



ST FRANCIS  
COLLEGE EST. 1859

VOL 4  
FALL '25  
EDITION

○ ○ ○ ○

IT'S ALL RIGHT HERE.

# TERRIER NEWS UNLEASHED

St Francis College · 179 Livingston Street, Brooklyn NY · [www.sfc.edu](http://www.sfc.edu)



## Franciscan Month Kicks Off with a Welcome Back Gathering

The St. Francis College community came together to officially launch **Franciscan Month** — a cherished tradition that honors the values of St. Francis of Assisi: humility, compassion, service, and community.

The gathering was filled with warm greetings, joyful reunions, and a renewed sense of purpose. The day highlighted how, as a Franciscan community, we grow together through connection, service, and shared experiences that inspire both learning and compassion.

To engage the community, several activity stations were set up around the room: Franciscan-themed crossword puzzles, a prayer wall where students and staff could share intentions and words of hope. The gathering reflected SFC's Franciscan spirit of service, community, and care for one another.

As we journey through Franciscan Month, *we invite everyone to participate in the celebrations and moments of reflection that embody the spirit of St. Francis.*

### IN THIS EDITION:

What's Next  
Opportunity Fair  
Recap

Alumni Spotlight:  
Katie Mills  
Class of '09

Intramural Sports  
Kickoff

Terrier Station  
Shop Opens Its  
Doors on Campus

Fall Club Fair  
2025



# October is Franciscan Month: Join the Movement at SFC

After several months of planning- Franciscan Month 2025 has arrived! St. Francis College continues leading the way in the efforts to have the month of October designated as Franciscan Month nationwide.

The mission of this year's Franciscan Month is to celebrate the over 800 years of Franciscan charism, educate others about its meaning, and explore how to live meaningfully in today's world. The hope is that all SFC Community members will come to know October as Franciscan Month and to make the choice to live a more Franciscan way of life in the spirit of St. Francis and St. Clare not only in October, but all year around.

Franciscan Month offers something for everyone. Major events you will want to ensure to attend include:

- **Peace on Earth Kickoff** - Thursday, October 2, 1:00 pm, St. Francis Hall: A moment of celebration and joy to remind ourselves that peace starts within each of us, spreads to the larger community, and world at large.
- **Creation Hour** - Thursday, October 9, 1:00 pm, Multi-Purpose Room: A mindful break to connect with the SFC Community, and unplug and enjoy!
- **Contemplation Across the Miles** - Wednesday, October 15 at 3:00 pm, Chapel: An opportunity for the Association of Franciscan Colleges and Universities to be in solidarity praying for Peace.
- **Interfaith Appreciation Breakfast** - Wednesday, October 29, 9:00 am, Multi-Purpose Room: A gathering of different faiths in appreciation for one another in unity and respect.



More information on Franciscan Month can be found at [www.franciscanmonth.org](http://www.franciscanmonth.org). If you have any questions or suggestions, or wish to assist **Office of Mission, Ministry, and Interfaith Dialogue** finalize its planning of Franciscan Month, please contact **Brother Greg** at [gcellini@sfc.edu](mailto:gcellini@sfc.edu) or visit him in room 5107.



# HIGHLIGHTS

## Terriers United: Our Student Community Pledge

At St. Francis College, community and commitment go hand in hand. During Terrier Tuesday, our students came together to take part in a new tradition-in-the-making —the **Student Community Pledge**.

Read aloud in unison, the pledge is a powerful reminder of our shared values: integrity, respect, academic excellence, and service. It's more than words—it's a promise to ourselves and each other to uphold the spirit of SFC in everything we do.

After reciting the pledge together, students were invited to sign the back of their pledge card, symbolizing their personal commitment to the values of the SFC community. This simple act of signing transforms the pledge into a lasting promise—one that each Terrier carries with pride.



## Terrier Station Swag Shop Opens Its Doors on Campus



Students looking to show off their Terrier pride now have a new go-to spot on campus. The **Terrier Station**, St. Francis College's official swag shop, is now open and welcoming visitors on the **first floor of the college building**.

