

# Saint Joseph's

# FORTITUDO ET SPES

## Compassion in Action

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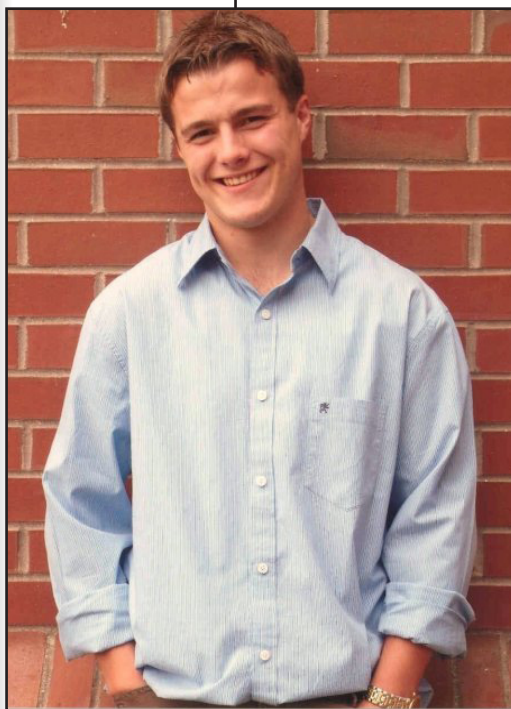
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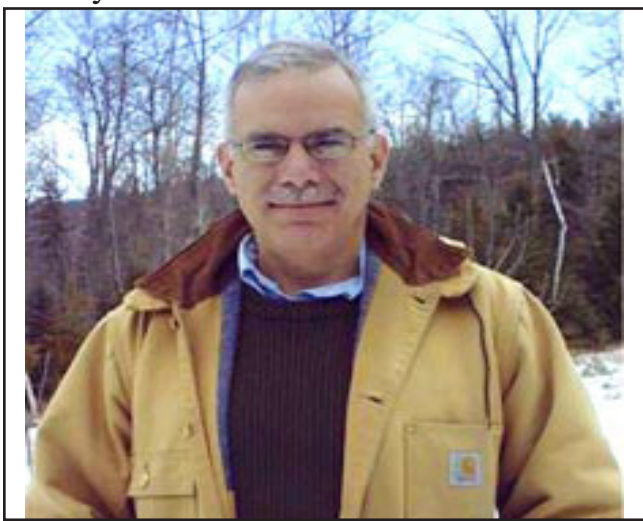


### Michael Goulet (1989-2010)

Michael Goulet was 12 years old when he endured a traumatic brain injury; he survived to accomplish a great deal of things in his short life. He was a Junior here at Saint Joseph's majoring in Psychology, and intending to go onto graduate school. He was of French-Canadian heritage and proud of it, staying close to all of his family and keeping their culture strong. He was also knowledgeable of many cultures and able to imitate many accents, enabling strong impersonation skills. Michael was also an activist, protesting sweatshops at many local Wal-Mart's, building a reputation as an advocate for a

### Frank Daggett

By: Jessilyn Rich



cause much larger than himself.

After a brief hospitalization, Michael Goulet passed away on Thursday, October, 14th. He was 21.

He is survived by his parents Bradley J. Goulet and Linda A. LeBlanc, siblings Danielle M. Goulet and Candace R. Laliberte and grandparents Raynald and Jacqueline Goulet.

The Goulet family now plans to start a scholarship and brain injury survivor fund in his name.

