

Elemental

Prologue 2011



The background of the page features a faint, light-colored floral pattern with stylized leaves and vines, creating a decorative and elegant backdrop for the text.

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ELEMENTAL

What does the word “elemental” mean to you? When I think of this term, what comes to mind is something that is a part of something natural. Something biological. Something that just fits. I could further explain this by quoting the dictionary, but that’s not exactly how I would like to describe what I think it means. That wouldn’t do it justice.

Instead of running to the dictionary, I think it would be more beneficial to break down the term. “Element.” What’s more natural than an element? Thinking literally, the Periodic Table of Elements is the basis of everything that exists. There are different forms and combinations of each, and yet, they are still natural, and the root for all we know.

Let’s take four elements that are vitally crucial to our own existence: air, earth, fire, and water. Each of these is made up from different elements. I don’t want this to be a chemistry lesson or anything too scientific, but these classical elements are what we need to survive—they are a part of us. They’re not always something we think about because we take them for granted since they’re a part of everyday life. They’re so natural to us that in the haste and stress that life brings upon us, the aspects that help us be here get lost in translation and temporarily forgotten.

In moments of reflection, these elements are truly elemental to our being. Without them, where would we be?

Air. We need it to breathe, we need it to live. Relating this to the featured articles this year, these are the “breaths” that kept us going. The stress of schoolwork and other commitments can be overwhelming, but taking a break and going to one of the many events on campus is just what we need.

Earth. We need it to have a place to live our lives. It’s our home. In this respect, earth in this book is our home away from home—Sacred Heart, and all of the clubs and club sports that our bonds are made from.

Fire. Its massive energy and heat needs to keep going in order to remain alive. With sports, our athletes need this same type of energy to succeed and thrive in their chosen athletic passions. They are engulfed in the “flame” that is their sport of choice.

Water. We need it everyday to quench our thirst and stay clean and healthy. We crave it to make it to the next day, the next part of our lives as we grow and develop. Seniors crave to make it to graduation, because that’s the next chapter of life. Making it to graduation isn’t the end, but only the beginning.

I know that there won’t always be a lot of time for reflecting, because life does get in the way. And even when there is time, it usually seems to get filled with something else. That’s how life is, and there’s nothing wrong with that. But even if you only open this up once in a while, I want this to bring you back to the elemental roots that we are all made up of.

Out of our four years here at Sacred Heart, we all realized that at one point, we became elemental. We each became a part of the community here, of the classes, clubs, sports, and other activities here.

What became elemental to you at your time here at Sacred Heart University? Whatever it is, keep it with you and continue to reflect whenever possible.

I would like to thank my Assistant Editor, Diana Fabrizio; Copy Editor, Mari Brown; Advisor, Amy Ricci; staff members Erin McGunnigle and Ashleigh Betso, and other contributors for helping to make this concept a reality. I could not have done it without your help!

To the class of 2011 graduates—we did it! Congratulations on all of your hard work and persistence over these past four years! Wherever your life leads you from this point on, I hope this book keeps the elemental aspects of Sacred Heart alive.

Nicole Mastroni
Editor-in-Chief
Prologue, 2010-2011



DEDICATION:

AMY RICCI



Sometimes all people need in order to succeed is a positive attitude, but this individual has given our campus so much more than that. Her passion for Sacred Heart can be seen on a daily basis through all of the events that the students truly enjoy. The person who receives this award this year is a behind-the-scenes coordinator of most events thrown on this campus. There is not a day that goes by that a student of any year does not need her. Whether she is overseeing the setup process or guiding a club through what needs to be completed in order for the event to happen, she has done it with a smile on her face.

Dedication is putting more time and energy into a task than is required of a single job. This person not only puts her time and energy into her job, but her passion leads her to go up and beyond her call of duty, taking on tasks that are not necessarily required of her. There is no doubt that this individual spends countless hours beyond what is asked of her in order to make the students happy. She is entrusted with these tasks knowing that they will be completed well beyond anyone's expectations. This year we have decided to dedicate the yearbook to you, Amy Ricci.

Amy, there are no words to describe how much you have meant, to not just our class, but Sacred Heart as a whole. You have not just made a huge impact on students of this campus, but also of people in the community. Your warm heart can be seen through your involvement with Habitat for Humanity. The students that you advised on your Spring Break trip are so grateful to have had the opportunity to spend a week with such a caring individual. It is not very often that you have time off from Sacred Heart, yet you chose to spend your break continuing to be around students and helping those who are in need. Selfless acts such as this are just one of the many reasons that we are dedicating the yearbook to you this year. In running Navigat-

ing Leadership, you have encouraged the future of Sacred Heart to get involved and become interested in leadership opportunities. On top of being our senior class advisor, you have also been a huge help to CCO and SET, planning the fall and spring concerts, as well as overseeing all activities that happen on this campus. You have so much on your plate, yet you rarely ever show the stress on your face. You have been a person to look up to and admire. Students run to you when they have a question because they know that you will lead them in the right direction.

As for your dedication to our class, I cannot describe how appreciative that we are to have had you as our advisor. Despite everything you deal with on a daily basis, you continuously make our class a priority. We would not have been able to pull this last year off without you. The success of our class has been because you have been our rock. It is not just this year that you have helped us. Whether it was a student of our class or our advisor at the time looking for an answer, all four years we were able to turn to you if we needed something. Not only have you acted as an advisor to us, but you have become our friend. You have always been about encouraging us to push for what we want. You saw something in us and challenged us to reach our fullest potential. You have been an amazing person to look up to as a role model. That support was enough to allow us to accomplish our goals. Amy, your focus and energy has been on us, on the students, on Sacred Heart in everything that you do and we cannot thank you enough for that. You do not nearly get as much recognition as you deserve.

As I stand up here, I am proud to say that dedicating the yearbook to you was a unanimous decision, one that we strategically planned without you knowing. We are honored to dedicate the yearbook to Amy Ricci this year! Thank you for all that you do!

-Jaclyn Bellino, Class of 2011 President



LETTER FROM 2011 CLASS PRESIDENT

JACLYN BELLINO



We have watched our four years turn into months. We have seen those months turn into weeks. We know for sure how fast those weeks have become days, and although we have lived up every moment of our last few days, we are inevitably just a few short minutes away from reality. The reality we are about to embark on should not be seen as an end, but rather a beginning.

Take yourselves back to when you first started here—remember that feeling? Maybe you were anxious, scared, and unsure of what was ahead. Perhaps you were excited, confident and ready to begin a whole new experience. Now feel your emotions at this present time. You may be able to relate the feelings from your past to this very moment. Although the emotions may be similar, the drive and ambition inside of you has changed.

The difference is that since then you have grown to find yourself. You have discovered the ways to get yourselves out of even the toughest of situations, knowing in time it will all work out. You have found that through the worst of times that there is a light at the end of the tunnel. You may have noticed that you are already beginning to think as an adult. You have discovered who you are, if anything Sacred Heart has prepared us in more ways than we even realize for our new beginning. Every second lived is a reminder of what you gained here.

There is no possible way I can stand before you and sum up the worth of everyone's time here. Although right now we are all wearing the same black cap and gown, we each have had a unique experience here, experiences of which we have made our own. You can be reminded of your own time here by looking at the individuality of each member of this audience.

Whether you graduate with the recognition of honors, as an athlete, with cords and sashes representing the heart of your organization, with an academic hood showing your merit, with years of friendship, or with memories permanently engraved—you have made your own way here.

The person who came here at first is not the same person who is before you today. We all arrived here knowing little of what we would become or accomplish but we will leave knowing who we are and that is a gift to be treasured and remembered. All of the silly things we are wearing right now represent the proud fact that we are graduating not just from a University, but from a community, one that has become our family these last four years.

Our college experience was not defined only by the hours we spent studying or in class. It has been about the beautiful experiences we have created with the people we encountered—friends, family, classmates, professors, administrators, and staff members. Each person has touched our lives in a way only each of you as an individual can cherish. These people and experiences have shaped our lives and become the essence of our growth during this chapter of our lives.

We've had our ups and downs, trials and tribulations, and second guessing ourselves. We have treasured the moments that we seem to never get enough of. But each of these moments – good or bad should not be looked at with regret. These experiences were a part of our life that we should take pride in because they are experiences that shaped who we have become and our lives as we step into tomorrow.

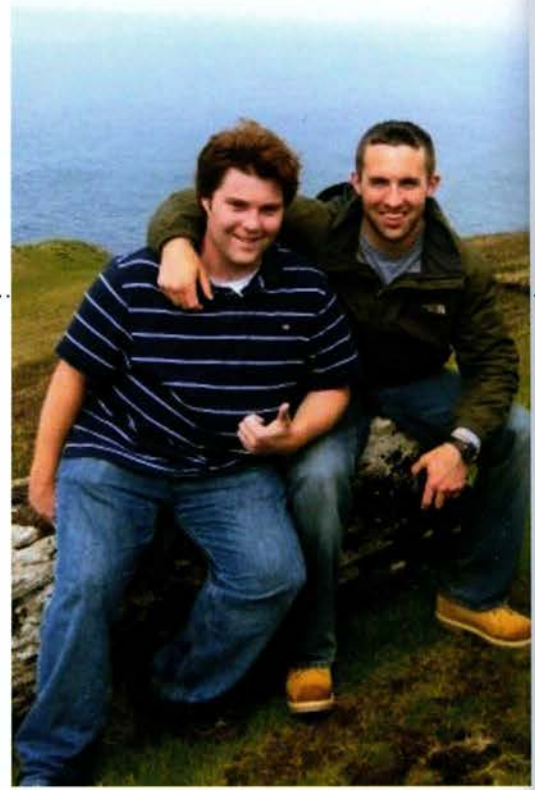
As we set forth on our different paths to our new beginning, remember the feeling that you have today. As we approach the future we will need to remember this feeling in order to see how far we have come, just as we can see it now. This phase of our life is just a stepping stone to our future. All of the things you have accomplished far outweigh the seconds that have gone by here.

As we approach our new beginning always have the courage to follow your heart and intuition—they always somehow already know what you truly want to become. Choose the life that you want to live, not one defined by anyone else. Find your passion and visualize the road that will take you there. Living your passion is the key to happiness. Life can be confusing at times, but make that next rock in your path a stepping stone. It is not about the days and years that go by faster than we wish; it is about what you do with that time and all the integrity and beauty within yourself. We have succeeded in making a mark on this campus, now it is time to go and make marks on the world.

It is my honor to now lead the Class of 2011 in the turning of the tassel. Will the Class of 2011 please rise. Raise your right hand. Grasp your tassel. Move your tassel from right to left. Now release your tassel. Congratulations Class of 2011; you are now officially Sacred Heart University Alumni.

-Jaclyn Bellino
President, Class of 2011





IN MEMORY OF...

MATTHEW R. DALLING

In a tragic accident on November 1st, 2010, Sacred Heart student Matthew R. Dalling passed away. An Exercise Science major and a member of the Kappa Sigma fraternity, Matthew, Class of 2011, had a great impact on those around him. His aspirations in life for his future were inspiring to his classmates and the pride of his family. To commemorate his death, Sacred Heart held a vigil in which hundreds of students gathered to pay their respects to Matthew's life. Also on the University campus was Matthew's funeral mass, given by Father Jerry Ryle.

A man passionate for life, the stories told at his funeral reminded everyone in attendance to live life to the fullest, and to make the best of everything. An example of Matthew's passion and excitement for the world around him is his how much he loved Ireland. Matthew spent two weeks in Dingle, Ireland with the Sacred Heart Irish Study Abroad program in May of 2010. While Matthew physically came back to America with the rest of his study abroad group, he left his heart in the rolling green hills of Dingle. Today, there is a picture of Matthew in these beloved hills mounted to the wall in the popular pub The Small Bridge, where his memory, just like at Sacred Heart, will also never be forgotten.

Notes from Matthew's Kappa Sigma brothers and close friends:

"The image of Matt that I will always remember is his smiling face, head up, looking at all of the wonders that this world had to offer. Matt enjoyed the little things in life more than anyone I have ever met, and lived more in his life than many of us will ever live in ours."

-Scott Grandpre, Class of 2010

"When I think back to the days with Matt I always think of the fun loving life Matt. He will always be remembered and in my heart and the Heart of SHU!"

-Carrington Gerli, Class of 2011

"I love you Matt, you were one of the greatest and nicest guys I ever knew. You were always so enthusiastic about hanging out with everybody...I'll never forget that. Love you Bro."

-Ryan Filippi, Class of 2011

"Poker with you was always a blast, love ya kid."

-Tim Duffy, Class of 2011

"Matt was an adventurer who always took the hard, rough road and never the easy one. We all need to live our life more fully like Matt Dalling. I'll miss you bro."

-Chris Daly, Class of 2011

"Fly high and Fly strong... Until we meet again, be my angel floating above. Miss you brother, AEKDB."

-Steve Antonson, Class of 2010

"Anyone you came into contact with, you changed their life forever."

-Mike Wright, Class of 2013

"Words can't describe how much I miss you Matt. You and your family will always be in my prayers."

-Eric Doherty, Class of 2010

"He was the most influential person in my life. I've never learned so much about myself through one person in such a short amount of time."

-Paul Carrier, Class of 2011

"Wish I knew you better, love you Bro."

-Mike Amatulli, Class of 2013



KAPPA SIGMA CAR SMASH

During the final week of school, right in the middle of final exams, the last few homework assignments, and projects and papers, the brothers of the Kappa Sigma Fraternity put together a stress-reliever to help students let out their frustrations and stresses—beating up a car for a good cause!

Their annual Car Smash is available to all members of the Sacred Heart University community for a little therapy by smashing a car with plastic composite handheld sledgehammers. When participating, safety glasses were required by the Public Safety officers in order to prevent injury.

"I understand the pressures that finals can put on some of us and the brothers of Kappa Sigma came up with the idea of taking the stress out on smashing a car," said senior Carrington Gerli.

Kramer's Used Auto Parts, with the help of Sacred Heart Public Safety Officer Ben Benson, donated the car that was smashed by students on Wednesday, April 27th, 2011.

Kappa Sigma donated 40 percent of their earnings from the event to the Juvenile Diabetes Research Foundation, which has been the fraternity's new philanthropic focus as of January 2010.

The Car Smash is a great combination of fun and a way of getting out any stress and anxiety

before finals week, all wrapped up in fundraising for a meaningful cause.

"This type of donation is beneficial as no one is donating their own property in frustration. Kappa Sigma donating part of their funds to Juvenile Diabetes is a good cause to contribute to. I had a lot of friends with the disease and it is a constant struggle," said senior Jay Stavros.

Students enjoyed demolishing the car while Public Safety officers stood nearby and were there to overlook the event. The fluids from the car were removed so the students could take out their stress without worrying about being harmed by anything in the de-stressing process. "With finals coming up, there is nothing better for de-stressing than taking out all that energy in a manner that is both entertaining and physically challenging. "This event will relieve some of the sanity of the students after getting a good few whacks on the vehicle," said Stavros.

The annual Car Smash is a tradition that the Kappa Sigma fraternity hopes to carry on every year during finals of the spring semester, being sure to donate a percentage of their earnings to a great organization in the years to come.







GREEK WEEKEND



Greek Weekend is a cherished time within the Sacred Heart community. Many students strongly believe that participating in Greek Life enhances the college experience, and with that, memories and friendships that will last for a lifetime.

The Greek community at Sacred Heart University is very close and they host many events together throughout the course of the year.

Freshman Peter Brostowin said, "As a freshman, Greek Weekend gave me the opportunity to see Greek Life at SHU come together for all of the different events. The Greek Olympics were really fun, the weather was slightly disappointing, but everyone tried their best regardless."

This weekend consisted of over 450 students participating in events, including Skit Night, Greek Olympics, and the All-Greek Las Vegas themed Formal. Junior Rich Keegan and the vice president of Phi Kappa Phi said "Greek Weekend is good because it promotes unity and bonding between all Greek Life Organizations as a whole, as opposed to the usual bonding between individual organizations. It is a great way to meet other people in Greek Life and still be able to compete against each other."

Freshman Kali Kosh, a member of Theta Phi Alpha, had a few words to say about the events,

as well. She said, "Greek Weekend is a opportunity to test yourself. To learn from and compete with your sisters. It allows for everyone to come together as one Greek community."

The Skit night was very successful. The audience enjoyed themselves as the fraternities performed their hilarious skits. Skits ranged from exercise aerobics classes to witnessing an actual haircut on stage. The guys in the fraternities pushed the envelope to leave the audience hunched over in laughter.

The Sororities worked hard to show what Greek life is truly about. Theta Phi Alpha had a skit that imitated the classic high school movie "The Breakfast Club".

All of the students who participated in the skits were very enthusiastic. The students put many hours of practice into preparing for this night, which turned out to be a success.

The Greek Weekend ended on a high note with the Las Vegas themed formal. All of the members of Greek Life got dressed up and had a great time. This event was the culmination of events hosted by the Greek Life this year. This weekend showed the success of Greek Life within the Sacred Heart Community.



HOMECOMING

As October 2nd rolled around, students, friends and family made their way up to the football field next to the William H. Pitt Center, clad in Sacred Heart attire, ready to cheer our Pioneers on as they were about to take on Central Connecticut State. All you could see was red and white in the bleachers—sweatshirts, t-shirts, hats, even foam fingers, and even Big Red's infamous coonskin caps showed everyone's pride for Sacred Heart's Pioneers.

From faculty and family, to professors and students, Homecoming is where everyone can enjoy each other's company and take a break from schoolwork. It is a time for the students to get out of their dorm rooms and have a relaxing afternoon among their roommates, friends and family as our determined football team plays their best against their opponent. "It was an awesome way to start off my freshman year! My first Sacred Heart Homecoming was everything I wanted it to be!" Said Chelsea Ilg, class of 2014. Buying refreshments and souvenirs, the students who go all out with their red and white painted bodies and taking pictures with Big Red add to the whole experience on this annual day.

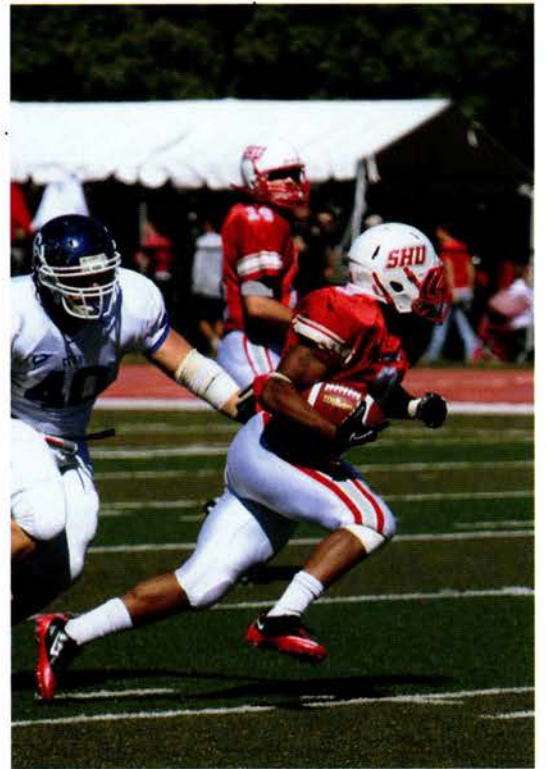
The Dance Team, Cheerleaders, and Band also performed, giving the crowd even more events to enjoy while at the game. Under the direction of both the head coach Deidre Eller and assistant

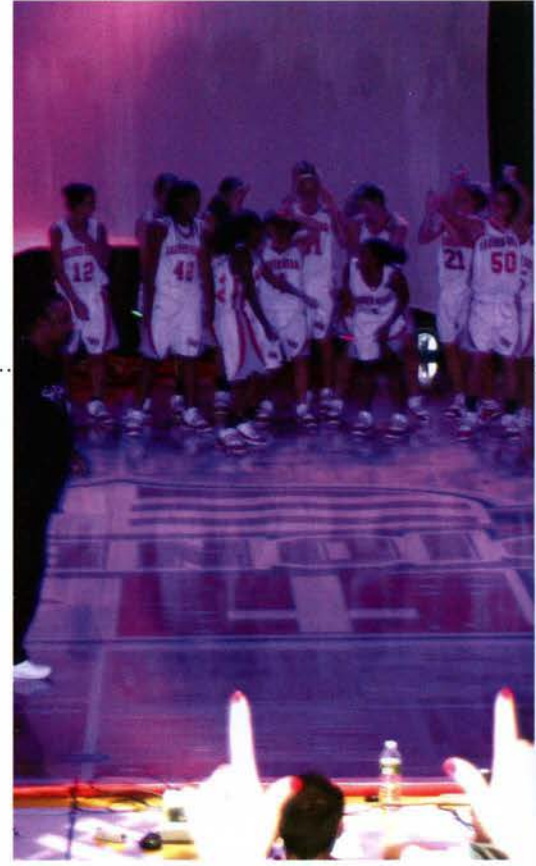
coach Jackie Stephens, and the director of bands Keith Johnston, the Dance Team's routine and the band's performance amplified the crowd's excitement during the game's halftime. Lisa Provenzano and Deborah Fressola's Cheerleading Team successfully kept up the Sacred Heart pride with their various cheers and jumps on the sidelines. Their routines during halftime and throughout the game itself pumped up the crowd with their incredible entertainment. Homecoming brings together an assortment of the immense talent at SHU. The performances, and the main event itself, the game, come together to create an unforgettable afternoon, regardless of the final score.

Homecoming is always an enjoyable afternoon for our Sacred Heart Community as we collectively come to support our team in the stands and watch the different performances taking place out on the field. The overwhelming sense of community and the fun entertainment on Sacred Heart's campus throughout the year makes this an anticipated event, as it is the first major sporting event of the fall semester. With that, it is always something that is looked forward to!

This year was no different—family, friends, and roommates flooded up to the Pitt Center and spent the day enjoying the event. What will next year's Homecoming bring?







SHU HOOPS MADNESS

Students and faculty came to celebrate the start to the 2010-2011 Basketball Season up at the Pitt Center on October 15th with Student Government's SHU Hoops Madness. This event formally introduces the Men's and Women's Basketball Teams at the start of their seasons.

After receiving the amusing emails of Big Red dancing to "Jump on It," the students were anxiously awaiting going to the event and seeing the Sugar Hill Gang perform the well-known song live.

The crowd enjoyed their performance as they helped kick off this year's SHU Hoops Madness with a bang. It was an introduction like no other! Like many others, this was Colleen Craffey's favorite part of the night. She says, "I loved when the Sugar Hill Gang played 'Jump On It' and everyone stood up and danced in the crowd or ran down to the court to dance there."