The shop features a selection of branded merchandise, including t-shirts, hoodies, hats, water bottles, and other accessories designed to help students, faculty, and staff represent SFC in style. Whether you're gearing up for a campus event or just want to add some Terrier flair to your wardrobe, the shop offers something for everyone.

**Terriers, it's time to shop, support, and show your pride!**



ST FRANCIS  
COLLEGE EST.  
1859

# Terrier Station GRAND OPENING



One stop shopping for SFC swag.  
Tees, Sweatshirts, Hoodies and more!

Code:  
Terrier

**10% OFF**

Exp:  
10/24/25





# Constitution Day with Brooklyn District Attorney Eric Gonzalez

The **SFC Community** gathered for a thought-provoking lecture featuring **Brooklyn District Attorney Eric Gonzalez**, who joined us for an engaging conversation on the enduring significance of the U.S. Constitution.

District Attorney Gonzalez shared powerful reflections on how constitutional principles continue to shape our legal system and civic life. His insights encouraged students to explore the deeper meanings of justice, accountability, and citizenship in today's society.

Throughout the discussion, Gonzalez emphasized the Constitution as a living document—one that demands active participation and thoughtful interpretation. His message resonated strongly with attendees, inspiring many to consider their own roles in promoting equity and civic responsibility.

We are grateful to DA Gonzalez for his time, wisdom, and commitment to public service, and to all who attended and contributed to this important tradition.



PLEASE JOIN US FOR  
THE KICK-OFF  
CELEBRATING THE ESTABLISHMENT  
OF THE

# ST. FRANCIS GRADUATE SCHOOL OF ADVANCED STUDIES



THURSDAY, OCTOBER 9<sup>TH</sup>, 2025  
10:00 AM | ST. FRANCIS COLLEGE  
@ 179 LIVINGSTON ST, BROOKLYN NY 11201

SCAN QR CODE TO RSVP





# ALUMNI SPOTLIGHT

## Katie Mills ('09)

This month's Alumni Spotlight shines on **Kathleen Mills '09**, whose career in accounting, education, and community leadership exemplifies Terrier and Franciscan values! Kathleen was recently recognized as the honoree for SFC's Brendan J. '68 and Barbara A. Dugan Memorial Golf Outing, held on September 29<sup>th</sup>.

Kathleen has over 15 years of experience in public accounting, currently serving as an Audit Partner at PKF O'Connor Davies LLP. In this role, Kathleen's work spans a variety of industries: real estate, hospitality, employee benefit plans, manufacturing and distribution and other commercial clients consisting of both privately held and publicly traded companies.

Kathleen started at PKFOD as an Auditor, working up through her career into senior, supervisor, and manager roles before being named Partner in 2023. All along the way, she gained valuable experience working on engagements under various financial reporting frameworks including U.S. generally accepted accounting principles (U.S. GAAP), international financial reporting standards (IFRS) and the income tax basis of accounting.



Beyond her work in accounting, Kathleen gives back through teaching as an instructor in her organization's in-house professional education program and as an adjunct professor here at SFC where she teaches both undergraduate- and graduate-level accounting courses. Kathleen also gives back with her service in leadership roles, as board member and treasurer of Visiting Neighbors, Inc., and as a board member of the St. Francis College Alumni Association.

Kathleen Mills '09 beautifully embodies the Terrier values of service, leadership, and excellence. We are proud to call her one of our own!

# CAREER CORNER

## Career Corner: Daria Mitchell '26



St. Francis College is proud to celebrate the accomplishments of **Daria Mitchell**, a proud member of **National Association of Black Accountants (NABA)** and current President of the SFC chapter.

Through a combination of her involvement with NABA, her professional experiences, and the support she received from the Career Center, Daria secured an internship at **Deloitte**. Her performance and growth during the internship led to a full-time offer to join the firm as a Tax Consultant. Daria credits the Career Center's interview prep and her work experiences for preparing her for this opportunity.

