

SPECTRUM LITERARY MAGAZINE

NOSTALGIA

2024-2025



Nostalgia - Theme - Stacie Hueter

Remembering fond memories of your past can make one feel as happy as if they were situated in a tropical paradise, but can also feel wistful and anguishing. As the vast majority of people born within the 1997-2012 Gen Z time frame slowly, but surely grow into mature teenagers, young adults, and even later adults, many are reflecting over past experiences that have marked their youth and made them who they are.

The 2020s have also marked the rise of Nostalgia-bait across many industries such as film and clothing. In an increasingly chaotic world, we have collectively as a generation sought the past for comfort. I myself have felt quite nostalgic lately throughout my senior year as I've been reminiscing on my graduating class' experiences over the past 4 nearly years. Since it is my last year of high school, college signifies the rite of passage into adulthood for me. Therefore, this magazine serves a personal journey that aims to dive deep into the past, and take what I've learned in order to thrive in the future.

This year's theme also serves as an invitation for Morris Knolls students to explore themselves in their own personal journey of reflection and nostalgia. Some works are personal to each person's individual experience in life, which converge together in this magazine to create one, cohesive journey detailing the spirit of our school. Nostalgia creates a sense of unity and belonging amongst ourselves as we navigate the lessons of our past. It aids us in facing our present with courage and conviction by diving deep into our past. We, as a cabinet, hope that this years' theme relates to those who flip through this magazine who have shared similar experiences and that you'll enjoy this pleasant reverie.

Aim to cherish, reflect, and love your pasts, despite any previous strife, and move forward with an eager vigor towards life!

Thank You's - Stacie Hueter

Firstly, I'd like to thank my amazing club advisor, Mr. Collinsworth for supporting me through all my endeavors in this wonderful club throughout my 4 years. Thank you for seeing potential in me as president; I never imagined I would be president of anything in high school, yet, you fostered my love of being a visionary leader. Your fun personality, openness, and creative liberties have benefitted the club greatly. Thank you for your continued efforts to help imaginative spirits like myself thrive, and it's been a great honor working alongside you!

I also want to thank my Co-President, Raida Faiza for standing close by my side and for aiding me in making important decisions for our club and magazine. Your input and passion are much appreciated, and it has been a great pleasure working with you in the club's cabinet! I thank you for your artistic abilities, and your contributions in designing the magazine covers for the past 3 years. You are truly skilled at your craft! In addition, I'd also like to thank the club's first Creative Director, Julia Jose for working tirelessly on the posters for the club that were handed out to students during this year's club fair and hung up at the school to advertise magazines to Morris Knolls students, along with the submission dates. Your diligence and dedication are much appreciated.

Thank you to Christina Vella for managing our club's Instagram account and utilizing the digital medium to promote our club to many Morris Knolls students on social media! Thank you, also, to Mary Yap, who also lent her artistic abilities in the making of this year's Nostalgia magazine cover. You are insanely talented as well, and I couldn't have imagined a better look for our magazine! Last but certainly not least, I'd like to thank everyone in the club, and the Morris Knolls students who put time and effort into their creative works and submitted them to our magazine! We truly couldn't have compiled this magazine without all of you!

It has been the deepest honor to serve as the club's president and editor for the past 2 years, and I'll truly remember my experiences at Spectrum for years to come!

Nostalgia Theme - Raïda Faiza

My name is Raïda Faiza, and I am Stacie's co-president for the Spectrum Literary Magazine. I just want to take this opportunity to thank all the amazing people that contributed to the very special theme of this year: Nostalgia. To me, nostalgia has always been a scary emotion, because it represents a time in life left behind. However, I hope this issue reminds us and the magazine's viewers that to be able to watch time pass is a privilege not many have, so I'm grateful to be able to say I'll have an amazing year with Stacie and our team look back on, one spent without any regrets.



Karina Desai

What Is Nostalgia?

Victoria Dejour

What is nostalgia? Why do we feel it? And what triggers it? Nostalgia is a “sentimental longing or wistful affection for the past, typically for a period or place with happy personal association.” When we think of nostalgia, we feel positive yet yearning for something that already happened but made us euphoric or blissful. This year’s magazine theme nostalgia really delves into our childhoods as adolescents and young adults, but what makes us feel so wistful when thinking about the past?

When scientists and psychologists first discovered nostalgia, they honestly believed that it was a bad thing. With the primitive technology and knowledge that they had, a professional concluded that nostalgia was a negative feeling of longing and sadness similar to depression, which had other symptoms such as insomnia or irregular heartbeat. This professional, a Swiss medical student known as Johannes Hofer, named the experience nostalgia in 1688. The word can be broken down into the Greek words ‘nostos’ for homecoming and ‘algos’ for pain (TED Talk, Clay Routledge: Why do we feel nostalgia?). But how did we go from the negative connotation of the 1600s to today?

