

Remembering Kristallnacht: Annual Commemoration

BY DECLAN TOLAND
Staff Writer

“Memory serves as a mirror,” said Rabbi Marcelo Kormis, Sacred Heart University’s Jewish chaplain. “Commemorating Kristallnacht at SHU is a powerful reminder about where violence and hatred can lead our society and what ordinary people can do to stop it.”

Kristallnacht, known as “the night of broken glass,” was a state-sponsored anti-Jewish riot throughout Nazi Germany, coordinated by Propaganda Minister Joseph Goebbels and Adolf Hitler, according to the United States Holocaust Memorial Museum (USHMM). This attack on Jews, their homes, businesses, and synagogues took place on Nov. 9-10, 1938.

On Nov. 5, Sacred Heart University honored the anniversary of Kristallnacht with a solemn ceremony in the Chapel of the Holy Spirit. The annual event was hosted by the Office for Mission & Culture and the SHU Jewish Student Club and focused on remembrance, unity, and moral courage.

According to the USHMM, Nazis destroyed over 1,400 synagogues in Germany and annexed territories during Kristallnacht, desecrating sacred Jewish objects and clothing, including the Torah, the Jewish religious text. The windows of Jewish-owned businesses were vandalized and broken into. Jewish people were beaten, arrested and killed by Nazis.

Kormis was the keynote speaker at the commemoration and delivered a talk titled “Echoes of Courage: From Bystanders to Upstanders.” He reflected on the historical importance of Kristallnacht and how its lessons remain relevant amid rising antisemitism and division across the world.

He shared stories of individuals who resisted hatred during the Holocaust, including Wilhelm Krützfeld, Chiune Sugihara and Varian Fry, who each acted with moral clarity to protect others.

“Along this same line, this year’s theme was moving from bystanders to upstanders, not with grand gestures,

but with everyday tools: our voice, our presence, and our moral clarity,” said Kormis.

The event’s setting in the Chapel of the Holy Spirit added depth to the reflection.

“The Chapel changes the atmosphere,” said Kormis. “It tells everyone, ‘this matters to the whole community.’ In that space, we slow down, listen better, and remember that every person carries sacred worth.”

“Commemorating Kristallnacht at Sacred Heart University is central to our mission as a Catholic university committed to truth, compassion, and justice,” said Francis Origanti, senior vice president of Mission & Culture. “Remembering it calls us to confront the consequences of prejudice, silence and moral indifference.”

Origanti explained that the event reflects the university’s dedication to interfaith dialogue and remembrance.

“The Kristallnacht commemoration has been a cherished tradition at Sacred Heart for many years,” said Origanti. “It grew from the university’s deep commitment to remembrance, education and interfaith understanding.”

The Human Journey Colloquia Series connects these lessons to Sacred Heart’s academic mission. Origanti said its inclusion in the series “transforms remembrance into a shared reflection on empathy, moral courage, and the dignity of every person.”

This collaborative effort between the Office for Mission & Culture, Rabbi Sarah Marion, and the Jewish Student Club shows the university’s interfaith strength, according to Origanti.

“Their collaboration embodies Sacred Heart’s commitment to dialogue, inclusion, and the shared pursuit of peace and justice,” said Origanti.

“Events like Kristallnacht remind us that hatred in the world can turn violent without us even noticing,” said junior Sophie Seidman. “Everyone deserves to have rights, and we have to keep that known.”

According to Seidman, young people play an



Nicholas Maisano, Staff Writer and Photographer

Matthew Shields, Executive Director of Mission Integration, welcoming attendees to the Kristallnacht commemoration in the Chapel of the Holy Spirit.

important role in letting the remembrance guide onward.

“We can carry forward this lesson by reminding ourselves of signs of discrimination and not allowing it to happen again,” said Seidman. “Tell the story so it is not repeated.”

As attendees reflected on the message of remembrance and unity, Origanti emphasized that Sacred Heart’s mission aligns with the commemoration’s message.

“Each of us is called to reject indifference and to be an upstander in the face of injustice,” said Origanti. “The story of Kristallnacht reminds us that faith, courage, and empathy are not just lessons from history, they are virtues we must embody as we work together to build a more just and compassionate world.”

Making a Difference One Can at a Time

BY LAUREN RAUSO
Staff Writer

As Thanksgiving approaches, the Sacred Heart University annual Thanksgiving Food Drive brings students and faculty together to help local families in need this holiday season.

This event, hosted by the Office of Community Engagement, is one of Sacred Heart’s most rewarding events, and it allows the SHU community to reflect on what the holiday season is all about and what it means to help others.

“The food drive has always been one of my favorite events here at SHU,” said junior Ashlyn Evans. “It allows me to give back to my community, and it opens my eyes to how fortunate my family is, especially during the holidays.”

The event allows for SHU to support many local families by limiting costs and putting a warm meal on their table.

“The turnout is always inspiring,” said Anne Johnson, director of Community Engagement. “Each year, hundreds of students, faculty, and community members donate food, volunteer their time, or help organize the collections and deliveries. Because of this effort, we’ve been able to support over 400 local families and food pantries each Thanksgiving.”

As a result of the ongoing federal government shutdown, many programs are lacking the necessary funding to support families in need.

“This year the need is especially great,” said Johnson. “Many families in

the Bridgeport area are struggling, and with Supplemental Nutrition Assistance Program (SNAP) benefits currently paused, more people than ever are depending on food donations to get by. That’s why the SHU community is working hard to make a difference.”

As for Arlete Perez, the assistant director of the Office of Community Engagement, the food drive allows students’ learning to extend beyond the college classroom.

“At Sacred Heart, our mission goes beyond academics,” said Perez. “We want to help our students grow into caring, compassionate people who give back to their community. The food drive is one way we can support our neighbors in Bridgeport who might be struggling right now.”

The Office of Community Engagement is asking for non-perishable food donations such as bagged rice, canned fruits and vegetables, soups, cranberry sauce, corn and gravy. They are also requesting donations that include containers of evaporated milk, cereal, peanut butter and jelly. Instant foods are also appreciated, such as boxed mashed potatoes and stuffing.

All donations must be placed in small, sturdy boxes decorated for the holidays, intended to incorporate a fun touch for those receiving the donations, which can be brought to the Office of Community Engagement in the Main Academic Building, room HC 109.

