We wanted this year’s Prologue to reflect your adventures over the course of your collegiate career here at Sacred Heart. Something that encompasses the whole idea of the great friends you met, the challenging classes you took, and the experiences you had, all of which will last a lifetime. If that seems like a daunting task, in fact, it is.

My staff and I wanted this book to have the feel of a leather-bound journal—something that can be taken with you, full of the joys of your college years. It’s not four years that should be forgotten, but four years that should always be with you—even if it’s in the back of your mind. It seemed like a “logical” way to view both the book, as well our collective experience at Sacred Heart.

We came up with the title “Prological” after brainstorming how to incorporate Prologue into this year’s book. Prologue is the name of the yearbook, and every edition has its own unique title. Prologue derives from “What’s past is prologue,” from William Shakespeare’s The Tempest. Basically, this means that your past goes with you into your future. Logic is thinking, and combining these two ideas forms “Prological”—thinking about your past and taking it with you for the rest of your life. It’s a way of thinking of your past and where it will lead you in the future.

Looking through the pages of this yearbook should reopen adventures that you will treasure for the rest of your life. We wanted to create a book that is much more than something that will become dusty on your shelf, or cluttered beneath magazines on your coffee table.

The Prologue staff and I have been working towards creating a concept that embodies this idea, as well as working towards a finished book that will be enjoyed now and in the years to come. A sort of time capsule, where you can look back whenever you feel like and instantly be brought back to a specific memory. I didn’t want this book to be merely some pictures of students graduating and some of the events that took place during the year. I wanted this book to have the nostalgic feeling that one gets when looking through an old journal. You’ll notice the skewed photos here and there. We wanted old memories to be kept alive through the playfulness of the spreads throughout this book.

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

To all the 2010 graduates—congratulations! I hope this book will keep all the great memories you had on your journey at Sacred Heart alive.

Nicole Mastroni
Editor-in-Chief
Prologue, 2009-2010
DEDICATION:

RAY MENCIO

When Amy told me that we had to decide on someone to dedicate the Yearbook to, I of course had my opinions, but lucky for everyone this is not something that is just my decision. This is something that the Senior Class Board sat down and really thought about and discussed on behalf of the entire Senior Class.

This year’s recipient is someone who has truly been an intricate part of the Class of 2010 since we arrived at SHU. When I met this person I was not prepared at all for the position I was being put into, but this person truly believed in my potential as a leader and in the potential of the entire group which he advised. His ability to give you the tools to accomplish your goals and then let you make your mistakes and learn from them is something I have truly come to admire and strive to emulate.

I know that I am not the only one who sees the unique gifts that he has brought to Sacred Heart. He has taken on multiple roles in multiple departments and has been a guiding light for students of all types. His ability to figure out what makes you tick and push you to be a better person is unparalleled.

Most recently, as the Director of Club Sports, he has created an entire department from the ground up and a positive arena for students to participate in athletics of all types. Students find his office a place to go, not only for advice on sports related matters, but for guidance in all areas of life.

Words truly cannot express how proud I am to present the dedication of the 2009-2010 SHU Yearbook to a great leader, mentor and friend, Ray Mencio.

-Kaitlin A. Higgins
Class of 2010 President
Anyone who knows me knows that when it comes to something I truly care about, perfect isn’t good enough. And that’s exactly how I’ve felt with writing down a reflection of the past 4 years. A perfect speech wouldn’t be good enough.

What is the point of me, standing up here, reflecting about our experiences over the past 4 years and what we will share with the world? What makes me qualified to stand up here and be such a big part of such a meaningful day in all of our lives? I am amongst scholars, athletes, and activists. I am among individuals who will go on to change the respective fields they chose to excel in, individuals who will impact the world.

When we started out 4 years ago, we had no idea who we would be. We had no idea of the experiences and opportunities that would be offered to us, or what we would do with them. We were scared, much like many of us are right now.

When Dr. Cernera first addressed us 4 years ago as incoming freshmen, he asked us to do 3 things – work hard, have fun, and fall in love.

At Sacred Heart I have learned the value of working hard. I’ve learned the value of waking up at 6am to get work done, of staying up until 4am to make sure a project is complete. I’ve learned the value of putting 100% of yourself into something simply because it is a reflection of who you are.

I’ve also learned the importance of having fun. That it’s important to laugh in the middle of a horrible day, when things can’t get any worse. I’ve learned that you need to have time for yourself and I’ve also embraced the significance of spending time with the friends that over the years have become family.

Most of all though, I’ve fallen in love. I’ve fallen in love with this place, where professors, faculty, staff and students have taught me invaluable lessons on a daily basis. I’ve fallen in love with a community of wonderful people, a student body that over the past 4 years has captured my heart and changed it for the better.

I am beyond sad to leave this wonderful place. I’ve spent the past few weeks reflecting on all of my lasts – my last student government meeting, my last mass in the chapel, my last lunch in the mahogany room. I’ve began to realize however that this isn’t the end. We have set ourselves up after 4 years of hard work, for success beyond what we can even imagine. We should look back on what we’ve done here with a happy heart, and with the knowledge that as alumni, a whole new chapter of Sacred Heart stands before us. With a heavy heart I’ve reflected on my lasts, but its with pride that I’ve started to think about my firsts... all of the first things that we will do as proud alumni of Sacred Heart.

Aside from reflecting I’ve spent the past few weeks listening to the advice of those who have come before us. Everyone who has walked across a stage and received a diploma and set out to make themselves for the rest of their lives. Last week, someone said to me – Katie, college is an amazing experience. It’s something you don’t want to let go because it’s the place where you can become who you are when no one tells you how to be. That couldn’t have hit home any more. There’s no one who holds your hand through college, who forces you to go to class, who makes you get a job, to make sure you clean your room or brush your teeth. College is the place where you become you, and you’re allowed to become everything you were always meant to be.

I’ve come to realize that this is not the end. This is the beginning. The end of an era, but the opening of a new chapter, the chapter that is the rest of our lives.

To follow along in the tradition set by past Class Presidents, it is with great pride that I ask you to stand for the turning of the tassel.
Step 1: Raise your right hand
Step 2: Grasp the tassel
Step 3: Move the tassel from the right to the left side of the cap
Step 4: Release tassel
Congratulations Class of 2010 you are now officially alumni.
THE CHAPEL

After years of raising funds, boosting morale, and quite often praying for a miracle, Sacred Heart University opened the doors to its new house of worship. The community gathered for the first time on September 27th, 2009 to thank God for the opportunity to stand in one extraordinary building that is a great testament to the spirit of every student or faculty member that has or ever will grace the grounds of Sacred Heart University with their presence.

The procession that took place from the University Commons where we have come together to celebrate the Eucharist for years to the Chapel of the Holy Spirit was nothing short of phenomenal. In the cloak of darkness, candles led the crowd to chapel doors for the first time, a light to guide our way to a new beginning. Feelings of bless and excitement were felt by all.

That first mass was all the more powerful due to Father Jerry Ryle who was very interactive by coming down from the altar and talking directly to the congregation, and encouraged everyone to raise their voices to God in song. He welcomed the congregation with insightful words and enthusiasm making it much easier to connect with the scripture.

The Sacred Heart community has now entered a new phase in the life of the university; we are becoming much larger and more diverse. The accomplishment of expanding the campus in size and creating a chapel that is nothing short of breathtaking are incredible feats for such a young university. Current students and future generations will be able to come together as one church, one family, with one mission to become the best person they can be through knowledge and prayer.
This year at Sacred Heart University, several changes were made to improve the campus as the Sacred Heart community grows.

After three years of work, the new Chapel on campus, located in the southwest corner of the Quad, was completed.

The Bell Tower, Main Chapel of the Holy Spirit, and the small Chapel of the Nativity for daily worship are the three main elements of the structure, all connected with new walkways and spaces for students to enjoy.

The mosaic behind the Altar brought much attention to the new chapel, as well as the stained glass and natural materials used to build the structure.

World famous Jesuit artist, Father Marko Ivan Rupnik, who previously designed Pope John Paul II's personal chapel at the Vatican, designed the Mosaic artwork. The chapel was Father Rupnik's first major work done outside of Europe.

