Dear Class of 2020,

Your Spectrum editor graciously offered to include a note from me in your special graduation issue. It is an offer I 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. None 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.

“illé mis you. Continue to be curious because you are always a Pioneer. God bless you.” Dr. P

SPECIAL EDITION

REPORTING CAMPUS NEWS SINCE 1983

SACRED HEART UNIVERSITY FAIRFIELD, CT

WEDNESDAY, APRIL 29, 2020 SPECIAL EDITION

Dear Class of 2020,
Let’s rewind to the summer of 2016. I was an incoming college freshman who was computers majoring every last minute of my summer with my high school friends. I knew I would be the first out of my friends to leave the college. I shared a fair share of tears (lots of tears actually), laughs, and hugs as I said my goodbyes.

I was full of mixed emotions. One day I was planning out my dorm room with my new roommate and the next day I was full of nervous thinking about this next chapter in my life.

But I had nothing to worry about, the moment I moved into my dorm room on move in day, Momma Bill all I knew. I was lonely. My roommate Nina and I had moved in early for pre-season along with all the other D1 athletes. We spent all day decorating and perfecting every corner of our tiny dorm room. It was only our first day on campus and we had already met so many friends. Faces fellates and students would leave their doors open and stop by to introduce themselves. But this was just the beginning.

Freshman year was full of so many exciting memories. I am lucky enough to say that I made all of my best friends that I made at Sacred Heart. I went from making creations to be the best, honest, and good friends. Those friendships I know will continue to grow for many years to come. The best part about friendship is that you can be yourself.

Senior and junior year, the years that made the real world feel so much closer. Me and my roommates signed a year lease for an off campus house. Renting a house was so exciting for us, it made freedom but it also came with more responsibility. We hosted country-themed nights and birthday parties and enjoyed some.. We experienced my college years to the fullest. And most importantly, I have gained a forever home at SHU.

Community involvement in students has always been a part of my life. I have participated in many different clubs, organizations, and community services. I have been involved in many service opportunities since my freshman year. I have volunteered for the Ronald McDonald House and helped with the Ronald McDonald house’s ‘Stuff the Bus’ event. I have also volunteered at the local animal shelter, the Mountain Laurel Animal Shelter.

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Gab Ruvo
Social Media Manager

I’m sitting here today thinking about all of the memories I have had during my time at Sacred Heart University. Everything from the movies I have watched in the theater to the classes I have taken. I have had so many amazing experiences during my time at Sacred Heart University.

If you want me to be honest, the website and the blog get very little going on second semester and I wanted to add a little bit more to it. I think it’s a little bit of a light-woof-sit, what about a social media campaign? I thought of trying to plan from previous seminars, so I thought it was a good idea.

I took a little while to actually come up with my idea of #ThanksToSHU. How did I think of it? I’ve always wanted to show Sacred Heart University how appreciative the student body is for everything they do and provide us with. I figured this would be the perfect way for the Class of 2020 to express their gratitude.

I thought of different ways to define this campaign and decided on it being a social media campaign. So far, it has been going very smoothly. The student body has been participating in the campaign and it really makes me realize that I have so many people to thank. I am going to be talking about the campaign in detail later. #ThanksToSHU campaign really gives me a way to participate in the campaign, it really made me realize what a great school I went to, and how much I miss it.

Well, that’s all the campaign at the best time and I made sure to make my platform this campaign keeps moving. I am going to be the best platform for the campaign and I am sure that I will be able to use #ThanksToSHU campaign.

Although there are only fifteen videos on the account, it still feels surreal. Listening to everyone’s SHU stories is a time much larger than us, and that if a postponed graduation is partaking in social distancing, staying educated, and putting the time back at SHU, it is a time much larger than us, and that if a postponed graduation is partaking in social distancing, staying educated, and putting the time back at SHU, it is a time much larger than us, and that if a postponed graduation is partaking in social distancing, staying educated, and putting the time back at SHU.