In addition to the food drive, Sacred

See Making a Difference One Can at a Time
continued on pg. 2

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News

Understanding the Meal Plan Changes on Campus

BY DANIEL GREENE
News Editor

As a follow up to last week’s article, “Too Many Swipes, Not Enough Dollars?,” *Spectrum* would like to provide more insight into why the meal plans were changed. For the past two years, the university has been exploring different meal plan options in order to combat food insecurity.

“We started looking at unlimited plans about a year and a half ago. I had the opportunity to talk to other colleagues that had made a similar transition. We never asked a student, ‘do you want an unlimited meal plan?’ but we had concerns, for years, about food insecurity on our campus with the former meal plan,” said Dean of Students Denise Tiberio.

Administrators also hope that the change in meal plans will benefit students on a social level. In previous years, a student might have eaten alone because their roommate or friend already ate and did not want to use another meal swipe. With the new plan, students can reenter dining halls every 45 minutes.

An additional change was a focus on limiting what students had to spend on coffee and acai bowls. For some students, most of their dining dollars went towards those items, which saw students run out of dining dollars with a month remaining in the semester.

“The meal exchanges were game changers. I believe that people look at meal exchanges in comparison to last year. They were not offered everywhere last year but now they are, and there were time constraints and now there is no time limit. We also increased what was offered as a meal exchange,” said Tiberio. “Sushi was the one area where Chartwells could not financially offer it as an exchange, but that does not mean there will not be specials on sushi or poke bowls.”

“This is a work-in-progress. We are trying our best to make sure we are



Alexis Barada, Staff Writer and Photographer

Pios Kitchen, located on West Campus, is a popular dining hall amongst students.

supplying the best resources and support that we can for every student on this campus. I know that it is probably not possible to make everyone happy, but Chartwells is doing a phenomenal job of listening to feedback and trying to make those changes,” said Tiberio.

Making a Difference One Can at a Time

BY LAUREN RAUSO
Staff Writer

Heart will be hosting an Interfaith Prayer and Blessing Service to honor the act of giving during the holiday season. The service will be held on Wednesday, Nov. 19, at 2 p.m. in the Chapel of the Holy Spirit. This service will allow the SHU community to come together and reflect and appreciate the opportunity they are given to help others.

Spectrum previously reported that a total of \$17,478 among 370 donors was raised in last year’s drive.

More information about this event is available on the Office of Community Engagement page on the Sacred Heart University website.



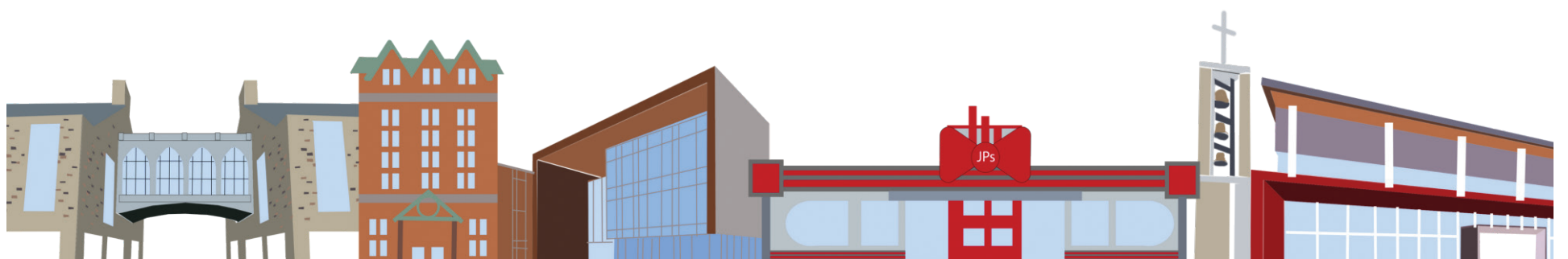
Daniel Passapera, Sacred Heart University

Sacred Heart University students assist in the distribution of turkeys and nonperishable food donations at Saint Charles Borromeo Catholic Church Nov. 26, 2024 in Bridgeport, CT.



Tracy Deer-Mirek, Sacred Heart University

Sacred Heart University students volunteer at St. Charles Borromeo Church in Bridgeport, CT, on November 21, 2023, distributing Thanksgiving food and turkeys.



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Features

50 Years of Professor Domenick Pinto

BY INGRID KLIER
Staff Writer

For 50 years, Dr. Domenick J. Pinto has been a guiding presence at Sacred Heart University. He has shaped generations of students and colleagues through his passion for teaching, mentorship and kindness.

On Friday, Oct. 24, Sacred Heart University honored him with a special event titled “Celebrating Professor Domenick Pinto’s 50th Year at Sacred Heart.” The celebration took place at the West Campus Guest House, where faculty, alumni, students, and friends gathered to recognize his remarkable career and lifelong dedication to education.

“I grew up in North Bridgeport and was always helping fellow students,” said Pinto. “Teaching came naturally, and it was all I ever wanted to do.”

His mother worked in the Continuing Education Department and encouraged him to interview with Dr. Raoul Devilliers, the then-chair of the math department. He joined Sacred Heart in 1976, while simultaneously teaching at Trumbull High School.

“When I started at Sacred Heart, the school had only the main building and the library,” said Pinto. “There were no dorms, no Pitt Center, no chapel. There has been incredible growth here in both the campus and the programs.”

Over the years, Pinto has taught courses in mathematics and computer science, from Calculus IV to Data Structures and Logic. His teaching style has remained the same.

“I always taught by example and believe strongly in a hands-on approach,” said Pinto. “I’ve always tried to be personable and available to students.”

Pinto has taught an estimated 20,000 students during his career. He served as chair of the Computer Science Department for 31 years and director of the Master’s in Computer Science program for 24 years. He also served three terms as president of the University Academic Assembly and started the Master of Science (MS) in Cybersecurity program in 2013.

Dr. Samah Senbel, chair of the Computer Science Department, described Pinto as “a great professor and a pioneer.” Senbel said colleagues admire his generosity and humility.

“He loves to help with any work, even the jobs everyone else thinks are tedious,” said Senbel. “Dom is cheerful and caring, especially with international students who really need that extra kindness.”