Father Rupnik and his crew assembled a 28-by-44-foot mosaic that serves as the centerpiece to the new chapel in just a few days, reflecting past art traditions such as Byzantine and Romanesque styles.

The architecture is another part of the new chapel that makes it unique. The chapel is a modern structure designed by Sasaki Associates. On the outside of the structure, several words are engraved, leaving its visitors with influential suggestions.

"Visit the sick. Clothe the naked. Give drink to the thirsty. Ransom the captive. Feed the hungry. Bury the dead. Shelter the homeless."

In addition, a fountain with the word "peace" in multiple languages was built in front of the newly re-faced Ryan-Matura Library. Sacred Heart is coming quite a long way from its high school days, and more changes are sure to come, as well.
ALI'S ANGELS

(AND OTHER WALKS)

Contributing support to the community is a specialty of Sacred Heart. Over the course of the past academic year the Pioneers have organized and or participated in numerous walk-a-thons that have worked towards finding cures for illnesses.

Ali’s Angels is an organization dedicated to Alison Cubbellotti, a junior at Sacred Heart, who was diagnosed with Primary Sclerosing Cholangitis, a liver disease, and Crohn’s Disease, a gastrointestinal disease, at nine years old. During her junior year of high school, Ali began to have liver problems. Her struggle to find a cure began the next fall, in 2008, where family members were tested first for a possible match for a liver transplant. After her brother was determined a match, a devastating wrench was thrown when doctors realized he could not be her donor. The Cubbellotti family then went to the Sacred Heart Community, where one out the 90 people that were tested was a match for Ali. On October 19th, both went into long and grueling surgeries to give Ali another shot at life.

Ali’s Angels has participated in the Liver Life Walk, which is sponsored by the American Liver Foundation, for the past five years, and brings many liver disease groups together at Rentschler Field in Hartford to raise money and awareness about liver diseases. On September 13, 2009, over 2,000 people gathered and raised a total of $157,000. Over the past five years, Ali’s Angels alone has raised over $55,000, all of which goes to PSC research. Ali’s Angels is a great cause that a large number of Sacred Heart students go to in support of Ali and others affected by liver diseases.

In addition to Ali’s Angels, Sacred Heart has gotten involved in other walks for good causes. The Multiple Sclerosis (MS), Breast Cancer walk, and SHU’s second annual Relay for Life were extremely successful. For each event our campus community came together in order to benefit those who are currently battling their disease or to remember those who were lost. $25,000 was raised at this event. The impact that Sacred Heart has had on the community is immense and something we should be proud of.
FRESHMEN MOVE IN

The day that every newly graduated high school senior waits for all summer long has finally arrived—freshmen move-in day. As Labor Day barbecues and festivities are going on, families are packing up their cars to the brim and driving to Sacred Heart University. No matter the distance, Sacred Heart’s newest students are eager to get their dorm rooms situated and meet their roommates. With anticipation and excitement, a new journey is about to begin for the class of 2013.

Each freshman goes through the process of what to take with them, and what to leave behind. What stays? What goes? With a shopping list of dorm supplies checked off and packed up, it’s time to get on the road.

Pulling up to Sacred Heart’s campus on move-in day is a complete upheaval—cars are lined up and slowly making their way to their child’s assigned building. Once they make it through the traffic, parents and students start to unload their cars, making sure to label their belongings with their room number so that they are brought to their proper place. Greek life, sports teams, Resident Assistants, and Student Life are all participants that help each new freshman make their dorm their new home for the year.

After the craziness of moving one’s entire life into a small room, meeting roommates, and preparing to live on their own for the next academic year, students and parents make their way to the William H. Pitt Center for Mass to pray for a happy and safe semester. It’s a time of faith and worship that is such a great reward after a long day’s work organizing their new space.

Students spend the next few hours with their families—grabbing a bite to eat and saying their goodbyes until the next time they go home.

In the meantime, Sacred Heart’s freshmen begin a new chapter of their lives and start to make lasting friendships. The freshmen also enjoy a carnival full of great food and events, such as a rock climbing wall and airbrush signs to mingle and meet people from their dorms.
Sacred Heart’s Football Team scored a fantastic win at the Homecoming Game on November 7, 2009. Students, faculty, friends and family made their way up to the football field next to the William H. Pitt Center to cheer on the Pioneers as they played against the Bryant University Bulldogs. Their day was made when the Pioneers defeated the Bulldogs with a final score of 24-14.

Homecoming is a relaxing and highly anticipated event for the Sacred Heart community, because it’s full of great entertainment to get away from the stress of homework and exams. It gives students a chance to mingle with friends while supporting the Pioneers, as well as gives the opportunity for parents and family members to come and visit and enjoy the game.

The game provided lots of entertainment for the crowd besides watching the Pioneers conquer the Bulldogs. Sacred Heart’s Dance Team, Cheerleaders, and Band each performed for the swarm of people in the stands. Their captivating routines were a great way to get the crowd pumped for the Pioneers in their game against Bryant.

With a successful win in hand and an amusing afternoon, Homecoming is a worthwhile event for Sacred Heart students because it combines sports, entertainment, and bonding with family and friends. Homecoming is definitely something to look forward to every year.
Imagine being able to “arrest” someone for a ridiculous reason to support a great cause. On November 9th, students were able to do just that. The grass area behind Chartwells was transformed into a jail, complete with prison cells to put arrestees in. The proceeds of this entertaining day went to The Special Olympics.

Public Safety Officer Kichinko, a participant of the Jail N’ Bail activity, said, “The event raised almost $13,000.00 and all of the money went directly to the Connecticut Special Olympics. Arrests were made for messy hair, for sleeping in too late, for being a Yankee fan and so on.” Professors and students had a blast arresting each other for such petty reasons.

For a small fee of five dollars, students and faculty could fill out an arrest warrant. Public Safety officers, along with the Fairfield and Bridgeport Police would find the “criminal” and bring him to a group of judges, made up of faculty and staff members.

“It was such a wonderful event that brought the entire University community together. The event was held to benefit the Connecticut Special Olympics and all of the athletes that are a part of that wonderful organization,” expressed Office Kichinko. “The amount of money that was raised put the Department of Public Safety in the top ten list in Connecticut for money raised and I was just so thrilled to have been the coordinator of the event.”
The Theatre Arts Program unveiled their premier show, "RENT," this spring at Sacred Heart. The popular musical, which was on Broadway for several years, was a big hit at the Edgerton Theater on campus with its Sacred Heart audience.

From the opening song, it was obvious the cast rehearsed very diligently for the performances. Characters Roger and Mark established themselves quickly in the show as best friends and roommates. Other characters, Collins and Angel, immediately fell into a comfortable relationship, as well as characters Maureen and Joanne.

Trevor Kelly, who played Angel, and Avery Owens, who played Collins, succeeded in the scene where their characters meet for the first time. Allegra DeVita's performance of Mimi displayed a strong self-confidence that was new to the character from Broadway's show. Her counterpart, Roger, played by Jon Vasey, showed a great range of emotion, including a lot of pent-up anger, capturing Roger's true character.

When Amanda Mitchell (Joanne) and Lindsey McGrath (Mau- reen) sang the duet "Take Me or Leave Me," the audience was impressed to say the least.

Kelly's depiction of Angel gave the audience comic relief as he jumped off tables and pranced around the stage in a skirt and heels, adding to the emotional rollercoaster the performance took the audience on.

For their first musical, the Theater Arts Program was on point in shocking the audience with their dedication, talent, and passion for their performance.
THE FRAY

Tickets sold fast when Sacred Heart students heard that The Fray would perform a concert at the William H. Pitt Center last Sept. 23.

The opening act didn’t affect the crowd so much as students were still filtering into the gymnasium before The Fray performed. It wasn’t until the lights dimmed for the second time that the crowd turned to face the stage and cheered as The Fray played the opening chords of “Over My Head (Cable Car),” their first single to hit Billboard’s top charts.

About 1,500 Sacred Heart students attended the concert and sang along to popular songs from their first album “How to Save a Life” such as “Over My Head (Cable Car),” “How to Save a Life”, and “She Is”. However, mixed in with the ‘classic’ Fray songs were some of their new hits, such as “You Found Me”, and “Never Say Never” from their second album, self-titled “The Fray”.

