

Book Talk with Dr. Gary Rose

BY LAUREN RAUSO
Staff Writer

On Sept. 16, Dr. Gary Rose held a book talk in the Loris Forum. A professor of political science for 40 years, Rose has received a number of awards and published 14 books.

His newest book, “James Madison, Public Servant: A Biography,” was published in 2024, and it aims to help readers to understand the life of James Madison and the legacy of this Founding Father. It starts in his early life and follows through to his role in writing the Constitution and Bill of Rights.

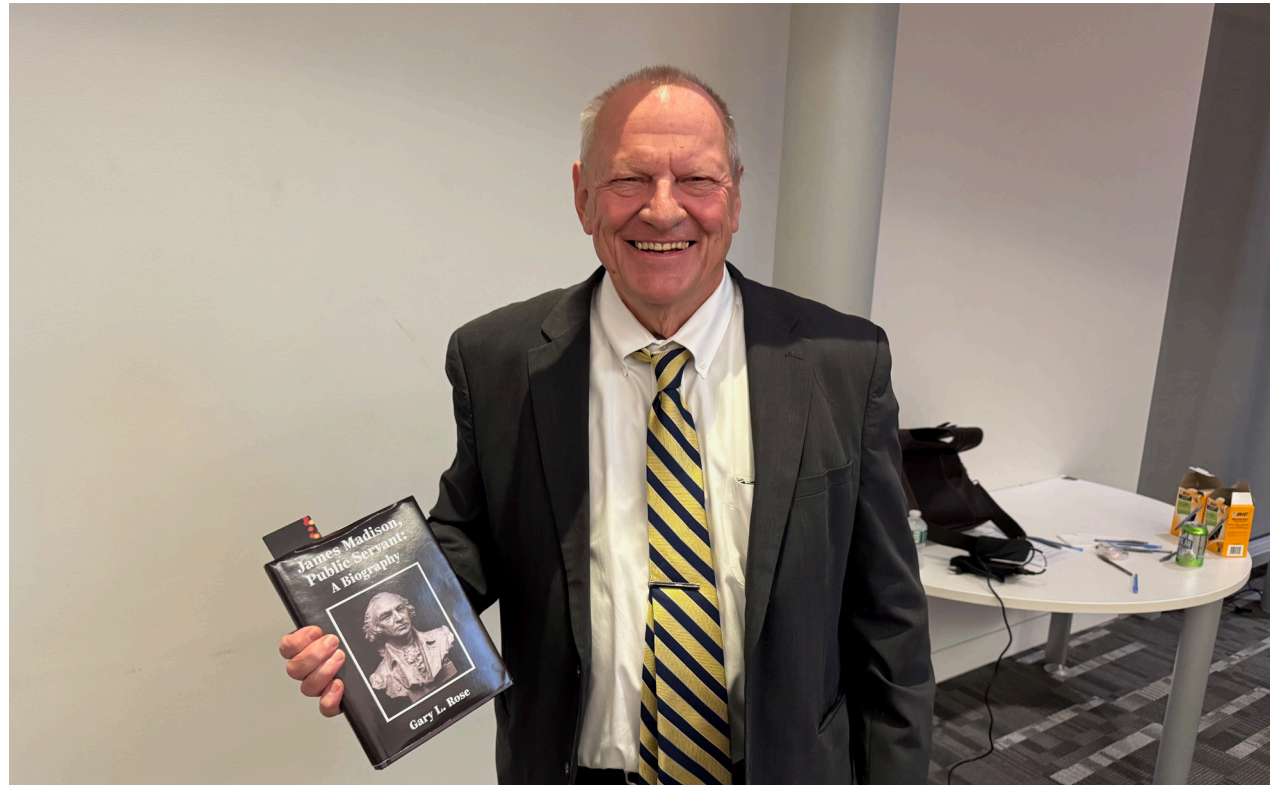
Later in the book, Rose touches on Madison’s time in office, along with his public service acts and how they tie into today’s world. Madison, during his time, faced many similar obstacles to the ones that we face in today’s society, and the Constitution that he created was made to be able to deal with the problems our country faces today.

“After reading this book, it helped me to better understand the government and our rights, which will allow me to better understand how to navigate any challenges that come up in today’s government and or society,” said junior Sophia Falco.

The Tuesday night book talk was filled with Sacred Heart University students, staff and alumni. The opening delivery was made by graduate student Anna Macaulay.

The crowd had their notebooks and tablets ready at the start of the night to take notes and further their education on the topic of James Madison and the Constitution. Rose gave a synopsis on his book and spoke upon the reasons why he was motivated to write this type of piece.

“In light of the political chaos that is pulling our country apart, I felt it was important to write



Nicholas Maisano, Staff Writer and Photographer

Prof. Gary Rose with his book, “James Madison, Public Servant: A Biography” after his talk at Sacred Heart University on Sept. 16, 2025.

about the Founding Father most responsible for the United States Constitution, as it is the Constitution that is holding our country together,” said Rose. “Moreover, because I am the faculty member who teaches Constitutional Law at SHU, I have a particular interest in the history of the Constitution, how the Constitution came into existence, and the important values that are ingrained in that document. So much of how we live as free people comes back to the work and foresight of James Madison.”

