Risk of contracting AIDS increases for heterosexuals

By Danielle Nolan
Staff, A&E Editor

In the Nov. 12 issue of The New York Times, it was reported that heterosexuals are at risk of contracting AIDS increased in American major cities from 1990 to 1992 among young heterosexuals. What does this mean for college students? Basically, your chances of contracting AIDS are still quite low, but your sexual preference is just as important. The Centers for Disease Control report that AIDS is the No. 1 killer of Americans age 25-44. People can live with HIV for AIDS for 20 years, this means these victims probably contracted the disease when they were in college or in their teens. The study released by the New York Times, published in the November issue of The American Journal of Public Health. The report found that the number of multiple sex partners for heterosexuals increased to 19.5 percent in 1992 from 15.3 percent in 1990. The majority of those surveyed used condoms only some of the time or not at all.

The College Press Service reports this shocking statistic: One in 500 college students is infected with HIV.

First-year students question efficiency of lap top program

Freshmen unsure if computers are worth the price

By Stephen P. Scholz
News Editor

The Student Mobile Computing Program, in its first year of integration, mandates that all first-year students purchase a lap top computer. Faculty are also asked to own lap top computers beginning this year but a delay in shipping has stymied their arrival. This delay mixed with an abundance of freshmen complaints implies that the university has allowed students and their computer related problems to get too far in advance of the school's faculty and staff.

The majors complaints by freshmen concerning the mandatory purchase of the lap tops is their lack of use in the classroom. Many incoming students feel they were mislead into believing they would be using the computers daily in all areas of curriculum. "So far I haven't used my lap top in any of my classes," said freshman Sharon Lyden. "I have only used my computer so far for my own personal writing. And if I had to use it for a classroom exercise I wouldn't know how, except for writing a paper." Many freshmen anticipated that since the computers were a necessity they would need them in class. Dr. Ed Malin, acting vice-president for Academic Affairs and Provost of the university, feels that the computers are being used as was promised.

"Just because students don't bring their laptops to class doesn't mean they're not being integrated into the curriculum," said Malin. "Freshmen are using Noton's Texta to write papers for composition classes, accessing Netcage which offers a huge amount of sources and information, and most importantly learning how to become comfortable with the machine and its capabilities. The use of applications in the classroom will take time," he added.

Another recurring problem for freshmen is their inability to become comfortable with the computer and its capabilities due to technical problems which need the attention of an over-worked and understaffed Computer Center. "Several times I have brought my computer to the lab for them to help me," said Colleen Meehan. "I know they are busy but how hard can it be. My computer sat there for almost a week, untouched and forgotten. Eventually I got so fed up that I had my father come over and pick up the computer so he could send it to Digital himself." The Computer Center provides next day response for most of the technical difficulties freshmen encounter with their lap tops. If the machine needs to be sent out to Digital, service can take up to 72 hours. But with more problems
**NEWS BRIEFS**
Compiled by Danielle Nolan

**Graduate offers job opportunity**

SHU graduate Cesar Munoz now has a fulltime job with CNN Spanish News Service. As a result, he wants to relinquish his job as Spanish fulltime job with CNN Spanish News Service. As looking for someone to take over his position at

**Commuter car recovered in Bridgeport**

On Nov. 1, 1995 at 3 p.m. a commuter student stopped a Public Safety officer when he realized that his car had been stolen. The 1987 Ford Mustang was stolen out of North Lot sometime earlier that day. After searching, Public Safety was unable to locate the vehicle. The vehicle was then recovered two days later in Bridgeport, according to a report from Public Safety.

**Annual Thanksgiving service to be held**

On Tuesday, Nov. 21, the office of Campus Ministry will be sponsoring the Annual Interfaith Thanksgiving service in the new section of the Dining Hall at 1:45 p.m. In conjunction with this celebration, the Campus Ministry council will be coordinating the distribution of needed items to less fortunate members of our local community. We hope to enlist your help in providing food and other goods for the Merton House of Hospitality and Operation Hope.

Immediately following the service, Dr. Anthony Cerema, president of the University, will host a reception for the university community. We hope that all will be able to attend to serve.

**Accounting students learn Japanese cost management**

By Shaena Doherty
Staff Writer

Ask any accounting major what his hardest class is and he will most likely answer Japanese Cost Accounting taught by Professor Scott Colvin. The course is an exploration of the issues involved in providing accurate, relevant product cost information to operating managers.

The course examines cost structures, cost accumulation systems as well as appropriate planning and communication tools. Written assignments, case studies, homework problems and group discussions comprise much of the classroom interaction.

On Nov. 1, the students learned of Japanese culture in relation to the cost system to help them in their projects. Professor Kumiko Okano from the Modern Foreign Languages faculty and Kan Yoshida, a junior accounting major, taught the students the cost systems and culture.

"We're talking about housing, cars and comparing Japanese price to U.S. price," said Okano. 

"The food is approximately half the price compared to Japan. Cab-bage is 60 cents in the United States, but in Japan it's $2.00." 

Yoshida helped Okano in the teaching process. "I am an accounting major so I have to take this class to graduate. I had the chance to talk about Japanese culture because we are learning the Japanese cost system and I think Professor Colvin knows the students need a background on Japanese culture."