Before their last performance, The Fray’s frontman, Isaac Slade, had a few words of advice to offer the college crowd. “I know you’re just college students just doing your thing, getting grades,” said Slade. “The real world’s coming. Some of you are already in it and it’s rough, and it sucks sometimes, but it can be so good. So keep going, don’t stop, and thanks for having us.”
Sacred Heart couldn’t wait for Maroon 5 to take the stage on November 12, 2009. Everyone was anticipating their arrival onto the stage once the opening act finished their set. The moment Adam Levine and band mates walked out, screaming fans could not contain themselves.

Maroon 5 mixed up their songs with popular radio classics and acoustic versions of some of their songs.

They started playing their well-known hit “Harder to Breathe,” and everyone started jumping, singing, and dancing. Other songs on their set list included: “If I Never See Your Face Again,” “Won’t Go Home Without You,” “She Will Be Loved,” “Sunday Morning,” and “This Love.”

One of the most memorable moments of the night was when Adam stopped singing during a song because he saw an adorable little girl holding an iPhone with a lighter application, swaying it back and forth to the music. He brought her up on the stage, and had her wave her phone to the entire audience, and everyone clapped for her. Adam then continued on with the song. It was a precious moment that made the music and the musicians behind the songs that much more meaningful.

Their encore, “Sweetest Goodbye,” ended a great evening. Students were able to take a night off from studying to enjoy a fantastic band and great atmosphere.
When it’s time for Semi-Formal at Sacred Heart, it’s an exciting time of year. The fall semester is coming to an end, winter break is on its way, and students are getting ready to spend the holidays with their families and loved ones. What’s a better way to bring the semester to a close than with a dance? Every student enjoys taking a break from their sweatpants and jeans and dressing up for an evening out. Add some great music, and a great location, and SHU students are ready to go.

This year’s Red Carpet theme brought Hollywood sophistication and glamour to the Stamford Marriott’s ballroom and dance floor. The moment students walked in, they found a table to place their belongings and went to dance with their friends and dates. The chairs at the tables were empty for most of the evening, with the exception of students taking a quick break from dancing. During their breaks to catch their breath after dancing to several songs in a row, appetizers, soda, and water were provided for the students were devoured. In case that wasn’t enough, the seniors and students 21 and older were welcomed to a separate room where alcoholic beverages were served. Shortly after, most students were back on the dance floor, taking it all in.

In a whirlwind of fun, strobe lights swept the ceiling and feet circled the dance floor while students forgot about homework and classes, and just enjoyed their night away from their every day monotony.
Mr. SHU 2010 once again brought hysterical laughter to the Edgerton Theatre this year. Many male Sacred Heart students auditioned for their spot competing for the coveted crown. Several students were ultimately chosen, including junior David Choy, junior Mike Ohrenberger, sophomore Zach Johnston, junior Joe Malizia, and senior Rich Eichenlaub.

Every contestant was introduced onto the stage with videos they made. Junior Mike Ohrenberger created a mimicry of the Tiger Woods commercial where his father’s voice speaks in the background. Ohrenberger filmed his video in a similar fashion, and had his own father narrate the film. The audience was in complete and utter laughter at his creativity.

The entire group of contestants did group numbers, one of which was a hilarious dance routine in black boxers and “I Love SHU” t-shirts. Each participant then performed their own talent for the audience and judges.

Senior Rich Eichenlaub danced to the classic ending scene of the movie “Dirty Dancing.” He dressed up like Johnny from the film, and he and his dance partner followed the moves exactly, including the jump!

Junior Zach Johnston returned to the funky era of the 70s, with an afro wig and tight bell bottom metallic pants. He played a toy blow up guitar, and finished his act with a split.

Junior Joe Malizia danced with a group of people in all black with glow sticks attached all over them. In the dark lighting, they cracked up the audience with such a clever talent!

After much debate by the judges, two finalists were left in the running—Joe Malizia and Zach Johnston. With so many great performances, it was a tough call, but the judges announced the winner, Joe Malizia. Malizia was draped in a robe and crown, and clearly impressed the audience and judges throughout the entire competition.
SHU HOOPS MADNESS

The winter sports teams for the 2009-2010 school year started out with a bang at the William H. Pitt center. The excitement mounted minute after minute and Sacred Heart pride was evident in the stands where red and white seemed to be the only colors visible in any direction. SHU Hoops Madness was jammed packed with incredible entertainment, such as performances by the acrobatic trampoline team “Jump and Fly”, the SHU dance team, SHU cheerleaders, and the Pep Band. Competition was immense within the crowd as well when each spectator attempted to win shirts and ultimate games of knock out.

The main event of the evening was the introduction of the winter sports to the student body. The bowling, fencing, ice hockey, track and field, wrestling, and women’s swim teams were presented. The countdown then started for the start of the basketball season began and the men and women’s basketball teams made the grand entrance onto the gym floor. These teams have comprised the complete SHU athletic repertoire which should be a most impressive site this season.

The night made the beginning of the winter sports’ seasons a fun and enjoyable evening for both players and crowd members. Instead of just having a first game of the season, an event was held that celebrated the potential all of our successful teams had for their best season’s yet!
CLASS OF 2010
STUDENT GOVERNMENT
Class of 2010
Student Government
CLASS OF 2012

STUDENT GOVERNMENT
CLASS OF 2013
STUDENT GOVERNMENT
STUDENT GOVERNMENT
EXECUTIVE BOARD

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STUDENT GOVERNMENT

SENATE
“We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.”

Connecticut Congressman Jim Himes made his way to Sacred Heart University from Washington to discuss the importance of Constitution Day. According to the Sacred Heart website, “Constitution Day is a federally mandated observance in all colleges that accept federal money. It is celebrated on September 17 because it was on that day in 1787 that the Framers ratified the charter that would govern the country ever since.”

Constitution Day is a day of recognition for the 39 brave men that signed the document that they wrote and created to help frame our nation’s government.

Himes met with students and other attendants in the University Commons to talk about this topic, as well as to answer any questions that anyone present had.
SHU L.O.V.E.

SHU L.O.V.E. debuted this spring in their first POPS Concert on April 26, 2010. With a packed Edgerton Theatre, the Ladies Only Vocal Ensemble was ready to do their thing.

The theme for this year’s first annual concert was: love—very fitting to the name of this choir. Each song, whether a group number, solo, or small group performance, focused on love.

“Disco Divas,” which included fragments of The Sylvers’ “Boogie Fever,” Donna Summer’s “Hot Stuff,” and Madonna’s “Physical” started off the show. The singers came onto the stage in black outfits and ’70s inspired jewelry and belted it out.

There were also many individual and group performances. Freshman Stephanie Taglianetti sang Duffy’s “Mercy” with three back up singers. Other performers included junior Regina Scafariello, senior Anabel Vogeley, freshman Hailey Arbus, and freshman Krista Salinardi.

Among some of the other group songs were Elton John’s “Can You Feel the Love Tonight” from “The Lion King,” “How Sweet it is to be Loved by You” by James Taylor, and Where is Love?” from the play “Oliver!”

After a night filled with great music and vocal talent, SHU L.O.V.E. wrapped up the evening with Queen’s “Somebody to Love,” with junior Regina Scafariello and sophomore Jaquelyn Delgado singing the parts of Freddy Mercury.