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Thoughts On My College Experience

One of my broadened horizons was internships. I took hold of at Sacred Heart, one including Pascale Communications. Through my internship at Pascale Communications, I learned the verbage of communications and public relations.

My experience copy editing for Spectrum Newspaper helped me to not only appreciate correct grammar and use APA formatting style, but also strengthened my writing and editing skills in writing academic papers.

I held a position as the recruitment chair for my sorority, Theta Alpha Phi, Gamma Rho chapter, which I am honored to have held. My priority centers on the mission of recruitment and teach our girls how-to recruit, and about recruitment, so that we could welcome new members to our organization.

I had a part-time job in college working at a Trader Joe’s grocery store as a crew member. I felt honored and grateful that I got to work alongside wonderful coworkers and managers through their prowess, values, enthusiasm and encouragement.

I’m eager to see what my future holds, but I am most grateful to the supportive university I got the opportunity to graduate from.

Kelley McCarthy
Copy Editor

Editorials

Roger Monaco

Dominic Caporale
Business / Multimedia Manager

Thoughts On My College Experience

I feel like my experiences at Sacred Heart further broadened my horizons and my ability to self-advocate for myself. As fast as my junior year started it was coming to an end. Luckily for me, I had the pleasure to work with Kabak for another year, but now as the Multimeda and Business Manager I am a rewarding position. I wasn’t the one who was the face of the paper, but I was the one who worked to make it function. On the same point, Professor Kabak was in the same boat as I that he didn’t affect the way we worked and the great things we produced.

As my time comes to an end, I look back and I am extremely grateful for the opportunity I was granted. I learned more than I could of imagined from Spectrum. There is one person I owe many thanks to, and that is Professor Kabak.

Professor Kabak grew past great students, Kabak. She helped me grow as a student and as a person, allowing me to do my best work.

From talking about Spectrum’s budget or just having a conversation about my future plans, Kabak was always there. She was that one person that always put 100% into things, asked questions and made sure everyone was involved.

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

Articles and Entertainment Editor

Junior Year: Friendship. I got along with my two little friends, and then met the only people in the world that I can call brothers. These are the guys that will be there for me for the rest of my life. These are the guys that will be there for me when I... well... laugh hard.

Senior Year: Leadership. I took on a new challenge: leadership. I continued serving the news for helping to mold me into the person I am now. I came into college four years ago with clenched around the world that I am not finishing in the middle of a pandemic. I came into college wanting to get out as quickly as possible and now I am so thankful I got to spend another year here for graduate school. I hope every undergraduate reading this learns from us seniors to appreciate Sacred Heart for all it has to offer. Be patient and all 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.

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April 29, 2020

AMANDA DE LA LIZON
Features Editor

I still remember so clearly the move-in morning of freshman year. I was taking the ferry from Long Island to Bridgeport, terrified about how many times my life was changing.

It was warm and sunny that day and I was in denial that my parents ever had to leave me there alone.

I didn’t know then how much I would grow as a person and the amazing people I would meet throughout my time at Sacred Heart University.

I moved into my tiny room in Roncalli with my two roommates that I barely knew. Their décor was matching black and white, while mine was bright teal.

I was so scared but my roommate Gab assured me that we would both be okay.

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 high school seniors preparing for his first semester at University of Rhode Island.

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My roommate Michelle became the person I wanted to tell everything and I knew that she was the one I could turn to for advice.

We went on holiday road trips together and got to know each other’s families. These moments were so special and allowed me to form a bond with my roommates that I will never forget.

We lived together for three years until one day, the three of us decided to move into our little house close to school, which was a huge step into being adults.

We decided sophomore year that we wanted to have a lease in house together and went looking. Finding one we all loved was obviously a huge decision and we wanted to stay there for two years together.

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

While so many other houses we looked at had a college type feel this one was different, it was a home.

We moved our stuff in summer 2018 and all met up in August to move in together for real.

This was when we realized how different life was. We had the freedom to do anything and go to anywhere.

We had so many memories in that house that I will forever think of it as a home.