The explanation of Japanese culture was instrumental in helping the students with their projects because, as senior accounting major Hiroshi Vargas said, "This is the hardest class I have."

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**Press: essays by leading members of Jewish and Catholic faith form book**

Continued from page 1

book's 10 essays were written by leading members of the Jewish and Catholic faiths.

In addition to Bemporad, other contributors include Nobel Peace Prize-winning author and Holocaust survivor Elie Wiesel; David Novak, professor of religious studies at the University of Virginia; Rabbi Mordecai Waxman of Temple Israel, Great Neck, N.J.; Rabbi Walter S. Wurzburg of Congregation Shaaray Tefilla in Lawrence, N.J.; and former Israeli President Chaim Herzog.

Also contributing were four cardinals: William H. Keeler of Baltimore, president of the National Conference of Catholic Bishops; Edward J. Cassidy, president of the Vatican's Commission for Religious Relations with Jews; Joseph L. Bernardin of Chicago; and Bernard F. Law of Boston, whose essay presents a prayer and a message from a visit at Auschwitz in 1986.

Copies of the book are available from CCJU. The cost is $14.95 a copy, plus shipping and handling.
Students get ready to wear at SHU's first fashion show

By Jonathan McCarthy
Editor-In-Chief

The International Club will team up with the business club tonight to sponsor Sacred Heart's first-ever fashion show. The show will feature all types of clothing including casual, formal and bridal wear. "It has never been done before and seems to be a good way to bring students together," said Cristina Carvallo, an organizer of the event. One of the ways clubs are being brought together is by the models themselves who are all Sacred Heart students from clubs and organizations on campus.

All of the fashion is being donated by the Trumbull Shopping Park. "The mall was very eager to help us and it seems like a good way to advertise" says Carvallo. Contributors include Contempo, American Eagle, Oaktree, Gissing, Stewarts, Joan's, Benetton, Jean Country, J.R. Riggs, Randy River, Alien's and Alexander's. Tickets for the show are on sale for $5. The show will start at 7 p.m. in the "Green Room" (new section of dining hall).

Democrats urge Clinton to support direct lending

By Carol Monaghan
College Press Service

U.S. Secretary of Education Richard Riley and Democratic senators urged Republican members of Congress to not send the White House a budget that severely reduces or eliminates direct lending to college students. "Congress is pitting students against special interests," said Riley. "Parisan politics and special interests are winning out over common sense and the best interests of students, schools and taxpayers.

The house and senate are expected to conference this week to hammer out the differences between divisons of the budget reconciliation bill. The house voted to kill direct lending altogether, which would force all schools and students who are currently participating in the program to revert to a bank-run loan system.

"It will be very, very confusing and very costly to switch and make changes from the stream-lined direct loan system atorn back to the guaranteed loan system," said Senator Paul Simon (D-Ill.).

Meanwhile, student lobbying groups say they plan to refocus their efforts from the Hill to the White House. "We're asking every student to call the White House and ask the president to veto the bill," said Kelly McIntosh, field director of the United States Student Association (USSA).

Under direct lending, students bypass banks and lending institutions and borrow directly from the federal government through their campus financial aid office. Democratic senators at the November 2nd press conference on Capitol Hill said that direct lending saves tax payers billions of dollars by streamlining the loan process for students.

"Direct loans promote accountability, cut wasteful red tape and improve service to students," the competition between the two programs is healthy," said Senator Carl Levin (D-Mich.), who added that 160,000 students in Michigan use direct lending. Senator Tom Harkin (D-Iowa) lambasted the Republican Congress for caving in to baking interests at the cost of students. "It's a simple formula: sprout money for guaranteed loans minus direct lending equals more money for banks and lending institutions."

However, Republicans argue that direct lending cost taxpayers more and that default costs may soar under direct lending.

"Contrary to the administration's recent claims, direct lending is a system of delivering student loans, not a remedy for college costs," said Laura Cavness, former secretary dedication. "Turning the department into one of the nation's largest banks, adding hundreds of new employees to the federal payroll and billions to our nation's debt is not in the best interests of students, colleges and universities or the American taxpayer."

Hormone Levels May Dictate Alcohol and Drug Use

LEXINGTON, Ky.—Think it's just a coincidence that the haziest guys at the bars are always the most sober? Maybe not. Researchers at the University of Kentucky already know that hormones trigger bodily changes in students, but recent research indicates that they may also influence whether they drink alcohol and smoke cigarettes or marijuana.

UK psychiatrists found that high school girls who drink and smoke have higher levels of the male hormone testosterone, which increases impulsivity and risk-taking behavior, and the female hormone estradiol, than girls who don't. Increased levels of estradiol have been linked with breast cancer later in life as well as feelings of depression and sadness in adolescents.

Cost: students utilize comparative business system in accounting class

Continued from page 2

Computer Department has been teaching the management systems for 1982 when he joined the adjunct faculty while working for GE at its Fairfield Headquarters. He became a full-time faculty member in 1989 and served as Chair-Faculty of Financial Studies, Government and Law between 1991 and 1994.

Colvin's professional background includes 14 years of Fortune 100 financial and accounting experience with GE, Black and Decker and Peperidge Farm. His area of expertise is cost management and planning.

Professor Okano joined Sacred Heart in September and currently teaches Japanese and next semester will be teaching Japanese culture and global studies. Okano is currently completing her Ed.D. in Curriculum and Instruction at Northern University.