“All you need is love. Love is all you need.” Sacred Heart University’s SHU L.O.V.E.ers closed out a phenomenal show with this classic Beatles’ tune as their encore selection. Decked out in tie-dye shirts and peace sign jewelry, the singers made their way off of the stage and into the audience, handing a flower to each of their loved ones.
Residential Life at Sacred Heart University is open to all students, all four years of their undergraduate career. Freshmen are welcome to live in the Elizabeth Ann Seton Hall, Thomas Merton Hall, and the Angelo Roncalli Hall. Sophomores are placed in the Angelo Roncalli Hall, Christian Witness Commons, and Scholars Commons. For juniors, the residential halls in which they can live are the Parkridge apartments and Taft Commons. Seniors are welcome to live at the Oakwood Garden apartments and at Taft commons. Park Royal apartments are also available to juniors and seniors. Several upperclassmen choose to live off campus in the Fairfield and Bridgeport area. Commuting students travel long and short distances to attend classes and be a part of the Sacred Heart community.
MERTON
PARK RIDGE
The Clubs and Organizations at Sacred Heart continue to thrive on campus. Students are welcome to join clubs representing any group they'd like. Some popular clubs during the 2009-2010 school year included the Italian club, the Physical Therapy club, the English club, the Republican Club, the Democrat Club, and more. Another organization that boomed on campus this year was Greek Life. Several sororities and fraternities changed their letters to join national organizations. The Panhel lenic Council and the Interfraternity Council gathered all of Greek Life on campus for fundraisers and events. The WHRT radio club grew to overwhelming numbers this year, and provided music for several events on campus. Regardless of personal interests, all students on campus can find their place in one or more club or organization at SHU.
SHU FORCE

HABITAT FOR HUMANITY
STUDENT EVENTS TEAM (SET)

KAPPA KAPPA PSI
GAY STRAIGHT ALLIANCE

ANIME CLUB
ITALIAN CLUB

INTER-RESIDENT COUNCIL (IRC)
GREEK LIFE

THETA PHI ALPHA

PHI SIGMA SIGMA
CLUB SPORTS

MEN'S BOWLING

WOMEN'S BASKETBALL
WEIGHTLIFTING
DANCE TEAM

FIGURE SKATING
MEN'S ICE HOCKEY

BASEBALL
MEN'S LACROSSE

WOMEN'S LACROSSE
MEN'S RUGBY

WOMEN'S RUGBY
MEN'S SOCCER

WOMEN'S SOCCER
WOMEN'S VOLLEYBALL
TEAM OF THE YEAR: Men's Lacrosse

MALE ATHLETE OF THE YEAR: A.J. Bonistall - Men's Lacrosse & Weightlifting

FEMALE ATHLETE OF THE YEAR: Kelley Valdes - Volleyball

COACH OF THE YEAR: Lisa Fedick - Figure Skating

GAME OF THE YEAR: Baseball - Walk-off win

SPORTSMAN OF THE YEAR: Caitlin Baker - Women's Soccer
The Sacred Heart University Athletic Department has 32 varsity teams, including 17 women's programs and 15 men's programs. These teams are members of the Division I National Collegiate Athletic Association, the Northeast Conference (NEC) as an associate member of Atlantic Hockey Association, and the Colonial Athletic Association. The varsity programs include sports like swimming, football, ice hockey, equestrian, tennis, lacrosse, soccer, track and field, softball, and more. Pioneer athletes dedicate several hours for practices and workouts each week in order to excel in their sport, putting Sacred Heart's name on scoreboards in each of their divisions. In the 2009-2010 seasons, several teams excelled in their divisions. No matter the sport, Sacred Heart team members ended the season looking forward to coming back stronger next year, regardless of their standings.
The Sacred Heart University Football Team started off their season with a win in early October against St. Francis (PA). During Homecoming weekend in November, the men beat Bryant University 24-14, with 359 yards of total offense, converting six of fourteen on the third down, with 22 first downs. During the season, senior wide receiver Steve Tedesco was named to the 2009 FCS All-New England team as selected by the New England Football Writers. Tedesco has 7 career records so far with Sacred Heart. With such strong points throughout the season, next year only has more to come.

In early October of 2009, the team closed out a three-game road swing heading up state to face Northeast Conference rival Central Connecticut State. This was SHU's 12th season of competition in the Northeast Conference. SHU holds a 35-42 record in NEC competition since joining the league in 1998, and the men work hard to raise their numbers each season.
This year, the Sacred Heart University Cheerleading Squad reached out to the community when they weren’t rooting for the Pioneers at games. On January 16th, they hosted the 2nd Annual Cheer and Dance Team Challenge in the William H. Pitt Center. Participants at this event included other youth dance teams and cheerleading squads. Some schools that came to this Challenge were St. Joseph’s High School in Trumbull, CT, Paramus Catholic, who won last year’s Challenge, and Branford High School.

The event was lively, exciting, and the enthusiasm on each person’s face showed that everyone there enjoyed the day. The SHU community looks forward to what they do next year.

In addition to community events, the Cheerleaders also always rooted for the Football Team and the Men’s and Women’s Basketball Teams throughout their seasons. Their entertaining support was both fun to watch and morale boosting for players and fans.
The Sacred Heart Men's Cross Country Team started off this year's season with a bang at the Fordham Invitational on September 12th at Van Cortland Park. The Pioneer men left the Invitational with the team title, as well as having three of their runners finish in the top 15. Only a few days after, junior Andrew Houghtalen was named the Co-Athlete of the Week. His efforts at Fordham helped the team earn their victory. The team also took 1st place at the Quinnipiac Invitational on September 19th, and 2nd place at the Fairfield University Victor F. Leebor Invitational on September 26th. The Pioneers' hard work and determination throughout the season led them to the NCAA Championships held on November 23rd. Their successes throughout this season only leave room for further triumphs in the seasons to come.
Sacred Heart University's Women's Cross Country team began their season powerfully this year. The season opener, the Fordham Invitational, resulted in the SHU ladies finishing sixth overall, an amazing feat. Two runners, freshman Olivia Civardi and junior Samantha Troy finished in the top 30 at this event, also showing Sacred Heart's potential for a successful season ahead. Civardi followed this achievement with being named Road Runner Sports Northeast Conference Rookie of the Week for the week of September 16th. The team also finished second at the Quinnipiac University Invite on September 19th. The women Pioneers continued their strong season with victory at the 33rd Annual Fairfield University Victor F. Leeber Invitational, on September 26th. Junior Kimberly DeLoreto earned her first individual career title at the Fairfield Invite, and was named the Sacred Heart/Enterprise Rent-A-Car Student-Athlete of the Week for the week of September 21st-27th for her excellent performance. The team also finished 3rd at the 43rd Annual UAlbany Invitational on October 17th. All of these accomplishments led to the team competing in the NEC's, where the team finished in 2nd place. They also finished 23rd overall at the NCAA Regional Championship and 5th at the IC4A Championships to conclude the season. The SHU Women's Cross Country team had a fantastic season.
Early on in the season, Sacred Heart University Women's Field Hockey dominated the field. On September 13th, the team beat Bucknell in overtime 4-3. Senior Whitney Russo and junior Hannah Robinson worked together to win the game for Sacred Heart. Junior Dana Luhrs' outstanding performance in this game also resulted in her being named the Enterprise Rent-A-Car/Sacred Heart University Student-Athlete of the Week for the week of September 7th-13th. Luhrs scored two goals within 15 minutes in the game against Bucknell, as well as helped score another goal. Consequently, Luhrs was also named the Northeast Conference Player of the Week for the same week. The team also proved victorious in a NEC match-up against Bryant, beating them 2-1. Junior Stephanie Fazio scored the winning goal during this game. The Pioneers ended the season on a strong note with two consecutive wins—one against St. Francis (PA) with a final score of 1-0 on October 30th, and the other against Robert Morris, 5-0 on November 1st. Russo and Luhrs were named to the All-Northeast Conference Field Hockey Second Team for their efforts in the 2009 season. SHU Field Hockey finished their season off tremendously, which only leaves room for further success for future seasons.
Equestrian

The Sacred Heart Equestrian Team defeated several teams this season with solid performances especially in the jumping phases of competitions. In October, the women defeated Stonehill College 6-2 in an event held at River’s Edge Farm. The Pioneers and Chieftains tied in the jumping phase and SHU took a clean sweep in the flat, earning all four points. A highlight of the team, junior Julie Law showed leadership in the jumping phase and was named MVP for the flat test. In February, five members of the team flew to South Dakota State for successful English and Western NCAA competitions. Equestrian looks forward to another successful season next year and in years to come.
In October, the Sacred Heart Men’s Golf Team tied in ninth place in the New England Intercollegiate Golf Association Championships. Freshman Josh Salah scored 1 below par, bringing his team into the top ten score slots of the competition. In April, sophomores Leo Garcia and Bradley Neudorf were named the Northeast Conference Co-Golfers of the Week.

