SHU gets largest donation in history

$3 million gift from William H. Pitt to fund $17 million health and rec facility

By Stephen P. Scholz
Associate Editor

Sacred Heart University received $3 million, its largest-ever gift, from William H. Pitt, founder of one of Connecticut’s most successful real estate businesses. The money will be put toward the construction of SHU’s $17 million health and recreation facility named the William H. Pitt Health and Recreation Center, said Anthony J. Cernera, Ph. D., president of Sacred Heart University, at a ceremony held Tuesday to announce the gift.

“It is very pleasing with what Sacred Heart does as an institution. There is nothing better than a Catholic education as far as I’m concerned,” said Pitt.

Construction of the 143,000-square-foot health and recreation center is set to begin this spring on the University’s main campus, with completion estimated at 18 months. The structure will house classroom and athletic facilities and will be the largest and most expensive facility ever constructed by the University.

See Donation, page 3

New hall raises questions

By Tara S. Deenihan
Staff Writer

As another component of Sacred Heart’s expansion, plans are in the works for a new residence hall to be located on the Bridgeport side of Park Ave. SHU has already acquired the land needed to build the hall from a Bridgeport family whose

Winter Weekend a blizzard of fun

FLIK and concluding Sunday with a Superbowl Party sponsored by West Hall, Winter Weekend offers something for everyone.

Mayor Joseph P. Ganim intends to fight SHU’s plans as actively as possible. His attempts to

See Hall, page 3

The new SHU Marketplace provides choice eats and a plethora of liquid refreshments for all to enjoy. With convenient hours and country charm, it was well worth the wait.

Photo by Chris Nicholson
SHU Marketplace open for business

The long awaited SHU Marketplace, located across from the Dining Hall, is open for business after extensive renovations by FLIK. The new eatery offers a selection of foods such as gourmet coffee, chicken rotisserie and "Brend् erry and Lenny's" ice cream.

Along with these items, the Marketplace provides students with gallons of milk and quarts of orange juice, saving them from the trouble of going to the grocery store.

Stroll into this food court and you may feel like you’re walking into a country farm market. Baskets of fruit line the counter, wooden crates decorate the walls and painted cupboards are stocked with snacks.

Purchases are paid in cash, yet students on meal plan have the option of using dining dollars to receive an 11 percent discount.

Open seven days a week, this inviting atmosphere provides a unique alternative to the Dining Hall.

New Master’s Degree Program in Catholic Practical Theology offered

REAPS and the university’s Department of Religious Studies are co-sponsoring a new master’s degree program in Catholic practical theology. The program is anticipated to start in the latter part of this semester.

Students will be required to complete 33 credits as well as a thesis or exam to fulfill the master’s degree requirements in the catholic practical theology.

Courses will only be offered weekends and in intensive week-long sessions. Some of the courses include The Gospel of John, The Historical Jesus, The History of Christian Ethics and Women in World Religions.

To apply for the program, students must complete an application, submit official transcripts and two letters of recommendation. Partial scholarships may be awarded to qualified students.

For more information, contact REAPS at 371-7843.

New parking system for Prkridge 1

With the new year comes a new parking system for Parkridge 1 students.

Each student is required to pay a fifty dollar parking fee for the spring ’96 semester. Those with the highest priority numbers will get a sticker enabling them to park in the front, side and back lots of the Parkridge 1 building.

The change to assigned spots is in response to past parking violations. Public Safety and Parkridge’s new RHA, Sky Holden, feel the new system will have less problems.

Students have one week to familiarize themselves with the new parking policy and purchase their stickers. Parking spots are available on a first come first serve basis.

Anyone found in an illegal parking spot will be towed.

NEWS BRIEFS
Compiled by Stephen P. Scholz and Bethany Treffs

Computer department pins hackers to the wall

Bethany Treffs
News Editor

It was bound to happen. As Sacred Heart’s dependence upon computers grows, so does the threat of outside users trying to test their hacking skills.