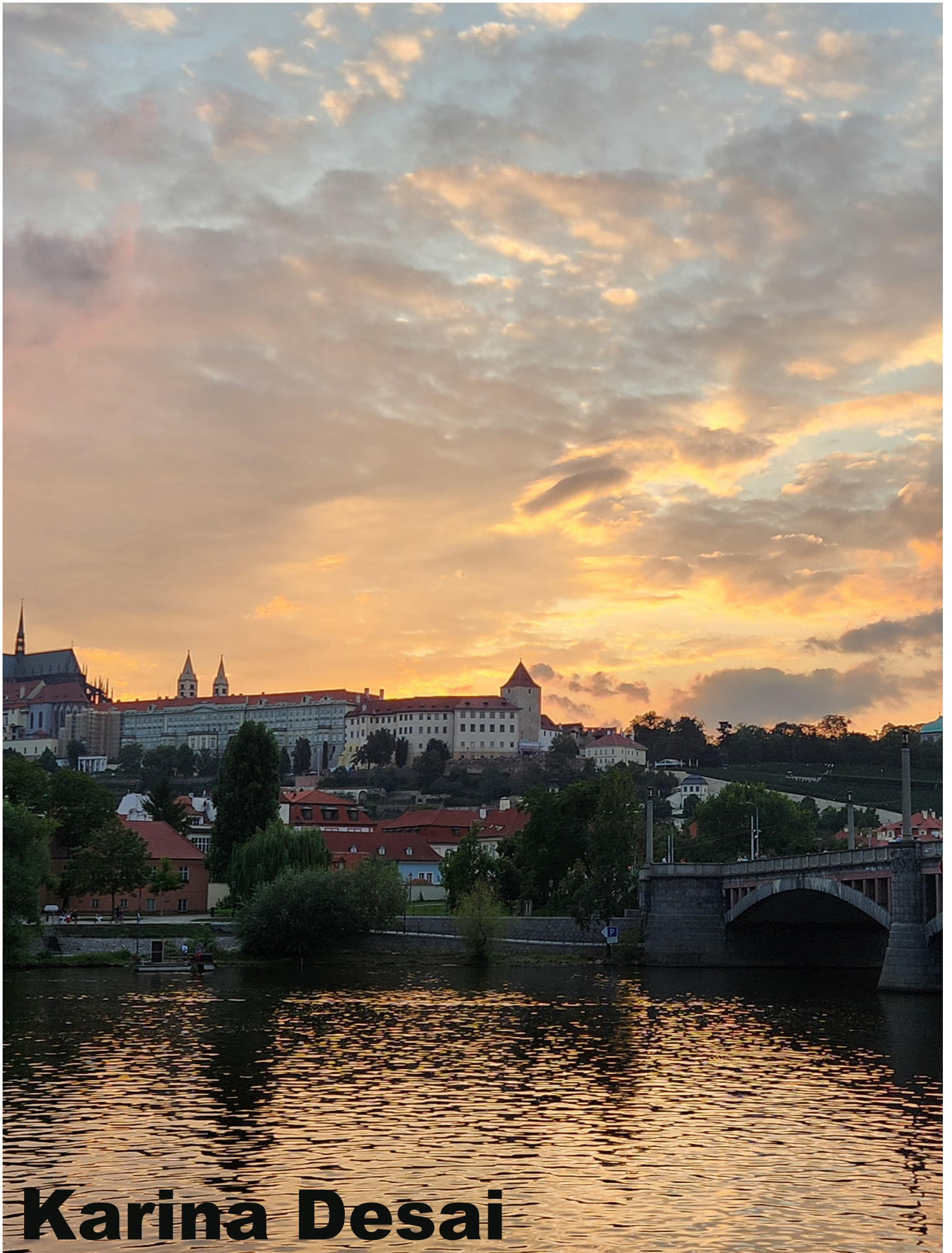
Scientists, psychologists, and physicians realized that nostalgia wasn’t a disease, but a type of depression (Nostalgia □ Definition, History, Research, & Facts □ Britannica). They thought that it could be triggered by familiar sounds or even air pressure. And while familiar sights, tastes, and sounds can lead to feelings of nostalgia, there is no evidence that it can be triggered by air pressure. So what caused the sudden shift in ideology that resulted in today’s thinking?

Well, over the years, or centuries, there was a change in thinking within the scientific community. As scientists strayed from correlating negative physical effects with a disease or disorder, they began to focus on the why and how. This led to more comprehensive studies of nostalgia, which is how we came to the interpretation we have today. In this day and age, we think of nostalgia as a longing for things that we had in childhood, or the highs of our lives, whenever that may have been.

However, nostalgia can be capitalized on in today's pop culture by using vintage sounds and various forms of creative works as marketing. Sales and marketing teams in companies look for concepts in their product to take consumers back to better or simpler days, to compel them to buy said products. It makes us want to reminisce about our younger years while using that item, such as a remade toy or a reboot of a classic film. By taking old concepts and modernizing them, we, the consumers, fall for the nostalgic wistful feeling that we want to feel over and over again.

Does anyone remember "Blinding Lights" by The Weeknd? The song came out in November of 2019 and was a big hit in the music world. It remained as one of the top ten in Billboards 100 for an entire year. Part of the reason the song was a big hit was due to the synthwaves and retro feel of the instrumental background. Another song, "Good Luck, Babe!" by Chappell Roan, also uses synthesizers that prompt a reminiscent feeling and connection to the music.

What does it all mean? Nostalgia, although a bittersweet feeling, can sometimes be disliked by some due to the negative connotations that come with it, as well as the lack of creativity that can originate in nostalgia; others feel a positive, wistful connection to nostalgia through reminiscence and joy. Which, to sum it up, means that while it can be negatively capitalized on, nostalgia still has its good, and it can still be felt in beneficial ways. So next time you experience nostalgia, whether it's from a movie or a childhood snack, remember that that simple euphoric feeling was once debated over by scientists around the world.