That compassion has defined Pinto’s career.

“Some of my favorite moments have been getting to know students outside of class,” said Pinto. “I went to India twice to recruit, mentored many, and some still visit and take me to dinner.”

Julie Savino, associate vice president for Student Financial Assistance, has known Pinto for 50 years, first as her professor and then as a colleague.

“He introduced us to computers, transforming how we approached information systems,” said Savino.

Known affectionately as “Disco Dom,” she said Pinto’s warmth and humor brighten every room.

Savino also shared a memory that showed his thoughtfulness.

“He’s famous for his stuffed mushrooms at scholarship committee meetings,” said Savino.

“Knowing my allergy, he always prepared a stuffed tomato just for me. That small gesture says so much about his kindness.”

Graduate assistant Mujeeb Ur Rahaman called Pinto “one of the most respected and long-serving figures at Sacred Heart.” He praised his humility and commitment to student success.

“He’s admired for his kindness and deep dedication to the university community,” said Rahaman.

Students share that admiration.

“He truly cares. I was already planning to go to his 50th-year celebration, but being personally invited meant so much. He makes everyone feel involved,” said senior Carlex Tiemeni.

Outside the classroom, Pinto enjoys the beach, old movies, solving math puzzles and traveling. Few know that he was also a guest lecturer on the Cunard ship Queen Elizabeth 2 three times in the 1990s.

Reflecting on his 50 years, Pinto said his greatest reward has always been his students.

“What keeps me passionate after all these years is hearing that I may have made a difference,” said Pinto. “That’s what matters most.”

When asked how he hopes to be remembered, Pinto smiled.

“My dedication, my caring, and my sense of humor,” said Pinto.

Then, with his familiar optimism, he added his favorite motto:

“Remember, every kick is a boost.”



Contributed by Domenick Pinto

Professor Domenick Pinto speaks at the event held in honor of his 50th year at Sacred Heart University, at West Campus. Oct. 24, 2025.

Women in STEM: Finding Strength in Community

BY CAROLINE DAVINO
Staff Writer

Across campus, students in science, technology, engineering, and math, better known as STEM, are finding community, confidence and support through the Women in STEM Club. The club began last year and was created to connect and empower women pursuing degrees in male-dominated fields. The club started as a small idea and has grown into a close-knit place for collaboration and confidence-building.

“The club empowers women in male-dominated fields by meeting each week and doing these activities together to show we’re all in it together and we all share that common factor,” said senior Gabriela Valotto, president of Women in STEM.

Valotto helped found the organization after noticing a gap on campus.

“I noticed that we had a Women in Business club, a Women in Cybersecurity club, but we didn’t have a Women in STEM club,” said Valotto. “The club’s mission is to provide support and community for all the women in STEM on campus in these difficult majors.”

Meetings are held every two weeks on Tuesdays at 8 p.m. and balance learning with hands-on fun.

“Meetings consist of a short PowerPoint presentation where we go over a little STEM lesson for the activity we’re doing for the week,” said Valotto.

Junior Eileen Duffy, secretary of Women in STEM said the activities make meetings both educational and enjoyable.

“Every week we choose a famous woman in the STEM community to add to our mini lesson,” said Duffy. “This allows our members to be inspired by other women in an effort to gain confidence in themselves.”

Duffy’s favorite memory so far was a chemistry-inspired slime night.

“We taught a mini chemistry lesson,” said Duffy. “It was interesting because we also had several men attend the meeting. I think in order to have women feel supported in a male-dominated field, it’s important to create a community where men are also actively supporting them.”

The club is open to all students who are interested in STEM.

“Anyone is allowed to join or even just show up to meetings, and we can add them to the email list that way,” said Valotto.

Junior and Vice President Elle Lombardo said watching the club grow has been one of the best parts of her role. Lombardo said her favorite part of serving as vice president is coming up with new ideas and meeting new members.

“It’s amazing to see how our members react to different experiments and meetings,” said Lombardo.

Lombardo said the club plans to bring in guest speakers next semester.

“I think this club helps support and empower women in STEM because it gives our members a community of females also going out into the STEM world,” said Lombardo.

Dr. Emily Mane, chemistry professor and faculty advisor of Women in STEM, said she was excited when students first approached her about starting the organization.

“I think it’s a great opportunity for women who are interested in STEM fields and careers to get together, support each other, and build community,” said Mane.

Mane said that the mix of friendship and learning is what makes the club special.



Contributed by Eileen Duffy, '27

Women in STEM Club President, Gabriela Valotto.

“The members and attendees are friends with each other,” said Mane. “They get to know each other, spend time, and those friendship networks become strong and supportive.”

The Women in STEM Club’s next meeting is Nov. 18 at 8 p.m., featuring blanket making to be donated to a local children’s hospital, followed by a marble painting event on Dec. 2 to close the semester.

As the club continues to grow, Valotto said its mission remains simple.

“I think this organization is important on campus to give the women in these STEM fields the outlet to know they are not alone and that they have others in the same boat as them,” said Valotto.

To learn more about the club or if you have an interest in joining, visit @SHU_WomeninSTEM on Instagram.

**UPCOMING
EVENTS ON
CAMPUS**

**WEDNESDAY 11/12:
COFFEE HOUSE
8:30 P.M. THE
LITTLE THEATRE**

**THURSDAY 11/13:
PAWS & RELAX THERAPY
DOG EVENT
12 P.M. LINDAS FIRELACE**

**THURSDAY 11/13:
MEN’S SOCCER
MAAC SEMIFINAL
6 P.M. PARK AVE FIELD**

CampusLife

Time to Unplug

BY WILL MORGAN
Audrey's Corner Editor

Phone addiction is one of the biggest problems among college students today. According to the National Institute of Health, 43% of college students are addicted to their phones. Adverse effects of phone addiction include sleep disruption, diminishing attention spans, and an increase in stress and anxiety.

Sophomore Blake Mattessich, a finance major, said his phone use makes him unknowingly ignore people in close proximity.

"On a typical day, I'm checking my phone every five minutes, whether that's updating the Rangers score, looking for notifications, or seeing reels from my friends," said Mattessich. "I'll be out with my friends, or at dinner with my family, and what they're saying just washes over me because I'm so wrapped up in my phone."