Okano received her BA is law from Tokyos University. Since coming to the U.S. in the 1980's, Okano has published a translation of The Adventure of Kahutomushi Hiroshi.
Editorial Page

SPECTRUM

Habitat proves a powerful point

"650 people were kept out of Bridge­port homeless shelters last winter." That is the message that was written on the Hab­itat for Humanity shelter outside of the Dining Hall this week. As the wind and freezing rain ripped through it on Tuesday night a harsh truth became a reality for many people. That is no way to live.

As we walk back and forth to the residence halls everyday we take so much for granted. We are a very lucky bunch of people. What Habitat did this week was a great reminder of the world that surrounds the bubble we call Sacred Heart.

While we take the time to complain about the hot water and how bad the resi­dence halls are, we should reflect on that wet cardboard shambles in the quad and realize that life isn’t that bad for us.

Registration brings pain

By Keith Zingler
Associate Editor

Recently, while at work, I was asked what I wasn’t going to miss about college life. I am finishing all classroom activities at Sacred Heart this semester and the question I must admit, has crossed my mind.

I will never, ever miss wait­ing in line for 8 hours to register. The whole procedure upset me. It just never goes smoothly. It takes 52 weeks just to get an appoint­ment with your advisor. After fi­nally meeting with your advisor, he or she tries to explain to you why you won’t be able to graduate this year. It seems that you need to take Toilet Plunging 101. The class was offered your freshman year, and it won’t be offered again till the turn of the century. Don’t worry, your advisor tells you. “All you have to do is get a couple of signatures and you can take the course as an independent study.”

Relieved, you leave your advisor’s office content on set­ting the mission at hand. First, you go get the signature of your major’s department head. Easy enough. Next, you’re off to Doug Bohn’s office to obtain his signa­ture. Things are going smoothly enough. Two down thiny to go! Now things get hectic. The man­ager of FLIK isn’t in. Maintenance refuses to sign and your room­mates won’t sign anything till af­ter they have taken their afternoon nap.

Finally all of the signatures have been obtained. The first stage of your odyssey has been com­pleted. You are ready to register. Things are going to be differ­ent this year. You are a senior. Your alarm wakes you from a solid two hours of sleep at 7:59. After applying a heavy dose of deodorant, you grab a hat and stumble into Hawley Lounge. Five hours later it is your turn to regis­trar.

“I’m sorry. The computer shows that you have a balance of $50,000,” explains the registrar’s office. You are told to go settle things with Student Accounts. Now you are annoyed. In ten minutes “CHiPS” is starting. You haven’t missed an episode of the 70’s hit in four years. Finally the episode that you and all of your room­mates have been waiting for is on. (You know the episode where it rains and they are forced to go on patrol in a squad car.)

After explaining your pre­dicament to Student Accounts, you get the standardized answer, “Let’s just see what the computer says about all of this.” The computer tells you that the money you owe is from a bill that was never sent to you from 1992. If you want to know more about this bill you are told to see the Department of Stu­dent Life.

Student Life has no clue what is going on because they have been 20 Directors of Residential Life since your freshman year. Eventually they find the problem. Something about a 30 inch hole that was put in the wall on the last day of school. You know the time you and your roommate were drunk, so you decided to see how thick the walls really were. (To your astonishment one swing of a Louisville Slugger went right through.) Okay, I was eighteen and foolish. How much do I really owe?

“Well, where do they come up with the other $43,000. Oh, they tell you the extra money was just added to rip you off. After con­vincing your parents that your little brother isn’t really smart enough to go to college, they wire you all of the money that was saved to put your brother through college.

Now you just have to go back and stand in line. Five hours later you have just finished registering for the last time. Now if you can only pass Toilet Plunging 101.

“Let’s see, it cost maintenance a thousand dollars to look at the hole. Then they charged you an­other thousand to fix it. After they were through we had to pay a cleaning service five thousand dollars to clean up after them.”

Where do they come up with all of this?
November 16, 1995

Letters to the Editor...

ALCOHOL DOES NOT MAKE YOU BETTER

Dear Editor:

I am very disappointed at a lot of people in this school. When I say that, I mean people and alcohol. I'd say a good 70% of the people in our class feel that I'm too drunk. Most of them think that they need to drink in order to do a good job of sleeping. I don't understand this at all. I'm not one to think that drinking is cool. I won't say that I never drink, but I will say and can say that I've never been drunk because there are too many consequences. Why is it that everyone will try to suffer the consequences? People will get to drink in order to be happy and I believe that they are not happy with themselves at all. I have enough fun when I'm sober. I'd hate to see what I was like when I was drunk. I'm not saying that I have such high self-esteem or self-confidence that I can be so happy with myself. I'm saying that people can be happy in other ways.

I don't think you are a bad person if you get drunk. I just think that you are a better person when you're sober. I think that making sure everyone else is in order and being the only one who is sober makes you the person who is going to win in the end. Do you actually think that remembering what you did the night before because you were so gone is cool? If so, why?

I'd just like to tell everyone that being sober and having fun isn't such a bad thing. Maybe the people who get drunk all the time should try it sometime.