Daria's journey is a testament to the power of experiential learning and campus engagement. Her roles as a Student Assistant in SFC's Office of Advancement, her work with the New York Racing Association, and her leadership within NABA have all contributed to building the skill set that prepared her for this opportunity. She looks forward to growing professionally and making an impact in her new role at Deloitte. *St. Francis College applauds Daria's achievements and looks forward to seeing her continued success in the field of accounting.*

For more information, you can send an email to **[careercenter@sfc.edu](mailto:careercenter@sfc.edu)** or visit the **Center for Career Exploration (CCE)** at **Room 6111**.  
**<https://sfc.joinhandshake.com/>**  
 Follow us on Instagram @**sfc.careercenter**



## TERRIER ALUMNI JOB CORNER

*From recent grads to seasoned professionals, St. Francis College alumni are making their mark across industries and around the world. In this issue, we celebrate the paths our students have taken—and the shared spirit that continues to unite them, no matter how far they roam.*



**Kasey Minnigan '19** is manager of volunteer operations for PGA of America, most recently working on the 2025 Ryder Cup just held at Bethpage Black Golf Course on Long Island! Since earning her degree in **Media and Communication** at SFC, Kasey has held positions with ESPN, the American Junior Golf Association, the United States Tennis Association, and the Disney College Program.



**Diane Haussermann '05** is Assistant Principal at St. Francis Preparatory School, where she has also served as social studies teacher and department chair for social studies. In addition to this work, Diane also serves as moderator and coach for Speech, Debate, and Student Congress at St. Francis Prep, as well an adjunct professor in Education right here at SFC, where she earned her own **Adolescent Education** degree!



**Lamar Omagbemi '16** is a Capital Budget Analyst for the NYC Department of Design and Construction. After earning his degree in **Finance** from SFC, Lamar held roles with CastleOak Securities and the NYC Department of Citywide Administrative Services, in roles covering investment banking, capital markets, and operations, helping these organizations reach their financial goals!



### PRO TIP:

*Want to learn more about these alumni?*

Use **LinkedIn** to connect with these professionals and request an informational interview, where you can ask them questions about their industry, day-to-day work, and what advice they have for a student in the field. You already have something in common – your SFC connection!

# What's Next Opportunity Fair Recap

The **What's Next Opportunity Fair**, held on September 25<sup>th</sup> at SFC, brought a vibrant energy to campus as students and employers came together for a day filled with networking, career exploration, and opportunity!

The event drew organizations across industries, including technology, finance, healthcare, non-profits, and more. Representatives were eager to connect with students, share details about their hiring needs, and discuss internships and full-time positions. Faculty representatives from SFC's many graduate programs were also in attendance, sharing with students how they can continue their educations by staying where they belong – **All Right Here at SFC!**

*Great conversations with students from a wide range of majors and career paths! Inspiring to see such diverse goals and interests represented.*

• Maria & Candice, Heartshare St. Vincent

Students arrived prepared, many with resumes in hand and well-practiced elevator pitches. The atmosphere was electric as conversations unfolded at employer booths, in breakout areas, and even in casual networking spaces.

The **Center for Career Exploration** was on-hand to give students an added boost of confidence as they introduced themselves to recruiters.



By the end of the fair, some students had already been invited to complete the next steps in the hiring process, while others walked away with new contacts and clearer direction for their career paths. Employers expressed enthusiasm about continuing the conversations started at the fair, and students left with renewed excitement about the possibilities ahead.

*It was a pleasure meeting the students and connecting with those interested in COOP opportunities. Their professionalism and communication skills were outstanding — a solid 5 out of 5!*

• Rahin, COOP Careers Inc

The Career Fair not only connected students and employers but also underscored the power of preparation, professionalism, and curiosity. With such strong engagement from both sides, it set the stage for lasting connections and future opportunities!

## EMPLOYER PARTNERS

A FRIENDLY FACE	COOP CAREERS	EISNERAMPER
ENTERPRISE MOBILITY	FDNY	KIDS IN THE GAME
LUTZ AND CARR CPAS	NY-RAMP PROGRAM	NYS POLICE
TEACH FOR AMERICA	NYPD CHIEF OF PERSONNEL	NYS CORRECTIONS
UNCOMMON SCHOOLS	U.S. COAST GUARD	NYPD CADET CORPS
RCM HEALTHCARE SERVICES	NYS CIVIL SERVICE	
NYC HEALTH INTERNSHIPS	NYC HEALTH + HOSPITALS	
HEARTSHARE	ST. VINCENT'S FAMILY SERVICES	

WANT TO KEEP THE CONNECTIONS GOING?  
FOLLOW EACH COMPANY ON LINKEDIN!