The first of two breaches in Sacred Heart’s computer system came this past August. Someone illegally accessed the system, re-programmed the router which is responsible for linking the Internet to campus, explained Chief Information Officer Vincent Mangiacapra.

Though the hacker did no significant damage to the system, August and December break-ins have compelled Sacred Heart to improve security throughout its computer network.

With the help of Digital Equipment Corporation, the computer department has installed “Internet Firewall Server,” software that provides protection against illegal accessing of the university’s computer system.

Mangiacapra confirmed that student access to the Internet and e-mail will not be impeded by the new security software.

Mangiacapra advocates the use of the firewall because of the “need to maintain integrity in the system.”

Since the installation of the firewall, accessing the university’s system from an outside site has become an increasingly technologically daunting endeavor.

“A hand-held security device” is required to by-pass the firewall, explained Sebben. This device, which will resemble a credit card sized card that users will have to insert into a one time password that will be different each time the system is accessed, added Mangiacapra, noting that all professors will eventually be required to have one of the devices.

The new security system has been tested from various outside sites and so far it has not been compromised, said Mangiacapra.

Mangiacapra emphasized that commuters as well as residents are welcome to attend the activities.

As for how the hacker infiltrated Sacred Heart’s system, Mangiacapra remarked, “I haven’t gotten a good answer about how someone got in and re-programmed the router.”

Weekend: promises something for everyone

Continued from page 1

student take ownership of the events and shape them the way they wanted to, Raynis said.

Residence hall directors are really only advisors,” added Heidi Rendahl, RHD of South Hall. “It’s the students who are responsible for the weekend.”

Some on-campus activities will include Friday’s Winter Games, sponsored by Parkridge, daily screenings of the film Powder, sponsored by the Programming Board and a Saturday night Dance Party in the Dining Hall sponsored by South Hall.

Winter Weekend also provides students with the opportunity to enjoy themselves off campus.

The Programming Board has organized a trip to New York City on Saturday, and Jefferson Hill is sponsoring Winter Wonderland Ice-skating on Sunday.

Among the most anticipated events of Winter Weekend is the Skiing at Sundown trip scheduled for Friday. The trip, which has enjoyed success in past years, is being sponsored by RHA and the International Club. Lalla described the ski trip as one of the many Winter Weekend activities that “offers an opportunity to make the most of the winter weather.”

“I think it’s great that Residential Life is helping out by providing activities for students above and beyond just housing,” remarked West Hall RHD Lisa Wilson.

“Hopefully everybody will find at least one entertaining activity this weekend,” Raynis said. “I think it’s great that the students involved in the planning of the events will be supported by their peers this weekend. We emphasized open forums and everyone is welcome to attend all of the events.”

“I’d love to see lots of people out there,” said Raynis. “Winter weekend is still evolving—hopefully it will get better each year.”

Next year I’d like to build even more events and get more students involved in the planning,” said Mike Devine, RHD of Taft.

Students enthusiastically endorsed the upcoming events, boasting, “Winter Weekend will be a kickin’, rip-roaring fun weekend.”
Media class links up with West Conn via e-mail

Students analyze popular TV programs in search of deeper understanding

By Erin E. Harrison
Staff Writer

This semester at Sacred Heart, the media studies department is currently conducting a unique course entitled "Seminar in Mass Communications: Television Culture," instructed by Mary S. Alexander.

The course is unique in that Sacred Heart students will communicate with Western Connecticut State University students by e-mail, via the Internet. Students taking the course are required to set up an e-mail account, if they do not already have one.

"I think e-mail brings more opportunity to exchange diverse views," said Alexander.

Hall: university faces expansion conflicts
Continued from page 1

hold back on the building permit filed on Dec. 4 of last year was unsuccessful. Among the major concerns Ganim has are the size of the proposed structure and the inevitable cost of additional sewers and fire precautions.