Karina Desai



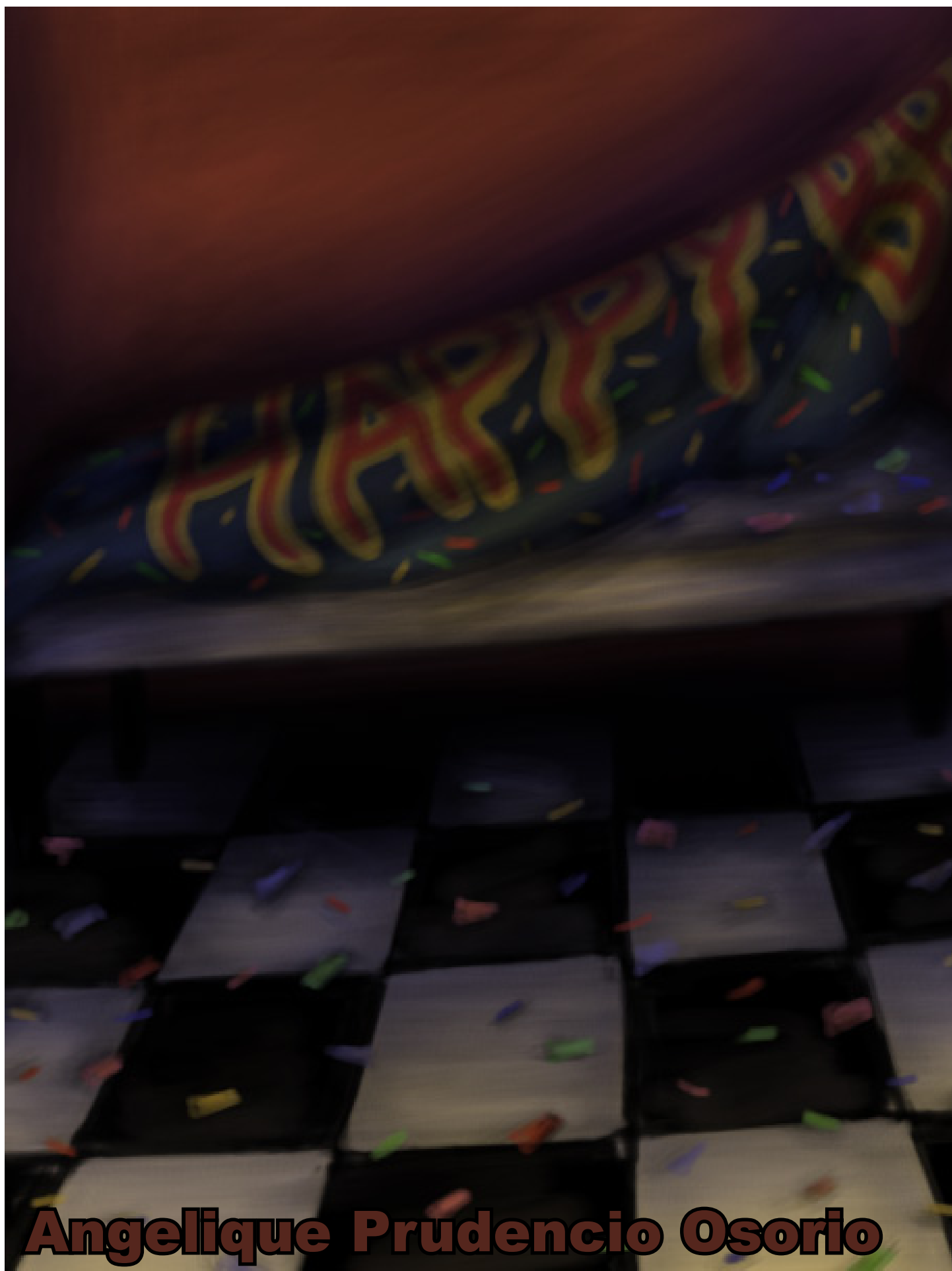
Christina Vella



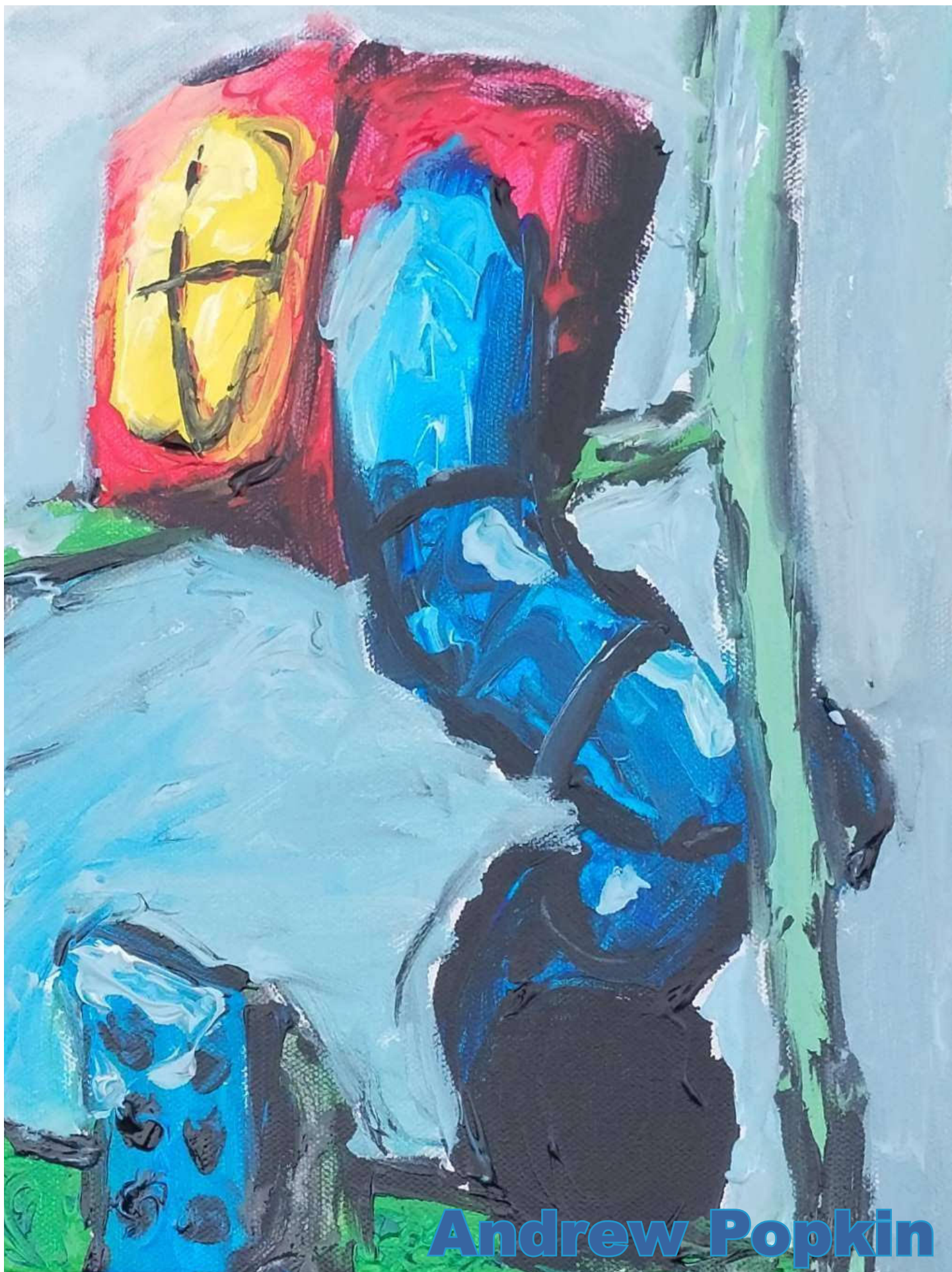
Stacie Hueter



Karina Desai



Angelique Prudencio Osorio



Andrew Popkin





Christina Vella



Christina Vella



Krishna Mandala

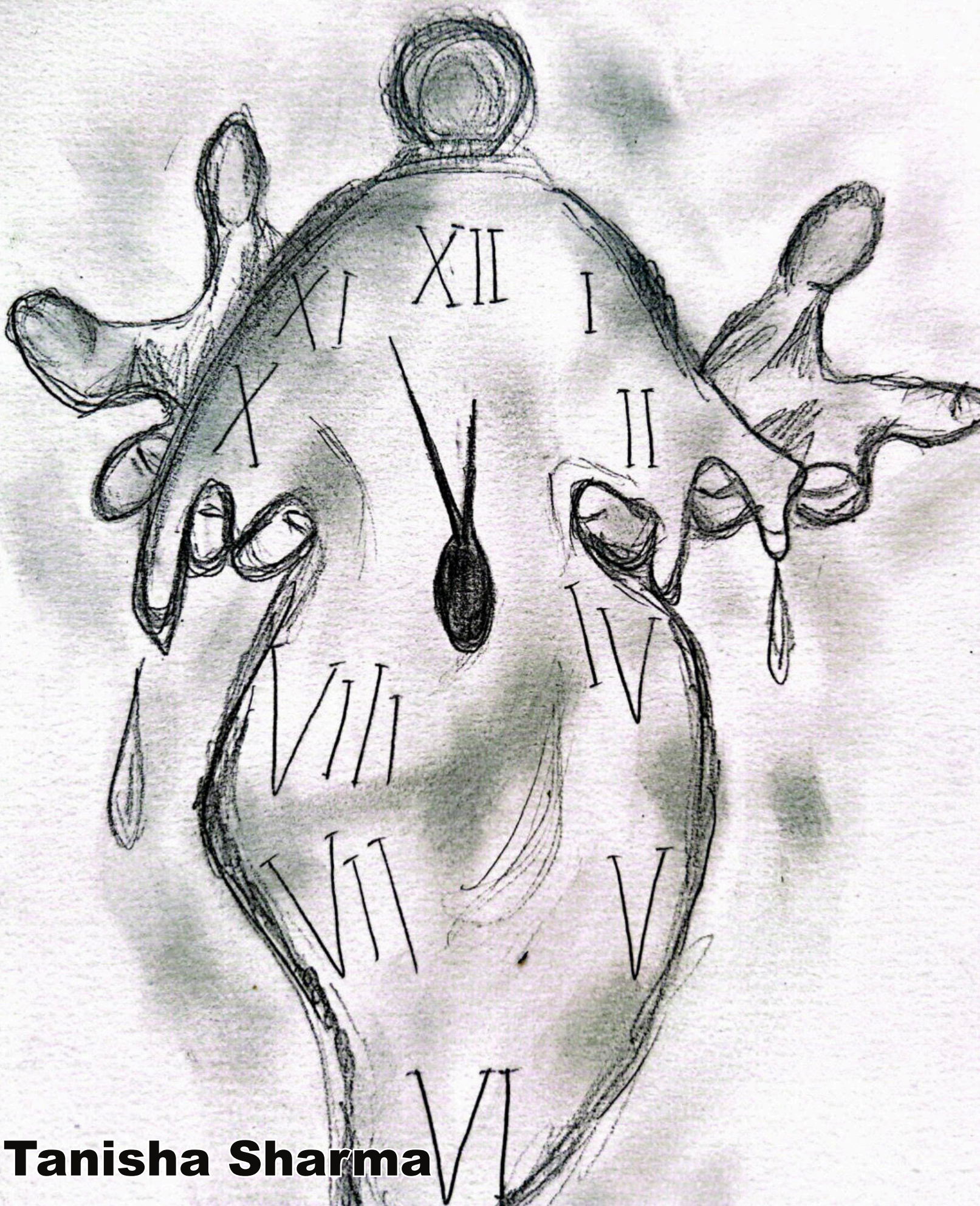


Stacie Hueter

Prompt:
Neighborhood
Borough



Running Out of Time



Tanisha Sharma



Srishu Mandala

Understand That None of This Will Be Pretty

Understand this will be harder on them than it will be on you. You will not want to break the news in your room, where you will have to stare at your childhood walls together, because then you will start reminiscing about your height marked in chalk or the mark in the wall from your first attempt at home-gymnastics. Understand that they will be thinking about the drive home from the hospital, the metamorphosis of crib into twin mattress. How many times you've slammed the door in their faces, how many times the dog scratched at it, begging for entrance. You will all start thinking about all the things you're preparing to leave behind, and understand that the pilgrimage to Miami Dade will feel a million times longer every time you check the rear-view mirror.

