"What is past is prologue."

- WILLIAM SHAKESPEARE
Everyday is a new adventure working for Allen. He is one of the most genuine people that anyone can come across. He deals with all sorts of problems, concerns, and issues all at once, handling each one with care and a smile. His way of leadership through humor makes everyday a joy to come into work. Never losing his composure for even a moment, he truly is a wonderful role model for the entire Sacred Heart community. As the Director of Residential Life, he is responsible for placing all residential students in housing.

The Class of 2004 and the Prologue are proud to present the 2004 yearbook to Allen Machielson!
Ashleigh has always been a dancer. When she was four and beginning a ballet class, one girl remarked at how beautiful she was. "You're so pretty," the girl said. "What's your name?" A precocious and imaginative Ashleigh replied, "My name's Ashleigh Fontaine. But you can call me Rainbow Brite." Rainbow Brite certainly was an appropriate nickname for this vibrant, beautiful, talented, creative, HystERICALLy funny, yet deep young woman. Her infectious laugh, those animated responses, the passion with which she got angry, her ontological mind, the cookies she baked, the faces she made, the "cute" voice, the music she lived for... are all just a few of MY favorite things, but don't even scratch the surface of her extraordinary soul. A Northeastern transfer student and originally a Philosophy major, Ashleigh decided to take some time off from school and retreat to Maui, to "work for necessity and find herself." She did so with a few other friends and at the time I had wished I could go with her. I was sad to be without her for so long, but now am so grateful she did what she needed to do. This past summer, upon her return from her six-month stay in Maui, Ashleigh gave me a piece of advice that I have been inspired to live by. I feel if given the opportunity to do so herself at this very moment she'd say the same thing to all of you: "Remember that nothing is forever, everything happens for a reason and that the ebb and flow of life will bring you exactly where you were meant to be if you ride with it. Live for you and in the gift of the present." When Ashleigh was eight, and I was seven, just she and I were in "Aunt Kathy's" basement. She had been teaching me to dance after a game of hide-and-seek that brought us down there. We took a moment to catch our breath and just "chat." She said, "You don't have a best friend already, do you? Cause I have a lot of friends but I really need a 'best friend. Wanna be BEST friends?" Of course, I accepted her proposal and she threw her arms around me, hugged me tightly, then grabbed my hand and we sprinted up the stairs to tell Aunt Kathy and whoever else would listen. She never let go, and I've never been the same. • We've had quite a journey together and for that I am so very grateful. She will forever be a part of my life and a part of all of your's here at Sacred Heart University. We must never forget her and talk to her daily. And if you've ever wondered who exactly your guardian angels are, now you know. • Remember that we are not human beings having a spiritual experience, but spiritual beings having a human experience. And though Ashleigh's human experience has come to an end, her spirit will forever live on through those here at Sacred Heart who were blessed to be a part of her life, through those whose hearts were touched by her kindness, and to those who simply walked these halls and shared a passing smile with our very own Rainbow Brite.

By: Dallas Kalmar

RELAX · BELIEVE · JUST BE Nothing to Lose Except Yourself
Dr. Babu George dedicated his time to improving Sacred Heart University for 25 years. Although he passed away on March 6, 2004, his legacy will live on through the many students and colleagues he has touched throughout the years. His reputation extended far past the walls of SHU; he was respected and loved by people all over the country. I witnessed this adoration first-hand by attending the American Chemical Society national conferences each year. Dr. George constantly introduced his students to his colleagues with great pride in his eyes. This pride was a result of all that his students had accomplished. He never took credit for any of our achievements, but we all know he was a big part of our success.

As a result of the hard work of Dr. George, the chemistry majors at Sacred Heart University were given a tremendous amount of opportunities that other students were not. The love he had for his students knew no bounds; he would do anything at all to make us happy. He struggled to get the best equipment for the labs, bring renowned chemists to speak about all areas of chemistry and raise money to take the students to national conventions. He also took time out of his day to talk to us about any predicament we found ourselves in and often went out of his way to ease the financial burden of attending SHU by helping his students find scholarships and grants. Dr. George would at least attempt to solve any problem that was presented to him.

He had a personality like no other. Anyone who had the pleasure of listening to Dr. George's boisterous laugh will never forget it. The peace sign that he flashed whenever he was exiting a room was another trademark move that reflected his easy-going and cheerful demeanor. The sight of Dr. George casually strolling through the halls with a big grin upon his face always managed to brighten up my day. During this past year, however, Dr. George was in and out of the hospital, but whenever he paid a visit to Sacred Heart University everyone was thrilled to see him.

His students seemed to be his priority but he also took time to ensure that his colleagues in the chemistry department were content. He treated each one of them with respect and always aided them in their daily activities. In addition, he was their friend. He created a pleasant work environment where each day was filled with jokes and laughter. The atmosphere surrounding the chemistry office was always one of hard work mixed with happiness. I am sure the staff will continue the tradition Dr. George began of always making the faculty, staff, and students feel at ease within the confines of the department.

My college experience, and the experiences of many others throughout the years, was significantly enriched because of the presence of Dr. George. I will certainly never forget all that he did for me, both academically and personally. Although future chemistry majors at Sacred Heart University will have the benefit of many amazing professors, I wish they could all have had the privilege of knowing Dr. George. I am eternally grateful that he was a part of my life and I will work hard to honor his memory in everything that I do. It was with great sadness that we said goodbye to Dr. George on March 6th, but I am sure everyone that knew him joins me in saying that we are incredibly thankful for the time he spent with us.

By: Katherine Haskell
“Friends, Romans, Countrymen, lend me your ears.”

- JULIUS CAESAR
Gillian Weisman and Colleen McCormick have a strong friendship that will last years beyond graduation. - Photo Illustration by Robert Trensk

Cheryl Edwards, Ryan Farnsworth, Frank Schembari, Lana Barnes, Rob Trensk and Katie Haskell enjoy the senior casino trip together at Mohegan Sun.

RA’s Pete Kuczynski, Jackie Neylon, Charlie Sousa, Suzie McHale, Denise Bertolotti, Vicky Primiano, Brianne O’Sullivan and Pat Sullivan have bonded over the past four years through their experiences. - Photo by Robert Trensk

Nick Battaglia, Jill Oparowski and Dave Lind had a fun medieval experience at Medieval Times. - Photo by Robert Trensk

The TV show Friends is ending, but that doesn’t mean that their friendships won’t outlast the reruns.
It's 7:59 on Thursday night. There is a rush to get everyone settled in time. 8 p.m. ticks on the clock. Faces are being stuffed with snacks and friends gather around as eyes are fixed on the tube. The main campus event has begun. Friends is on. This is the scene that has taken place just about every Thursday night for the last ten years of our lives. Friends, the super bowl of the comedy series, has been “there for you” since September of 1994. The series finale airs on Thursday, May 6, exactly 10 days before the class of 2004 graduates. “It’s the thing to do,” says Pat Sullivan. “My roommates and I watch it faithfully every week.” Pat found himself drawn to the weekly college ritual. He’ll be saying goodbye to Friends as he bids farewell to SHU after just four short years. Charity Ferris states: “Friends just drags you in. My friends and I find parallels in the show and relate it to parts of our everyday life.” She often connects the personalities and antics of certain characters to members of her own group of friends. Our Friends watching rituals have continued from middle school through our college years. For the last four years, we have formed relationships and memories that will last a lifetime. We’ve developed a sense of self and a community that even graduation will not be able to end. “I’ve never missed an episode,” says Robert Trenshe. He explains that Friends is a stress release and a comfort to watch every week. “It plays on all of your emotions both happy and sad,” he says. “It’s going to be really upsetting to see it go. It has been a part of many of our lives for years now.” Remember the Mahogany room (our own Central Perk). Remember the late-night feasts. Remember the trips, the parties, the games, the work and the procrastination. Remember the sleep, the lack-there-of, the craziness, the stresses, the classes, the dorms and the freaky roommates. Remember the mistakes, the lessons, the professors, and the early mornings. Remember the fun, the good, the bad and the sad. Remember everything. But most of all, remember your FRIENDS. In May 2004, we’ll be saying goodbye to Rachel, Monica, Phoebe, Joey, Ross and Chandler as we also say goodbye to Sacred Heart, but not to our friends. We’ve made life-long friendships that won’t end. They are a part of us and our families, and always will be. As for the show, there’ll always be re-runs.

By: Ryan Farnsworth
The cellular phone...no longer a luxury, but instead, seemingly, a necessity. No earlier generation has ever had communication so conveniently at their reach as this one. Gone are the days when cellular phones were strictly for doctors and businesspersons and required a whole briefcase to use because they were so big. Now, cell phones not only come in sizes measured in centimeters, but they are used by the masses. • Cell phones have become so widely used that they are a mere accessory but, a useful one at that. There is no more sweating over a car ride with barely any gas. There is no more fearing the car will break down along the side of the road in the middle of nowhere. This is because now, if you are in the majority, you have your cell phone ready and raring to go...just in case. If you are ever dropped off somewhere, there is no worrying that your ride will be late or never come. There is even a trickle-down effect going on as teenyboppers who are dropped off at the mall have a cell phone to call home. • Another benefit of cell phones in this Generation of Communication is the memory of these cell phones. Meet someone new? No problem! Just plug in the person’s phone number. Or, you can email or instant message what you want to say. See someone aesthetically pleasing? Flip open the phone. Take a picture. Then email that picture to all your friends. Yes, this technology can also seem a bit creepy. • Why, there are even more wonderful aspects to these cell phones. There is a different phone for just about every personality. Flip-phones, clamshells, sliding cover phones, snap-on covers, personalized ring tones, light-up antennas, and the list continues. Rarely, it seems, do two people have the same exact phone. They’re kind of like snowflakes; no two are the same...well, not exactly, but almost. At a time when people struggle to figure out who they are, this generation has their cell phones to separate them from the pack. • Students have differing opinions about the use of cell phones. “I think cell phones are beneficial. They’ve changed the way people communicate, however, they can be distracting in class,” said Jackie Neylon, a senior. Eric Silvia, a senior, has a similar opinion, “Cell phones are a cultural issue. They’re a new medium of communication. While they’ve negatively influenced our culture and are distracting because they cause accidents, they have changed communication and made it easier.” It is obvious that cell phones have become an accessory as well as a necessity in our lives. One can only imagine what the next big communicating device will be and...what colors it will be available in!

By: Courtney Gotshall
Recently, cell phones have become a large part of college students' lives. Suzanne Bastos and Matt Braley demonstrate how whether one is walking to class or hanging out in the hallway, students can be in constant contact with each other.

- Photos by Robert Trenske
You come home from a long day of classes. Papers to do. Tests to study for, but all you want to do is relax. So you collapse onto the couch, grab the remote control, and turn on the television. One channel has a group of young, attractive girls competing for a husband on camera for six weeks. Change the channel. Members of both sexes compete for money by conquering their fears. Stunts include ingesting insects and driving out of two to three story parking garages. Channel change. Couples fight temptation from good-looking strangers in gorgeous undisclosed locations. One last channel change... and you get Jessica Simpson asking whether tuna fish was chicken or fish. Oh the joys of reality TV. And you thought your life was intense? It always seems nice to be able to “switch” off whatever problems or stresses you encountered that day. Observing other people’s problems and stresses can be somewhat relieving. Witness their exciting experiences right along with them. You escape your reality and enter the lives of people you do not know personally, but feel connected to from watching the shows. • Reality TV. Can’t live with it and can’t live without it. We have all at one point or another been drawn into the excitement and drama reality shows bring. The phenomenon began with a few simple shows and has since expanded to a mass media that is nearly taking over television. • In many ways, reality television is just entertainment, though there are some shows that provide the viewer with glances into the lives of many different people. We get to see how they live and may even get a glimpse of some future plans. Take Bachelorette, Trista. All you girls know you sat in front of your televisions smiling a goofy smile, so happy for Trista, and her husband, Ryan, while watching their broadcast wedding. Yet they are just people on TV to us. In reality, they are real people who were thrown into the spotlight. You either love them or you hate them. Their story of their life together started out as just a TV show, but they got the fairytale ending after all. • Reality shows are either about five minutes of fame, finding love, or winning money. We laugh. We cry. We may even relate. But those 30-60 minutes of reality television took us to another place. A place where dreams can come true and futures can be made. Where people deceive and become greedy. A place that brings a smile to a face or a giggle that sneaked out of you. • Whether or not you enjoy every single attribute about reality shows, there is always a guarantee of an hour or so of adventure, entertainment and drama that is different from our own lives every week. Reality TV may not be 100% real, but as odd a statement this may be, it is an escape from reality.

By: Kristen Cooper
Thirteen years ago, a reality TV show was pitched to MTV Networks. Little did the producers know how famous and influential The Real World: New York would be. As a result of this program, many other reality shows have come into existence. This ironic “escape from reality” fulfills many college students’ need for entertainment and relaxation. - Photo by Robert Trenske
The Internet is a staple of our generation, a necessity in our school work and a fact of our lives. Where would we be without the Internet; without instant messaging, search engines, online classes or discussion forums? Your hesitation to answering this question brings me to my point. • The Internet is here for the long haul and as students from Sacred Heart University, we are all too familiar with the Internet. Each of us use the web for everything from e-mailing papers and pictures to friends to annoying our roommate by sending them an instant message, even though they are sitting three feet away. Could you imagine a SHU where we didn’t get inundated with global e-mails about the day’s activities? Fred Stula, a Class of 2004 political science major said “No, I couldn’t imagine SHU without global e-mails -- how would I know what events to avoid on campus?” • Our college years would certainly be much different than they are if it were not for the Internet. If we step back and think seriously on the reliance we have on the Internet, it is a little bit scary. We do research, order products, listen to music, watch videos, e-mail friends and family, find jobs and sometimes we have all been known for just doing what is called “surfing the web.” • Without a doubt the Internet is a part of our lifestyle, a part of Sacred Heart University and a part of our future. We have all surfed the web and we will all surf the web in the future. Some of us will keep in contact with our SHU friends long after we leave college via e-mail and instant message and perhaps no other way. Yes, it is safe to say that we as students of Sacred Heart University have been molded into Internet users and it is even safer to say that we are and always will be, the generation that made the Internet not only what it is today but what it will be in the future.

By: Frank Schembari
Music
sound • emotion • life

W

We are the music makers, and we are the dreamers of the dream. Wandering by lone sea breakers, and sitting by desolate streams. World losers and world forsakers, for whom the pale moon gleams. Yet we are movers and the shakers of the world forever it seems.” -Arthur O’Shaunessey

It makes us sing along, tap our feet, clap our hands, or get up and dance. We all have our different tastes, but in the end, music makes the people come together. It comforts, depresses, and electrifies us. It can reflect our personality or influence our image. If there is one thing that has been stable in our college experience, it is music. Whether it is dancing in a club, working out to the beat, or playing it in our rooms - we cannot help absorbing it. The lyrics become the musical poetry that we all relate to and apply to our lives. They are the substance to the music that brings out our emotions and puts us in a good or bad mood. Lyrics can lighten up our day or make us hate everything. Why is music so important in our lives? Recently, we have the urge to download songs in our own digital music libraries. We get almost every song we want for our compilation CDs to play in our cars or in our rooms. There is nothing that shows love for music like having Outkast, Jon Bon Jovi, and Garth Brooks playing back-to-back. Music creates a memorial to the past. It can be our own personal time machine. Music pulls us back and places us in the time period when a specific song was once popular. We can all remember dancing the Macarena at our middle school dance or even singing on our own personal stages with New Kids on the Block. It is these songs that transport us back to the time period where we can relive the thoughts, feelings and events of our childhood. Music is the circle of life. It is created by the soul, organized by the mind and is performed by the body which energizes the soul in return. So, let the music make you want to scream at the top of your lungs and dance to the music, because these are the times to remember, and they will not last forever.

By: Nickolas Sobanski
“That light we see is burning in my hall. How far that little candle throws its beams!”

- MERCHANT OF VENICE
Have you ever discriminated against someone because of his or her race, age, abilities or gender? Or are you one of the many who have been discriminated against for reasons out of your control? The answers to these questions lie in the hearts of Sacred Heart University students. During the week of October 26 through November 1st the Residential Life staff opened the issue of discrimination up to the Sacred Heart University Community.

Many events were held to show students the problem of discrimination; each was sponsored by a different organization to fight the various forms. Among them was a Disability Awareness Fair sponsored by the sorority of Zeta Iota Lambda where students were able to try machines enabling them to see what life would be like with certain disabilities. One of the most effective exercise of the week was the elevator discrimination conducted in South and West Halls. Depending on the time of the day, any one of the people walking into the dorms could have been told to take the stairs. Each hour a different aspect of the student body was selected to be the deciding factor of who gets on the elevator and who does not. A grey sweatshirt or a ponytail could have been your ticket to the stairwell. This activity forced students to realize that just because one thinks he/she is safe at SHU, at any moment his/her world could be turned upside down by discrimination.

Throughout Fear No People Week, I had the unfortunate experience of a sprained ankle. I participated in a personal disability awareness as I hobbled through the hallways of SHU on crutches. One motor skill I will no longer take for granted is walking. Seeing life through a different and more difficult view persuaded me to have an empathetic attitude towards others, which is a goal of Fear No People Week. Understanding and interaction are important parts in changing the way a person looks at the world.

Fear No People Week puts students on the receiving end of discrimination. To experience it is to understand it and to understand it is the way to transform SHU into a place where everyone is created equal.

By: Kristin Masluka
The event entitled "A Boy, A Girl, and a Virus" was the most affective event of the week. This was about a speaker who had contracted AIDS when he was young from a blood transfusion and now he and his girlfriend tour around colleges and speak about the disease, what it's like being in love when one person has AIDS and other important issues surrounding their lives. It was a great event because it was something different from what you normally hear, and the couple was so in love you could tell just by looking at them and how they spoke to each other, and it was great to see them both happy despite their circumstances.   ~ Kelly O'Malley
Peace and Justice Week, once known as Peace and Love Week, works to establish a sense of cause and social tolerance in the Sacred Heart community. During a time when the country is torn over disagreements about human rights and equality, Peace and Justice Week fosters a sense of tolerance and understanding among people from all walks of life. Whereas they might not grant everyone a chance at life, liberty and the pursuit of happiness, the events of the week helped the participants see themselves in someone else’s shoes.

The week, sponsored by the Office of Residential Life with the help of Campus Ministry and the Office of Service Learning and Volunteer Programs, focused on getting students involved and provoking thought and action on topics relating to social justice. “This week is a commitment to human life and dignity, to human rights and solidarity. We look at issues dealing with equality, economics, and social and political developments that may challenge the dignity of human rights in our country and around the world,” said Allen Machielson, Director of Residential Life.

“Why the Death Penalty is Wrong,” a speech by Robert Nave, offered students a chance to explore their thoughts on the controversial topic, as well as to see themselves in positions closer to the issue. Later on in the week, an All Day Read-Aloud let students act locally and promote learning among community children. The highlight of the festivities was a speech delivered by Brian Stiltner during Opening Ceremonies. Professor Stiltner, a theologian and Director of the Center for Catholic Thought, encouraged social activism for the purpose of achieving a greater level of justice. He spoke about the three commitments of social justice. This triangle, as Stiltner called it, includes liberty, equality and community. With the absence of one quality, the triangle of social justice is incomplete. In addition to that, socially conscience movie buffs were impressed and delighted to hear a speech from Andre Keuck, an actor in the film “Zero Day,” which was screened as part of the week’s awareness programs.

Peace and Justice Week is about greater things than speeches and volunteer work. Overall, the activities of the week inspire students to take more active roles in the community around them and to realize that life is too short for hate and intolerance. The entire Sacred Heart University community has benefited from the programs and events of the week.

By: Olia Yelner
Director Ben Coccio discusses his movie, "Zero Day" which deals with the reality of violence in public high schools.

- photo by: Brad Mamalis

"It is important for Sacred Heart to have a Peace and Justice Week in order to make the student body aware of important worldwide events and issues. Sometimes living on a college campus we forget about what is going on beyond our lives at SHU."

~ Regina Dempsey

"Peace and Justice Week is necessary to educate the SHU community on the injustices of the world; without justice there is no peace."

~ Dawn Doucette

Tamara Kerns, Pat Sullivan, Allen Machieison and Jeanne Sampson participate in Opening Ceremonies. - photo by: Robert Trenske
The need for more residence halls has been long overdue for students. This past year the living situation was so tight that upperclassmen were forced to live in hotels. Fortunately, with the new residence hall, North Hall, all future resident students will have somewhere to live that is in close proximity to the main campus. Although building the new hall was necessary, it was not an easy task to accomplish.

The struggle to build this housing development began in 1999 when SHU was granted legal permission to build a residential facility on the 5252 Park Avenue site. According to Michael Giaquinto, the Director of Facilities Management and Construction, the university had planned to construct a ten-story high-rise that would be like East Hall. However, the surrounding community did not want another tower and preferred that the university not build upon the site at all. Rather than alienating the surrounding community, SHU honored their request and began searching for alternative areas where they could build a new residence hall, explained Giaquinto.

Sacred Heart University looked into other possible properties, however the school's new offers were rejected as well and the university was forced to return to the original site. School officials promised the community that it would not construct another high-rise if they helped the university get Fairfield County to modify their strict zoning regulations that forced SHU to build upward rather than outward. Ultimately Sacred Heart University came up with a design that was approved by all parties and the ground was broken for construction of the new hall this past fall.

The ground-breaking ceremony occurred on Saturday, September 13, 2003. Dr. Cernera called the project "an important milestone in the life of the university." He also said the new dorms would allow "the university to engage more fully and directly with its students" because it will provide on-campus housing for 403 residents who "are now living scattered far and wide." Following a blessing given by Rev. Andrew Garavel, Cernera and two members of the university's Board of Trustees, Joseph D. Roxe and Christopher K. McLeod, ceremonially turned the soil at the site, officially inaugurating the project. Thereafter, Student Government President Guy Savage and two senior RAs, Charlie Sousa and Meghan Dodd, did the same.

The new $18 million development will consist of three, three-story buildings that are fashioned in old collegiate style. Each hall will contain twelve quads that are positioned four to a floor. Each quad will be suite style, housing eleven or twelve students in six bedrooms. They also will have a study lounge, a living room, a kitchen, two bathrooms and bay windows. The ground floor of building one will contain a fitness center and a cafe. Many students chose to live in North Hall next year for these accommodations. "We really needed something like this new coffee house: a place where students can go in the evening and that stays open later. There is nothing like having a latte to keep you up the week of midterms and finals," said sophomore Dan Keeley.

It is projected that students will be able to move in to North Hall September 2004.
"What attracted me to North Hall was the personal gym, cafeteria, its own public safety office and the fact that it's the newest living environment."

~ Nichole Kieltyka

"I chose North Hall because it is new, a lot of my friends/classmates will be living there, there's a gym inside it (big factor), and I wanted to be a part of the first group to live there."

~ Gregory Serven

The exterior of North Hall is very different from the other residence halls on SHU's campus. ~ photo by: Robert Trenske
near realistic look into a day in the life of a Commuter student. While this is purely fictional and somewhat exaggerated and is not based on any actual person here at SHU, it is written by two commuters.

5:45 A.M.: Wake up. Fall out of bed (ahhh the luxury of not being in a bunk bed — you hit the floor, not your roommate.)

5:47 A.M.: Jump in ice bath...er, I mean, shower. (Yes I used up all of the hot water. Again.)

6:12 A.M.: Throw clothes on. Sit down for a bowl of cereal. Throw out cereal. There is no milk. Thank you, baby brother, for getting over your lactose intolerance.

7:08 A.M.: Driving car to school. Hmm... I need gas. Wonderful. Gas station coming... Gas station going. Line too long. I hope I have enough gas fumes to get to school.

7:15 A.M.: Traffic on Route 8. You'd think one would learn earlier to avoid this situation.


8:05 A.M.: Take a swing around Commuter Lot. Perhaps there's a spot here for me. No such luck. Curious.

8:20 A.M.: Two speed bumps, four cut-offs, five birds, and one honk later, I have a parking spot. Nice view from here. Is that Notre Dame or New Jersey? When I squint, I can almost see the school. Fascinating. But, very late to class.

8:51 A.M.: Stumble into class. Hmm... teacher insensitive to plight of commuters. Explanations of traffic happen quickly in a matter of seconds. Same response. Claims I have no concept of time. Make unfortunate racket as I try to get settled.


9:17 A.M.: Remove self from couch. Pool time. If Hawley Lounge doesn't make me a billiards pro... nothing will.

10:20 A.M.: I'm hungry. Head to Flik for a "Breakfast of Champions."


12:30 P.M.: Lag 40 lbs. of books to class.

2:15 P.M.: Class is over. Saved by the bell! I know... there are no bells.

3:45 P.M.: Wearing bathing suit. Beach party? No no... Gimme a... Gimme a... Gimme a... Gimme a C... Gimme an A... Gimme an "I... lifeguard at the YMCA!"

8:00 P.M.: Headin' home. Late dinner night. Again.

8:36 P.M.: Good thing I got a CD player....

8:37 P.M.:... Hey yaaaaana... Hey yaaaaaa... Heceey yaaaaaa... Heceey Yaaaaa...

8:38 P.M.:... "Shake it, shake it, shake it, shake it, shake it, shake it, shake it, shake it, shake it, shake it, shake it, shake it like a Polaroid Picture, shake it, shake it, shake it..." Shaking... shaking... car shaking... shaking...

8:43 P.M.: Should have stopped for gas this morning. Good thing I have AAA. Wish I had a cell phone.

10:31 P.M.: I'm home!!! Dinnertime!

10:33 P.M.: Brew some coffee. It's going to be a long night. 10 pager due tomorrow.

1:16 A.M.: Okay, not that long a night. Hopefully, today... yesterday... was one of those off days where everything seems to be going awry.

1:17 A.M.: Good night.

By: Courtney Gotshall and Olia Yelno
"I like commuting a lot. It is nice because I go home every night so I get to see my family and live in my house. I sometimes feel that I am not as involved since I am a commuter and that I don't know as many people as I would if I were a resident. I don't have that relationship that you have with a roommate. However, I am in commuter council, which is a great way for commuters to get involved. Although I don't have that special "roommate relationship," I still have my own room at home and I don't have to share everything with a whole floor of other students. Commuters also get to have cars."

~ Nicole Brower
“...do as adversaries do in law, Strive mightily, but eat and drink as friends.”

- Taming of the Shew
A new perspective
SHU Student Government

Class of 2004
Front Row: Erica Brienza, Julie Paradis, Diana Marques; Middle Row: Steve Brine, Nicole Governale, Melissa Christy, Jennifer Shea, Colleen McCormick, Carrin David; Back Row: Megan Tucker, Jennifer Ridgwell, Garrett Fox, Kimberly Dick, Kristy Ruggiero, Gillian Weisman, Jillian Oparowski, Nicholas Battaglia, Jason Bowsza

Executive Board
Front Row: Courtney Moody, Danielle Bachini, Monica Concha, Colleen McCormick, Gillian Weisman; Back Row: Todd Dixon, Jon Cretella, Nick Whalen, Justin Gage, Jennifer Hradek

Blending the Old with the New:
Guy Savage and Colleen McCormick in the Homecoming parade. —photo by: DaVor Photography, Inc.

Jen Hradek happily takes on her new position. —photo by: Robert Trensko
The spring semester at Sacred Heart University brought about many changes, especially within the Student Government. Not only did the untimely departure of numerous Senators force the remaining members of SG to step up, but also did the surprising resignation of the former President, Guy Savage. It was a sudden occurrence, but Vice President Jen Hradek was ready and willing to take on the responsibilities of the position.

Hradek, a senior member of the Student Government for three and a half years, explained, “I feel I have worked my way up the ladder, so I wasn’t too worried I wouldn’t be able to handle it. I fully immersed myself in SG from day one freshman year, so I was very prepared.” All of the changes that Hradek planned for the spring semester appeared beneficial.

Hradek’s main focus was on improving morale and spirit within Student Government. She felt that present members were not as happy as they were in past years and Hradek quickly set out to change that. Her first step was to attend all class meetings to bring back the excitement of the school’s strong government. Hradek’s goal was to create an atmosphere that the members enjoy being in and would want to return to next year. Even more so, she wanted to see new students who have not been involved run for elections next year.

Before the new president could tackle the community outside of Student Government, she built on the one within. Hradek commended all class boards for their new and creative events and ideas and hoped that with a little more support, they could take these ideas and really bring spirit back to SHU. In the true fashion of a good leader, Hradek knew that for others to follow, she first must set the example. The new President attended all the school events, demonstrating her support for fellow classmates.

As for new ideas, Hradek began first by reinforcing policies within the Executive Board. She hoped the spirit of the executive leaders would trickle down through their own boards. “The policies and procedures I’m enforcing are to help ensure that people keep on track with their duties, not to harm or deter people.” Hradek proudly called it “HUGE!” Her plans were for students to nominate people for these awards by stopping by one of the busy tables in front of FLIK. Hradek “wants to execute a fun, new and exciting Installation Dinner for SG.”