Sophomore Kyle Maguire, a business major, said that while intending to get schoolwork done, he'll put it off and look at his phone instead.

"So often it happens that I tell myself, 'OK. Today I am going to accomplish this and that.' And I sit down, open my computer and write down five words. And then I pull out my phone. I doom scroll for 15 minutes, come to my senses, and write another five words before I grab the phone again and repeat. By the end of the day, I hadn't even finished one thing I wanted to get done," said Maguire.

Many apps are specifically designed to keep users on them for longer. Features like feeds in non-chronological order, notifications when you haven't used the app for a bit, and user interfaces that don't end, just constantly refresh, are engineered to prevent you from even considering closing the service.

"I have all my notifications turned off; I can't stand the constant barrage of pings and dings" said sophomore and business major Andrew Bis. "It helps a little bit, but I am still on my phone all the time."

"Notifications are a real pain. It feels like as soon as I close an app it wants to reel me back in with a notice about what Snoop Dogg is up to, or how the Knicks are practicing," said Mattessich.

"Doomscrolling really gets me," said sophomore and sports communications major Nick Bosticco. "I get a TikTok from a friend and that turns into 20 minutes of swiping up, with nothing gained and valuable time lost."

There are many methods to reduce phone usage.

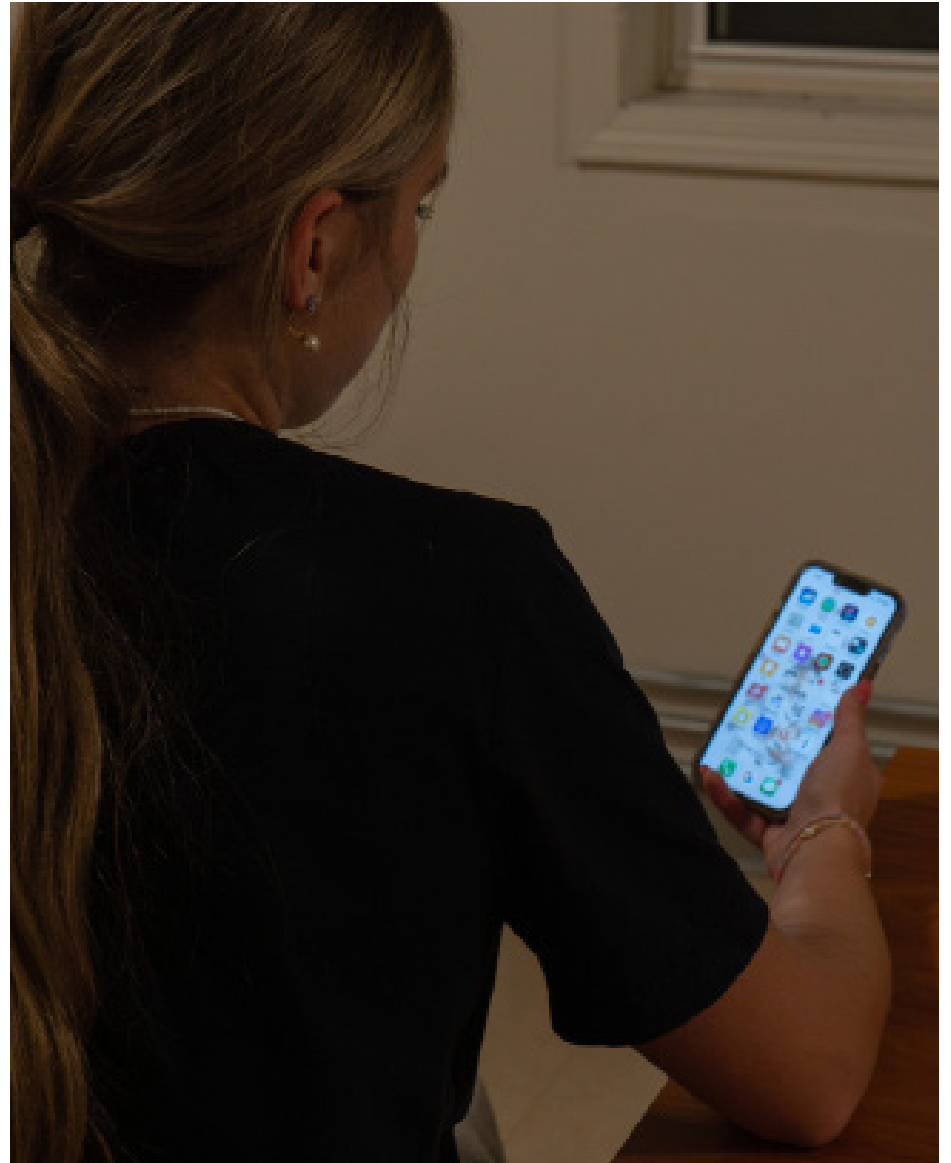
"If I really want to lock in, then I'll leave my phone in my room and go somewhere else. Just not having it around me makes it easier to focus," said Maguire.

"I sometimes will delete apps from my phone if I know they're too much for me while I'm trying to work," said Bis. "Of course, I redownload and log back in as soon as I'm finished. Maybe that's another problem."

Not for lack of trying, college students have a hard time reducing their

phone usage.

"I wish I never even got a cell phone sometimes," said Mattessich. "I feel like it's a reductive force in life. But you can't close Pandora's box."

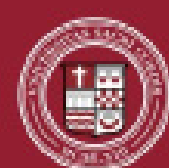


Danielle Grillo, Staff Writer and Photographer

For college students, smartphones are tools for learning and connection, but their constant use has raised questions about addiction.

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CampusLife

Sleepless Students

BY KATELYN TOTH
Staff Writer

Can a few lost hours of sleep really impact students that much? For college students, balancing classes, social lives, and sleep has become increasingly difficult. Sleep is the key to recharging your body. If you don't get the rest you need, you won't be able to properly function to complete the other daily tasks you're required to do.

Across campus, sleep deprivation is one of the most overlooked challenges that is affecting students' moods, focus, and overall well-being. Impacting everything from mental health to academic success, ensuring your body gets the rest it needs is crucial.

According to Neuro Launch, it's estimated that 70-96% of college students are sleep deprived. The National Sleep Foundation recommends that young adults aged 18-25 get seven to nine hours of sleep per night. For most college students, their sleep hours fall extremely short of this recommendation.