To add to the great entertainment, the Dance Team and Cheerleaders took to the floor with their upbeat and intricate routines. The excitement for the players to come out was evident in the stands as our Sacred Heart pride mounted with each passing minute, with each and every performance

leading up to the formal introductions. Everything was engulfed by the colors red and white, school spirit poured from all the students and faculty.

Free giveaways to the students and the endless games of knockout also kept the night alive with thrill and enthusiasm.

As the countdown for the start of the basketball season began, the excitement from the crowd intensified. At last, the Men and Women's Basketball Teams made their grand entrance onto the gym floor to the sounds of the infinite cheers echoing from the spectators in the stands. With smiles on their faces, the teams emerged as proud as they could be. Collin Teiderman said, "The countdown was pretty intense as we waited for the teams to come out. It was an awesome night."

SHU Hoops Madness helps celebrate the potential our basketball teams possess and lets us support them even before their first big game. It's our way of expressing our anticipation, to show them we know how successful they will be and for wishing them luck with their season ahead.



Goo Goo Dolls

In October of 2010, The Spill Canvas performed an opening act for the Goo Goo Dolls at the fall concert in the Pitt Center. They performed several songs, pumping up the crowd at SHU on the latter half of their tour with the Goo Goo Dolls, making Sacred Heart one of their last stops. Lead singer Dan Ludeman stole the thunder with his electric guitar and crowd-pleasing vocals, opening with popular song Stapplegunned, capturing the crowd's attention, many attendees excited to see The Spill Canvas live. "The Spill Canvas was pretty good," senior Devon Clark said. "I only knew a couple of their songs, but they knew how to get everyone excited for the concert." Some of the songs they played included Hush Hush, Dust Storm, Battles, Polygraph, Right Now, and All Over You.

The Goo Goo Dolls followed The Spill Canvas' opening act performance last October 28th, opening with Sweetest Lie. Lead singer John Rzeznik grabbed the crowd's attention with his sleek black outfit and messy blonde hair. His bandmate Robby Takac, playing the bass guitar, made the audience laugh with his outgoing dance moves and funny faces. The Goo Goo Dolls' keyboardist Korel Tunador surprised the crowd with a saxophone performance during their popular song Iris.

Everyone in the crowd danced with the music, waving their arms and jumping in the air. Each song played put the audience in a great

mood, and every thought of schoolwork was gone for the evening—it was all about enjoying the music, and that of a highly successful band, to say the least!

"The Goo Goo Dolls were amazing," Clark said, "and even though they have gotten older, they still rocked the same." The audience was also caught off guard by a bouquet of black balloons falling from the ceiling during another well-known song, "Black Balloon".

The almost three hour concert had Sacred Heart students and members of the community jumping up and down, dancing and singing the entire show. Throughout the Goo Goo Dolls' performance, Rzeznik threw guitar picks off the stage, interacting with audience and getting people in the crowd to scream and jump for them.

For those that weren't lucky enough to catch a pick from Rzeznik, there were also a selection of t-shirts in the lobby of the Pitt Center to purchase to commemorate the night, which many people did both before and after the concert.

Other songs the Goo Goo Dolls played included Big Machine, Dizzy, Here is Gone, Better Days, Name, Let Love In, and more, with encore songs of Notbroken and Broadway. They were so entertaining that "I would absolutely see them again in a heartbeat," said Clark.



KID CUDI



As they began their spring semester, students were excited when Sacred Heart announced that Kid Cudi would be coming to campus as the next concert in May. On May 1st, the Pitt Center was packed as hip-hop impresario Kid Cudi made his last stop on his college tour weekend for a memorable show.

Kid Cudi started out with his breakout hit "Day 'n' Nite," and quickly rose to the top of the charts with the help from his "Man on the Moon" albums. He also stars on HBO's "How to Make It in America."

From freshmen to the seniors, students anticipated Kid Cudi's arrival whether it was their first concert or one of their last events ending their career at SHU. Older students were especially enthusiastic as they already experienced similar concerts like the 2009 concert featuring 50 Cent, Tony Yayo, and Lloyd Banks.

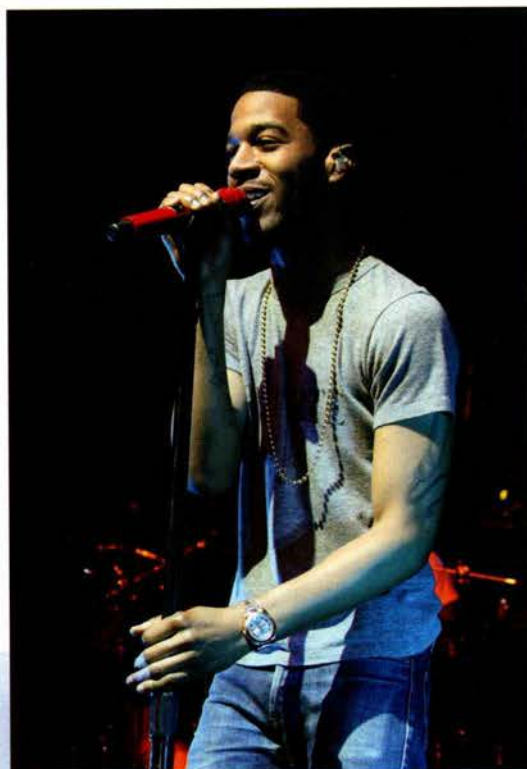
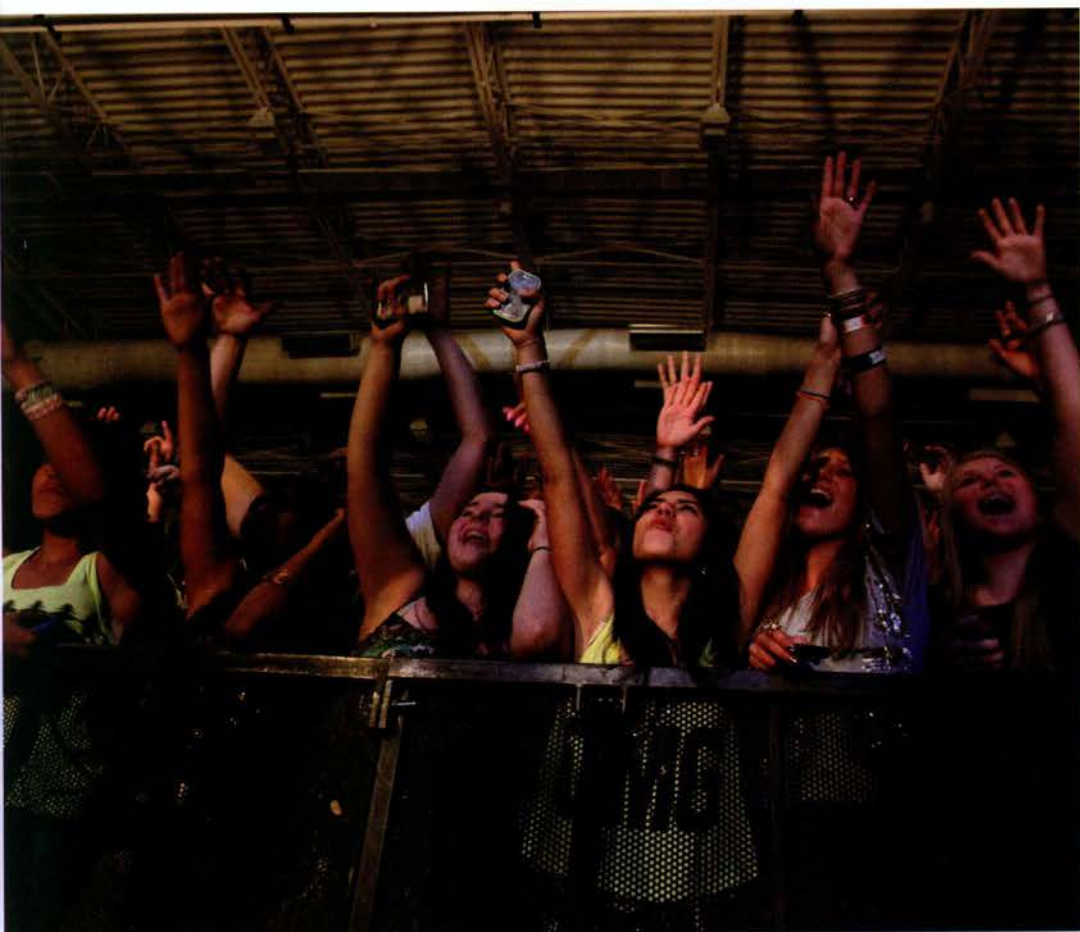
The concert sold out in a matter of a month, happily surprising both the student body and faculty. Student Life, who was in charge of picking out what concerts come to campus, knew they would get a good turn out, but never imagined this. "We expected that students would be excited for the show," said Amy Ricci, director of Student Activities. "But we didn't realize that we would get the huge response that we did." Students queued up

on one long line leading up to Hawley Lounge to purchase their tickets in February, making sure they wouldn't miss out on one awesome concert.

"It was an awesome experience to bring such a talented and respected artist to campus and have our whole student body come together," said senior Caroline Slempe, "Not only did Kid Cudi put on a great show he was a great artist to work with and brought together our student body, community and friends of all of our students for a great sold out performance."

For twenty dollars a ticket, everyone who bought one had an unforgettable night at the concert. Waiting on the long line full of people from so many different places was worth it once they all got in and the show began. Chip tha Ripper got everyone pumped for Kid Cudi and had a blast to the end of the night. Anyone who went won't forget the craziness of the night or witnessing just how many people could fit in that Pitt Center.

With Spring Fest the day before, Kid Cudi was a great way to kick off the end of the year for the seniors. They enjoyed their last concert as SHU undergraduate students entered their last week with freshly made memories from the performance, looking forward to their Senior Week and Graduation that was just around the corner.





LITTLE SHOP OF HORRORS



After last year's spectacular performance of "Rent," Sacred Heart University's community were very excited for this year's play, "Little Shop of Horrors." Getting the emails about auditions back in January built the anticipation for the performances to come in April. As the show was approaching, students happily opened more emails informing everyone of the dates, times, and cost of the production. It was exciting to see who was cast in the play in the emails and imagining how they would bring the character to life.

Sacred Heart's gifted Theatre Arts Program, also known as TAP, was so proud of all the actors and happy to announce Paul Cappadona as Seymour, Lindsay McGrath as Seymour's love interest, Audrey and Tyler Kelly as Mr. Mushnik.

"Little Shop of Horrors," a Roger Corman musical, is based off of the 1960 film of the same name, and has won best musical awards from the New York Drama Critics Circle. The storyline revolves around a discontented, unlucky floral assistant named Seymour, who quickly rises to fame when he discovers an exotic plant, named Audrey II that has a peculiar hunger for human blood. Sophomore Stephanie Taglianetti's strong voice was perfect for this bizarre plant. The growing and ravenous plant hilariously spoke and sang throughout the show, and was a hit with the audience. By the end, this animated plant shocked the audience with the sheer enormity of it.

Hundreds of people filled the Edgerton for the musical "Rent" last year, following up with winning Event of the Year at the Campus Life

Leadership Awards, and with that, everyone was expecting another great show. Paul Cappadona says, "I expect the show to go extremely well because of all the long hours and effort everyone has been putting into it." The performances proved Paul to be right as each actor, lighting, and backstage crews assisted in making the show so successful, just as it was last year.

The show sold an impressive 1,050 tickets for the four shows. This money went towards the production of "Little Shop of Horrors."

Starting on Thursday, April 7th, the cast members took the stage for the first of four performances, and on Sunday, April 10th, the glowing cast took their last bows to an enthusiastic audience full of applause and cheers. The smiles on the actors' faces showed their appreciation for Sacred Heart's support and how proud they were of their hard work and dedication they had to this musical.

With two amazing shows, students and faculty are already looking forward to whatever is up the Theatre Arts Program's sleeves for next spring.

"The show was a tremendous success. In style and substance, 'Little Shop of Horrors' was very different from [last year's] 'Rent,'" said Jerry Goehring, Executive Director of the Edgerton Center for the Performing Arts. "The show was a tremendous success." Goehring continues, "As director of the production, I am very proud of the accomplishments of the entire cast and crew of 'Little Shop of Horrors.'"



SEMI FORMAL

As Sacred Heart students entered the Stamford Marriott on December 3rd, 2010, they stepped into a world of cards, classy drinks, and "007"—the world of James Bond. There's nothing like a little "Bond, James Bond" to get a great night started.

This annual event sells out every year, and this year was no exception—students lined the University Commons the moment tickets went on sale, and eagerly waited getting their tickets.

The time in between buying tickets and the night of the dance was full of anticipation—every student pushed through whatever work and stress they had, because they knew a memorable night was coming soon before finals week approached.

When the night finally arrived, groups of friends and couples walked onto campus all decked out and ready to go. Students put on their best attire just for the night—new dresses, shoes, shirts, and ties. It's always fun to have an excuse to get out of sweatpants and jeans that we're all so accustomed to when it comes to going to class.

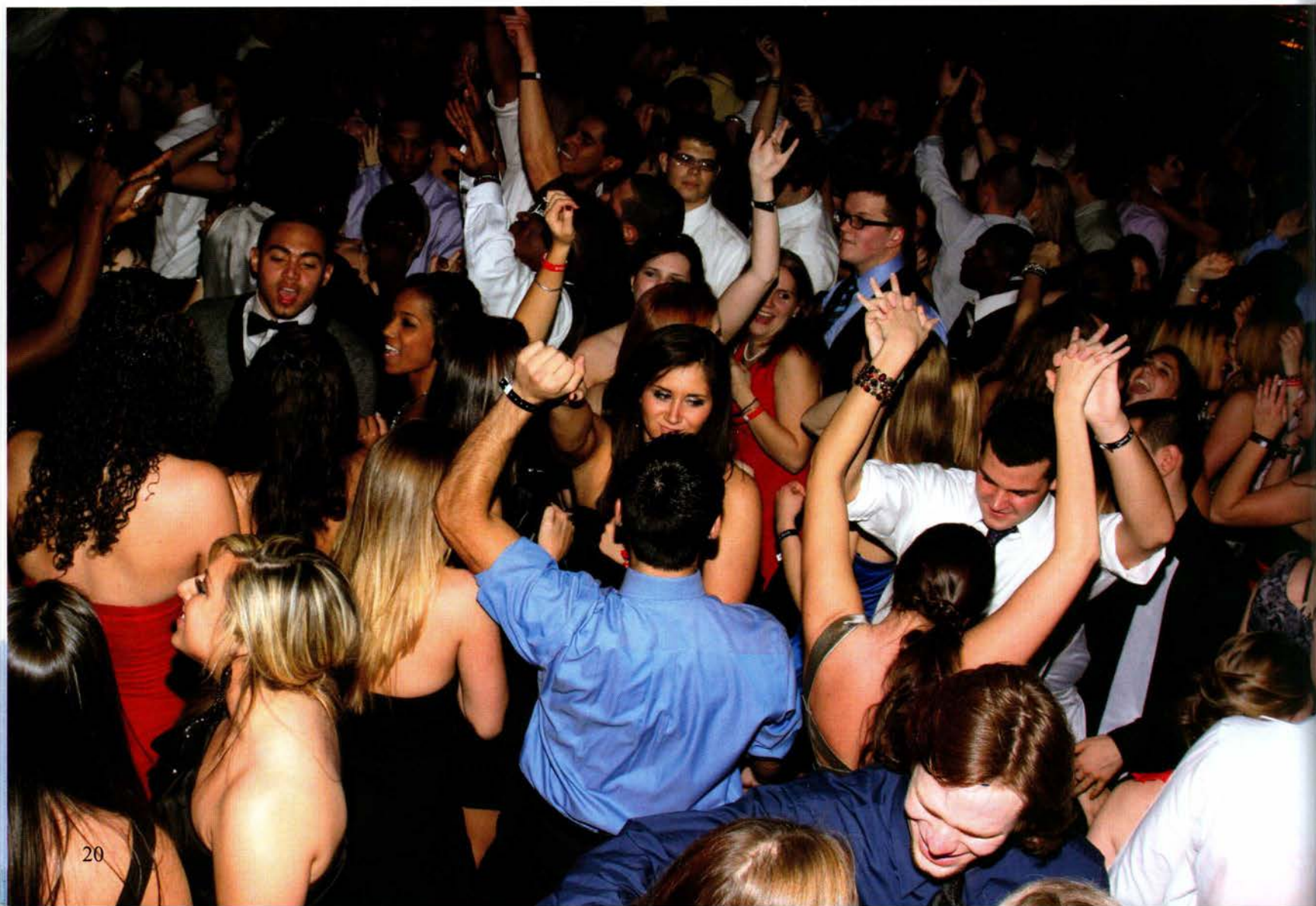
Girls fashioned their semi-formal dresses, from glittery to flowered and shiny to sleek, while the guys slipped on their collared shirts, matching ties, dress pants, and dancing shoes for the occasion. From loud and bold, to classic and demure,

everyone looked great, and were ready to dance.

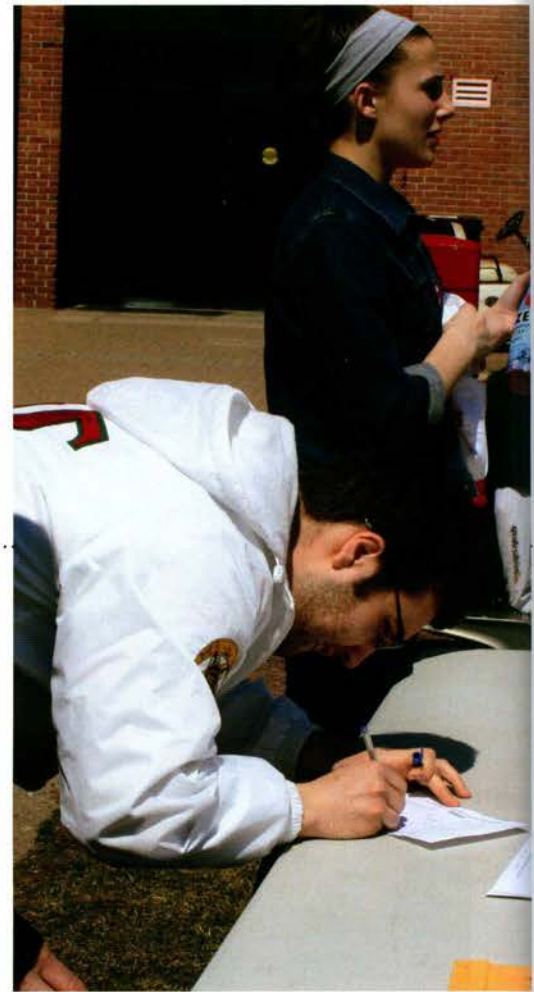
After waiting in line to board the bus, and a half-hour drive to the Stamford Marriot, the long-awaited night had officially kicked off. Before the dancing began, there was a buffet-style hors d'oeuvres station to give everyone enough energy to dance the night away. An assortment of cheeses, pasta, fruits, and vegetables lined the tables for students to enjoy.

The tables were festively sprinkled with jewels and confetti in the shape none other than martini glasses. They were also decorated with cards, sporting the black, white, and red colors that James Bond so suavely exhibits in his adventures. "The theme of the dance was pretty cool," senior Kristin MacDonald said, "and it was different than anything else I've ever been to!"

The deejay of the event played all the latest hits as freshmen, sophomores, juniors, and seniors danced all night. Under the strobe lights and the disco ball, Sacred Heart students spent their night enjoying each other's company and the chance to forget about school for a night and just have a good time. "The music the deejay played was great!" MacDonald said. "It kept everyone on the dance floor from the beginning until the end of the dance."







JAIL N' BAIL



On April 6th 2011 the 2nd annual Jail N' Bail was held at Sacred Heart University. This event was organized by both the staff of Sacred Heart University and Public Safety Officer John Kichinko. Jail N' Bail is a time in which students had the ability to "arrest" fellow students. Students also had the rare opportunity to have their professors as well as other members of the Sacred Heart community "arrested"—for a good cause! Students and faculty were arrested for many reasons ranging from having messy hair, to missing class, to assigning too much homework. The arrest warrants cost five dollars each and the proceeds go to the Special Olympics.

The Special Olympics is an organization which provides training and athletic competition in a variety of sports and activities for children and adults with intellectual disabilities. Freshman Meghan McGrail said, "Special Olympics is an awesome organization. It is really great to see people who have special needs participate in activities like sports. Jail N' Bail as an event was a good way to take a break from our school work and just enjoy ourselves. It was a great way to play pranks on our friends."

Officers came to find the people who were arrested with the assistance of the Theta Phi

Alpha sorority and Kappa Sigma fraternity. Once the people were found, they were then tried by the judges. The "arrestees" were then given a bail amount. Once they were in the makeshift jail cells, they had to call people and beg to bail themselves out of jail.

This year, officer Kichinko had a fundraising goal of \$20,000. Theta Phi Alpha played a role in assisting the organization of this event. Freshman Ashley Bua, a member of the sorority, had a few words to say about this special event: "We helped the police officers find their way around SHU and aided them in locating the people who were being arrested. It felt great to be a part of this amazing event."

This year the jail cell was made bigger and according to officer Kichinko, all the "bells and whistles" were put to use this year to really make this event a success. This event has become very important to the Sacred Heart Community. The Sacred Heart community rallied together and had a very successful day. Everyone who participated enjoyed themselves, even the people who were put in jail. All the participants recognized the fact that the Special Olympics is a worthy cause that impacts many lives in various ways.



MR. SHU

Mr. SHU. It's the event towards the end of the year, and most students look forward to it all year. It's, for lack of a better term, a male beauty pageant. But that doesn't do it justice—it's a hilarious combination of introductions, beachwear, formal wear, talent, and questioning. While it sounds like a "Mr. America" spectacle, instead of the well-known Miss America and Miss Universe pageants, among others, it is much more than that.

"I honestly can't wait for Mr. SHU every year. I've been going since freshman year and it's probably one of my favorites to go to!" said senior Stephanie Ene.

Reactions like Ene's aren't uncommon—Mr. SHU is a highly anticipated event, and for good reason. Contestants create introduction videos that are wildly entertaining, and are a perfect way to open the night in the Edgerton Theatre. Senior Mike Ohrenberger's video was a hilarious interview of his parents, where they made fun of him. It was clever and well done, and really got the audience ready for what was to come next. Other participants' videos were also entertaining, adding to the excitement for the other events of the competition.