Hradek deserves a lot of credit for stepping up so late in the year and so unexpectedly. In order to respect Savage, Hradek carried out his former plans as well as those she came in with at the start of the semester. “I wanted to accomplish them before the year ended and I would have seen them through regardless of what position [I was in],” She definitely saw it all through this spring.

By: Teresa Errico
Nearly 200 people attended the Sixth Annual State of the University Address (SOTUA) to voice their opinions, questions and concerns to the President’s Cabinet. The objective of the event organized by Student Government was to give the student body direct access to the policy makers of the University so they could convey their needs and heighten the awareness of the administration. The event began with an address from SG President Colt Savage, who was of the opinion that SHU was in need of improvement, but felt these problems could be corrected if the administration and the student body worked collectively to improve the condition of the University. With this in mind, he contended that students should challenge the administration and its policies by questioning “why things are being done [and] why things aren’t.” He concluded: “Everyone in this room has the potential to truly make a difference on this campus, and to truly make this a place for the better. Take on the challenge of being a voice on campus, someone with ideas and opinions, someone that will truly leave their impact on this University.”

Once the session moved to open forum, Class of 2005 Senator Jen Paquette asked what the administration was doing to increase the number of courses. According to Dr. Cernera, SHU will be able to hold more classes next semester due to the addition of eight new classrooms. In addition, he stated that the University is currently planning the construction of a new academic building, which will allow the institution to further broaden their course offerings. Following Paquette’s inquiry, junior Meghan Mullane asked a question regarding the parking problem. In response, Dr. Paul Madonna, VP for finance and administration, told the audience that SHU was planning on building a new 5-6 story parking garage in South lot. According to Dr. Donna Dodge, VP for mission and planning, a sub-committee of students, faculty and staff will be assembled to come up with a reasonable way to eliminate 100-150 cars on campus next year. “Some have suggested limiting sophomore parking while others have recommended not allowing off-campus residents with access to the shuttle service to park on-campus,” she said.

After the meeting was adjourned, Savage stated that he was satisfied with the outcome of the event. “I thought the cabinet and the administration responded to the students’ questions to the best of their ability and I thank them for participating in the event,” he said. VP for Student Senate Jen Hradek, on the other hand, thought the administration could have answered the questions in a more thorough fashion. “I felt the students’ questions were constructive but some of them weren’t fully answered. When students brought up broader issues...they were answered on a case to case basis rather than addressing the overall problem at hand.” Dr. Gary Rose, who moderated the event, said that the atmosphere of the Address was placid compared to previous ones, where emotions sometimes ran high. He then stated that this may mean the administration has resolved several of the issues that used to encumber the University. “I noticed that students weren’t as anxious as they have been in the past, which is a good sign because it means the University is solving many of the issues that troubled them in the past,” Dr. Rose concluded.

By: Anthony Franciosa
expressing concerns

SHU STUDENT GOVERNMENT

Class of 2005

Front Row: Jennifer Paquette, Danielle Bachini, Maria Stillo, Kristen Fritsch, Jessica Fortin; Back Row: Shannon Kinney, Todd Dixon, Colin Dailey, Jane Sanders, Mike Hougasian, Gina Scalise

Student Senate

Front Row: Jill Oparowski, Carrin David, Todd Dixon, Erica Brienza, Julia Paradis; Back Row: Colin Dailey, Rob Rood, Erin Maurer, Christina Piazza, Kerin Fullam, Meghan Hyde, Vincent Wynne, Shannon Hines, Mike Hougasian, Jane Sanders

Challenging the Administration:
Guy Savage encourages students to take a stand. --photo by: Robert Treska

The President and his cabinet answer questions from the students. --photo by: Robert Treska
reaching new heights

SHU STUDENT GOVERNMENT

Class of 2006

Front Row: Kara Simpliciano, Jennifer Travers, Kerin Fullam, Angela Hartmann, Jenna Molloy, Shannon Hines; Back Row: Meghan Hyde, Vincent Wynne, Amy Nardone, Jon Cretella, Lisa Matarazzo, Jay Corrar

Student Events Team

Front Row: Jaclyn Hines, Jason Prevelige, Amy Moore, Kelly Imhof; Back Row: Ashleigh Moore, Dan Marra, Mike Hougasian, Justin Gage, Vincent Wynne, Nicole Juba

Working as a Team:
Guy Savage, Jane Sanders, Gillian Weisman and Justin Gage work together to hold each other up. —photo by: Tom Wiestkamp

Wall climbing helps people build confidence: an important attribute to have as an SG member. —photo by: Tom Wiestkamp
To function as a team, an organization needs to feel like a team. This principle is applied to sports teams, movie casts and corporate offices. The Student Government Executive Board grew closer than ever after spending two days participating in team-building exercises at Camp Jewell in Winsted, Connecticut. The purpose of going over an hour away for a camp-like environment is to get away from campus distractions like friends and roommates. At the camp, participants were free to focus all of their attention on strengthening their organization instead of having to worry about the mundane activities of everyday life.

The Camp Jewell YMCA has facilities that include multiple high ropes courses, indoor and outdoor climbing walls and many low ropes elements. Student Government participated in activities such as climbing unbalanced structures and jumping thirty feet (safely harnessed, of course). These difficult tasks are reminiscent of closing one’s eyes and falling backwards with the hope that there is someone in the back ready to catch you. Many activities focus on building trust within groups and often require participants to be blindfolded. Participants must learn to listen to their teammates and fully trust that they will lead them properly. All of the activities were supervised by Camp Jewell staff and used safety precautions. Their uniqueness in nature made them perfect for building trust between Student Government members. All of the members regardless of age, gender or Student Government experience had to learn to support each other, as they would have to do later, during the school year.

Much like “there is no I in team,” there is no I in Camp Jewell, and the entire Sacred Heart University community is better for that. After a rigorous Camp Jewell weekend, Student Government came back to Sacred Heart University ready to work together and make a difference in the organization and the lives of students.

By Olia Yelner
Boys against girls is the age-old fight, but what about the rival between ages? Does seniority really rule? Students found out at the “Battle of the Classes-Pack the Pitt.” Co-sponsored by Student Government and the Student Life Department, “Pack the Pitt” is a spirit competition between the classes. The class having the highest attendance at the men and women’s basketball games won prizes.

“We wanted to do it to hopefully get the basketball off to a good start in the new [spring] semester and also because we are aware there has been a school spirit deficiency in the past few years,” stated Jen Hradek, Student Government President. The Student Government has been responsible for increasing attendance at athletic events through the adoption of a Spirit and Traditions Committee. The committee encourages school spirit and “Pioneer loyalty.” The athletics department is pleased and impressed with the students’ support of their athletic peers.

“It has been great working with students who are so motivated to bring spirit to this school,” explained Mark Adzigian, Director of Athletic Marketing, whom the Senate has been working closely with to make students more supportive of athletic events.

“Sacred Heart University games are a great way to support your friends and have a good time too,” said Lindsey Gershkoff, a senior from Rhode Island. “Free stuff is a nice bonus.”

The athletes support this idea too. Omar Wellington, a senior from New Jersey and the captain of the men’s basketball team stated, “I think the planned events that the student government have in place are great. Every fan helps to create an intense atmosphere that can impact the outcome of the game.”

At “Pack the Pitt,” all students were given the chance not only to support their team and to show school spirit, but also to be rewarded for it. “Battle of the Classes” featured shootout competitions and various games and prizes, as well as a chance to win airline tickets.

And what class won the battle? In a close call between the Class of 2007 and the Class of 2004, the freshman class emerged victorious.

By Lori Coupe and Olia Yelner
pack the "pitt"

SHU STUDENT GOVERNMENT

Class of 2007

Front Row: Christina Piazza, Jill Hossie, Heather McKillop, Rob Rood, Erin Maurer, Dom D’Errico  Back Row: Amy Ricci, Jim Dally, Monica Concha, Frank D’Errico

Greek Senate


We’ve Got Spirit:
All four classes packed the Pit Center to show their spirit for SHU athletics.

-photo by: Robert Trenske

The women’s basketball team was grateful for the students’ support.

-photo by: Tom Wuestkamp
The founders of Zeta Iota Lambda. —photo contributed by: Jen Hradek

The newly established sorority stands behind their organization's rock. —photo contributed by: Jen Hradek

Welcome to the Family

Front Row: Kelly Stritmater, Jenna Molloy, Regina Dempsey, Brianne O'Sullivan, Catherine Skarbowski; Middle Row: Jennifer Hradek, Kacey Semler, Linda Assante, Joanie Dunn, Shannon Kinney, Maria Stillo; Back Row: Kathleen Hellmann, Kelly Nandorph, Megan Houlihan, Rory Colford, Suzanne McHale, Meghan Kelley, Gina Scalise
Zeta Iota Lambda was established on May 5, 2003 by 12 women, making this sorority the newest Greek Organization on campus. However, the road to establish this sorority was not an easy one. These 12 women worked for two long and difficult years before they were recognized as a Greek Organization. They are extremely proud of their accomplishment and are excited about what they bring to the campus community. They are also excited to be a part of the Greek Life family to be able to share in traditions, bring new ideas, and participate in Greek social and philanthropic aspects.

The Sisters of Zeta Iota Lambda work toward increasing awareness and educating the campus about disabled individuals. They also reach out to physically and intellectually disabled individuals at Sacred Heart University and in the surrounding area. These women work closely with the Learning Center, through which they helped to reestablish the Sign Language course at SHU. Jill Angotta from the Learning Center also helps the Sisters to plan events such as their Disability Awareness Fair, Special Olympics Speaker, and bringing the National Theater of the Deaf to campus in February.

This organization works to aid individuals with disabilities outside the SHU community through working extensively with the Connecticut Special Olympics and the Kennedy Center, a local center for disabled individuals. They have even participated in the Penguin Plunge twice, in which individuals raise money for the Special Olympics and jump into the icy water of the Long Island Sound in March for a good cause. These dedicated women have completed over 700 hours of service over the course of two years. They were also a CT State Nominee for Outstanding Community Service in 2003, and were recognized by the University for their outstanding service. The Sisters take pride in their extreme devotion to their cause and truly enjoy the community service projects they participate in.

Aside from dedication to their cause, these women are involved in many other aspects of campus life through various clubs, organizations, and service programs. Zeta Iota Lambda has held many events, both social and cause related. They have hosted Greek Life Pot Luck Dinners, dance parties, a documentary about deaf individuals, a BBQ, and much more. They also have taken part in events unrelated to their cause and Greek Life. They have participated in Siblings Weekend and Helping Hands, a Domestic Violence Walk for the past two years, and collected food and money for the Salvation Army, among other things.

Each sister is unique which also helps to keep the organization open-minded and lively. This tight-knit group of girls provides a constant support system of love, compassion, trust, understanding, dedication, and friendship to each other. Whether it’s having a girls’ night, going out, or being at a Greek Life event, you can always find them having fun and enjoying the time they spend with one another! The Founding Sisters were extremely excited to be taking their first Associate Member Classes this year and succeeded in initiating new sisters into their organization. In the future, the Sisters hope to better the physical handicap accessibility aspects of the campus, hold more social and cause-related events, become even closer with the Greek community, and see their organization grow.

The Sisters would like to thank the Greek Life Community for their support and help over the past 3 years. We also could not have come this far without our outstanding faculty advisor, Jane Carlin, who has always been a positive and motivating force behind us.

By Jen Hradek
**Front Row:** Vinny Miceli, Anthony Monaco, Rich Kasten, Steve Callari, Christopher Cawley; **Second Row:** Thomas Lucas, Kris Baffi, Dan Kristan, Jimmy Cernera, Joshua Sedlock, Chris Belluz; **Third Row:** Jonathon Bassi, Anthony Romeo, Joshua Rutigliano, Justin Baigert, Tom Wolf, Matt Pare, Christopher Griffith; **Back Row:** Chris Stapleton, Brett Stieglitz, Randall Dammers, Matthew Yarmosh, Jimmy Dolan, Ricky Mahoney, Matt Dwy, Ryan Lawlor, Jake Giuliano

**Front Row:** Leslie D'Addio, Sue Haar, Kim O’Kane, Jessica Leppla; **Middle Row:** Melissa Bellino, Nicole Andreazzza, Allison Krulish, Lauren O’Connell, Samantha Kelly, Kerri Curran, Nicole Finn; **Back Row:** Liz O’Connor, Lauri Fernandez, Erin Bimbo, Lauren Walsh, Ashley Hartwell, Brittany Lockhart, Kristian Finneran, Bridget Madden

Dan McNamara and Jimmy Dolan show their Alpha pride. ~photo by: Tom Weestkamp

Kappa Phi educates freshmen about their sorority at the activities fair. ~photo by: Lisa Marin
Front Row: Delmi Palma, Stephanie Murphy, Jessica Kaloyanides, Jade James; Middle Row: Michelle Everett, Carrin David, Christina Domenech, Jeanne-Monique Sampson, Lillie Orellana, Marjorie Petit; Back Row: Aisha Lubin, Kathleen Beaubrun, Genelle Rougier, Monica Concha, Victoria Primiano, Kivette Parkes, Beth Casson

Girls from Nu Epsilon are ready to kick some Greek butt at the Greek Olympics. -photo by: Tom Wuestkamp
Front Row: Rachel Yarmosh, Teressa Diaz-Hennessey, Meredith Alagno, Karry DeCarlo, Christy Ferdenzi; Back Row: Michele Puzzo, Kristen Trank, Allison Guarneri, Nicole Ferro, Jaime Acker, Lauren Stabile

Front Row: Ryan Beans, Brandon Ely, Craig DiStefano, Nick Brown; Middle Row: Patrick Richardson, Guy Savage, Stephen Brine, Mike Losche, Nick Battaglia, Jay Corrar; Back Row: Matt Lindberg, Matt Reilly, Joe Zalak, Dave Lind, Jason Chudoba, Garrett Fox, Sean Campbell, Jon Cretella, Rob Kirsch

Suzie McHale and Matt Lindberg represent Lambda Sigma Phi at the Greek Semi-formal. ~photo by: Tom Wuestkamp

Chrissy Onderdonk addresses the audience at the opening ceremonies for AIDS Awareness Week. ~photo by: Teresa Errico

42 | Greek Life
Front Row: Patricia Casey, Christine Pini, Jeanna Costello, Siobhan O'Hagan, Cortney Barbato, Diana Maqueira; Middle Row: Jillian Hoffman, Magdalen Miello, Jen Cleveland, Kelly Stern, Amanda Lee Bridgett, Ellen Doherty, Theresa Salerno; Back Row: Nicole Amalfe, Allison Winlborg, Christina Rivera, Allison Vigada, Jenn Cunningham, Kristin Shelley, Molly Brennan

The Omega Step Group does a special performance at SHU FORCE's Kick-a-Thon. —photo by: Brad Manalis

Front Row: Kaitlin McLoone, Erin Maurer, Kristina Nash, Angela Mercer, Christine Carlucci; Second Row: Donna O'Neill, Amanda Poniatowski, Kathryn Sutter, Michelle Contino, Jennifer Hurtado, Liz Dumas; Third Row: Katie Longan, Fiona Gheeley, Kristy Ruggiero, Kathryn Gross, Salina Hazzarese, Annie Harris, Alanna Marchesi; Back Row: Mary Cosgriff, Camy McGovern, Jen Cicatelli, Chrissy Onderdonk, Taryn Brady, Kristyn Nicastros, Beth Maro, Susan Gabrielle, Gabriella Cerasi

Kathleen Beaubrun, Genelle Rougier, Jessica Kaboyanides, Stephanie Murphy and Beth Casson pose at the Greek Semi Formal. –photo by: Tom Wuestkamp

Melissa Bellino and Tom Wolf enjoy the last Greek event of the year: the Greek Carnival. –photo by: Tom Wuestkamp
Eat, Drink & Be Greek!

What do you get when you combine 243 Greeks, 20 hardworking committee members, 10 organizations, 3 days of fun, 2 co-chairs, and 1 head of Greek Life into an entire semester-worth of work? The result—a FABULOUS Greek Weekend!

Friday night’s main event, Skit Night, honored the best and the brightest stars in Greek Life. This year’s theme, “A Night with the Court Jester,” was hosted by Alpha Sigma Psi’s Kris Baffi and Lambda Sigma Phi’s Michael Losche. The award for Best Drama went to Delta Phi Kappa for “Now & Then.” Nu Epsilon Omega sorority had us in hysterics with their winner for Best Comedy, “The Greek Choice Awards.” Alpha Sigma Psi fraternity won Best Overall for “The Alpha Spot.” As they proved to the SHU community once again, the boys can make us laugh and cry and stare in amazement with their “Stomp” like finales year after year.

Saturday night was the Spring Semi-Formal. This year’s theme was “A Knight in Camelot.” The Kings and Queens for the Greek organizations, classes, and clubs were also announced, and the winners were picked at the end of the evening. The winners were Beta Delta Phi Sorority’s King Michael Losche and Omega Phi Kappa Fraternity’s Queen Beth Casson.

The dark sky on Sunday morning forced the committee to move most of the carnival’s activities inside. However, the weather held out, and students enjoyed a barbeque, rides in South Lot, ice cream, and funnel cake. Inside the University Commons and adjoining hallway, there were airbrushed tee-shirts, caricatures, fish pong, key chains, apple bobbing, a fortune teller, a tarot card reader, pie throwing and more. Senior Nicole Andreazzza of Beta Delta Phi said, “Greek weekend was amazing! Even though it was cloudy during the carnival, everyone had a great time making t-shirts, key chains and eating the great food! The semi was gorgeous too!”

This year’s Greek Weekend was a wonderful reflection of the direction that the Greeks hope to continue moving in. Committee member and brother of Alpha Sigma Psi, Josh Sedlock said, “I would do it again in a heartbeat. If I had the chance, and even though it was a lot of work...it was a blast!” This will be a tough act to follow!

By: Sue Han

Shannon Kinney participates in Zeta’s skit at Greek Skit Night.

—photo by: Luna Barnes
Jenna Marks, Kate Melanie, Aisha Lubin, Lisa Beaucar and Elissa Ramcharitar perform "Big Spender" from Cabaret as part of the Center Stage Show Choir's fall show. ~photo by: Robert Treska

Heather Schroeder tries to recruit new members for the College Republicans at the annual Activities Fair. ~photo by: Lisa Marin
in the SPOTLIGHT:
Celtic Club

Dedicated to celebrating Irish history, culture and language, the Celtic Club is one of Sacred Heart University’s newest organizations. The Celtic Club promises to be an exploration of Irish literature, religion, theater and cinema, and both traditional and contemporary music. "My freshman advisor mentioned that there had once been an Irish club at the university, but that it had fallen apart. I wanted to become more involved in the university so I decided to start a Celtic Club because I had been involved in one in high school and I enjoyed it," says Aisling Clancy, one of the cofounders of the club.

"We hope to broaden the views of those who are interested in the Gaelic culture and expand on the ideas of those who have an Irish background," adds Kristen Kiernan, the other cofounder.

The club is open to people who are of Irish heritage and those who are simply interested in Celtic culture. Some students are interested in learning Gaelic and others are looking to travel to Dingle, Ireland as part of Dr. Walter Brooks’ study abroad program.

By: Cristina Baptista
Kristen Bowers, Tiffany Willshaw, Patrick Sullivan, and Siobhan Fogarty raise money for the Criminal Justice Club by selling apple cider at a football game. —photo by: DeVor Photography, Inc.

Christopher Crutchfield reads his poetry at one of the English Club's open mic nights. —photo by: Lisa Marin
Commuter Council

Front Row: John Cogoli, Christina Piazzu; Back Row: Vincent Wynn, Colin Dailey, Nicole Brower

Criminal Justice Club

Front Row: Patrick Sullivan, Stacey Lyons, Nicholas Zuzolo, Katie Delaporta, Natalie DiDonna; Back Row: Leslie Hartman, Kristen Bowers, Tiffany Willshaw, Teresa Capalbo

English Club

Jasmine Urban, Lana Barnes, Sarah Blumengarten, Brittany Hoole, Kristin Masluk, Cristina Baptista, Christopher Crutchfield, Mark Stanzak, Nicole Thompson, Christine Fabey, Karina Ramakalawan, Dr. Richard McGee
Jaime Feola and Mike Hongavan show students pictures of various projects that Habitat for Humanity has completed. —photo by: Lisa Munn

Gordy Milne, Pete Kuczyński, Susan Foster and Michael Bobbo pose for a pic on one of their many adventures as members of the Outing Club. —photo contributed by: Pete Kuczyński
Gay/Straight Alliance

Front Row: Erin Fallon, Stephanie Boulay, Sue Pawlison; Back Row: Jeanne-Monique Sampson, Eileen Gallian, Chris Williams, Mel Knight

Habitat For Humanity

Front Row: Dayna DiBiasi, Meghan K. Sullivan, Ashley Citron, Joe Rosenfeld, Lori Linsley; Middle Row: Jennifer Torres, Nicole Kieltyka, Emily Berno, Jared Bell, David Cherniske, Michael Houganian; Back Row: Phyllis Machlaidt, Michael Mosher, Elizabeth Banga, Meghan Hickey, Alexandria Composto, Nina Palazzo, Veronica Genao, Laura Ives, Miguel Colon

Outing Club

Front Row: Courtney Hodell, Jessica Gomes; Back Row: Nick Zuccolo, Cori Hanson, Peter Kuczerlyski

in the SPOTLIGHT:

Independent Music Club

Hardcore and punk fans have finally found their niche in an otherwise overloaded pop scene at Sacred Heart University. While most of the music and entertainment found echoing through the crowded hallways of Sacred Heart University is either seen on MTV—or similarly on the College Television Network—SHU’s own underground punk fans have formed their own music medium.

Essentially, the Independent Music Club acts as a booking agent for smaller bands to progress in the underground scene. However, the goal of many of the bands that the club represents is not necessarily to become mainstream, but rather to simply increase their following and to speak with those who enjoy their sound.

“Two years ago, we had this crazy idea to have a club for underground music and, slowly in the past two years, we talked about it more and more until we finally got really serious about it,” notes John Faherty, president and one of the founding members of the club.

By scouring the internet, posting on messages boards, attending local shoes, and reviewing demo tapes, members of the IMC search for bands that would like to perform for SHU students.

By: Jayde Levesque
The Pioneer Marching Band performs their field show, "Saturday Morning at Sacred Heart." ~photo by: DaVlor Photography, Inc.

Rachel Savarese and Rachel DiBenedetto represent the Physical Therapy Club at the Activities Fair. ~photo by: Lisa Marin
Pioneer
Marching Band
and Colorguard


Pre-Law Club

Front Row: Haley Hall, Rebecca Milet, Kristi Migne, Rebecca Jadach, Teresa Capalbo; Back Row: Michael Moscynski, Ollia Yelner, Marissa Varnadore, Eric Silvia, Michael Haynes, Matthew Kraus, Katie Haskell, Heather Schroeder

Pre-Physical Therapy Club

Front Row: Rachael Savarose, Joyanna SanMarco, Megan Wotton, Rachel DiBenedetto; Back Row: Nicole Fregala, Kaitlin McLoone, Michael Smith, Christina DiMaria, Lisa Matarazzo

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SHU FORCE performs a dance to Alien Ant Farm's version of "Smooth Criminal" at SHU-Idol. —photo by Robert Tremske

Maria Crapanzano is a founding member of the SHU Elite Gymnastics Club. —photo by Lisa Marin
Prologue
Yearbook

Front Row: Teresa Errico, Lana Barnes, Jennifer Cycon, Courtney Gosshall; Back Row: Kristin Maslin, Oli Yelner, Robert Treske, Lisa Marin

SHU Elite

Front Row: Katherine Delaporta, Jayde Levesque, Maria Crapanzano, Laura Tittle, Jene Commissio Leah Ploord; Back Row: Lisa Matarazzo, Megan Grabel, David Cherniske, Cheryl Beaulieu, Diana Smith, Courtney Civitano

SHU FORCE

Front Row: Ashley-Lynn Lussier, Jessica Pedalino, Katrina Torres, Brittany Hoole, Kacy Lansing, Brianne O'Sullivan, Alyssa Amiano, Jenna D'Agostino, Samantha Couture; Middle Row: Stephanie Peling, Sarah Hendrie, Dawn Sapanaro, Joanne Ong, Lana Barnes, Kerri Dikan, Denise Lendino, Leanne Kaczur, Elizabeth Bangs; Back Row: Dana Vassallo, Michele Fischede, Valerie Bellegarde, Tiffany Mercado, Diane Raimann, Fiona Greeley, Courtney Barbato; Katie Singer, Maria Crapanzano, Carmella Lassegue, Danielle Morris

in the
SPOTLIGHT:
Pre-Law Club

The Pre-law Club's mission is to serve the academic, professional and social needs of students interested in making a career of the law.

With no organized Pre-Law concentration at the university, the club provided students with several benefits and enhanced their preparation for law school and beyond. Topics that are discussed include how to prepare for the Law School Admissions Test (LSAT), choosing the best law school, the application process, and financing law school.

Also, each week a current and controversial legal issue is posted on the club's Blackboard site, which allows members to debate the issues thus strengthening their critical thinking and debating skills. During the fall semester, Karen Demolea, Dean of Admissions at UCONN Law School visited with the Pre-Law Club and discussed how best to prepare for law school and the admission process. Also, the club traveled to the Law School Admission Council's Law School Forum in Boston.

During the Spring Semester, the club traveled to UCONN Law School, and also helped sponsor a legal forum during which a representative of Kaplan Inc., as well as several members of the legal field, including three Sacred Heart University graduates, spoke of the legal profession and the transition to law school.

By: Eric Silvia
The dance Team entertains the crowd at a football game. ~photo by: DiVor Photography, Inc.

A member of UMOJA addresses the audience at the Black History Month opening ceremonies. ~photo by: Robert Trensko
SHU Players

**Front Row:** Lori Coupe, Jordana Bross, Juliana Schatz, Charity Ferris, Brianna Cavataio, Katie Fanning, Brett Wallace, Alex Kantarelis; **Middle Row:** Brittany Hoole, Jeff Guillor, Lindsay Halle, Nicole Thomas, Valerie Bellegarde, Katie Casaubon, Liz Morducz, Kim Marcan-tonio, Amy Chase, Mackenzie Gray, Brian Gardner; **Back Row:** Helen Dunk, Christine Fahey, Mike Johnson, Gordy Milne, Dan Hooks, Dan Marra, Michael Moloney, Leanne Gissas, Karina Ram- kalawon, Kim Andrade, Donna Palumbo, Ken Matts

Spectrum Newspaper

**Front Row:** Katie Carroll, Kerry Frebel; **Middle Row:** Patrick Scalisi, Kristin Muslak, Ryan Farnsworth; **Back Row:** Robert Trenske, Mark Stinzak

Student Alumni Association

**Front Row:** Lauren Padan, Kelly Mc- govern, Caitlin Moreira, Erin Ferrantino, Kelly Imhof, Stacey Kallenber, Kacy Lansing, Kathleen Doherty; **Back Row:** Colleen Rooney, Allison Conca, Meghan Feeley, Liza Gentari, Lauren Skutleka, Samantha Couture, Christine Davin
The women's Rugby team collapses in a pile after a grueling match. ~photo contributed by: Dita Lyon

WHRT Station Manager Alison Pohorylo participates in a Karaoke night sponsored by her organization. ~photo by: Brad Mamalis
UMOJA

Front Row: Jasmine Wheatley, Ugonna Ijeoma, Kivette Parkes, Ebenee Woods, Alinafe Mpanda; Back Row: Stacy Mayers, Frances Bundy, Shawn Carpenter, Janeisha Cantave, Janelle Marks, Katie Decker

WHRT

Front Row: Dana Cannizzaro, Alison Pohorylo, Bill Silvestri; Back Row: Bryan Fogle, Chris Williams, Angela Hartmann

Women’s Rugby

Front Row: Amanda Neto, Tania Rios, Corinne McDermott, Dina Lyon; Middle Row: Kelly Ryan, Kayla McEneaney, Jessica Honan, Chrissy Sheridan, Maureen McNamara, Allison Dulzell; Back Row: Melissa Bernash, Kate Schultz, Kristen Comery, Naiara Argiri, Eileen Guifian, Patsy Storch, Stephanie Murphy

in the SPOTLIGHT:

SHU Elite

The Gymnastics Club is advised by Dr. Joseph Mixie of the Philosophy department. President and founder of the club is Junior Maria Crapanzano. The club serves to promote the social, physical, intellectual, career, emotional, and spiritual interests of individual students, the student body collectively, and the university community. They also strive to help students develop confidence, grace, strength, flexibility, and knowledge of gymnastics. Membership varies from students who have no gymnastics experience, to students who have competed in high level gymnastics competitions.

In its first semester, as a club, SHU Elite Gymnastics sponsored an event which included a gymnastics demonstration by the SHU Elite Gymnasts and a speech by 2004 Olympic hopeful and World Champion Gold (2003) and Bronze (1996) Medal gymnast Annia Portuando Hatch and her coach Alan Hatch.