“James Madison was a man who was loyal to public service, and that is something that should

influence today’s society,” said junior Amy Southall.

“Throughout his entire adult life, Madison worked for the public’s interests. He served in the Virginia legislature, was the lead delegate at the Constitutional Convention in 1787, served as a member of the U.S. Congress, Thomas Jefferson’s Secretary of State, and as our nation’s President for two terms,” said Rose. “Even in retirement, he performed several public tasks to better society. James Madison modeled what public service is: his work was always with the people in mind and not for his own personal interests.”

Hacking the Constitution

BY DECLAN TOLAND
Staff Writer

On Sept. 17, Sacred Heart University hosted its annual Constitution Day Hackathon, where students proposed “hacks” to the U.S. Constitution as part of a liberal arts and social sciences initiative.

“The main goal of the Constitution Day Hackathon is to encourage students to engage in critical thinking,” said Dr. Marylena Mantas-Kourounis, head of the Department of Political Science and Global Affairs. “In being asked to suggest a Constitutional amendment, or ‘hack,’ students are encouraged to learn about the Constitution, to understand it, to analyze it, to evaluate it, and to synthesize a concrete argument. These skills enhance the academic skill set and experience of all students.”

All students were welcome to participate in the event. Political science majors have engaged more with the event each year, but that has not swayed students with other majors from

submitting their Constitution changes.

Sophomore Harjaap Singh submitted a hack focused on presidential pardons. He was selected due to a paper he wrote in his American Government and Politics class.

“I’m a big advocate for fairness and everyone, including the president, being treated the same. I thought that the limits on these pardons were extremely insufficient and basically put the president above all,” Singh said. “I accepted the invite because of how much I valued what I was writing about and how I wanted to talk about it.”

The high school version included students from Notre Dame Prep and Trumbull High School. Mantas-Kourounis explained that a cohort of students in both high schools were asked, “If you could hack into the Constitution, what would you change and why?” The submission process was anonymous, and Mantas-Kourounis worked

See Hack the Constitution continued on pg. 2

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TO NEW CONFERENCE

News

California bans most law enforcement officers from wearing masks during operations

BY AP NEWSROOM

California became the first state to ban most law enforcement officers, including federal immigration agents, from covering their faces while conducting official business under a bill that was signed Saturday by Gov. Gavin Newsom and swiftly denounced by Trump administration officials.

The ban is a direct response to recent immigration raids in Los Angeles, where federal agents wore masks while making mass arrests. The raids prompted days of protest and led President Donald Trump to deploy National Guard troops and Marines to the area.

Newsom said at a news conference in Los Angeles, where he signed the bill flanked by state lawmakers, education leaders and immigrant community members, that California is unique in that 27% of its residents are foreign born.

“We celebrate that diversity. It’s what makes California great. It’s what makes America great. It is under assault,” he said.

The Democratic governor said the state is pushing back against the practice of masked agents without identification or badge numbers detaining people on the streets.

“The impact of these policies all across this city, our state and nation are terrifying,” Newsom said. “It’s like a dystopian sci-fi movie. Unmarked cars, people in masks, people quite literally disappearing. No due process, no rights, no right in a democracy where we have rights. Immigrants have rights, and we have the right to stand up and push back, and that’s what we’re doing here today.”

But it’s unclear how — or whether — the state can enforce the ban on federal agents.

Trump administration officials have defended use of masks, saying immigration agents face strident and increasing harassment in public and online as they carry out enforcement in service of Trump’s drive toward mass deportation. Obscuring their identities is necessary for the safety of the agents and their families, officials contend.

Bill Essayli, acting U.S. attorney for Southern California, said on the social platform X that the state does not have jurisdiction over the federal government and he has told agencies the mask ban has no effect on their operations. “Our agents will continue to protect their identities,” he said.

Essayli also criticized Newsom’s comment on X saying Homeland Security Secretary Kristi Noem was “going to have a bad day today,” adding that there is zero tolerance for “direct or implicit threats against government officials.” He referred the matter to the Secret Service, which said in a statement, also on X, that it could not comment on the specific case but must investigate any potential threat.

DHS official criticizes California law

Tricia McLaughlin, Homeland Security assistant secretary for public affairs, called it “despicable and a flagrant attempt to endanger our officers.”

“While our federal law enforcement officers are being assaulted by rioters and having rocks and Molotov cocktails thrown at them, a sanctuary politician is trying to outlaw officers wearing masks to protect themselves from being doxxed and targeted by known and suspected terrorist sympathizers,” she said via email.

The men and women of federal immigration agencies put their lives on the line to arrest violent criminal illegal aliens, she said, and rhetoric like Newsom’s has contributed to a surge in assaults.

Newsom countered that concerns about doxing agents, or publishing their personal information online, are unfounded and unproven.