Even the lack of videos was funny. Junior Zach Johnston's video was unable to be played due to technical difficulties, so he instead was pushed down the Edgerton aisles in a battery-powered Jeep convertible in short shorts and an 80s-style tank top. The audience's reaction was priceless, as this was completely unexpected!

When it came to the talent portion of the evening, each man fighting for the title and Mr. SHU

crowd gave it their all. Senior Chris Daly created his very own dance academy, where he taught a Zumba class. The extremely popular workout routine was remade into a fantastic act for the competition. Adorned in sweat headbands, wristbands, and other dated workout fashions; Daly looked the part and was quite comical. His large class of eager Zumba fans danced away, and the entire choreography was well done.

Sophomore Christopher Mastrocola played drums with his band, clad in a kilt, a blue "Saturday Night Live" t-shirt, and a Viking-inspired hat. This added an awesome element to the night, and left everyone laughing and enjoying him or herself.

Jimmy Meeg also performed—singing the infamous "Friday" by Rebecca Black, leaving the audience in hysterics.

Johnston brought back his riot introduction and blew bubbles and rode in his Jeep, wearing the outrageous outfit yet again. By this point, everyone was in stitches. Every contestant brought their extremely comical acts to the stage!

The beachwear and formal wear portions of the evening were also very memorable. Johnston continued to wear his mini shorts, with his suit jacket and shoes.

When it came time for the winner, the decision was a close one. Zach Johnston, who wanted the crown since his freshman year, was victorious. Everyone's hard work and dedication to the event didn't go unnoticed. Congratulations to all those who competed, and good luck to the contestants next year!





STUDENT GOVERNMENT



CLASS OF 2011



CLASS OF 2012



CLASS OF 2013



CLASS OF 2014



STUDENT GOVERNMENT E-BOARD

CLUBS

The Clubs and Organizations at Sacred Heart University continue to grow and transform our campus into so much more than just a place to go to class and study with friends. The number of clubs keeps increasing, allowing students to choose from what seems like an infinite amount of groups to participate in. Some popular clubs during the 2010-2011 academic year included SHU F.O.R.C.E., Habitat for Humanity, the Student Events Team (SET), Best Buddies, and the Psychology Club. Other clubs are: Celtic Club, the Rotaract Club, Fashion Club, and the Biology Club. The array of clubs choices on campus may seem overwhelming, but students easily find the club or clubs that suit them. Sitting in on meetings or visiting the Club & Organization Fair is a great way to see which clubs interest students.

The Student Athletic Training Organization hosted massage nights several times over the course of the year, offering students a time to get away from studying and relax a little.

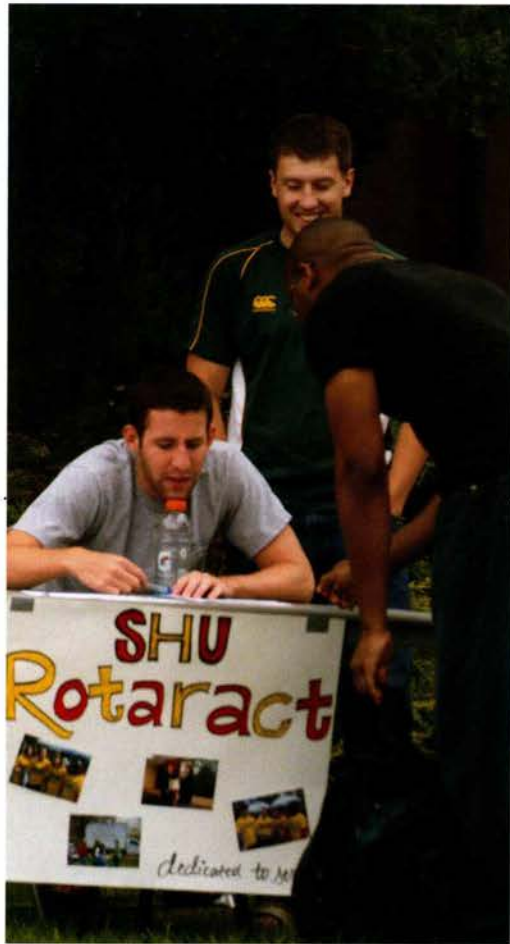
Greek Life is another aspect of clubs at Sacred Heart that has prospered immensely over the past year, holding fundraising events such as Kappa Delta's ShamROCK the Runway.

The Zeta Tau Alpha Sorority held a clothing boutique in the Faculty Lounge for a fun afternoon of shopping.

Club Sports are also a great activity to participate in. Ranging from baseball, figure skating, rugby, weightlifting, and tennis, there is a wide variety of sports to choose from to have fun with when not hitting the books.

There are so many clubs to get into at SHU, and no matter which one you choose, the end-result is the same: meeting people who have a common interest with you, working together towards a goal, and having fun. Being a member of a club at Sacred Heart proves to be well worth the time and effort!







AMERICAN CHEMICAL SOCIETY

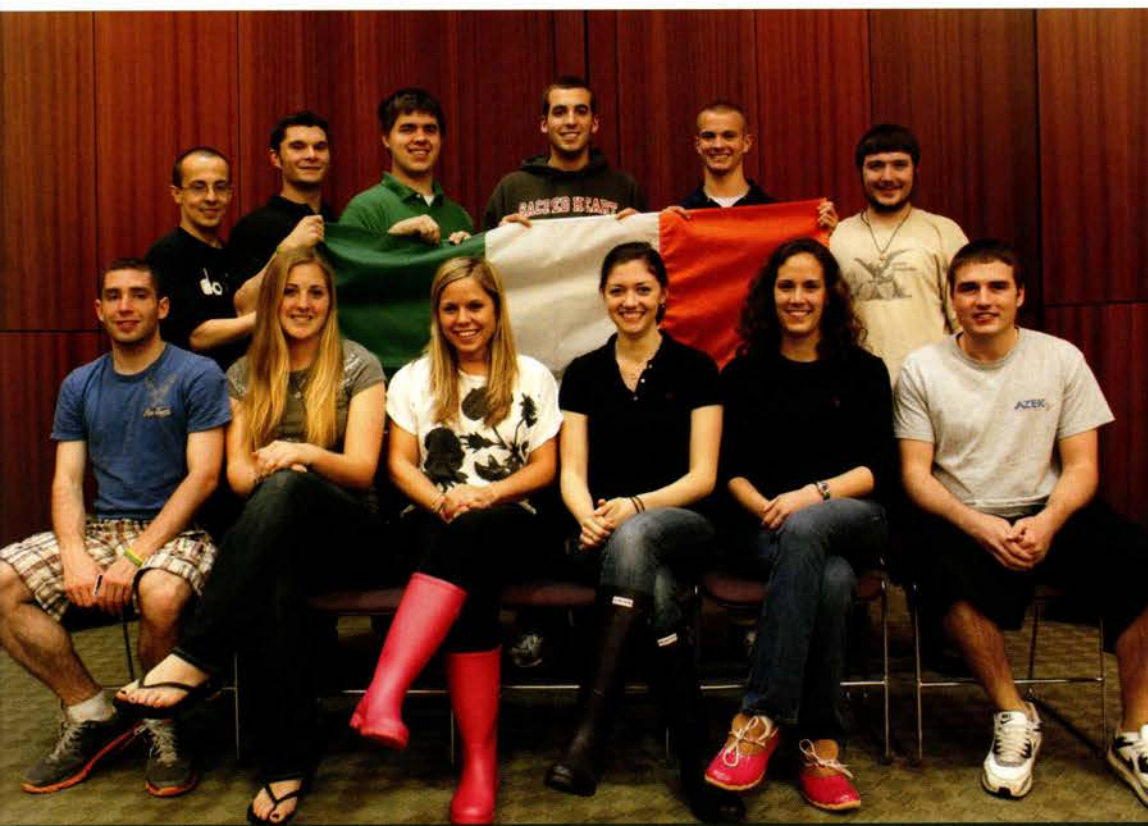
BEST BUDDIES

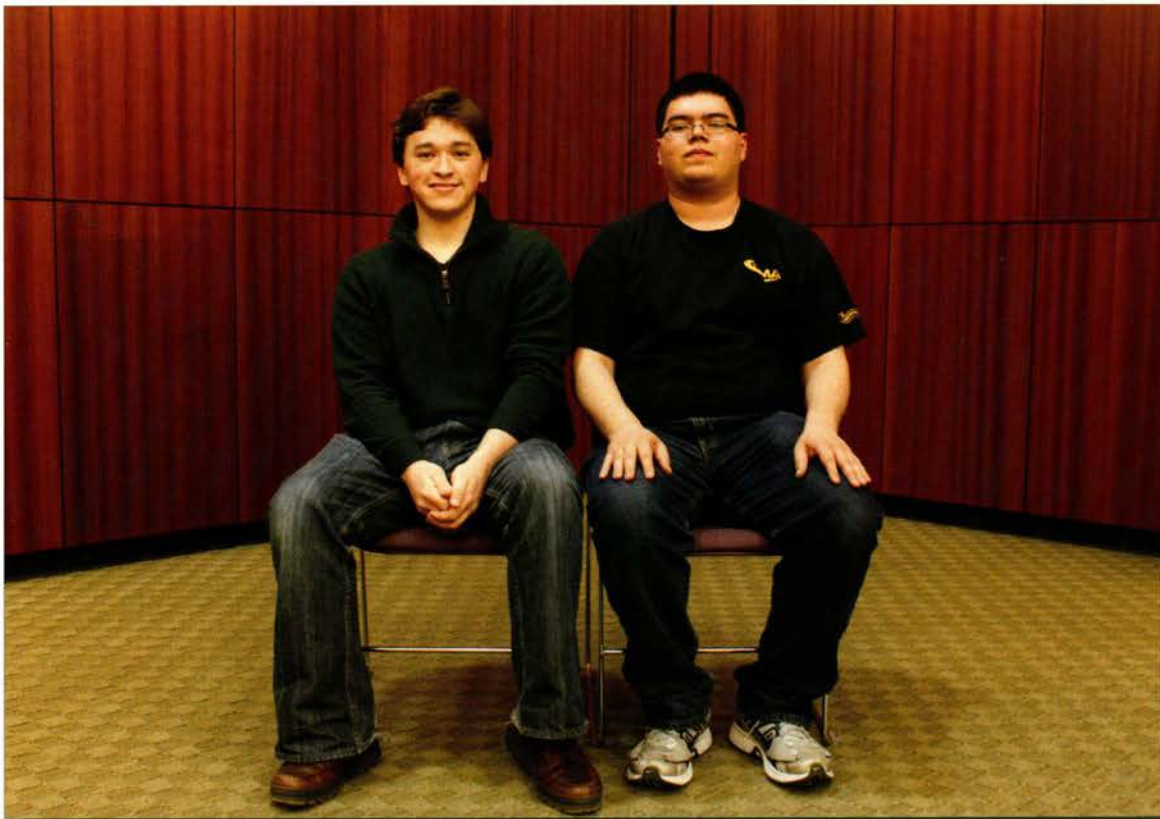




BIOLOGY CLUB

CELTIC CLUB





COLLEGE REPUBLICANS

HABITAT FOR HUMANITY





MARKETING CLUB

ITALIAN CLUB



MARTIAL ARTS





POLITICS AND INT'L STUDIES

PEACE BY JUSTICE



PRE-PT CLUB





PROLOGUE YEARBOOK

PSYCHOLOGY CLUB





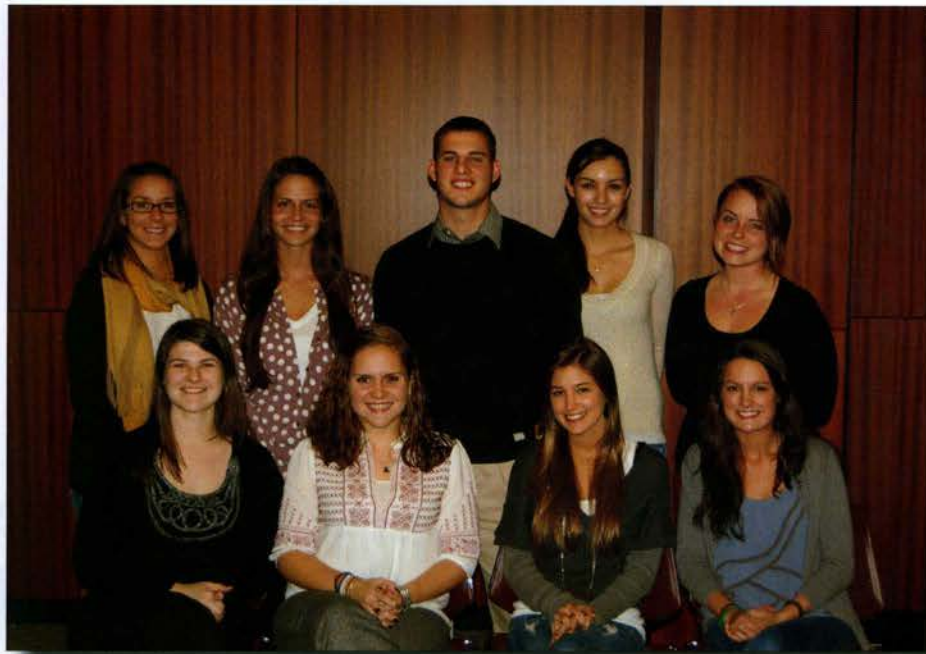
ROTARACT CLUB

SPECTRUM NEWSPAPER





STUDENT EVENTS TEAM SPORTS MANAGEMENT ENTERPRISE



UMOJA



SORORITIES



ZETA TAU ALPHA

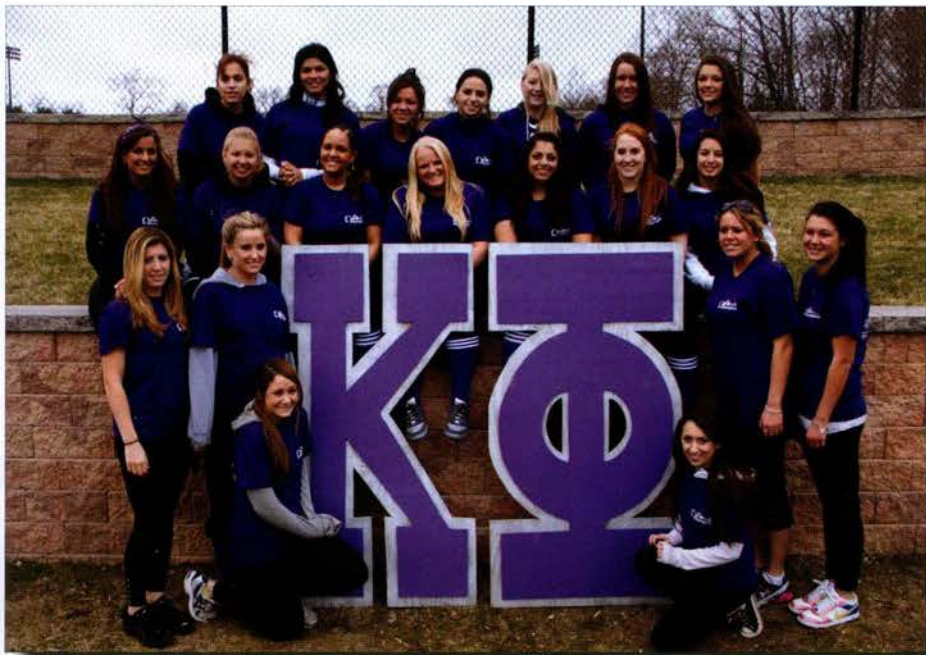
THETA PHI ALPHA





KAPPA PHI

KAPPA DELTA



PHI SIGMA SIGMA



FRATERNITIES



DELTA TAU DELTA

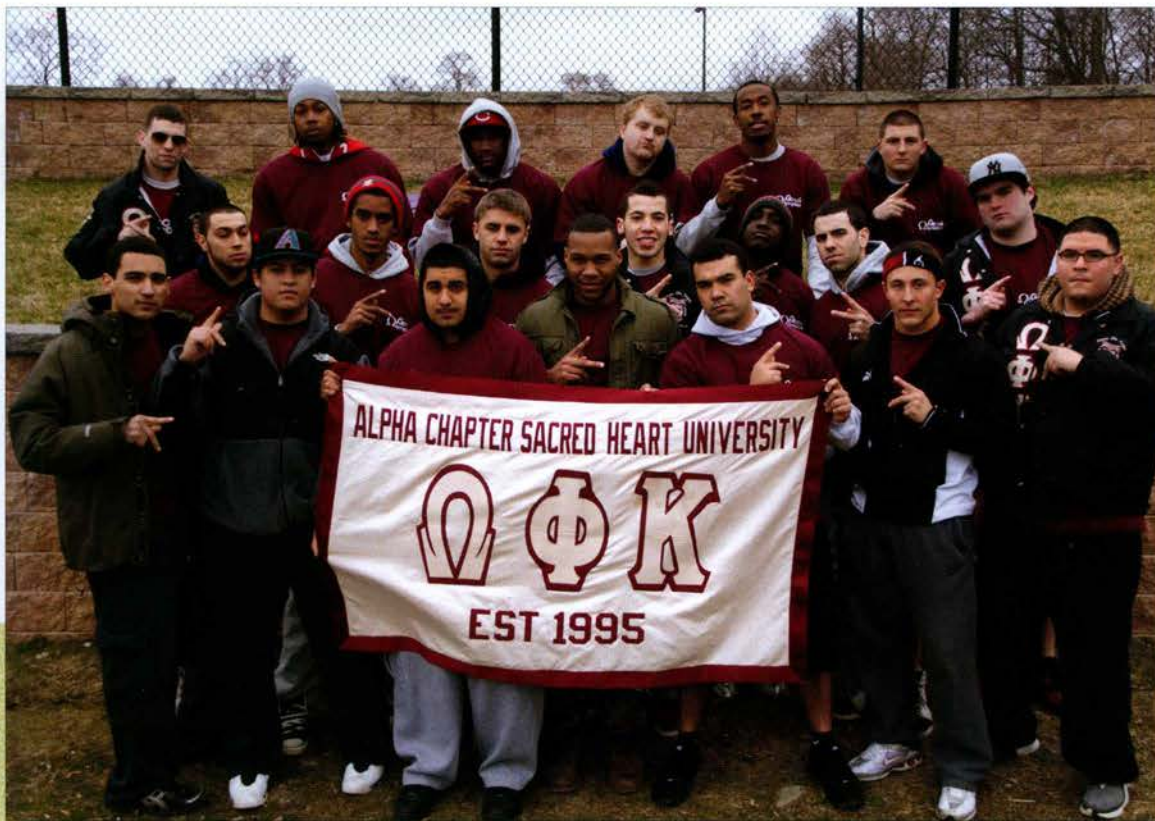
KAPPA SIGMA





PI KAPPA PHI

OMEGA PHI KAPPA



CLUB SPORTS



FIGURE SKATING





BASEBALL





GYMNASTICS





SHU DANCE TEAM





MEN'S SOCCER





WOMEN'S SOCCER





MEN'S RUGBY





WOMEN'S RUGBY





HOCKEY





TENNIS





MEN'S LACROSSE





WOMEN'S LACROSSE





FIELD HOCKEY





WEIGHTLIFTING



SPORTS



In September 1999, Sacred Heart University upped its Athletic Department from varsity programs to the National Collegiate Athletic Association (NCAA) Division I level. This evened out the playing field with academics and service projects, and ever since then, SHU athletes have dominated in their preferred sport. As the athletic website says, "Our athletic programs are predicated on the philosophy that success in the classroom and positive participation in the greater University community will lead to success on the athletic field." Sacred Heart has become a sort of "triple threat" in this respect, and every athlete is ready to earn that success.

In addition to being a member of the NCAA, Sacred Heart athletics are a full member of the Northeast Conference (NEC), as well as an associate member the Atlantic Hockey Association (AHA), and the Colonial Athletic Association (CAA).

Every team strived for their best seasons yet, and devoted several hours each week to training and practicing so that they could achieve as many victories and awards as possible. Sports range from equestrian, football, basketball, swimming, fencing, wrestling, track & field, baseball, ice hockey, to rowing, and many more. No matter the sport, the attitude is the same—with a lot of dedication and determination, anything is possible. Win or lose, Sacred Heart's athletic teams are a community within themselves, and they know how to create a bond and unity that will bring them positive results during their seasons.

For the 2010-2011 athletic season, many teams brought numerous wins and other successes back to Sacred Heart. With such a great year, next season's teams can only use this to their advantage, and bring pride to the SHU community.





Football

Sacred Heart University's Football Team is led by head coach Paul Gorham. This is his seventh season on the Pioneer sideline. The Pioneers took part in their thirteenth season of play in the Northeast Conference back in the fall of 2010. This season started off great, especially when our quarterback, senior Dale Fink (Swansea, IL) became the fourth passer in league history to eclipse the 7,000 yard mark. He ranks third on the NEC career passing yards list.

The Gridiron Club of Greater Boston named Fink the Golden Helmet Award winner as the Division I New England Player of the Week. He became the first Pioneer in program history to win this weekly honor. He received this award at the 2010 New England Football Writers Annual Awards and Captains Banquet on December 9th.

The football team also hosted a one-day developmental clinic in June. They invited high school students and their parents to spend the day at the football clinic. Events included were instructional drills, an overview of Sacred Heart University, meeting the football staff, and lunch.

The 2010-2011 season marks the twentieth anniversary of football at Sacred Heart University. They played special recognition to the inaugural 1991 team. Former Pioneers returned for the celebration. Our Pioneers had a great season and ended it off with a win in the end of November against Wagner.