The Elite train twice a week at Stars Elite Gymnastics Academy with internationally known coaches Alan and Annia Hatch. They also performed six different times this year here on campus – at our campus wide event on November 14th, three basketball games, and twice at the SHU FORCE dance recital.

The SHU Elite Gymnastics Club is filled with an awesome group of people who worked hard and had a lot of fun doing it.

By Maria Crapanzano
CLUB

Joh Fisherty, Alex Kantanelis, Brian Gardner and Mike Chunney's band The Lone Rangers perform at an Independent Music Club sponsored event. - photo by: Brad Mamalis

Brett Wallace as Joe Serenade in CenterStage Show Choir's spring show "Sam's Velvet Lounge." - photo by: Robert Tremke
Mike Johnson of SHU Players introduces his skit for Alcohol Awareness Week. —photo by: Robert Trenske

A brave student reads his poetry at UMOJA's annual Shades of Poetry event. —photo by: Kristin Masiuk

IRC members take a break from Fun in the Sun Saturday. —photo by: Tom Wuestkamp
Mike Smith passes out Finals Baskets to students at the IRC sponsored Midnight Breakfast. ~photo by: Tom Wuestkamp

Kara Brady and Pam Manns were members of a rugby team in Dingle, Ireland. ~photo contributed by: Dina Lyon
The Pep Band plays at Ice Hockey and Basketball games as well as any pep rallies. ~photo by: Robert Trenske

Members of Prologue Yearbook, Spectrum Newspaper, and WHRT Radio at the annual Media convention held in Dallas, Texas.

Members of Habitat for Humanity stand in front of their latest project: a storage shed at the Jubilee House. ~photo by: Robert Trenske

in the SPOTLIGHT:

SHU FORCE

What does it take to start a new group on campus? In a few words, determination and vision. For Samantha Couture, Kacy Lansing, Joanne Ong, Brianne O’Sullivan and Dawn Doucette, it took a fusion of rhythm, creativity and energy. SHU FORCE aims to create an organized group of dancers without a competitive edge. Senior Joanne Ong sums up the organization’s activities when she says “We all have a common interest and drive to pursue our talents and express ourselves in a noncompetitive environment.”

In order to get the group started, the executive board met two to three times a week in the summer. At their meetings they worked on the details of the group and choreographed some dances. Everyone worked hard to combine their talents and creativity to come up with the best material possible. Junior Kacy Lansing recounts how the board of the newly formed SHU F.O.R.C.E came up with a name for their new group: “After talking online all night about what we wanted this organization to be, Samantha Couture and I literally thumbed through a thesaurus to decide what we should name ourselves. The result was F.O.R.C.E. or Fusion of Rhythm, Creativity and Energy.” F.O.R.C.E.’s goal is to be an outlet for girls and guys who like to dance.

SHU FORCE had a very busy first year and proved that they deserved the CLLA for Club of the Year. The group performed at SHU-Idol, the International Fashion Show, the opening ceremonies for AIDS Awareness Week and Omega Phi Kappa’s end of the year banquet. They also held two fundraisers: a kick-a-thon and a dance marathon. The latter of which raised $1000 for the Cystic Fibrosis Foundation. SHU FORCE also held an end of the year recital that included tap, jazz, ballet, hip-hop, Irish step dancing and an appearance by SHU Elite gymnastics club.

The ensemble holds tryouts every semester and anyone, with or without experience, is welcomed to audition for a spot in the group.

By: Brittany Hoole and Lana Barnes
The phrase “a rebuilding year” hadn’t been spoken around the football field in a long time—until this year. Head Coach Bill Lacey had the daunting task of replacing 13 starters from last season’s team, including seven players from one of the best defensive lines in last year’s Northeast Conference. Despite the task of rebuilding his team, he believed that the Pioneers could still be a force in the Conference. “A lot of these guys have been around the last couple of years and they know what it takes to win football games,” Lacey said. “We still have some significant returnees in key positions and I anticipate us being able to score and set up scoring opportunities.” The Pioneers showed Lacey that they were up to the challenge and won the first three games of their season.

The Pioneers set a school record during the Homecoming game against Marist College scoring 56 points beating the previous record of 55 points scored against Assumption College in 2000. Senior Jason Bonadies also had a record setting day, running a career high 139 yards and scoring three touchdowns. Also, freshman Robert Ammel began his career by throwing two touchdown passes. The second big win for the Pioneers was against Siena College in which they scored 41 points. Of those points, 34 of them went unanswered in the first three quarters. The Pioneers had taken advantage of Siena’s many errors: eight fumbles, four of which were lost and had two interceptions.

Throughout the season, many players were singled out for their hard work on the field. Senior Ron St. Juste was named Sacred Heart University’s Athlete of the Week, NEC Defensive Player of the Week and Don Hansen’s National Weekly Football Gazette’s NCAA Division I-AA Mid-Major Defensive Player of the Week for his part in the win over St. Francis (PA). St. Juste accounted for two of Sacred Heart’s four interceptions of the day. He also forced a fumble, broke up four passes and recorded three tackles. Senior Pete Athans was named the NEC Special Teams Player of the Week and Ammel was named NEC’s Rookie of the Week for his help in the defeat against Robert Morris University. Finally, Athans, Brian Pawloski and Greg Tonzola were all named First Team All-NEC.

The Pioneers continue to build their team and work toward scoring more points each game.

By: Lana Barnes
SHU Football starts off one of its games with a strong effort. ~photo by: Robert Trensko

Jason Bonadies rushes down the field. ~photo by: DaVor Photography, Inc.

Dan Anmel anticipates a powerful kick. ~photo by: DaVor Photography, Inc.

The center, Terrance White, preps to pass to the quarterback. ~photo by: DaVor Photography, Inc.

Football

St. Peters W, 24-19
St. Francis (PA) W, 37-12
Central CT State W, 27-24
Albany L, 42-7
Marist W, 56-28
Siena W, 41-14
Robert Morris W, 24-20
Iona L, 38-31
Stony Brook L, 47-16
Monmouth L, 12-7
Wagner L, 24-16

Overall: 6-5

Marlon Ward is minutes away from scoring a touchdown. ~photo by: J. Gregory Raymond
Michael Jackson’s “Wanna be startin’ something...” sounds on the loud speaker of Campus Field. It’s early in the morning, as most field hockey preseason practices are. With their new sticks in hand the players eagerly await for practice to begin. Even the early morning dew chilling their skin can’t withstand the motivation and warmth of each other’s attitudes. Their hysterical candor gets them through the warm-up laps and the music eggs them on to enjoy the time together.

This small group of female student athletes may look small in stature, but their inner pride and undying effort to challenge each other accumulates to the size of a giant. The talent flows deep and within the players that take charge on the field. After proudly qualifying for the NEC tournament the past three seasons, a new goal was in mind: CHAMPIONS. With the help of Coach Blais, Coach Vargas, trainer Marvin Royal, and sports psychologist Coach Crosby, the team learned the true meaning of setting goals and finally seeing results. The connection between new and experienced players formed almost immediately and created a combination of fresh, smart and fit athletes. The Lady Pioneers surpassed their goal of winning three of the conference games. These wins helped to keep a competitive edge and the team capitalized on 5 out of 11 regular season games.

The games against Ivy League teams Yale and Brown were most memorable. A 3-0 lost to Yale last season and an undefeated attitude motivated the team to fight until the end, achieving a 3-2 win in OT. The team was becoming a threat in Division I and it was best exemplified through the 3-2 win against Brown. A substantial change in play helped to break away from the previous season’s 6-0 loss. The Lady Pioneers ended the 2003 season undefeated on their home field and although they did not clinch the season as NEC champs, they made a definite impact in the level of NEC play, Division I play, and even between the team as a whole. They kept the Sacred Heart name consistent in the NEC 1st and 2nd all conference teams with 5 players filling the positions (Messenger, Marsden, Ford, Carney, Breer), as well as naming a freshman, Becky Ford, “Rookie of the Year” and Julie Messenger a Regional All-American.

Everything this team stands for is built with pride. And whether the stands are filled with 2,000 or 2 people, they still play for that same sewn on front of their jerseys. As hard as it is to compete as Div I student athletes, the Lady Pioneers still get up every morning and work hard because like Marv says, “If you ain’t training in the morning, then you ain’t training!”

By: Meghan Tucker

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Bryna Bailey is opened for her teammates to pass to her. ~photo by: J. Gregory Raymond
The team gathers before the game to display their team spirit.  ~photo by: J. Gregory Raymond

Sarah Yeaton passes to a fellow teammate.  ~photo by: J. Gregory Raymond

Determined Christy Bobe heads towards the goal.  ~photo by: J. Gregory Raymond

Christy Bobe keeps her eye on the ball as opponents pursue her.  ~photo by: J. Gregory Raymond

Field Hockey

Rhode Island W, 1-0
La Salle L, 4-2
Yale W, 3-2 (OT)
St. Francis (PA) W, 8-0
Brown L, 3-2
Drexel L, 2-1
St. Joseph's (PA) L, 5-4
Hofstra L, 2-1
Columbia W, 4-1
Monmouth L, 1-0
Vermont W, 3-2 (OT)
Providence L, 4-0
Rider L, 2-0
Colgate W, 2-0
Maine L, 4-0
Quinnipiac W, 2-1
Holy Cross L, 4-2
Siena W, 2-1
NEC Tournament L, 1-0

Overall: 8-11

Becky Ford chases after a loose ball.  ~photo by: J. Gregory Raymond
Each year, the Sacred Heart University Women’s Soccer team comes into preseason with one goal in mind: reaching the NEC playoffs. The 2003 season proved to be more successful than just a trip to the playoffs. Under the dedicated coaching staff of Joe Barroso and Kim Banner, the team had its best finish since entering Division I, placing second overall with a 7-2-0 record. The Lady Pioneers also made their third consecutive appearance in the NEC playoffs, taking them back to Robert Morris, PA.

Team captains Leslie Konsig, Colleen Attard and Paula Pineda provided leadership on the field. Konsig, who is ranked 19th in the nation, along with Attard were the backbone of the Pioneer defense this season. The Pioneer defense was enhanced by freshmen Karin Olsson, Randie Quaglia, and Colleen Bardelli, holding the opponent to a .55 goal average on the season. Pineda lead the offensive threat for the Pioneers, in addition to returnees Natalie Urbas and Ingrid Olsson. With the help of Christel Kalweit up front, the hard work and determination of the Pioneer offense lead to 21 goals on the season.

Beating #4 seed LIU 1-0 in the first round of playoffs, the Pioneers advanced to the NEC championship; the team’s second appearance in three seasons. After regulation and double overtime concluded a 0-0 tie, the game came down to penalty kicks. The Lady Pioneers fell short 6-5, coming out with a second place finish.

The Pioneers finished their season with an overall record of 10-5-4. The 2003 squad graduates five seniors this season: Paula Pineda, Leslie Konsig, Colleen Attard, Erica Harrison and Jill Bizeau. The senior class leaves the Pioneers with a winning tradition that will continue with the growth of the program.

By: Colleen Attard

![Image: Team picture of Sacred Heart University Women's Soccer team.]

The team gets pumped up before the game. ~photo by: DaVor Photography, Inc.

Paula Pineda looks for someone to pass to. ~photo by: DaVor Photography, Inc.

Women’s Soccer

Lafayette T, 0–0 (OT)
Maine L, 1–0
Saint Peter’s W, 4–0
Brown T, 0–0 (OT)
Yale L, 3–2
Siena W, 1–0
Rider T, 0–0 (OT)
Robert Morris W, 1–0
St. Francis (PA) W, 2–1
Mount St. Mary’s W, 2–0
Northeastern L, 3–0
Monmouth W, 2–0
Central CT State L, 1–0 (OT)
Long Island Univ. W, 2–0
Fairleigh Dickinson L, 2–0
Quinnipiac W, 1–0
Wagner W, 3–0

Overall: 10–5–4

Randle Quaglia makes a kick downfield. ~photo by: DaVor Photography, Inc.

Lisa Burbige is ready to launch a powerful kick. ~photo by: DaVor Photography, Inc.

Nothing gets past goalie Leslie Konsig. ~photo by: J. Gregory Raymond
The men's soccer team has had its most impressive season for a while. The team was led by senior captain Carlos Silva from East Haven, CT and freshman Ricarti Mendes from Sao Paulo, Brazil. They both had seven points in the season. Coach McGuigan did an excellent job by recruiting some keys players to help the team this season. He recruited Eric Bradley from Wexford, Ireland, Sylvester Kaar from Hayward, CA, Ricarti Mendez from Sao Paulo, Brazil and Paulo Rubiero from Divinopolis, Brazil. They had a combine 17 points out of 37 points recorded over the season.

It was a tough season for the pioneers because out of 17 games, they went to play extra time in eight games. Unfortunately, they lost two games in overtime and they tied six games. Their overall record was (2-9-6). They could have easily won 12 games in the season because the pioneers dominated their opponents the whole season but could not finish in all their scoring opportunities. The pioneers tied the nationally rank Fairleigh Dickinson, the best team in the conference. Sophomore Glenn Wilken from Rigfield, CT proved in that game against FDU that he is one of the best defender in the league when he shuts FDU's best player off on tough marking throughout the whole game.

One other big option that contributes to the pioneers 2003 season is that coach Joe McGuigan relied on his bench. The pioneers had 14 different starters and the whole team had playing time during the season. Keep in mind that three starters from 2002 season did not play this season because of injury and academic problems. Dion Daniels, Terry Teagues, and Nick Loyd are expecting to be ready to go next season. With their returns and some excellent recruiting by coach McGuigan again, the pioneers are definitely going to be one of the top teams in the conference next season. Coach McGuigan felt “the biggest step forward for the men's program was in the way they came together as a unit. They were united in every effort to prove all that we were the equal to every on in our conference. A true feeling of team work permeated everything we did both on and off the field. Win, lose or draw there was no finger pointing from anyone, not from our trainers, the players and coaches. Going to practice was a real joy.”

By: Gregroy Maurice

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Front Row: Jason Roeder, Christopher Marchese, Jeff Monaco, Allen Tomczykowski, Carlos Silva, Rui Raimbo, Neil Shapiro, Chris Gray, Matt Weston; Middle Row: Peter Przychlak, Ricarte Mendes, Nick Loyd, Matt Rieci, Richard Tomczykowski, Glenn Wilken, Anthony Connors, Frank Crecce, Travis Flynn; Back Row: Assistant Coach - Rodrigo Nunes, Tony Allegro, Paulo Ribeiro, Christopher Gasiewski, Frederico Arias-Carubello, Mike Beecher, Jonathan Wejsewski, Greg Maurice, Chris Arce, Sylvester Kaar, Carlos Caracas, Eric Bradley, Head Coach - Joe McGuigan
Jeff Monaco outruns his opponent to gain possession of the ball. —photo by: J. Gregory Raymond

Eric Bradley winds up for a long shot. —photo by: J. Gregory Raymond

Carlos Silva looks for an open teammate. —photo by: J. Gregory Raymond

Kicking it up into high gear, Sylvester Kaar fights to gain the ball. —photo by: J. Gregory Raymond

Men's Soccer

Providence L, 6–1
VMI W, 1–0
Hartford T, 2–2 (OT)
Army L, 1–0 (OT)
Central CT State T, 1–1 (OT)
Fairleigh Dickinson T, 1–1 (OT)
Northeastern T, 1–1 (OT)
Stony Brook T, 1–1 (OT)
Brown L, 2–0
Maine L, 3–2
Robert Morris L, 3–1
St. Francis (PA) L, 3–1
Monmouth L, 4–1
Long Island Univ. L, 4–0
St. Francis (NY) W, 2–1
Quinnipiac L, 1–0 (2OT)
Mount St. Mary's T, 1–1 (2OT)

Overall: 2–9–5

Ricart Mendes sees his opportunity to take control. —photo by: J. Gregory Raymond
Sacred Heart began the Cross Country season with a strong start. At the Stony Brook Invitational the women finished in third and the men in sixth out of ten teams. Senior Matthew Uzenski picked-up a top ten finish to pace the Pioneers, who finished among a group of teams separated by just seven points in the final standings. Uzenski took ninth with a time of 16:44.9. Sophomores Robert Howard and Tyler Arnett were the next highest SHU finishes, placing 30th and 32nd. Senior Katie Wrinkle notched her first top-ten of the year, finishing tenth in 20:03.5. Freshman Kathleen Duffy had an outstanding debut, finishing 14th with a time of 20:29.1. Senior Suzanne Neglia finished 17th with fellow senior Christina Mendoza right behind her in 18th. Sophomore Erin Kulasewski finished 22nd to round out the Pioneers top-25 runners.

The Pioneers also had a strong showing at the New England Championships. The women finished 13th out of 41 teams, improving over last year's 20th place finish and putting on the school's record the best finish ever at this race. The women outran Boston College, Harvard and Dartmouth for the first time ever. Wrinkle led the women finishing 12th out of 287 finishers in the varsity race. Wrinkle is the first Sacred Heart athlete to ever earn All-New England in Cross Country. Her time of 18:16 is the fastest SHU time ever on this course and the second fastest time overall in school history. Additionally, her 12th place finish is the best in the history by a NEC athlete, male or female, in the New England Championships. Suzanne Neglia was the key to SHU’s 13th place finish. Last year, Neglia finished 150th in a time of 19:49. This year, she finished 43rd in a personal best time of 18:46. The men's team placed 31st out of 47 teams, representing the best team placing ever for the Pioneer men. The men defeated Vermont for the first time ever while also topping URI, Northeastern and Central CT. Uzenski recorded the best place finish ever for Sacred Heart in the New England's, finishing 69th in 26:00.

The men and women turned in an impressive showing at the NEC Championships with Wrinkle taking home the women’s individual title. The women’s team finished second overall for the third straight year with 58 team points, six points behind the champion. For their efforts, head coach, Christian Morrison was named NEC Women’s Coach of the Year. The men took home fifth in the race, the best finish ever since joining the conference.

Compiled By: Lana Barnes
Women's Cross Country

Stony Brook Invitational 3/10
Fordham Invitational 4/15
Monmouth Invitational 4/12
Fairfield U Invitational 2/3
Northeast Championship 13/41
Collegiate Track Conference Championship 2/8
NEC Championship 2/11
NCAA Division I Northeast Regional 27/36
ECAC Championships 6/15

Men's Cross Country

Stony Brook Invitational 6/10
Fordham Invitational 9/17
Monmouth Invitational 5/13
Fairfield U Invitational 1/3
Northeast Championship 31/47
Collegiate Track Conference Championship 10/13
NEC Championship 5/11
NCAA Division I Northeast Regional 25/33
IC4A Championship 6/12

Christina Mendoza gives it her all in the last leg of the race. – photo by: J. Gregory Raymond

Robert Howard's adrenaline pushes him towards the finish line. – photo by: J. Gregory Raymond

Suzanne Neglia races to the finish with a person right on her tail. – photo by: J. Gregory Raymond

Sacred Heart starts a race off with a strong group of runners. – photo by: J. Gregory Raymond
s the Women's Volleyball team returned to SHU for pre-
season training there were some differences in the squad.
The team consisted of eight returning players and four new
faces. Senior co-captains Lauren Lamb and Meghan Eaton led the
team through three workouts a day. The team
pushed hard so they could be top competitors
for the season. They ran on the track at
6:45 every morning, had court practice in the
afternoon and had outdoor workouts at the
Cascades.

The matches began in late August at the
Iona College tournament. The girls posted their
first victory at the second game against Farleigh
Dickinson University. They continued with
four straight weekends of tournaments, where
they played as competitors but unfortunately
were not victorious. The team posted their
first conference wins against St. Francis,
NY, winning in three straight. They defeated
Wagner College, placing them fifth in the NEC
category. A tough game followed against
FDU, but the pioneers fell to the Knights in five games. This placed
them for a tie-breaking spot to make it to the NEC tournament.

The team bonded on an eight-hour trip to Pennsylvania by
watching chick flicks. Once in PA, they knew that playing the
number one and three teams in their conference would be two of
their toughest games. The pioneers went out and played with amazing
heart never giving up and pushing until the very end. Unfortunately,
for the team the end came sooner then they thought and hopes for the
playoffs vanished.

At the last game, the team honored four seniors who had contributed greatly to
the volleyball program. Senior Lauren Lamb
earned player of the week twice during the
season. Meghan Eaton ended her career by
surpassing the 1,000 digs mark. For this season
alone the seniors' statistics were impressive.
Caitlin Azhderian ended with 162 kills, 13
aces, 115 digs and 26 blocks. Tara Riddle
finished with 33 kills, 9 service aces, 47 digs
and 8 blocks while only playing in 38 games.
Lauren Lamb finished with 246 kills, 20 aces,
94 digs and 36 blocks and senior Meghan
Eaton closed out her career with 176 kills, 13
aces, 334 digs and 10 blocks.

While the team has lost some very
valuable players for the following season they still plan to work hard
and push to be the best they can.

By: Kelly O'Malley

Front Row: Tara Riddle, Meghan Eaton, Caitlin Azhderian, Lauren Lamb; Back Row: Assistant Coach
- Craig Boston, Jillian Frey, Stacey Geyer, Jenn Mendez, Elise Bryers, Taneisha Camnave, Kelly O'Malley,
Charnette Porter, Michelle Clarke, Head Coach - Liz McGeevy

Fellow teammates watch as Meghan Eaton sets
up a spike. - photo by: J. Gregory Raymond
Women's Volleyball

Iona, 3-0
Fairleigh Dickinson W, 3-1
St. Johns L, 3-0
Maine, 3-0
Quinnipiac L, 3-1
Army L, 3-0
Iona, 3-0
Yale, 3-0
Army L, 3-0
Marist L, 3-0
Holy Cross L, 3-2
Fordham L, 3-0
Army L, 3-0
Rider L, 3-0
Central CT State L, 3-0
Hartford L, 3-0
Maryland- Eastern Shore L, 3-0
Providence L, 3-0
Iona, 3-0
Albany L, 3-0
Marist L, 3-0
Boston College L, 3-0
Quinnipiac L, 3-1
St. Francis W, 3-0
Wagner W, 3-1
Central CT State L, 3-1
Manhattan L, 3-0
Fairleigh Dickinson L, 3-2
St. Francis (PA) L, 3-0
Robert Morris L, 3-0
Long Island L, 3-0

Overall: 3-28
SPIKE IT UP!
MEN'S VOLLEYBALL

In a frigid cold season, the men's volleyball team was hot, hot, hot! The team's goal was to make playoffs and the men were well on their way to achieving this goal with their impressive 3-0 win over Endicott College in the season opener. In the opening match, two Pioneers posted double-digit kills: Michael Gardner with 14 and Doug Soviero with 11.

The men furthered their success by sweeping Wentworth Tech in three straight games. Mike Maziarz had six digs in the win, a team high. CJ Pinkney passed out 31 assists and had two service aces. Chris Skelton recorded seven kills, three assists, two service aces, a block and a dig. Soviero had 10 kills, four digs and a block. Rob Sturgess led the team with three blocks. Mike Burns had eight kills on the day.

However impressive their beginning games were, the men had to beat number one ranked Harvard and number two Vassar in order for SHU to make playoffs. They stepped up to the challenge and managed to win a battle against Harvard, 3-1. "We had a lot of challenges ahead of us, but I think we pulled through. We're a pretty strong team and we've been together for a while and we know how to play," said Mike Gardner.

The season only improved as the team secured first place in the EIVA after their victory over Southampton College. All that was left for the team to do was obtain wins over New Jersey Tech, Vassar and New Haven, which they did seamlessly. The Pioneers clinched the EIVA Sweeney Division title and were on their way to playoffs.

SHU entered the tournament in the eighth seed and faced top-seeded Penn State. Unfortunately, the Pioneers were knocked out in the first round, losing 3-0. Despite the loss, Coach Boston is "extremely proud of my team this season and I think it is a remarkable achievement for the group of five seniors, given our conference structure, to qualify for the playoffs in two of their four years here." Two of these seniors were officially recognized during the season for their outstanding effort. Soviero was named EIVA Division I/II Player of the Week for his high scoring in games against Roger Williams and Queens. Pinkney was named SHU Athlete of the Week after leading the Pioneers to wins over New Jersey Tech and Mount St. Vincent. The SHU community will miss the graduating seniors but look forward to the underclassmen stepping up to the net and leading the team to victory once again.

Compiled By: Lana Barnes

The men's volleyball team is the proud owner of the EIVA Sweeney Division title. ~photo by: Nick Kelly

The team gathers together for a pep talk. ~photo by: Nick Kelly
Men's Volleyball

Endicott W, 3–0
Mercyhurst L, 3–0
Wentworth W, 3–0
Roger Williams W, 3–2
Queens College W, 3–2
St. Francis (PA) L, 3–1
East Stroudsburg W, 3–2
New Jersey Tech W, 3–1
Mt. Saint Vincent W, 3–2
New York University L, 3–2
Ramapo College W, 3–2
Harvard W, 3–1
Vassar College W, 3–1
Roger Williams L, 3–0
SUNY–New Paltz W, 3–1
Penn State L, 3–0
Harvard L, 3–1
East Stroudsburg W, 3–0
Southampton College W, 3–1
New Jersey Tech W, 3–0
Princeton L, 3–1
New Haven W, 3–2
Vassar College W, 3–1
Penn State EIVA Playoffs L, 3–0

Overall: 16–8
The 2003-04 Sacred Heart University women's basketball team took the court with a young and fresh look this season and head coach Ed Swanson molded them into a solid nucleus that turned out one of the greatest seasons in school history. The Pioneers set out to take the NEC by storm this year and that's just what they did, posting a 20-7 record led by the play of one fantastic freshman.

Rookie Amanda Pape turned in a season for the ages and for her efforts was named 2003-04 Northeast Conference Rookie of the Year. Pape also earned a spot on the All-NEC second team and the All-NEC Rookie team for her standout play this year. Pape, a seven-time NEC Rookie of the Week winner, did not play like a freshman this season, posting veteran-like numbers for Sacred Heart University. On a roll as the Pioneers enter the NEC tournament, Pape has scored in double-figures in eight-straight games.

Without the leadership of three battled tested seniors however, this team surely would have faltered. Ashley Kohl, Kate Maher and Shannon Quinlivan captained this year's bunch and provided the glue that kept SHU strong. Kohl appeared in 113 games making 62 starts in her four years. She holds the school records for career 3-pointers, 3-pointers in a game and 3-point FG% in a game. She has scored 664 career points with 198 assists and 87 steals. Maher has played in 111 games with 46 starts. She has 567 points, 498 rebounds, 211 assists and 70 steals in her career. Quinlivan has 104 games to her credit with 380 points, 171 rebounds, 85 assists and 72 steals.

Swanson's Pioneers didn't only win this year, quite often they won big. Eighteen of SHU's 20 wins this season have come by double digits and by an average of 17.3 points per contest. Included in that is two wins by 30 points or more. A 33-point victory came over Lafayette in the second game of the season, 92-59, and a 38-point win came over Central Connecticut. For his efforts, Swanson received his first Brenda Reilly NEC Coach of the Year award by pushing SHU to its best NEC record (14-4) and highest seed (No. 2) since the school joined the league and Division I in 1999. SHU's overall record also matches the school's best mark, which was established in 1995-96 under Swanson's guidance. Earlier this season, the Sacred Heart University alum, who has coached the Pioneer women since 1990, won his 200th career game, and entered the tournament with a 211-175 record over 14 years.

By: Bill Peterson

First Row: Colleen White, Mary Rash, Nicolle Rubino, Kate Maher, Ashley Kohl, Shannon Quinlivan, Allie Bagnell, Kerri Burke, Amanda Pape; Back Row: Manager - Nicole Rivera, Manager - Ed Miller, Athletic Trainer - Carrie Silskman, Strength Coach - Gary Reho, Colleen Bray, Colleen Duggan, Jasmine Walker, Alexis Mott, Head Coach - Ed Swanson, Assistant Coach - Mary Randall, Graduate Assistant - Tanya Cross, Assistant Coach - Heather Kappes

Nicolle Rubino takes a shot at the basket. —photo by: J. Gregory Raymond
Women’s Basketball

Massachusetts W, 61-46
Lafayette W, 92-59
Maryland L, 90-49
Lafayette W, 75-60
Yale W, 79-68
Princeton W, 71-47
Wagner L, 72-62
Boston College L, 94-49
Brown L, 75-62
Monmouth W, 70-50
Fairleigh Dickinson W, 78-67
Wagner W, 70-56
Mount St. Mary’s W, 64-58
Colombia W, 76-57
St. Francis W, 69-50
Long Island W, 75-52
Quinnipiac W, 75-65
Central CT State W, 89-51
St. Francis W, 82-69
St. Francis L, 87-55
Robert Morris L, 63-58
Long Island L, 62-57
Robert Morris W, 66-55
Central CT State W, 65-50
Quinnipiac W, 64-53
Monmouth W, 99-94 (2OT)
Mount Saint Mary’s W, 81-71
NEC Tournament W, 51-48
NEC Tournament L, 64-60

Overall: 21-8
The 2003-04 men's basketball season can be summed up in one word: progress. The Pioneers established a new school record for wins, since the program turned Division I. Despite that progress, however, the team still failed to qualify for the NEC postseason tournament. The Pioneers missed the playoffs by a single game when they dropped the final four games of the season to finish 12-15 overall and 8-10 in the conference.