Another of Ganim's problems with the plan is that, since Sacred Heart would be exempt from paying new taxes on the land, Bridgeport would lose a taxpayer.

But perhaps the greatest conflict is with the residents in the neighboring area who oppose the complex.

Donation: real estate tycoon makes generous offering to Sacred Heart
Continued from page 1

"I think it's going to be a great thing," said freshman Craig Talbot of the lacrosse team. "The complex will attract more athletes and raise its level of competition."

Cernera hesitated to comment on rumors of Sacred Heart's athletic program moving to Division I, saying only that, "we're taking the things one step at a time. The new complex is our central focus."

The William H. Pitt Health and Recreation Center will be located near the South and west residence halls, tennis courts, softball field and synthetic, multipurpose athletic field. Athlete facilities on its three floors will include the sports arena with center court, main hall and seating for 2,000 people, basketball and indoor tennis courts, indoor jogging track, squash and racquetball courts and a wrestling arena.

The center will compliment the University's flagship programs in the health sciences: physical therapy, occupational therapy and sports medicine/athletic training. The center also will house a clinic anticipated for use as a community and industrial health care facility.

Equally important, the center will further the University's outreach efforts to the Greater Bridgeport area.

All that remains now is for construction of the complex to begin. A promise which students have heard over the past three years but has been delayed due to zoning problems and other complications.

"I'm a lot less skeptical now," said Dante Lourenco, graduate assistant football coach, who was a student three years ago when the complex was supposed to be built. "Before it was just rumor or word-of-mouth, now you can see the development. I'm really looking forward to the new complex."

Off-Campus News

Class Project Takes Students to Ghana

HARRISONBURG, Va.—It's rare that class projects result in sending students to anywhere more interesting than the campus library or computer lab. But three James Madison University students are traveling to Ghana as part of an international business course that focuses on giving students practical, hands-on experience abroad.

The students will travel to the African nation and spend two weeks collecting data for a proposed ice and cold storage facility that a local businessman hopes to operate.

JMU marketing professor Harold Teer said the course was developed three years ago at the university to address the criticism that business schools lack focus on international business issues.

"The goal," said Teer, "was to develop a team-taught, project-oriented, interdisciplinary, international business course. Contacts were made with local businesses who had products that could be sold internationally, and two firms were identified that wanted a 'free' business plan developed for international venture."

U of Texas Football Player Found To Have Faked Identity

AUSTIN, Texas—Hoodwinked University of Texas officials are still pondering what action to take against a 30-year-old California man who faked his identity and played on the Longhorn football team for a year.

According to John Bianco, assistant director of UT's Sports Information, it was a day before the Longhorn's Sugar Bowl game with Virginia Tech on Dec. 30 that team coaches first learned the player who they pretended to be 23-year-old Joel Ron McLevy may actually be an impostor named Ron Weaver.

"We were tipped off on late Friday night (in late December) by a reporter who planned to write a story about it," said Bianco. "Each time he pointed to the ways the university could prove his true identity was McLevy. When none of those panned out and Weaver cleared out his stuff, it became clear the university was hoodwinked."

School officials are investigating whether they can recover a $4,000 scholarship awarded to Weaver.

"It's the weirdest thing I ever heard of," said Bianco, of Weaver's cover-up.
Let us not overlook who made us
editorial page represent the majority opinion of the
topics. The opinions expressed on the editorial page(s), whether in
EDITORIAL POLICY: The editorial page(s) is an open forum;
the punctuation, grammar and clarity. Letters to the editor should not
encouraged. All submissions are subject to editing for spelling,
rial Board. Guest editorials and letters to the editor are welcome and
submissions are not judged by the opinions expressed or by any
death of authority clashes with the de­
irons remain consistent— their
policies regarding deadlines, how­
er, do not.
At this level of education, stu­
ents must be held accountable
for the prompt completion of re­
quired assignments, and it is the
responsibility of professors to en­
force this behaviour. Not only
will such enforcement be benefi-
cial (albeit annoying) to the many
students who are seemingly im-
mune to the concept of deadlines,
it will reinforce the students who
consistently make a conscious ef­
fort to produce quality work within
the framework of “mandatory”
deadlines. Professors must be
aware of the effect that giving an
extension to one student has on
the hundreds of other students who
worked feverishly under the as­
sumption the “due May first” ac­
tually meant “due May first.”