Cheerleading

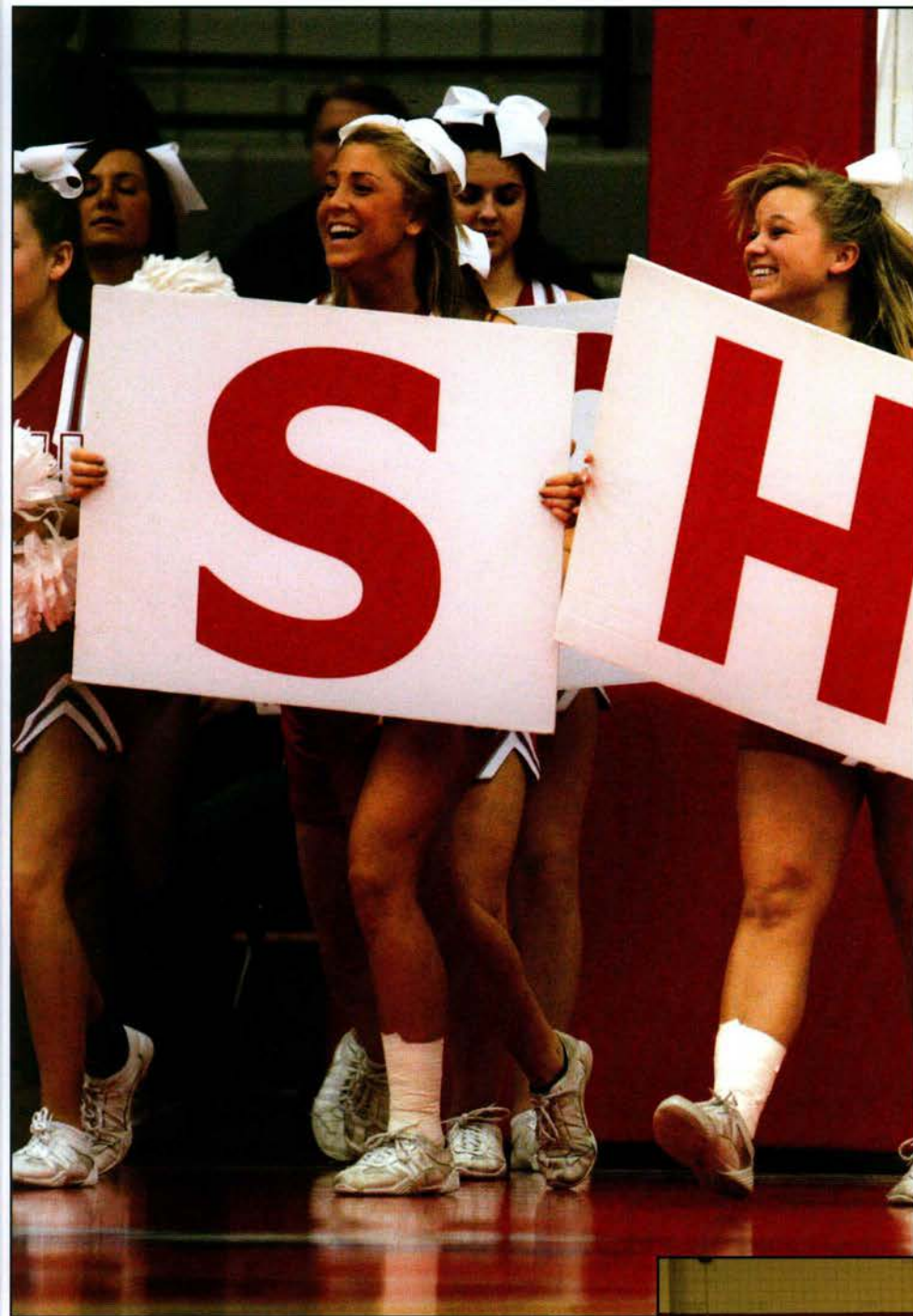
Our SHU Cheerleaders are led by the head coach, Lisa Provenzano, who helped make this yet another successful season. Not only did the SHU Cheerleaders support the football and basketball teams during their seasons, but they also perform competitively and took part in charity functions. In late September, our Pioneer Cheerleaders participated in the American Liver Foundation's annual life walk. This was their fourth time supporting liver disease awareness as they walked in the five-mile event in Stamford, CT.

The cheerleaders are dedicated to improving their routines and participating in local and national competitions. The squad has impressed audiences with their performances throughout the year.

This past October, the SHU Cheerleaders devoted a day to a young pioneer fan. Laina Ciacciarella, a nine year old girl who loves our cheerleaders, was able to join in with the team on the sidelines during the game against Georgetown. Her brother, Christopher, also enjoyed the day with the football and cheerleading team. The cheerleaders worked hard at making this a memorable day for them.

They hosted the Fourth Annual Pioneer Cheer and Dance Challenge on January 22nd, 2011 in the Pitt Center. This event is becoming more and more popular with each passing year. It showcases some of the best Cheerleading and Dance Teams from surrounding areas including New York, New Jersey, and Connecticut. The participants enjoyed a day full of watching the other teams routines with the T-shirts, Cheer Grams, door prizes and 50/50 raffle tickets.

Sacred Heart's Cheerleading Team are passionate about positively affecting the lives of others, as well as supporting our teams.



Men's Cross Country

The Sacred Heart Men's Cross Country Team was led by Christian Morrison and John Kenworthy. These inspirational individuals were great coaches and helped make this year a memorable one for each runner.

Both the Men's and Women's Cross Country Teams opened the 2010 season at the 22nd Annual CCSU Cross Country Invitational, and the men placed 2nd out of 9 teams.

The Pioneers took 3rd at the Fairfield Invitational and totaled 45 team points. Senior Daniel Koehler (Red Hook, NY) was the Pioneers' top runner, finishing fourth overall. Fellow senior Stephen Benoit (Wethersfield, CT) clocked in at 28:07.46 to earn a 20th place finish.

The team also placed four runners in the top 100 for the first time in Sacred Heart history. The Pioneers finished 19th out of the 47-team race with a score of 455, as junior Jeffrey Lusignan (East Montpelier, VT) led with an impressive time of 25:54.

There was only a ten-second spread between the top four runners for SHU Men's Cross Country—junior Richard Marcello's (Foster, RI) with a time of 25:59, graduate student Brendan Rickert (Danbury, CT) with his personal best time of 26:00, and senior Daniel Koehler (Red Hook, NY) with a time of 26:04. Sophomore Colin Seidl (Cochecton, NY) placed 11th in the Men's JV race, also setting a personal best with a time of 26:24 as the SHU men's fifth fastest finisher of the day.

Each athlete running for SHU's Men's Cross Country all made important improvements this year and have set the bar high for future seasons to come.



Women's Cross Country

Sacred Heart University's Women's Cross Country Team finished 5th out of 10 at the CCAU Cross Country Invitational, where the men also did well.

Senior Kimberly DeLoreto (Hillsdale, NJ) led the lady Pioneers by finishing 4th overall with a time of 18:03, helping pace the team to an average finish time of 19:16 and 147 team points. Everyone is so proud as this was her seventh career top-five finish. SHU's top seven finishers sophomore were Megan Papp (Niantic, CT) in 32nd, freshman Brittney Lane (Greenwich, NY) in 33rd, sophomores Olivia Civardi (Brightwaters, NY) in 37th, Alyssa Selmquist (Northford, CT) in 41st, and Michelle Navarro (Piscataway, NJ) in 45th, and junior Brittany Llobell (West Sayville, NY) in 47th place.

In mid October, the team finished in 8th place at the University of Albany Invitational. DeLoreto once again led the way, finishing 7th overall out of the 145 qualifiers. Lane ran second for Sacred Heart, finishing 24th.

In the Northeast Conference Championships at Stanley Quarter Park, the team took 3rd place. DeLoreto earned All-NEC Honors for the third time in her career due to her efforts this season, running the fastest time in Pioneer history in the Stanley Quarter course.

The lady Pioneers placed in the top three in the NEC's for the eighth time in the last ten seasons, and have never finished lower than fifth in SHU's 12-year Division I history, proving to be another great season for the women of the Cross Country Team.

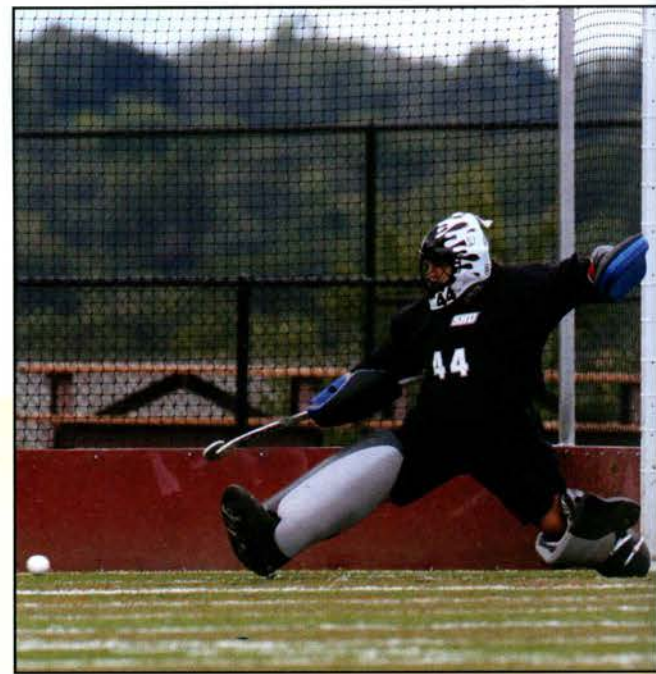


Field Hockey

To start off the year, sophomore Karly Duven (Freehold, NJ) scored the first goal of the season in the season opener against Lehigh. In early September, our Sacred Heart Field Hockey Team experienced their first win, as they shutout the Holy Cross Crusaders 2-0. Senior Stephanie Fazio (Norwalk, CT) and Duven scored the two goals, as junior Kim Stow (Norwalk, CT) stopped all seven shots she was faced with.

As October came around, the team enjoyed their win over Davidson. During an intense overtime, sophomore Lindsay Kasten (Fair Haven, NJ) secured their win as she scored the second goal for Sacred Heart. Senior Dana Luhrs (Milford, PA) helped set up this game-winning score with her remarkable pass to Lindsay. Stowe had her second shutout of the season in their game against Robert Morris one Friday afternoon. Because this was their first NEC win, the Pioneers were thrilled and enjoyed Kasten's scoring goal.

It is not surprising that Stow won both the NEC Goalie of the Year and NEC Defensive Player of the Year awards what with all the goals she blocked. She faced the most shots and made the most saves of any keeper in the NEC Conference. She made 163 saves while facing a total of 349 shots. The impressive senior midfielder Dana Luhrs was named to the all-NEC second team. She won her second consecutive all-NEC second team honor. She finished the season second on the Pioneers with five goals and three assists for 13 points. The team is looking forward to their next season but will greatly miss their senior teammates.





Swimming

Sacred Heart Women's Swimming Team had a great year under the leadership of their Head Coach, Richard Ludemann, and their captains, seniors Katie Marshall (Cumberland, RI) and Taylor Sullivan (Stoughton, MA).

In November, these ambitious swimmers went to the Frank Elm Invitational and swam with such determination making it a memorable weekend for all of them. Marshall finished with the fourth best time overall in the 200-yard butterfly, and qualified for the B finals and posted the fourth best time in the field of 48 participants. Junior Laurie Casado (Queens, NY) also qualified for the finals in the 200-yard breaststroke and swam a season-best, one minute and nine seconds in the 100-breaststrokes.

Later in early December, Marshall breaks pool record in 200-fly at Siena as she took first place in 200-yard butterfly.

The team was ecstatic to be together in the Sunshine State of Florida during the wintery January as they trained hard with their coach outdoors for their upcoming Northeast Conference when they got back to Connecticut.

In late January, SHU Swimmers knocked off Western Connecticut State University as they pulled out a 142-125 win. Freshman Hayley McGill (Old Lyme, CT) earned a 1st and 2nd place finish in the free-style sprints. Casado was victorious in the 200-yard breaststroke.

Seniors Marshall, Adriana Sodano (Charlton, MA), Taylor Sullivan, and Kelly Welsh (West Long Branch, NJ) will be greatly missed by the rest of the team next year and wish them luck with their futures.



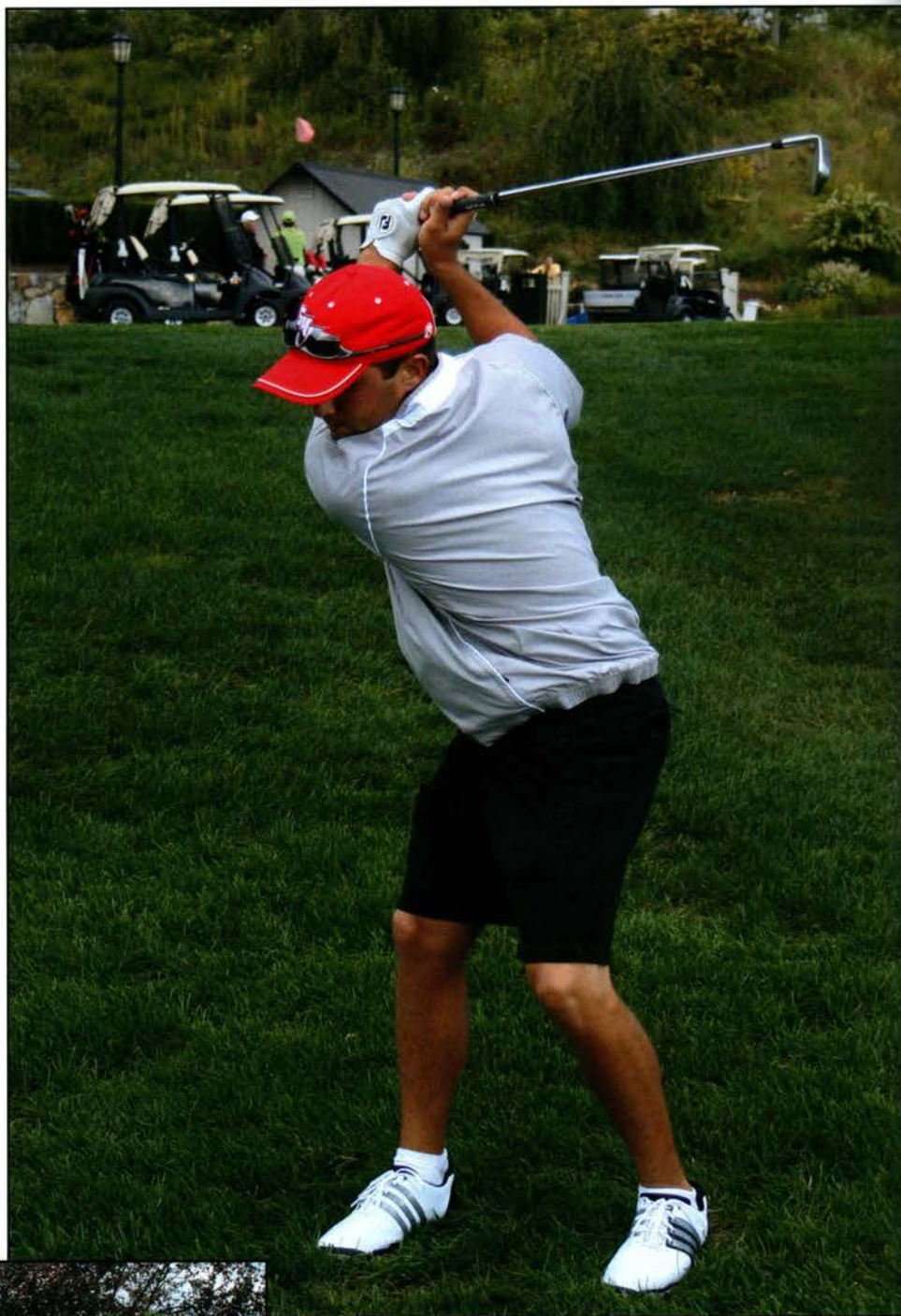
Men's Golf

Under the direction of Head Coach Matt McGreevy and Assistant Coach Randy Taylor, the Sacred Heart Men's Golf Team had a successful season. In early March, Senior David Renski (North Stonington, CT) took home the individual title at the Lonnie Barton Golf Tourney, hosted by Long Island. He shot an even par of 144 in the two-day tournament, including a first round score of one-under at 71. Junior Bradley Neudorf (Virgil, ONT) finished second for SHU and tied for fifth over all after booking a three-over par 147. Junior Joseph Serrantino (Cromwell, CT) scored a 155 for the tournament and finished in a tie for 15th in the 56-player field.

In May, the team was excited to claim their third NEC Title in four years. The Pioneers led after each of the first two rounds and closed out the three-day competition with their highest score of the tournament, 306, to finish with a combined 888. Joseph Serrantino shot an even-par 72 to shoot up to second on the individual leader board. He shot a 35 on the front nine and a 37 on the back, combining for four birdies on the day to claim second with a 217.

Placing 2nd for the Pioneers and tied for fourth overall, Junior Leopoldo Garcia (Guaynabo, Puerto Rico) carded his highest score of the weekend, 78, after tying Serrantino with a field-best 69 the day before. By finishing in the top 10, Garcia and Serrantino each earned a spot on the All-Tournament Team.

This was a great way to end such a victorious season!



Women's Golf

In February, Sacred Heart's Women's Golf beat out rival Fairleigh Dickinson for the ECAC title thanks to junior Carly Bergin (Binghamton, NY) who tied for third place. Bergin took home an NEC Golfer of the Week honor for her efforts, and again later in the season for placing fourth at the SHU Fall Classic.

As a rookie, sophomore Gabriella Riber (Stockholm, Sweden) took 4th at the NEC Championship and was named to the All-Conference first team. In the fall she was picked as NEC Golfer of the Week after winning the Rutgers Invitational.

In early March, the team took second place at the Lonnie Barton Tournament, hosted by Long Island. She shot an impressive nine-over 153 to finish in a tie for second place in the 49-player field. Junior Carly Bergin recorded the second lowest score by a Pioneer with a two-day total of 158, and laded in eighth place. As a team, Sacred Heart totaled a 637 for the tournament, finishing with only nine strokes off for the championship.

They continued to play with determined attitudes into late March and all their hard work and dedication paid off as they dominated the Bobcat Invitational. The Sacred Heart University Women's Golf Team won the three-team Quinnipiac Bobcat Invitational with a team score of 349, 34 strokes ahead of the closest contender. What was even more impressive was that the Pioneers claimed the top five spots as Bergin won the event with an 85, junior Michelle Riber (Stockholm, Sweden) for second with an 87, fellow junior Brianna Carnahan (Port Jefferson, NY) for third with 88, and sophomore Claire McGovern (Escondido, CA) and Jennifer Clinton (Sayville, NY) tying for fourth with 89 each.



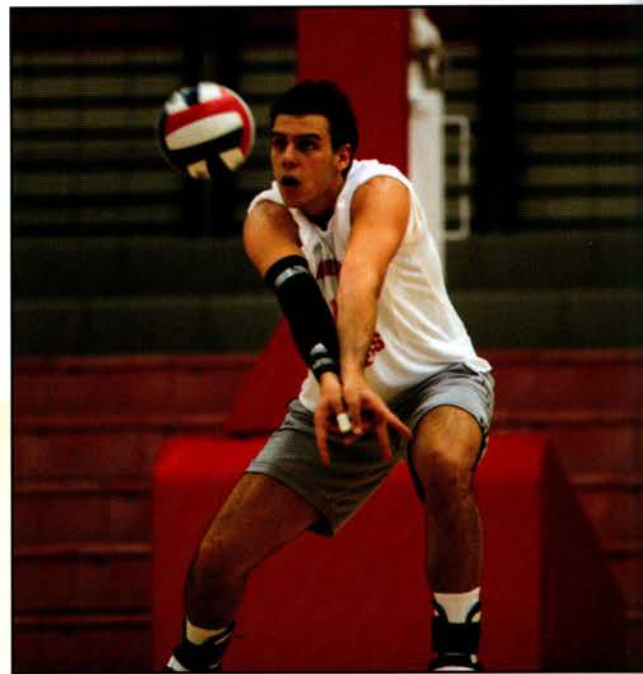
Men's Volleyball

The Sacred Heart Men's Volleyball Team had an amazing 2010-2011 season. They started back in January when they were victorious in their first home game of the season against IPFW. They continued to have a successful season throughout February in which they defeated New Haven, NYU, and Springfield. Freshman Enzo Mackenzie (Rio de Janeiro, Brazil) claimed the EIVA Hay Player of the week award two weeks in a row.

They continued in the second week of February to defeat George Mason. Freshman Bradley Borsay (Richmond, RI) became the first Pioneer in program history to claim the AVCA Division I-III national player of the week. Seniors Roger Parent (Burlington, CT) and Tim Sadowski (Salem, NH) played a large role in the victory against Stevens Tech the week of March 24th.

The week of April 2nd the Pioneers defeated Rutgers with Senior Tim Sadowski delivering an impressive 43 assists. Mackenzie ended his first collegiate season extremely well as a member of the All-EIVA second team. Sadowski (Salem, NH) and senior Craig Harvey (Beverly, MA) ended their last seasons as members of the Pioneer team on a high note as members of the EIVA All-Academic team.

The 2010-2011 season was one of the best seasons the volleyball team has had in years. A combination of both the new freshman and the senior who have graduated helped the team do extremely well this season. They will continue to strive to do well in the future.



Women's Volleyball

The Sacred Heart Women's Volleyball team has had a very successful 2010-2011 season. A few games into the season on September 3rd, 2010 Sacred Heart defeated the Mountain Hawks in the Sacred Heart University Invitational Tournament. The Pioneers continued to dominate the invitational and ended the tournament with a perfect record of 3-0. Three Sacred Heart Pioneers including, senior Courtney Kidd-Kadlubek (Santa Barbara, CA) were named as all tournament players. The Pioneers won the tournament and were deemed co-champions along with Dartmouth. They also competed in The Holly Young Annual Invitational.

The Pioneers won many individual awards from the league such as several Rookie-of-the-Week awards. They also had an extremely impressive winning streak of 20 games in a row from the beginning of the season to November 6th, 2010. For the first time in Pioneer history they earned the Northeast Conference Regular Season Title when they defeated Long Island with a score of 3-0. On November 21st they also claimed the program's first Northeast Conference title when they defeated Robert-Morris in an exhilarating game with a final score of 3-0. The team ended the season with a home game record of 16-0 and an away game record of 10-4. In December, the team's dedication also led them to the NCAA playoffs against Nebraska, which showed how hard they worked all season.

To say that the Sacred Heart Women's Volleyball Team has had a good season would be an extreme understatement. The lady Pioneers have had one of the best seasons in the history of the Division I program.



Men's Soccer

The Sacred Heart Men's Soccer Team started off their season in September with a 2-1 overtime win against Adelphi. The game was won due to sophomore forward Brian Francolini's (Ellington, CT) first goal of the season. During the game, junior goalkeeper Alex Fait (Ottawa, ON) made six saves, only giving up one goal, to earn the victory for Sacred Heart.

For the final home game at Sacred Heart University, the Pioneers hosted Bryant University on Halloween. Before this final home game, the team had an overall record of 10-5-1 in a three-way tie for second place in the NEC standings, holding a record of 10 games won in the season.

Standing out on the team was sophomore Marcello Castro, an attack, who made six points this season, and sophomore Brian Francolini with five points. Fait had five shutout games, making him another key player on the team this year.