Regardless of the end, the season featured a couple of exciting games. The Pioneers lost a heartbreaking 72-70 decision at Boston College, nearly upsetting one of the top teams in the Big East. SHU had two chances in the final 30 seconds to win the game, but were unable to get the shot to fall. Two weeks later, the Pioneers put a scare into Marquette University in Milwaukee. The team was in the game into the final minute before falling 77-72.

Senior guard Maurice Bailey had the best year of his impressive three-year SHU career. He led the NEC in scoring by a large margin, averaging an impressive 20.1 points per game. He scored the 1000th point of his career during the year and finished his career with 1,442 points—the 18th highest total ever by a SHU player and the best since the program became Division I. Bailey has been in double figures in scoring in all 27 games to date, and eclipsed the 20-point mark in a game 14 times. He tied his career high with 32 points in the final game of the season at Wagner, and was named Second Team All-NEC at the conclusion of the season.

Senior guard Omar Wellington led the team in assists for the third straight season, dishing out 112. He finished his career 8th on the all-time list in that category and fell just 15 points short of the 1000-point scoring mark for his career. He led the team in three-point shooting as well, hitting 39 percent beyond the arc which ranked him in the top ten in the NEC.

Freshman forward Joey Henley made a huge splash in his rookie season. He was named the NEC Rookie of the Week twice and was named to the League's All-Rookie team at the end of the season. After moving into the starting lineup for the final 13 games of the season, Henley was the second leading scorer for the Pioneers, averaging 14.3 points and led the team with an average of eight rebounds per game. He notched three double-doubles during the year—the highest total by any SHU player.

By: Gene Gumbs
Men's Basketball

Connecticut L, 111-64
Army W, 55-51
Lehigh W, 58-56
Colombia L, 85-79
Yale L, 73-59
Long Island U. W, 89-79
Boston College L, 72-70
Albany W, 79-69
Marquette L, 77-72
Monmouth L, 74-61
Wagner W, 81-70
Fairleigh Dickinson W, 73-69
Harvard W, 91-69
Mt. St. Mary's L, 85-76
Quinnipiac L, 90-62
Robert Morris L, 69-66
Central CT State W, 72-69
St. Francis W, 86-78
Quinnipiac W, 76-74
Robert Morris L, 71-62
St. Francis W, 75-61
Long Island U. W, 92-87
St. Francis L, 93-79
Central CT State L, 95-83
Mount St. Mary's L, 85-75
Wagner L, 100-93

Overall: 12-15

Omar Wellington dribbles down the court past the opposing team. ~photo by: J. Gregory Raymond

Zach Spivey takes a shot from the side. ~photo by: J. Gregory Raymond

A determined Kihwe Trim aims for the basket. ~photo by: J. Gregory Raymond

An airborne Maurice Bailey reaches for the hoop. ~photo by: J. Gregory Raymond
The 2003-2004 season was the inaugural Division I season for the Women's team. They also welcomed a new coaching staff including head coach, Thomas O'Malley, and assistant coach, Kerri Rowland. O'Malley brought a wealth of coaching experience to the Pioneer bench after having built strong hockey programs at other schools.

Three seniors, Captain Rebecca Gelinas, Assistant Captain Siobhan Russell and Renee Weeks led the team. In the goal, Jennifer Barris returned to the crease, along with rookie Stephanie Boulay.

The team began the season strong winning their first two games at home versus Michigan State. The team continued to play solid as they faced Holy Cross College. The Crusaders had been strong rivals in the past. Pioneer goalie, Stephanie Boulay and the Crusaders' goalie stoned the offense until late in the first half of the game. After the Pioneers broke away with a goal by Michelle Panella. Holy Cross answered with only 48 seconds left to force overtime. After just 28 seconds of sudden death overtime, Siobhan Russell scored the winning goal.

The Pioneers notched their first Division I win on the road at Union College. The Dutchwomen took the lead early in the game and held it until late in the second period. SHU never gave up as they battled back. With two goals by Russell and one by Panella, SHU managed to take the win 3-2.

The second half of the season saw the Pioneers on the road for most of their games. They were away for four weekends in a row including trips to Cornell, Clarkson, Hamilton and Southern Maine. Despite some tough losses, the Lady Pioneers never gave up. This year saw strong performances by many players including assist leaders Junior Kristina DeRita, and Sophomore Kylie Ammel. Sophomores Sarah Turet and Jessica Felt also contributed to the offense's efforts. The defense was anchored by Rebecca Gelinas, and Sophomores Nicole Farrelly, Ashleigh Nyborg, Jane Auxier and Kylie Ammel.

This was a building year for the Women's Hockey team. With a committed coaching staff and many returning players the Pioneers will look to be a strong contender in years to come. The seniors are confident that they are leaving behind a quality program. They will be missed and will fondly remember the pride that comes from playing with HEART for the women's hockey team.

By: Rebecca Gelinas
Stephanie Boulay keeps the opposing team away from the goal. ~photo by: J. Gregory Raymond

Kylie Ammel successfully receives a pass from a teammate. ~photo by: J. Gregory Raymond

Michelle Panella plays defensively. ~photo by: J. Gregory Raymond

Siobhan Russell races down the rink. ~photo by: J. Gregory Raymond

Women's Ice Hockey

Michigan St. W, 5–1
Michigan St. W, 2–0
Rhode Island L, 4–2
Vermont L, 6–0
RPI L, 3–0
Salve Regina W, 6–0
Holy Cross W, 2–1
Quinnipiac L, 10–0
Rhode Island W, 3–2
Cornell L, 11–1
Boston University W, 6–2
Connecticut W, 3–1
Union W, 3–2
Union L, 5–2
St. Michaels W, 5–1
St. Michaels W, 6–2
Wesleyan L, 3–1
Boston University W, 7–2
Cornell L, 7–0
Quinnipiac L, 5–0
Clarkson L, 3–0
Clarkson L, 11–0
Hamilton L, 4–0
Hamilton L, 10–2
South Maine L, 4–1
South Maine L, 4–2
Quinnipiac L, 7–1
Quinnipiac L, 3–0
Wayne State L, 5–0
Wayne State L, 5–1

Overall: 11–13–1
It was a roller coaster season of sorts for the Men's Ice Hockey Team. The Pioneers had a difficult schedule, but despite some tough times the team came together and went 10-3-2 in their last 15 games and made their first ever appearance in the Atlantic Hockey championship game.

The team captured their first two wins of the season with an impressive weekend home-and-home sweep of Army. That propelled the Pioneers to go 4-1-1 in their next six games as the team climbed into third place in the Atlantic Hockey standings.

After that run, however, the team fell into another slump that included losses to non-conference opponents such as Colgate, Maine, Rensselaer and Union. The season turned around when the team swept in-state rival Connecticut in a home-and-home weekend series. From there the team won three consecutive weekend series for the first time in program history and won seven games in a row overall, which also stands as a new program record.

During that streak the team faced off against conference powerhouse Mercyhurst. The two teams played three games in a two-week span, with the Pioneers taking all three games as they swept the season series with the Lakers for the first time ever. When the team's winning streak came to an end at Canisius their success didn't as they battled to finish as the fourth seed for the Atlantic Hockey Tournament.

The Pioneers took on second seeded Mercyhurst for the fourth time this season and defeated the Lakers to advance to their first ever conference championship. This setup a showdown with top seeded Holy Cross for the Atlantic Hockey Championship, but the hockey Gods sided with the Crusaders and the SHU fell 4-0.

Three players were awarded during the playoffs with a variety of honors. O'Brien was named Atlantic Hockey Rookie-of-the-Year and was named to the All-Tournament and All-Rookie teams. Joining O'Brien on the All-Tournament Team was Hawkes, who was also named to the All-Conference Second Team along with Larson.

While the team will no doubt have work to do in order to fill the voids left by this year's outstanding graduating class, captain Chuck Metcalfe, assistant captains Marc-Andre Fournier and Hawkes and another strong leader in Mike Reagan, they have laid the ground work for another run at the league championship with that elusive first title coming much sooner than later.

By: Darryl Konicki

Front Row: Kevin LaPointe, Assistant Coach - Lou Santini, Kona Hawkes, Chuck Metcalfe, Marc-Andre Fournier, Mike Reagan, Head Coach - Shaun Hanna, Jason Smith; Middle Row: Athletic Trainer - Julie Alexander, Student Trainer - Derek Allison, Matthew Bourgeois, Barclay Folk, Richard Pogonekhi, Ryan Brenner, Chris Connerty, Karten Wright, Todd Spencer, John Shoak, Brent Holland, Garrett Larson, Peter Ferraro, Equipment Manager - Fred Ward, Faculty Advisor - Dr. John Roney, Student Trainer - Chris Johannes; Back Row: Charles Veilleux, Erik Roos, Pierre-Luc Obrien, Andrew Billinghamurst, Noel Henck, Patrick Sullivan, Peter Giarelis, Rocco Molinaro, Bernie Chmiel, Drew Sanders

Chuck Metcalfe looks down the rink to assess the situation. ~photo by: J. Gregory Raymond
Men’s Ice Hockey

Merrimack L, 4–2
Providence L, 7–2
Holy Cross L, 4–2
USA Division team L, 4–2
Clarkson L, 4–1
Quinnipiac L, 5–4
Quinnipiac L, 4–2
Army W, 4–1
Army W, 5–1
Bentley College W, 3–2
Holy Cross W, 2–1
Bentley College T, 2–2
Colgate L, 7–2
Air Force T, 2–2
Bentley College L, 3–2
St. Claire L, 3–2
Bentley College L, 3–2
Maine L, 6–0
Canisius T, 2–2
Union L, 4–3
RPI L, 3–0
Connecticut W, 4–2
Mercyhurst W, 5–2
American Int'l W, 8–1
Mercyhurst W, 3–2 (OT)
Canisius L, 3–2 (OT)
Connecticut T, 4–4 (OT)
Army W, 3–2
Quinnipiac L, 5–2
American Int'l T, 4–4
Atlantic Hockey Tourn. W, 3–0
Atlantic Hockey Tourn. W, 3–2
Atlantic Hockey Champ. L, 4–0

Overall: 14–17–5
The wrestling program continued its climb to the top twenty in the nation. The team finished the year 9-7 in dual meet action and fifth place in the Colonial Athletic Association Wrestling Championship. The team ended the year ranked number two in New England. The team recorded dual meet victories over established powers Drexel University, Harvard and Brown for the first time ever in only its fifth year of existence. Captains Mike Messina and Rob Belville led the team. The Pioneers started five freshmen and one sophomore, which make the future look bright. The team also redshirted talented freshmen Anthony Hayes and Matt Stuart. Both of these high school All-Americans should make a big impact next season.

Messina finished the year 29-7. He won the Empire Open and finished second at the Body Bar Invitational losing to defending NCAA champion Travis Lee of Cornell 8-4. Messina captured the title at the CAA’s, becoming SHU’s first two-time conference champion. He advanced to the NCAA tournament losing to two-time NCAA champion Johnny Thompson of Oklahoma State and Rene Hernandez of Purdue. Messina was 15-1 in dual meets and was named the wrestler of the week for the CAA.

Payam Zarrinpour turned many heads during the season. Payam, from Iran came to the program having never wrestled the "American" style of wrestling. Zarrinpour is an accomplished Greco-Roman wrestler, representing Iran in the 2002 World Championships in Moscow. Payam started the season at 9-6, and then went 22-2 from Christmas through the CAA’s. Zarrinpour became SHU’s first NCAA qualifier and first conference finalist as a freshman or sophomore. He captured the title at the CAA championship. Payam went 2-2 at the NCAA’s, a very impressive showing for a true freshman. He finished the season 33-10.

Freshman Sherwood Fendryk lived up to his billing as SHU top recruit. He placed in every tournament in which he competed and finished with 33 wins. He now holds the freshman record for wins at SHU along with Zarrinpour.

The team heads into next year ready to take the next step up the ladder. The team will probably start 9 or 10 freshmen and sophomores, so growing pains will still be evident. Coach Seras has the team pointing in the right direction. "The team needs to keep getting better. We are pretty good; I want us to be great," says Seras.

Courtesy of SHU Athletics Website

Team Members: Michael Ames, Mike Arone, Robert Belville, Craig Bleaken, Brian Bumpus, Greg Cappello, Vincent Cantino, John Costantino, Nicholas Dalieodro, Michael Dettiscovo, Nick Eddy, Jesse Fendryk, Sherwood Fendryk, Kevin Fox, Tony Hayes, Phil Kalti, Kyle McCarthy, Michael Messina, John Miller, Mike Montgomery, Wayne Oakley, Max Pazardan, Tom Periera, Matt Robinson, Matt Stuart, Derek Venn, Daniel Warshański, Ron Wright, Payam Zarrinpour, Head Coach - Andy Seras, Assistant Coach - Jeremy Kelly, Assistant Coach - Paul Musso
A group of seniors pose with their parents after a winning match. –photo by: J. Gregory Raymond

Wrestling

Body Par International, 6th/11
Northeast Duals, 2–1
Wagner W, 44–6
Boston University L, 23–16
Brown University W, 16–14
Rutgers L, 21–29
James Madison W, 35–6
Old Dominion L, 23–20
Drexel W, 23–15
Campbell W, 35–6
Harvard W, 29–17
Hofstra L, 23–18
Binghamton W, 34–11
Rider L, 29–12
CAA Championships, 5th/11

Overall: 9–7

A fierce Pioneer faces off against an opponent. –photo by: J. Gregory Raymond
The 2003-2004 season proved to be an exciting and eventful one for the men and women of track and field. Both the men and women’s team each placed fifth at May’s Northeast Conference Track and Field Championship held at Mount St. Mary’s College. The Pioneer women finished with three individual champions and a relay team champion. Award winning athlete Katie Wrinkle captured the title in the 5000-meters and 3000-meters steeplechase, in which she holds the conference record.

Over the course of the season, many of the athletes won awards and top honors in track and field. At the New England Championships at Boston University in March, six Sacred Heart University athletes won “All-New England” honors. This season was not only one of winning awards, but also of beating personal goals. During the season, Sara Tasber beat her own school record in 400-meters and Matthew Uzenski claimed two school records that same day, in the middle of the season. Later in the season Katie Wrinkle also broke her own school record for the 3000-meters steeplechase, 5000-meters and 15000-meters.

The end of the school year brought with it the ECAC/IC4A Championships held at Yale University. That weekend the Pioneers were delighted to not only have a high number of individual points earned, but also to see university firsts. That weekend, Senior Gregg Curley not only broke his own decathlon record, but also became the first Sacred Heart University men’s track athlete to earn All-East Honors at the IC4A Outdoor Championship.

Overall, the season brought dozens of new school records and personal victories. The men and women of track and field led by head coach Christian Morrison and assistant coaches Heather Crosby, Jennifer Wyshner, Todd Linder and Kenny Franklin, worked hard on their goals and achieved them with impressive times and placing high at events. The seniors who are graduating are: Michael Berluti, Kevin Bigelow, Sal Cataldo, William Figueroa, Christopher Giarrusso, Paul Herman, Brian Pawlowski, Andrew Renna, Derek Rousseau, Matthew Uzenski, Christopher Vartuli, Nicholas Whalen, Joseph Zalak, Mary Burbach, Colleen Cotter, Lauren Drew, Kristin Eckert, Emily Marks, Christina Mendoza, Kathryn Muccino, Suzanne Neglia, Susan Pawlisen, Erin Roche, Sara Tasber, Rebecca Warren and Katie Wrinkle.

Compiled by: Olia Yelner

Christopher Giarrusso overtakes members of the opposing teams. —photo by: J. Gregory Raymond

Matt Uzenski is seconds behind the other runners. —photo by: J. Gregory Raymond

Athletics
Women's Track and Field

Boston University, 4th/4
Lehigh John Covert Classic, 3rd/7
Collegiate Track Conference
Indoor Championship, 1st/21
NEC Championship, 4th/9
NEC Championship, 7th/11
New England Indoor Championship, 17th/45
Monmouth Univ. Season Opener, 8-2
SCSU Invitational. 6th/10
NEC Championship, 5th/11
New England Championship, 8th/33
ECAC Championship, 40th/47

Men's Track and Field

Terrier Cup Challenge, 8th/8
Lehigh John Covert Classic, 3rd/7
Collegiate Track Conference
Indoor Championship, 2nd/24
NEC Championship, 8th
Monmouth Univ. Season Opener, 7-2
SCSU Invitational. 4th/10
NEC Championship, 5th/11
New England Championship, 23rd/35
IC4A Championship, 51st/54
Unity Prevails

Softball

At the start of the season head coach Elizabeth Luckie named seniors Katie Ross and Leslie Konsig team captains. The two outstanding athletes were key members of the team over the last three seasons.

On top of the team’s success during the season, there were victories on a personal scale for the team members as well. In May, Konsig was selected to the All-Northeast Conference Second Team. The team showed sportsmanship and dignity in the face of adversity, and sometimes that paid off with great rewards. For example, at an April game against Mount St. Mary’s, the Pioneers’ teamwork led them to a doubleheader victory after a losing streak. This was in part due to the fact that SHU regained the lead in the bottom of the third inning as Leslie Konsig doubled and scored on a wild pitch and Melissa McManaman singled to score junior Tiffinie Cross-Monzo with the game-winning run.

Team unity and togetherness seemed to be the main themes of this season. The Pioneer women worked together on and off the field for games and practice with favorable results.

Graduating seniors are: Shannon Bailey, Deanna Emery, Melissa McManaman, Grace Teruel, Leslie Konsig and Katie Ross. These women will be missed by the team and hard to replace. Their hard work over the past four years has been invaluable to the entire team.

Head Coach Elizabeth Luckie and Assistant Coaches Pam London and Vicky White, after working hard with the women all season will be pressed to find another group as spirited and talented as the 2003-2004 team.

Compiled by: Olia Yelner

Catcher Katie Ross waits to get another out on an opponent.  ~photo by: J. Gregory Raymond

Leslie Konsig is getting ready to bat in a home game.  ~photo by: J. Gregory Raymond
Shannon Bailey anticipates a softball coming her way. —photo by: J. Gregory Raymond

Tiffanie Cross-Monzo is getting ready to knock a softball out of the ballpark. —photo by: J. Gregory Raymond

Danielle Mellin revs up for a pitch that will lead the team to victory. —photo by: J. Gregory Raymond

Bethany Lemnenger shows off her strength and throwing arm. —photo by: J. Gregory Raymond

**Softball**

*Holy Cross, W 10-5*

*Indiana Purdue, W 6-5 (11)*

*Lehigh, L 6-2*

*Butler, W 7-6*

*Providence, L 13-1 (5in)*

*St. Bonaventure, L 8-4*

*Toledo, L 6-2*

*Niagara, L 6-5*

*Creighton, L 6-1*

*Eastern Ky, L 8-0 (6in)*

*Binghamton, L 6-2*

*Lehigh, L 5-0*

*James Madison, L 8-2*

*Binghamton, L 8-1*

*Monmouth, L 1-0*

*Long Island, L 3-0*

*Yale, L 5-3*

*Mount St. Mary's, W 6-4*

*Mount St. Mary's, W 4-3*

*Quinnipiac, L 2-1*

*Central CT State, W 7-6*

*St. Francis (NY), W 2-1 (10in)*

*St. Francis (NY), W 11-3 (6in)*

*Wagner, W 1-0*

*Farleigh Dickinson, L 2-1*

*Sienna, T 3-3 (8)*

*Hartford, W 3-2*

*Robert Morris, L 7-0*

*St. Francis (PA), W 5-2*

*St. Johns, L 6-0*

*Stony Brook, L 3-0*

**Overall: 11-32-1**
Pioneer baseball had a tumultuous season of victories and defeats as well as personal achievement and other surprises. The superb pitching of Adam Dinihanian helped the team reign victorious over many rivals. In a home game versus Fairleigh Dickinson, Dinihanian struck out ten players and allowed just one run, resulting in a win for the Pioneers. Dinihanian was also named the Northeast Conference Baseball Pitcher of the Week after a 2-0 record in late April.

During a home game against Quinnipiac, Pioneer men proved their strength yet again. Senior Chuck Ristano pitched a five-hit shutout, while senior first baseman Jamie Schilkowski drove home the only run of the game with a single in the third inning to lead Sacred Heart University to a 1-0 win in the opening game of a Northeast Conference baseball doubleheader.

Another moment of Pioneer glory came when the team competed in a weekend series in the Northeast Conference. That weekend, Schilkowski had four hits, while Dinihanian worked into the eighth inning to help the Sacred Heart University baseball team defeat Quinnipiac University 6-4. The win marked the first time in the five years of Division I play that the Pioneers had swept a three-game weekend series in the Northeast Conference.

By achieving new records for the team and the university, Pioneer baseball, led by head coach Nick Giaquinto and assistant coaches Seth Kaplan and Bob Andrews, reached new heights during the season. Seniors who have graduated from the team are: Greg Delmonico, Brian Rojee, Dan Scott, Jamie Schilkowski, Ed Marotta, Chuck Ristano, Adam Dinihanian and Eric Bushor.

Compiled by: Olia Yelner
I wouldn’t want to be at the other end of Eric Bushor’s lightening-fast pitch.  
—photo by: J. Gregory Raymond

Greg Delmonico is on top of his game in this action shot. —photo by: J. Gregory Raymond

Faster than a speeding bullet, Dan Scott sends a curveball to an unsuspecting batter. —photo by: J. Gregory Raymond

...And Curtis Lewsky’s hit is...out of the ballpark! —photo by: J. Gregory Raymond

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**Baseball**

Oral Roberts L, 11-1
Detroit Mercy L, 10-8
College of Saint Rose L, 5-3
Pittsburgh L, 14-6
Evansville L, 13-5
Evansville L, 20-0
West Chester L, 12-8
Temple L, 9-4
Florida International L, 18-9
Manhattan L, 8-6
Army L, 2-0
Rhode Island W, 4-3
Rhode Island L, 8-1
Monmouth L, 5-1
Massachusetts L, 9-2
Hartford L, 7-3
Hartford L, 3-2 (9)
Pace University W, 5-4
Bridgeport L, 6-4 (10)
Iona L, 8-6
Central Conn. State W, 8-3
Mount Saint Mary’s W, 6-0
Manhattan L, 6-2
Farleigh Dickinson L, 3-2
Farleigh Dickinson W, 7-2
Long Island University W, 4-3
Brown L, 11-5
Farleigh Dickinson W, 6-3
Army L, 18-6
Quinnipiac W, 6-4
Wagner L, 3-2
Wagner W, 5-4 (11)
Wagner L, 9-2
St. Francis (NY) W, 8-3
St. Francis (NY) L, 8-6
St. Francis (NY) L, 3-2

**Overall: 12-36**
The women's lacrosse team started the season off strong this year with eight returning starters. The team prepared for their upcoming season with extensive conditioning, working hard in the weight room and running endless sprints in the gym in order to achieve their goal of making the NEC tournament. Captains, Ashley Cotter and JoAnn Montesarchio were excited for the upcoming season. "I feel confident about the depth of our team and we have a good chance to win it all," said Montesarchio. The team hoped that good leadership on the field would override the fact that they were a young team vying for a title against such schools as Monmouth, Wagner, Quinnipiac and Mount St. Mary's.

One of the first exciting wins for the ladies was over Niagara University with a score of 15-0. Goalie Amy Lavoie made eight saves for the team achieving her first career shutout. JoAnn Montesarchio, Natalie Smith and Emily Tully all scored three goals each during the game and overall, the Pioneers out shot the Purple Eagles 24-11, making this game a sweet success.

A game against St. Francis earned the Pioneers their first NEC win. The girls went into the game with confidence and showed it by dominating on the field. Christine Macchia, Jackie Reichert, Smith and Maureen Hohn put in two goals each. "It was good that we beat them because they are a conference team and we needed to play well to show our stance in the NEC," said Megan Tucker. The girls played an unreal second half and finished the game by winning 11-2.

Sacred Heart's game against Wagner was key in clinching a spot in the NEC tournament. The game was very back and forth, with the Pioneers taking an early lead, behind at the end of the first half then gaining back the lead in the second half. The battle ended with a 12-9 win with Smith, Macchia, Reichert, Hohn and Jeanne Carroll all contributing goals to the victory.

The women entered the tournament seeded fourth and played an intense and very close game against top seeded Mount St. Mary's. The Pioneers tied the game in the second half. Reichert led the team with three goals while Carroll was right behind her with two goals. Lavoie kept her team in the game with 10 saves. The Mount edged out the winning goal with 1:47 left on the clock.

The Pioneers will continue to strengthen their young team and will be a powerhouse next year perhaps with a new goal in mind: an NEC title.

Compiled By: Lana Barnes

JoAnn Montesarchio fights her way through the opposing team. PHOTO BY: J. Gregory Raymond

Amy Lavoie defends the goal. PHOTO BY: J. Gregory Raymond
JoAnn Montesarchio looks to make a pass. ~photo by: J. Gregory Raymond

Jamie Pettit feuds off the opponent. ~photo by: J. Gregory Raymond

Christina Macchia runs down her opponent. ~photo by: J. Gregory Raymond

Meghan Tucker charges down the field. ~photo by: J. Gregory Raymond

Women's Lacrosse

Vermont W, 7–6
Davidson W, 12–7
Siena L, 5–4
Niagara W, 15–0
Holy Cross W, 13–9
New Hampshire L, 15–2
Stony Brook W, 12–7
St. Francis (PA) W, 11–2
Lehigh L, 10–7
Mount Saint Mary's L, 7–6
Long Island W, 7–6
Marist W, 11–7
Quinnipiac L, 12–9
Central Connecticut W, 13–2
Wagner W, 12–9
Monmouth L, 13–4
NEC Championship L, 6–5

Overall: 10–7

Natalie Smith looks for an opening to make a goal. ~photo by: J. Gregory Raymond
A change of plans
MEN'S LACROSSE

A fired up men's lacrosse team took the field this year with a vengeance. Many players had a sour taste in their mouth left over from last season's 7-7 overall record and with the help of 18 rookies, all accomplished high school athletes; the men's lacrosse team was looking to be a powerful team on the field, a force not to be reckoned with.

The season, however, didn't go as the team planned. After a series of disappointing losses the men finally picked up a win against Drexel in their first CAA game. Ben Giamichael led the way with a season-high four points on three goals and an assist. Matt Robideau and Adam Dzedzy each scored twice in the win with Robideau notching the game-winner along with an assist. Christian Lynch helped with one goal of his own. Thomas Hind and the rest of the Pioneer defense shut out Drexel for over 25 minutes in the second half to earn the victory. Hind finished with 14 saves, seven in the second half, to notch the win of 8-7.

Hopes for a winning streak were too good to be true as the Pioneers lost the next four games. Then the men picked up their second win 8-7 against Marist. The Pioneers built a 7-1 lead late into the third quarter and had to withstand an offensive flurry by the Red Foxes as well as a period of 24 minutes in which Marist did not allow the Pioneers to score.

Senior Jorge Bravo helped SHU clinch a third win against Air Force (11-10) in overtime. Bravo along with Giamachael and James Delmonico combined for eight of the Pioneers 11 goals to lead SHU to the season ending victory.

Many team players received accolades for all of their hard work and dedication this past season. Jorge Bravo was named the Colonial Athletic Association Player of the Week for leading SHU to consecutive one-goal wins over Marist and Air Force. Ben Giamichael was named to the CAA First Team and Brandon Godbout was selected to the Second Team. Giamichael was the second leading scorer for the Pioneers this season with 19 goals and eight assists. Godbout was a solid longstick for the Pioneers all season and finished the year with 23 groundballs and forced five turnovers.

Although the season wasn't a complete success, the players will use this year as a learning experience to come back strong next year.

Compiled By: Lana Barnes

Thomas Hind reaches to prevent the other team from scoring. ~photo by: J. Gregory Raymond

Kevin Kimball runs downfield. ~photo by: J. Gregory Raymond
The team huddles up to discuss their game plan.
-Photo by: J. Gregory Raymond

Brandon Godbout catches a pass. -Photo by: J. Gregory Raymond

Adam Drezdz looks for a teammate to make a pass. -Photo by: J. Gregory Raymond

Keeping the opponent from scoring is a major part of Lacrosse. -Photo by: J. Gregory Raymond

Men's Lacrosse

Brown L, 10–5
Manhattan L, 10–9
Denver L, 12–6
Butler L, 13–12
Dartmouth L, 15–10
Massachusetts L, 12–4
Colgate L, 10–7
Drexel W, 8–7
Hofstra L, 12–11
Towson L, 16–6
Villanova L, 12–7
Delaware L, 13–8
Marist W, 8–7
Airforce W, 11–10

Overall: 3–11

Jonathan Corto escapes his opponents. -Photo by: J. Gregory Raymond
The women's tennis team began its season with two big wins over Monmouth and Manhattan College, 6-1. In the Monmouth game, the pioneers won five out of the six singles points and took the #1 and #2 doubles matches to win the doubles point. Lauren Galatie led the way picking up wins at #1 singles and doubles. Galatie teamed with Pam Pillo to shutout their opponents, 8-0 in doubles play. Darcy Shoop picked-up two wins and teamed with Katelyn Kittredge to defeat Monmouth at #2 doubles, 8-6. Lissa Von Brecht and Megan Fonos also picked up wins in singles action.

