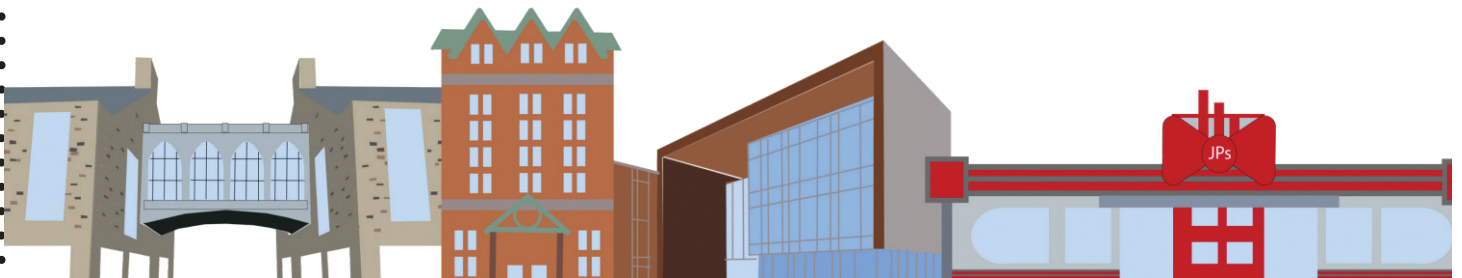
If I take my camera on a walk, I am not walking just to walk and get from point A to point B but instead to find what is interesting and worth capturing.

I appreciate sunny days more because of the blue skies they provide, the way trees contrast against them, and the people who bring life and perspective to an environment. I appreciate sunrises and sunsets because of the colors that fill the sky and the stillness that accompanies each.

In a world that moves so fast, photography helps me slow down and be present in current moments. It preserves moments and brings feelings and fond memories flooding back into my mind. In stopping to take a photograph or setting my camera up to film, I am not just capturing a view but appreciating a feeling and an experience.

Right now, I am looking across my room at two photos I have framed from a trip to Switzerland earlier this year, and I am immediately brought back to memories of joy, family, and awe from an experience that concluded months ago. Although the lighting in the photo is great and the mountain looks awesome, I love the photo because I was skiing with my cousins, I didn't just take a photo, but I preserved a memory.

It doesn't have to be a camera, but I think everyone could slow down a little. We don't need to rush around all the time; instead, we can slow down, notice more and appreciate what is in front of us.



Interested in contributing to the *Spectrum*? Please consider registering for CM 211 News Writing & Reporting or contact us at spectrum@sacredheart.edu