For the first time since 2007, these key players among the rest of the hardworking team brought the men's soccer team to the post season. Their overall scoring for the regular season 11-5-2 and 6-2-2 in the Northeast Conference, putting the team in second place for the season. After their spectacular season, the men's soccer head coach Joe Barroso was selected as the Northeast Conference Coach of the Year by his peers. Along with coach Barroso, Marcello Castro was named the league's Defensive Player of the Year, giving Sacred Heart two major awards for the first time in their history.



Women's Soccer

The Sacred Heart Women's Soccer Team started off their season with a 1-0 victory over Army in late August. The only goal of the game was scored by junior forward Samantha Kee (Haskell, NJ). Also early in the season, the women Pioneers took down Rider 4-2 with goals by freshman Lucy Gildein (Topsfield, MA), junior Amanda Stiles (Miller Place, NY) and freshman Alyssa Brandofino (East Northport, NY). Sacred Heart outshot the Broncs 16-5 overall bringing their overall stats to 4-1-1 at home in 2010.

In October, the women shined on the field as Kee and junior Heather Quevillion (Dayville, CT) each scored a goal as SHU earned a 2-0 victory over Wagner. Goalkeeper senior Meghan Reichelt (Selden, NY) posted four saves to record her fourth shutout in five games.

At an away game against Mount St. Mary's later in October, the Pioneers won 2-1. Coming back from behind, Quevillion (Dayville, CT) scored her third goal of the season early in the second half of the game. Senior Leigh Dogmanits (Walnutport, PA) found the back of the net with 33 seconds remaining in regulation to push the team to win the game.

To finish off the season at home, the women's soccer team won against Robert Morris with a 4-0 victory. Sophomore Jen Mulvey (Manalapan, NJ) scored twice in the first half and sophomore Ashley Moore (Levittown, NY) and Mulvey scored in the second half of the game.



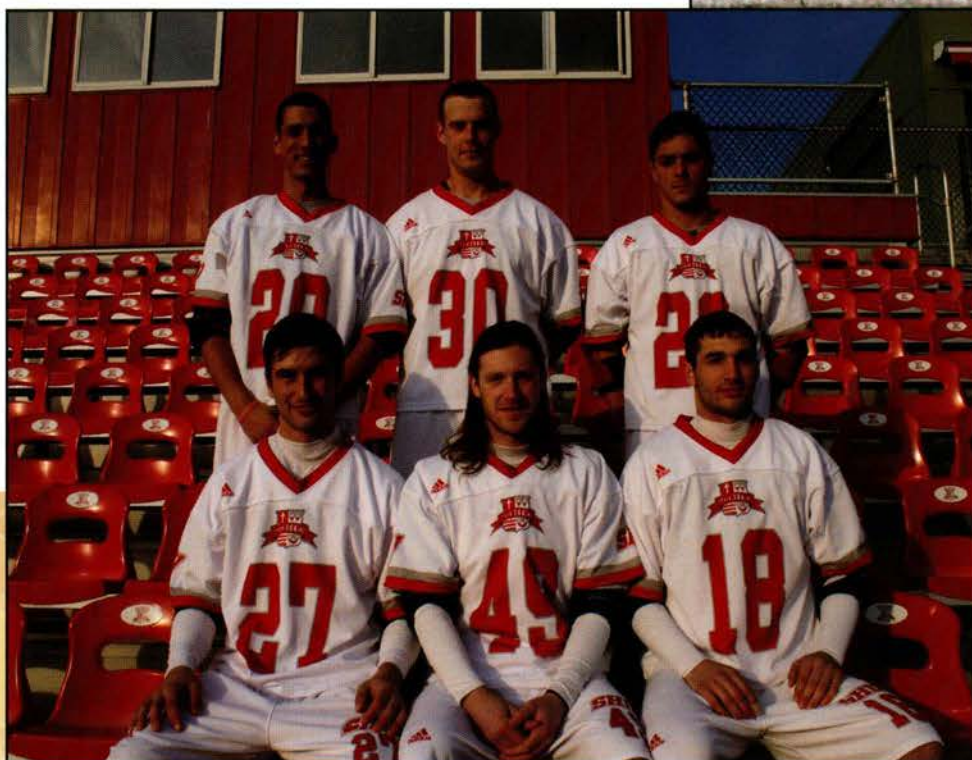
Men's Lacrosse

Coaches Tom Mariano and Chris Mille along with captains seniors Ben Cimmino, (Longmeadow, MA) Billy Skelos, (Lynbrook, NY) and junior Rock Tate (Lantana, FL) led their team into another successful season during 2010-2011.

The Sacred Heart University men's lacrosse team joined other lacrosse teams from around the country to take part in Men's Lacrosse Mustache Madness 2. From November 1st to December 1st, professional, collegiate, and high school lacrosse teams competed for the "Mad Stache Trophy" by raising money for the HEADstrong Foundation. The Foundation is committed to finding a cure for all blood cancers. The Pioneers' goal was to raise \$1,000 over the next month toward blood cancer research. Several members of the team, including all of the goalies, got a head start by growing out their mustaches during the fall season.

The Sacred Heart University Men's Lacrosse Team dominated the field with 17 goals in a 17-7 win over Mercer in early March. Sophomore attack Bryan Badolato (West Islip, N.Y.) led the way for SHU with a career-high four goals. He led the team with 15 points, including eight goals, which was equal to his freshman year total. Senior Zach Frank (Islip Terrace, N.Y.) started in the cage for SHU and totaled 12 saves. Later on in March, The Sacred Heart University men's lacrosse team won its second straight game with an 11-6 road victory at Manhattan.

This year, the Men's Lacrosse Team had to say goodbye to seven seniors. Captains Ben Cimmino, Zach Frank, and Billy Skelos along with Tim Lewis (Katonah, NY) Michael Mortali, (Branford, CT) Myles Rich, (Huntington, CT) and Loren Scott (Huntington, CT) suited up for their final home game with the Red & White.



Equestrian

The Sacred Heart Women's Equestrian Team had an extremely successful season this year. They started off their season with a new coach by the name of Tiffany Hajdasz. In October they opened their season by placing 4th place in their first show, as well as winning ribbons, which signified first place and third place finishing scores on individual levels. As well as having competed successfully on a team level throughout their season, they also showed a consistent pattern of exhibiting exceptional individual scores in all of their shows, as well as throughout the duration of their season.

The team competed in 10 IHSA events as well as 3 NCAA events. Senior Janel Beaugard (Cumberland, RI) went to Western Regionals and finished in 4th place. The Equestrian team was also invited to take part in the prestigious WEF Collegiate Equestrian Challenge. Junior Abbie Britton (Hoover, AL) participated in this program in Wellington, Florida on February 11th. Senior Julie Law (South Kingston, RI) was invited to compete in the English Regionals on April 2nd.

In preparation for their championship season, Sacred Heart's Equestrian Team co-hosted the last two IHSA events of their regular season. The team earned the title of Reserve High Point Team. On an individual standpoint, Beaugard earned a 2nd place as well as a 4th place finish. Junior Alyssa Woronik (Salem, CT) finished with a first place and a 5th place result. This gave her an invitation to compete in the semi-finals, which will be held in Missouri. Overall, the Sacred Heart Women's Equestrian Team has had an extremely successful season and will continue to make Sacred Heart University proud.



Men's Basketball

To start off this year's Basketball season, Student Government hosted SHU Hoops Madness on October 15th, 2010. The team was enthusiastically presented to the school and got the players ready for another great season.

The Pioneers are proud to have sophomore Shane Gibson (Killingly, CT) on their team, as he has earned a spot on the District 18-second team by the National Association of Basketball Coaches. He was named NABC All-District Second Team.

In late January, spectators enjoyed an intense game of basketball as our Pioneers impressively beat the two-time defending champions, Robert Morris. Gibson, Nick Greenbacker (Coventry, CT) and Jerrell Thompson (Plainfield, NJ) led the team to victory. With Gibson's 19 points, Greenbacker's 17, and the exceptional assists from Thompson, these three players led the team to victory, resulting in the 84-75 win over Robert Morris. Just like the head coach Dave Bike said, it was overall an important game, ending in an important win.

Our Men's Basketball Team ended their promising season with an exceptional win against Monmouth on February 26th, 2011. At this season finale, Sacred Heart University honored the 1986 Pioneers who won the NCCA Division II National Championship. This year was especially important because it marked the 25th Anniversary of the Pioneers run to this National Title. During their halftime, the members of the 1986 National Championship team were honored in the ceremony.

Thompson and Mehmet Sahan (Istanbul, Turkey) were also honored as they are the Pioneer graduates of the Men's Basketball team. They thanked their coaches and teammates for the lessons they learned and for the good times they shared throughout their time on the team. In addition to the win, these were nice ways to end their season.



Women's Basketball

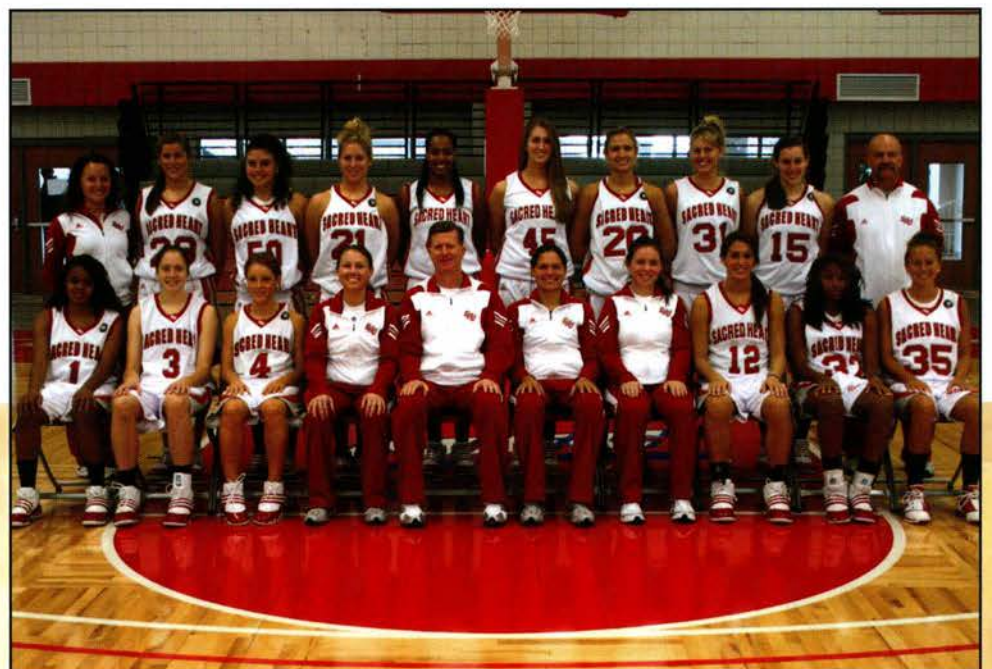
Before their season even began, the women on our Sacred Heart's Basketball Team took an active role in the community by walking in the Sherwood Island Breast Cancer walk and by volunteering at a soup kitchen in Bridgeport. In Westport, they helped in the community-wide "Paint the Town Pink" campaign and walked the 5K course to raise awareness during national breast cancer month.

To start off another successful season, the Pioneers experienced an opening night win as they defeated St. Peter's. Senior Alisa Apo (Freehold, NJ) scored an impressive 16 points in this big first game.

With each player's own dedication and motivation, the team continued to play hard into the winter, winning some intense, exciting games. The team was led by three amazing captains, Apo, senior Maureen Reilly (Cherry Hill, NJ) and senior Maggie Cosgrove (Andover, MA).

They beat St. Francis in the middle of January as junior Callan Taylor (Overland Park, KS) scored 18 points and freshman Ericka Norman scored 12. Our Pioneers triumphed in a game against the Blue Devils in February with a score of 71 to 55. Senior Maggie Cosgrove finished with 14 points along with a game high of eight assists. Maggie reached the 1,000-point-mark for her career in the game against Bryant.

The team had a great season and were sad to see how quickly the end of it was approaching. The team will miss their seniors but are eager to see how next year will play out with new members to come. The team looks forward to the SHU Annual Nike Girls Basketball camp where girls from ages eight to seventeen are able to learn development skills from these players and coaches.

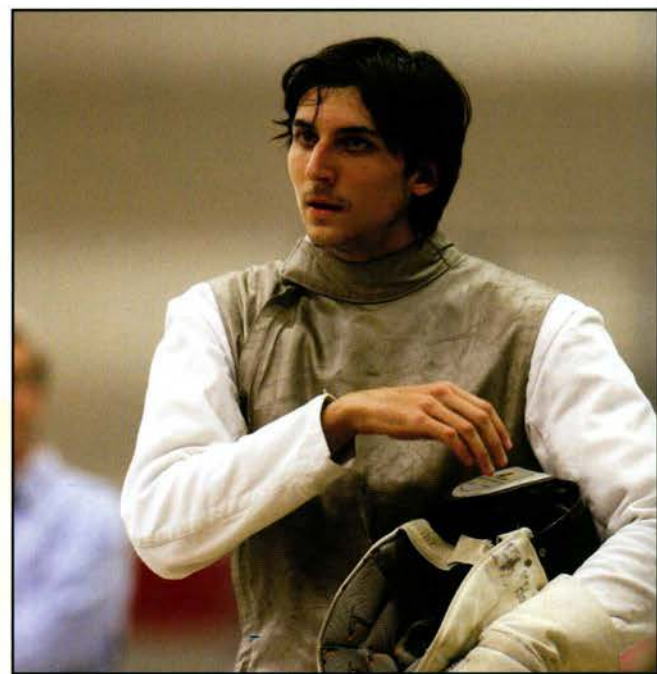


Men's Fencing

The Sacred Heart Men's Fencing Team has had an extremely successful 2010-2011 season. They started off their season strong by finishing the Vassar invitational with a record of 4-1. In February, the team participated in the NEIFC tournament at Mt. Holyoke College, finishing overall in second place. The Pioneers were winners of the Silvio Vitale Cup because they finished with 27 victories, the most out of any weapons squad. Their Epee team finished 2nd and the Saber team finished 3rd. This was a very significant tournament for the Pioneers.

Three members of the Pioneers fencing team were sent to NCAA championship—Junior Marty Williams (Plainfield, NJ), junior Justin Dion (Attleboro, MA) and sophomore Stuart Holmes (Centereach, NY). The championship took place from March 23rd to the 27th at Ohio State University. Williams was the first fencer in Sacred Heart's history to be named an All-American fencer. Dion was ranked 11 out of the 24 fencers in the championship and was named as an honorable mention. Sacred Heart finished 13th out of the 24 teams making this a record-breaking finish for Sacred Heart. This is the highest ranking that the Sacred Heart Pioneers Men's Fencing Team has ever achieved in the history of the fencing program. This accomplishment means that they are ranked nationally among collegiate fencing.

Sacred Heart has made remarkable improvement within their team this year and will continue to do this in their coming seasons.



Women's Fencing

Coaches Thomas Vrabel and Paul Luciano led the Sacred Heart University Women's Fencing Team through an exceptional season. In early November, Colleen Mason (Waterford, CT) won the bronze medal in the épée event, and Captain Jayme Smith (Ridgefield, CT) finished 5th in the foil event at the Big One Individual Collegiate Fencing Tournament at Smith College. Later on in November, the Pioneers kicked off their season with a 4-2 record at Vassar Invitational.

The Pioneers got off to a 4-2 start to the dual match season with wins over Drew University, Hunter College, CCNY, and Yeshiva University. Sophomore team captain Jayme Smith (Ridgefield, CT) and freshman Natalie Rossetti (Guilford, CT) led the way for the foil squad as they finished the day at 38-15. The épée was led by sophomores Colleen Mason (Waterford, CT) and Brooke Perlee (Seldon, NY) as they posted a 31-23 squad record. Sophomore saber fencer Lauren Cebello (Clinton, NJ) also had a strong performance and went 12-4.

The team entered the Northeast Fencing Conference with high hopes, ending in twelve exciting wins. The foil squad led the way for the day and had an overall winning record of 24-21 by Smith and Rossetti.

The Women's Fencing Team had a great season and will miss their seniors in their next season.



Men's Ice Hockey

This season, the Men's Ice Hockey Team went 6-25-6, winning more home games than away. At the end of the season, the leading players were sophomore Eric DeLong (Oakville, MB), senior Evan Mladenoff, freshman Tye Lewis, all with 37 game points for the entire season. However, leading the team in goals was Matt Gingera with 21 goals.

In January of this year, freshman goaltender Steven Legatto (Kelowna, BC) received his third straight Atlantic Hockey Association Rookie of the Week Award after his outstanding goaltending performances against the Army, Air Force, and Dartmouth.

February brought the boys from the Arena at Harbor Yard to UConn's Rentschler Field, as a part of the Whalers Hockey Fest. The SHU Men's Ice Hockey team played an outdoor game against UConn, covered with ice. The men fell to the Huskies 3-1, with Gingera making the Sacred Heart goal, Legatto making a whopping 35 saves in the net.

To end the regular season at home, the Pioneers beat the Army 5-1, pumping the boys up for their first post-season game against Bentley. Coming back from behind, Sacred Heart won the game 6-3, advancing the team to the AHA quarterfinals against the Air Force.

After their comeback against Bentley, two of the Sacred Heart men were awarded for their performances. Gingera received the AHA player of the week award for his hat trick and goalie St. Onge earned a spot on the AHA Honor Roll for his performance in the first postseason.



Women's Ice Hockey

The Women's Ice Hockey Team had a very successful season. The women pulled off a great win in November against Holy Cross. The Pioneers Women's Ice Hockey Team started off strong this season. Freshman Alexius Schutt (Elk River, MN) helped lead the team to their first win of the year by making 33 saves during the game. Kate Dunlop (Flesherton, ON) and Brittany Hartman (Prior Lake, MN) both scored in the third period securing their win against the Holy Cross Crusaders.

They started off with a bang as January 2011 rolled around. They beat Cortland State, with a score of 8 to 0. The team wrapped up the 2010-2011 season at the ECAC Open Tournament, hosted by St. Michael's, in the end of February. Senior captain Lauren Fontaine (Windsor, ON) led the team in scoring with 17 points. Junior captain Nicole Palazzo (Rocky Hill, CT) totaled 17 points and a team-leading 13 assists.

In their final game, they went up against St. Michael's on February 27th. Although they lost, freshman Alexius Schutt (Elk River, MN) made 33 exceptional saves in the intensely close game. Lauren Fontaine, the senior forward, scored twice for the Pioneers. It was the final game for Pioneer seniors Taryn Lapiere, (Oakland, RI), Kristina Hankins, (Lexington, MA), Jessica Rice (Trumbull, CT), Jackie Galvin, (Canton, MA), Brittany Hartman, (Prior Lake, MN), and Lauren Fontaine, (Windsor, ON). Their teammates are going to miss them next year, but they are looking forward to the exciting future seasons ahead.



Baseball

The Sacred Heart Baseball Team started off the 2010-2011 season on a high note when they won the season opener at Florida Gulf coast. During the first week of March, the Pioneers also defeated St. Bonaventure. Senior Jared Balbach (Pine Bush, NY) picked up his first win of the season for SHU, pitching the first 5 2/3 the week of March 7th 2010. Freshman Troy Scribner (Washington Depot, CT) was selected as the Akademia Northeast Conference Rookie of the Week the week of March 9th 2010.

Senior outfielder Steve Tedesco (Mission Viejo, CA) did extremely well including a three-run homer in the third inning of an important game against University of Maryland-Baltimore County. Balbach fired seven strong innings to lead the Sacred Heart baseball team to an 11-1 win over the University of Maryland-Baltimore County. The week of March 20th the Pioneers defeated Uconn. In that game Senior Jeff Hepner (Aquabogue, NY), had a home run. During the week of April 1st 2010, Senior righty Chris Zacherio (Manhasset, NY) pitched a complete game. He retired the final 17 batters as he pitched his game. The week of April 24th they completed the weekend sweep of Mount St. Mary's.

The Pioneers' determination throughout the season brought them to both the NEC Championship and the NCAA regionals, which is quite impressive. This team had a very successful season and will continue to do well making Sacred Heart proud.





Softball

The Sacred Heart University Softball Team worked very hard this past season. During a double header at Fairleigh Dickinson, senior Courtney Lee (Camarillo, CA) went 4-for-7 and launched her team leading sixth homerun of 2011. Senior pitcher Jen Russell (Seymour, CT) started the day with three shut out innings. Lee was named Akadema/Northeast Conference Player of the Week during the week of March 7th.

Senior Taylor Froelich (Garden Grove, CA) earned Akadema/NEC Player of the Week Honors during the week of March 14, 2011. Russell surrendered only a bunt single in the first inning as the senior hurler posted her second complete game shutout of 2011 in a 5-0 victory over Seton Hall. The week of March 26 Russell pitched a no-hitter. On April 14th Sacred Heart, Russell also tossed a one-hit shutout as the Pioneer softball team defeated cross-town rival Fairfield, 3-0.

The softball team has worked very hard to be successful. Froelich, Lee as well as junior Liz Tspouras (Simi Valley, CA) were all named to the 2011 Capital One/CoSIDA Academic All-District first team. Froelich was also selected the 2011 Northeast Conference Player of the Year at the annual awards banquet the night before the NEC Tournament.

The Sacred Heart Pioneers, the 2011 Northeast Conference Champions, traveled to College Station, TX for the program's second appearance in the NCAA Tournament, where they gave it their all. They had an extremely successful season and their program will continue to do well in future seasons.



Wrestling

Our Pioneer Wrestling Team started off the year at the Binghamton Open back in November. Junior Anthony Ricco (Stratford, CT) lost his first match at the 133 lb. weight class, but rebounded with a 2-0 decision over Cornell's Charles Castanzo. In the 157 lb. weight class, senior Anthony Priore (Garwood, N.J.) won his first round match, with a 12-2 major decision, over Lock Haven's unaffiliated Dylan Caprio. In the consolation bracket, Priore posted an 11-6 win over Brown wrestler. Senior Paul Schweighardt (Tinton Falls, N.J.) had a 5-3 victory over a Brown wrestler.

As December rolled around, eight wrestling members took to the mat as they participated in the Penn State Open. Senior Brandon Lapp (Castleton, NY) competed in the 197 lb. weight class and posted a record of 2-2 for the day. Lapp won his first consolation match with a score of 9-6. He then advanced to the third round of the conti bracket. Meanwhile, sophomore Jordan Miron (Stratford, CT) won a consolation match 4-2.

The Pioneers made great headway in the winter months and when February was just around the corner, they had an exciting Quad Meet at Boston University. The Pioneers registered a 39-6 win over American International. Graduate student Billy Chamberlain (Shippensburg, PA) earned a 9-7 decision at the 125 lb. weight class. Priore was the only Pioneer to claim a victory over BU. He won a 6-3 decision.

