Dear Class of 2020,

Your Spectrum editor graciously offered to include a note from me in your special graduation issue. It is an honor to greatly appreciate, because I suspect that I am just as disappointed as you are about the current turn of events. It goes without saying that these are unprecedented times, one of us expected to be spending the second half of the spring semester away from campus. But as much as it breaks my heart to have everyone gone, it is the right thing to do for the health of our community.

That said, I am certainly going to be thinking of all of you during what would have been senior week and commencement weekend. Sometimes, I think I enjoy those events more than you do. I love the senior dance and the family dinner dance. I love the chance to celebrate with you and to meet your families. I love the pomp and circumstance of the commencement exercises and the well-deserved pride on your faces and those of your families and teachers.

The good news is that there will be on-ground commencement ceremonies as soon as it is safe to do so. The commencement planning committee and I have been meeting regularly with your class leaders, and we are committed to providing a memorable celebration with as many activities as possible. We are going to celebrate!

In the meantime, I will be thinking of you often and remembering the joy you brought over the past four years—whether it was a concert, play or dance recital, sporting event, dinner to commemorate your leadership in student government or as a student ambassador; a Greek Life event or a fundraiser, I will be thinking of your impact on our special community.

Every single one of you has made a difference while you were here. So many of you took to heart the advice that I gave you at freshman convocation—to take advantage of your opportunities and to be curious. You have studied abroad, tutored and mentored underprivileged children, raised money for worthy causes, fed the hungry at Thanksgiving and Christmas, went on service learning trips, held the doors open, supported one another on a daily basis—and so much more.

Thank you all for everything you have done. In so many ways you have given to us through your involvement. The fabric of the University clearly has been enhanced by your presence.

Good luck as you complete your classes and take your finals. Good luck with your job search or graduate school applications. And until we meet again, please keep one another in your prayers and stay in touch with your SHU family.

Sincerely,

Bryana Cielo
Editor in Chief
The idea of starting some of the closest and most memorable friendships I have had, was to introduce themselves. But this was just the beginning.

Freshman year was full of so many exciting memories. I was lucky enough to say that I made so many friends at Sacred Heart University. Our lives were filled with laughter and fun. We did not have the slightest bit of normal. That's where the #ThanksToSHU campaign came to life.

I will always remember this special event and the memories I have made with this campaign. It was a way for students to reflect on their college experience, and to express gratitude for the people and experiences that have shaped them.

Although there are only fifteen videos on the account, it still feels surreal. Listening to everyone's SHU stories is heartwarming and emotional. It's a way for students to share their experiences with the campus even after we're technically alumni.

I think it's important to remember that the #ThanksToSHU campaign is not just about the campus. It's about the entire community, and how each person has contributed to making the campus a better place.

And you know that you didn't have enough to know about the campaign, I want to touch on my own #ThanksToSHU story.

I'm a first-generation college student, I'm not sure there are a lot of people put on you and it can be really hard to deal with. Coming to SHU was a huge accomplishment for me.

I remember my freshman year when I was living at home. It was my first time living away from home and I was really homesick. I think that #ThanksToSHU campaign really got me started, and helped me to connect with the Class of 2020 even though we're currently apart.

#ThanksToSHU
Thoughts On My College Experience

DOMINIC CAPORALE
Business / Multimedia Manager

Coming into freshman at Sacred Heart, I didn’t even know what Spectrum was. I saw a few racks with newspapers around campus but never really enjoyed reading, so I didn’t want to be there. Fast forward to fall of sophomore year when I found myself writing for the sports section of the paper.

It was fun, interviewing people and covering the Pioneers, but it wasn’t what I wanted to do. While writing for the paper, I was a part of the advertising sales team. Finally, I think I found something I wanted to do. I worked hard to try and get people to advertise in our paper, and while I was still in school, I made some amazing connections with people.

For the advertising position opened up, I was hesitant to apply. But after some consideration I went ahead and got the job. This is where the real story begins.