In the game against Manhattan, the Pioneers once again won five of the six singles points and took the doubles points to win the match. Pillo led the way for the Pioneers, posting a three-set win at #2 singles and teamed with Galatie to win at #1 doubles. Shoop, Kittredge, Fonos and Von Brecht all won their singles matches and Von Brecht and Fonos teamed to give Sacred Heart University a win at #3 doubles taking the all important doubles point for the Pioneers.

With a strong beginning, the lady Pioneers entered the New England Championships with a positive attitude. Although the team as a whole came in sixth out of seven teams, there were quite a few individuals who stuck out as valuable players. Galatie was the top Pioneer finisher for the day, earning a third place finish in the #1 singles flight. Pillo finished fourth at #2 singles. The two then combine duo placed third in the #1 doubles draw. Also advancing to the semifinals at #3 doubles was the team of Von Brecht and Fonos.

The team closed out their fall season 2-1 and anticipated a competitive spring season. SHU had two shutouts blanking both University of Albany and Wagner, 7-0. Galatie and Pillo were straight set winners for the Pioneers against Albany at #1 and #2 singles play. They also teamed up at #1 doubles defeating their opponents 8-2. Brecht, Jeanne Sampson, Shoop and Kittredge also earned singles wins. Von Brecht and Kittredge took the #2 doubles match to give SHU the double point. The women dominated the Wagner match winning all six singles and all three double matches.

The women advanced to the semifinal round of the NEC Championship Tournament with a 4-0 win over Monmouth. Galatie and Pillo teamed to earn a win at #1 doubles while Sampson and Shoop were victorious at #2 doubles. Galatie, Sampson and Von Brecht were also winners in singles play to give SHU the victory. Unfortunately, that was the last game the Pioneers would play this season, losing to LIU in semis.

Compiled By: Lana Barnes

Katelyn Kittredge steadies herself while her doubles partner serves. ~photo by: Nick Kelly

Lauren Galatie awaits an incoming ball. ~photo by: J. Gregory Raymond
Women's Tennis

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
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<tbody>
<tr>
<td>Long Island L</td>
<td>7-0</td>
</tr>
<tr>
<td>Monmouth W</td>
<td>6-1</td>
</tr>
<tr>
<td>Manhattan W</td>
<td>6-1</td>
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<tr>
<td>New England Championship</td>
<td>L, 5-2</td>
</tr>
<tr>
<td>Holy Cross L</td>
<td>5-2</td>
</tr>
<tr>
<td>James Madison L</td>
<td>7-0</td>
</tr>
<tr>
<td>Mount Saint Mary's W</td>
<td>4-3</td>
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<tr>
<td>St. Mary's L</td>
<td>5-2</td>
</tr>
<tr>
<td>St. Ambrose W</td>
<td>4-3</td>
</tr>
<tr>
<td>University of Albany W</td>
<td>7-0</td>
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<tr>
<td>Quinnipiac L</td>
<td>7-0</td>
</tr>
<tr>
<td>Stony Brook L</td>
<td>5-2</td>
</tr>
<tr>
<td>Rhode Island L</td>
<td>4-3</td>
</tr>
<tr>
<td>Siena L</td>
<td>5-2</td>
</tr>
<tr>
<td>Hartford W</td>
<td>6-1</td>
</tr>
<tr>
<td>Wagner W</td>
<td>7-0</td>
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<tr>
<td>Fairleigh Dickinson W</td>
<td>6-1</td>
</tr>
<tr>
<td>Providence L</td>
<td>6-1</td>
</tr>
<tr>
<td>NEC Championship W</td>
<td>4-0</td>
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<tr>
<td>NEC Championship L</td>
<td>4-3</td>
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</tbody>
</table>

**Overall: 9-10**

<table>
<thead>
<tr>
<th>Player</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Darcy Shoop practices her swing. —photo by: J. Gregory Raymond</td>
<td></td>
</tr>
<tr>
<td>Katelyn Kittredge concentrates on her game. —photo by: J. Gregory Raymond</td>
<td></td>
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<tr>
<td>A steady stance and concentration is all it takes for Katelyn Kittredge to beat an opponent. —photo by: Nick Kelly</td>
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<tr>
<td>Darcy Shoop prepares a powerful shot. —photo by: J. Gregory Raymond</td>
<td></td>
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<tr>
<td>This player anticipates the direction of her opponent's serve. —photo by: Nick Kelly</td>
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</tbody>
</table>
Participation in various tournaments this season proved that the men's tennis team is always up for a challenge. To open their fall season, the men participated in the Fairfield Doubles Tournament. They finished the weekend 7-4 with the team of Ryan Darragh and Steven George winning their doubles flight. The powerhouse team beat the duos from Rhode Island, Queens College and Farleigh Dickinson en route to the Flight “B” Final. The Pioneer tandem closed out the day with a 6-3 win over Holy Cross to finish the flight.

The men also took part in the ECAC Championships where they tied for fourth place with Vassar. The Pioneers finished with 10.5 points just barely behind NYU’s third place finish of 13 points. Jeff Bowers, Pat Darragh and Peter George all advanced to the semi-finals with their individual singles draws. In the doubles draw, Alex Kantarelis and Kevin Wheeler dropped their first round match to NYU and then returned to beat Vassar’s twosome.

The Quinnipiac Invitational proved to be a winning day for the Pioneers with Bowers, Kantarelis, Wheeler and Kevin Teague all winning their opening matches in the tournament. In doubles play, Bowers and Steven George teamed to beat New Hampshire in the opening round of the “A” Flight, 8-5.

All of these tournaments were warming up the men for the NEC Championships in which the men advanced to the finals round. In the first match against Monmouth, brothers Pat and Ryan Darragh and Kantarelis led the way to victory with big wins in singles play. SHU also nabbed the doubles point with wins by Pat Darragh and Bowers at #2 doubles and Kantarelis and Peter George at #3 doubles. In the semi-final round, the men faced Mount St. Mary’s, which they beat 4-3. Leading the way for the men was Bowers and Pat Darragh who clinched the Pioneers the doubles point with a 9-7 tiebreaker win at #2 doubles. Earning singles victories were Pat Darragh, Kantarelis and Peter George. This win advanced the men to the final round against top-seeded Quinnipiac. The team fell short in their bid for their first NEC title, losing 5-0.

The men put up a strong fight in all of their contests this season, winning some while losing others. However, the team continues to improve each year with this year being no different. A jump from a fifth place finish last year to a second place finish this year in the NEC is something worth celebrating.

Compiled By: Lana Barnes

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Steven George improves his technique by practicing. ~photo by: J. Gregory Raymond

Pat Darragh serves up a power packed ball. ~photo by: Nick Kelly
Steven George concentrates on his next shot. ~photo by: Nick Kelly

An inside look from the player’s point of view. ~photo by: Nick Kelly

One must have good eye-hand coordination and body control to succeed in tennis. ~photo by: Nick Kelly

Jeff Bowers preps for a powerful return hit. ~photo by: Nick Kelly

<table>
<thead>
<tr>
<th>Men’s Tennis</th>
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<tbody>
<tr>
<td>St. Peters W, 6-1</td>
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<tr>
<td>ECAC Tournament, 4th/8</td>
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<tr>
<td>Siena W, 5-2</td>
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<tr>
<td>Vermont L, 7-0</td>
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<tr>
<td>University of Montreal L, 4-3</td>
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<tr>
<td>Holy Cross W, 4-3</td>
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<tr>
<td>West Illinois L, 7-0</td>
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<tr>
<td>Mount Saint Mary’s W, 4-3</td>
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<tr>
<td>Coe College L, 6-1</td>
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<td>St. Ambrose W, 5-2</td>
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<td>Quinnipiac L, 7-0</td>
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<td>Fordham W, 6-1</td>
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<tr>
<td>NEC Championship W, 4-0</td>
</tr>
<tr>
<td>NEC Championship W, 4-3</td>
</tr>
<tr>
<td>NEC Championship L, 5-0</td>
</tr>
</tbody>
</table>

Overall: 10-9

Steven George is ready to send the ball flying back to his opponent. ~photo by: Nick Kelly
Captains Christine DePierro and Katie Dervan fearlessly led the swim team in a roller coaster season. The women started off on an upward crawl at the Wagner Invitational where the team defeated St. Francis (PA) 93-89 but fell to Wagner 98-80. Dervan earned a first place finish in the 100-yard freestyle while finishing second in the 200-yard breaststroke with a record breaking time of 2:41. DePierro finished first in the 500-yard freestyle and placed third in the 200-yard freestyle with a record-breaking time of 2:01.30. Meghan Ceglariski and Kristina Eikeseth each had a strong showing in their first collegiate meets with Ceglariski placing second in the 200-yard backstroke and Eikeseth placing second in the 1000-yard freestyle and third in the 200-yard butterfly.

The team crested over the top of the track as they defeated Manhattan 139-91. The Pioneers took first place in seven events and had the second place finishers in nine of the events. DePierro finished first in the 800 and 100-meter freestyle. Dervan finished first in the 100-meter breaststroke and second in the 200-meter freestyle. Eikeseth had a pair of first place finishes in the 200-meter individual medley and the 400-meter freestyle while finishing second in the 100-meter butterfly. Elizabeth Schweitzer took first place in both the 1 and 3-meter diving events.

Luckily, the ladies only had a short descent as they were defeated by Iona in a tight meet 118-115. On the upside, the Pioneers broke six school records making this defeat a successful one. "We trained so hard for the past few weeks specifically for this meet and we all knew that this meet was going to be close and every point was important. Everyone swam and dove their best," said DePierro. DePierro, Eikeseth, Dervan and Schweitzer all contributed to the history making.

The rest of the women's season was a continuation of ups and downs as the team prepared for the NEC Championships. After three days of competition, the Pioneers surpassed expectations finishing seventh, out of twelve teams, with a score of 184 points. The Pioneers finished in top eight, eleven times throughout the preliminary and final rounds of 22 events. DePierro qualified for the ECAC Tournament with her times in the 200, 500, and 1650-yard freestyle.

The season ended on a high note, as the team was selected to be a College Swimming Coaches Association of American Academic All-American Team. It is evident that the team constantly strives for excellence both in and out of the pool.

Compiled By: Lana Barnes

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Front Row: Meagan Diana, Kristina Eikeseth, Lyndsey Price, Elizabeth Hanss, Elizabeth Schweitzer; Middle Row: Head Coach - Dan Maloney, Janna Hebert, Nicole Chamberlain, Karen Grandely, Meghan Ceglariski, Eileen Connor; Back Row: Lauren Wheeler, Christine DePierro, Brianne Ryan, Angela Koenig, Katie Dervan, Diving Coach - Greg Zacholl

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The swim team stands in front of a wall of signs cheering on the Lady Pioneers. —photo contributed by: Katie Dervan
Christine DePierro and Eileen Connor take a rest before jumping back into the water. —photo contributed by: Katie Dervan

Freshmen Nicole Chamberlain and Meghan Ceglinski enjoy their first year on the swim team. —photo contributed by: Katie Dervan

Katie Dervan, Angela Koenig and Liz Bangs pose after a meet. —photo contributed by: Katie Dervan

Lyndsey Price, Elizabeth Schweitzer and Lauren Wheeler at a swim meet at Iona College. —photo contributed by: Katie Dervan

Swimming

Wagner L, 98–80
St. Francis (PA) W, 93–89
Iona L, 118–115
Seton Hall L, 140–83
CW Post W, 112–86
Siena L, 158–116
Vermont L, 145–89
St. Francis (NY) W, 71–34
Central Connecticut L, 70–63
Providence L, 161–80
NEC Championship, 8th/12

Overall: 3–7

Eileen Connor and Krystina Ekkebath are excited to start a race. —photo contributed by: Katie Dervan
DOMINATING FRAMES
WOMEN'S BOWLING

S
TTTRRRRIIKE!! Hang around the women's bowling team and you'll certainly see a lot of that happening. The team consists of ten women who pack a lot of punch into their frames. They opened up their season placing fourth out of 13 teams at the Pennsylvania Classic. Individual scoring for the tournament was based on six games bowled the first day, combined with three games from the second day. SHU's top individual performers were Nicole Peloquin in 13th place with a game total of 1800, and Erin Gore in 16th place with a game total of 1781. Influential in team scoring was the five highest individual scores, along with six Baker games bowled on day two. The Pioneers finished strong with a 211 average.

The women took many NCAA teams by surprise as they stormed in to the first Eastern Intercollegiate Bowling Conference meet of the season and dominated the competition with a 7-0 record. Peloquin's 1547 was the high individual score for the meet. She threw the team's high game of 258 and Gore was right behind her with 216.7.

The team endured an intense weekend while traveling to Greensboro, NC to participate in the Triad tournament, the first NCAA Invitational of the season. To begin, the Pioneers went 7-3 against Farleigh Dickinson and Southern placing them in fifth. SHU was quick to pick up the pace going 4-1 Saturday and on Sunday, the Pioneers finished 3-2 in Baker matches placing them overall in fifth.

"I think we do have potential to go very far this year, not only do we have a very talented team, but our chemistry and our ability to work together is the best I’ve ever seen," said Peloquin. This was evident when SHU’s bowling team was selected to participate in the inaugural NCAA National Collegiate Bowling Championships. Each team bowled seven regular games along with three Baker games for a qualifying total. Their total placed the Pioneers in third place. Based on the pin fall of the qualifying round, the teams were placed in a double-elimination bracket and competed against each other in a best-of-seven Baker-style competition. SHU faced NJCU in the bracket, fell in six games and was eliminated from the tourney. Overall, the team finished in sixth out of eight teams.

After a short break, the Pioneers traveled to Oklahoma to compete against 15 other teams in the IBC Championships. The team entered the competition seeded eighth and fought their way against such teams as University of Maryland-Eastern Shore, UC-Davis, Neumann University and Lindenwood University to finish fifth overall in the tournament, a team best since 1998.

Compiled By: Lana Barnes

Nicole Peloquin, Carolyn Rich, Christina Onderdonk, Katie Atkins, Joey Ong and Diane Rainmann gather for a group picture at the Christmas Tournament. —photo contributed by: Katie Atkins

Carolyn Rich, Christina Onderdonk, Joey Ong and Erin Gore at the EIBC Conference Meet. —photo contributed by: Katie Atkins
Women’s Bowling

Pennsylvania Classic, 4th/13
EIBC Meet, 7–0
Dual Meet, 5th
National Collegiate Team
Match Games, 8–2
Bayside Collegiate Classic, 5th/13
EIBC Conference Meet, 5–2
EIBC Conference
Championships, 2nd
NCAA Northeast Challenge, 2nd
NCAA Championships, 6th/8
EIBC Championships, 5th/15

Carolyn Rich and Nicole Peliquin take a break at their sectional practice. —photo contributed by: Katie Atkins

Diane Raimann, Christina Onderdonk and Alexandra Saldana are ready to take on any opponent. —photo contributed by: Katie Atkins

Diane Raimann, Carolyn Rich, Katie Atkins, Erin Gore, Christina Onderdonk and Nicole Peliquin enjoy an afternoon off during one of their tournaments in Baton Rouge, Louisiana. —photo contributed by: Katie Atkins

Sacred Heart University’s bowling team poses with NYC Mayor Rudy Giuliani in Houston, Texas. —photo contributed by: Katie Atkins

Texas welcomes Diane Raimann, Joey Ong and the rest of the bowling team to the NCAA Women’s Bowling Championship. —photo contributed by: Katie Atkins
SNAPSHOTS
SHU ATHLETICS 2003–2004
SNAPSHOTS
SHU ATHLETICS 2003–2004

Athletics
ACTIVITY
“Apprehend nothing but jollity.”

- THE WINTER’S TALE
Vinny Wyane helps Kelly Strittmatter choose a poster for her new dorm room. ~photo contributed by: Tom Wueskamp

Kristal Gutkeunst, Jackie Boudria and friends didn’t have to go off campus to experience their first foam party. ~photo contributed by: Tom Wueskamp

Look ma! Kristal Gutkeunst did her own laundry. ~photo contributed by: Tom Wueskamp

Freshmen line up for a treat at the ice cream social. ~photo contributed by: Tom Wueskamp

These students are excited for the hypnotist to begin ~photo contributed by: Tom Wueskamp
Making the transition from high school to college is always a difficult process, but Sacred Heart University’s team of Orientation Leaders aimed to ease that process along as they encouraged SHU’s future First Year students to “Bond with SHU” during Orientation Days. Throughout the course of the James Bond-themed weekend, future SHU students were able to get better acquainted with the school that they soon would be calling home for the next four years. Students learned about SHU through various academic and campus information sessions and even enjoyed a first-hand experience of residential life. Along with the placement exams and endless information that the students were bombarded with, there was also plenty of time for fun during orientation. Students could not stop laughing as they watched comedian Dave Russo perform bits of his best stand-up comedy and then enjoyed a dance party long into the night. First Year student Rachel Brophy stated that Orientation “was a good experience that allowed me to establish bonds with new people.”

Only a few months after Orientation, First Year students began moving into South and West Halls as Welcome Days got underway. Once they were moved into their residence halls, they attended the President’s Welcome, followed by The Big Sundae. There they ate ice cream, met new people and had a chance to catch up with friends made during Orientation. The First Year students were also treated to a hypnotist, which relieved the stress of move-in day. Most would agree that an unforgettable moment and the highlight of the hypnotist was when he made five male students get up on stage and sing like ‘NSYNC.

Day two of Welcome Days included a scavenger hunt as well as sports such as Ultimate Frisbee, basketball and volleyball during the day. Welcome Fest was held that night and turned out to be a huge hit. Inflatables, Extreme Bungee, a fortune teller, a caricaturist and an abundance of free food meant that there was something for everyone at the carnival. The final Welcome Day included laptop information sessions, finding classes with the Orientation Leaders and finished with a showing of the movie “Bruce Almighty.” Both Orientation and Welcome Days turned out to be a success and was a great way for incoming students to experience SHU. With such an exciting start, First Year students could look forward to many exciting years at SHU, filled with friends, academics and fun.

By: Jennifer Cycon
Sacred Heart University encourages students to express their innumerable talents throughout the University and provides opportunities to experience reality TV and 15 minutes of fame without ever leaving campus. Where else would you be able to find a minimized version of the hit television series American Idol? Right here, during SHU Idol. This year, SHU Idol’s success averaged about the same as last year, when it was first introduced to SHU students. The talented winner was sophomore Lindsay Basso, who swept the audience away with her renditions of “Impossible” by Christina Aguilera, and “I Still Believe” by Mariah Carey. Lindsay undertook a great challenge by choosing these songs for the final competition, but with a voice that should never be underestimated, Lindsay was declared SHU Idol of 2003.

Taking a closer look, the competition consisted of three separate nights, eighteen initial participants and three enthusiastic judges. For the first night, each participant sang the song of his or her choice for a total of thirty seconds. Judges Patty Leahey, Amy Ricci, and Cassie Raphael critiqued each singer and narrowed the number of contestants down to eight. Patty Leahey, Taft Hall Director, and Amy Ricci, Student Life Graduate Assistant, showed great interest in last year’s SHU Idol, and became judges at their request to be involved in the event. Cassie Raphael was last year’s SHU Idol, and proudly participated in this year’s judging as well.

The eight selected participants were asked to choose songs from a list provided to them and sing the entire song of their choice at the second SHU Idol event. Judges listened, critiqued and with the help of audience votes, chose three final contestants for the last round of SHU Idol. The lucky three were Shannon Kinney, Joe Rea and Lindsay Basso. For the last suspenseful night of SHU Idol, the final contestants were provided with a list of songs from which they each chose two to perform. Shannon Kinney chose “Natural Woman” and “Killing Me Softly,” Joe Rea sang “Proud to be an American” and “Amazed,” and Lindsay Basso’s winning choices were “Impossible” and “I Still Believe.” Every participant in SHU Idol this year sang incredibly well and Shannon, Joe and Lindsay deserve much recognition for their talent and drive.

As Colleen McCormick, IRC president and promoter of SHU Idol explained, “The most enjoyable part of SHU Idol is watching the students come and enjoy the program. It was great to hear the buzz around the hallway that people were psyched for it. It was also great to give students the opportunity to showcase their talents.” Everyone at Sacred Heart would like to extend sincere congratulations to all participants of this year’s SHU Idol; we look forward to next year’s performance!

By Cara Franze
The audience thought it was impossible for a SHU Idol contestant to sound as good as Lindsay Basso did. ~photo by: Robert Trensko

SHU Idol contestants breath a sigh of relief after the first round of competition is over. ~photo by: Cara Franze

Shannon Kinney wows the judges with an acapella version of "Killing Me Softly." ~photo by: Robert Trensko

This contestant smiles hopefully at the audience. ~photo by: Cara Franze

This contestant struts around the stage with confidence. ~photo by: Cara Franze
Jen Hradek, Kelly Stritmater and Guy Savage read startling statistics after the mock accident. —photo by: Robert Trenske

The EMS and the Fairfield Firefighters strap Justin Gage on to the stretcher after the nearly fatal crash. —photo by: Robert Trenske

Courtney Moodie comforts Gillian Weissman when she learns of her friend's "death." —photo by: Robert Trenske

Fairfield Firefighters bag the body of the newly "departed." —photo by: Robert Trenske

SHU Players Joe Fontana and Nicole Thomas perform a scene from Mike Johnson's skit Broken. —photo by: Robert Trenske
Alcohol use is an ever-present problem among college students today. That is why during the week of October 20 to October 24, Sacred Heart University took part in National Alcohol Awareness Week. Over the course of the week, students had the chance to see a variety of presentations that showed them the impacts of alcohol use.

On Monday, students experimented with a drunk driving simulator, which showed them what it felt and looked like to drive under the influence. Later that night, the SHU Players performed Broken, written by their Vice President, Mike Johnson. On Tuesday, students could attend an alcohol assessment test in FLIK, which allowed them to find out whether or not they were alcoholics. That evening, in the theater, Dan Duval came to speak to the freshmen and shared his heroic story of what alcohol and drugs did to him, and how he got his life back on track. On Grim Reaper Day, the grim reaper, played by Junior Jen Puquette took students out of their classes and declared them dead until 2pm that day. The "dead" students were not allowed to talk to anyone else during that time in order to replicate the number of alcohol related deaths that occur each year. At 2pm there was a mock accident set up outside of South and West Halls. The scene consisted of two cars, which had been involved in a drunk driving related car crash. That night, Greek Life and the Student Union managers sponsored Alcohol Awareness Jeopardy. Stress Free Night, sponsored by South Hall and the Student Senate, occurred on Thursday allowing students to get together and forget about the stresses of midterms and school in general and just relax. That night SET sponsored Alcohol Awareness Bingo. Alcohol Awareness Week ended with Frisbee Day. Frisbees lined the main walkway in the academic building, which shared specific facts about alcohol abuse. Also on Friday, students experienced Beer Goggles, which shows what it looks like to be under the influence.

Overall, Alcohol Awareness Week opened students' eyes to the dangers that can occur from abusing alcohol and has made many more conscious of their actions at social events.

By: Kelsey Swanson
October 31, 2003 was Halloween night, but not just any ordinary Halloween night. This particular Halloween night marked the start of Sacred Heart University’s thirteenth annual Family Weekend. This three-day event was filled to the brim with fun activities for all families to participate in. This year’s theme, “The Greatest Show on Earth,” was nothing less than perfect. The weekend began with the “Ringmaster’s Soiree,” a meet and greet with the faculty and administration wine and cheese party. The atmosphere was casual with the lovely music of a small jazz band. Immediately following the Soiree was time to “Send in the Clowns.” The comical routine of Steve Russell was spectacular. A great amount of audience appreciation was evident in the screams and cheers of “way to go Steve!”

On Saturday November 1st, the mildly warm day was started with the “Under the Big Top” tailgate party. Here, families could enjoy jugglers, clowns and hayrides, as well as a ride on the “Last Penny” hot air balloon. Families who went to the Three Ring Performance football game experienced true Pioneer spirit as the pioneers fought a good fight against Stony Brook. That night at the “P.T. Barnum’s Wingding” Family Dinner Dance, the fun never stopped. During the casual serving of dinner, the accompanying entertainment of African Acrobats was amazing.

The last day of Family Weekend, Sunday November 2nd, concluded with a lovely Parent/Family Mass held in the Pitt Center. Immediately following was “Ballyhoo Brunch.” A casual brunch and a few tears shed was an appropriate ending to a memory-filled weekend. Just as the parents had arrived on Friday in their cars storming the campus, they were now gone. What a great weekend it was this year!

By: Kaitlyn Galvin
Katie Fanning lets loose on the dance floor at the Family Dinner Dance. –photo by: DaVor Photography, Inc.

This student and her dad show off their dancing skills for families and friends. –photo by: DaVor Photography, Inc.

Families had the opportunity to take a ride on the "Last Penny" hot air balloon. –photo by: DaVor Photography, Inc.

This student shares a dance with her proud father. –photo by: DaVor Photography, Inc.

These siblings see how low they can go during a limbo contest. –photo by: DaVor Photography, Inc.
Justin Gage and Derek Rousseau are ready to rock climb. —photo by: Tom Wuestkamp

Diana Marques, Jesse Fendryk, Liz Dunas and Kristen Cooper enjoy the free kettle corn at Fun in the Sun Saturday. —photo by: Tom Wuestkamp

1,2,3 GO! Shannon Hines and Amy Deschenes compete to reach the top of the rock wall. —photo by: Tom Wuestkamp

At the carnival, Joseph Pinter makes his own artistic creations using Spin Art. —photo by: Tom Wuestkamp

Guy Savage "Thinks Fast" to figure out the correct answer to his question. —photo by: Tom Wuestkamp
Fun in the Sun Weekend was a first for the Sacred Heart University community. A string of events that spanned the first weekend back at school, the program was designed to make homesick students less anxious about being away from home. The fun started with a game of Ultimate Frisbee in the Quad and continued with a Foun Dance Party on Friday night, Sun-Sational Saturday, a Think Fast Game Show that same night and a trip to the beach on Sunday.

During the day campus was overrun with inflatables, basketball games, photo keychains, cotton candy, popcorn, Sno Cones, a rock climbing wall, as well as other forms of entertainment. The weekend, which was sponsored by a slew of organizations including SET, IRC, First Year Experience, Student Activities, Greek Life, Omega Phi Kappa, Prologue and Commuter Council was hugely successful at entertaining students, keeping them on campus and getting excited about the start of school. Fun in the Sun will become an annual event for all of Sacred Heart University students to enjoy upon returning to campus.

The purpose of this weekend was to welcome first year students as well as upperclassmen to school. In the fall, students, particularly freshman, have a difficult time adjusting to being away from home because for many it is their first time. The games and entertainment of Fun in the Sun Weekend served not only as something new and different to do, but also as an icebreaker for many incoming freshmen. It is a sure bet that many freshmen made lasting friendships during the weekend and were reassured that Sacred Heart University was the right choice for them.

By: Olia Yelner
This year’s goal for many students that attended Sacred Heart’s Homecoming was not only a time to show their school spirit, but also a time to reunite with many alumni. Many students and alumni tailgated, gathered under the alumni tent, attended the football game and then proceeded to an outing of some sort. “All of my college friends and I met at school in one of the parking lots at 11 a.m. to tailgate. We brought snacks, drinks and music, and reminisced about our days here at Sacred Heart. We really had a great time and enjoy attending this event every year to catch up with each other’s lives,” said Kristen Giniso, an alumna from Yorktown Heights, NY.

Tailgating was not only for alumni though. “Tailgating during Homecoming gives us the opportunity to see our alumni brothers that we don’t usually see. Our alumni brothers also get a chance to bond with and get to know better the current brothers of Omega,” said Michael Giaquinto, a brother of Omega Phi Kappa fraternity.

Students and alumni also attended the football game and witnessed a record-breaking victory by the Pioneers over Marist. During the game there were performances by several groups including the cheerleaders, dance team, marching band and colorguard. “It was extremely encouraging and inspiring to look in the stands while we danced and see so many school spirited students, alumni and fans,” said Lindsay Lukowski, a dance team member. David Morson, a football player, was glad to see so many students, faculty, alumni and fans supporting them. “It’s always good to come out with a win…and a school record breaker to top things off,” said Morson.