These wrestlers enjoyed their season and will miss their seniors, but are looking forward to next year with great anticipation!





Women's Bowling

In their first Northeast Conference meet of the season, the Pioneer Women's Bowling Team went 6-3, putting them in 5th place behind a four-way tie for first. Freshman Nicole Trudell (Coventry, RI) led the Pioneers throughout the event, bowling all nine games and posting a 221 average. Junior Savannah Zientara (Lewiston, NY) ranked second on the squad with a 203 average over eight total games.

In January, Pioneer bowlers dominated the leaderboards in both the Suffolk Invitational and Viking Classic. Both tournaments had singles and doubles events in which the Sacred Heart bowlers stood out. Senior Sarah Pelletier (Lewiston, ME) and Zientara won the doubles event with a score of 1225. Zientara also took second in the all-events section while freshman Jacqueline Willy (Clarence, NY) finished second in the singles event with a 641 series. SHU came back from a 189 pin deficit and blew past Briarcliffe to win the tournament.

To finish their season, the Sacred Heart women's bowling team finished second in the Northeast Conference with an overall 20-7 record. The Pioneers may not have made it to the NCAA tournament, but the women's bowling team finished 8th in the NTCA coaches' poll this season.



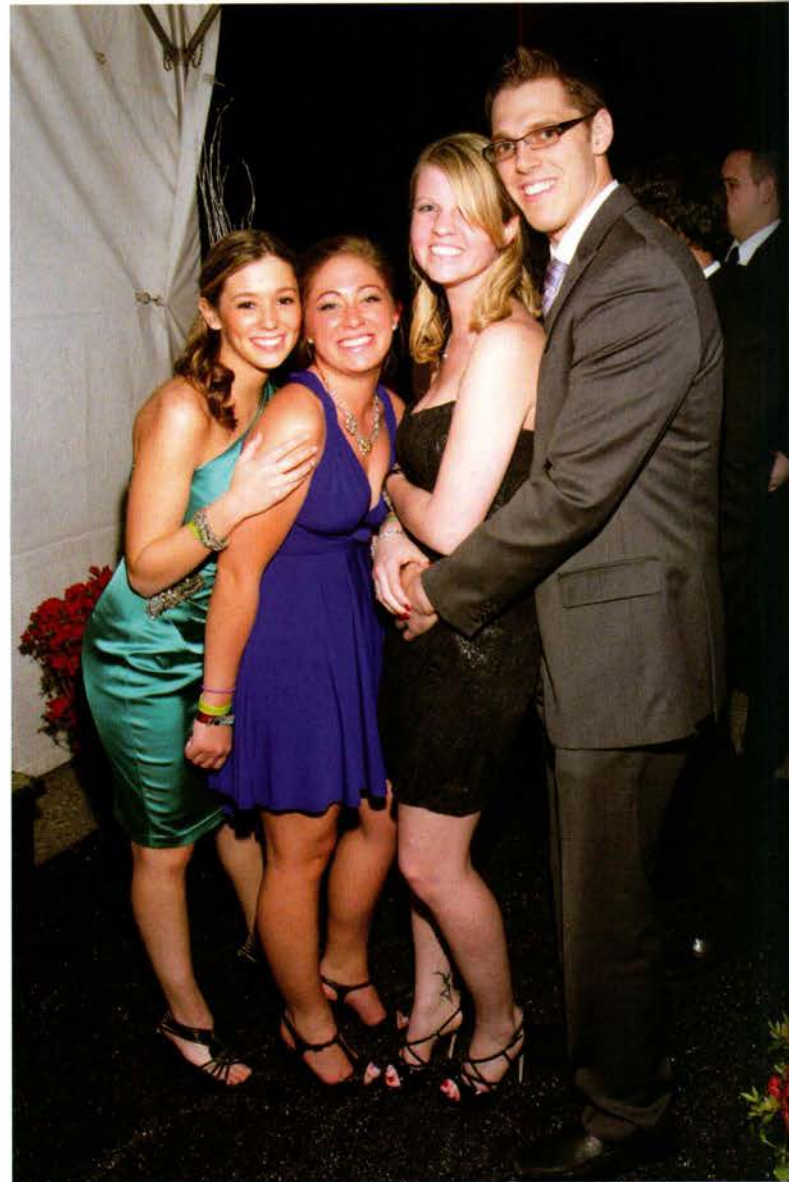
SENIOR WEEK

and Commencement Events

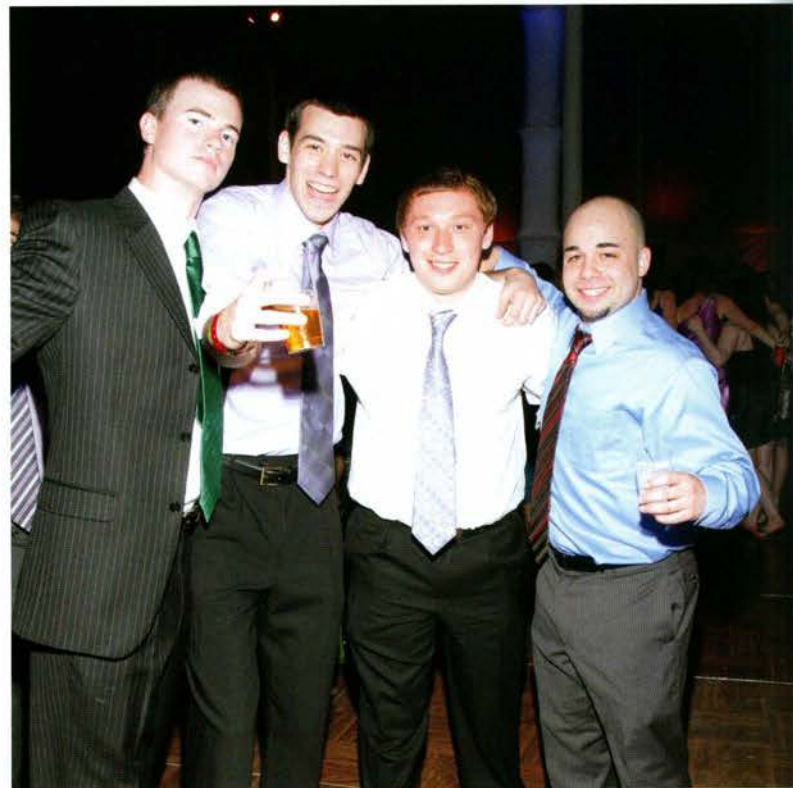
Where did the last four years go? Freshman year seems like it was a few months ago, doesn't it? Four years here flew by, each year blending into the next, creating a scrapbook of memories that will last a lifetime. All of the excitement of freshman year—from orientation, the freshman carnival, to the first day of classes and campus events were brought to a close with Senior Week. All of the initial memories at Sacred Heart were reignited and cherished during the last week at Sacred Heart. The kick-off party in Downtown Milford, Mohegan Sun, and especially the Commencement Ball and Family Dinner Dance created new memories that will last a lifetime.

Let's take a trip down memory lane before saying goodbye to the Class of 2011. Freshman year: move in, meeting new people, making friends, maybe not getting along with your roommate, getting used to classes and professors, and facing the challenge of not having a home-cooked meal very often. Life was turned upside down, but in a good way. Some loaded up on extracurricular activities and work in addition to everything going on in this whirlwind year. During sophomore year, things became easier to balance out and manage—and we grew even more as individuals, became closer with our friends, prospered academically. Junior year brought everyone closer to the culminating year, and possibly living on our own in apartments and houses added to their maturity and growth. We became more driven to pursue and look into our post-graduate plans and careers. Finally, senior year comes around, and it seems like it's come too soon. Graduation will come before we know it. As we dealt with the fear and excitement of our undergraduate careers at Sacred Heart, we realize how far we've come in four short years. Four years of learning and growth have brought us a long way from the first day of freshman year, and all of our achievements are something to be extremely proud of.

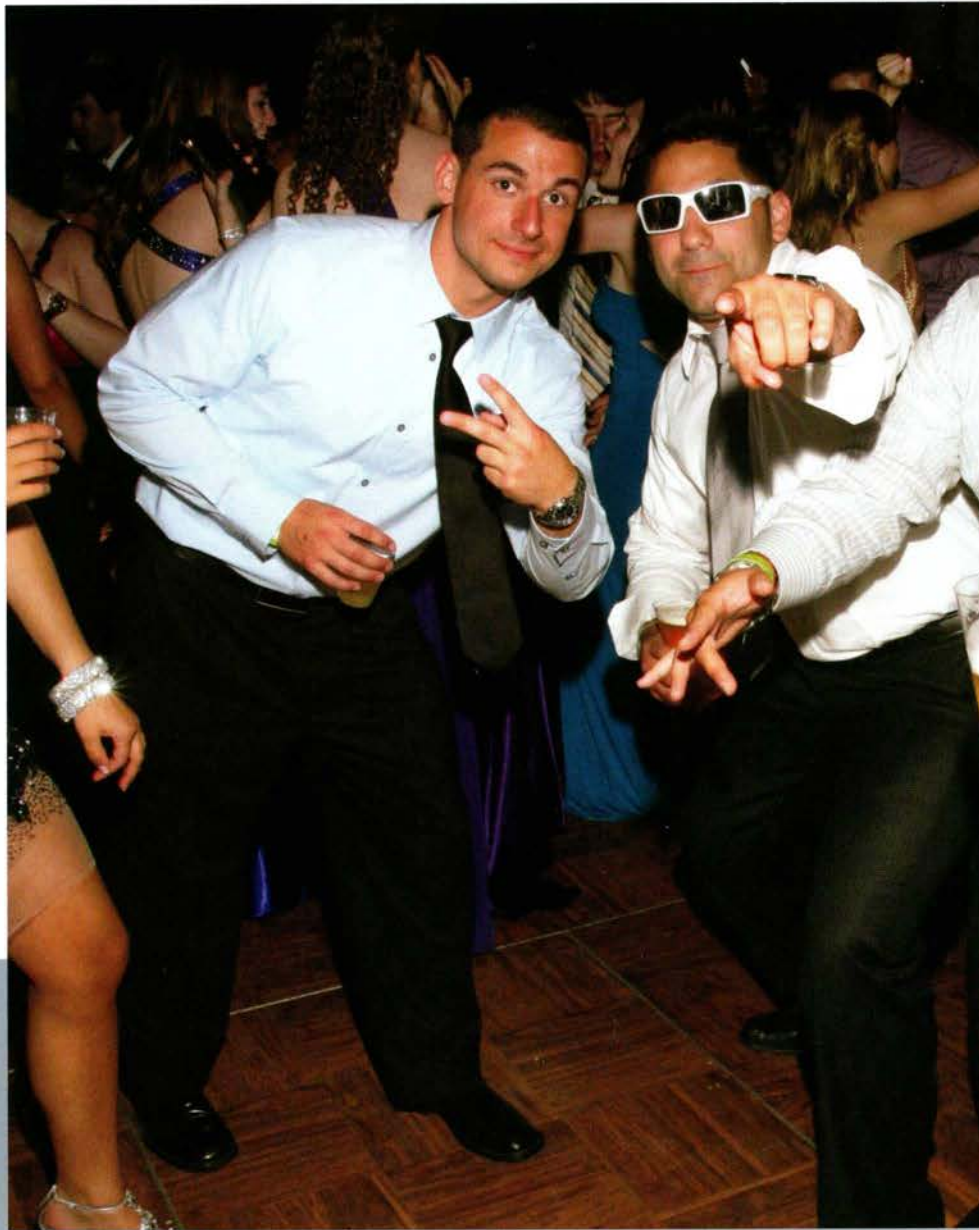
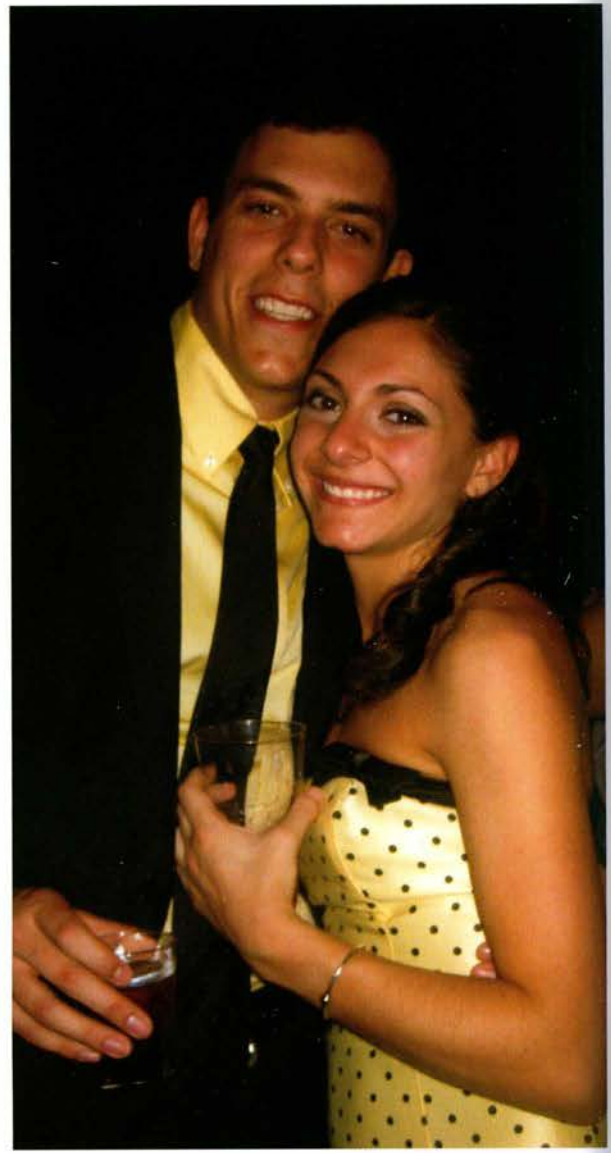
As we walked onto Sacred Heart's Campus Field on Sunday, May 15th, 2011, all of these moments and memories came to a close—but not an ending. This is just the beginning of what's to come for all of us. Let's take one last trip down memory lane with a glimpse of all of the last events of our senior year.