“There’s an assertion that somehow there is an exponential increase in assaults



Ethan Swope, AP Photo

Law enforcement officers stand guard during a protest June 14, 2025 in Los Angeles.

on officers, but they will not provide the data,” he said. “All they have provided is misinformation and misdirection.”

Ban applies to various face coverings, includes some exceptions

The new law prohibits neck gaiters, ski masks and other facial coverings for local and federal officers, including immigration enforcement agents, while they conduct official business. It makes exceptions for undercover agents, medical masks such as N95 respirators or tactical gear, and it does not apply to state police.

Democrats in Congress and lawmakers in several states, including Tennessee, Michigan, Illinois, New York, Massachusetts, and Pennsylvania, have introduced similar proposals calling for mask bans.

Proponents of the California law said it is especially needed after the Supreme Court ruled this month that the Trump administration can resume its sweeping immigration operations in Los Angeles. The law aims to boost public trust in law enforcement and stop people from impersonating officers to commit crimes, supporters said.

Constitutional law expert Erwin Chemerinsky at the University of California, Berkeley, also defended the legislation. Federal employees still have to follow general state rules “unless doing so would significantly interfere with the performance of their duties. For example, while on the job, federal employees must stop at red lights,” he wrote in an opinion piece for the Sacramento Bee.

Another new law covers schools and health care facilities

Newsom also signed legislation Saturday preventing immigration agents from entering schools and health care facilities without a valid warrant or judicial order and requiring schools to notify parents and teachers when agents are on campus.

Assemblymember Al Muratsuchi, D-Torrance, said “students cannot learn if they live in fear of being deported. The California Safe Haven Schools Act is a clear message to Donald Trump: ‘keep ICE out of our schools.’”

Earlier this year the Legislature also authorized giving \$50 million to California’s Department of Justice and other legal groups, which has resulted in more than 40 lawsuits against the Trump administration.

Hacking the Constitution

BY DECLAN TOLAND

Staff Writer

CONTINUED FROM PG 1

with a group of Sacred Heart political science students to select two candidates from each school based on structure, originality and effectiveness of arguments.

“We believe that by critically engaging with the Constitution, the students from Notre Dame and Trumbull High School will acquire enhanced civic knowledge, skills, and dispositions,” Mantas-Kourounis said.

Mantas-Kourounis intends to grow the event even further in the future on both the college and high school level. Currently, there is another high school interested in participating next year, and students are always welcome to submit their “hacks” to the Constitution.



Danielle Grillo, Staff Writer and Photographer

Dr. Mantas-Kourounis (left) speaking at the Hack the Constitution Event in the Loris Forum, next to the panel of student presenters on Sept. 17, 2025.

Features

Running Home to New Sisterhoods

BY **CAROLINE DAVINO**
Staff Writer

From Friday, Sept. 12 to Sunday, Sept 14, Sacred Heart University’s Fraternity and Sorority Life (FSL) hosted their annual sorority recruitment weekend. SHU is home to eight Panhellenic chapters that students looking for sisterhood and community were able to join.

During the weekend, over 500 students received invitations to be a part of a greek life organization on campus.

“Recruitment gets bigger every year,” said FSL Director Kathryn Ionta. “It was very successful this year, and I do have to say that it is always a community effort. There is no one thing going well without the other.”

The recruitment process was broken up over three days.

Sept. 12 was the sisterhood round, where potential new members met every chapter. This day consisted of shorter rounds, but was the longest day of recruitment.

Sept. 13 was the philanthropy round, where participants could be invited back to as many as five chapters. On this day, women in sororities discussed their philanthropic efforts and values.

Finally, Sept. 14 was the preference round, where potential new members met with two chapters for deeper conversations about values. That night, women ran home to their new chapters on Chapel Quad.

“People join sorority life because they’re looking for connection and a sense of belonging and acceptance. And I think that’s the largest benefit of joining,” said Ionta.

SHU’s Panhellenic Counsel helped organize recruitment weekend.

“Panhellenic plays a central role in organizing and overseeing the recruitment process by coordinating every detail to ensure the experience is positive and seamless for both potential new members and chapters,” said senior and Panhellenic President Victoria Prifitera.

Prifitera said being a part of the Panhellenic Council has allowed her to grow individually and become a leader.

“This position has not only taught me so much about myself and others but has also given me the leadership opportunity and experiences I had been yearning for,” said Prifitera. “Panhellenic has allowed me to grow as a leader while building meaningful connections across our community.”

Senior Francesca Scalzo, Zeta Tau Alpha vice president of recruitment, said that



Caroline Davino, Staff Writer and Photographer

The Zeta Tau Alpha chapter on Sacred Heart University’s Chapel Quad is preparing to ‘welcome home’ their new member class on Bid Day.

every year, recruitment weekend allows the organizations to deepen their connections with one another.

“This entire process has brought our chapter closer than ever before,” said Scalzo.

Ionta discussed how recruitment is continuously growing, as she’s been watching it grow since 2019. Ionta said that everyone’s support and enthusiasm is why things can run so smoothly in a constantly growing environment. Currently on campus, our chapters are home to 1,700 students.