But it wasn’t until my junior year where I truly fell in love with Spectrum. I got to work with Bryan Kelleher, who at the time was the advertising manager and I was the advertising manager. We worked together for a year, and worked extremely well together. Now, I consider Bryan one of my good friends. If I didn’t get for Spectrum, I most likely would have never met him.

There was also someone else along the way who inspired me to work hard and truly showed me what I wanted to do in career. Professor Joanne Kabak was not only a good adviser and professor, but she was a great role model to me. This year was a very exciting hardworking year for me. As a whole, we went through many ups and downs, but we always managed to find our way out and produce a good paper.

Being the Multimedia and Business manager was a rewarding position. I wasn’t the one who was the face of the paper, I was the one who worked to make it function. On the same point, Professor Kabak was in the same boat as I. But she didn’t affect the way we worked and the things we produced. As time went on and I, I look back and I am extremely grateful for the opportunity I was granted. I learned more than I could have imagined from Spectrum. There is one person I owe many thanks to, and that is Professor Kabak.

This year our relationship grew past Spectrum. She helped me grow as a student and as a person, allowing me to see my best self. From talking about Spectrums budget or just having a conversation about my future plans, Kabak was always there. She was that one person that always put 100% percent into things, asked questions and made sure everyone was involved.

Professor Kabak, thank you. Spectrum and Sacred Heart is lucky to have someone like you. Thank you for teaching me the two ways of journalism. Thank you for being more than a professor. Thank you.

KEELY MCCARTHY
Copy Editor

I got accepted into college, I knew that I wanted to receive opportunities to write in genres I felt passionate about. I also felt that writing was my best way to communicate. As a Freshman, I considered myself a beginning writer. If you asked me now, I’d still say that I regard myself as a beginning writer. In my first poetry class, I learned that punctuation and capitalization weren’t needed in written lines, if I didn’t feel it fit the narrative. While it may sound cliché, I learned life in college through adapting and constructing my own narrative.

Having been born with a strong spiritual faith, I took many theology and religious studies college courses at Sacred Heart. My thoughts and perspective on world, religions and writing courses further challenged my way of thinking. Different writers in different contexts, I consider myself an initiate. One of my strengths as an initiate is that I can listen well in a loud world and pay careful attention to detail when conversing with others. I think that wisdom can be gained by actively listening to what people are saying.

I feel like my experiences at Sacred Heart further broadened my horizons and my ability to self-advocate for myself.
While we both loved being at home and with our families, we learned together to try new things and to put ourselves out there. Gab became an RA, which she is undeniably amazing at, and someone I know I can always count on as we moved into our sophomore year.

I moved into Hill the next year with my friend Michelle and a big group of girls. I quickly became best friends with the group and we learned together to look out for each other even when things got hard.

My roommate Michelle became the person I want to be for everything and I know that will be something that lasts for life.

We had some of the most fun ever that year just walking to the diner at night or having those nights in our living room.

When my three best friends and I decided to move into our little house close to school, we never thought of it as a huge step into being adults.

We decided sophomore year we wanted to lease a house together and went looking. Finding one we all loved was obviously hard but we continued the journey as it was a big decision and we wanted to stay there for two years together.

One day we went and visited one that all agreed was our house.

While we got movies both of us switched to Communication and had to fully learn to be on my own.

My parents left and I realized that I now had to fully learn to be on my own.

Gab and I began college together as Health Science majors and then quickly both of us switched to Communication and Media Arts, so as both realized our love for that type of work.

While I was living at home and being with our families, we learned together to try new things and put ourselves out there. Gab became an RA, which she is undeniably amazing at, and someone I know I can always count on as we moved into our sophomore year.

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My first semester at URI was not what I expected, though instead of meeting lots of new and interesting people, I spent 60% of my time in my room watching Netflix. I also found it very hard to make friends as a lot of people went home on the weekends, and once I lived eight hours away and was not a large part I did not fit in very well.