This year, the men’s golf team finished only one stroke back from Saint Francis University of Pennsylvania after their final round in the 2010 Northeast Conference Men’s Golf Championship at the Champions Gate Golf Club.
Women's Golf

The Sacred Heart University Women's Golf Team began their season strongly at the ECAC Division 1 Women's Golf Championship. Playing at the Kiskiack Golf Course in Williamsburg, Virginia, the Pioneers placed 5th out of 11 teams, finishing with a team total of 643. SHU placed above Mount St. Mary's, St. Francis (PA), Wagner, and St. Francis (NY), showing their determination to have a successful season. Freshman Gabriella Riber also finished 5th out of 55 golfers at this event. Due to Riber's terrific game, she was named the Northeast Conference Co-Golfer of the week for the week of October 7th. The team also tied for 8th place with a score of 328 with Fairleigh Dickinson after the first round at the Rutgers Invitational on October 10th. Overall, the Pioneers finished 4th out of 18 teams at Rutgers. Sacred Heart also finished 4th out of 8 teams at the SHU Fall Classic held on October 19th, beating Fairfield University, Boston University, CCSU, and St. Francis (NY). Finishing off the season at the Fairleigh Dickinson Invitational, the SHU Pioneers came in 2nd place out of 8 teams.
Very early on in the season, the Pioneer Men did not disappoint. Senior Kalani Efstatihou was named the EIVA Hay Division Player of the Week due to his efforts against St. Francis (PA) on January 16th, 2010. Just a few weeks later, the team again showed its talents when playing against the New Jersey Institute of Technology, where they slammed them with a winning score of 3-1. Such early victories in the season illustrate the team's dedication to the sport. The following week, the Sacred Heart Men's Volleyball Team won in a match against the University of New Haven, with a score of 3-0. The men began a three-in-a-row winning streak on February 13, 2010: 3-0 against Hunter College, 3-0 to NYU, and 3-2 against NJIT. The team was on fire! After such an amazing run, junior Roger Parent was named the EIVA Hay Division Player of the Week. The Pioneers also beat Stevens Tech 3-0 on February 22nd, Ramapo 3-1 on February 24th, and Johnson & Wales 3-0 on March 4th. The team additionally won several more games, leading them to play in the EIVA Playoffs. The 2009-2010 season was quite impressive, which only leaves room for more domination in future seasons.
Women's Volleyball

The Sacred Heart Women's Volleyball Team won their season opener in late August against Eastern Michigan 3-1 in the Army Invitational. Junior Courtney Kidd-Kadlubek brought her statistics up 56 assists at the end of the game, bringing her to Sacred Heart's third all-time helper list. In mid-November, four players were named All-Conference in the Northeast Conference (NEC). The outstanding players were Kidd-Kadlubek and sophomore Brittany Best for First Team All-Conference, sophomore Ashlyn Trimble and freshman Elise Sage for Second Team All-Conference. After a competitive season, the NEC awarded its fall Team Sportsmanship Award to the Sacred Heart Women's Volleyball team for outstanding displays of good sportsmanship.
The Sacred Heart Men's Soccer Team had an impressive 8 wins against Siena, Holy Cross, Yale, Mount St. Mary's, Saint Francis, Central Connecticut State University, and LIU during the 2009-2010 season. The team has exemplary players with a lot of heart, both on and off the field at SHU. Marcello Castro was named the Northeast Conference Rookie of the Week from October 26th - November 1st 2009. As a freshman he has been the leading scorer for the Pioneers. Sophomore goalkeeper Alex Fait was named the Adidas/Northeast Conference Men's Soccer Co-Player and Co-Rookie of the Week by the league office. His talent was a key in wins against Yale and Mount St. Mary’s. It seems the future of the SHU’s male soccer team is a strong representation of the strong force Sacred Heart has to offer with such talented and devoted players as Castro and Fait. The entire team has played magnificently and we wait to see their return in the fall.
Sacred Heart’s Women’s Soccer has showcased some incredible talent on the soccer field during the 2009-2010 academic year. Their triumphs included junior Jasmine Rodriguez being named to ALL-NEC First Team which is a selection made by the league’s coaches, Ashley Testani was selected as the Adidas/North East Conference following making the only goal of the game at the 88th minute giving SHU a 1-0 win over Fairleigh Dickinson. Both accomplishments strongly show the ladies’ endurance and devotion to the sport.

Throughout the entire season, Sacred Heart put up an incredible effort that led them to crush adversaries such as Longwood University 2-0, St. Peter’s College 1-0, University of Maine 2-0, Stony Brook University 1-0, Fairleigh Dickinson 1-0, Saint Francis 2-1, Wagner College 2-1, and Mount St. Mary’s 5-1. Overall the ladies of SHU made us proud and they will surely have an excellent session during the 2010-2011 academic year.
Swimming

Sacred Heart University's Women's Swim Team started their season with a win at their first meet in January, marking a 120-71 victory at Western Connecticut State University. Freshman Juliette Wallerstein came away with first place finishes in the 50-yard freestyle and the 100-yard butterfly. Junior Katie Marshall and freshman Rachel McGrath went one and two, in the 100-yard freestyle. In the 100-yard individual medley, freshman Stephanie Walters took first place in 1:06.76. Sophomore Allison Thurston placed first in the 500-yard freestyle. In February, freshman Meg Bellamy broke the SHU swimming record in the 100-yard backstroke at the Northeast Conference Championship at Yale, finishing in seventh place with a time of 1:00.46, pushing the Pioneers to fifth place with 148 points in the NEC at that point in the season. Their hard work this season will help them in the seasons to come.
Rowing can be a taxing sport, but the ladies at SHU don’t let it bother them. During this season they have achieved success on numerous occasions. In fact on May 14th they set a new and higher standard for their program at the conclusion of the 2009/10 season during the Dad Vail Championships where they placed second while qualifying for the finals. They also showed excellent sportsmanship at MAAC Championships where they took home sixth place and in the lightweight 4 event winning SHU Rowing a silver medal.

The rowing team also excels outside of the water. Numerous members of the team hold GPA’s well over a 3.0. They are a group we should be proud of and a fine representation of our school. May this year’s season be as successful as the last and good luck to all those who have graduated you will be missed.
Sacred Heart University's Men's Basketball debuted at SHU Hoops Madness for the 2009-2010 season. The exciting event pumped up both the team and students for a great year. The team did just that when opening their season against Yale with a powerful victory of 92-86. The team also proved successful against Lafayette a couple of weeks later, winning 81-70. Senior Forward Corey Hassan was named the Choice Hotels Northeast Conference Player of the Week of November 16th due to his efforts during these games to help the Pioneers defeat their opponents. The Pioneers also successfully beat Columbia 60-55, Monmouth 81-73, Stony Brook 78-70, Holy Cross 82-79, Wagner 75-59, Bryant 84-60, St. Francis 62-50, and finally 68-63 against Monmouth once again. With wins like this, their winning streak is impressive. Next year's season has a lot to compete with!
SHU Women's Basketball played on the court a total of 30 times during the 2009-2010 season. Of those 30 games the SHU ladies were victorious and impressive 19 times against such teams as Harvard, Stony Brook, Fairfield, St. Peters, Monmouth, Yale, Quinnipiac, and Central Connecticut State University.

The Women Pioneers are a group of players that have been inspirational on and off the court. They reached out to the community in April with two service projects such as the Bridgeport Sweep and MS walk. Both of which led to them being awarded Outstanding Service in the Community Award - Most Committed Team by the University's Office of Volunteer Programs.