# CAREER CORNER

## What to Do After a Career Fair

### YOUR FOLLOW-UP STRATEGY FOR SUCCESS

Attending a career fair is just the first step, what you do afterward can make all the difference in landing interviews and building valuable professional relationships. Following up strategically shows initiative, reinforces your interest, and helps you stand out in a crowded field. Here's a step-by-step guide to help you turn those quick conversations into lasting opportunities.

#### Organize Your Notes and Contacts

Right after the fair, take time to review your notes. Who did you speak with? What positions were discussed? What stood out in each conversation? Create a spreadsheet or document with:

- Company names
- Recruiter names and contact info
- Key takeaways from each interaction
- Any promised follow-up actions

This will help you personalize your outreach and stay organized.

#### Send a Thank You Email

A prompt, professional thank-you email (sent within 24-48 hours) shows appreciation and reinforces your interest. Keep it short but impactful. Include:

- A greeting and thank-you for their time
- A reminder of who you are and what you discussed
- A brief mention of your interest in their company or role
- Your resume (optional, if not already shared)

#### Connect on LinkedIn

If you haven't already, send a personalized connection request on LinkedIn. Mention the career fair and your conversation to jog their memory.

**Tip:** *Keep your message short and professional. Recruiters appreciate clarity and relevance.*

#### Apply Online (If Required)

Some companies require candidates to formally apply through their website or job portal, even if you handed in your resume at the fair.

**Tip:** *Mention your career fair interaction in your cover letter or application form to stand out.*

#### Reflect and Refine

Think about what went well and what you could improve for next time. Did you feel confident in your elevator pitch? Were there questions you struggled to answer? Use this reflection to prepare better for future networking events.

#### Stay Engaged

Follow the companies you're interested in on LinkedIn and other platforms. Engage with their posts, attend webinars, and stay informed about their latest news. This shows genuine interest and keeps you on their radar.

Following up after a career fair isn't just about being polite, it's about taking control of your job search and building meaningful connections. Keep refining your approach, and remember: every interaction is a chance to grow your network and move closer to your career goals.

# OAA SUPPORT SERVICES SPOTLIGHT

## Tick Tock... Let's Talk Time!

From late-night studying to last-minute assignments, the semester moves fast... but you can stay one step ahead! Here are some time management tips to help you make the most of your schedule (and maybe even find time for a nap *zz*). *Let's dive in and take control of the semester!* Here are some **Time Management Tips**:

### Use accommodations proactively

Take initiative to book accommodated exams and request deadline extensions well in advance, ensuring availability and avoiding last-minute conflicts or delays.

### Communicate regularly with instructors and support staff

Keep in touch about deadlines and accommodations to avoid misunderstandings and ensure your academic needs are met on time.

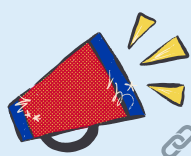
### Break tasks into smaller, manageable steps

Use planners or visual schedules to divide assignments and study sessions into chunks, helping maintain focus and reduce overwhelm.



#### PRO TIP:

Reach out to **OAA (oaa@sfc.edu)** at the beginning of the semester to get your accommodations in place before assignments and exams pile up. *Accommodations can include note-taking support and extended time.*



## THERE IS STILL TIME TO APPLY FOR ACCOMMODATIONS FOR THE FALL 2025 SEMESTER.



**[Submit your Fall 2025 Accommodation Request Form here](#)**

**Accommodations must be **RENEWED EVERY SEMESTER** to ensure continued support!**

#### WHAT ARE ACCOMMODATIONS?

In a school setting, disability accommodations are modifications or adjustments to the learning environment that enable students with disabilities to participate fully in their education.

**Your privacy matters.** All documentation and student information is kept strictly **confidential** within the OAA.

#### Questions?

Contact the OAA for assistance. *We are here over the summer to support your success!*

✉ Email: **[oaa@sfc.edu](mailto:oaa@sfc.edu)**

📍 Office: **Room 7201**

📷 Instagram: **[@sfc.accessibility](https://www.instagram.com/sfc.accessibility)**





# Community and Involvement on Display at the Fall 2025 Club Fair

The **Fall Club Fair** was a celebration of Student Life at St. Francis College, and our Terriers brought the energy! From academic and cultural organizations to Franciscan and passion-based clubs, students explored new ways to connect, lead, and grow.