This is not to say that there will
never be a time when profes­
sors should grant extensions to
students. College is, after all, the
forum in which young men and
women grow and change in myriad
ways. Circumstances which sim­
ply prevent a student from meet-
ing a deadline will inevitably arise.
It must be noted, however, that
course is designed to be a preapatory step toward entering the
world at large, a world that is
filled with stringent guide-lines
enforced by people who are un-
sympathetic to creative scenarios
that materialize in place of ex-
pected progress.
It is wonderful that Sacred
Heart’s professors strive to be as
fair and as accommodating as pos­
sible, but at whose expense is this
fairness occurring? Grading a
paper in isolation months after a
legion of similar papers poured
into a professor’ office can yield
der very different results. How then
do you compare an on-time paper
that receives an A to a paper that
receives an A but was handed in a
month late?
Conscientious students who
express great concern for and gain
satisfaction from their grades, be­
fore personal reasons or the main­
tenance of a scholarship, do not
deserve to be short changed be­
cause they play by the rules. It
may be acceptable to cater to the
lowest common denominator in
grade school or even in high
school, but there is no place for
this in a university. Consistent
enforcement of deadlines is not
unreasonable or oppressive—it
attests to the integrity of the pro­
fessor and it encourages an admi­
table work ethic in students.

Deadlines should be kept

By Bethany Treffs
News Editor

The spring 1996 semester has
now begun, and, has been the case
every semester I have attended (and I suspect for the most before
my time) professors are busy mak­
ing their intro­
ducory im­
pressions on
students. These
customary “getting to
know you” sessions are
similar in each
department of the university. Pro­
fessors inform classes of their per­
sonal academic background while
attempting to ancestrally endear
themselves to their students. A
unique situation exists for profes­
sors at the onset of the semester—
the need to establish their position
of authority clashes with the de­
sire not to alienate students. What
professors seek to create during
the first days of classes is an atmo­
sphere that reassures students that
they will be working hard in a
competent, fair and friendly envi­
noment—not one that compels
them to run screaming to the Reg­
istrar, add/drop slips in hand.
Perhaps the area in which pro­
fessors can exercise the most au­
thority is that of deadlines. More
often than not, the start of the
semester finds professors to be
strong advocates of timely assign­
ments and conscientious atten­
dance. As the semester progresses,
professors’ credentials and narra­
tives remain consistent— their
policies regarding deadlines, how­
er, do not.

This level of education, stu­
ents must be held accountable
for the prompt completion of re­
quired assignments, and it is the
responsibility of professors to en­
force this behaviour. Not only
will such enforcement be benefi-
cial (albeit annoying) to the many
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dng columns or letters to the editor, are solely those of the authors.
Unsigned editorials appearing in the far left column of the first
editorial page represent the majority opinion of the Spectrum Edito­
rial Board. Guest editorials and letters to the editor are welcome and
encouraged. All submissions are subject to editing for spelling,
punctuation, grammar and clarity. Letters to the editor should not
exceed 400 words and will be considered on a space-available basis.
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Chief.