Members described recruitment and sorority life as a rewarding experience that provides friendships, leadership roles and volunteer opportunities.

“My advice is to be your authentic self, don’t try to be someone you are not,” said Scalzo. “By being yourself and opening up to the person you are talking to, we can get a better idea of you and your values.”

To find more information regarding Sorority Recruitment, visit @shufsl or @shu_panhellenic on Instagram.

Parking spots used as colorful protest against Florida crackdown on rainbow crosswalks

BY **AP NEWSROOM**

ORLANDO, Fla. (AP) — An Orlando restaurateur on Monday turned over 49 parking spots outside her eatery for artists to color as a protest against a state mandate removing rainbow-colored crosswalks and other art on Florida streets, including one outside the LGBTQ-friendly nightclub where 49 people were killed in 2016.

Se7en Bites owner Trina Gregory said she received 1,000 applications for the event dubbed “Parking Space for Pride — A Rainbow Connection,” after she put out word that the parking spaces would be open for coloring as a salute to diversity and artistic expression. The parking spots are on private property and not under government control.

The idea came in response to the administration of Republican Gov. Ron DeSantis’ enforcement of a state code which prohibits “surface art” on crosswalks, sidewalks, intersections, travel lanes or shoulders. A memo issued by the Florida Department of Transportation this summer prohibited “surface art” associated with “social, political or ideological messages or images and does not serve the purpose of traffic control.” It warned that transportation funds could be held withheld if municipalities failed to comply.

Many of the painted crosswalks celebrate historically marginalized groups such as the LGBTQ+ and Black communities.

Last month in the middle of the night, state transportation workers painted over the rainbow-colored crosswalk outside the LGBTQ-friendly Pulse nightclub in Orlando where 49 patrons were massacred in what was the worst mass shooting in the U.S. at the time. Since then, protesters have repeatedly colored-in the crosswalk with chalk.

“Art has always been a form of resistance and healing,” Gregory said. “If they want to erase symbols of pride and acceptance, then we’ll create

even more of them. This isn’t just about paint, it’s about community, visibility, and love.”

Critics say the crosswalk restriction is the latest attack on the LGBTQ+ community by the DeSantis administration and Republican-controlled Legislature, including restrictions on gender-affirming care and Florida’s measure commonly referred to as Don’t Say Gay, which banned classroom discussion about sexual orientation and gender identity in certain grades.

Other communities also are using art to protest the new prohibition on street art. Members of the Harvest Sarasota Church in Sarasota on Sunday painted 500 feet (152 meters) of rainbow colors between two buildings. Pastor Dan Minor told reporters that church members felt compelled to act once the crosswalk crackdown took off last month.



John Raoux, AP Photo

Tyler Blum paints a parking space at a local restaurant to support the LGBTQ+ community and to protest state mandates on crosswalk art Monday Sept. 15, 2025, in Orlando, Fla.

**UPCOMING
EVENTS ON
CAMPUS**

**FRIDAY 9/26:
WOMEN’S VOLLEYBALL
VS QUINNIPIAC
7 P.M. AT THE PITT
CENTER**

**SATURDAY 9/27:
FOOTBALL VS
DELAWARE STATE
12 P.M. AT CAMPUS
FIELD**

**SUNDAY 9/28:
FAMILY WEEKEND
CONCERT
EDGERTON CENTER
AT 1 P.M.**

CampusLife

SHU Students Settle In

BY MADISON CONKLIN
Copy Editor

On Aug. 25, Sacred Heart University’s (SHU) fall semester began. Freshmen arrived in the well-worn halls, sophomores levelled up to upper quad, and juniors and seniors moved off campus. Students are getting back into the groove of college life and adjusting to their new living situations and academic status. Many students are having positive experiences being back.

Sophomore Hannah Manzo said she is doing well since being back at SHU, especially academically as she is learning more about her major and is having a better experience with her professors this year.

Manzo also enjoys her living situation. Last year, Manzo lived in Toussaint Hall, a freshman residence hall located in Pioneer Village. This year, Manzo lives in Christian Witness Commons, commonly referred to as North. Christian Witness Commons is a suite-style residence hall for sophomores.

“As for my dorm, I do like it. It’s in a weird location, but I like it a lot better than Toussaint,” said Manzo. “I like the people there and the community based housing.”

Sophomore Blake Mattessich has also experienced a smooth transition into the new school year and is excited to be back.

“I had a great summer, but I can’t complain about being back with all my friends again. I get my independence here and I can do things that I can’t back home, so that’s always nice,” said Mattessich.

Mattessich is also having positive experiences with his professors; his professors have been accommodating and eager to help him and other students succeed.

Catherine Rodriguez, a sophomore and commuter student, is having a harder time adjusting to her academics this year.

“I’d say it’s just more stressful for me this year because I’m going to be taking a bunch of chemistry courses on top of statistics and all my other classes,” said Rodriguez.

Despite being enrolled in more challenging courses than her freshman year, Rodriguez is adjusting well and feels confident in her academic abilities.