Kirstie Rabiton

ARE COMPUTERS NECESSARY

Dear Editor:

I am a first-year student at Stony Brook University. Upon entering this university we were told that it is mandatory that all freshmen purchase a computer. Being mandatory, my family and I arranged to make payments for the school-supplied computer. We were told that we need these computers for classes.

It is now Nov. 16, and the semester's end is not that far off. To date, I have not taken my computer to class once. I am just now adjusting to push buttons to call our aunt next week. Thanksgiving is next week. Thanksgiving is a wonderful time of the year when my family gets together dressed in funny outfits and throws eggs at airplanes in New York. Oh, maybe that's Chinese New Year.

After the game, you rush off to the big family meal at which you eat many foods that look like nothing else you would voluntarily eat any other time of the year. I'm thinking of things like squash here. You stuff yourself, and then you do what? You watch another football game on television.

Yes, you sort of watch it. You watch one play. Then another. Then maybe another play happens. Then you drift off to sleep for a second and the next thing you know the other team has the ball and the score is 54-0. (Jets are losing.) You watch another play and then the next thing you know WHOA,A DO RE MI FAI, The Sound of Masic is on again!

On Thanksgiving, try to remember that the holiday stands for more than just millions of people eating dead birds (and a whole bunch more who are eating only bread). Remember the true meaning of the holiday, about one day hundreds of years ago when the Pilgrims dined as a community to celebrate the defining moment in our nation's history when Mrs. Pilgrim finally figured out how to keep the turkey from burning. Set the thermometer at 26 degrees above.

Write to Chris Nicholson at: c/o Spectrum, 5151 Park Ave., Fairfield, CT 06472

Write a Letter to the Editor...

Deliver your opinion to the Spectrum by Monday. Must have name and phone number.

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Dr. Ralph Corrigan
Residents & peers adore Perera

By Lauren McKinley
Contributing Writer

She stands five feet, five inches tall with long dark hair and a pretty smile. Her personality can perfectly be described as "perky."

She is friendly, caring, generous, supportive, helpful, and outgoing. This only begins to describe a certain third-year international student and resident assistant.

"She is very concerned for others, helpful, a great listener, and she's fun to be with."

Anyone who knows Ayoma Perera knows that if she notices you, she will make a point to say a cheerful, "Hi!" Her deep eyes let people know that she cares about what they have to say, and she is always willing to listen to anyone.

Originally from Nugegoda, Sri Lanka, Ayoma has traveled all over the world due to her father's business. She has been to England, Italy, Denmark, Iraq, Belgium, and Pakistan. Her family currently lives in Egypt.

Majoring in media studies and minoring in English, Ayoma hopes to become a journalist for the Los Angeles Times after receiving a Master's degree in journalism from UCLA. She currently maintains a 3.1 GPA and is very involved in campus and residential life.

She is a junior mentor, a member of Cum Laude Society and Residence Hall Association. Her biggest involvement with the community is as resident assistant in West Hall.

When asked why she wanted to become an R.A., she said, "My sister is an R.A. and I wanted to gain a wider perspective of college life and have some impact on the lives of the students. Interacting and just being there for my residents have made my purpose in this world all the more thoughtful."

Perera was chosen as Resident Assistant for the month for September. She was elected by eight other R.A.'s who think she has been doing an outstanding job.

"Ayoma has established herself as assertive, and respectful, yet caring and comfortable as well," says one of her peer R.A.'s.

West Hall Resident Director Lisa Wilson says, "Ayoma stands out among her peers. She is known, loved and adored by all of her residents and fellow staff members."

"Being selected as R.A. of the Month came as a surprise and I am honored," says Perera.

"It gave me encouragement to continue working as I have been and do the best I can for the community and students in general."

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"It gave me encouragement to continue working as I have been and do the best I can for the community and students in general."

Is there anything Ayoma would change about Sacred Heart University? "I can only think of one thing," she says. "I would see that all promises that are made to the community are kept and followed through. Right now I think many of them aren't."

"Oh, can you excuse me for one minute!" she asks during this interview when she sees two of her residents walk by. "I have to go apologize to them for raising my voice to them last night."

That kind of apology isn't heard too often. In fact, ask any of Ayoma's residents about their R.A. and you will only hear positive, encouraging remarks from them.

A resident says, "Ayoma is one of the sweetest people I know. She's always inviting us to dinner, writing messages on everyone's message boards and making our days by just being there for us."

"One night some of us were in the lounge," says Amber Hagae, one of Ayoma's sophomore residents.

"Ayoma was with us and her phone, which is shaped like a whale, was ringing. The caller hung up, but then it happened again five more times after that and we all realized that one of her residents was playing a joke on her. She was getting really annoyed, yet she was smiling about it the whole time."

"If you ever see this adorable, petite young woman who always has a smile on her face, say hello. You will undoubtedly get one in return."

Quality Team improves campus

By Michele Herrmann
Features Editor

Sometimes a way of improvement comes from a long known but not often credible method—the suggestion box.

Its notice asks onlookers to insert concerns or complaints inside. Someone may write down a comment and stuff it in. But later, that person may forget the comment or even the act of writing it.

Maybe, he or she thinks that's where it stays too. But look at it this way. Time passes. Little by little, differences happen.

Stack doors are now easier to open, a new sign tells how to find the call number of a library book and now Arizona Ice Tea and pretzels are sold in the Dining Hall.