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be correct but cannot guarantee its accuracy. The advertising
deadline is seven (7) days prior to publication. For information call
(203) 371-7966. Fax number is (203) 371-7828.
TULSA

I don’t want to drop this Christmas thing just yet. There is still something bugging me about it. The story goes like this (sort of):

Christmas carols:
cold-slushy-blasted-good-for-
dog-barked-so-loud-in-her-ear-
would-be-a-good-idea-and-the-
thought-taking-a-bite-from-the-
and-landed-in-a-dazed-wonder-
that-she-flew-out-the-window-
of this package is 100 square

gifts:
multiply it times the Overwrap
Paper-That-Ripped-Because-I-
per-I need is approximately 800
the sides of the package, then pro­
cess by the Quantum Theory Of
Quota of paper I need to fold over
Tried-To-Move-The-Magic-Tape
The Fact That Guys Couldn’t
allow for error.

Christmas:
we were not all doing at Christ­
in “all of we.” I mean “we” as in

firms were not cordial, or even

warm, at Christmas. (I would
suggest that New England­
ers are cold.) I am only supposing
that maybe we were a tad politi­
cally over-correct.

I am not insinuating that we
were not cordial… I am only
supposing that we were a tad politically
over-correct.

Differential and then add in the
Paper-That-Ripped-Because-I-
Tried-To-Move-The-Magic-Tape
Quotient and then subtract the
Question paper I need to fold over
the sides of the package, then pro­
cess by the Quantum Theory Of
The Fact That Guys Couldn’t
Wrap Gifts If The Fate Of The
Super Bowl Were At Stake and
then hit the equal sign to learn
that the amount of wrapping pa­
er I need is approximately 800
square miles. Plus a little extra to
allow for error.

We were all busy stuffing
fruitcake.

Yuck.

Of course, when I say “we” I do not necessarily mean “we” as in “all of we.” I mean “we” in “most or some of we.” Out?

Anyway, there is one thing we were not all doing at Christ­
mas. Most of us, including me, were not wishing people a Merry
Christmas.

I am not insinuating that we
folks were not cordial, or even
warm, at Christmas. (I would
ne”, never suggest that New England­
ers are cold.) I am only supposing
that maybe we were a tad politi­
cally over-correct.

Take the common scene from the last few days before Christmas:
Mr. X (not his real name) is

By Chris Nicholson
Contributing Editor

leaving a party.

At the door he sees Ms. Y (not
really a woman).

Mr. X exchanges a pleasant.

Ms. Y says, “Oh thank you, you
didn’t get you anything.”

Mr. X stares at Ms. Y. Ms.

Y stares at Mr. X. “You have

your chicken in your teeth.”

They pause. They stare.

“Well,” they say, “have a

HAPPY HOLIDAY?” EEE! EEE!

EEE! EEE! (Psycho music).

“Happy Holiday.”

Okay, don’t preach to me, I
get it. We don’t want to insult any
non-Christians by bestowing a
wish upon them to enjoy a holiday
that we knew first.

However: I—and I know I’m
not alone—do not allow myself to
be offended when Simon wishes
me “Happy Yom Kippur.”

I don’t grow red faced when
Chen tells me to have a “Happy
New Year” in February.

I am not annoyed on St.

Josephs Day when Marie makes
me eat 15 zeppoli and 63 courses
of pastas, such as lasagna,
tortellini, spaghetti, linguini,
lamborgini, lizaminnelli,
oscarmeyerweenie, and those little
elbow things that defiantly fall off
the fork.

The worst part is that you can’t
tell that most of us are not com­
fortable using that silly phrase, as
evidenced by the pause we inter­
ject before it: “And have a

h, oh… Happy Holiday.”

Just say it. (To Nike: My
lawyer’s number is in the Yellow
Pages.) Just say “Merry Christ­
mas.” Or “Happy Hanukkah.” Or

“Happy Carpe Diem” (happy fish
day).

Otherwise, before much time
passes we’ll be saying “Happy
Holiday” for every holiday be­
cause we’re afraid of offending a
stranger.

“Have a good Fourth of July”
will offend immigrants. “Happy
Veteran’s Day” will offend draft­
dodgers. “Happy Birthday” will offend dead people.

And no matter what we wish, we’ll be in trouble anyway if we
wish it to a Jehovah’s Witness.