“I would say I still have it in my hands, because I already have that experience from my first year,” said Rodriguez.

Sophomore Alex Parisi is enjoying his classes so far and finds that his workload has been very manageable, which is helping with his tradition being back to school. Parisi shared some motivation for other students who may have some difficulty getting back into the groove of things and discovering their interests.

“For students unsure about their majors, you should realize you have plenty of time. Take a bunch of classes and pursue what interests you,” said Parisi.

Mattessich also has some inspiring words for students who are having a hard time adjusting to being back at SHU.

“Just enjoy doing the work you have to do, reach out if you need help, and don’t suffer in silence,” said Mattessich.

Will Morgan contributed to this article.



Daniel Passapera, Sacred Heart University

Campus imagery on the Park Ave. Campus



Daniel Passapera, Sacred Heart University

Sacred Heart University’s Catherine of Siena and McGivney Halls

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CampusLife

Sacred Heart Prepares to Welcome Families

BY THEO WEISMANN
Campus Life Editor



PIONEER PALOOZA: FAMILY WEEKEND 2025 SEPTEMBER 26-28

Sacred Heart University students are preparing to welcome their families to campus for Family Weekend, a tradition that brings hundreds of visitors back to college in Fairfield, CT. With a packed schedule ahead, the weekend offers a glimpse into campus life, providing families with the chance to experience SHU firsthand.

One of the most anticipated events of the weekend will be the football game, where students and parents will pack Campus Field to cheer on the Pioneers. The game against Delaware State will serve as a centerpiece of Family Weekend, blending school pride with family tradition, giving visiting relatives a taste of the energy that defines Sacred Heart.

Other popular events include Big Red Bingo at the Edgerton Center, a student performance of *A Midsummer's Night Dream* at the Black Box Theater, shuttle trips to Silverman's Farm, the Dance Program's weekend showcase at the Edgerton Center, and VOYAGE, a Journey tribute band, which will perform in the Martire Family Arena on Sept. 27 at 8 p.m.

With so many events and activities happening across campus, the weekend often kicks off with a whirlwind of new experiences for families. However, by their second visit, it all begins to feel more familiar, like a community.

"This year feels much more relaxed. Last year, everything was brand new; we were just getting to know the campus, the routines, and how our daughter would fit into her new environment. Now, she's really settled in, and it's amazing to see how comfortable and confident she has become here," said Skip Snyder, father of sophomore Katherine Snyder.

The weekend aims to offer support and reassurance to parents, especially those of first-year students who might be feeling homesick. Also, it establishes a sense of pride for students showing their parents around their home away from home.

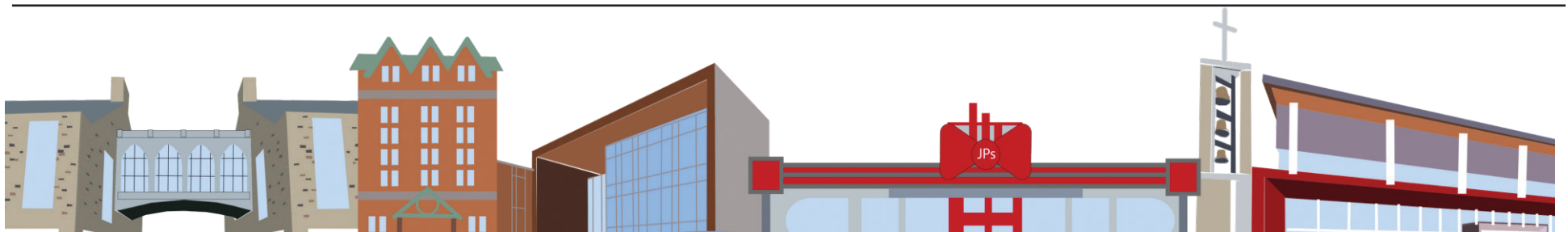
"The most meaningful part is seeing how she has made this campus her home. Walking around with her, hearing her stories, and meeting the people who have become so important in her life allows us to share in her journey in a very personal way," said Joanne Snyder, mother of sophomore Katherine Snyder.

For upperclassmen, it feels more like a moment of reflection. Parents see how much their child has grown since move-in day, and students recognize the importance of having their family experience the campus that has shaped their day-to-day life.

"It's not just about visiting a school, it's about experiencing Sacred Heart as she experiences it, and that's something really special as parents," said Joanne Snyder.

To find out more about the upcoming Family Weekend schedule, please visit:

<https://www.sacredheart.edu/news-room/news-listing/family-weekend-returns-to-sacred-heart/>



Interested in contributing to Campus Life? Contact us at spectrum@sacredheart.edu

Arts & Entertainment

TAP Takes Center Stage at Edinburgh Fringe Festival

BY MIA COPPOLA
Staff Writer

Sacred Heart University's Theater Arts Program (TAP) traveled to Edinburgh, Scotland's Fringe Festival for the third time in June to perform "Crapp's River".