From our Monday bachelor nights with our college friends to Gab’s yoga to making a meal and being made smile on our first day of a new year. This is when we realized how different life was.

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When my three best friends and I moved into our tiny room in Roncalli, I was one of those oddballs who genuinely loved high school.

I loved my town, my friends, my family. I was honestly a little heartbroken to leave my home in Connecticut and go to Bridgeport, terrified about how much of a college type feel it was.

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EDITORIALS

The Senior Spectrum Editors

PROF. JOANNE KABAK
Spectrum Faculty Advisor

Typically, on a Sunday night in late April the main thing on my mind is whether everything is set up right for Spectrum’s annual end-of-semester dinner. It’s an exuberant affair at a private dining room in a local restaurant, when the editors get to let their hair down. Or more accurately, put it up. Because everyone dresses for the occasion.

There are jokes, speeches, flowers, hugs, and pictures. Lots of pictures. And there are special moments to say goodbye to the seniors and wish them well. It’s a tradition embedded in the rhythms of running Spectrum and passing the torch.

But not this year.

Still, celebrating all the editors and managers, and especially the seniors, is intrinsic to the work of Spectrum and to its very nature. Like everything in this unreal year, we are instead using these pages to thank each senior remotely, virtually -- and enthusiastically.

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 lot of renting cameras, of attending events, of training to do for new photographers, a lot of renting cameras, of attending events, of training to do for new photographers, a

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 tri-state area and make sure that statistics and data were accurate, immediate, and attributed. Hard topics, detailed facts -- for Louis, it was all in a day’s work and he did it with commitment and clarity.

What is the features section? The most natural answer is whatever you want it to be. For Amanda DeLauzon, features editor, the section became a go-to resource for everything from who is Jack Frisoli not only had strong abilities as a writer, but also the knowledge and an eye for what makes an impressive photo and what picture needs to go with which article to have both work together in the unique dance of journalism. There’s a lot of training to do for new photographers, a lot of renting cameras, of attending events, and of using imagination to craft photos for articles that are more abstract. Abby led the charge on all these fronts with technical skills, with consideration for her staff, and with a sense of photojournalism and beauty through images.

Each of these roles and many others operate in sync thanks to the leadership team at the top. Erica Condon, managing editor for editorial, had major responsibility for approving the topics each week and making sure the layout and editing were the best possible. But the job description is only part of what Erica contributed for every issue. Need an article on an event? Erica went and wrote it up. Need someone to cover the writers meeting for an editor who couldn’t go? Erica can handle it. In fact, Erica could handle everything that came her way with intelligence and grace.

Talk about someone who could and would do everything -- and you are also talking about Dom Caporale. As managing editor for business and multimedia, Dom was “jack of all trades.” He navigated the fine points of getting a purchase approved; he built deep and lasting relationships with advertisers in the area; he badgered Wordpress until they fixed the hacking problem; he organized fundraisers; he inspired students to participate in Audrey’s Corner; he even engaged his mother to write an article. Did I leave anything out? Probably. Dom used his enormous energy and sales skills to truly manage Spectrum not just as a communications vehicle but as a business enterprise.

Still, as vital as each of these positions are, there is one whose title says it all: editor-in-chief. In that role, Bryana Cielo is the boss. She makes sure it runs. She takes the heat when it doesn’t run right. She motivates her staff. And she carried Spectrum forward in the most challenging time it has ever faced in its history. Bryana has always been about the writing. It needs to be solid, grammatically correct, in AP style, accurate, structured, powerful. And she kept that focus even as she dealt with disruptions like staff who had to quit because of schedule conflicts or demands from the faculty advisor (me) because an article didn’t get uploaded on time. Bryana managed Spectrum with great grit and wisdom. She left the paper a better place than when she found it. She embodied the classic phrase that fits every outstanding manager: “the buck stops here.”

This is only a little bit of what each editor and manager did since joining Spectrum, but I hope it’s enough to know how exceptional they are.