"My body reacts by making me feel very lazy and tired during the daytime, making it really difficult to get things like my homework done and make it to my classes," said junior Madeline Gilhuly. "Something that really helps me fall asleep is watching a TV show or movie, just to have something on in the background."

Harvard Health Publishing says that when insomnia persists and starts to become a real problem, it can cause damage to nearly every system in your body.

"When I don't get enough sleep, I notice I get sick and have trouble staying awake during the day. I am only able to sleep for a good four to six hours," said junior Olivia Yessis.

Because sleep is so essential to the mind and body, when you lack it, your body starts to shut down more easily because it is not rejuvenated.

"I notice that I get really tired throughout my day and become less and less productive as it goes on," said sophomore Ashley Montague.

It is common for students to use melatonin to help them fall asleep.

"Taking melatonin and getting to bed earlier helps, but it's sometimes not enough," said Yessis.

Some alternatives to improve sleep at night could include listening to white noise, playing a show or movie in the background until you fall asleep, or listening to low-volume music. In addition, making it a priority to actively try to go to bed earlier each night will also help you establish a routine of sleeping longer hours.

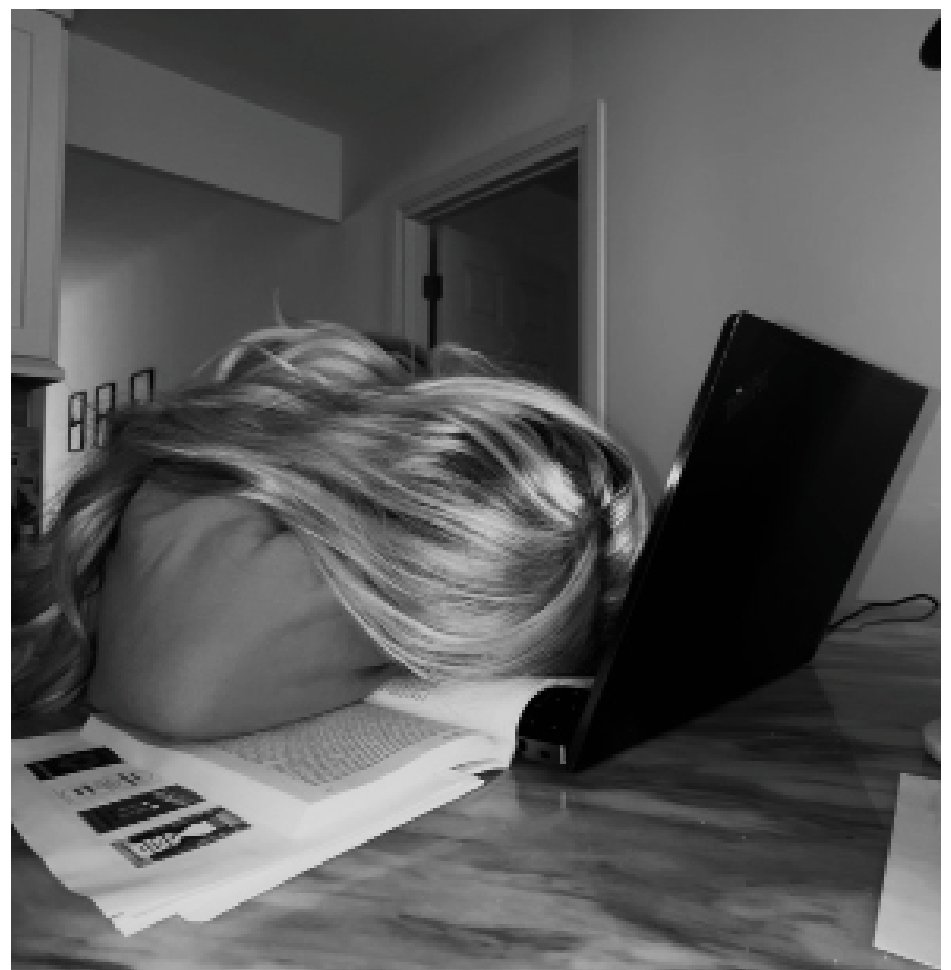
Cornell Health Sleep Resources offers ideas such as avoiding

screen time 30 to 60 minutes before bed, creating a dark, comfortable, quiet space, and learning ways to meditate and relax your mind. Also, avoiding caffeine, alcohol and sugary drinks before bed will impact your energy levels.

"Sometimes my roommates and I like to go for late-night Starbucks or Dunkin' runs for fun, but I only notice that it gives me energy I don't need to have that late at night," said junior Christa Spilios.

By avoiding these habits, your body will be less likely to want to stay up, resulting in less energy and making it easier to fall asleep at a reasonable time.

Sleep routines vary widely among students, but creating habits that allow for more rest could play a key role in sustaining both physical and mental well-being.