"Crapp's River," an unauthorized parody musical of the television series "Schitt's Creek," starred six current undergraduates and one recent graduate student. It was written by alumni Grace Curley and music by alumni Paul Richard Keegan.

The Fringe Festival is primarily comprised of new works, ranging from amateur productions to those reaching Broadway or the West End of London. The theater arts creative team and cast ran 14 shows during their time at the festival.

"We got to run ours daily for the two weeks that we were there," said senior Connor Nelson, who is the President of TAP, the production stage manager, and the head of marketing for "Crapp's River." "It's a great experience to get to meet other performers, to network, and to see what's up-and-coming."

According to National Public Radio, over 2.6 million tickets were sold across the entire duration of the festival and featured over 3,800 running productions. The group not only performed in the show, but also promoted it as they distributed flyers to people on the Royal Mile, also known as the "Times Square of Scotland."

"We had a full, sold-out run of the shows, which is really exciting," said Justin Zenchuck, Director of TAP.

Two preview shows were held for the public before their trip, as well as two previews in Scotland in preparation for the international stage.

"Grace and Paul always had their hands in switching things, changing lines, and tweaking things," said Nelson. "To get a European audience to laugh is very hard, but when you hear them laugh, you know you were doing a good job at your task at hand."

"Crapp's River" was the only production that was sent to the Fringe Festival by a university from the United States that was fully funded.

"To say that we were the only school from America funded by our university to go here, it costs a lot and it's no small feat, we are just so grateful," said Nelson. "Being immersed in a culture where there are so many things going on in the world and people are putting that aside to do what they love and to put on this play that they truly are passionate about is insane, like no other experience."

"The theater arts program not only teaches students theater, but it teaches them life skills," said Zenchuck. "SHU's president, Dr. Petillo, is the biggest advocate of the arts, and we are beyond grateful for the support of the arts center. It's because of this support and incredible faculty and staff that are here to foster these students."



Instagram, @shutheatrearts
Sacred Heart Theatre Arts students in Edinburgh for their Fringe Festival debut of Crapp's River.

Marching Band Turns the Field Upside Down

BY ALEXIS BARADA
Staff Writer

Sacred Heart University's marching band debuted its 2025 field show on Aug. 30 at the home opener against Stonehill College. The field show, "SHU in The Upside Down 80s," combined two themes of "Stranger Things" and music from the 1980s.

The band's inspiration behind this idea was to find music that is fun for the band to perform and engaging for college students and parents. They aimed to blend popular culture with musical performance.

"Stranger Things was most appealing for many different reasons," said Keith Johnston, the director of bands and orchestras. "The last season is coming out in November and they use a lot of different kinds of music within the 80s."

With the final season of "Stranger Things" set to release on Nov. 26, the marching band knew this media would be the next big thing. Moreover, with the series already a big hit, they were hopeful that this theme would resonate with the audience.

Along with the "Stranger Things" theme song, the band performs several songs from the 80s, including Cyndi Lauper's "True Colors."

"The way Cyndi Lauper interacts with the band on a musical level is very impressive," said Johnston. "I get goosebumps every time we do that song."

With its mix of nostalgia and modern-day media, the theme was sure to be a success in entertaining the crowd. However, due to field construction, the marching band faced challenges with their formations.

"We've been practicing next to the Pitt center in the grassy area," said Matthew Meaney, president of the Sacred Heart marching band. "The performance was our first time out on the football field because it was under construction."

The issue raised concerns for the marching band, as they were unsure if the performance would resonate with the audience.

"Nobody knew anything," said Johnston. "Not even how far off the field we had to be."

The marching band felt uncertain about the crowd's reaction, but even with those doubts in mind, the show had to go on. The crowd was all ears, and even louder with their cheers.

"I loved it," said Senior Hannah Zhong. "I don't listen to a lot of 80s music, but it's hard to not get hooked with how they put on a show."

From the music to the choreography, both college students and parents were engaged with the marching band's unique spin on the theme.

"There was definitely a lot of enthusiasm from the crowd," said Meaney.

"Everybody knows the 'Stranger Things' theme so it's easy for everyone to get into it right away."

With the positive reaction from the crowd, the band is hopeful to draw even more attention in next performance.

"I definitely recommend going to the next game," said Zhong. "The crowd after half time was on a different level."

The Sacred Heart marching band is set to take the field again during family weekend on Sep. 27 at noon. Catch "SHU in The Upside Down 80s" before it's gone for the season.

"I was so happy with the band, they were troopers, got through the whole thing like they have been going their whole lives," said Johnston. "Were looking forward to the next performance."



Facebook, @SHU_BandOrchestra
The SHU marching band performing on the main campus steps on Aug. 30, 2025.

Sports

New Conference, Same Drive

BY JAMES SCHINDLER
Staff Writer

The Sacred Heart women's bowling team is entering a new season with a new challenge. They will be joining one of the top conferences in the country, the USA Conference, where they will be an affiliate member before the start of the 2025-2026 season.