Photo Courtesy of facebook.com

Photo Courtesy of SJCME.edu

Have you been down to the campus Ministry lately? If you have you probably have run into Frank Daggett. He is the coordinator of Social Justice and Leadership and one of our math Professors. Saint Joseph's College is not only his place of work but he was once a student here. Saint Joseph's is also where he first met his wife. Mr. Daggett graduated from Saint Joseph's in 1980 with his Bachelors in Math and also French. He started out by teaching high school but quickly discovered there was not enough money in that, so he chose to join the Navy where he stayed in for twenty years. Towards the end of this career he took a trip by train. This opened his eyes to some of the situations that are affecting not just other nations but our nation as well. This led him to want to make a change. When he first arrived at Saint Joseph's he was not in the job he is now but instead he worked for the GPS Department. It was mostly phone work and working with older students. This was the start of when he realized how much of a people person he was. While working in the GPS department he also worked on his masters in theology. So when the opening appeared as Coordinator of Social Justice and leadership he jumped at the chance, knowing that he wanted to do good and make a difference on not only this school but the world. Now he loves coming to work every day and working with the new student leaders. Military experience gave him a slightly different outlook on life. After all some of the sailors that he worked with were the same ages as some college students now. While we see ourselves just fresh out of high school he knows what we're able to do and knows what we are capable of. Frank Daggett is always trying to get more students involved in the Social Justice club and wants their communities to know that no one person can do it all alone. He tells me, "No one person has all the power. We all have our limits". He makes the extra effort to always make time for his students. So next time your down by the campus ministry or you feel like helping out your community. Drop by and say hello.

# DEAR Je

Campus Advice Column

Dear Je

Being away from home is really hard! I miss the comforts of home and even my parents. I always thought it would be great to be away from home and make my own rules, but I really want to go home. I don't want anyone to know because I don't want to seem like a baby. What do I do?

Anonymous.

Dear Anonymous,  
Don't be afraid to tell your friends, Roommate etc. We all get homesick. Going from living at home with your family to all on your own in a dorm or apartment can be a big change. It's stressful and sometimes frustrating. Can you go home on some weekends? Or maybe your mom or dad could come and see you? Next time you go home try and bring some of those little touches back with you like scents that you use to find at home (Air fresheners, laundry soap etc.). Call home whenever you need to and most of all don't worry what people think, anyone who claims they don't get homesick, probably isn't telling the truth. Just remember Christmas break is coming.

Je

Have a question that you want answered? Need some advice on relationships, school or just plain Life? send an email to Je at Jrich@sjcme.edu . Want to be anonymous just leave your name blank and no one will know it was you.

## HERE'S WHATS COMING UP FOR C.A.B!

**November 6th:** Pirates game, \$5 for ticket and ride (6pm)

**November 11th:** Celts and Bruins Sports Night! Chalet, 7pm

**November 13th:** Madden Football Tournament Chalet, 11am

**November 14th:** Pats Sunday Night Football Chalet, 8pm

**November 17th:** Catherine's Cupboard Bingo. Bring non-perishable food for an extra playing card! 9pm, Chalet

**November 18th:** Harry Potter Premier Trip! \$5 for ticket and ride, meet at 10:30 to head to Westbrook Cinema

**November 20th:** Comedian Jeff Dye, Chalet, 7:30pm

**November 21st:** Rick Charette Benefit Concert and Holiday Fair!

## New Book "*Full of Grace*" Great for Artists, Historians and Religion Buffs, Not So Much for the Rest of Us

**Jaimee Thibodeau**

**Publisher:** Random House    **Release Date:** November 2nd

From the author who also wrote books such as Skyscrapers, Bridges, Churches and Monuments, Judith Dupre now tackles a more singular subject (with a significantly longer title). *Full of Grace* is tightly packed not only with historical background on the Virgin Mary, but also with examples of important art related to Mary's story and quotes from other books and Scripture showing her influence.

With an unexpected anecdote to begin, you see surprising sections to Dupre's work. She is open about rough times in her life and how they have changed the ways she perceives and experiences her religion. Keeping a personal experience in mind, she includes various forms of art which were inspired from, most often, tragedy in the artist's life that also produce both obvious religious connections, including some that are less straight forward. They also show the cultural influence that Mary has had.