Katelyn Toth, Staff Writer and Photographer

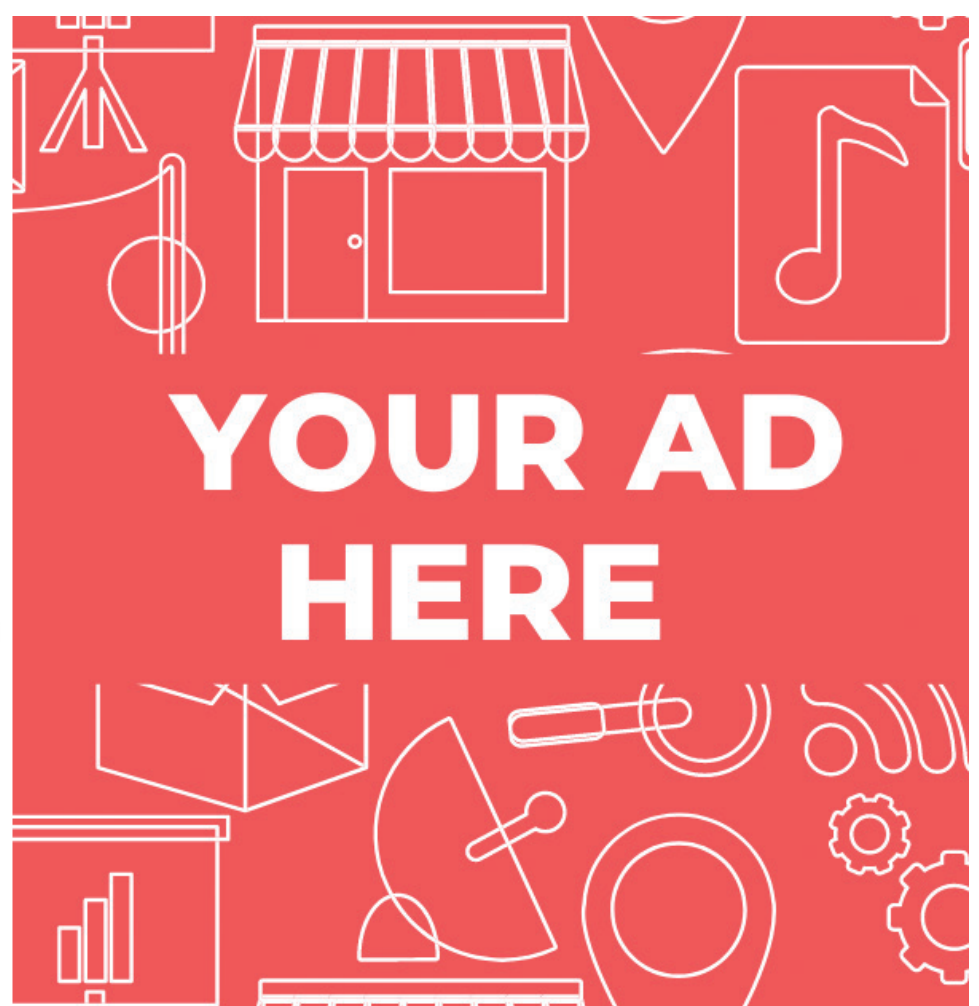
Student sleeping at table while trying to do school work.

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Arts & Entertainment

SHU Takes on Schubert

BY MIA COPPOLA

Staff Writer and Asst. Arts & Entertainment Editor

On Saturday Nov. 8, the choir filled the Chapel of the Holy Spirit with the sounds of Franz Schubert's Mass in G, a masterpiece from the early Romantic era that left the audience on their feet for a standing ovation at the concert's close.

The performance was part of the Choral Program's Masterworks Series, showcasing both student talent and growth of the new School of Performing Arts, which opened this fall.

"With the opening of the School of Performing Arts this fall, we wanted to connect the work in the SHU Choral Program with the academic music department in a meaningful way," said Dr. Christopher Grundy, director of the choral programs and assistant professor of music.

Grundy explained that featuring Schubert's Mass in G Major fit naturally with this semester's Vocal Performance class MU-129, which focuses on Schubert's Lieder, the German word for "songs."

"Schubert beautifully bridges the gap between the personal, intimate world of song and the spiritual depth of large-scale choral music," said Grundy.

The evening featured multiple ensembles: the 4 Heart Harmony performed Schubert's Mass in G Major, while the SHUpermen sang several of Schubert's secular choral works that Schubert composed for men's choir. To round out the program, the Concert Choir performed lesser-known pieces by Edward Elgar, Zoltán Kodály, and local composer Jennifer Tibbetts.

Senior and Choir President Elizabeth Knapp said performing Schubert's work brought several valuable opportunities for student growth.

"With the new School of Performing Arts, the Choral Program seeks to continue growing in opportunities for students to learn. Schubert is one way for us to do that," said Knapp.

Echoing Knapp, Grundy added that this concert not only showcased musical development, but also provided a professional-level experience.

"The Masterworks Series gives our students the chance to engage with major repertoire in a professional, performance-driven setting," said Grundy. "Learning works by Schubert, Elgar, and Kodály sharpens their musicianship, historical understanding, and artistry. It's about becoming not just skilled singers, but thoughtful, expressive musicians."

The choirs have been rehearsing since the beginning of the semester with focused and detailed preparation leading up to the concert.

"Schubert's music asks for precision, balance, and emotional honesty, so every rehearsal becomes an exploration of color and phrasing. It's been both technically challenging and deeply rewarding for the singers," said Grundy.

As the concert approached, energy among choir members continued to build.

"Like any rehearsal process, we start with the basics of learning notes and perfecting rhythms. We are now at the stage where we can add life to the piece through diction and dynamics," said Knapp.

Senior and Choir Secretary Cathriene Kowalsky highlighted that the addition of live

instrumentalists elevated the performance.

"We have live orchestral accompaniment that will be behind our vocals on concert day and soloists from our own ensemble who will be showcased throughout the piece," said Kowalsky. "The 4 Heart Harmony ensemble has grown so much in our musicianship through this piece, and we can't wait to show it off during our concert."

For both the choir members and the audience, the concert was more than a musical showcase, but it was an emotional experience.

"For our singers, Schubert's music develops sensitivity and expressive depth, it's music that teaches how to sing with both clarity and heart," said Grundy. "For audiences, it offers moments of reflection and connection; Schubert's writing speaks directly to the soul with simplicity and sincerity."

Grundy emphasized how the Masterworks Series reflects the broader mission of SHU's School of Performing Arts.

"At SHU's School of Performing Arts we aim to educate the whole musician," said Grundy. "Participants in this series grapple with major works so they can ask big questions, and explore the breadth and depth of human creativity, and be a positive force in our community."

"Everyone has put in an insane amount of effort to make sure we do these pieces justice," said Knapp. "We want the audience to feel our excitement and care about the music as much as we do after spending so much time working with it."



Mia Coppola, Staff Photographer

SHUpermen presenting Franz Schubert's Mass in G in the Chapel of the Holy Spirit.

Dancing with Heart

BY ALEXIS BARADA

Staff Writer and Asst. Arts & Entertainment Editor

A packed weekend of performances, the SHU Dance Program is producing five shows in three days.

Friday night at 7 p.m., the program starts with "Rhythm in Motion," which is filled with all up-beat styles and songs. The Inception Dance Crew, Rhythm Tap Crew and Claddagh Irish Step Dance Team will be performing.

Saturday afternoon at 2 p.m. will be the dance company's student choreography, "In Process." Students auditioned to have their choreography showcased prior to the fall semester and now their work will be performed by dancers this weekend.