The Pioneers have a well-known history in college women's bowling, with a record six Northeast Conference (NEC) Championships and appearing in the National Collegiate Athletic Association (NCAA) tournament nine times.

"I think one of the big goals in everyone's mind is to make it to the NCAA regionals, whether by winning Conference USA or by having a regular season that earns us an at-large," said senior Megan Prettyman.

The team went 71-36 last season, beating over ten ranked teams in the process.

Head coach Becky Kregling has led the team since 1993, which includes fifteen United States Bowling Congress (USBC) National Championship Tournaments, six NEC Coach of the Year awards, and two Intercollegiate Bowling Conference Coach of the Year awards.

"Coach Kregling has been the driving force in preparing us," said junior Karleigh LeMond. "She has built a challenging but winnable schedule and puts incredible time and effort into making sure our program succeeds while still being fun."

Sacred Heart is coming off an outstanding season with a National Tenpin Coaches Association (NTCA) ranking of 12th, which came second in all independent programs.

The team came just short of reaching the NCAA tournament with an at-large bid but went to the Intercollegiate Team Championships in Las Vegas, where they played teams from all over the country.

"We definitely want to replicate the mindset we were able to maintain, especially in the beginning of last season," said Prettyman. "If we're able to have the chemistry that this team has had the past few years and stay in the moment, I expect all of the hard work we have put in will show."

Along with the SHU bowling team, Nebraska and Wright State are two other teams joining the conference. Both teams finished in the top 25 in the country last season (Nebraska 3rd, Wright State 21st) and added to a gold

standard Division 1 women's bowling conference.

"I am especially excited to face Nebraska," said LeMond. "We have crossed paths with them at some tournaments in the past, but we rarely face them head-to-head. Since they have also joined Conference USA, we will definitely be seeing more of them and hopefully competing against them directly."

To help with preparing for the season, the team held a fundraiser called Bike and Bowl, where each team member bowls thirty strikes and bikes ten miles. They raised funds for equipment as well as tickets for Disney World, where they will bowl in a tournament next month.

"It brings us together early in the semester and helps the new members feel part of the team. It helps everyone to focus on the fact that we are all one team," said LeMond.

After the fundraiser, the team will use the money raised and head to Orlando to kick off the season with a tournament.

"We're prepping for that one just like we do every other tournament; everyone is working to improve their own game," said Prettyman.

Athletic Communications contributed to this article



An announcement graphic for Sacred Heart's Women's bowling team joining Conference USA posted to the team's Instagram.

Playing for a Purpose: Pioneers' Pediatric Cancer Night

BY ALEXA PISCINO
Staff Writer

The women's soccer team partnered with the university's Lemon Club on Sept. 13 for their annual Pediatric Cancer Awareness Game. The goal was to raise awareness and funds for pediatric cancer research, while honoring children and families impacted by the disease. In the 4-0 win over Manhattan University, players wore yellow ribbons in their hair to symbolize support.

For junior forward Shea Kelleher, who scored twice in the victory, the game meant playing for more than just the scoreboard.

"To me, it means playing for those who can't or aren't able to," said Kelleher. "It feels good. If you look around the field and see the ribbon in other people's hair, it motivates you to keep going and reminds you of why



Contributed by Andy Trevino, '26

Senior midfielder Martyna Krzysztopik wearing a yellow ribbon in her hair during the women's soccer game against Manhattan on Sept. 13, 2025.

you're out there."

The Pioneers carried that motivation into their performance. After three straight road games, the return to Park Avenue Field and the chance to compete for a cause energized the team from kickoff.

"In our team huddle, we were all saying we can do it for Avery and do it for each other," Kelleher said, referencing a young cancer fighter connected to the program. "Our goal was to go 2-0 to start conference play, and that's what we did."

Senior midfielder Morgan Bovardi, who contributed to three of Sacred Heart's goals, said the game carried extra weight for her final season.

"It's really important. Like Shae said, it's playing for something more, and those who can't," said Bovardi. "Winning that game and putting the performance on that we did was really important to us."

The presence of the Lemon Club helped showcase how the student organization supports research and families.

"Having them there is really important. It gives fans who do show up a chance to see what they do and how they can make an impact," said Bovardi.

Head coach Matthew Micros said the night was personal for the staff and players.

"It hits a little differently because Avery's sister played for [Connecticut Football Club], the club I founded," Micros said. "Cancer is a tough disease. We lost one of our players' fathers last year and my own mother to it. Especially when it strikes kids so young, it has such an impact. I think it's a great cause that we can hopefully continue, until we eventually find a way to cure it."

The 4-0 win over Manhattan improved the Pioneer's record to 2-0 in conference play. For the players, though, the message went beyond the win.

"I appreciate those fans who came to support pediatric cancer and to watch us," said Kelleher. "It means a lot to have that support behind us."