When notices go into a SHU box, the Quality team makes things happen. In October of 1993, President Anthony Cemera appointed a group of administrators, faculty and staff members, and students to be on the Quality team. Their purpose is to improve quality at Sacred Heart.

A member of the Quality Team, graduate student Jessica Dorocak checks the SHU boxes once a week, and then brings their contents to a Thursday meeting.

"We bring up the topics at the meeting, and from the discussion comes out how to answer the questions. Everyone takes a part in figuring out, and in researching," she said.

"The committee looks at responses and sees how they could make things better." The changes resulting from comments vary.

"A lot of it is physical changes but also more moral, small things to make (SHU) a better community," said Dorocak. "They could be small or big things."

Next to each SHU box is a pad of papers. On each of them is two questions; what is something to change and by what way could it happen.

The Quality team uses SHU boxes to improve little or big things at SHU.

Also, at the bottom, there is room to write down the responder's name, address and phone number.

"The committee responds directly to that person," said Dorocak.

Responders are asked to fill this part out because the Quality Team would like to contact them about their idea.

According to Dorocak, responses mainly come from students but administrators and staff do place in suggestions.

Last year, the boxes were posted in areas around campus from December to April. This past semester, the Quality team received a total of 110 suggestions. Although the committee may not be able to solve a concern, "we answer questions."

"If we can investigate and say this is the answer, it gives the person a certain amount of satisfaction that the question was answered."

SHU boxes are in the Admissions building, at Registrar’s office, at the checkout desk in the library, and in the main lobby of the Campus Center.

Campuses in Stamford and Lisbon also have boxes. Dorocak also mentioned that there are other unknown committees that handle concerns.

"Every committee is working to improve the quality at Sacred Heart," she said.

"It's to get everyone involved and make (SHU) a better place, not just a small group," said Dorocak, "and that's really the quality."
Dreams are made of...

By Michelle Covelluzzi
Contributing Writer

"Dreams," Freud once stated, "are the royal road to the unconscious.

Let's face it. You can be all you want to be in your dreams. Philip McDonald, a junior, dreams about "James Bond-type things." He sees himself "visiting far off countries, having many beautiful women visit his hotel room, and being Sean Connery.

I don't think many guys would frown upon such a dream. Maybe instead of Sean Connery, it's David Hasselhoff and spending some time with Baywatch beauties.

Other dreams may be more realistic. "Right now," Ayoma Perera, also a junior, explains, "I've been having a recurring dream that I fail Spanish.

Her anxiety for this matter in real life has overflowed while she sleeps causing her to dream about it.

According to the Encyclopedia of Psychology, "The motive for the formation of a dream is a wish repressed out of consciousness because it is intolerably painful."

Senior Chris Hopley can relate to this.

Dreams are powered by the spontaneous firing of brain cells.

"Once," Hopley said, "I had a dream that the amount found in a bit confused, Hopley looked up in a dream interpretation book.

"Rats," Hopley continued. "symbolized stormy times with friends. I was expecting one of my friends to stab me in the back. "I never happened. But in the meantime, it was disturbing." J. Allan Hobson, director of the Laboratory of Neurophysiology at the Massachusetts Mental Health Center, has stated that "dreams are powered by the spontaneous firing of brain cells, not stored libido energy as Freud would have it.

Dr. Carol Batt, an associate professor of psychology at SHU, "discounts highly the interpretations, but believes that "dreams can help people to better understand their lives. It can be a way to get to know yourself on a much deeper level."

Strange or bad dreams leave us with a need to share this "experience" with a friend or two. Exciting and/or good dreams can wake us up with a smile.

Either way you look at it, dreams are a part of our lives.

Just five days until Thanksgiving break.
Hang in there!!!

Need for caffeine could be addiction

By Michele Herrmann
Features Editor

Gotta have your morning coffee? Prefer to drink soda instead of juice? Or, do you enjoy an afternoon tea?

If so, drinking a caffeinated beverage is fine. But a casual drink may turn into constant necessity, depending on the amount you have.

Last month, researchers confirmed a widely held belief that people are addicted to caffeine the same way as others are to smoking, cocaine or intravenous drugs for the first time, according to the New York Times.

Dr. Richard M. Glass, deputy editor of The Journal of the American Medical Association, said the study was important "in that caffeine is so widely used and in showing that some people have this dependence on it."

"In this country, more than 80 percent of adults use caffeine, consuming an average of 280 milligrams a day, which is a little more than the amount found in about two cups of coffee," said researcher Dr. Ronald Griffiths.

There is little clinical evidence that people could not quit if they had to. Some SHU students say that they enjoy caffeinated beverages but they don’t feel addicted to them. If they can not have one, they simply accept that fact.

"I live by Coke. I buy a glass (bottle) every morning," said Sarah Cussins, a junior psychology major from Dover, New Hampshire. "But if I don’t have it, I don’t have it. I find something else to drink."

"I used to drink five cans of Coca-Cola a day," said Pat Sansy, a sophomore from Freehold, New Jersey. "Now it's just a small can of coke."

Some avoid caffeine drinks. "I don’t drink coffee except for an occasional expresso because of caffeine’s effects," said political science major Louis Kennedy from Bridgeport, Conn. "Sometimes I have trouble sleeping after drinking coffee or soda."