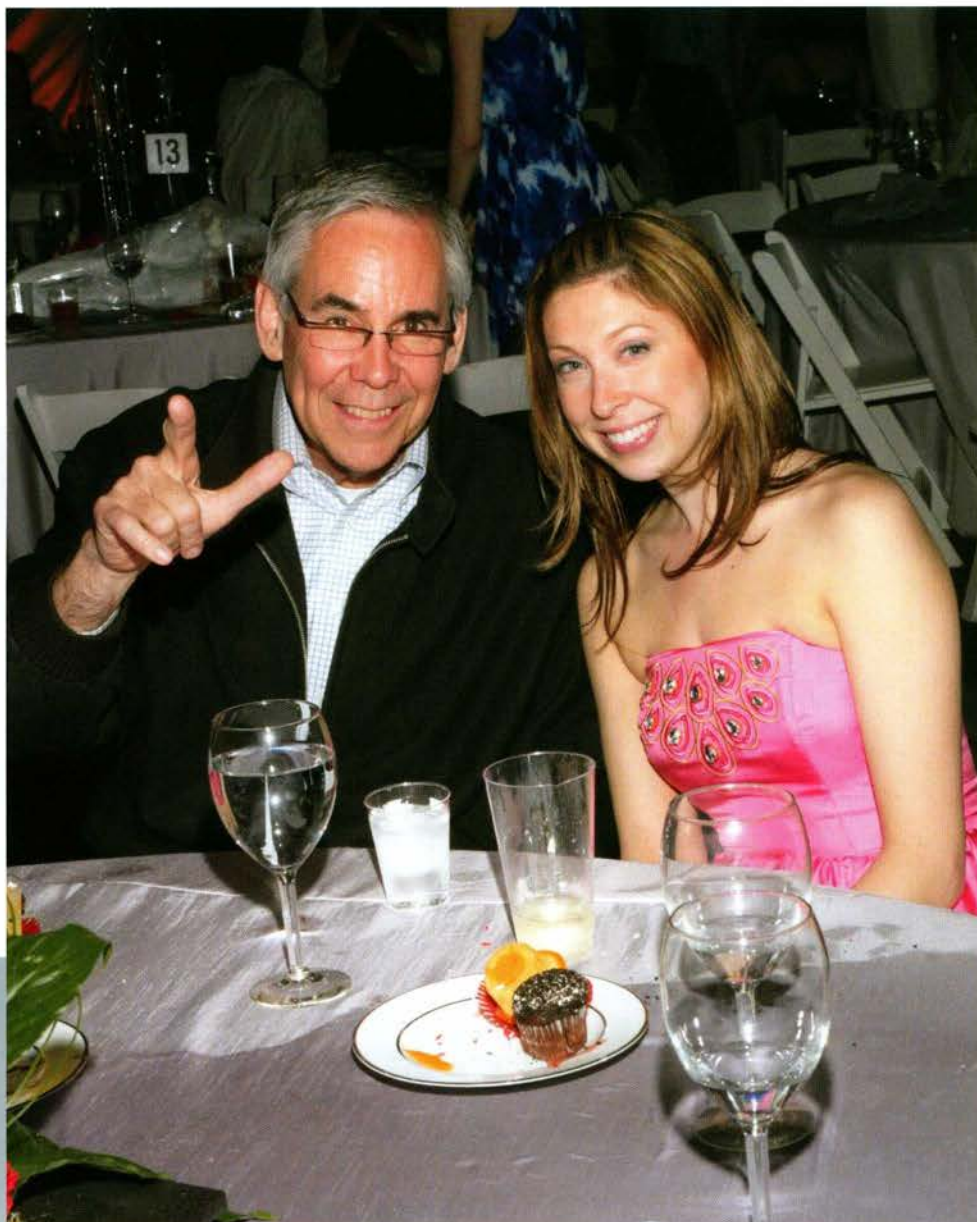


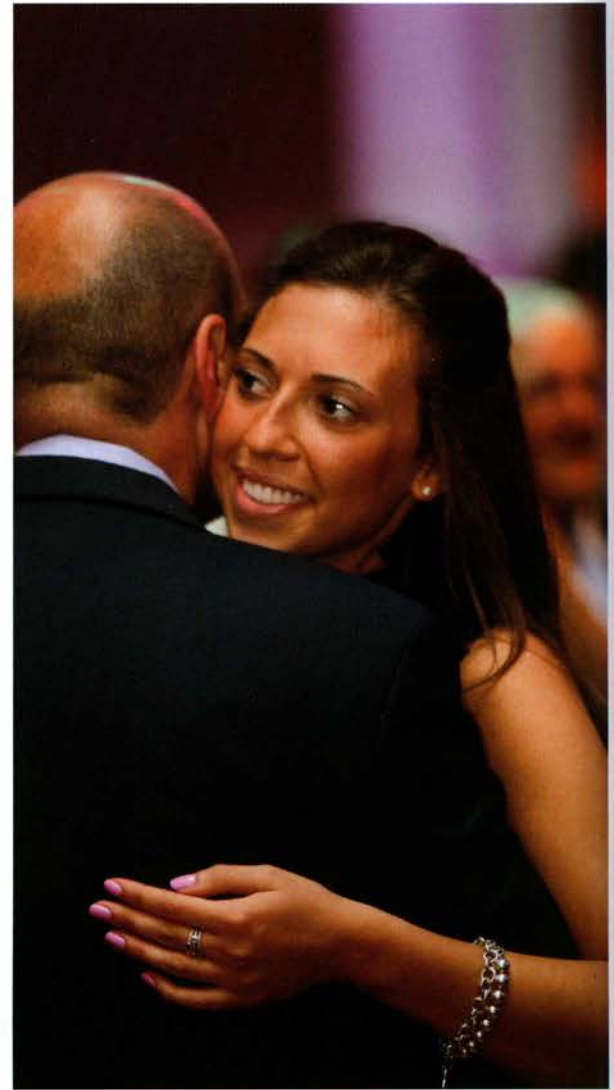


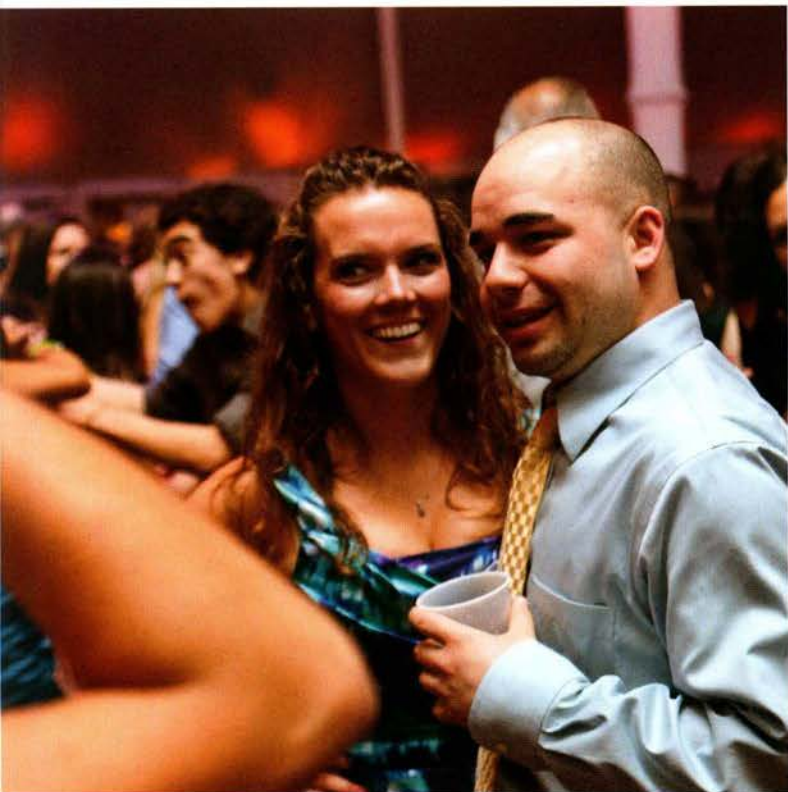




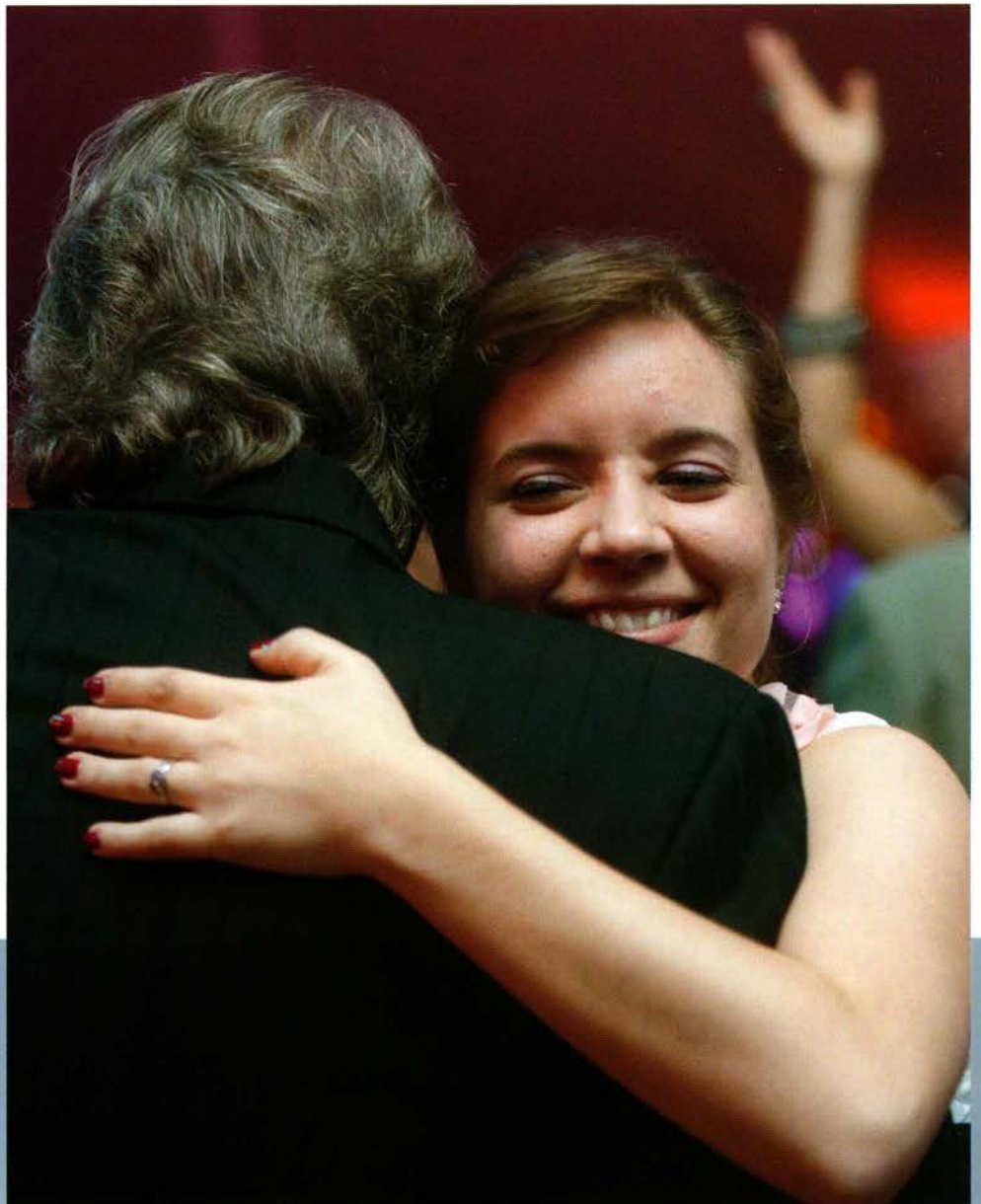
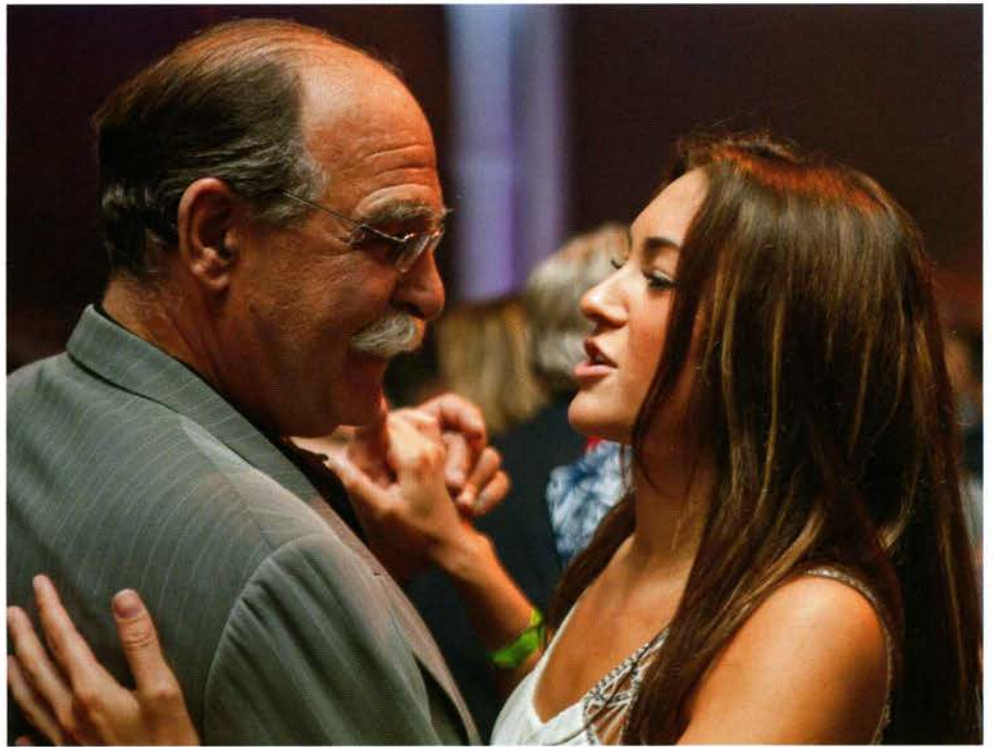




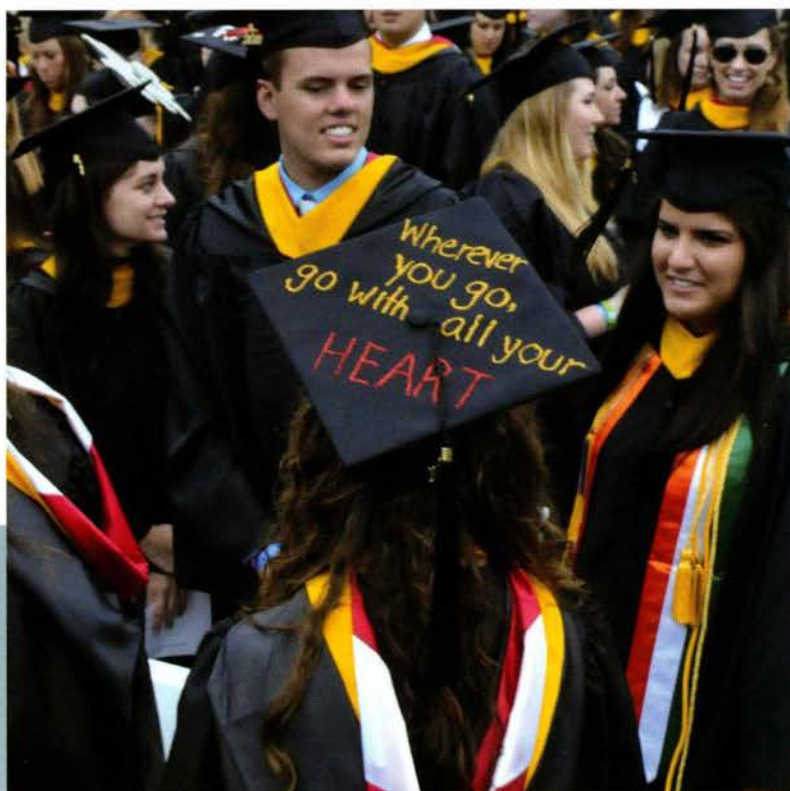




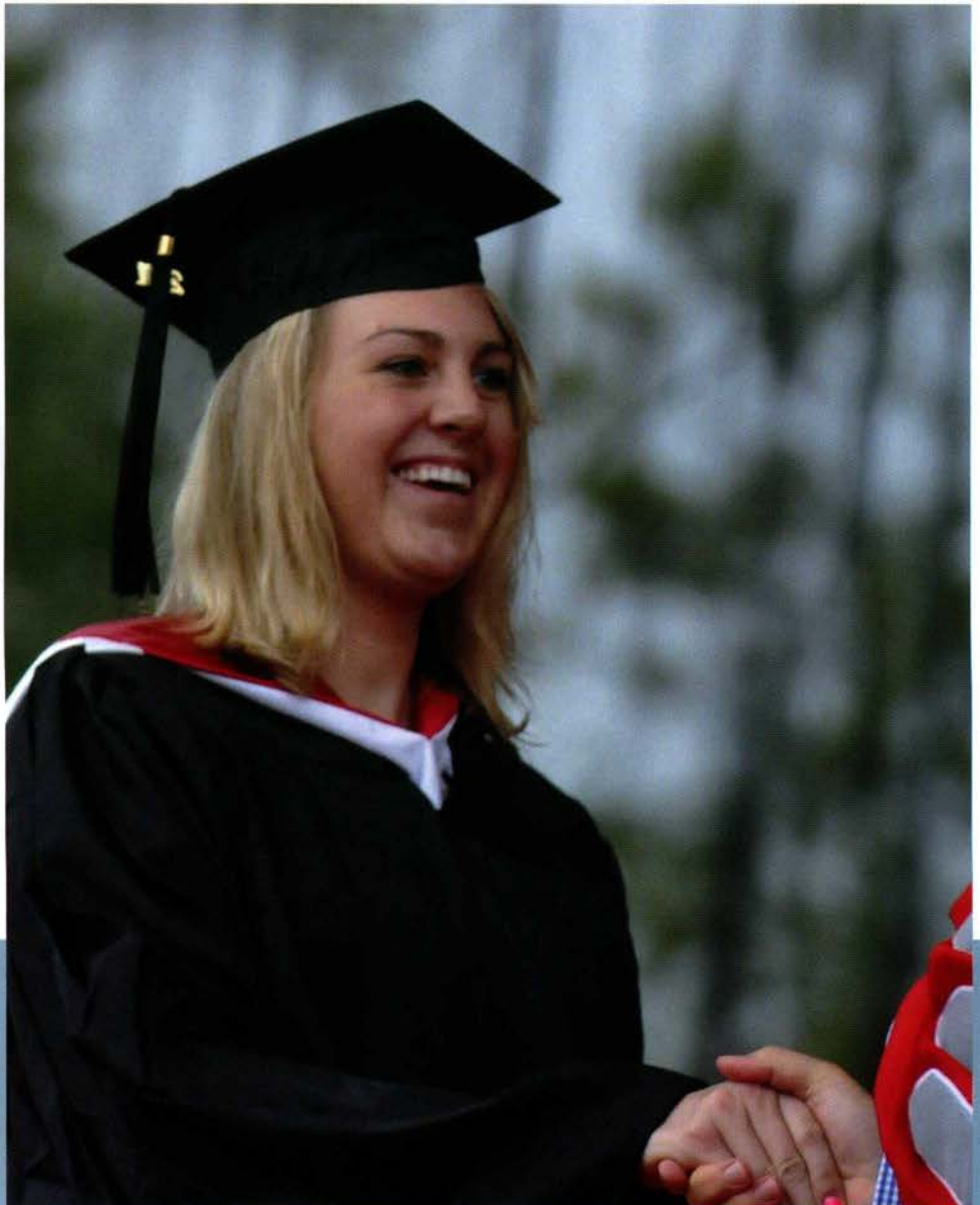


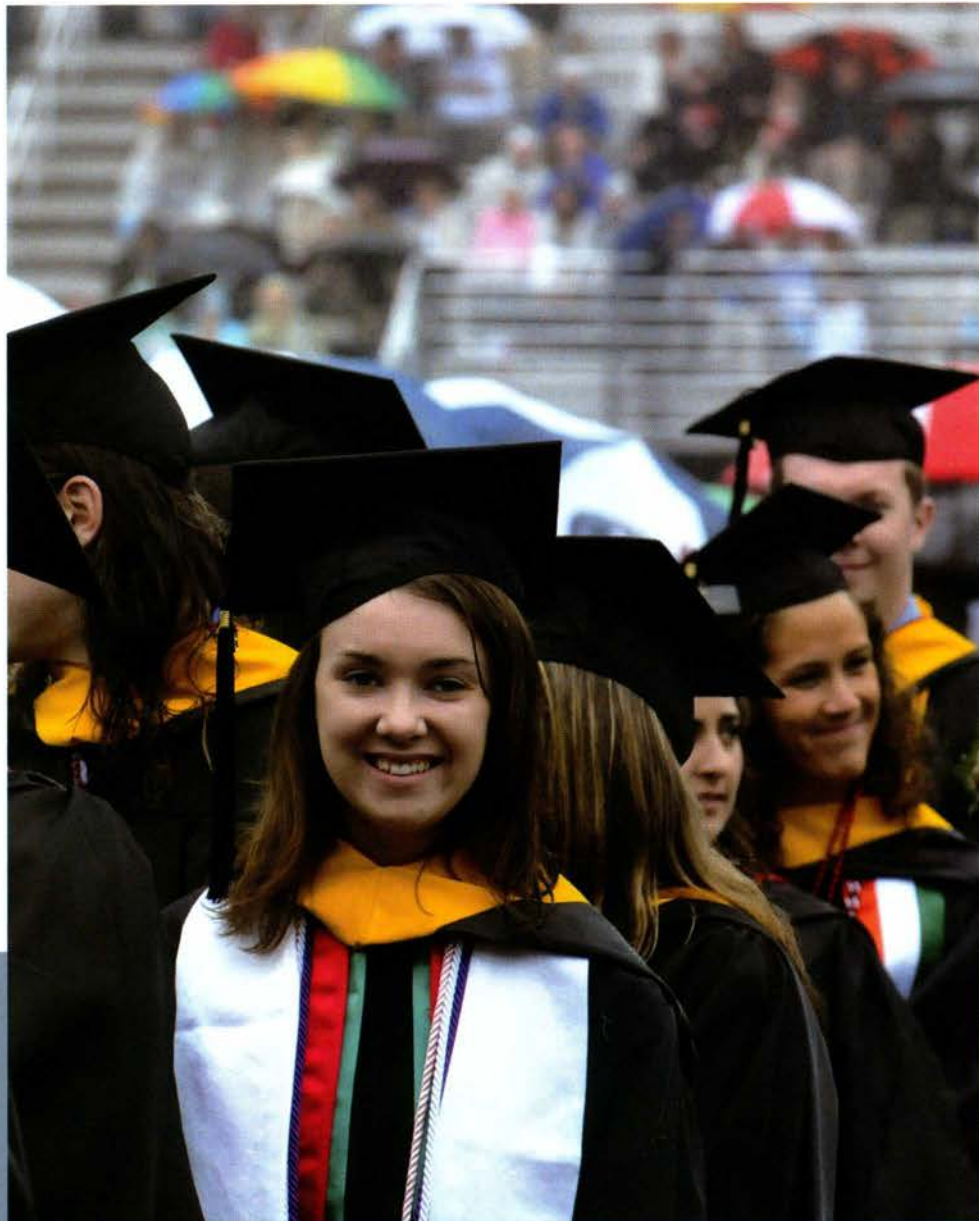




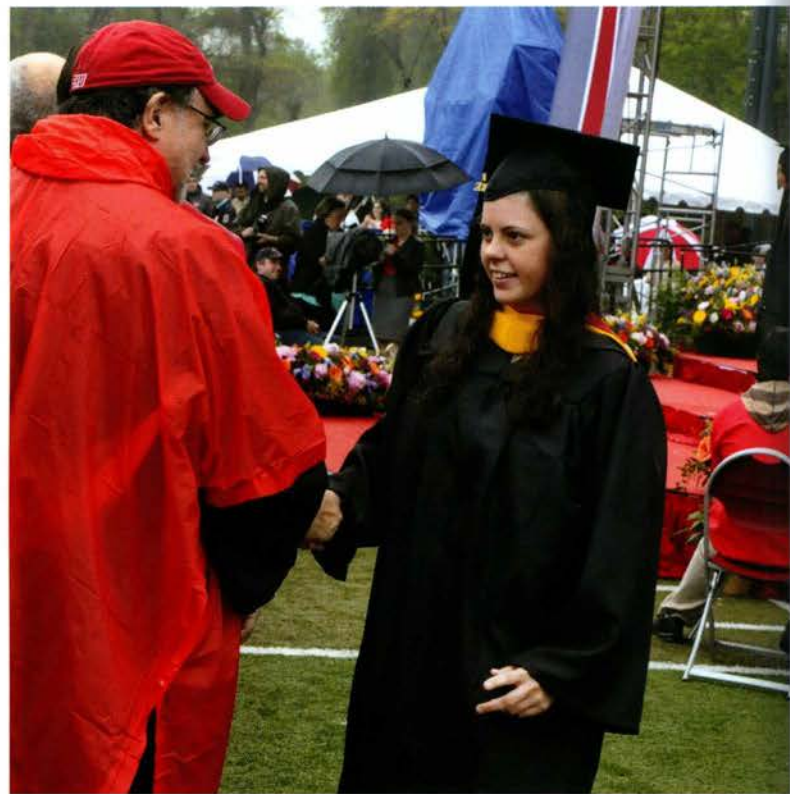
















Jacob Aaron



Kylie Abrams



Steven Acquavita



Marissa Adamo



Danielle Adler



Nicole Alfieri



Edward Aliaga



Annette Aligo



Marley Anderson



Alyson Angelo



Alisa Apo



Nicole Attivissimo



Daniel Baccari



Jaclyn Balder



Nicole Balder





Douglas Barone



Brian Barrett



Sean Barrett



Sean Barron



Robert Bassett



Ashley Bathe



Nicole Belfiore



Rachel Bellando



Jaclyn Bellino



Vincent Benincaso



Stephen Benoit



Chelsea Benway



Stivi Beqiri



David Berube



Danielle Bessery





William Betz



Brittany Bingham



Christopher Bond



Alexa Bono



Michele Borriello



Kristen Brault



Melissa Braun



Paul Breslawski



Alyssa Brezovsky



Kelsey Brick



Clayton Bridges



Kaitlyn Briffa



Joseph Brigley



Elizabeth Brombacker



Andrew Brown





Erin Brown



Katie Brown



Mari Brown



Kristen Buchholz



Jennifer Burke



Kaleigh Burke



Sarah Burke



Andrew Bybel



Danielle Cacciatore



Christina Cahill



Brian Cahillane



Brittany Calvanese



Kathryn Canaras



Nicole Caravano



Sara-Beth Carbonaro





Christopher Carbone



Jennifer Carli



Alison Carpenter



Lindsay Castaldi



Danette Ceriano



Gina Cerniglia



Chelsea Cerruto



Jaclyn Certoma



Matthew Choiniere



Ashley Ciampa



Tiffany Cifone



Natalie Cignatta



Caitlin Clark



Devon Clark



Jessica Cline





Caitlin Cofell



Janay Cohen



Joseph Colombo



Jessica Colucci



Allyson Colucco



Benjamin Conforte



Meaghan Conklin



Chelsea Connelly



Heidi Constantine



Daria Contegiacomo



Brittani Cookinham



Ryan Corde



Kelleen Corrigan



Catherine Costantino



Lauren Craft





Valerie Crotty



William Crowe



Justin Culici



Courtney Cuomo



Janine Curiale



James Curran



Caitlin Cusano



Janine D'Amato



Scott D'Angelo



Jacqueline D'Auria



Christine Dagnall



Jeffrey Daley



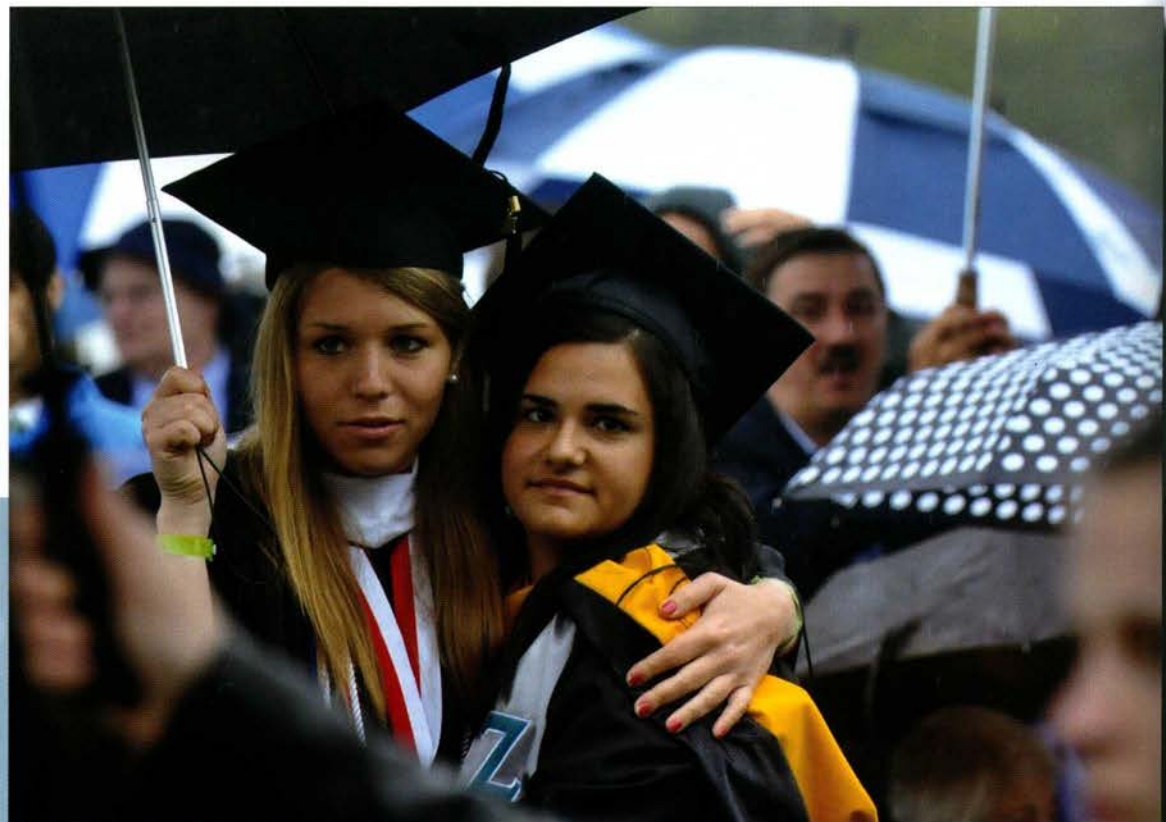
Matthew Dalling



Christopher Daly



Gregory De Alto





Peter De Monte



Allegra De Vita



Julia Debenedictis



Kristie Decechi



Lisa Decicco



Anthony Delano



Gerri Delizio



Kimberly Deloreto



Heather Delsole



Lauren Delzio



Nicholas Demarco



Joanne Denny



Sabrina Deriso



Stacy Desrouilleres



Jessica Di Piazza





Anastasia Diamantis



Shaina Dicarmine



Michael Dick



Stefanie Digeronimo



Christina Digiovanni



Gina Dill



Patrick Donahue



Matthew Donovan



Elizabeth Dowling



Elizabeth Drehwing



Timothy Duffy



Candace Dumas



Jade Ean-Heller



Nicole Eastman



Kathleen Edsall





Stephanie Ene



Ashley Engel



Alexis English



Elizabeth Enoksen



Allison Enos



Diana Fabrizio



Shana-Teraze Falcone



Christopher Fanelli



Clifford Faulkner



Amanda Favretto



Stephanie Fazio



Ferry Ferdianto



Anjelica Ferraro



Philip Ferraro



Stephany Ferrebee





Dominick Filiciello



Ryan Filippi



Dale Fink



Erin Finlay



Ryan Fionda



Elizabeth Fish



Matthew Fitton



Thomas Flanagan



Alexandra Fleming



Lauren Fontaine



Christopher Ford



Jacqueline Foy



Amanda Francini



Sergio Freitas



Daniel Galanto





Jason Galea



Jacquelyn Galvin



Heather Gambacorto



Jessica Garcia



Jacqueline Garguilo



Nathan Gelinas



Carrington Gerli



Lisa Marie Gerolamo



Julie Gianoni



Nicole Giuliano



Kerrie Gonzalez



Veronica Gragnano



Marisa Graniela



Meghan Grant



Daniel Graziano





Kevin Greulich



Ryan Griffin



Caitlyn Groh



Justin Guerra



Jared Hall



Kristina Hankins



Sasha Harrison



Erin Haynes



Jaclyn Hendricks



Patrick Henehan



Michael Hernandez



Jennifer Hill



Brittany Holcomb



Brittany Holt



Alysson Huber





Julie Hurley



Tara Ilamathi



Jessica Ingrilli



Emily Izzo



Ashley Johns



Donald Johnson III



Jessica Juliano



Genevieve Julich



Ali Kaba



Megan Kalus



Amanda Kaminski



Chrisanthi Kanaris



Stephanie Kanner



Steven Kaplan



Jo-Marie Kasinak





Scott Kasper



James Kearns



Richard Kelly Jr.