But in case you find yourself in your room, do not look out the window, where your yard sits and the boy across the street lives. There are still marks from his bike and holes your shepherd dug into the ground. Do not look out the window because then it is likely you will start thinking about everyone on the gymnastics team, all your friends staying local, and your parents will be waiting for the announcement and you will get choked up.

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If you find yourself looking out the window avoid the white shutters of his house, though if you find yourself staring anyways at least avoid the civic parked on the concrete, the one with the stain on the shotgun seat, the one where he told you he couldn't stay in this town anymore and the one where he told you that he was escaping and that you should too. If you fail all of the latter steps, your parents will wonder if you're frozen solid, if they should reach out to touch you or hold back just in case you're still as fragile as the day you left the hospital. Do not start imagining him breaking similar news, because he's gone now and you will be too.

Understand that when you tell them that there is a university seven states away that they may cry. Yes, even your father, who you didn't think was built with any tears inside him. He'll turn his face away anyways and your mother will essentially tell you she 'forbids' it, like how she forbade you to sneak out of your window to hang out with the older kids and how she forbade you from being in the room with the dog when the vet finally stuck the needle in his leg. You and her

Understand she may ask for the distance and then you will have to say it aloud. This is unavoidable and this guide cannot make it hurt less. She may hold her head in her hands and start crying, at which point you will probably cry with her. She will ask you if you're sure, and despite the scholarship you will want to say "no" and that you want to stay in your room forever, inviting boys down the block and sitting in the corner for time-out. But she will only let you go if you prove you are an adult now, so this is where you have to tip your chin up and say "yes" and stop crying, because if you don't she will hug you and you will never be able to leave. Understand she is upset. Understand she loves you, and she is just has never been prouder, scarce for the first moment she laid eyes on you and every second since.

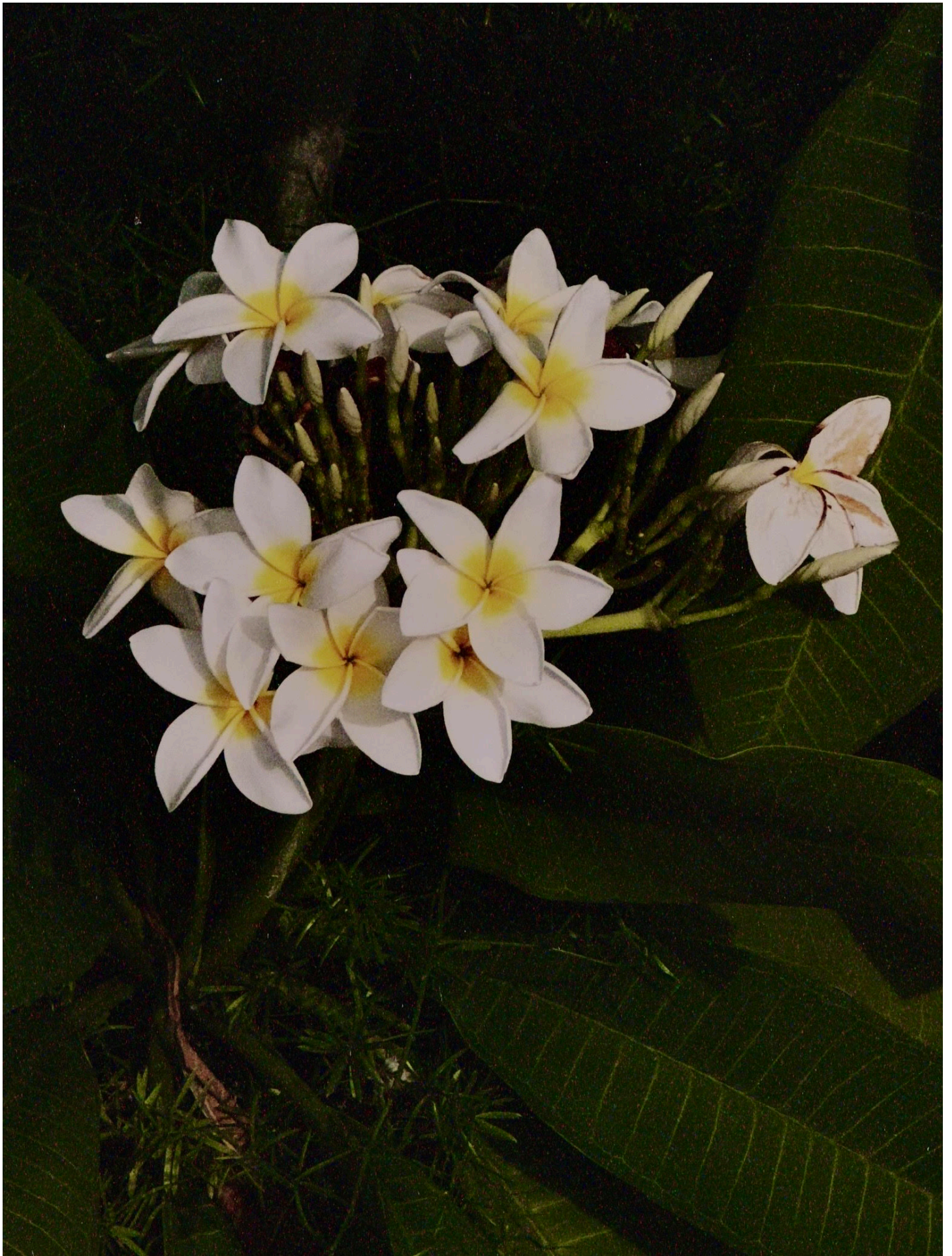
She will start talking about the gas and the mileage, and you will wonder why it matters so much. Understand that she is imagining a life of traveling to visit you and traveling back. A life where she enters her empty house, forgets why she bothered driving home, and hurries back to the van again.