"I see a lot of people who constantly drink soda all the time. It becomes second nature to them." Although his brother is a coffee connoisseur, Vinny Yesensky, a senior from Bronx, New York, is just the opposite.

"I try to avoid caffeine because it would keep me awake," he said... Two people said that they cut down on their daily intake.

"I used to drink five cans of Coca Cola a day," said Pat Sansy, a sophomore and Spanish major. "I was like ‘Oh my God, I need a can of coke.’ My hands were shaking," he said while furring his hand to show how it was like.

He admits that he feels much better but he still thinks he’s a soda buff. "I still have an occasional caffeine rush."

Joe Hickey, a junior from Long Island, New York, cut down on his intake because of media hype. He used to drink an average of 4 or 5 cups, but now "I cut it down to a cup in the morning and now maybe a soda with lunch."

In comparison to serious affects caused by nicotine, alcohol or drugs, caffeine is harmless.

And research from the study provided little clinical evidence that people could not quit if they tried.

"The study suggested that it maybe more difficult to give up caffeine than most people think."

Opinions at SHU about caffeine as an addiction varied.

Hickey disagreed, "I think people become addicted because they chose to...it’s probably the taste or a habit."

Vumbaco definitely agreed, "If you have it for a long time, then withdrawal, you start shaking.”

In the Dining Hall, coffee is the most consumed beverage, followed by soda and a small percentage of tea.

"We go through about 300 pounds of coffee a week," said Chip Kennedy, FLIK food service manager.

"Most of the is consumed at breakfast and lunch. More of the returning (education) adults, faculty and staff seem to be drinking coffee. The average student seems to drink milk, juice and soda," Kennedy said.

On advice about stopping the use of caffeine, Dr. Griffiths suggested "that people should tap off gradually."
"Let's just be friends"

It's either misleading or the truth.

By Gina Norelli
Assistant Features Editor

"Let's just be friends." We've all heard it. We've all said it. It's an exhausted phrase. If you have ever had the courage to tell someone how you feel about them, there's always the chance that you might be rejected. Sometimes we have to take the risk because, otherwise, relationships would never begin.

But how does it feel to hear these words from someone you wish wasn't just your friend? Personally, I feel that the more you like a person, the harsher these chilling and disappointing words are to your ears. Why would anyone need to was never yours to begin with.

Let's just be friends?

Those who have heard it:

A sophomore student that wishes to remain anonymous says, "He cheated on me. We said we'd still be friends, but things happened that I couldn't forgive him for, so our friendship never worked. If a person really likes you, they will remain your friend or they will make the effort."

These misleading words often translate to "not interested" or "get out of my face." It's a very soft way of saying you're not interested, so bug off. It happens, but then again, you don't know what the other person is thinking.

"You can't read another person's mind. Maybe they do desire your friendship," he says. Lauren McKinley, a sophomore in Spanish, describes the confusion these words often create.

"Sometimes it's a way for people to say 'I'm not interested, so bug off.' It happens, but then again, you don't know what the other person is thinking."

Those who have said it:

Jessica Bowman, a junior psychology/education major from Ansonia, Conn., tells of her fate, even after she tried to end a relationship with "let's be friends.

The only person I told this to was my present husband. I almost dumped the most important person in my life. Funny, how destiny works."

An anonymous first-year student regrets telling these disturbing words to someone.

"I think that if you say it, you should mean it. You should make every effort to be there for them and be the friend you claim you want to be."

I lost someone to my foolishness. Now I see the good and bad of possible rejection.

We have to be prepared to deal with the sudden and inevitable misfortune of possible rejection.

So, what do other students think about hearing and saying these words? Are these words always deceiving?

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The Beatles: coming back or selling-out?

By Stephen P. Scholz
News Editor

Middle-aged, baby-boomer advertising executives are constantly trying to regurgitate the experiences of their generation into a marketable sales pitch for the young and rebellious so-called Generation X. Last year these middle-aged, corporate sell-outs capitalized on Woodstock '94, originally a historic event of the Sixties representing freedom and individuality. Advertisers and marketers hoped that luring hip and alternative bands like Green Day, Primus and the Red Hot Chili Peppers to the pseudo-Woodstock revival would overshadow the fact that, unlike the free and spontaneous Woodstock of the 60's, it was being brought to you by Pepsi and Apple Computers.

The baby-boomer pop culture of the Sixties and early Seventies seems to be making a comeback in almost all aspects of mass media. On the silver screen earlier this year Xer's were offered the opportunity to witness what happens when the story of a lovable lady and a man named Brady gets thrust into the Nineties. Jack Keraune, a beatnik writer of the mal preview, stated that "this is the true question of whether the rebellious image of the Sixties can be re-packaged and sold to a younger audience."

The true question of whether the rebellious image of the Sixties can be re-packaged and sold to a younger audience will be answered this weekend with the broadcast of an anthology documenting the members of the most influential rock and roll group of the twentieth century, The Beatles.

According to a recent article in Newsweek, "The former bandmates have reunited for the Beatles Anthology, a multimedia campaign that will make for the most fearsome flood of product since the days of the Beatles wig. "The former bandmates have reunited for the Beatles Anthology, a multimedia campaign that will make for the most fearsome flood of product since the days of the Beatles wig."

