Lif will inevitably hand you a magical moment. Seize it.
-H. Jackson Brown

Every so often let your spirit triumph over your good sense.
-H. Jackson Brown

A real friend is the one who walks out of the world.
-Walter Winchell

2
Activities

10

58
Student Life

Discoveries
Never laugh at anyone's dream. It is never too late to pursue your passion.

Brown
L’Amour

There will be a time when you believe everything is finished, but remember it's passion that will be the beginning.

Louis Brown

Do your homework and know your facts. Never laugh at anyone's dream. It is never too late to pursue your passion.

Brown
L’Amour
Prologue
Sacred Heart University
5151 Park Avenue
Fairfield, Conn. 06432

Editor-in-Chief — Laura Geier
Stepping stones: Natural elements on which we move ahead. In life we may step on tangible and intangible stones that are as small as completing an assignment or as large as graduating. As each day passes, it becomes a stepping stone in our lives. We realize what that day has brought us, how we have grown and what we have achieved. Stepping stones are what allow us to keep going...they allow us to cross rivers that otherwise could not be crossed, they allow us to discover new adventures and they build paths in our lives that take us to places of which we only dream. Every day is a new stepping stone toward the next; every week toward another week, and all the years of our lives are stepping stones toward who we are and who we will become.

Sacred Heart University beholds many stepping stones that are yet to be discovered by the individuals that make up its community. Many treasures are left unnoticed, they are sometimes taken for granted or are never given a second thought. We must keep our eyes open in order to see the beauty and discover the world around us.
Discovering

Sacred Heart University
Discovering the community in which we grow is an important part of our college years. Stepping stones lie not only within the boundaries of this university, but they can also be encountered anywhere one may place their foot. In order to find what is out there, one may have to wander a little off-campus. Even at the end of Park Avenue you will find a place where students spend their time—Seaside Park in Bridgeport. Although we are located in an urban area, the beauty of the park and the glinting of the sound are there for us to enjoy. The community around us is a place for students to discover each other, what we are all about and how we are affected by our surroundings.
Discovering

The community around us
Stepping stones can be experiences in our lives that allow us to discover ourselves. There are occurrences that happen every day that are only actually captured once in a lifetime. Taking on a challenge to discover you can overcome an obstacle. A beautiful sunset may be one's stepping stone to a promise of a new day. Talking with a new person may be a discovery of a special lifetime friendship. So, you see, the chance to stop and enjoy our surroundings or the opportunity to discover something new should never be passed up because it may prove to become a stepping stone and a significant part of your life.

Laura Geier
Discovering
Yourself
Stepping Stones
Just as the “Stepping stones” in a river are the safe passage for all who cross its waters, there are many individuals here at Sacred Heart that act as safe passages; who allow each and every one of us to grow and to learn. Many people encourage us to take that first step onto that first stone but, no one does it quite as effectively as Denise Surphin, coordinator of student activities. Denise, this is a thank you for making our stay at SHU an enjoyable one. You have brought us wonderful times through your hard work and dedication. You have given us opportunities to discover great performers, comedians and talents. You have given birth to our own school mascot, and you have seen leadership qualities in students that they didn’t know they had. Like a mother helping her child take its first steps, you are always there to pick us up when we fall. You have created stepping stones in the students that helped them get that much closer to their goals and dreams.

-Laura Geier and Maria Puopolo

People can be divided into three groups:
Those who make things happen-
Those who watch things happen-
Those who wonder what happened
Congratulations Denise Surphin on being the captain of the first group.
— H.Jackson Brown
With all our love and appreciation
The class of 1995