Understand you promised to stay local, so they were unprepared, and understand that eventually you will all have to leave your room to get dinner that they insist is celebratory. You aren't leaving for months but they leave no room for protest. You will want to stay in your room with the sketch pads and teen novels, the half-dead plants and the corkboard of polaroids, the stickers chipping off your laptop and the crochet sweaters your mother makes you for christmas. Understand that you have to leave and lock the door behind you or else you will hide in there and you won't come all summer break.

Understand dinner will be agonizing and longer than you're currently imagining, and that you will wish the food in front of you was your father's barbecue, and understand that when he says he checked out the place during the drive and starts talking about the food and the professors he is coping. You aren't allowed to say you prefer his food and this wouldn't make him feel better anyways. Nothing about dinner will be enjoyable and the step to getting through it is to not talk about the dog, or your parents, or their parents, or the house, or the mark on the wall or the time-out chair, because when you ask if it's still in the attic they will say yes and ask if you want to see it for old times sake and then you will never leave.

Understand that when you fall asleep in your bed that night, a part of you will sink into the mattress and you will never be able to recover it. That you'll have to leave it behind, like all the boys down the road and the shepherd and your parents, and understand that you are allowed to cry about all of this but you must do it in your car or else they will ask you if you'd rather stay and understand you will say "yes."

~ *London Tatum*



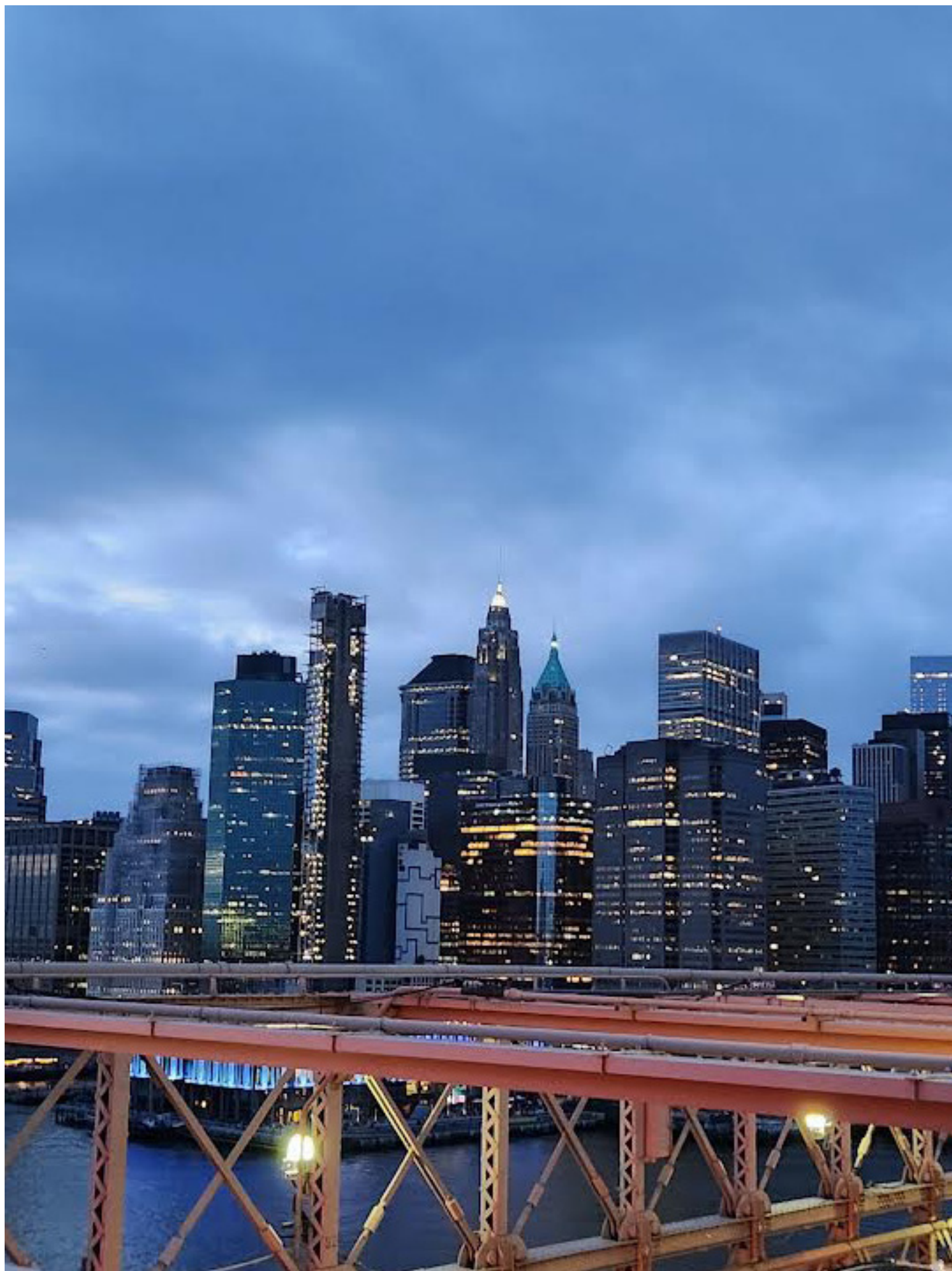


Julia Jose





Karina Desai





Karina Desai

“She Is The Ocean, I Am Sand”