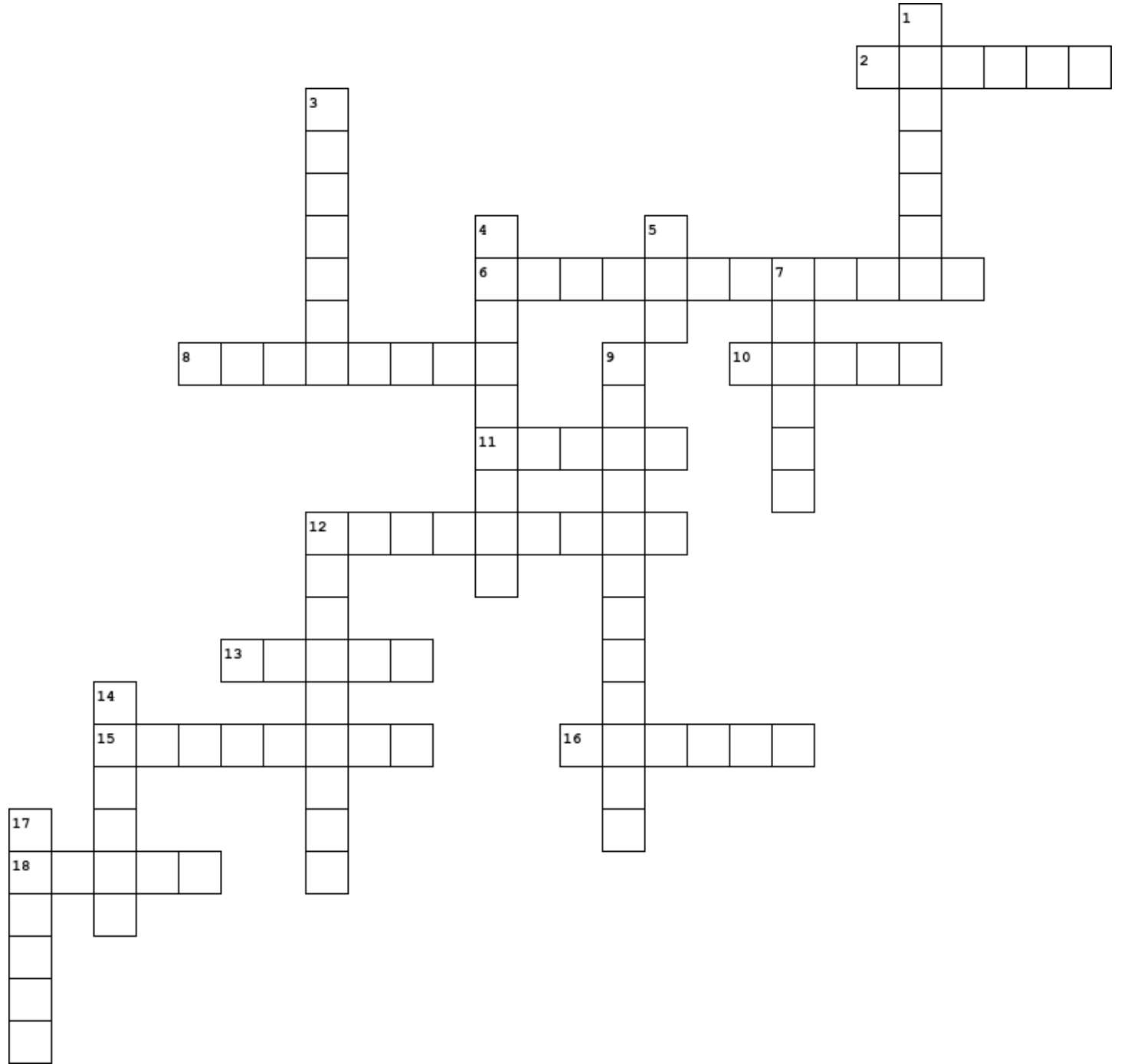
A week later the Pioneers fell short to their cross-town rival, Fairfield University, in a 1-4 conference loss.

They will take to the road on Sept. 24 against Marist University at 7 p.m.

Athletic Communications contributed to this article.

Editorial

Fall Crossword!



Across:

- 2. Another word for fall.
- 6. A fall activity that involves picking fruit from trees.
- 8. A tackling sport that starts in the fall.
- 10. A popular fall beverage served hot or cold.
- 11. Travels on a broom.
- 12. Used to scare away birds
- 13. Where pumpkins grow.
- 15. Clothing worn by children on October 31st.
- 16. These begin changing colors.
- 18. A treat on halloween.

Down:

- 1. Orange squash that is often used as a fall decoration.
- 3. An act of collecting crops
- 4. A spooky holiday in October
- 5. A home for spiders
- 7. The temperature drops and it gets...
- 9. A carved pumpkin with a candle inside.
- 12. The first month of fall.
- 14. A squirrels favorite food.
- 17. Children start a new year of...

ANSWERS:

- 1. pumpkin
- 2. autumn
- 3. harvest
- 4. halloween
- 5. web
- 6. apple
- 7. chilly
- 8. football
- 9. jack-o-lantern
- 10. cider
- 11. witch
- 12. september
- 13. patch
- 14. acorns
- 15. costumes
- 16. leaves
- 17. school
- 18. candy



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