The event was packed with excitement as students visited tables, met club leaders, and signed up to get involved. Whether you're into dance, gaming, fashion, faith, or leadership—**It's All Right Here at SFC.**

The **Student Government Association (SGA)** was front and center, encouraging students to join clubs and hyping up our amazing club leaders. Their energy helped set the tone for a semester full of engagement, creativity, and community.

Be sure to follow **@lifeatsfcny** on Instagram to stay updated on club events and activities. If you missed the fair, it's not too late—clubs are still welcoming new members! Send us an email at **studentlife@sfc.edu**

## STUDENT LIFE @ SFC

# How to Choose the Right Club for You

With so many exciting student clubs at **St. Francis College**, finding the right one can feel overwhelming—but it doesn't have to be! Whether you're looking to make friends, build skills, explore your passions, or just try something new, there's a club waiting for you. *Here are a tips to help you choose a club:*



## Match Your Club to Your Major

Looking to build your resume? Make new friends? Joining a club related to your major—like the **Nursing Club**, **Accounting Society**, **Pre-Dental Club** and **Pre-Medical and Health Promotions**—can help you build skills, network with professionals, and explore career paths. It's a smart way to connect your classroom learning with real-world experience.

## Find your Cultural Community

SFC is proud to host a variety of culture clubs that celebrate heritage and global perspectives. Whether you want to connect with your roots or learn about others, culture clubs offer a welcoming space to share traditions and build community. Some of our active culture clubs include **Latin American Society**, **African Student Association**, **Middle Eastern Association** and **Caribbean Student Association**.

## Start with your Interest

Think about what you enjoy—whether it's art, science, service, or wellness. Clubs are a great way to turn your passions into purpose. At SFC, we have a variety of interest-based clubs, including **Video Game and Anime Club**, **SFC Dance Team**, **RAVE (Acting Club)**, **Fashion Club** and **Safe Haven Bible Club**.

## Try Before You Commit

Attend a meeting or event to get a feel for the club's vibe. Most clubs welcome new members throughout the semester, so you can explore your options without pressure. **Want to stay in the loop?** Follow **@lifeatsfcny** on Instagram for updates on club events, campus activities, and ways to get involved. It's your source for everything happening at SFC!

## Talk to Other Students

Ask your peers what clubs they're in and what they love about them. *You might discover something new!*

## No Club Fits? Start a Club

If you have a unique interest or idea that isn't represented yet, you can start your own club! **The Office of Student Life** is here to help you bring your vision to life—from writing a mission statement to recruiting members. Your passion could be the next big thing on campus.

For more information or to start a new club, visit **The Office of Student Life at 5106** or email **studentlife@sfc.edu**.

**Follow us on Instagram @lifeatsfcny.**



# HEALTH & WELLNESS SPOTLIGHT

## Calling up Your Inner Creative

### SELF-CARE PRACTICES FOR THE NEW SEASON

*Creative expression can lower stress, boost your mood, and support mental health.* This month, we're sharing ideas and events to help spark your imagination and self-expression. Start the year by building habits that support your well-being—in fun, imperfect, and personal ways.

Here are **six ways to incorporate creativity into your life as a form of self-care**:

#### 1 Try out art journaling

Use a notebook to write, doodle, or paste images that reflect your thoughts and feelings. There's no right or wrong way—just let it flow. Prefer talking? Try audio journaling by recording your thoughts aloud in a private space.

#### 2 Make a Collage or Vision Board

Choose images that speak to your current mood or future goals. Arrange them in a way that feels meaningful to you. It's a great way to connect with your inner life visually.

#### 3 Create a Mood Playlist

Curate songs that match or shift your mood. Whether you need comfort, motivation, or a vibe reset, music can help you feel more in tune with yourself.

#### 4 Get your body moving!

Put on your playlist and move however you want for 10–15 minutes. No choreography needed—just let your body release tension and boost your mood.