The Pioneers dominated the court over the course of the season. Such successes, both on and off the court, leave us looking forward to what’s to come.
Men's Fencing

The Sacred Heart Men’s Fencing Team began the 2009-2010 season at the Big One, held at Smith College on November 9th. The event brought 25 schools and 460 fencers together for a huge competition. The Pioneer Men, particularly sophomores Justin Dion and Travis Pereira were undefeated and earned first and second places in a field of 84. What a way to start the season! By the end of this event, SHU was carrying six medals with them back to Fairfield. Following the Big One, the team competed at the Vassar Invitational on November 17th, where they finished with a 3-1 record, beating Drew University 21-6, Hunter College 25-2, and Yeshiva University 26-1. The Pioneers also beat Brown University in the Northeast Fencing Conference in all five matches. The team went on to win the NEIFC, beating Dartmouth, Tufts, UMass, Boston College, and Vassar. The team’s immense determination throughout the season also brought them to their first ever NCAA Championships. Their successes this season were astonishing, and only leaves room for further victories to come.
Women's Fencing

The Sacred Heart University Women's Fencing Team competed at The Big One Tournament alongside the Men's Team to start off the 2009-2010 season. With over 25 schools competing in total, there were a lot of teams to beat. In the preliminary round, senior and captain Krista Bacci and freshman Elena Tringa were undefeated, and seeded 3rd and 4th. Both Bacci and Tringa competed and made their way to the semifinals, where each went on to beat fencers from other schools during this round. The lady Pioneers were on a roll after The Big One, winning seven times at the Vassar Invitational, and another 4 matches in the Northeast Conference Opener. The month of November was nothing short of victorious for the team. The team also beat Vassar and North Carolina later in the season. The team's immense efforts were rewarded when three of the players—Freshman Elena Tringa, senior captain Krista Bacci, and freshman Jayne Smith were all named to the Northeast Fencing Conference All League teams. Their hard work certainly paid off this year, and next year looks bright.
Men’s Ice Hockey

Even in the beginning of the season, Sacred Heart’s Men’s Ice Hockey Team dominated the ice. In a game against Unity on October 24th, 2009, the Pioneers won 6-5 in overtime. Senior Nick Johnson was named Player of the Week in the Atlantic Association for the week of October 19-25 because of his efforts, including the overtime game-winning goal against Unity. On October 27th, the team was again victorious, winning 5-3 against AIC. The team certainly started off strong! Later on in the season, the Pioneers beat Darmouth 4-1. Following this game, freshman Steve Legatto was named the Atlantic Rookie Hockey Player of the Week, and senior Matt Gordon was named the Enterprise Rent-A-Car/Sacred Heart Student Athlete of the Week for the week of December 7-13. The team’s efforts led them to the Final Four of Atlantic Hockey Tournament and the AHA Championship game. Overall, this was a very successful season, and this leaves us with the excitement of what’s to come in the future.
Women's Ice Hockey

Sacred Heart's Women's Ice Hockey team was not on thin ice whatsoever during the 2009-2010 season. The team pushed themselves throughout the season to be victorious. The lady Pioneers won against SUNY Potsdam with a score of 5-2. The team also defeated URI with an astonishing score of 6-2! The Pioneers also achieved their first home win on December 2nd against Nichols College with a final score of 3-1. They were on a roll! Merely a couple of days later, the ladies beat Oswego State 6-1. Senior Jenna Kirkwood and junior Sarah Hannon scored the lone goal for Oswego during this game. The team's determination could not be stronger! Their effort in each of these games strongly illustrates the team's desire for triumph. This feeling can only continue on in future seasons.
Sacred Heart University's Baseball Team began this year's season strikingly. The Pioneers beat the Florida Gulf Coast in the season opener 6-3 on February 26th. Their talent cannot be argued with such a strong finish so early in the season! On March 7th, the Pioneers beat St. Bonaventure 16-13 with the help of senior Jared Balbach. This was his first win of the season! Freshman Troy Scribner also earned his first collegiate save, which helped him earn the title of Akadema Northeast Conference Rookie of the Week on March 9th. The Pioneers went on to defeat UMBC 11-1 a few days later. The team was on fire this season! Senior Jeff Heppner and junior Mike Drowne each scored home runs, which aided in winning against UConn 11-8 on March 20th. With even more wins against schools such as Iona, CCSU, FDU, Wagner, and Monmouth, the team couldn't be stronger. This leaves excitement for an even more spectacular season to come.
From the very beginning of the 2009-2010 season, Sacred Heart University's Softball Team delighted the bleachers. Freshman Nicole Sidor pitched a no-hitter game against UNC-Greensboro at the Spartan Classic, with a final score of 8-0. During the Rebel Spring Games in Florida, the Pioneers defeated LaSalle, Youngstown State, and Columbia. The team was certainly on a roll, because a few short days later, on March 19th, the ladies were victorious at the CCU Opener against Houston Baptist. Later on in the season, the Pioneers beat Mount St. Mary's 11-6. Junior Courtney Lee scored three homeruns that aided her team to victory. Due to their vast efforts throughout the season, Nicole Sidor earned the title of Pitcher of the Week, while Courtney Lee was named the Northeast Conference Player of the Week on April 19th. The team could not have any stronger work ethic, which only gives us more to look forward to in the years to come.
The Men's Lacrosse Team worked hard this season to climb their way to the top in their league. A significant change in their status happened in March after a close game in March. The Pioneers beat the University of Hartford 7-6, pushing Sacred Heart past Hartford for the third place spot in the league. Toward the end of their season, the Pioneer men took on St. John’s University’s team for senior night, highlighting the team’s 12 seniors, including Nick Brink, Joe Caridi, Vincent Castelli, Jon Flood, Brendan Foley, Stephen Gerhard, Timmy Katz, Evan Morgan, Jack Redmond, Peter Ridge, Tom Trgo, and Kenny Ushman. The Pioneer’s dedication to the sport has not gone unrecognized this year, and next year should be no different.
The Sacred Heart Women's Lacrosse Team had a winning season, including an April three-peat win in the Northeast Conference Championship, conquering Quinnipiac University 12-7. Senior goalkeeper Chelsea Wagner was named the 2010 NEC Tournament Most Valuable Player. The win finished the season with a perfect run through the Northeast Conference with a 9-0 regular season record. The Pioneers raised their record to 14-4 with their 12th-straight victory after beating Quinnipiac. Other stars on the NEC Conference All-Tournament team were seniors Carissa Hauser, Jackie Pierce, and Farra Coppola. The championship game was finalized when Kate Kniotek forced a turnover off the Bobcats as SHU cleared and scored two more goals in the final minutes, sealing the win and claiming Sacred Heart's third-straight NEC title. With such a successful season, next year's season hopes for another sensational finish.
Men's Tennis

The very first game of this season proved to be a triumph for Sacred Heart's Men's Tennis. The team beat Fordham 6-1 on September 22nd, and showed the competition that they weren’t playing around. Just a week later, the Pioneers went on to defeat Siena 7-0. The men were on a fierce winning streak from the very beginning, and didn’t stop. They then beat St. Peter’s 3-2.

Junior Kirill Kasyanov also won the Flight “A” singles draw while competing at the Quinnipiac Invitational. Kasyanov’s efforts so early into the season earned him the title of Northeast Conference Tennis Player of the Week. Throughout the entire season, Kasyanov picked up five NEC Awards, as well. They ended the fall part of their season at the Connecticut State Championship, where Kasyanov made it to the semifinals of the main singles draw.

The Pioneers began the spring part of their season with a victory against NJIT 4-3, and again a few weeks later against Holy Cross 5-4. The team also dominated against South Dakota 6-1, Boston University 5-2, Hartford 7-0, Monmouth 6-1, Fairleigh Dickinson 5-2, and Hofstra 7-0. The men made it to the NEC Tournament Semifinals, and seeded Monmouth 4-0 to compete in the NEC Championship.
Sacred Heart Women's Tennis dominated their first game of the season against Monmouth with a score of 6-1. The ladies also were successful at Stony Brook with the Pioneer men, defeating St. Peter's 4-1. Junior Darcy Demers was named Northeast Conference Tennis Player of the Week October 20th because of her efforts to help lead the team to victory. The Pioneers opened the beginning of the spring portion of their season by beating NJIT 4-3, showing that their winter break didn't hinder them. The ladies beat Holy Cross 7-0 in February, and continued the season with victories over Bryant 6-1, South Dakota State 6-1, Hartford 7-0, and Providence 6-1. Their intense dedication lead them to beat Mount St. Mary's 4-1 at the NEC Championships. Sophomores Delaney Downing and Kate Donnelly earned NEC Honors due to their efforts this season. An unbelievable season like this can only bring more successful seasons in the future.
Men's Track & Field

Sacred Heart University's Men's Track & Field Team began their season at the Hartford Invite, where freshman Jeremy Rosado broke the school record and came in first place, as well as first place in the NEC rankings because of his results in the 60-meter hurdles with a very fast 8.19 seconds. Sophomore Bertony Jean-Louis ran the 60-meter dash in 6.97 seconds, giving him second among NEC runners. In February, the Pioneers competed at the New England Indoor Championships at Boston University, where they finished 17th overall. Jean-Louis' efforts at the Championships helped earn him the recognition of the Enterprise Rent-A-Car / Sacred Heart Student-Athlete of the Week for the week of February 22nd through the 28th.