At the end of the semester my parents insisted that I should transfer schools. At the time I believed that I was happy at URI and transferring would not be necessary but the more I thought about it I more I realized that I wasn’t happy and that I did want to transfer. When January of 2017 came around, I was able to transfer to Sacred Heart University, and what a difference it was.

During my first semester at Sacred Heart I got exactly what I expected out of college, which was finding my people. I joined the Lighthouse Community, which welcomed me like I was a long-lost family member, and I also joined the film club, which allowed me to hang out with fellow film lovers. Within these two groups I felt like I was at home and there were people who enjoyed spending time with me. Later on I got out of my room a lot more often.

After my first semester at SHU, I found my groove. The Lighthouse community became a place where I could hang out with people who shared my faith and beliefs but also could have a good time. They respected everyone’s opinions and they became like a second family. For the first time I was actually enjoying college instead of just being there for what I felt I needed. This was an education. The film club also took off and I got lucky enough to be president, which allowed me to invest in something that I was very passionate about. With advisors who also like film, the club seemed to get off the ground a bit.

Now it is my senior year and all of these things that felt new feel like home in that they just feel like my normal routine. When I was at SHU, I found a home, and while I did start at URI and believe I would be okay there. I was wrong.

I began to realize that while spending all your time on Netflix is okay from time to time, it is not healthy and the loving people of SHU opened my eyes to that. I would not be the person I am today if I hadn’t transferred and listened to those around me telling me it was the right thing to do. I am very glad I had the experiences that I did at SHU. I feel like I have become a more evolved person, not just in a literal education sense, but also as someone who understands the world better and is more prepared for what is to come — good or bad, I am ready for it.

I will miss SHU and the experiences I had there. SHU gave me an amazing education and despite being home and getting educated online, I still felt like the community and the people there cared and respected me. As I write the end of this editorial, I cannot believe I will officially be a college graduate.

To live is to change, and to be perfect is to have changed often.

John Henry Cardinal Newman
The Sacred Heart Spectrum

April 29, 2020

EDITORIALS

The Senior Spectrum Editors

How hard is the news section? Really really hard. Editors have to consider a lot. What is worthy of the front page? What’s going on at Sacred Heart? And, while you’re at it, what’s going on in the world? As assistant news editor, Louis Frey has dealt with it all. For example, as his final task in news editing, he had to take the latest article on the coronavirus in the

Some sections are filled with facts. And some are filled with questions and answers, like perspectives. What do you think about...? How do you feel about...? For Gina D’Amico, perspectives editor, there was never a question of how to write a strong perspectives article. From her first article as a new writer to her last week as editor, Gina got it. Perspectives had to be

Some roles in media are glamorous, and some not so much. But they are essential and must be done well. Like the role of circulation manager. Thanks to Chris Dolan and the distribution team he led, the 28+ racks around Sacred Heart’s expanding campus were filled with the latest edition of Spectrum each week. What good is it to publish a newspaper if no one can find it to read? Chris embraced this responsibility with attention to detail and full dedication.

Yet, these days it’s not enough to make the paper visible – you also need to get people interested and excited. That’s the role of public relations. Gab Ruvo and Dominique Price made sure you knew about Spectrum. They used Instagram, Facebook, and table times in the hallway. Need contests, giveaways, flowers on Valentine’s Day? No worries. They got that too. And you got why Spectrum is available and relevant.

As much as public relations is out front, other roles are behind the scenes. Like copy editor. Keely McCarthy’s “invisible hand” is behind all the text you read. As one of two copy editors, Keely shared the reading of the entire paper each Monday before it went to press. Commas in the right place? Check. Captions with and without credits? Check. Names spelled correctly? Check.

As assistant news editor, Louis Frey has dealt with it all. For example, as his final task in news editing, he had to take the latest article on the coronavirus in the

It’s hard to say goodbye without that hug and those jokes and the pictures. But the message is the same. To each graduating senior: You are professionals. You will be missed. You made a difference. Thank you.”

Prof. Joanne Kabak