#### 5 Learn or practice a soothing craft.

Knitting, beading, embroidery, or making friendship bracelets can help calm your mind through repetitive motion and creativity.

#### 6 Stop by an event with the Counseling & Wellness Center this year!

Join us on October 9<sup>th</sup> for our next **watercolor painting** event on **World Mental Health Day** and destress with the therapy dogs. For other ways to incorporate creativity as a way to strengthen mental health or if you are a student group on campus that would like to collaborate with us on an event, stop by our **Counseling and Wellness Center at Room 7214** or reach out via email at [sfccounseling@sfc.edu](mailto:sfccounseling@sfc.edu)



# Supporting Terrier Well-Being: Meet Our New Counseling Staff

We are excited to welcome new members to our **Counseling Center** team, who are here to support students with care, compassion, and expertise. Whether you are adjusting to campus life, navigating stress, or simply need someone to talk to, our 16 counselors are ready to listen and help. Seeking support is a sign of strength, and counseling services are available to all students. Whether you're navigating personal challenges, academic stress, or just need someone to talk to, our interns are here to help. **Take advantage of this opportunity to connect, reflect, and grow.**



## Take a Break in the New Recharge Room!



Feeling overwhelmed or just need a moment to breathe? We've got you covered. The new **Recharge Room**, located in **Room 6212**, is now open **Monday through Friday** from **9:00 AM to 5:00 PM**—and it's here to support your emotional well-being. Opened this Fall 2025, the Recharge Room was thoughtfully designed as a peaceful and restorative space where students, faculty, and staff can take a break from the fast pace of campus life. Be on the look out for the monthly therapy dog and other rejuvenating events.

### Need Support?

Visit us in the **Counseling & Wellness Center**, where you can sign up for individual mental health counseling with one of our staff.

Email: [sfccounseling@sfc.edu](mailto:sfccounseling@sfc.edu) | Office: **Room 7214** | Instagram: [@sfc\\_counseling.wellness](https://www.instagram.com/sfc_counseling.wellness)

*Our counselors can work with you to help you manage stress, resolve problems, and help you understand yourself better. Counseling is not designed to tell you what to do, but to help you work through decisions and implement choices for better well-being.*



# Intramural Sports Kickoff Party Brings the Heat to SFC!



Terrier spirit was in full swing as students gathered in the Multi-Purpose Fitness Room to celebrate the official launch of **Intramural Sports @ SFC**

The event kicked off with a special moment: President Tim Cecere led the ribbon-cutting ceremony, officially opening the door to a new era of student recreation.

Throughout the afternoon, students had the opportunity to explore and play a variety of sports, including **pickleball, indoor tennis, basketball, and soccer.**

Intramural Sports are now officially underway, with weekly games and daily free play available to all students.

Equipment is ready for checkout at the **Office of Student Life (Room 5106)**, so grab your gear and get in the game! *Let's keep the momentum going, Terriers — see you on the court!*

## WEEKLY SCHEDULE

- Monday (1-5pm): Basketball + Soccer
- Tuesday (11am-3pm): Basketball + Soccer
- Wednesday (11am-3pm): Mini Tennis + Pickleball
- Thursday (1-5pm): Basketball + Soccer
- Friday (11am-3pm): Badminton + Mini Tennis + Handball

For more information, visit **Student Life at 5106** or email [intramural@sfc.edu](mailto:intramural@sfc.edu).  
Follow us on Instagram @lifeatsfcny.

# FITNESS CORNER

GET MOVING, TERRIERS!

## Your Guide to Fitness on Campus

Staying active as a college student isn't just about looking good — it's about feeling amazing, staying focused, and even boosting your grades!

*Did you know that students who exercise regularly report up to 30% better concentration, lower stress levels, and improved mood?*

Exercise also supports heart health, strengthens muscles, and can even improve sleep — something every college student can use! Whether you're a fitness newbie or a seasoned pro, moving your body is always a win.