In March, the team opened their outdoor season at the Farmingdale Invite, where the men won a total of seven events. Freshman Jeremy Rosado was named the Road Runner Sports Northeast Conference Track & Field Rookie of the Week on April 6th due to his time in the 110-meter hurdles at the Liberty University Collegiate Invitational.

The team's devotion led them to the NEC Championships, where they finished in 4th place. With such an impressive track record, next year's season can't come soon enough.
Women's Track & Field

Sacred Heart's Women's Track Team placed in several meets this season. In meets with the US Army, Boston University, and more, several of SHU's women's teams placed top five in pole vaulting, hurdles, sprinting events, relays, shot put and more. In late February, the team took the lead early on in the Northeast Conference Championship. Sophomore Athalia Smith finished second in shot put, sophomore Ashley Matakevich finished eighth overall in the long jump, and Senior Kerry Ojeda took second place in pole vaulting. In the middle of the season, SHU's senior Brittany Dexter and sophomore Bertony Jean-Louis earned All-East honors for their top eight finishes at the 2010 ECAC and IC4A Indoor Track and Field Championships in early March. The women ended their season capturing its 13th consecutive Collegiate Track Conference Championship. Smith finished first in both the shot put and the hammer throw to lead the women. Other women who placed in the meet included Christine Middleton in fifth place with the shot put, and Carol Cress, placing in fourth. Ashley Matakevich placed first in the long jump, helping the Sacred Heart team gain their winning 176.50 points, 41 points ahead of the second place team. This end to the season brings high hopes for next year's women's track and field team.
Wrestling

Even bright and early in the 2009-2010 season, Sacred Heart's Wrestling Team dominated the mats. On November 19th, the team defeated Stevens Tech, with an unbelievable finish of 28-15. Shortly afterwards, the team participated in the Body Bar Invitational, hosted by Cornell University. The Pioneers did not go unnoticed, as they earned first round victories from red-shirt junior Cory Dunn and heavyweight junior Paul Schweighardt. The team also competed in the Sprawl Brawl, which was hosted by Binghamton. During this event, junior Brandon Lapp was undefeated with scores of 4-2, 4-3, and 7-1! The wrestlers also were victorious against Harvard, with the help of senior Michael Hartman and freshman Anthony Riccio. The team went on to compete in the Northeast Duals and the Southern Scuffle, as well. Later on in the season, due to his strong efforts, junior Pat Feely was named the Enterprise Rent-A-Car/Student Athlete of the Week for the week of January 11th-17th. The team surely did not disappoint this year, and leaves more to hope for next season.
Women's Bowling

In a poll taken by the National Tenpin Coaches Association, Sacred Heart Women’s Bowling was placed ninth in the nation. This is quite an honor, for it shows all of the hard work and determination that the team has put into the sport in the past and will put in throughout this season, as well. The Pioneer Women played in the Jeanette Lee Invitational on December 8th, 2009, where they earned a perfect 11-0 record and overall came in third place at the event. Sophomore Savannah Zientara and junior Sarah Pelletier helped the team to this victory with average scores of 198 and 189. Zientara’s efforts also earned her to be named to the All-Tournament Team, as well as was named the Enterprise Rent-A-Car/Sacred Heart Student Athlete of the Week for the week of January 25-31. The team’s strength earned them a place competing in the NEC’s, where they defeated Fairleigh Dickinson and won the championship! The Pioneers ended this year’s season with a bang, and leaves us something to look forward to in the coming seasons.
Senior Week and Commencement Events

It seems like just yesterday that the Class of 2010 was welcomed to the Sacred Heart campus. The past four years have flown by, leaving seniors with lasting memories of their college careers. From the chaos of freshman move-in day to senior week four years later, students made a lot of changes in their lives.

The first year spent in college is a time for students to adjust to life away from home and learn to branch out and meet new people, including anonymous roommates that may or may not get along with each other. Freshman year also introduces students to cafeteria food for every meal rather than mom’s home-cooked extravaganzas. As sophomores, students were more adjusted to the college life and involved themselves with campus activities, clubs, and organizations. Friendships became more solid, and learning to juggle schoolwork, friends, and possibly a part-time job was easier as time went on. As juniors, students got to experience apartment-style living on campus and had the opportunity to feel more independent. Internships and volunteer work became important this year, with the end of college nearing. Finally, as seniors, the students had a love-hate relationship for their final year in school. Senior-itis hit and students were tired of school work, but didn’t want the good times with friends to ever end. After four years at Sacred Heart, the seniors are finally ready to enter the real world.

As a last hurrah, the seniors participated in Senior Week, saying goodbye to good friends, their college careers, and said hello to a new chapter of their lives. The Class of 2010’s Commencement ceremonies took place on May 16, 2010 on Sacred Heart’s Campus Field, making final memories to take with them for the rest of their lives.
Laura Walker  Teresa Walsh  Alex Walter  Kyle Waring  Elizabeth Warren
Jacqueline Wilkins  Keith Wilkinson  Katrina Willette  Jason Williams  Stephen N. Winard
Derek Winsick  Alyssa Wintergrass  Jennifer Wysocki  Christopher Zaccherio  Mark Zanghi
Sabrina Zervas  Kelsey Zeyher  Ashley Zimmerman  Casey Zimmermann  Amanda Zullo
Kathryn Alfonso

Dear Katie,

Congratulations! I am so proud of you.
Wishing you success and happiness.
May all your dreams come true...

Love, Mom

Brittany Rose Barbarise

Dear Brittany...
You continue to make us so proud with every achievement you fulfill and challenge you overcome. Keep an open heart and embrace the path you choose with strength, passion, vision, and perseverance.
With our respect and love always, Mom & Dad

Scott Barry

Dear Scott,
We are so proud of our AWESOME son.
Watch out world, here comes Scott!
Love, Mom and Dad
Alexandra Bavasi

Congratulations, Alex!
You’ve reached another awesome milestone on your life’s journey – and this one is only 3 ½ years while playing volleyball. You continue to touch our hearts in so many ways. Always follow your dreams and believe in yourself. We do! You are loved!
Madre y Padre

Daniel Brimley

Daniel,
words cannot describe how proud we are of you. The time went by so quickly. Remember to always commit to the Lord whatever you do and your plans will succeed.
Our Love Always, Mom and Dad

Kerri E. Carroll

We wish you success and happiness always.
Congratulations on your graduation
from SHU.
Love, Mom, Dad,
Vinnie and Caitlin
WILLIAM T. CASH

Dear Billy,
You have had a wonderful time at SHU and we have loved sharing this experience with you. Our wish for you is this...
“That this life becomes all that you want it to”.
With much love, Mom and Dad

DANIELLE C. COCKS

D.C.
I am so proud of you.
Life isn't about finding yourself.
It's about creating yourself.
    Mom, Dad, “in spirit”, Muffin, and Jerry

KELLY CONSIDINE

Congratulations, Kelly, on your graduation.
What you have accomplished is truly remarkable. You are our hero!
Words can't express how proud we are of you.
We wish you much happiness and success in the future.
Good luck to you in your graduate studies next year.
With all our love – Mom, Dad, Rachel, and Nikki
COREY CORCORAN

Congratulations, Corey!
We are all extremely proud of you.
Continue to use the many gifts God gave you.
Love, Mom, Dad, Chase, Courtney, and Grandpa

MARK DISANTO

Congratulations, Mark!
We are very proud of you and all you have accomplished. Wishing you a lifetime of happiness, love, and success.
Love You Always, Mom, Dad, Ryan, and Kyle

KRISTINA DROBENKO

Dearest Kristina,
Don’t be reasonable in your desires; be bold and full of dreams since they have always kept you going. We’re very proud of your accomplishments & wish you fulfillment, prosperity, and interminable happiness!
Love, Mom, Dad, & Adrian
**Kate Dushaj**

My darling Kate,
You exemplify Nonna’s quote: “The obstacles that tripped and checked the body, shot the spirit on further than target ever showed or shown.” And remember: “To live in hearts we leave behind is not to die.”