All the excitement throughout the day quickly ended at school, but started up again that evening. Many students and alumni went out after the football game to their old hangouts, which included South Norwalk and other bars and pubs in Bridgeport. Lisa Cassinelli, an alumna from Wallingford, went to a bar in Bridgeport where she always used to go with her sorority sisters and friends. “We had a great time. I just wish I could do this more often, but having a full time job now doesn’t help the situation much, but that’s why I’m looking forward to next year’s Homecoming and all the great fun that comes along with it,” said Cassinelli.

By: Teressa Diaz-Hennessey
Jess Gomes performs a dance routine for the half-time show. —photo by: DaVor Photography, Inc.

The Cat in the Hat a.k.a Lauren Padjen joined the Student Alumni Association in the Homecoming parade. —photo by: DaVor Photography, Inc.

Anthony Diaz plays a quick game of football with his little friend. —photo by: DaVor Photography, Inc.

SHU President Dr. Cermena takes part in the Homecoming festivities. —photo by: DaVor Photography, Inc.

Garrett Fox, Erica Brienza, Kristy Ruggiero and Gillian Weisman get pumped for the football game. —photo by: DaVor Photography, Inc.
Kristin Furio and her sister launch their singing career with karaoke.  ~photo by: DaVor Photography, Inc.

Magician Tom Pesce asks an audience member to help him with a trick.  ~photo by: Deidre Cutler

Members of SEt set up for the karaoke event.  ~photo by: DaVor Photography, Inc.

Looks like Tom Pesce will make something jump through this unsuspecting audience member's arms.  ~photo by: Deidre Cutler

Suzie McHale and her brother take advantage of the karaoke machine available at the Ice Cream social.  ~photo by: DaVor Photography, Inc.
Sacred Heart University does not just provide on-campus entertainment for its students, but for one weekend out of the year, students’ siblings can enjoy a little bit of Pioneer life as well. The “SHU Wants Its MTV” weekend of March 19th proved to be one of the best weekends on campus, filled with events such as Bingo and a “Magical Extravaganza” in the Outpost, an Ice Cream Social, a Mini-Carnival, and some “Say What? Karaoke” with a dance party to follow in the Mahogany Room.

BINGO and the Magic Show were perfect events for the youngest siblings to attend with tons of prizes to keep everyone entertained. On Saturday, siblings had the option of attending the women’s lacrosse game on campus, or watching “School of Rock” or “Cat in the Hat.” The indoor carnival, “Spring Break ‘04” was available to them as well. Activities at the carnival included temporary tattooing; making snow cones and sand art, enjoying popcorn and cotton candy, and having a caricature artist draw your picture. Regarding the carnival at Siblings Weekend, Senior Jill Oparowski commented, “I thought the carnival went well. There were a variety of activities for all ages to participate in.” Sunday was filled with the “SHU-per Star Brunch,” a beautiful morning Mass, and one more chance to see Jack Black in “School of Rock.”

Sophomore Justin Gage explained that Siblings Weekend proved to be a great opportunity for families to spend time together. “It was really nice to see all the kids with their SHU family members, whether they were the younger elementary kids or the older high school kids,” said Gage.

Throughout the weekend, nearly 75 SHU families participated in Siblings Weekend. Fortunately, the weather cooperated and provided siblings with a wonderful weekend outdoors to enjoy together here at Sacred Heart University. Since it began, Siblings Weekend has always been an incredible event at Sacred Heart University, a chance for younger (and older) siblings of our students to enjoy each other’s company, learn what living away from home is all about (which includes experiencing FLIK food!), and celebrate the beginning of spring together. With help from Sacred Heart University’s Student Events Team and the Class of 2007, Siblings Weekend 2004 was a huge success, and next year’s planning has already begun!

By: Cara Franze
On April 5th, 2004, the Class of 2005 presented the sixth annual Mr. SHU pageant. The show consisted of eleven contestants: Chris Kelly, Jason Bowza, Kris Baffi, Jon Cretelea, Paul Herman, Mike Champey, Greg Maurice, Alex Kantarelis, Guy Savage, Mike Burns and Will Geddish. Danielle Bachini and Mike Hougasian hosted the show. "It was a great experience not only hosting but putting the whole thing together with the class board," said Bachini. "The best part about it was seeing how well it all came together that night after so much preparation and getting the chance to work with eleven awesome guys. They all put on a really great show and the competition was really tough this year."

The show's entertainment started out with an opening dance number to "Shake that Body." The pageant then followed with the swimwear competition. Mike Burns entertained the audience by sporting a scuba outfit and pleasing the crowd with a striptease. "Honestly, Mr. SHU was one of my more memorable experiences at SHU. Being out there and having the crowd get so into your performance was such an adrenaline rush, and it was also very humbling at the same time. Even though I finished third, I had so much fun with all the guys and I think everyone did an amazing job," said Burns.

Next, the participants performed the talent competition. Each participant had the chance to win over the crowd by impressing them with their very unique talent. "I wanted to display my ribbon dancing talent that I’ve been working on for many years," said Kris Baffi. "The talent section was my favorite part. I’ve played with a band so many times before, but never in front of that many people. It was amazing to be on that stage, performing for a packed house," said Alex Kantarelis.

After each participant was escorted onto the stage and the formal wear competition was completed, the contestants were cut down to the top five by the judges, Sarah Hinnendael, an RHD at Park Ridge, Professor Michels, Political Science Department and Allen Machielson, the Director of Residential Life. The top five contestants included Kris Baffi, Mike Champey, Paul Herman, Alex Kantarelis and Mike Burns. The top five were faced with the "Question and Answer" section of the pageant. In order to do this, each participant had to pop a balloon to find out what question they would have to answer. "My favorite and worst part of the show was when I couldn’t pop the balloon with a pin. I felt kind of funny about the whole experience, like when I used to climb the rope in gym class," said Mike Champey.

As the Mr. SHU pageant came to an end with three participants left, the judges made their final decision and crowned Paul Herman, Mr. SHU 2004. "It was one of the best feelings I have had at SHU. The reason for this is because I wasn’t just up there for myself, but for my family members that came from work, drove an hour and a half to come see me, and even had time to come on stage and still support," said Herman. Including his sophomore year appearance in 2002, this was Paul’s second time winning the Mr. SHU title.

By: Cortney Barbato
Paul Herman takes a bow after being crowned Mr. SHU for the second time in his college career. –photo by: Robert Trenske

The contestants strike a pose after the opening dance sequence. –photo by: Robert Trenske

Alex Kantarelis shakes his groove thing in a grass skirt and coconut shells. –photo by: Robert Trenske

Mike Burns wows the crowd with his Justin Timberlake moves. –photo by: Robert Trenske

Gus Savage lip syncs his rendition of Madonna's "Like a Virgin." –photo by: Robert Trenske
Fatima Moubchir along with two soccer fans show off Brazilian delicacies and its most popular sport: soccer. ~photo by: Robert Trenske

Federico Arias-Carballe, Hermán Cano and a talented electric guitarist entertain guests and provide authentic Mexican music. ~photo by: Robert Trenske

Sabine Auguste enjoys educating others about her homeland Haiti. ~photo by: Robert Trenske

These students are proud of their Irish heritage and share their knowledge with others at the Festival. ~photo by: Robert Trenske

International Club members hope to teach others about their beloved country. ~photo by: Robert Trenske
All cultures come together at the International Festival to celebrate their ethnic differences. The festival showcases the various countries and cultures Sacred Heart University's students represent. The festival is an annual event sponsored by the International Club. This year the event occurred on April 20th in the Mahogany Room.

Various countries had exhibits at the fair including Morocco, India, Canada, Mexico, Poland, Ireland, Africa, El Salvador and Haiti. Each country had something on display that represented their culture, ranging from ethnic foods to photographs to styles of clothing. Students were able to expand their horizons and even do some arts and crafts at some of the countries' tables.

Many Sacred Heart University students have limited exposure to diversity in their hometowns. The festival gives these students the opportunity to learn about cultures they have little experience with. It is also a place for students to gather more information about their own ethnic group or culture. Many of the students representing countries are often descendants from the country and either have lived there previously or live there now. They are very knowledgeable about their homeland and love to inform others and answer students' questions.

Anyone can perform or set up an exhibit representing their country at the festival. Applications are available in the International/Multicultural Center, located in Hawley Lounge.

The United States is a "melting pot" and Sacred Heart University certainly attempts to match that description with the type of events that the community can participate in. The International Festival is just one of those events that students can take part in to enhance their cultural knowledge.

By: Lana Barnes
Spring Week is an annual event that occurs at the end of every academic year. Many organizations join together to co-sponsor events with the Students Events Team (SET); an organization that is composed of various committees who plan, run, organize and participate in almost all of the activities that are brought to the University. Spring Week is a time for students to enjoy the nice weather, relax a little before finals week and have fun.

This year's Spring Week theme was "T.G.I.S.: Thank Goodness It's Spring." It has been decided that this will be the permanent theme from now on to provide consistence in programming for coming years. Even with some scheduling conflicts, the week's activities went off without a hitch, due in part to the varied organizations that co-sponsored with SET, including the Class of 2004, IRC and Zeta Iota Lambda. A staple in Spring Week, IRC's Block Party was a huge hit as usual. Cinco De Mayo celebrated Zeta's first anniversary, which was honored with a party that included dancing, food and even games. There was something old, something new and a lot of excitement with high-stakes BINGO and the Money Tree Game Show. The Grand Prize at BINGO was a $750 to a travel agency (appropriate since many students dream of going to exotic locations for vacation) and was won by Diana Bramante. The Money Tree Game Show was made up of little games in which students earned points to compete in the final round for cash prizes. The Senior class celebrated their final Pub Night of the year with a live band.

The abundance of prizes and parties made this Spring Week one of the most entertaining in Sacred Heart University's history.

By: Olia Yelner

Diana Bramante shows off her winning card and the grand prize. ~photo by: Tom Waestkamp

These Money Tree contestants scramble to collect objects. ~photo by: Cara Franze
James Acousti has his BINGO card checked in order to collect his valuable prize. ~photo by: Tom Waestkamp

The lead singer of the band at Senior Pub Night sings to an adoring fan. ~photo by: Robert Trensko

Mel Knight rocks out to the band at Senior Pub Night. ~photo by: Robert Trensko

Jessica Fortin shows off Spring Week 2004's theme: T.G.I.S. "Thank Goodness It's Spring." ~photo by: Tom Waestkamp

The Money Tree host explains the rules of the game to the contestants. ~photo by: Cara Franze
Doug Bohn presents Gregg Curley with the “Unsung Hero” award. — photo by: Robert Trenske

4 Heart Harmony welcomes guests to the awards ceremony with their melodious voices. — photo by: Robert Trenske

Mike Moylan receives the Outstanding Administrator Award for his hard work and dedication to students. — photo by: Robert Trenske

Justin Balogh and Joe Sokoloski eagerly await the announcement of the Outstanding Staff Member Award. — photo by: Robert Trenske

Beth Casson, Kivette Parkes and Currin David accept the award for Greek Organization of the Year on behalf of their sorority Delta Phi Kappa. — photo by: Robert Trenske
This year the Student Life Department held its Twelfth Annual Campus Life Leadership Awards ceremony. The awards were presented to exceptional students and faculty members. The Campus Life Leadership Awards (CLLA) began in 1993. Students and faculty have the opportunity to honor the members of the Sacred Heart University community with an award nomination. Students can be nominated for the Outstanding Involvement Award (one is given out to a member of each class), the Doug Bohn Award or the John Croffy Memorial Award.

According to Tom Wuestkamp, Coordinator of Student Activities, over 200 students were nominated for the various student awards. A committee that is chaired by Denise Tiberio, the Associate Dean of Students, chooses the winners. “The panel is comprised of a diverse group of Faculty and Staff members to ensure that there is not a bias to the awards. Each person that is nominated has a fair chance and the committee bases the decision on nomination forms,” said Wuestkamp. This year’s award winners included Christina Piazza, Outstanding Involvement by A First Year Student Award; Danya Jimenez, Outstanding Involvement by a Sophomore Award; Mike Hougasian, Outstanding Involvement by a Junior Award; Gillian Weisman, Outstanding Involvement by a Senior Award; Gregg Curley, The Doug Bohn “Unsung Hero” Award; and Jennifer Hradek, The John Croffy Outstanding Leader Award. Clubs and organizations also presented awards to exceptional members.

Because faculty and students are receiving the honor, the award ceremony allows everyone to appreciate all the hard work people of the Sacred Heart University community do. The Final Four Awards are presented at the ceremony along with the student awards. Every student had the opportunity to nominate an Outstanding Faculty Member, Administrator, Staff Member and Graduate Assistant. This year 250 students submitted nominations to the Final Four Awards. As the name suggests, four exceptional finalists are chosen from each category. “I am truly honored to be nominated for this award. I was surprised to find out I was in the Final Four this year. To know that I have made a difference in the lives of the students I speak to and work with on a daily basis is a wonderful feeling,” said Amy Ricci, a nominated Graduate Assistant from the Student Life Department. This year’s winners included Dr. Shirley Pavone, Outstanding Faculty Award; Michael Moylon, Outstanding Administrator Award; Diana Varay, Outstanding Staff Member Award; and Rachel Wonderlich, Outstanding Graduate Assistant Award.

Although many students and faculty and staff are awarded at the CLLAs, host, Allen Machielson, Director of Residential Life, made sure that the ceremony was under two hours in length and kept the audience entertained throughout the night, even going so far as making up his own song about the CLLAs and singing it for the audience.

The CLLAs is a great way to give special recognition to the dedicated and hard-working members of the university community.

By: Amy Deschenes and Lana Barnes
IWA

SCHOLARLY
“To be or not to be,
--that is the question...”

- HAMLET
Dr. Mindy Miserendino attentively watches over a rat on the radial arm maze. -photo by: Lisa Marin

Jen Brown experiences a loving moment with her new friend. -photo by: Lisa Marin

Alison Cotter diligently records the behavior of the experimental rat. -photo by: Lisa Marin
The Reinvention of Research Labs

Ask any student where the Neuroscience and Human Behavior Psychology Labs are located on campus and he'll probably give you a blank stare or a shrug. Unless of course, that student just so happens to be a Psychology major, in which case, he'll point you in the direction of the University Commons, through the old locker room and down the corridor. The story of these psychology labs began 15 years ago when the current human and animal research lab was located in a room above the bookstore; however, due to lack of space, the labs had to close. Thanks to the dedication and support of Dr. Paolini, Dean of the College of Arts and Sciences, Dr. Forget, Vice President for Academic Affairs, and David Coppola, Executive Assistant to the President, the University is able to conduct lab research once again. Mike Giaquinto, Director of Facilities Management and Construction, TJ. Lampe of Lampe Construction, and the Sacred Heart University Animal Care and Use Committee, composed of Dr. Carol Batt, Dr. Kathryn Lafontana, Dr. Rachel Bowman, Dr. Suzanne Deschene, Dr. March Jareb and Dr. Mindy Miserendino were also tremendously helpful in putting together both labs. Construction for these new labs were completed over the summer of 2003 and Dr. Miserendino's, Dr. Taylor's and Dr. Conard's psychology courses were amongst the first to test out the equipment and facilities.

In order to grasp a better understanding of the purpose of these labs, I spoke with Dr. Lafontana, the head of the Psychology Department. When asked what goals have been set for this lab, Dr. Lafontana stated, "In order of priority, we wanted first to provide a space for students in the experimental classes to conduct research, second to give faculty a place to do laboratory research studies (in which they would be working with small groups of students as research assistants), and third, to provide a place for Psychology majors enrolled in Research Design and Analysis to run their studies with the help of the introductory psychology students." Future goals for the lab include "expansion of facilities, especially if another academic building is added to the campus. The Psychology department is working with such organizations as Cooperative Educational Services and Fairfield Montessori School to establish research relationships with these institutions. These relationships would provide very valuable research opportunities for students and would benefit the organizations as well. Sacred Heart University wants to continue to improve the quality and quantity of research experiences that its students are exposed to, in order to prepare them as thoroughly as possible for graduate school or careers."

I also spoke with Dr. Miserendino and Dr. Bowman to get an inside peek at the Neuroscience Lab. Dr. Miserendino believes that "every student of the science of behavior should have the opportunity to conduct empirical research. I want my students to learn what it's like to respectfully use live rats and do basic research. I would like my students to move away from theory and to see the actual application of psychology," says Dr. Bowman.

For those of you who are a bit leery about psychology labs, rest assure that every experiment and all practices in the Human Behavior and Neuroscience Labs are strictly monitored and approved by NIH and IACUC. Before research using animals is approved, a proposal must be submitted to IACUC, which is then critiqued by a team which is composed of scientists, non-scientists, a veterinarian and outside members of the community.

Future goals for both labs include expansion of facilities and support from the NIH and NIDA to obtain money for research projects. The lab is available to all Psychology majors. Students may either do a group study or work with a professor. Dr. Christina Taylor, a professor in the Psychology Department, commented, "The new Behavior Lab will offer students increased opportunities for participating in research."

By: Lisa Marin
Diane McGarry, Vice President and Chief Marketing Officer of Xerox Corporation, gives her presentation called Branding 101: Setting Your Business Apart From the Rest—Xerox Style. ~photo by: Olia Yelner

Beth Cassen, the President of Students in Free Enterprise (SIFE) welcomes faculty, staff, students and guests to the second lecture in a series called "Women Leaders in Business." ~photo by: Olia Yelner

Dr. Cernera presents Diane McGarry with a token of appreciation from the university community. ~photo by: Olia Yelner

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The achievements of women have never been undermined at Sacred Heart University and female students are pushed to succeed as much as males. The "Women Leader in Business" series showcased two successful businesswomen at the top of their fields, Linda McMahon and Diane McGarry.

Linda McMahon, the CEO and co-founder of World Wrestling Entertainment was the first positive female role-model speaker. McMahon’s topic, “From the Top Rope: Inside the World Wrestling Entertainment’s Marketing Machine” focused not only on the huge success of the WWE, but also its history.

WWE was founded in 1979 by McMahon and her husband and has continued to flourish today, even with an onslaught of reality television. At that time the McMahons also founded an entertainment business called Titan Sports, which along with the purchase of the Cape Cod Coliseum helped them promote large scale events like sports and concerts. Eventually, Titan Sports became what is now the WWE.

At the dawn of time, 1982, when wrestling was still a sport, as opposed to its reputation as entertainment today, the McMahons unified wrestling under one organization, much like the NFL or NHL, something that had not been done before.

Before that could be achieved, the McMahons had to purchase Capitol Wrestling Corporation that was founded by Vince McMahon’s father. After that landmark deal, the road was clear to turn wrestling into a well-managed and beloved form of entertainment.

In a man’s world, and especially a man’s sport, Linda McMahon’s perseverance and business sense changed the game... er...sport.

Diane McGarry, Vice President and Chief marketing Officer at Xerox Corporation was the keynote speaker at Branding 101: Setting Your Business Apart From the Rest- Xerox Style. A brilliant public speaker and corporate leader, McGarry spoke about her job function as well as the growth and development of Xerox in the last few years. She chronicled her turbulent climb from being a single mother and not knowing what job she was applying for at Xerox, to becoming one of the head honchos at the blue-chip corporation.

A large portion of McGarry’s lecture was about the developments at Xerox, from the name in photocopies to its new role as a consultant and advisor to other business. McGarry also spoke of the technological advances at Xerox not only as far as simple photo copies are concerned, but also backups and storage of business documents and scanner speeds. McGarry also unveiled an impressive new commercial and logo as part of a business-to-business ad campaign.

Diane McGarry is not only a successful business leader, but she also has a number of honorary degrees including a Doctorate of Commerce from St. Mary’s University, a Doctorate of Science from The Ryerson School of Business Management, a Doctorate of Law from the University of Waterloo and a Doctorate of Humane Letters from the University of Redlands.

By: Olia Yelner
Melissa Pisani works in the motion analysis PT lab located in Oakview to enhance her skills as a future professional. -photo contributed by: Alexis Haakonsen

Dr. Pamela Levangie, an Associate Professor in the PT program, uses a skeleton to show her students bones in the human body. -photo contributed by: Alexis Haakonsen

Marissa Eachvarre took her PT knowledge to Haiti to help children and their families. -photo contributed by: Alexis Haakonsen
Physical Therapists With Doctorates

Education at Sacred Heart University continues to grow each year. This year the University announced that the College of Education and Health Professions would be offering a Doctorate in Physical Therapy. Starting in September of 2004 Physical Therapist students will have a chance to take classes towards their doctorate. To get the inside scoop on this new and exciting program I asked Professor Michael Emery, the Physical Therapy program director, a few questions to enlighten all those who may be interested in such a prosperous and challenging field.

LM: What goals have you and your staff made for the Doctorate in Physical Therapy Program?

PME: To better prepare graduates for independent practice in physical therapy; this includes a more formal role in differential diagnosis of patients and treatment or referral to others. Our goals have always been to prepare students who are self-directed, demonstrate ongoing learning, an understanding of self in the context of their professional role, competency in clinical practice and a commitment to the application of professional skills and knowledge in service to others.

LM: How does this program expand upon the undergraduate and graduate PT program?

PME: The new DPT has 21 additional credits, mostly in the area of diagnostic procedures and tools, practice management and pharmacology. The program lasts 3 years, including 2 summers after the Bachelor's degree.

LM: What are the requirements for PT applicants?

PME: Students must have a 3.2 pre-requisite and overall GPA, complete an interview and a writing activity. Students who have completed their undergraduate education at SHU receive an advantage status in the admissions process.

LM: What do you look for in a potential PT Doctorate student?

PME: Students who are independent learners, highly motivated, work well in small groups, and are informed about what physical therapy is and how it serves the community.

LM: Once students are in the program, what kind of demands are put on them both educationally and professionally?

PME: We consider students to be professionals from the very beginning of the professional course work, and treat them as such. This is a full time curriculum so students are in class about 24 hours/week and are expected to commit about 20-30 hours/week to their school work outside of class. Most of our students are very active in the Physical Therapy Student Association which participates in national conferences, state PT events, community service in our region and social events.

LM: What advice do you have for undergraduates who would like to pursue further training in the field of Physical Therapy?

PME: Do well in the pre-requisite courses, particularly in the sciences, as this provides the foundation upon which your PT education will be built.

By: Lisa Marin
Breanna Kelleher, Kara Brady, Pamela Manns, Charlene Sliger, Kayla McEnaney and Sarah Overtan at The Cannon Blasket Island Cultural Center in Dingle, Ireland. —photo contributed by: Charlene Sliger

Theresa Drow, Elizabeth Amend, Nicole Fian and Andrea Lafaro relax at the height of a mountain in Wales, England. —photo contributed by: Andrea Lafaro

Basia Horelik and Barbara Schmidt in Seville, Spain. —photo contributed by: Basia Horelik
Have you thought about "attaining personal and intellectual growth?" How about "traveling and meeting new people?" Do you want to "learn or perfect a foreign language?" "Enhance future employment opportunities?"

Though some people may not know much about it, SHU has a great program available to most. The Study Abroad Program is a great way for students to continue their studies while exploring different parts of the world all at the same time.

SHU students are very lucky as new destinations are added to the list constantly. According to Mary Lou Roof, Coordinator of Study Abroad Programs, there are three different ways of going about Study Abroad through SHU. One is by participating in a SHU Sponsored Semester Program, another is by going with a SHU Sponsored Summer Program, and the third is by using one of the SHU Approved Semester Programs through CCIS, the College Consortium for International Studies.

Roof explained that currently, if students wish to take part in a semester abroad they can go to The Diseart Institute of Education and Celtic Culture in Dingle, Ireland; The American University of Rome in Rome, Italy; or, The University of Notre Dame Australia in Fremantle, Australia. If summer is the time a student wants to travel, available destinations include: The American University of Rome; Trinity College in Dublin, Ireland; The University of Granada in Granada, Spain; and, as one of the newest choices, the European Union Program, which will take students to Belgium, Luxembourg, France, Germany and England.

For the Sacred Heart Approved Semester Programs through CCIS, Roof advises students to "please consult the CCIS Web Site at www.ccisabroad.org for a list of available program sites. Click on 'Study Abroad Programs,' then 'Semester.' All countries displayed are available to Sacred Heart University students except those located in Australia, Ireland, and Italy, where we currently sponsor programs. Click on 'Summer' for available summer programs."

There are a few things interested students need to know before studying abroad such as expenses, preparations and requirements. Some programs cost students an extra $1000.00, others, only $300.00, not including other fees during the trip. While expenses are important to take into consideration, how one is doing in his or her studies matters as well. Roof said that for most sponsored programs, the GPA requirement is 3.0, and for most approved programs, the GPA requirement is 2.5. Applications are also a part of the program and "the CCIS sponsoring U.S. institution or the host institution abroad makes admissions decisions."

There are many benefits to studying abroad besides just being in another country. Roof mentions how in certain programs there are added bonuses to being there. "For example, our Rome program offers a new six-credit honors course called "The Rome Experience." Also, various field trips to Tuscany, Capri and the Bay of Naples, Pompeii, Florence, and Venice are available." And, "In conjunction with the required "Australian History and Society" course, our Australia program requires students to participate in a one-week field trip to the Kimberley Region. Here students visit and meet the members of a local Aboriginal community and learn about the culture of that particular region of Australia."

Many SHU students can already vouch for an amazing experience abroad. It'll be exciting to see what other destination opportunities will open up in the future.

By: Courtney Gotshall
“...now the play is done: All is well ended...”

- ALL'S WELL THAT ENDS WELL
Robert Trenske tries his luck at the slot machines. – photo by: Lana Barnes

Jay Bowsza, Steve Brine, Erik Johnson, Kat Sutter, Katie Gross and Kristy Ruggiero hope they will have good luck during the night. –photo by: Robert Trenske

Nick Battaglia and Jill Opaczowski are all smiles. Did they manage to win big? –photo by: Robert Trenske

This might be the seniors' lucky night. Will the slots agree? –photo by: Robert Trenske
The first big senior event that the Class of 2004 took part in was a trip to Mohegan Sun Resort Casino in Uncasville, CT for food, drinks, fun and — of course — spending money! As the class boarded the coach buses on November 11, 2003, the excitement increased as well as the realization that they were finally seniors beginning their journey down the last road that would eventually end at graduation. The night that lay before them would be filled with surprises, good times and great memories.

Movies were provided on the bus to keep seniors occupied while taking the long trek across the state. Unfortunately, the ride was a bit longer than expected due to unruly traffic. As the time ticked by, seniors began to wonder if they would have enough time to take advantage of the free food voucher they received when purchasing their tickets. To everyone’s delight, a decision was made to allow them to stay one hour later than was originally anticipated, giving the seniors plenty of time to experience all that the casino offered.

When the class finally arrived at Mohegan Sun, some people headed right to the slots, while others chose to eat first. Due to the late arrival, seniors missed the opportunity to eat at one of the two scrumptious buffets. Instead many students found themselves at the food court, in particular Johnny Rocket’s, an All-American 50’s diner. After chowing down on the most delicious fried food ever, seniors headed to the casino to test their luck at blackjack, slots, craps and other fun games.

While some seniors spent as little as $3.00, others visited the ATM various times throughout the night. Matthew Walmsley was the big winner for the night, taking home $2500 in his earnings. “At first I had no clue that I won, the dealer threw down the King of hearts that completed my blackjack and said nice. Everyone around the table was in utter amazement as well. As soon as I won I said I was out and took my chips to cash them in. I still had no clue that I won that much. It finally set in when I brought my chips to get cashed out and the lady started counting the hundreds. She counted 25 one hundred dollar bills and then I realized what had happened. I lit a victory cigar with a few friends, put the money in my front pocket and walked around the casino glowing from my win still in awe that I actually won 2500 dollars. I went home and tried to sleep but couldn’t, I woke up the next morning and went right down to Fleet bank and opened a bank account still in amazement,” said Walmsley.

When it was time to go home, the seniors were exhausted but all would agree that it was well worth the long bus ride. After having such a memorable evening, everyone eagerly anticipated the next semester when they would gather together again for the Senior Mystery Trip.

By: Lana Barnes
Jason Preveigle and Leanne Gissas wait excitedly for the mystery destination to be revealed. -photo by: Robert Trenske

Ryan Farnsworth and Jessica Field get down on the Thirsty Turtle dance floor. -photo by: Robert Trenske

Gillian Weisman shows her enthusiasm for the night's festivities. -photo by: Robert Trenske

Nicole Governale and Christopher Kelly show that SHU seniors know how to party. -photo by: Robert Trenske
An excited buzz resonates throughout the main hallway of the academic building. A line for the ATM machine wraps around the corner. Students are calling to their friends, fishing through their pockets for their IDs anxiously waiting in front of public safety. Somehow through the masses my friends and I make our way into a line where our tickets and IDs are checked, a red stamp marks my hand and we make our way to buses. Two seats ahead of me is my best friend from freshman year. I think to myself, WOW, where have you been for the past three years? Fragments of conversation strike me as I sit next to my roommate chatting about where we may be headed.