Courtney Kidd-Kadlubek



Maura Kilcullen



Maureene King



Shawna Kittredge



Erica Klimek



Patrick Knowlton



Jason Kody



Leslie Koentje



Erik Kozlowski



Nicole Kryz



Emma Kuplicki



Zachary Lane





Taryn Lapierre



Emilie Latainer



Samantha Latulippe



Sherry Lazazzo



Kelly Leather



Christopher Lebeau



Courtney Lee



Kristen Leighton



Jessica Levitsky



Erin Lonergan



Nellie Long



Alexander Longo



Melissa Lott



Erica Lucca



Joseph Lucibello





Joseph Lugo



Westley Lynskey



Alessandra Lyons



Janeen Macchio



Kelly Macgillivray



Dana Machi



Patrick Mahoney



Alexa Mainella



Alexander Mann



Diana Maraboli



Ariana Marano



Laura Marano



Katie Marshall



Joseph Martone



Nicole Mastroni





Anthony Mazza Jr.



Arielle Mazzei



Ryan McCarthy



Shannon McCoy



Kristen McDonald



Lindsay McGrath



Titus McIntosh



Jennifer McLain



James McNamara



Erin McPherson



Kevin Medeiros



Lauren Merriam



Elizabeth Messina



Nicole Messina



Stephanie Michaud





Stephanie Miller



Scott Miritello



Lauren Miska



Evan Mladenoff



Ashley Monaco



Nicole Morelli



Caitlin Moser



Kelsey Mullaney



Michelle Murowski



Nicole Nagler



Robert Napolitano



Allison Nassar



Edward Nassr



Kevin Nguyen



Marissa Noel





Jeffrey Notestine



Christina Nystrom



Sean O'Brien



Sarah O'Donnell



Kerri O'Gorman



Megan O'Shea



Therese O'Shea



John O'Toole



Denise Oldhoff



Andrew Orlandi



Kasia Orłowski



Benny Palmieri



Amanda Parker



Christyn Parrinello



Antonia Patano





Krishna Patel



Steven Pawlowski



Nataki Pelage



Sarah Pelletier



Alphy Pena



Amanda Perez



Elizabeth Perrotta



Amanda Perry



Brian Peterson



Lindsey Pezzo



Alexander Pindyck



Kelly Piner



Kimberly Pizzoferrato



Aurelie Pluijmakers



Kelsey Pollutro





Joseph Porzio



Andrew Povolny



Michael Powers



Emilia Pruszko



Lindsay Pucino



Michael Puff



William Puglisi



Ann Quartararo



Rebecca Ramirez



Francesca Ramos



Ashley Raniolo



Emily Raymond



Chelsea Rees



Meghan Reichelt



Maureen Reilly





David Renski Jr.



Kristy Restivo



Elisa Ricci



Julie Ricci



Sarah Riccitelli



Jessica Rice



William Richards III



Andrew Richards



Leah Richards



Giovanni Rivera



Peter Rizzo



Hannah Robinson



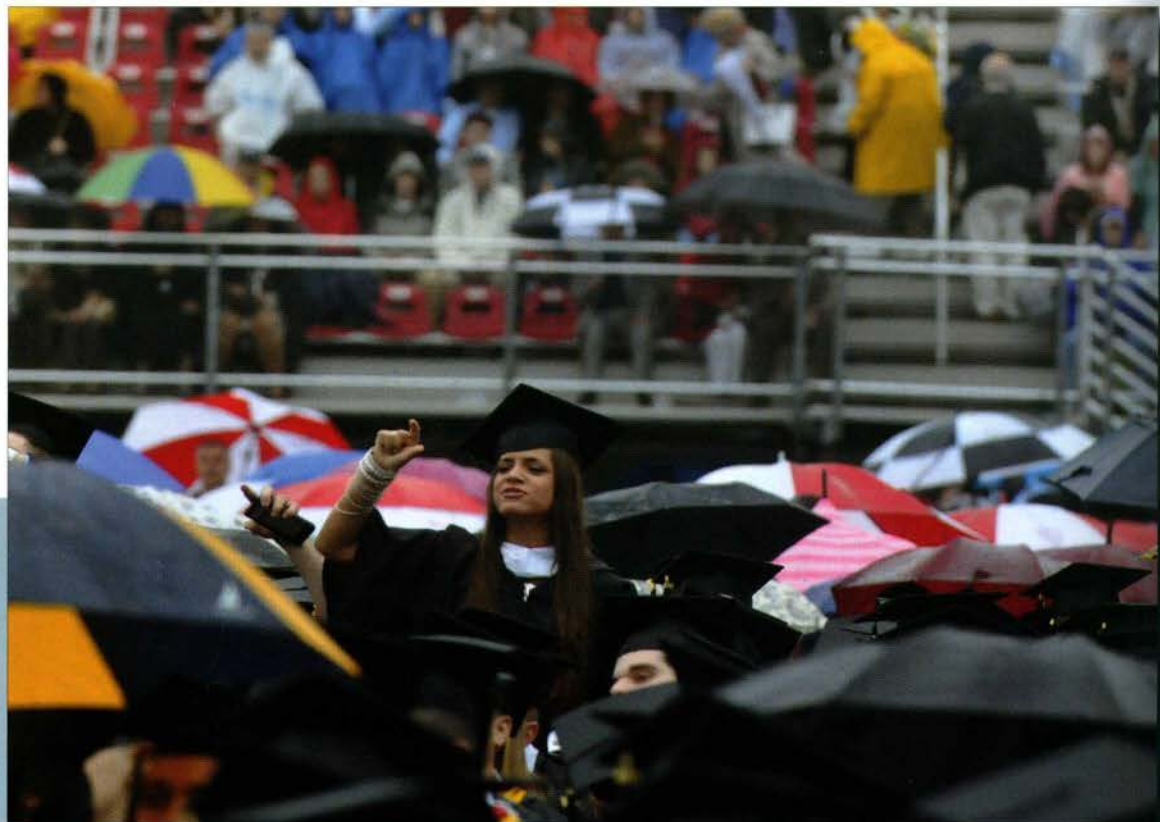
Steven Rocha



Jasmine Rodriguez



Ashley Roemer





Emilie Rosano



Alana Rosato



Catherine Rose



Megan Rose



Kaitlyn Rossitto



Tara Rotondo



Stephanie Rubeo



Jetmira Ruci



Jennifer Russell



Daniel Rutigliano



Mehmet Sahan



Allison Santaniello



Melissa Santoro



Josef Sauer



Catherine Savvides





Regina Scafariello



Lauren Schlegel



Emma Schlein



Erin Schnepf



Frances Schulte



Erika Sciacovelli



Alyssa Scott



Jean-A'Layn Segalla



Alison Serpico



Victoria Serricchio



Nicole Settembrino



Tracy Severe



Daniel Shaw



Raymond Sheehan



Antoinette Silvestri





Melissa Simmons



William S. Slattery Jr.



Christina Sleeper



Caroline Slem



Colin Smith



Courtney Smith



Eugenio Soares



Adriana Sodano



Ericka Somerville



Lindsay Soraci



Vincent Spevack



Emily Stack



Jason Stavros



Gabriella Stillo



Lauren Stoeckel





Erica Stolarz



Kimberly Stow



Andrew Strom



Shauna Sullivan



Taylor Sullivan



Thomas Sullivan



Jamie Suris



Kaitlyn Swanson



Kathryn Sweeney



Shannon Swift



Michael Syer



Mary Rebecca Tafaro



Heather Tagliareni



Daniel Tamburro



Sarah Tatlock





Mark Theroux



Jacqueline Thompson



Thomas Tilton



Meghan Tonno



Lauren Toth



Matthew Tracy



Kayla Trainor



Dana Troy



Samantha Troy



James Tsavaris



Michael Ulatoski



Nicole Umstatter



Stephanie Valentino



Stephanie Valvano



Taylor Van Orden





Chelsea Vanderheyden



Christina Vega



Corinne Viana



Deirdre Vicario



Amanda Vine



Carmela Vitale



Tierney Vogel



Virginia Weinman



Kelly Welsh



Anyya White



Michelle Whitton



Benjamin Wicki



Kristin Wood



Alyssa Yerger



Staci Zacharski





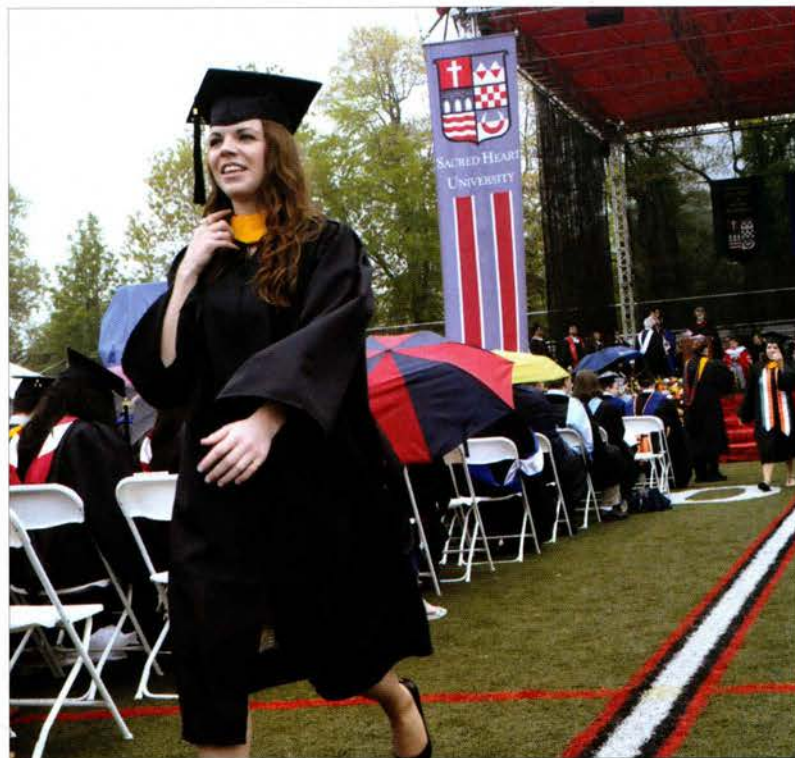
Samantha Zaleta



Katherine Zebedeo



Adriana Zito



Nicole Balder

Nicole,

We are so proud of you and all your hard work and accomplishments at Sacred Heart! Go fourth as an adult knowing you're the best daughter parents could have. We love you!

Sara-Beth Carbonaro

May you always follow your heart and trust your abilities. Knowing that those who love and believe in you find so much joy in the person you are.

Love always,
Dad & Mom

Alison Carpenter

Alison,

I'm so proud of you. Your mom is looking down on you even prouder! I know she has guided you on this great journey you're on. I wish you a lifetime of happiness and success and I know you will make a difference in every child's life you touch!

Love, Auntie Pam

Gina Cerniglia

Congratulations, Gina

May God be with you and as you begin to pursue the career of your dreams. Wishing you a life full of good health and happiness. I love you...Nana

To My Beautiful Granddaughter, Gina

I am so proud of you and all of your accomplishments. Congratulations on your college graduation.

Love, Grandma

Gina, we are so proud of all your accomplishments these past four years. Follow your dreams and stay the caring and compassionate person that you are. We know that you will make a difference in this world.

Love, Mom, Dad, Gionna, & Michael

Allyson Colucco

Allyson,

May God grant you always...

A sunbeam to warm you, a moonbeam to charm you, a sheltering Angel so nothing can harm you. Laughter to cheer you. Faithful friends near you. And whenever you pray, Heaven to hear you.

Congratulations! Love, Mom, and Dad

Dear Allyson,

Congratulations!

I am proud of you.

I love you, Caroline

Dear Allyson,

May the road rise to meet you,

May the wind be ever at your back...

And may God hold you in the hollow of His hand.

Congratulations! Love, Grandma

To Allyson as you graduate,

We have pride in your achievements.

Memories of the special granddaughter you've always been. And love for you because you are you.

Congratulations, Grandma and Grandpa

Elizabeth Drehwing

Dear Elizabeth,

May God guard you wherever you go, and guide you in whatever you do –

And may His loving protection be a blessing to you always.

God bless you - you continually make us proud! Mom & Dad

Ashley R. Engel

Paging Dr. Engel: Congratulations, Ash, on your graduation and acceptance to med school. You've got that "it factor" and you certainly know how to use it.

Love always, Mom, Dad, Nicole, and Teddy

Diana Fabrizio

Diana,

Congratulations on graduating! We are very proud of you and know that you will succeed in your future.

Love, Mom, Dad, and Steven

Anjelica Ferraro

Dear Anjelica,

We wish you a lifetime of happiness, health and success.
God has blessed us with an amazing daughter & we are so thankful & proud.

Good Luck at Deloitte!
Love you forever, Mom & Dad

Anjelica,

Congratulations! I wish you much happiness and success throughout your life.

Best wishes Always, Frank
P.S. I'm still King of the couch!

Stephany Ferrebee

Stephany,

You did it! Sometimes it might not have been the easiest road but it did take you on an amazing journey. We hope all of your dreams in life will become a reality.

Love, Mom and Aimee

Thomas R. Flanagan

Thomas,

Face life's challenges head on. Trust in your instincts to decide what is right. Have faith God will always guide you through. The future is there; it is all so clear. It's just waiting for you to take it. Good luck, son.

Love, Dad and Kathie

Jessica Garcia

Dear Jess,

We are enormously proud of you and all of your accomplishments at SHU. Follow your dreams and success will find you.

All our love always, Mom, Dad, & Nick

Carrington F. Gerli

Carrington: (Boy)

We are so proud of you and all that you have accomplished and who you have become.

May you always acknowledge from whom your strength derives. Philippians 4:13.

God Bless Always,

Jerry and Martha (Ma)

Nicole B. Giuliano

Nicole,

Wishing you continued success as you embark on life's path. Go confidently in the direction of your dreams. Live the life you have imagined. We are so proud of you!

Love, Mom and Dad

Veronica Gragnano

Veronica, may your dreams come true and may God bless you with a long lifetime to remember good times, treasure great memories, and cherish new friendships.

We love you and are so proud of you!

Jaclyn Hendricks

Jaclyn — All of our hopes and dreams came true when you came into our lives. You make us so proud everyday and our only wish is that all of your hopes and dreams also come true. Happiness always and congratulations!

Love, Mom, Dad, Dug, & Mo

Stephanie Kanner

Our Daughter Stephanie Kanner,

Just yesterday you were our little girl –
Today you are a woman who can take on the world!
We are so proud of you & may all your dreams come true!

Love, Mom & Dad

Jo-Marie Kasinak

~Our dearest Jo-Marie Elisha~

We are so very proud of you. In the person you've become. Especially for your faith in God and what He's done in your life. Our prayer is that you will go from here with the Lord as your guide. "For I know The plans I have for you" declares the Lord, "plans to prosper you and not to harm you, plans to give You hope and a future". Jer. 29:11 With God ALL things are possible, so keep dreaming big baby girl. You will always have all our love and support.

Our deepest love and admiration, Your Family

Joe Lugo

Dearest Joe,

Our wish for you is to do great things and to have a lifetime of happiness and fulfillment. Keep God first and all good things will follow. Good Luck. God Bless.

Love, Mommy and Ma

Anthony J. McMahon

Dear Anthony John McMahon, it is impossible to describe how proud we are of you. You have made all the right choices, succeeded at everything you have done, and made your Grandparents so very happy.

Love, Nanny and Poppy

Dear Anthony J. D. McMahon,

“Courage must come from the soul within. The man must furnish the will to win. So figure it out for yourself, my lad. You were born with all that the great have had, with your equipment they all began. Get hold of yourself, and say: ‘I can!’”
YOU did it! I am so very proud of you.

Love, Mom

Alexander E. Mann

Dear Alex: Congratulations on this milestone. At times the road was bumpy and filled with surprises. But, through it all we have been, and always will be, proud of the person you have become. Your potential is limitless, your future boundless and our love for you is infinite.

Love always, Mom, Dad, Stephen and Michael

Nicole Mastroni

Congratulations, Nicole!

We are so proud of you and love you to pieces. You have become an amazing person and have learned so much from your time at Sacred Heart!

Love, Mom, Dad, Jim, & Billy

Kevin A. Medeiros

To our KevKev,

Your future is in good hands –your own.
We are so proud of you.

Love Mom, Dad, & Laura

Michelle Murowski

To our Bella,

We're so proud of what you've done these 4 years.
Now it's your time in life!

Love you - Mom, Dad & Melissa

Robert Napolitano

To Our Dearest Robert,

Our wish for you is a lifetime of happiness. Keep making all your dreams come true...we love you!!

Love, Mom, Jerry, Anthony, Grandpa, Grandma, and Uncle Joey

Andrew Orlandi

Dear Andrew,

Congratulations, we are all very proud of you.
We wish you all the success and happiness that life has to offer.

We love you,
Mom, Dad, & Anthony

Roger Parent

Congratulations Roger!

We are extremely proud of you! Your ethics, integrity and desire to improve the world around you have been a blessing to all of us! We wish you a lifetime of happiness. We love you! Always, Mom & Dad

Best wishes Broski!!!
Love ya, Melissa

Kelly Piner

Kelly,

We can't be more proud of you!
We wish you a lifetime of happiness and continued success.
Thank you for the person that you have become.
"Dreams come true...one choice at a time."

Love always, Mom & Dad

Andrew Povolny

Andrew, congratulations on your achievement,
"Education is your tool for life", with Blessings,
Go forth and build a wise and happy life.

Love Mom and in memory of your loving Father

Andrew, Congratulations.

Wishing you a successful and prosperous future.

Love Matt

Andrew, May you achieve your dreams through your precious gifts and talents.
May God Bless your life with continuous Love, Happiness, and Contentment,

With Love from all your Aunts, Uncles, and Cousins

Lindsay Pucino

“The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do.” — Sarah Ban Breathnach

We are so proud of you!
Love, Mom, Dad, and David

David Renski

Dewey,

Your next chapter is upon you; have faith and allow yourself to be great!

Love, Mom and Dad

Leah Richards

Congratulations Leah,

You will be an awesome nurse!
We are so proud of you.

Love Mom, Dad, Brad, and Eric

Giovanny Rivera Jr.

Dear Giovanny,

You make all your family very proud on your college graduation.
We wish for you all the happiness, success and a very prosperous future, as you continue on to law school.

Love Mom, Dad, Giancarlo, and Grandma Aurora

Ashley Roemer

Dear Ashley,

We are so proud of you.
Wishing you health, happiness and success
As you start the next chapter of your life.
You are in our hearts and minds, always and forever.

Love, Mom and Dad

Emma Schlein

Dear Emma Jean,

We are “devilishly” proud of all your “pioneering” accomplishments on to Disney! May all of your dreams come true!

Love, Mom and Dad

Victoria Serricchio

To our Victoria,

You have made us very proud with all you have accomplished,
May all of your dreams come true!

We love you, Mom, Dad & Nick

William Slattery

My Dearest Billy,

I'm so proud of all you have accomplished and the man you have become!
“Dream your dreams with open eyes and make them come true.”

Love you always—Mom

Jason Stavros

Jay,

It's finally that time in your life to do what YOU want to do! Be happy, be safe, and most of all, know that my love and support are always there for you in the journey ahead. I love you and am very proud of the man you have become.

Love, Mom

Jay,

So glad we became BFFs. Good luck with everything in the future. I'll always be there to support you.

Love, Nick...GO TEAM STAVROS!

Lauren Stoeckel

To our Lauren,

We're so proud of you and all your accomplishments. Wishing you much love and happiness always!

Love, Mom and Dad

Dan Tamburro

Dear Dan,

I am so proud of you. You're the best! I wish you much success and happiness in the future.

Love, Mom

Michael Ulatoski

Great job, Mikey U!!!

You did it!!
We're so proud of you!!!

Love, Mom & Dad xoxoxo

Christina Vega

To our beautiful Christina,

Your accomplishments are an inspiration. You make us so proud to be your parents. May your dreams and aspirations be fulfilled throughout your life. May you aim for the moon, but reach the stars.

All our love, Mom, Dad, Mark, and Frankie

**Sacred Heart University
Class of 2011
Congratulations and
GOOD LUCK!
From the Editors and
Staff of Prologue**

EPILOGUE













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