Saturday night and Sunday afternoon the dance ensemble showcases "Move the Night: Program A" and "Move the Night: Program B." These shows will be a mix of all styles of choreography by students and faculty of the program.

Lastly, Sunday night at 7 p.m., the dance company will present "Boundless Expressions." These dances will include duets, small groups and large groups that all have a different meaning to them and include various elements and styles.

Audiences can expect a weekend filled with movement and artistic expression by the students.

"We have five shows going on that weekend," said Dance Program Coordinator Kelly McGill. "Three of them are primarily student choreography."

With shows focusing on students' creativity, this gives each dancer the opportunity to showcase their passion for a rigorous artform.

"The dance program gives each dancer the opportunity to exercise their love and passion for dance," said senior Kristen Alleva, president of the program. "There are many groups within the program that perform, such as the Dance Ensemble, Dance Company, Irish Step, Claddagh, Rhythm Tap Crew and Inception Dance Crew."

With so many different groups and styles, preparing for multiple shows can come with its own set of challenges. Each group must find choreography that fits with their dancers and captures the spirit.

"One challenge is definitely finding the right choreography that works for your class," said senior Marissa Lambert, recruitment chair of the program. "Every class is so different, and the program is so big."

She also stressed challenges logistically. There are lots of dances that all vary in skills and style which can make it hard to run smoothly.

"We try to make the setlist have a good variety and flow," said McGill.

Dancers said with difficult choreography, formations and transitions, it is so rewarding to see their pieces come together and their hard work pay off.

"I love when all the choreography gets put together at the end and we have a completed dance routine," said senior Kristina Esposito.

After the dances are complete, visual elements also play a key role in bringing each performance to life.

"Costumes can definitely be a part of the choreography and establish the character," said McGill. "Even if it's contemporary, you still want to see what person is in the dance."

Costume decisions often reflect the vision of the choreographer while also telling a story to their audience.

"Each choreographer has their own idea for what they want in costumes," said Lambert. "Whether it's the color scheme or certain style of clothing."

Every detail, from clothing to movement, is considered to help convey emotion and a narrative.

"As artists, we want the audience to feel something and we want to tell them a story," said Alleva.

The end of the semester performances brings not just the excitement for these performers, but also a moment to reflect on the journey. For many seniors, it's a bittersweet time filled with memories.

"As a senior, I'm definitely feeling a lot of emotions all at once," said Esposito. "I am also going to miss dancing with everyone and all the friends I made along the way."

Every dancer, whether they are seniors or underclassmen, contribute their energy and talent to make these shows truly special.

"Seeing everyone dance their heart out on stage and seeing all the hard work they put into their pieces is beyond rewarding," said Alleva.

To experience these shows, tickets are now on sale to the public. For students, tickets will become available in the box office two days before each show.

"I want the audience to really experience how dance and music exist together and feed off one another to tell a story," said McGill.



Contributed by Annalisa Darienzo, '27

A past performance put on by the Dance program.

Sports

Rothenberg Shines as Pioneers Close Fall Season

BY ALEXA PISCINO
Staff Writer

The men's golf team wrapped up its fall campaign with a seventh out of 12 finish, highlighted by senior Mike Rothenberg's standout performance, at the Wykagyl Collegiate held at Wykagyl Country Club in New Rochelle, NY. Rothenberg tied for second and shot his lowest career round — a six-under 65 — as the Pioneers closed the season showing flashes of their potential despite an up-and-down fall.

Head coach Matthew McGreevy reflected on the team's journey, describing the fall as one of growth and development for a young roster still finding its rhythm.

"The team started out well this season," said McGreevy. "We struggled to reach our stride throughout the fall. We did not have a lot of consistency."

Despite the challenges, McGreevy pointed to several bright spots, including the emergence of freshman Ronan Mooney.

"We were very happy with Ronan," said McGreevy. "We have a fairly young team, and they are coming together nicely."

Despite battling through difficult weather conditions, the Pioneers showcased their resilience.

"I feel we are getting closer to our ultimate goal," said McGreevy. "We had tough conditions during the event, and the men handled it well."

No player embodied that perseverance more than Rothenberg, who delivered a career-best round and led the Pioneers with poise.

"Mike has had a great career here at SHU," said McGreevy. "It was awesome to see all his hard work pay off with that 65."

For Rothenberg, the performance was as much about mindset as mechanics.

"It definitely felt great to play the kind of golf I know I'm capable of playing more often," said Rothenberg. "The sense of freedom I got from that round was much needed. It was a good confidence booster for the offseason and a sign that I'm working on all of the right things."

Rothenberg credited a calm, trusting approach as well as positive swing thoughts to his success at Wykagyl.

"I found a good feel and made a good adjustment to tap into the freedom I like to swing with," said Rothenberg. "That way, I didn't feel like I had to be so perfect, and my misses were still quality golf shots."

As one of the team's veteran leaders, Rothenberg has focused on leading by example rather than words.

"Even in high school, I was never a vocal leader," said Rothenberg. "The best thing I could do for the team was to keep putting up a low number. I'm focused on improving my craft every day, both on and off the course, through hard work and discipline."

Rothenberg also noted that team chemistry has been a work in progress, given the

size and rotation of the lineup this fall.

"Chemistry doesn't really develop until after spring break when the seven or so guys that could be playing in conference spend more time together," said Rothenberg. "We've definitely performed far below what we're capable of, but the only thing that matters is what happens for three rounds at the Metro Atlantic Athletic Conference (MAAC) in April."

Looking ahead, the Pioneers are focused on turning their lessons from fall into results this spring.

"We will continue to work hard on our short game and putting," said McGreevy. "As we continue to grow as a team, I think we can build on a difficult fall and come out this spring ready to compete for a championship."

Each player will head into the offseason with individual goals and training plans; something McGreevy believes will make a difference when the team returns.

"We're going to finish the semester strong," said McGreevy. "Each team member will go home with goals to work on and come back ready for a great spring semester."

"Personally, I'm striving to become a much better ball-striker," said Rothenberg. "Winning will be the result of good preparation and the work I've put in during the offseason. As for the team, our goal is to win the MAAC Conference and earn a trip to National Collegiate Athletic Association Regionals."

As the Pioneers regroup over the winter, both coach and players share one focus: turning the lessons of fall into momentum for spring.