I have to be blunt here, though it does have interesting interpretations of art and interesting perspectives, not only on Mary, but also on people around her, such as Joseph, the average person will probably not enjoy reading this book. Though the sections are short and there are a lot of images throughout the book, they would probably tire of this book quickly. *Full of Grace* is certainly geared towards those interested in art, history and/or religion. It is also quite pricey, at \$40 for the hardcover. You should have a strong interest in the subject matter to buy it.

**Average person rating: 3 (out of 5)**

**Art/History/Religion buff rating: 4.5 (out of 5)**

**Overall: 4 (out of 5)**

# MAINE ATHLETICS



## Local Team Wins Wife Carrying Competition

Jaimee Thibodeau

Though Maine seems out of the way for many, its often quirky events attract from far away. Such was the case on Columbus Day weekend when upwards of 10 states and 2 countries were represented in the Wife Carrying Competition at Sunday River. In the end, the winners were Rocco Andreozzi and Kim Wasco, but there were several standout teams. The runners-up, Jesse Wall and Christine Arsenault, ran a strong race, but were disadvantaged by the fact that they ran as team 48 (of 50) and had less time to rest after qualifying for the finals against Andreozzi and Wasco, who were team 30.

Other notable competitors were the Castros, who were the 2009 champions. They finished in third place in this redesigned obstacle course. Also competing were Mark Raty and Joline Matka, the Canadian Wife Carrying champions from 2003-2005. They held the lead for quite a while, until the Castros took the lead.

Raty and Matka ran against the Davises in their heat. During their race unfortunately, Jason Davis, the carrier, broke his ankle while entering the infamous “mud pit”. The temperature of the pit was around thirty degrees, as rain had cooled the water down from its original forty four degrees.

Other obstacles included charging up a hill, getting over a hurdle, and a high mound of sand, that the competitors had to climb over to get to the finish line.

The winners received the wife’s weight in beer (122 pounds) and five times her weight in cash, \$612. The second place team also won their respective wife’s weight in beer and a case of Coca Cola.

## Club Hockey

By Chris Quattrucci

The members of the Saint Joseph’s College club hockey program were disappointed to learn that the team had been cut before returning to school this year. However that has not stopped them for continuing to play the game. Last year, the team competed as a club program in the American Collegiate Hockey Association. This season, they would have been a full fledged member of their conference, the New England College Hockey Association, eligible to compete in play-off games. The team’s high hopes changed when they learned that the team had been cut for budget reasons.

The team has not stopped play though, competing in the University of Southern Maine (USM) Men's League in Gorham. They are still wearing their old uniforms and the team is still comprised of St. Joseph’s students. The players are happy to be playing, but still upset that they cannot compete at the intercollegiate level. “It’s fun to get on the ice still, but i miss the competition, playing the teams we played last year,” said sophomore forward Jake DiPrizio. The team was like any other team at the college in previous seasons, making trips to play other schools and practicing at the USM arena. This year they will play about 20 games in the men's league. Their only time on the ice is the one game they get a week. The team hopes that the school may revisit the possibility of having a club hockey team. “I would like to get back to playing other schools,” said sophomore Tom Gagnon.

An obstacle for any hockey team is paying for ice time. Local arenas can vary anywhere from 100 to 120 dollars for ice time. The team would perhaps have to do some fundraising to get a club team back at the school, something that players would be open to. According to players, there is plenty of interest for hockey on campus, as the team has about twenty players. The number was even higher last season, when there was a club team. “We have about 20 guys right now, and I know there is more that would be interested on campus,” said DiPrizio. The team will at least continue to play some competitive games in the men's league, while hoping to return to the club level and compete for the school again someday.

# Bruce Bickford

By Frank Myatt



St. Joseph's College Cross Country coach Bruce Bickford is no stranger to elite track and field competition. A scholarship runner at Northeastern University and an Olympian, Bickford competed internationally for over a decade before turning to coaching.