Turning on to I-95, most of us are surprised to see the bus driver turn in the opposite direction of New Haven. Forty minutes later three buses filled with seniors ready to have a good time arrive in front of Stamford’s Thirsty Turtle. Excitedly we all rush to get off the bus and into the bar, where a buffet of free food and bartenders are waiting.

It doesn’t take long before everyone is either dancing on the dance floor, on the bar, or the stage. People I haven’t seen since freshman year appear, so do the ones I see everyday and even people I have never seen before are dancing and laughing away the stress of senior year. Buses begin toting happy exhausted seniors back to campus at eleven o’clock and continue until the last senior is kicked out. The whole way home, students chat about the evening, their plans for afterward and claims of much needed homework due the next day and early thoughts of skipping morning classes. On one bus, the ride is not so quiet. Mike Champey’s original song “Tom Wuestkamp” is sung the whole way home filling the bus with laughter and smiles.

After all the dancing, laughing, smiling and singing, all proclaim the Class of 2004’s Mystery Trip a success and a highly memorable experience.

By: Kristin Masluk

Brian Murphy and Erica Brauer take a moment from dancing. ~photo by: Robert Trenske

Enthusiastic dancers kick it up a notch Coyote-Ugly style. ~photo by: Robert Trenske

Brianna Cavataio and Katie Fanning enjoy the festivities. ~photo by: Robert Trenske

Excited seniors gather together for some serious clubbin’ fun. ~photo by: Robert Trenske
Seniors in Paradise

Anticipation filled the air as Seniors prepared for their first activity of Senior Week 2004: Cruisin' Though Senior Week. The first stop was at the Harborside Bar in Stratford. Seniors were excited to kick off their week with a bang with free drinks, food, music, dancing and socializing.

Students had a choice of three rooms and an outdoor patio where they could relax and catch up with old friends or dance the night away. In the main room, the guest band, "Anthem" provided entertainment for the Class of 2004 playing a variety of music that appealed to almost everyone in the crowd.

Before everyone knew it, the lights were being turned on and it was time to board the buses back to SHU. However, the night wasn't over just yet. The Seniors had just gotten started and couldn't wait to continue their partying in South Hall.

By: Lana Barnes

Katie Wrinkle and Joe Fontana live it up at Harborside Bar. ~photo by: Robert Trenske

Steve Brine, Rob Trenske and Nick Sobanski don't want the night to end. ~photo by: Jay Bowsza

Suzanne Bastos, Amanda Poniatowski and Donna O'Neill get close for a picture. ~photo by: Robert Trenske

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Kara Brady and Pat McMahon are excited about their first Senior Week experience.

-Photo by: Robert Trenkle

Erica Brienza, Chris Kelly, Pat Sullivan and Lauren Manley enjoy their free drinks.

-Photo by: Robert Trenkle

Katie Dervan, Katie Haskell, Christine DePierro, Amy Snelling, Mike Burns and Eileen Galian take a break from dancing to smile for the camera.

-Photo by: Robert Trenkle
Tired seniors struggled to climb out of their beds the next morning to go to Mountainside Recreation Center. They looked forward to a nice day of relaxation in the sun and a chance to rest up before another night of fun.

There were a variety of services offered including multiple pools, baseball fields, basketball courts and volleyball courts which seniors took advantage of.

While some seniors chose to lay out in the sun by the pool and enjoy the DJ, others played frisbee, wiffle ball, baseball, ping pong and table soccer. There was also a rock climbing wall that students could challenge themselves on.

About mid afternoon, a comedian named Godfrey arrived to entertain the Class of 2004. All the seniors gathered around the pool to listen to him poke fun at our mascot, the way people laugh and relationships.

By the end of the day, seniors were well rested and ready for another night on the town.

By: Lana Barnes
Mountainside 5.13.04

Katie Milmore and Kristen Candia enjoy the good weather. ~photo by: Robert Trenske

Rock Climbing was one of the activities that seniors participated in at Mountainside. ~photo by: Robert Trenske

Christina Domenech, Carrin David, Kivette Parkes, Lillie Orellana and Michele Everett represent their sorority one last time as students. ~photo by: Robert Trenske
Hawaiian Holiday

Seniors dressed for the occasion in Hawaiian print shirts and dresses as they were whisked away to Stamford's answer to the Hawaiian islands: Hula Hanks. As Seniors arrived at the bar, they were greeted in Aloha style with a traditional bearing of a lei.

Upon entering the bar, the Class of 2004 was surprised to see a female bartender on a huge swing above the bar and other bartenders on top of the bar adorned in grass hula skirts, welcoming the class to their tropical paradise.

All night, Seniors enjoyed an assortment of island themed food and open bar. Some seniors even had the opportunity to experience a fish bowl drink: an alcoholic beverage served in a fish bowl.

Although there wasn't an official dance floor, seniors danced where ever they could, including on the bar while others watched from the second floor balcony.

Another senior event came to a close too quickly and the seniors returned to South hall.

By: Lana Barnes

Mike Gemza, Eric Olsen and Robyn Johnson drink in Hawaiian style. ~photo by: Robert Trenske

Katie Charpentier, Sharon Power, Andrea Minei and Katie Haskell gather up for a group picture. ~photo by: Robert Trenske

One of the best times of the evening was dancing on the bar. ~photo by: Robert Trenske
Meghan Dodd and Pat Sullivan show their skills on the dance floor. ~photo by: Robert Trenske

Jess Gomes and Jess Field are happy they finally get a chance to relax after a long four years. ~photo by: Robert Trenske

Chris Kelly takes advantage of the free drinks and grabs two. ~photo by: Robert Trenske
Sailing off With a Toast

Seniors gathered in the Mahogany Room early Friday morning for the annual Champagne Brunch. The warm smells of pancakes and bacon greeted the class as they entered and students began filling up their plates.

Class President Gillian Weisman and Yearbook Editor Lana Barnes approached the podium to address the class and introduce the guest of honor, Allen MacNielson, the recipient of the Yearbook Dedication. Allen thanked the class for letting him be a part of such a memorable occasion and wished all of the class a bright and happy future. At this point the class raised their Champagne glasses and joined in on a toast to the Class of 2004.

The brunch was a great time for members of the class to sit, relax and share stories with friends while reflecting back on the place they have called home over the last four years.

By: Lana Barnes

Allen MacNielson toasts the seniors and wishes them a successful future. ~photo by: Robert Trenske

Charity Ferris and Laura Brelsford toast to a successful future. ~photo by: Nick Sobanski

FLIK supplied a variety of breakfast and lunch foods for the senior class. ~photo by: Robert Trenske
Seniors socialize while having good food and drink. –photo by: Robert Trenske

Class President Gillian Weisman introduces the honored guest, Allen Machielsen.
–photo by: Robert Trenske
Captain's Gala

All afternoon the seniors ran around preparing for the big event of the week: the Commencement Ball. Girls had their hair and nails done, while boys picked up their tuxes and flowers for their dates. As the time drew closer for the class to leave, many students gathered outside to take pictures in their finest attire.

When the buses arrived at the Oakdale Theater, Seniors enjoyed hitting up the bar and eating hors d'oeuvres before the main meal. Dinner was served buffet style with plenty of choices for everybody to enjoy. People sat down with plates piled high, needing re-energizing after a crazy day of getting ready.

Immediately after dinner, the Senior Video was revealed. The Senior Class officers with the help of Rob Trenske worked very hard on selecting pictures and editing the slideshow. A combination of laughter and tears filled the room as the video played on the big screen.

The rest of the night was filled with dancing and good times.

By: Lana Barnes

Marjorie Petti and Brandon Graham are one snazzy looking couple. —photo by: Robert Trenske

The senior class rocks it out on the dance floor. —photo by: Robert Trenske

Kerri Dikan and Rahul Shaw enjoy each other's company at the Commencement Ball. —photo by: Nick Sobanski
Students dance the night away with their friends for the last time at Sacred Heart. 
/photo by: Robert Trenske

Katie Haskell and Lani Barnes have a good time on the DJ’s stage. 
/photo by: Robert Trenske

Molly Brennan hopes to encourage more people to come out on the dance floor. 
/photo by: Robert Trenske
Our Last Voyage

Seniors joined their families for the final Senior Week celebration: the annual Family Dinner Dance. The Pitt Center was decked out in nautical style with a large ice sculpture in the shape of an anchor welcoming students and their families.

Families and graduates enjoyed hors d’oeuvres, a buffet dinner, two bottles of wine, a cash bar and at each place setting sat a photo album, a memento to keep memories of the night in. The night gave the seniors a chance to thank their families for all the love and support they have shown throughout the past four years.

Once everyone’s appetite was satisfied, the band “Trend” struck up a chord and played a wide mix of music. Students and their families participated in a limbo contest and the winner was promised $100. Ryan Furnsworth shocked everyone with his flexibility and to his surprise won a pair of fake teeth and not $100!

Needless to say, everyone had a wonderful time and was sad to see Senior Week come to an end.

By: Lana Barnes

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Seniors competed in the limbo contest at the Family Dinner Dance. —photo by: Robert Trenske

These seniors enjoy one last night with each other. —photo by: Robert Trenske

Adam Dinianian and his date take a break from eating with their families for a quick pic. —photo by: Robert Trenske

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The band for the evening, Trend, was well accepted by the guests, playing a variety of music. ~photo by: Robert Trenske

Heather Schroder rules the dance floor with her grandfather. ~photo by: Lana Barnes

A nautical ice sculpture welcomed families to the annual dinner dance. ~photo by: Robert Trenske
Graduation day brought beautiful weather and a large crowd. —photo by: DaVor Photography, Inc.

Kristin Maslisk and her mom proudly step down after receiving her diploma. —photo by: DaVor Photography, Inc.

Graduates march onto Campus Field to begin Commencement exercises. photo by: Robert Trenske

Danielle Innaccono, Ashley Kohl, Melissa Koval, Allison Kruish and Roger Levassure walk up to the platform to receive their diplomas. —photo by: DaVor Photography, Inc.
Ingrid Olsson, Rebecca Warren and Fritz McPherson wait to be called to receive their diplomas. – photo by: DaVor Photography, Inc.

Relatives who graduated from Sacred Heart University could present 2004 graduates with their diploma. – photo by: DaVor Photography, Inc.

It is a very emotional day for Amy Lavoie as she says thank you and goodbye to her professors. – photo by: DaVor Photography, Inc.
Nicole M. Andreazza  
Business Administration

Robert B. Andrews II  
Business Administration

Melissa L. Andros  
Art - Graphic Design/Illus.

Yesmin E. Aponte  
International Business

Jennifer E. Arapian  
Athletic Training

Marisa Aristizabal  
Nursing

Erin M. Arlinghaus  
Athletic Training

Timothy L. Arvanitidis  
Finance/Sport Management

Katie F. Atkins  
Media Studies

Colleen M. Attard  
Exercise Science

Sabine Auguste  
English

Caitlin R. Azhderian  
Media Studies

Janeen Marie Babuini  
International Business

Kristofer R. Baffi  
Psychology

Shannon L. Bailey  
Psychology

Megan A. Baker  
International Business

Jessica Sarah Ball  
Psychology

Gregory E. Banks  
Criminal Justice

David Barkstedt  
Business Administration

Lana M. Barnes  
English
Kerri Curran
Psychology

Ahana D'Ammassa
Accounting

Patrick M. D'Aquilla
Computer Science

Jeffrey M. Daddio
Business Administration

Patrick F. Darragh
Business Admin. - Marketing

Ryan J. Darragh
Business Admin. - Marketing

Carrin N. David
Political Science

Kathleen K. Davignon
Psychology

Michael Davis
Psychology

Michael F. DeBiase
Criminal Justice

Sara E. Delaporta
Biology

James D. Delmonico
Sport Management

Regina M. Dempsey
Psychology

Philip A. DeClerico
Athletic Training

Christine M. DePierro
Biology

Krista DePrimo
Psychology

Matthew DeRosa
Finance/Business Admin.

Katherine Suzanne Dervan
Exercise Science

AnnaMarie DeSantis
Business Admin. - Marketing

RoseMarie DeVellis
Business Administration
CONGRATULATIONS
CLASS OF 2004
Messages to Graduates

Elizabeth Amend
Dear Liz,
We are so blessed to have you as our daughter. May all your dreams become realities. Remember to pray and play along the way.
Love, ya, Love ya, Love ya, Mom and Dad

Frank Amodeo
To Frankie,
Find confidence within your heart and let it be your guide. Strive even harder towards your dreams and they won’t be denied. Congratulations on your accomplishments. We are very proud of you.
Love, Mom, Dad and Jimmy

Rachel Andreas
Rachel- the sunshine of our lives,
Use the challenges, fun and accomplishments from these years to go after your dreams.
Be yourself, believe and work hard.
Then, if you’re happy, you are successful.
Thanks for blessing our lives in so many ways...
Love Mom and Dad

Erin Arlinghaus
Dear Erin,
Congratulations! Much happiness and success now and always.
We’re so proud of you!
Love, Mom, Dad and Kelly

Timothy Arvanitidis
Tim,
Love, Happiness, Joy, Success, Pride, these words are what we feel for you. Continue on your chosen path, it can only lead you on a wondrous journey to success.
Love, Mom, Dinah, Alex

Colleen Attard
Dear Colleen (#16)
Aspiration is the will to succeed. Confidence is believing you can. Courage is making it happen. Always believe in yourself and your dreams.
Love, Mom, Dad and Sarah

Kristofer Ryan Baffi
We’re all so proud of you and all that you’ve accomplished. Keep reaching for the stars and never lose your sense of humor. The world awaits you as you take the next step and fulfill your dreams.
Love, Mom, Brian, Jon and Nick

Lana Barnes
We have watched you grow from a shy little girl to a strong independent young woman. We are so proud of you! Remember to keep your heart young and your expectations high and never let your dreams die. Most importantly, have fun along the way.
Love, Mom and Dad

Lana-
What can we say, from a little girl with “rocks in her head” to a young woman with a lot going for her. Aunt Kathie would have been so proud of you just like we all are. Good luck in whatever you do.
Love, Uncle Nuno, Uncle Fernando, Aunt Terry and your cousin Fernando Jr.

Lana-
I’m so proud of you! I wish you all the happiness & fortune you deserve. As you know you have a guardian angel looking down on you always and if he was still here with us he’d tell you how proud he was to be your Avo.
Love, Avo

David Bartoldus
David,
I am so proud of you. You are an inspiration, an example of strength, sensitivity, resourcefulness. Your future is filled with promise. Make your life noteworthy and happy. God bless you always. The wind beneath my wings!
Love, mom

Stefanie Basciano
Dear Stefanie
May God bless you always with a lifetime of happiness and success. May all your dreams and desires be fulfilled. We are truly proud of you.
Love, Mom & Dad

Nicholas Battaglia
Congratulations Nicky,
From the moment you came into our lives you brought us joy beyond measure. We love you! Wishing you health, love and happiness always and success in all you do.
All our love,
Mom, Dad and Ann Marie
Kristin A. Belsky
To our daughter, Kristin A. Belsky
May your future always be as
beautiful and loving as you are
with your warmth, laughter and
that smile- that is all you!
Love you, Mom and Tata

Michael Jon Berlutti
Michael, Wow! How time flies
by. Congratulations! We’re so
very proud of you and love you so
much. Wishing you the best in life.
Enjoy, Be Happy!
Love Always, Mom, Angelo &
Mark

Melissa Bernash
Missy Bernash, words could never
express the pride we have for you,
nor the joy you have given us.
Your graduation is not the end, but
the wonderful beginning of a life
that’s sure to be filled with success,
love and happiness.
From your biggest fans, Mom &
Dad

Bridget E. Berran
Dear Bridget,
Congratulations! We are so proud
of you. May you carry your
beautiful smile throughout life and
experience only that which makes
you smile! However far you travel,
no matter where you are, our love
is always with you.
Love, Mom, Sam and Aileen

Michael L. Berube
Michael
And will you succeed?
Yes! You did, Indeed!
98 and 3/4 percent guaranteed!
We are so very proud of all you’ve
accomplished.
Love, Mom, Dad & Tiffany

Kevin K. Bigelow
You are special Kevin, to all of us.
We wish for you fulfillment in
whatever you choose, May your
dreams come true and life go easy.
Love, Mom and Family

Jill A. Bizeau
Doopy, Doopy, Doopy,
We are “so” proud of you! You’re
gonna make a “Great Teacher.”
May all your dreams come true…
With lots of love, Mom and
Herschel

Sarah Blumengarten
Dear Sarah,
You are our pride and joy. We are
so proud of you and all that you
have accomplished. May all your
dreams come true.
Love, Mom & Dad

Natalie Bobriwnyk
Congratulations Natalie!
We are very proud of all you have
accomplished. Our wish for you
is a lifetime of happiness and
success. May all of your dreams
come true.
Love, Mom, Dad, Mark and
Adrian

Ryan Bodrug
Ryan, we know the decisions you
will make for your future will be
the right ones, because you’re the
one who can make them so.
Love, Mom and Dad

Jason Bowsza
Dearest Jason-
We never imagined the pride
we feel or the pure joy you have
brought to our lives. A lifetime of
success and fulfillment awaits you!
We adore you.
Mom, Dad and Brian

Jorge Bravo
Our dearest Jorge
We are so proud of you.

May all of your dreams come true.
Love you, Mom & Dad, Carlos,
Jose & Boston

Maureen G. Brennan
Once an infant, then a teenager
and now a young adult- One to be
proud of. Thank you for being you-
sweet, loving & understanding.
Believe in your dream and follow
it.
Love you always, Mom & Dad

Erica Brienza
Erica.
We are so proud of you and of the
woman you have become. From
day one, you knew that you were
at the place you were meant to be.
You met each new challenge with
dedication and determination and
made a difference. Success breeds
success. You have a great start-
Enjoy the journey.
Love Mom, Phil

Stephen Brine Jr.
Stephen,
We are all so very proud of you!
Nothing worthwhile comes easy,
continue to work hard and you will
fulfill your dreams. Wishing you a
lifetime of love and happiness!
Love always, Mom, Dad,
Christopher

Eric Bushor
You had a plan & worked it ~
leaving your mark along the way.
Continue to keep your eye on the
ball!!
Love Momma & Sean

Congrats Eric, we are all so
proud… you worked hard, made
many smile & left a lasting imprint
in the history of SHU. Thanks for
making my time & many others at
SHU so memorable.
Love always, Kendalle
Michael J. Byrne
Dear Mike,
We’re very proud of you. We wish you much happiness and success in the future.
Love, Mom and Dad

Sarah Cain
"... All too quickly those days of childhood have come and gone, but the memories of those times are as clear in my mind as ever, and because you are my child, you will always be welcomed into my arms, for you will never be too old, or too big to be held close to my heart. You have grown up to be everything a parent could ever dream!"
Congratulations Sarah
We love you, Mom and Dad

James Calzolaio
Dearest James,
Congratulations on your College Graduation.
May this be the start of a wonderful chapter in your life.
We are very proud of all you have accomplished. Love Always, Mom, Dad, Michael, Kristina, Kato

Sean Campbell
Sean- We wish you success and happiness in all your endeavors. Reach for the stars- the sky’s the limit. Congratulations,
Love, Mom and Dad

Kristen Candia
Dear Kristen,
We are so proud of you.
Wishing you all the success and happiness in the future.
We love you.
Love, Mom and Dad

Nicholas Carney
Nick, we are so proud of you.
Congratulations on this special milestone.
Love, Mom & Dad

Nick, you made it! Good Luck.
Love, Matt & Samantha

Katie Carroll
Congratulations, Katie Carroll
You worked very hard for this And sacrificed a lot!
Love, Mom & Dad

Katherine Casaubon
Katherine, our beautiful daughter, you’ve made us proud today and every day of your life. We wish you success and happiness always.
Love, Mom and Dad

Melissa M. Christy
To Our Dear Melissa,
We are proud of you, and all that you have accomplished! We wish you love, happiness, and continued Blessings on your graduation and always.
Love and hugs, Dad, Mom, Tommy, Michael and Matthew

Michelle Contino
Michelle-
Congratulations on all your accomplishments!
May your life be blessed with love, happiness, continued success and dreams fulfilled. Remember always how much you are loved; and always stay... “forever young!”
With pride and all our love ~ Mom, Dad, Vincent, Noelle & Steven

Meghan B. Conley
Meghan-
As you graduate, we wish you much happiness and the courage that you need to be yourself, to do your best, to fulfill your dreams and to succeed in all you do. Have confidence in yourself and you will continue to shine.
Love, Mom, Dad and Kris

Kristen Comery
Kristen,
We are proud of all that you have accomplished. Your determination, spirit, love of life and good nature will follow you in life.
Love, Mom, Dad and Megan

Kristen Cooper
To our daughter, Kristen
We have watched you grow into a beautiful woman and we are so proud of you. Our fondest wish is for you to be happy.
We love you always, Mom and Dad

Kerri Curran
Dear Kerri,
We’re so proud of you. May success, happiness and only good things follow you all through your life.
Love, Mom and Dad

Alana D’Ammassa
Dearest Alana
We are so proud of your accomplishments.
We wish you success in the fulfillment of all your dreams!
Love, Mom & Dad

Michael DeBiase
Dear Mike,
Congratulations on your major achievement. We wish you the best in life, therefore be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul... it's a beautiful world. Be cheerful and strive to be happy.” Max Ehrmann
Love, Mom, Dad, Joe, Mario, Grandma and Frankie

Sara Delaporta
Sara- You are on a one way road with no u-turns leading to a bright future.
It also leads to hugs & kisses from your grandparents.
Love Grandma & Grandpa D.

Sara- Congratulations! I am so proud of you. I wish you the best of luck in everything you do. I'm going to miss having you at school with me but I'll come visit anytime. Love you! Kati

Sara- we couldn't be more proud of you, or happier for you. Wherever life takes you, stay sweet; be true to yourself and most important- Be Happy!
Love, Mom & Dad

AnnaMarie DeSantis
To our Anna Baby:
Words cannot express how proud of you we are!
Whether it be New York, Rome or wherever your heart takes you....we know that you will be a success in all you do...Tante Baci...
Love, Mom, Dad and Damien

Dearest Anna Marie
May the most you want be the least you get!!
Love, Uncle Ricky, Gayle, Ilana, Josh & Jordan

Annie: Much love, health & happiness! We are so proud of you.
Love, Aunt Marie, Tommy & family

Annie: Congratulations!! We are very proud of you!!
Love all your aunts, uncles & cousins, DeSantis family

Annie: Congratulations on your success!!
Love, Joe, Angela and Andrea

To Our Granddaughter:
Congratulations on your success!!
Love, Grandma & Grandpa

"If one advances confidently in the direction of his dream, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." —Henry David Thoreau
...and so Annie, when you find yourself racing through life at a feverish pace, amongst those wearing costumes of normalcy and masks of the status quo, remember to behold this lovely world through the eyes of wonder and the wings of doves...with the insight of question and the faith of the young.
Our wish for you as a graduate is: A Tough Will and a Tender Heart A Binding Love and a Free Spirit A Complex Virtue and a Simple Grace
We pray that you have the ability to imagine the breadth of your dreams...Go forward with love and without regret.
With love and peace,
Darlene and Billy

Heather Deyo
Congratulations Heather on receiving your degree and being such a wonderful daughter! We are all very proud of you and wish you a lifetime of happiness and success.
Love, Mom, Dad, Grammie "D" and Uncle Terry

Rachel DiBenedetto
Our Dearest Rachel
Wishing you all the best in whatever you do-
We celebrate you and all your accomplishments.
Love Always Mom and Dad

William Dickie
Will, We wish for you the very best in all your endeavors. May all your dreams come to fruition and you be fulfilled with all that life has to offer you. All our love, Mom, Dad and Brittany

Adam Dinihanian
Adam,
We wish you much happiness and success.
May you be blessed with all the good things you deserve. We are so proud and love you very much.
Love, Mom, Dad, Megan & Michael

Meghan Dodd
Meghan... Congratulations! We are so happy for you! You are a bright and beautiful young woman. You have worked hard to achieve your goals and we know you will continue to create your own successes. May Sacred Heart always be special to you and may you let God continue to guide your steps. We love you!
Mom, Dad and Ryan

Jacqueline Dolan
Dear Jacqueline,
Much pride and joy on your graduation.
May all your hopes and dreams come true
And all your future be filled with happiness and success.
We love you- Dad, Mom and Jenn

Megan Jean Donohue
Megan,
Go out and make a difference- we know you can!!
Love you very much- Mom & Dad

Kathleen Doyle
Kathleen:
We have seen you mature so much in the last four years. We're very proud of you. Always believe in yourself and have a positive attitude, and things will fall into place. We love you.
Mom, Dad and Brian
Lauren Drew
We are so very proud of you, Laurie. May love, happiness and success greet you in all your tomorrows. We love you! Mom and Dad

Congratulations Laurie, our special granddaughter. You are a light in our lives. Our love goes with you and may He guide you always. Much love, Gram & Papa

Theresa Drew
Dear Theresa M
Congratulations on a job well done.
Best wishes to you always
Love, Mom and Dad

Elizabeth Dumas
Good Job! We are proud of you and love you very much. God Bless.
Mom, Pat, Dad

Meghan Eaton
Dear Meghan Maureen Carmel,
We are so happy for you. Your academic and athletic accomplishments are outstanding. May you walk with Christ and lead a holy, fulfilling future. We love you.
- Mom and Dad

Kristin Eckert
Dear Kristin,
We are so very proud of you. We wish you Health, Happiness, Prosperity & Love. May all your dreams come true.
Love, Mom, Dad, Donna, Briana, Christopher & Kyle

Cheryl Edwards
Cheryl-dreams are touchstones of your character. Congratulations, you were meant to be an RN because of all the love and compassion you have to share with others. We are so proud of you.
Love, Mom, Dad, Kristi, Cindy and Casper.

Bridget Eklund
Bridge,
May your goals always be achieved. We are proud of you.
Love, Mom, Dad, Brian and BJ

Elizabeth Facchini
Elizabeth,
Congratulations on another fantastic four years. Continue to take the high road and remember, the sky’s the limit!
Love Mom

Ryan D. Farnsworth
You truly are a gift Ryan. My wish for you is a lifetime of happiness and fulfillment. May all your hopes and dreams come true. When life gives you a choice to sit it out or dance... Always Dance. I am so proud of you!
With all my love, Mom

Christy Ferdenzi
Congratulations Christy!
We are so proud of you and for all your hard work. We love you and hope all your dreams come true.
God bless you always!
Love, Mom, Dad, Ann-Marie & Mike, Allison & Pat, C.J., Cody & Connor

William Figueroa
To my wind beneath my wing, William:
Words cannot describe how proud I am of you. Destiny awaits you. Just follow the rainbow path guiding you into your golden future of love, happiness and great fortunes. Love you forever, Mom

Elaine Fitzmaurice
We are proud of you and your accomplishments. We wish you a future filled with success and happiness. You have our love, admiration and respect. Keep God in your heart and may He bless you always. Love, Mom and Dad

Melissa Gagnon
Dear Melissa,
You’ve worked hard and you made it. We all love you.
Mom and Dad and Matthew

Kate Garneau
My beautiful Katie,
Congratulations! I am so proud of your achievements. I wish you a life filled with success and happiness, but remember to grow through hard times. Work hard, laugh often and love deeply.
All my love, Mom

Rebecca J. Gelinas
Dear Rebecca,
We love you, have a terrific day, get incredibly smart! A message from the past, for today and forever. Love, Dad and Mom

Steven George
To our Steven,
A world of opportunities awaits you. May you find happiness in everything you do.
Love Mom, Dad, Peter, Diana and Jennifer.