### Find Your Fitness Fun

You don't need a fancy class or special equipment to get moving — the best workouts are the ones you enjoy. Here are a few ideas to keep your energy up and stress down:

- **Challenge Yourself:** Try a daily step goal or a short run around campus.
- **Strength at Your Pace:** Bodyweight exercises like push-ups, squats, and planks can be done anywhere.
- **Get Social:** Invite friends for a walk, a game of frisbee, or a friendly fitness challenge.
- **Mind & Body Breaks:** Stretch, meditate, or practice yoga to reset your focus between classes.



### Top Fitness Trends for Students

Want to try something new? Check out these popular workouts:

- **Group Classes:** HIIT, Zumba, or yoga — sweat, stretch, and have fun with friends.
- **Strength Training:** Build muscle and metabolism in the free weights or resistance machines area.
- **Cardio with a Twist:** Row, spin, or climb your way to a strong heart.
- **Outdoor Adventures:** Join a running club, hike, or play intramural sports.
- **Mind & Body:** Recharge your brain with pilates or yoga.

### Fitness Passport Challenge

Grab your Fitness Passport at the Fitness Center and work out at least once a week to earn a stamp. Each month, all stamped passports will be entered into our Fitness Raffle — prizes for your dedication and sweat!

Our **Fitness Center** is open **Monday through Friday, 9 AM–5 PM**, and has everything you need: strength-training equipment, cardio machines (StairMaster, rower, bike, treadmill), and a friendly space to reach your goals. Check us out, **Room 5612**. Have questions or want more info? Email us at [fitness@sfc.edu](mailto:fitness@sfc.edu)



## WHO'S IN THE DOGHOUSE THIS MONTH?

# This month: Littering

Nothing ruins a beautiful campus walk quite like dodging crumpled coffee cups, half-eaten pizza crusts, or that mysterious plastic bag doing laps in the wind. Sure, New York City has its charm, but when trash ends up everywhere except the garbage can, the charm fades fast.

For perspective, **New York City produces nearly 12,000 tons of trash every single day**—and while our campus isn't hauling that much, every piece of litter adds to the problem.

At St. Francis College, we take pride in our community. Our spaces—whether it's the res hall, the lounge, or the gym—are here for everyone to enjoy. But when litter piles up, it's not just an eyesore. It affects the vibe of our campus, our environment, and honestly... it makes the janitorial staff's job harder than it needs to be.

And here's the kicker: a lot of this is avoidable. Garbage cans and recycling bins are never far away. That snack wrapper? It deserves better than the hallway floor. That empty Dunkin' cup? It doesn't belong on the windowsill.

**So, Terriers, this month we're putting littering in the doghouse.** *Respect the space, respect your community, and help keep SFC looking its best. Clean up after yourself—because nobody wants to hang out in a doghouse full of trash.*



# UPCOMING EVENTS

- OCT 2** Franciscan Month: Annual Peace Run
- OCT 8** Franciscan Month: Math and Religion Lecture
- OCT 9** St Francis Graduate School of Advancement Studies Kick-Off Celebration
- OCT 9** World Mental Health Day (Recharge Room)
- OCT 18** SFC Fall Showcase
- OCT 20** Volpe Lecture Series: Contemporary Issues on Maternal Healthcare
- OCT 23** Franciscan Month: Annual Scholar Concert
- OCT 27** Franciscan Month: Library Aquarium Debut
- NOV 6** Get LinkedIn with Center for Career Exploration
- NOV 20** Counseling & Wellness: Check Up from the Neck Up
- DEC 4** International Day of Persons with Disability
- DEC 8-9** Stress-Free Finals



## Want to Be Featured in Our Next Newsletter?

Unleash your story and be featured!

Send your photo, your story, or anything else you'd like to share to **deanofstudents@sfc.edu**

for a chance to be spotlighted in our upcoming issue!

**Don't miss out—  
we'd love to feature you!**

### CONTRIBUTING AUTHORS

Dr. Natasha L. Edwards  
Christine Factora  
Brother Gregory Cellini  
Emma Wall  
Julia Passarelli  
Karime Rincon  
Alisa Handrugan  
Amy Smith  
Daisy Saldana  
Maliek Sterrett

### STUDENT CONTRIBUTORS

Olga Antoniadi  
Paolo Morliere  
Lone Busang  
Damion Boone  
Rabina Sharma  
Celeste Mirador