I love you, Mom

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**DeeVa Frankel**

DeeVa, Congratulations!
We are so very proud of all your accomplishments.
May success lie ahead of you, always.
Good luck in medical school. You’re a unique young lady!
Love, Mom & Dad

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**Michael Geotes**

Michael,
“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”
We are so proud of you.
Love, Dad, Mom, Christopher, & Nicole
NICOLE GEROSA

Nicole,
Words cannot express how proud I am of you on and off the field. Here are some that remind me of you: dedication, loving, fierce, ambitious, selfless, loyal, mentor, generous, heart, teammate, friend, beautiful. I will always cherish our Wed nite Dinners and Grandma’s garden. You will make a difference.
Love, Mom

BRYAN GIUNTINI

Dear Bryan,
   We are so proud of you!
   We wish you the best that life has to offer.
   Love, Mom and Dad

CHELSEA ANA ISHERWOOD

Dear Chelsea Ana,
We all, here and in spirit! congratulate you with our hearts full of love and tremendous pride to be the first in our family to graduate college! Always remember..."If it hurts to look back and it frightens you to look forward, just look beside you and we will always be there."
**ALLISON JORDAN**

Dearest Allison,
Congratulations! We are so proud of you. May all of your dreams come true...
We Love You, Mom, Dad, Matthew, and Daniel

**KERRI KALINSKI**

To My Beautiful Daughter, Kerri,
You are one of the greatest joys of my life and I am so proud of you as you graduate.
I love you more than I could ever possibly tell you.
I hope you dance... Love, Mom

**CHRISTINE LAMETTA**

Our dearest Christine,
May the wind always be at your back and the sun upon your face and may the wings of destiny carry you aloft to dance with the stars.
Love, Mom, Dad, Matthew, and Spike
GINAMARIE LEONE

Dearest Ginamarie,
We are so proud of you and all of your accomplishments. You are paving the way for a bright and successful future. Congratulations on a terrific finish! You are a blessing!
We love you, Mom and Dad

CHRISTOPHER SCOTT LUTZ

Dearest Christopher,
Find something you are passionate about and run with it, and as you follow your dreams remember to laugh often.
Life is full of opportunities and choices,
But never forget that happiness is found within yourself.
Always know how proud we are of you
And how much we love you – Mom and Dad

MICHAEL MACCARIELLO

Dear Michael
All the things we dreamed for you are all the things you are.
Congratulations, continued success, and may God bless you.
Love, Mom, Dad, & Bobby
**Kristen McCarthy**

To our beautiful Kristen,
We are so proud of you and the woman you have become!
Believe in yourself and follow your dreams.

Love, Mom, Dad, Katherine, & Jillian

**Eileen McGarry**

Wondrous adventure, accurately describes the journey of twenty-two years with Eileen McGarry. Accomplishments are plentiful and pride is endless. We thank you, God, for the blessing we know as Eileen McGarry.
All our love to you, Eileen,
m. d. k. et al

**Kelly McKeown**

Kelly - We are so very proud of you as you graduate. Continue to work hard. Keep following your dreams and you will succeed in whatever you do!
Love, Mom, Dad, & Kacie
MATTHEW E. MILLER

Congratulations on all your hard work – it has paid off. We are very proud of you!
Love, Mom, Dad, & Kerrie

AVERY B. OWENS

Dear Ave,
  Congratulations!
  We are very proud of you.
  May you continue to walk with God.
Love, Mom, Dad, and Khery

CHRISTINA PECORARO

To Our Dear Chrissy,
We wish you happiness & success in the years ahead. We are so very proud of all your accomplishments. Go make your mark on the world!
  Love, Mom and Dad
KEVIN PUSTELNIAK

Kevin,
May God Bless your future
with love, peace, and success.
We are so very proud of you.
Love Always, Mom & Dad

GREGORY R. RASTOCKY

My Son Gregory,
I am so proud of the extraordinary young man you have become and I wish for you
success, love, & happiness. As you move forward into the next chapter of your life,
ever lose sight of your dreams.
Much Love always, Mom

STACY L. RASTOCKY

My Daughter Stacy,
It is with great pride I have watched you become the remarkable young woman you
are today and as you continue on life’s journey, always remember to always stay true
to yourself. I wish for you success, love, & happiness.
Much Love always, Mom
**Sarah Marie Rawan**

Enthusiastic, driven, focused, team-player, quick-witted, sincere, hardworking, smart. You’re good, unique, special, and loved. So proud of “our girl”, Sarah Marie.

Love, Mom, Dad, Lauren, and Jacqueline

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**Sarah Rogan**

Princess,
I’m so proud of your accomplishments these past four years. Believe in yourself and be true to yourself always and there aren’t any goals that you cannot achieve.

Love, Mom

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**Keith S. Rowe**

Keith, we’re thinking of you with love and pride,
Not only for your wonderful accomplishments, but for the very special person you are, too and wishing you a lifetime of all your dreams come true.

May God bless you and always!

From Your Proud Parents
ASHLEY ANN SAVAGE

To My Shining Star, Ashley
May you always have LOVE in your heart and throughout your life.
May you always have FAITH in God, but believe in yourself.
May you always keep DREAMing and may all your dreams come true.
Congratulations! Love ya, Mommy

JASON SOULE

Jason,
Look back with pride on all you have accomplished. Look forward with excitement
to the challenges and rewards ahead. Enjoy the success of today, you have certainly
earned it.
All our love, Mom, Dad, Adam, & Lindsay

JILL TIMMER

We are very very proud of you for all your accomplishments these past four years.
Congrats Grad 2010 "You Did It".
Love Always, Mom, Dad, & Tyler
KrisTEN Toffales

Our loving Kristen,
You make us proud, you bring us joy.
You can do or be anything you choose.
But always be who you are.
Love, Mom, Dad, and Mikey xxoo

KrisTEN Trimboli

Congratulations, Kristen Trimboli!
We are proud of your dedication and achievements. This is just the beginning of a
bright future!
Love, Dad, Mom, Kimberly, & Grandma

AnGeLO Tsaganeas

To our dear Angelo,

“The doors to you future are wide open. Walk through them with your back straight
and your head held high. And anything you do, you will do with pride.”
Love, Dad, Mom, and Christopher
JACQUELINE VELE

Dear Jacquie,
We are so very proud of you and love you.
May you follow your dreams and your heart.
Love always, Mom, Dad, and Anthony

PETER VILLAVECCHIA

Dear Peter,
To venture beyond what is expected is brave;
To achieve beyond all expectations is courage and vision;
To support and believe in someone's abilities is a family with love and pride...
Love always, Mom, Dad, Adam, and Brian

CHELSEA WAGNER

Leaving Colorado for SHU, "What a way to start".
Chelsea, you're a sweet young lady with a great big heart.
You have grown so much since we've been apart.

All you've done on and off the LAX field has been so great.
An accomplished student athlete, true, as a friend 1st rate.

May the Lord bless you in all that you do.
Know He loves you and we do, too!

Congratulations on becoming a SHU grad.
You're a special daughter, love Mom and Dad!
KEITH WILKINSON

"In doing something, you do it with love or never do it at all" – Mahatma Ghandi
We are so proud that you are graduating from Sacred Heart University. More importantly we are so proud of you as a person. Your love and respect for people is an outstanding quality that I know you will have your entire life.
Love, Mom, Dad, & Lauren

CHRISTOPHER ZACCHIERO

To Our #22,
You have always made us very proud. We will love you forever. Congratulations.
Love, Mom and Dad

SABRINA M. ZERVAS

Dear Sabrina,

You make us so proud! You have worked hard to make all of your dreams come true. We wish you a lifetime of happiness and success!
XOXOXO Mom, Dad, John, Catherine, Emily, and Laura
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