On a gusty summer day in Stockholm, Sweden, Maine native Bruce Bickford pulled away from a prestigious field to win the 10,000 meters. His time of 27:37.7 earned him the world's top ranking for the year 1985 in the 10,000 meters. Five days prior, Bickford competed in the

5,000 meters in Oslo, finishing within two seconds of the American record. "The meet director at Oslo told me that he thought I would win Stockholm," said Bickford. The previous year, Portuguese distance runner Fernando Malmede shattered the 10k world record by nine seconds at Stockholm, setting the stage for a repeat performance. "The meet directors generally continued to draw in sponsors for the next year. The stronger your meet is, of course, the more sponsors you are going to get, and the world record was set there the year before, so they wanted to bring in as many good athletes as they could to try to go for the record again." The field included Malmede, the world record holder, and Alberto Cova, coming off a gold medal performance the previous year.

The race itself brought more challenges, as the elite runners lagged behind their world record pace. "The rabbits [hired pace setters] did not really do their job," said Bickford. The pack ran through the first 5,000 meters ten to twelve seconds behind the world record speed of 13:35. Cova assumed the lead until Bickford received a clear message from a teammate. "For two or three laps nobody really wanted to lead. One of my teammates actually, Mark Nenow, who did hold the American record a few years after that, came up and tapped me on the shoulder and said 'Come on let's go, let's go get it going again,' and we did." Bickford and Nenow exchanged the pole position from lap to lap for about the final ten, pulling away from the superlative pack.

With five laps remaining, Bickford regained the lead, finished his lap and pulled into lane two for Nenow to recapture the top position. "Part-way around the turn he didn't come, so I looked back and he was fifteen or twenty yards behind me, so then I was by myself, which is not a good place to be when you have four or five laps to go." Bickford then turned on his legendary kick to create more separation for the final push to the finish. As the finish drew near, Bickford's limbs began to numb, telltale signs of oxygen deficiency. "I went into the last lap with probably a forty-or fifty-yard lead, but still wasn't confident because we had some big kickers like Malmede and Cova." With a capacity crowd of over 14,000 cheering his every step, Bickford finished in a time of 27 minutes, 37.7 seconds, a time unsurpassed that year. "I finished strong, still won by a few seconds. It was just an amazing feeling. Americans don't expect to go and win many races in Europe." Fourteen runners finished under 28:00 that day, unheard of in a single field of 10,000 meter runners.

Bickford began his running career at Lawrence High School, competing in cross-country to establish an aerobic base for basketball and baseball. By his junior year, Bickford turned his attention solely to running, adding indoor and outdoor track to his repertoire. As high school seniors, Bickford and national phenom Alberto Salazar captured the top two places in the college two mile at the elite Dartmouth Relays. Bickford's time of 9:09.5 stands as a record for the high school indoor two mile in Maine. Bickford further excelled at Northeastern University and still holds the school records in the 3,000-meter steeplechase (8:33.6) and the indoor two-mile (8:40.56). He also is a member of the record distance medley relay team (9:53.31). After winning the 1988 United States Olympic Trials in the 10k, Bickford injured his Achilles and failed to place at the Seoul Olympics. He still marvels at the talent surrounding him at the opening ceremonies, "Walking onto the field with 700 of your teammates it's special. After watching it on TV every time the Olympics came up just thinking, 'It would be awesome to do that, and then being able to do it.'"