Pennywise defines what a concert should be

By Pete Trenchard
Staff Writer

Anticipation was coursing throughout my body as we sped along the freeway toward the entrance of Toad's Place. I could not understand. Some people were getting into it, but the majority of the crowd sat around and waited for Pennywise. Eventually Joykiller left the stage. I eagerly awaited for Pennywise to come out. After a long wait, they did.

Pennywise is one of the best punk bands around today. Pennywise was formed in 1985 and is best known for their song "Peace and Love." Their music is a mix of ska and punk rock.

The highlight of my evening was Pennywise's closing number "Nothing." I was one of the many people to get up on stage and sing with the band. The show was awesome, just like the band.

If you ever have the opportunity to see Pennywise, I urge you to take it. If you have never listened to the band, pick up one of their albums. It is definitely worth the cost.
Ihlefeld breaks 1000 yard mark

Joe Collett
Sports Editor

Rushing for over 1000 yards in a season is very impressive, especially if you are the first person in the history of your team to do it. This past Saturday, Brian Ihlefeld became the first running back in SHU history to rush for over 1000 yards in a season.

When asked about how he feels about his incredible accomplishment, Ihlefeld answers in the only way he knows how, modestly. "I'm proud of what I've been able to accomplish, but I can't take all the credit. The whole offense should be proud because without them this never could have happened," said Ihlefeld.

Ihlefeld's teammates feel that he has earned his place in SHU history. Fellow running back James Marcwicka knows the desire of Ihlefeld. "Ihlefeld is definitely one of the hardest workers on our team. Each one of those 1000 yards were fought for," said Marcwica.

To be the first 1000 yard rusher is something that Ihlefeld showed some pride in. "Being the first is nice, but you have to remember that we are still a young program and next year any one of the other running backs could set a new record," said Ihlefeld.

The possibility of being named All-American is something that could be in Ihlefeld's future, but yet again modesty shines through in Ihlefeld's response. "It's a stretch thinking that I'll be named to the list of All-Americans, but I'm still happy to be considered a candidate for this honor," he said.

Everyone always says that a sequel is never as good as the first one, but in Ihlefeld's case, a repeat performance next season would definitely be a welcome sequel. "I don't know if I'll do the same thing next year, but anything can happen," he said.

Another big fan of Ihlefeld is Head Coach Gary Reho. "Brian is a hard runner and he never quits," said Reho. Ihlefeld has the talent and capability to bring the SHU football program to a higher level.

1995-1996 Housing Information

OFF CAMPUS STUDENTS

If you are interested in living on campus for the Spring Semester, please stop by the Student Life Office and pick up a housing contract. Contracts returned to Student Life by December 20, 1996 will be placed prior to those contracts received after that date.

Year End & Final Exam Information

1. Spring RA Applications due Tuesday, 11/21 to the Student Life Office.
2. Spring Semester Room Change Forms will be available Monday, 11/27 and due by 5PM to your RD on Thursday 12/7.
3. Students not returning to housing for the Spring Semester must complete a Contract Release Form by 5PM on 12/7. All approved students must have all their belongings out of their room before they leave for Christmas Break.
4. All meal plans will be renewed automatically for the Spring Semester unless an eligible change is requested by 12/7 at 5PM. This means that your account will be charged whatever it was charged in the fall unless you request a change by coming to the Student Life Office.
5. 24-Hour Quiet Hours begin 1AM on Sunday, 12/10 and remain in effect until the hall close.
6. Midnight Breakfast during Finals week is Tuesday, 12/12 from 11PM to 12:30AM in the Dining Hall and it is free.
7. Winter Intercension students should contact the Student Life Office and fill out a Winter Intercension Housing Form after they register for a class.

RESIDENCE HALL CLOSING INFORMATION:

Thanksgiving Information

HALLS CLOSE - Wednesday, 11/22 at NOON
Breakfast on Wednesday, 11/22 is the last meal
HALLS RE-REOPEN - Sunday, 11/26 at NOON
Dinner on Sunday, 11/26 is your first meal

Christmas Information

HALLS CLOSE - Sunday, 12/17 at NOON
Dinner on 12/16 is the last meal
HALLS RE-REOPEN - Sunday, 1/14 at 10AM
Dinner on Sunday, 1/14 is your first meal

Thanksgiving and Christmas Break Housing

No one will be permitted in the residence halls after closing dates and times unless they have been granted permission prior to closing. All requests for Holiday Housing must be made by filling out a Holiday Housing Request Form available in the Student Life Office or from your RD. For Thanksgiving, forms are due Monday, 11/20. For Christmas, forms are due Monday 12/11. During break periods, any policy violation may result in immediate removal from the hall.

For More Information

Please contact Dan Connelly, Director of Housing Operations and Conference Services, at 365 - 7683 if you have any questions or concerns.
Demirgian off to fast start with SHU cross country

Kevin Carroll
Assistant sports editor

The Sacred Heart women's cross country team has made great strides in the last two years, going from a sport that most athletes used as training for other sports, to a full time sport with athletes who only run track.

Head coach Christian Morrison has started to build a team of fine runners, which has helped the team grow in these past few years. This year saw the biggest improvement of all, when most of the runners improved as the season went on. In the last race of the season all of the runners went on. In the last race of the season all of the runners helped the team grow in these past few years.