Lindsey Gershkoff
“She’s got a smile that seems to me
Reminds me of childhood memories
Where everything was as fresh as the bright blue sky...
Sweet child o’ mine...” Guns N’ Roses
We’re so proud of you!
Love Mom, Dad, Lisa & Brian

Christopher Giarrusso
To Chris “G”.
We know you’ll be successful in your creative endeavors and wish you good luck and life-long happiness.
Love Always, Mom & Jenna
Kerri Gilmore
Dear Kerri,
We are so proud of you. May all your dreams come true.
Love, Mom, Dad, Phil, Kara and Kayla

Paul Giordano
Dear Paul
We wish you success and happiness throughout your life. You have made us very proud.
Love Mom and Dad

Bethany Gordon
Bethany- We are all incredibly proud of you. You have accomplished a tremendous amount during the last four years. We wish you happiness and success in the future. Love, Mom & Dad

Kristen Giza
To Kristen our beautiful daughter, It seems like just yesterday that we held you in our arms for the very first time. Today we look at the beautiful and intelligent young woman you have become. Your inner strength has been an inspiration to us both.
Like the lyrics to a favorite song-
“I hope you never lose your sense of wonder. I hope you never take one single breath for granted. When one door closes I hope one opens. Please always give faith a fighting chance and when you get the chance to sit it out or dance”
“Hope you dance”
Love always and congratulations, Mom & Dad

Katie Gross
To our very caring daughter, Katie We are all so proud of you! You will be a GREAT TEACHER.
Love, Mom & Dad

Jeffrey Guillot
Jeff,
If memories measure time then we have many that we have shared. We can hardly believe how quickly the years have gone by. One day we are putting you on the bus for your first day of kindergarten, next we are watching you drive off for your senior year at Sacred Heart University. We love you and are proud to call you son. We continue to wish you success in grad school. We know you will meet the challenge head on and rebound to success. With pride and love,
Mom, Dad, Greg, Tim

Eileen M. Gulian
Dear Eileen-
You have made Daddy and I so proud with all of your accomplishments, both personally and academically. The very best of luck and love to our “Leenie”
- Love, Mom & Dad

Craig P. Hande
Dear Craig,
Words cannot express how very proud of you we all are. We hope your future brings you much happiness and success. We are proud and look forward to watching you continue your journey.
Best of luck, Your favorite brother, Liz and Carly

David Harman
David,
Your maturity and sense of responsibility have brought you to this most excellent place to begin your adult life. We could not be prouder of you.
Love, Mom & Dad

Michelle Hart
Our beautiful little girl has grown into a beautiful young lady. We are so proud of all your hard work and accomplishments. May all your dreams come true.
Love, Mom, Dad and Kris XXOO

Katherine Haskell
Katie,
We are so very proud of you! May all your future Dreams come true!
Love, Mom, Christine & Scott

Kathleen Hellmann
To Our Dear Katie Hellmann,
As parents our dreams could not have imagined the beautiful, caring, intelligent young woman you would become. As sisters we Thank You for all the love and support. Your extended family is delighted that you, A FOUNDING SISTER OF ZETA IOTA LAMBDA, saw your dreams for a sorority dedicated to working with and for the mentally and physically disabled come to reality.
Love, Pride & Blessings,
Mom, Dad, Suzanne, MaryBeth, Colleen, Phil, Beau & The Clan

Paul Barrington Herman
Dear Paul Jr.
We are so very proud of you and our wish for you is a lifetime of happiness and fulfillment. May all your dreams come true. God bless you.
Love, Mom, Dad, your Sister and Brothers.
Drew Hughes
Best of the Best- I am so proud of you, but most important is that you always be proud of yourself. Follow your dreams and they will come true.
Love you forever and ever, Mom

Jennifer Hurtado
Dear Jennifer,
You have surpassed all my expectations. I am so proud of all your accomplishments. You have become a wonderful young lady. May all your dreams come true! Keep reaching for the stars the sky is the limit. Love, Mami

Jennifer Iacuone
Dear Jennie,
You did it! We are so proud of you! May God Bless you today and always.
Love, Mom and Dad, Laurel, Melissa, Joe, Audrey and Geno

Marisa Ierardi
Marisa- Love life and live it to its fullest. Be NSYNC, Yankee proud, keep Trading Spaces, Lady4Ever Follow your dreams wherever they take you. Always know how much we love you- Mom and Dad

Rebecca Jackson
“Nurse Jackson”-
Your family is very proud of you! We hope your career will bring you great enjoyment. We love you!
Love, Mom, Dad, Jen, Sam and Ritz

Erik Johnson
Dear Erik,
We are so proud of all that you have accomplished during your 4 years at SHU and Army ROTC. Congratulations and may God Bless and protect you in all future endeavors. Love, Mom and Dad

Nicole M. Johnston
Nicci,
You have made us so proud! Keep reaching for the stars! May all your life dreams come true.
Love, Mom, Dad, and Jimmy.

Abby Marie Joseph
SHU gave you a start, to be the person you are in your HEART. You’ve studied bones, sign-language, brains, lots of long hours... Look what you’ve gained! Diploma in hand, toward the future you’ll stride. Our HEARTS, Abby, beat with pride!
Love, Mom and Dad

Kathryn Kartalas
Dear Kathryn,
Congratulations for all your accomplishments. We are so proud of you! We wish you much happiness and success. The best is yet to come.
Love, Mom, Dad, Mike, Krista and Ben

James Kennedy
Jim-
We’re so proud of you and your accomplishments. We wish you continued success and happiness as you begin the next stage of your life. Remember that faith and your family are always there for you!
All our love, Mom, Dad, Brian & Mike

Jessica King
Dearest Jessica,
Congratulations to you on a job well done! We are so very proud of all that you have accomplished. May the days ahead of you always be filled with success and happiness.
Love Always, Mom, Dad and Nicole

Jeffrey Kinslow
Congratulations Jeff, we are so proud of the man you have become. We hope all of your dreams come true.
Love, Mom, Dad and Jill

Leslie Konsig
Dear Leslie~
The world is yours...Follow your dreams.
We wish you a lifetime of happiness.
Proudly with Love, Dad, Susan, Rob & Bryan

Melissa Koval
Dear Melissa (Starshine),
We are very proud of you and all you accomplished. May your life be filled with happiness and fulfillment and all your dreams come true.
Love, Mom and Dad

Mary Krzynowek
Dear Mary,
Congratulations and best wishes. May all your dreams come true. We are so proud of you.
Love, Mom, Dad and your family

Shelley Kubel
Dear Shelley,
I am very proud of you and all your accomplishments and the effort you put into doing your best. Your dedication and commitment to academics is outstanding. You are a beautiful and special person. Your goodness, thoughtfulness, and caring are so much a part of your daily life. I love you very much. May all your dreams come true. Keep God in your heart and all will be yours.
Love Mom
Peter Kuczynski
Nothing is as real as a dream. The world can change around you, but your dreams will not. Responsibilities need not erase it. Duties need not obscure it. Because the dream is within you, no one can take it. You are what you think, you are what you go for. You are what you do. What lies behind you and what lies before you are small matters compared to what lies within you. You will always make us proud in what you choose to do now.
Love, Mom, Dad, Tom & Monica

Lindsay Kunda
Congratulations on your wonderful achievement, may the next stage of your life be filled with happiness and joy, Love Dad

Four years have quickly passed, A lifetime of new experiences await you, Go for it, I’m so proud,
Love Mom

Andrea M. Lafaro
Dear Andrea,
Congratulations on achieving this part of your dream. We wish you a lifetime of success and happiness as you reach new heights. We are very proud of you!
Love Mom, Dad and Laurie.

Lauren Lamb
Our dearest Lauren,
We are so proud of you and wish you a lifetime of happiness & success. May all of your dreams come true…
Love, Mom, Dad, John & Kevin

Alexis Ann Lampone
Our dearest Alexis,
We wish you a life filled with happiness, love and success. May all your dreams come true.
Love, Mom and Nanny

John LaRovera
Dear John,
As you graduate and begin a new chapter in your life, Always take with you pride, love and support. It is true “hard work and dedication pay off in the end.” May you have a lifetime of payoffs.
Love, Mom, Dad and Anita

Sabrena Lary
Sabrena,
May your hopes and dreams come true, you make us better parents by being the wonderful person you are. We are very proud of you and of all your accomplishments, be happy for yourself.
Love always, Mom and Dad

Philip Lavoie
Dear P.J.
We wish you Love, Happiness and good fortune. Go out into the world and show them your stuff. May all your dreams come true.
Love, Mom, Dad, Lindsay, Nikki & Emma

Mark Lewis
We’re so proud of you! Love, Mom, Dad, Christine and Theresa

Keith Lindsay
Dear Keith-
We are so very proud of you. We hope your education has given you vision:
Have the wisdom to know the truth for the truth, the truth in the false, and the false for the false.
– J. Krishna Murti
Love, Mom, Dad and Heather

Stephanie A. Lisi
Our Dearest Stephanie,
Congratulations, we love you and are very proud of you. Good luck in all that you do.
Love Always, Mom, Dad and Tom

Sandra Lobel
Our Dearest Sandra,
With so much pride and pleasure we wish you a lifetime of happiness and may all your dreams be fulfilled.
Love Mom & Dad

Melissa Longo
Melissa,
So you did it. I knew you would. I am glad to call you my girlfriend, better yet my best friend. Good luck to your future, lets hope I’m in it.
Love you Babe. Trevor

Melissa,
From the little girl you were to the young woman you are to the Registered Nurse you will become. We are so proud of you and we love you.
Love Mom and Dad, Gina & Nanny

Christopher Louis
Our dearest Christopher John,
Set your sights high and reach for the stars. There are no limits to what you can achieve!
Love, Mom & Dad, Jason, Gram and Grandpa

Sharon Maher
Our dearest Sharon
Our wish for you is a lifetime of happiness and more. Hope all of your dreams come true.
Love, Mom & Dad
Corinne Malls
Corinne –
A very special Daughter and
Sister. You have made your family
extremely proud. You’re a star
and will always shine brightly. We
know you will achieve the goals
that you strive for.
Love, Mom, Dad, Heather, Tara

Chris Manwaring
Chris
We just wanted to tell you
how proud we are of you.
Congratulations on all of your
achievements. Love, Mom and
Dad

Lauren Manley
Dear Lauren,
Congratulations on four years of
maturity, learning and growing.
Your hard work will serve
you well in the future. We are
extremely proud of you and your
accomplishments. All our love,
Mom, Dad & Michael

Lisa Marin
Everything we do seeds the future.
No action is an empty one. To our
beautiful daughter Lisa Jean Marin
there is a light that shines beyond
all things on Earth, beyond the
highest, the very highest heavens.
This is the light that shines in your
heart. Congratulations,
Mom & Dad & Nicholas

Edward J. Marotta
Dear Ed,
Integrity, knowledge, self-
motivation and respect are the
ingredients that brought you to
where you are today. Continue to
set your goals high and obtainable.
May your journey through life
bring you love and happiness.
Love, Mom and Dad & Louis

Diane Marques
Dear Diane,
We are very proud of you. You’re
the light in our lives. Our wish for
you is a lifetime of happiness and
fulfillment. May all of your dreams
come true...
Love, Mom, Dad and your brother
Roger

Andrea Marsden
Andrea, may joy and success be
yours.
Go forward into life with your
warm smile and thoughtful ways.
With all our love, your family.

Jennifer Ann Martinetti
Our Dearest Jennifer,
Our wish for you is a lifetime of
good health, happiness and fulfill-
ment. May all your dreams come
ture. We are all very proud of you.
Love you, Mom & Dad

Dawn Martuscelli
Dear Dawn
I wish you much happiness and
success in all that you do. You
have always made me so very-
proud. Congratulations!
I love you, Mom

Whitney Matthews
Whitney,
When we gaze upon you, we feel
nothing but pride in our hearts.
May your hard work and effort
continue to reward you with suc-
cess.
Love, Mom and Dad

Diana Y. Maquieira
Dear Diana,
We are very proud of your
accomplishment. We wish you a
bright future and much happiness
as you develop in your career.
Love, Mom, Dad and Lisi

Brendan McCormack
Dear Brendan,
You make us proud to be your
parents. We know your future is
bright. Congratulations!
Love, Mom and Dad

Colleen McCormick
Colleen-
We are so very proud of you. We
love you so much.
Congratulations.
Love, Mom, Dad, Pat and Rob

Corinne McDermott
A parent’s heart is always filled
with wishes and hopes for their
child. You should be happy with
the woman you’ve become. Your
gentleness, compassion and
warmth set you apart. We want you
to be as proud as we are of your
talents. The world today can really
use your wisdom and gifts. We
want you to be true to yourself and
to your dreams and to feel fulfilled
in any work or role that you might
choose.
All our love, Mom, Dad, Mike,
Pam and Kevin

Kayla McEneaney
Dear Kayla,
Today marks a great achievement
for you. Just follow your heart and
do your best, and all the potential
within you is sure to be realized
and bring you much happiness.
Love, Mom, Dad and John Brend-

Christina Mendoza
Dear Christina
This is the time that your mother
and me have been waiting for. It’s
been so many years of sacrifices
and commitment from you and us.
Finally it pays off and now it is
time for you to continue fighting
for your future. Congratulations
and best wishes.
Love, Mom and Dad.
Maureen Miller
Maureen,
You have worked hard and accomplished much. We couldn’t be prouder of you...
Love, Mom and Carl

Andrea Minei
Dear Andrea,
We are very proud of you and your accomplishments. Follow your dreams and success will follow you. Love, Mom, Dad and Mark

Kelly Mojka
To our wonderful daughter Kelly,
We wish you happiness in all that you do.
With your ambition in life, you can reach the stars!
We love you so much, Mom & Dad

David Mosher
Dave,
No words can express how much we love you and how proud you’ve made us. We wish you all the happiness in the world as you begin your next adventure. We love you! Mom, Dad, Mike & Tom

William Mullins
Congratulations Bill,
We are so proud of you all that you have accomplished. We wish you health, happiness, success and the fulfillment of all your dreams.
Love, Mom and Dad

Brian Murphy
Dear Brian,
You are a wonderful son and a blessing to our family. May your future be filled with the happiness and success that you deserve.
Love Mom, Dad and Kevin

Suzanne Neglia
Dear Suzanne,
May your ambition and dedication combined with your optimism and sense of adventure bring you continued success. You have made us all so proud. You go Sista! May all your dreams come true.
Love, Donna, Jim, Summer and Caileen

Lisa Nevanpera
Lisa,
You are our shining star. We are so proud of you. We hope all your dreams come true.
May God bless you.
All our love,
Mom & Dad

Jillian Oparowski
You did it Superstar!
We are so proud of you!
Reach for the stars!
Love, Mom, Jared, Jayce and Andrew

Kristen Osyay
Dear Kristen,
You have always been a very loving and lovely person. Congratulations to you on your graduation.
Love and happiness to you always,
We are very proud of you.
- Love, Mom, Dad, Donny, Kevin and Papa

Irena Otto
Cutie:
We’ve watched you grow into a beauty. We’re very proud of you for all you’ve done. Our best wishes for much happiness & success!
Love, Mom & Dad, Jolene, Maggie & Tommy

Sarah A. Overton
Sarah,
We are so very proud of you. May you continue your journey with happiness and success.
Love, Mom, Dad, Eric and Grandpa

Lauren Paonessa
Dear Lauren,
We wish you a lifetime of happiness and success. May all your dreams come true. We are very proud of you.
Love, Mom, Dad & Mark

Thomas Pereira
Congratulations to the Class of ’04 Thomas,
May all your dreams come true.
We love you and are so proud of you!
Mom, Dad, Danny & Grandma

Suzanne Perrett
Dear Suzanne,
Congratulations on receiving your degree.
We are so proud of you and of your accomplishments. Best wishes for a bright, happy and successful future.
We love you. Mom and Dad

Melissa Petsitis
Melissa,
We are very proud of all your achievements. We wish you good luck and most of all, happiness always. Go after all life has to offer.
May all your dreams come true.
Love, Dad, Mom, Eleana & Papi

Amanda Poniatowski
To My Beautiful Daughter
Amanda:
You have come a long way and I am so proud of you.
Follow your dreams and your heart; you can do and become whatever you choose. May happiness follow you throughout life—
you deserve it!
Who luvs ya baby??
- Mom
James Popek
Jim-
Never stop believing
Dare all your dreams
Our wish for you is a lifetime of happiness
Love, Mom, Dad and Michaelyn

Robert Purslow
Dear Rob,
Our wish for you is a lifetime of happiness and fortune... You have worked for your accomplishments and we are very proud of you, continue to be just the way you are and you will be successful in life.
All our love, mom, Jack, Grandpa, Zietta, Uncle Alan, Dawn & Sabrina

Jason Quagliata
Congratulations Jay.
We have watched you grow into a compassionate, independent, and hard working man. We are all profoundly proud of you. It’s your turn to shine!
Love Mom, Dad, Len, Laura, Gram and Family.

Damien Ramkalawan
To my beloved son Damien...
Let goals guide you
Without a purpose nothing matters
Never settle for less than your dreams
Somewhere, sometimes, someday, somehow you will find them...
Our wish for you is a lifetime of happiness, fulfillment, and peace with God. May the Lord bless you and be with you always...
With all our love, Mummy, Dads, pappy, Karina, Aaron, Tristan and Richard

Salvatore Randazzo
To our son Salvatore,
Wishing you a lifetime of love, peace, joy, health and happiness.
May all your dreams come true.

Reach high.
Love you Mamma, Papa & Antonia

Erin E. Reilly
My dearest daughter Erin
They say they save the best for last. May all your dreams come true. Reach for the stars because you’re our star. All our love, Mom and Dad

Christopher Relia
Chris,
There are no words to describe how proud we are of you and of your accomplishments. You have grown to become a fine young man, and may all of your expectations and dreams become reality.
Love, Mom & Dad

Meghan Reynolds
Meghan,
We have watched you grow into a beautiful, caring and giving young woman. There is goodness in your heart and we know you will make a difference in this world, you have in ours. We are so very proud of you. Congratulations! Love, Mom, Dad, Kristen and Katie

Jennifer Ridgwell
Dearest Jennifer:
Words can’t express how proud I am of you. You are the best daughter any Mother could have hoped for.
I love you!
XXX’s & OOO’s Mommy

Erin M. Roche
Dearest daughter Erin
We wish you a lifetime of success and fulfillment. May all your dreams come true.
Love, Mom, Dad, Sean, Aiden and Glen

Kristy Ann Ruggiero
All the dreams we prayed you’d be-
are all the things you are-
you were once our little girl
and now our shining star.
We love you Kristy.
Mommy, Daddy and Michael

Siobhan Russell
Dear Siobhan
We are so very proud of you.
You are a wonderful person and daughter. We hope you have a happy and fulfilling life.
Love always, Mom and Dad

Cerina Ann Savino
To Our Beautiful daughter Cerina,
You lit the spark in our eyes on the day you were born. May you continue to shine like a rising star in all that you do. With all our love and best wishes. Mommy, Daddy, Dam & John Paul

Francesco Schembari
Dear Frank,
We take this occasion to congratulate you on your greatest achievement. We wish you the very best for your future endeavors. Congratulations, we are very proud of you.
Best of Luck!
Love, Mom and Dad

Heather Schroder
To My Beautiful daughter, Heather
You haven’t let road blocks detour your journey to success. You have set goals and have succeeded in attaining them. I am so proud of your accomplishments. The best is yet to come!
Love, Mom

Kacey Semler
To our lovely daughter Kacey,
Wishing you a future of promise and dreams fulfilled! May God
Bless you and grant you the treasures of your heart.
Love, Daddy and Mom

Laura Senenko
Dearest Laura,
You have always been a joy to us.
May your life be filled with good health, happiness and accomplishments.
Live life to the fullest and take advantage of every positive opportunity.
Love, Mom, Dad, Jackie Cathy, John and Katie

Melissa Smith
To our sweet Melissa
You set a goal, worked hard and reached the goal. You’ve so much of life ahead of you, but we can’t imagine being more proud then we are today.
Love, Mom and Dad

Amy Snelling
My Daughter Amy,
Pursue your dreams and you will make a difference in everyone’s life. I am so proud of you and wish you a lifetime of happiness and success.
Love, Mom

Zachary Spivey
Zach
You took a bit of Texas to the East Coast and we are very proud of you.
Love, Mom, Dad, Ryan & Curt

Stephen Stuart
Our Stephen,
We wish you happiness, success and fulfillment.
Love, Mom and Dad, Jennifer, Rob, Brad & Katie

Fred Stula
Fred,
Keep believing in yourself…
As you proceed with life’s journey…
You will find it to be magnificent, spectacular and beyond your wildest imaginings.
Love, Mom

Richard Suarino
Dear Rich,
Congratulations on your graduation and success in all your future endeavors. And just remember, “Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas Edison
Love, Mom, Keith, Chris, Jen, Bob

Patrick Sullivan
Patrick
you have just finished another chapter of your life and it is time to start the next. There is no limit to what you can accomplish. Keep reaching for the stars; they will never let you down.
Love, Mom & Dad

Tracy Summers
Dear Tracy,
You are a very special person. You have made us so proud with your hard work and accomplishments.
We love you and wish you much success in your future... May you have a wonderful life and a lifetime of happiness.
Love, Mom & Dad

Kathryn Sutter
Congrats! You did a great job- you should be so proud of yourself.
Dad and I are very proud of you and know that you will be able to accomplish whatever you set out to do- We love you.
Mom & Dad

Tanya Sweet
Our Dearest Tanya,
Our wish for you is a lifetime of happiness and fulfillment. You always had the talent, and now you earned your degree... so go and make all your dreams come true!
Love, Mom, Dad, Matt, Heather and Holly

Kathryn Swords
Kate,
Believe in yourself as we believe in you. And your dreams will come true.
We love you, Mom and Dad
Candice Teixeira
Our Dearest Candice
Congratulations on your wonderful achievements. We are so proud of you, as you should be proud of what you have accomplished. As you travel the roads of life, may your journey be a happy and successful one.
We love you, Mom & Dad

Grace Teruel
Dearest Grace,
I am very proud of you and your accomplishments and know you will be successful in life whatever you decide to do. Congratulations on job well done, may all your hopes and dreams be fulfilled. You've made us proud!!
Lots of love, Mom & Family

Nicole Thomas
To my Sweetie,
My wish for you is God's blessings as you travel the adventurous road called life.
Love, Mom

Nicolas Timpone
Dear Nicolas:
You have achieved a wonderful accomplishment not only for yourself but for all our family. Based on your own choices thus far in life, you have transformed into a responsible man. Continue with enthusiasm and wisdom on your path to a happy and successful future. We love and thank you so much for this very happy day!
Love, Mom and Dad

Katie Trindall
Dearest Katie
Remember you possess the gifts to create the reality of your dreams. Seek knowledge throughout your lifetime to make it possible. Don't settle for less because you deserve it. Possum! All of our love, Mom, Dad and Sarah

Jennifer Trocchio
Dear Jen,
We are so very proud of you and all you have accomplished. May your future be filled with happiness and fulfillment.
Love, Mom & Dad

Meghan Tucker
Our Dearest Meghan,
With your dynamic loving nature you life journey will be fulfilled with joy & happiness. This is our wish for you. Your brownstone will come.
Love, Mom, Dad, Keith and Sara

Jackie Turro
Dear Jackie
Congratulations on all of your accomplishments! May you have a lifetime of health, happiness and fulfillment.
Love, Mom & Eddie

Christopher Turuta
Dear Chris,
Dad and I are very proud of your accomplishments. We know God will direct every footstep you take. Congratulations on this very important day.
Love, Mom and Dad

Kate Westmacott
Dear Kate,
Wishing you happiness, success, knowledge, confidence, special memories, close friends, a wonderful future and love. Follow your dreams. You have always made us so proud. Congratulations!
Love, Mom, Dad, Meghan, Allie and Susie

Gillian Weisman
Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate accomplishment”
...N. Hill

Sacred Heart University
Class of 2004
Congratulations and Good Luck!
From the Editors and Staff of Prologue
To Our Dear Gillian,
You have always proved that a person can aim for a goal and achieve it with a persistence, dedication and effort. May all you’ve worked for come to you, and your most cherished dreams come true. Always take the time to listen to the song of your soul and see where it leads you.
We have always been and continue to be so very proud of you. You are an outstanding young woman, a parent’s dream come true! Congratulations on all that you have and all that you have accomplished.
We love you very, very much.
Mom & Dad

Nicholas Whalen
Nicholas, you have brought so much pride and joy to our entire family. The qualities you endure are precious. We love you and wish you happiness and success in whatever you choose to do. God Bless.
Love, Dad, Mom, Jay, Luke, Dani, Casey XO

Carla D. Whitaker
Words cannot express the pride I feel. Your ambition has always cut through adversity. You have followed and fulfilled your dream of becoming a nurse, and there is no one prouder than your father.

Nina Willette
Nina, All of your hard work and dedication had processed you down the oath of success to pursue your dreams. We are all so proud of you. Look at life with an open heart and you will go places.
Love, Dad, Mom and Kim

Bethany Winchester
Bethany...Our cheerleader-music

maven-lover of children. We are so proud of the woman you have become. You have a magical touch with children and you bring joy to our lives.
Love, Mom & Dad

Robert Woods
Robbie-
As your grandfather often said: “You know you are dead when you stop dreaming” Continue to follow your dreams and spread the joy that you have always given us. Congratulations!
Love, Mom, Dad & Mary Beth

Katherine Wrinkle
Dearest Katie,
You’ll always be our “baby girl!” We have been so proud of you all your life. We wish you a future of laughter and love. You deserve the best! All our love,
Mommy, Daddy, Billy, Brian and Steven

Joseph Zalak
Joseph,
Congratulations! You have filled our lives with love, pride and joy. We are very proud of all your hard work and accomplishments. Watching you compete in all of your track events these past 4 years was incredible. May you follow your dreams & find happiness and success in whatever you do. May God be with you always! All our love, Mom, Dad & Anthony.

Courtney Zeiner
Dear Courtney
It is with pride & love we have watched you excel and grow in your every endeavor. Be happy and God bless.
With Love, Mom, Dad and Mark
Reliving Old Memories
“Good night, good night! Parting is such sweet sorrow.”
- ROMEO AND JULIET

COLOPHON

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The Prologue Yearbook staff can be reached at Prologue Yearbook, Sacred Heart University, 5151 Park Avenue, Fairfield, CT 06825 (203) 371-7962 or online at prologue@shc.edu

Body copy and captions are Times Roman. Folios are Zapfino. Black Ink pages in the yearbook were printed on 80 # matte finish paper stock. Color pages were printed on 100# dull enamel stock.

Opening/Features

Headline fonts are Marydale, Futura, American Typewriter, Birch, Arial, Trajan and Impact. The FRIENDS picture is courtesy of NBC Studios. Pictures on the Music spread are courtesy of Apple, Britney Spears.com, alwaysontheun.net and Opening pages use four-color photographs, digitally submitted and enhanced with ultra violet lamination.

ACT I

Headlines were created in Adobe Photoshop by Robert Trensko. Photos of residence halls were taken by Robert Trensko. Quotes are written in Andale Mono.

ACT II

Student Government, Greek Life, Athletic and Club headlines were created in Photoshop by Robert Trensko. SG group pictures were taken by Tom Wuestkamp, Lana Barnes and Robert Trensko. Greek Life and Club group pictures were taken by DaVor Photography, Inc., Robert Trensko, Tom Wuestkamp and submitted by organizations. Athletic team photographs were provided by the Athletic Communications office. Fonts used in the Club section are Zapfino and Capitals.

ACT III

Headline font is Chalkboard.

ACT IV

Headline fonts are Apple Chancery and New York.

ACT V

Fonts used are Times Roman, Marker Felt and Charelagne. Individual portraits were taken by DaVor Photography, Inc. for a $10.00 sitting fee. The picture behind the portraits was taken by DaVor Photography, Inc. Candid pictures were taken by Robert Trensko and Lana Barnes. ACT V used four -color photographs.

Divider Pages

Fonts are Zapfino and Charelagne. Quotes are taken from William Shakespeare plays. Features and ACT III pictures were taken by Robert Trensko. ACT I picture was contributed. ACTS II and V pictures were taken by DaVor Photography, Inc. ACT IV

LETTER FROM THE EDITOR...

I kept putting this note of gratitude off because for the longest time I was in denial. I didn’t want to believe I was graduating, I didn’t want to believe I was leaving all my friends. I didn’t want to believe that I would write my last story, caption my last picture and walk out of the office for the last time as your yearbook editor...

I didn’t want to believe that four years had gone by that quickly. I can still remember sophomore year when I didn’t even want to be involved with the yearbook anymore…but something told me to stay. I’m so glad that I did. If I hadn’t I wouldn’t have met all of the interesting people that I have met. I wouldn’t have learned all the things that I have learned about myself and the publishing industry. I wouldn’t have been a part of a wonderful organization.

Being an editor is not an easy job. I was faced with a tremendous amount of pressure—don’t even get me started on deadlines! But, I didn’t do this job on my own. I did it with the help of my friends and colleagues. I would like to take this opportunity to make mention of these little helpers.

Thank you to the staff for working so hard on your sections and individual assignments. Your hard work and dedication has paid off. Thank you Tom Wuestkamp for letting us challenge ourselves and always encouraging us to strive for bigger and better things. And to my Assistant Editor and Photography Editor, Ola Yelmen and Robert Trensko: WOW! We did it. We have built up such a strong bond between us and have created two excellent publications that I am proud to call our own creations. Thank you guys for being a part of this organization. I couldn’t have done it without you.

...And so this is it. It’s time to let others take the reigns. As I step down from my position I won’t say goodbye, instead I’ll say thanks for the memories, it’s been an amazing ride!

Lana Barnes

GENERAL INFORMATION:

The Prologue Yearbook was printed by Taylor Publishing in Dallas, TX. The 208 pages were submitted on CD for a press run of 1420.

Copy for the yearbook was written and edited by the Prologue staff and contributing student writers. Action photographs were taken by Prologue staff and DaVor Photography, Inc. All pages were produced on Macintosh computers using Adobe Photoshop CS and Adobe InDesign CS.

This is the thirty-eighth volume in the series of yearbooks created by Sacred Heart University students.