As for coaching, Bickford approaches St. Joseph's no differently than his world-class athletes. "It's the same philosophy, just little adjustments, but my philosophy is still the same. You come to practice, work hard and you are going to improve." The future looks bright for the Monks' varsity cross-country and club track and field under this talented and experienced coach.

photo courtesy of St. Joe's athletic communications

# Rams charge past Monks, 2-1

Molly Shaw

The Saint Joseph's College (SJC) Men's soccer team (6-8-2, 3-4-1 GNAC) suffered a 2-1 loss to rival Suffolk University (8-6-1, 5-2-1 GNAC) in a match on Wednesday afternoon. Wearing their stripped white home jerseys, the monks took to the field against a backdrop of bright red and orange foliage on a crisp autumn afternoon, perfect for a futbol match. Monk's keeper Nick Campasano '12 made eight saves in an effort to protect the SJC net. At the 22nd minute mark Monk's forward Tyler Rand '13 opened the game by scoring the first goal. The Monks started off strong with the 1-0 lead dominating play on their offensive end thanks to aggressive play by Paul "Robo" Robbins '11 and Brandon Noltkamper '11. The 1-0 lead would not last long after Suffolk midfielder Nick Cugine '12 scored for the Rams just eight minutes later. The match continued, scoreless for the next half hour, but with multiple holds and shoves not called by the referee. "The ref was really just letting the guys play", said an SJC fan, making for an interesting contest. Ram's forward Ben Rollins '13 made contact by heading a loose ball, scoring the game winning goal. The Monk's had opportunities to tie the game late in the second half, but many attempts sailed wide of the goal. Tough defensive play on the Ram's part prevented the Monks from scoring off a corner kick with 2:30 left in the half. Suffolk had the advantage with more accurate shots on goal, (10-5), while SJC carried a (5-3) edge with corner kicks. Losing to Suffolk, this puts the SJC men at (1-3) in the history of the series.

FOR MORE ON THE MEN'S SOCCER SEASON, CHECK OUT THE NEXT PAGE!

# SJC SPORTS

## Monks Fall to Albertus Magnus, Men's Soccer Season Comes to an End

By Will Armishaw

On Saturday October 30th, the St. Joe's Men's Soccer team headed to Albertus Magnus College to take part in a GNAC quarterfinal. The game would be the last for the Monks this season, as they fell to the second seeded Falcons, 2-0.

The loss ended a disappointing season that saw the Monks battle through numerous injuries just to make the conference tournament. A preseason favorite to repeat as conference champions, the Monks qualified for the play-offs as the seventh seed of eight in the GNAC and thus headed to take on the red hot Falcons at Albertus. The game, coincidentally, was a rematch from the previous week's final conference match for both teams, a game that Albertus took 1-0 at St. Joe's.

Both teams came out knowing that they needed to win for their seasons to continue, it was the Falcons, however, that got on the board first. Jamal Howard scored off a Steven Zapata corner in the twenty-first minute and Albertus Magnus had a lead they would never relinquish. In the thirty-third minute, Rafael Guillen notched another goal for the Falcons, scoring yet again off of a Zapata corner. The Monks came out strong in the second half but were denied on all of their scoring opportunities, as their season came to an end. Albertus Magnus held an 11 to 6 advantage in shots on goal, while St. Joe's was awarded 6 corners to Albertus's 5. The Monks committed 17 fouls, while the Falcons were called for only 9.

Injuries can often make or break a season. In winning the GNAC Championship in 2009, the Monks faced little adversity when it came to dealing with injuries, as twelve members of the team played in at least 20 games each. This year, however, was a different story. The Monks, attempting to defend their title, lost three key contributors to injuries for long parts of the season. With a short bench, those who did play were often banged up and struggled just to reach the end of the game. Nevertheless, the Monks competed day in and day out and, if nothing else, prepared themselves to be successful in the future, while battling through the adversity they face in the present. St. Joe's finished the season 6-11-2 and 3-5-2 in Conference games.

Defense was the Monks calling card in 2009, and it was no different in 2010. Nick Campasano (Jr.) won the job as starting goalkeeper in the pre-season and never relinquished it. He was in net for all six wins and made 132 saves on the year. The defense was anchored in the middle by Ted Palmer (Fr.) and Brandon Noltkamper (Sr.); their different styles meshed well and provided the Monks with a stable force up the middle. Joe Happnie (Sr.) and Eamonn Harrigan (Sr.) provided a veteran presence on the outside of the defensive line, while also both being able to attack up field and create scoring opportunities.