But perhaps the biggest part in the overall improvement of this young team came with the recruitment of Carrie Demirgian from Broad Brook, Conn., who only placed below 5th once this season and was named to the All-New

Broad Brook, Conn., who only posted all times than they had posted all season.

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Freshman forward Tony Cabana takes the puck. Photo Chris Nicholson

Joe Collett
Sports Editor

There's not much left to say. The Pioneers failed to come up with a win against Pace University this past Saturday, losing by a score of 12-7. The gridders have just one more chance to pull off a win against St. John's on Thanksgiving, and you can bet that if the "W" goes to the Redmen, the Pioneers aren't going to be thankful for anything.

Neither Pace nor SHU could come up with any offensive power during the game. The first half proved to be a battle of defenses. The score for the first two quarters was 0-0. Nobody from either team was able to put any points on the board in the whole first half. The second half appeared to be a different story though.

What could have turned out to be disastrous, turned out to be quite profitable for the Pioneers. Junor running back Donny Fowler fumbled the ball in the third quarter. Maceranka in from 18 yards out for another Setter touchdown in the beginning of the fourth quarter.

Just like they've been doing all season, the Pioneers' defense gave another steady performance on Campus Field on Saturday. Junior defensive end Scott Kohler and senior co-captain Marco Soto led the defensive line with 23 tackles between the two.

Senior linebackers, J.J. Chella and Dennis Charette came up with nine tackles a piece to lead the linebacking crew. The defense was focused and ready to play, but it takes more than defense to win a game.

"We were playing good hard-nosed football, but we just couldn't come up with the win," said junior free safety Jason "Flash" McMaster.

One very bright spot in the Pioneers' offense was the All-American candidate Brian Ihlefeld. Ihlefeld set another school record by being the first running back to ever rush for over 1000 yards in a season. After the Pace game, Ihlefeld had accumulated 1018 yards. Thanksgiving is going to be a battle of two teams with a 3-6 potential to be better than last year. It is still early in the season to be too critical, but I need to find the key to making them focus for 60 minutes instead of 20, 30, or 40. We have a tendency to spot teams a couple goals early in games, and we end up putting ourselves in the hole. We had good second periods against Fairfield and Assumption. We played good, played aggressive, but we also have the tendency to go into the game and not think. There are too many foolish penalties.

On the injury front, defensive lineman John Armstrong was out. Ihlefeld is out with a shoulder injury, and senior co-captain Marco Soto is out with a broken hand. Ihlefeld will be back on the ice as soon as possible.

Coach Glynne said, "I believe in the team. They have the potential to be better than last year. It is still early in the season to be too critical, but I need to find the key to making them focus for 60 minutes instead of 20, 30, or 40. We have a tendency to spot teams a couple goals early in games, and we end up putting ourselves in the hole. We had good second periods against Fairfield and Assumption. We played good, played aggressive, but we also have the tendency to go into the game and not think. There are too many foolish penalties."

On the injury front, defensive end John Armstrong is out for a few weeks with mono. He'll be back on the ice as soon as possible.

Sunday night SHU plays against Villanova at the Milford Ice Pavilion, and then against Bentley on Tuesday, also at Milford. Look for information about shuttle bus services to most home games.

Men's hockey team deals with 1-4 overall record

Kerri Anne Mahoney
Staff Writer

SHU hockey had a disappointing week, winning one game and losing two. Their record overall, so far this year is 1-4 overall, 1-3 in ECAC South.

On Tuesday, Nov. 7, SHU travelled to Scranton, Penn. Sacred Heart beat Scranton with a final score of 9-4. Total shots on goal for Sacred Heart were 44, compared to Scranton's 21. The Pioneers hit Scranton hard and fast in the second period, with a score of 7-0. Scranton struck back, scoring three goals at the end of the period. SHU scored one goal in the second, and one in the third.

First year student Billy Demetriades scored two goals, along with one assist. Captain Jon Yackmack scored three goals, Brian Riva had one goal and two assists, John Chester had two goals and two assists, and Mike Racine had one goal, with one assist. Bill Sawyer had seventeen saves.

Friday, Nov. 10, the Ice men had their home opener at the Milford Ice Pavilion. They met up with Assumption College. They lost a physical game 7-1.

Going into the second period, SHU was down by two goals. During the second period, SHU put Assumption to the challenge, coming back to tie up the game. The first goal of the second period for the Pioneers was scored by Doug Sylvester. Four minutes later, Chris Baker scored the second goal, unassisted. The last goal of the second period for SHU was scored by Aaron Foost, and assisted by Brian Riva. The Pioneers finished the game trailing by two goals. Assumption won 6-4.

Nov. 11, SHU hockey travelled up to Vermont for a scrimmage against Norwich. Sacred Heart lost, 7-5. Keith LeBlanc played in goal. He had forty-three saves.

Coach Glynne said, "I believe in the team. They have the potential to be better than last year. It is still early in the season to be too critical, but I need to find the key to making them focus for 60 minutes instead of 20, 30, or 40. We have a tendency to spot teams a couple goals early in games, and we end up putting ourselves in the hole. We had good second periods against Fairfield and Assumption. We played good, played aggressive, but we also have the tendency to go into the game and not think. There are too many foolish penalties."

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