Athletic Communications contributed to this article.



Contributed by Graduate Student Andy Trevino

Junior Jack Delaney lining up a putt on the course.

Back-to-back World Series Champs

BY JAMES SCHINDLER
Staff Writer

"To beat the champ, you got to knock 'em out!" said FOX broadcaster Joe Davis as the Los Angeles Dodgers turned a 6-4-3 double play to win the 2025 World Series in 11 innings.

The Dodgers defeated the Toronto Blue Jays 5-4 in game seven to become the 14th team in Major League Baseball (MLB) history to win back-to-back World Series titles.

The series came down to the wire, with the Dodgers erasing a 3-2 series deficit by winning both game six and game seven on the road at Rogers Centre in Toronto.

Earlier in the series, game three tied the record for the longest game ever in a world series, taking 18 innings and ending just before three o'clock in the morning on the east coast.

"I watched the entire game, I was shocked that they played two complete games in one," said sophomore Ed Dunn.

In that game, designated hitter and pitcher Shohei Ohtani went 4-4 at the plate with two doubles and two home runs, totaling three runs batted in. He also intentionally walked five straight times, reaching base successfully in nine straight at bats, a new MLB record.

"Ohtani was the best player in this series because of his pitching and hitting. He obviously had one of the all-time great performances in game three, but his presence was always looming," said Sports Communication and Media Prof. John Barnes.

In the top of the ninth inning, the Dodgers trailed by one run. Miguel Rojas tied the game with his first homerun of the 2025 postseason, sending the game to extra innings.

"Ohtani was on-deck when Rojas hit the game-tying home run in game seven, and I would guess Hoffman threw a pitch over the plate to Rojas because he didn't want to talk to Rojas before Ohtani. Even when he didn't impact the game with his bat or his glove, his presence impacted each game," said Barnes.

Another star of the series was Freddie Freeman, who hit a walk off home run in game three, a deep shot to left center field to seal the game for the Dodgers. This was his second straight World Series hitting a walk off homerun, hitting one in game one last year against the Yankees.

The biggest star of the fall classic was Japanese starting pitcher Yoshinobu Yamamoto, who earned MVP honors. Yamamoto became the first pitcher ever to earn three wins in the World Series, getting them in game two, game six and game seven. He is also the fourth pitcher of all time to win both game six and game seven.

"I was not sure if I could pitch tonight until I went to the bullpen, but I'm glad I was able to," said Yamamoto through an interpreter after pitching in game seven.

Yamamoto pitched 17.2 innings with 15 strikeouts and only allowed two walks across those three performances.

"Obviously being named MVP of the World Series proved his importance on the roster, but I think his most important moment was in game seven to ultimately win the series," said Dunn.

Will Smith gave Dodgers fans a moment to remember after hitting the game winning home run in the top of the 11th inning.

"A moment that stood out to me was definitely Will Smith's game seven home run," said senior Jeff Orticerio.

Will Smith, now a three-time champion, had two home runs in the postseason this year, along with eight runs batted in to add to his elite defensive play behind the plate.

Although losing the series, Toronto had multiple players put up unbelievable numbers and performances, including first baseman Vladimir Guerrero Jr. who hit eight home runs and had 15 runs batted in this postseason.

"Vlad is a key part to the Blue Jays roster; he was a class act with both offence and defense and even had a .368 average in the fall classic," said Dunn.

The Dodgers will try and become the third team ever to win back-to-back-to-back World Series titles next season, with the highest payroll in baseball and more money to spend.



Instagram, @mlb

A graphic made by the MLB celebrating the Los Angeles Dodgers back to back championships.

Editorial

Athletes Crisis on Mental Health

BY JAYDEN HUNTER
Asst. Photography Editor

On Nov. 6, fans of the NFL were stunned of the suicidal of Dallas Cowboys defensive end Marshawn Kneeland. A passing that not only shocked the fans of the NFL, but also brought the awareness to the athletes facing mental health problems.

From the moment athletes put a jersey on and step onto the playing surface, the pressure begins. Whether you are facing a sport that requires individuality or you are facing a team sport, pressure is one thing that will affect players mental health for years to come. Young athletes all want to play at the next level whether that is professionally, collegiately, or even varsity level. Athletes who progress to those levels are exposed to increased pressure and mental health issues. With no real mental health outlet specified for athletes, most hold emotions in and allow their mental health to take a toll.

With no outlets to speak to, athletes are speaking up providing their assistance to those in need of mental health help. Social media pages took action to provide athletes someone to speak through their emotions.

SHU football senior '26 Tyler Jameson said this (via Instagram): "It is okay to not be okay, it is okay to receive help, it is okay to be an athlete and struggle mentally, it is okay to let others in"

This is not the first-time famous athletes struggling with mental health have committed suicide due to pressure. Junior Seau, Dave Duerson, Gary Speed, Kelly Catlin, and many more have taken their life due to mental health. Unfortunately, this is not only seen in professional sports. College athletes, high school athletes, even youth sports are facing mental health issues causing suicidal thoughts and actions.

Recently a high school baseball player, Ryan Jefferson, committed to play baseball at the University of Illinois. He later committed suicide due to the struggles of his own mental health. The Illinois baseball team posted condolences and a notice to speak to your love ones and talk to someone if you need help.

With many athletes struggling with mental health our society has tried to implement some solutions towards athletes. Now, high school, college, even professional level athletes are surrounded by psychologists and team therapists to help guide athletes to the path of success in their mental health.

In a recent study, the NCAA (National Collegiate Athletics Association) released that 11.6% of varsity collegiate athletes have taken their life due to suicide. With the college athletics scene becoming more of a business for higher level athletes the pressure, media, and workload has taken a major toll on athletes' mental health.

The brewing question becomes, how can the athletics scene be changed and geared to helping these athletes; and how to reach towards the athletes who are struggling, to push them to speak to someone. It is hard to fully understand where to help athletes mental health, but any improvement will be a step in the right direction to helping athletes across the world from youth sports to the pros.



Richard W. Rodriguez, AP Photo
Dallas Cowboys defensive end Marshawn Kneeland (94) walks off the field after a preseason NFL football game against the Baltimore Ravens, Saturday, Aug. 16, 2025, in Arlington, Texas.

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