Heather Yoon

She is beauty, I am not

She holds life, I hold rot

She carries the elegance of the sea

I have no elegance to carry me

She shimmers like the ocean blue

She stands proud where the coral once grew

Shes so enchanting, she cant be described

I'm so repulsive, shes so divine

She washes over me with weary limbs

She covers me over the brim

She is the ocean, I am sand

But I support her because I am land





“The Morning Seemed Broken Today”

Heather Yoon

The morning seemed broken today

The sun didn't seem to rise as high, didn't seem to have as
bright of rays

Maybe it's the fact that you're no longer here

So the day doesn't want to arrive, it doesn't want to appear

Maybe I don't want to see the day when you're gone

I don't know if I could say to you, “so long.”

Life without you might as well have no sun or no light

Life without you is like a never ending night

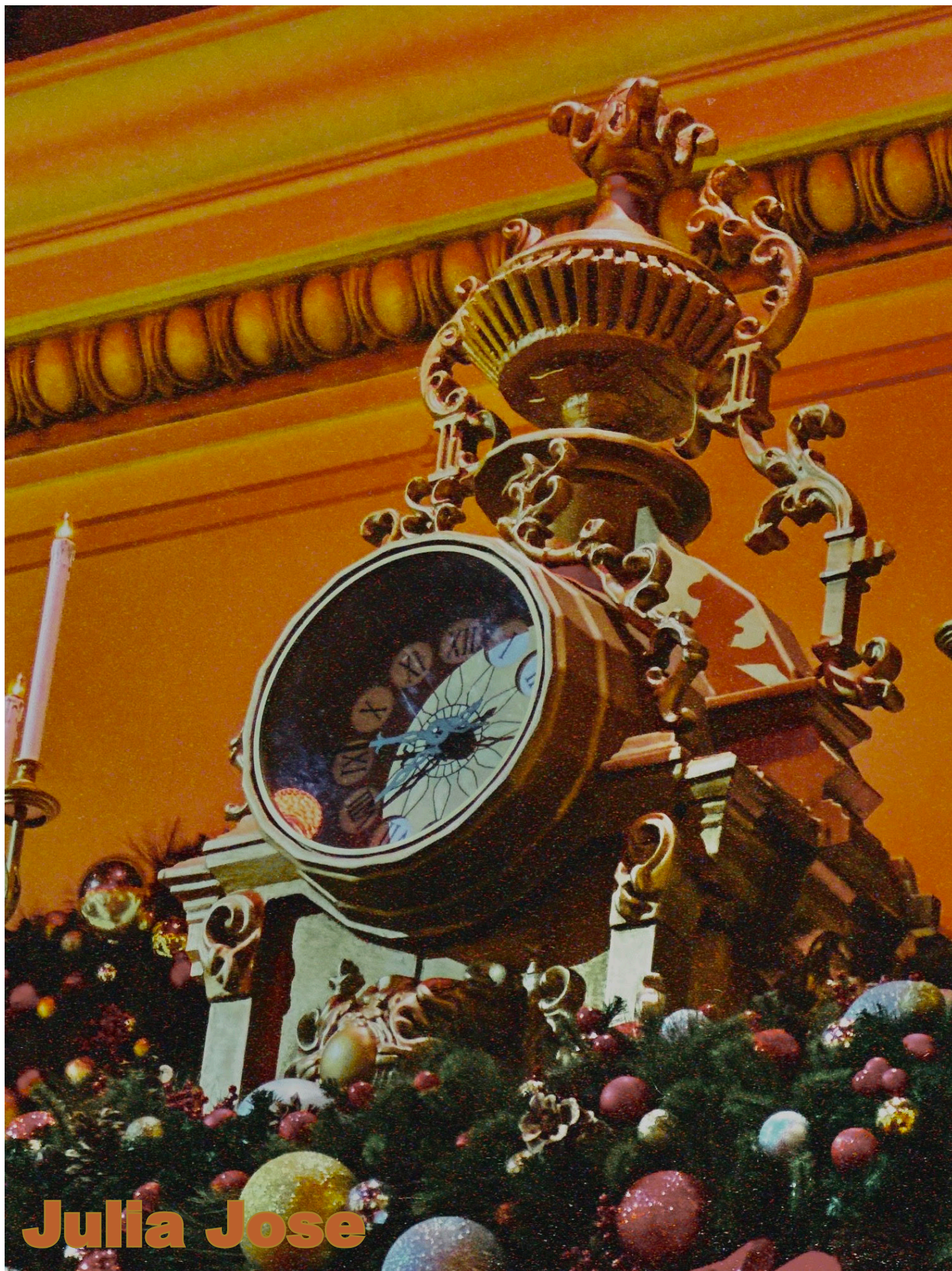
Where the darkness won't fade away, it stays pitch black

Why do I have a feeling that you're never coming back?