The mid-field and front were hit by the injury bug; freshman Greg Jentgen and sophomores Tyler Rand and Matt Barlion combined to miss 29 games. Jentgen was expected to provide a physical presence alongside the always dependable Paul Robbins (Sr.) in the mid-field, but was struck by injuries from the start of the season. Robbins was up to his usual tricks in the mid-field, winning possession more than he lost it and adding a European spark to a team that desperately needed it. Garrett Darnell (Fr.) and Mike Sanfilippo (Jr.) spent time in the middle with Robbins, while also helping out at other positions. Jack LaFreniere (So.) had a strong sophomore campaign, notching three goals and five assists, while spending time at both outside-mid and striker. His speed on the flank was something the Monks often looked to utilize and opposing defenses tried to neutralize. Up front, Barlion and Joe Murphy (Fr.) provided a physical presence, while Rand (So.) and Ross Suleski (Fr.) complemented them with a finesse game. The attack up front was led primarily by a group of three sophomores and two freshmen, which should bode well for the Monks in coming years.

Gerald Cushing (So.), Dan McIntyre (Fr.), and Zach Hollingshead (Jr.) added valuable minutes at different positions. Each brought a unique aspect to the Monks' and should be looked upon next year to provide even more.

With the season now in the rear-view mirror, it is a good time to look at what this team accomplished and to acknowledge specifically, the accomplishments of the senior class. The five-man senior class, consisting of Eamonn Harrigan, Joe Happnie, Paul Robbins, Brandon Noltkamper, and Banak Thiwat, compiled a record of 37-37-9 while making the GNAC Tournament four times. They also had a hand in St. Joe's capturing the 2009 GNAC Championship and making the school's first appearance in the NCAA Tournament for men's soccer.

Robbins, a co-captain who played primarily midfielder, appeared in seventy-nine games, starting seventy-six of them. Over the course of his career he accounted for eighteen goals and twenty-one assists. Also a captain, Happnie started sixty-seven games over his four years at St. Joe's, appearing in eighty games overall. He registered four career goals, while serving as an anchor for the Monks defense. Noltkamper registered two goals and one assist during his four year career, while appearing in sixty-eight games. Harrigan, returning after a one year absence, notched five career goals and added three assists in sixty-four games, starting all but six of them along the way. Thiwat appeared in forty-one games and found the back of the net twice from his outside mid position.

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The contributions of these seniors should help to give the underclassmen a bright future and something to shoot for. The veteran presence of Happnie, Noltkamper, and Harrigan on the defensive front this year was critical to the stability of the team, which often worked from back to front in generating it's scoring opportunities. Robbins, a vocal leader, who will leave SJC with the third highest point total in team history, will be difficult to replace. Coach Steve Babineau should have quite a few returnees, who performed well this year, to help get the Monks back to the top of the GNAC.

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[www.eliewieselfoundation.org](http://www.eliewieselfoundation.org)

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# Intramural Softball 2010: A Season In Review

Laura DiMillo

The intramural softball season kicked off on September 16th this year. The defending champions, Schrum Lovin, kicked off the season with a win against the Master Batters who proved to be the ones to look out for in the playoff game on October 14th. Schrum Lovin is still undefeated.

The last two weeks of the season were rough. Most of the games were cancelled because of the rain, so some of the teams only played in 3 games. Even with the bad weather, the season has still moved on and there were some teams that tried to make a run against the defending champions. Bud Duffy is a talented team who played Schrum Lovin twice, and only lost by one

run in the first game. Other teams to watch were Top Shelf Heaters, Long Balls, and the Kekamba's.

The playoffs were played October 12th to October 14th. Watch next year for Schrum Lovin to play hard and keep the status of intramural softball champions for a possible third year in a row.



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