Julia Jose



Julia Jose





Aaron
Delgado

THERE IS A CHILD
WITHIN ME,
YEARNING TO
BREAK
FREE

Mary

Yap



Krisha Mandala





Julia Jose



Krish Gupta

Nostalgia, Stage Right

Victoria Dejour

When I think of nostalgia, I think of laughter. Of smiles and melted popsicles, hot days and dollar tree paint sets. Trips to the library, and bike rides around the neighborhood. When I thought I could live forever, and anything else was light years away.

My days filled with a thousand and one activities, always something to do, somewhere to be. Rainy days and hot cocoa mugs, always there for comfort. Gardening and the scent of fresh fruit floating through the air.

Then comes nostalgia. Enter stage right. And suddenly all those memories, those snapshots in time, seem a lot farther away than before. They might disappear if you don't hold onto them tight enough. Clutched in the palm of your hand like a child clutching their mothers clothing.

Nostalgia that creeps up on a protagonist, never disclosing their existence. Waiting for the right moment to pounce. The moment when you least expect it. They will dance around the protagonist in avoidance, so gracefully that it could be mistaken for a waltz.

Only, the protagonist of this story never realizes the game they're playing. Cat and mouse, the party of unknowing avoidance and the other a constant pursuit. Striking the protagonist down at the "turning point", saving them in ways that scholars will debate for centuries to come. Reminding them of the good, the bad, and the messy. All and the little bits and pieces in between.

Like a comic book hero, they swoop in at the last moment to save the day. Pulling the protagonist close and dipping them at the end of the song. A standing ovation. A seamless performance. The lights dim, curtains close and they take their final bow.

Nostalgia is a actor, a character who was solely created to allure you to the magic. The magic of old memories and dreams.

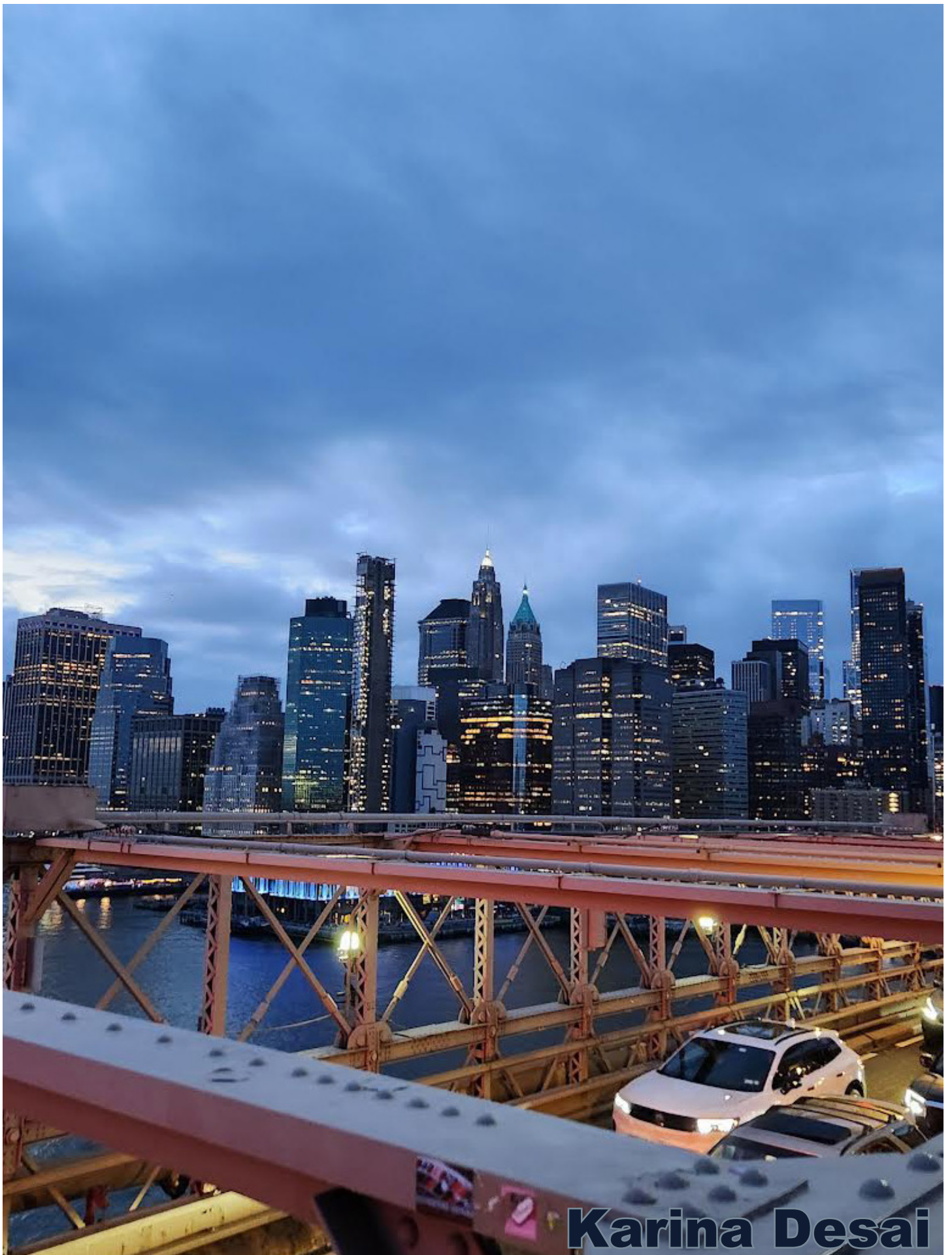


Julia Jose





Christina Vella



Karina Desai



Jeanette Yeung



Krish Gupta



William Ciampiglione



Jeanette Yeung





Shelby Swank



William Ciampigone



Jeanette Yeung



Krish Gupta



Julia Jose





Shelby Swank



William Ciampigone



Jeanette Yeung