Soon, told ourselves of these
redoatable wishes, we’ll need to
eliminate holidays altogether.
(Which may be beneficial in the
case of Election Day.)

Say good-bye to Columbus
Day, when we celebrate the his­
orical fact that Christopher Col­
umbus maybe discovered Amer­
ica.

Say good-bye to President’s Day,
when the citizens of America,
who mourn and honor our proud
forefathers, look for sales at the
mall.

Say good-bye to Earth Day,
when newspapers around the
world publish extensive special
sections telling us how to con­
serve things like, say, paper.

What, we ask, would life be
without holidays? Not much dif­
ferent, because too many of us
refuse to lighten up anyway.

To The Editor,

Due to several complaints
about the SHU shuttle service, a
committee was formed to address
several issues and concerns re­
arding the shuttle, including: re­
liability, timeliness and efficiency.

The committee has met on several
occasions and has advertised these
meetings on different levels to in­
crease attendance; however atten­
dance remains low. It seems that
people who are willing to complain,
but when asked to research the
service or work to improve it, they
decide it’s not worth it.

In the short time that we have
formed, the committee has had
full participation from Taft Hall,
South Hall and West Hall, and no
participation from Parkridge or
Jefferson Hill. With a few stu­
dents dedicated to improving this
service though, we have focused
our energies on the schedule, the
ferrytrain runs, the “Peaky Fri­
der” events and adding a second
shuttle.

The shuttle committee met
every Wednesday night in the
Hawley Lounge to discuss mat­
ters concerning the shuttle ser­
vice. Due to the lack of participa­
tion, the committee will recon­
sider the need for its existence.

WHY the poor attendance when
the meetings are open to all stu­
dents? Is it due to satisfaction,
laziness or just plain apathy?

Whatever the case, understood that
nothing can change without full
participation from the student pop­
ulation.

We, the committee, under­
stand that the shuttle is not perfect
and are willing to help make im­
provements. With your help and
input this service could further
develop. We do not hold these
meetings as a “complaint session,”
rather to promote positive ideas
and influence suggestions that can
only benefit the service and in turn
the student population. It is fine
to complain, but not unless you are
willing to contribute and better the
service you university. You should
take pride in this university (and
its services) working to constantly
make improvements, after all, it is
your home away from home.

The shuttle committee

Letters to the Editor...

SHUTTLE COMMITTEE PONDERS
EXISTENCE

We Need You!!
The are many positions available at the Spectrum
for the Spring '96 semester:
Positions:
- photo editor*
- staff writer
- business manager*
- photographer

Please call x7963 if you are interested or just stop
by the office and fill out an application

* denotes paid positions
"Pickle": Not sour, but always sweet

By Gina Norelli
Assistant Features Editor

He enters his room after talking with friends in the hallway. He hums a mellow tune and goes over to his desk, that is covered with sentimental items such as a hand-painted cross and a stuffed turtle. He sits down to call a friend from home to see how she is doing.

Who is this amiable and unforgettable sophomore that goes by the name of Pickle?

Pickle stands just 5'5 from the ground. One may think he is short but will soon discover that his remarkable personality certainly makes up for the difference.

He has an innocent and youthful appearance, and calls himself shy and moody while others see him as outgoing and funny. This just begins to show how truly modest and selfless Pickle really is.

First you may wonder where his nickname comes from. After all, it isn’t a name you’d hear every day.

"Freshman year in high school, someone said I looked like a pickle and it stuck. I didn’t like it at first but I got used to it," he says.

Pickle’s family consists of three teachers; his mother, Margaret, his father, Edward Horgan Jr. and his older brother, Edward III. Pickle remembers his family’s reaction to his nickname:

“My parents didn’t know at first. My mother was shocked and my father thought it was hysterical. My brother brought it up at the dinner table, since he knew.”

Pickle, born Kevin Richard Horgan on Nov. 9, 1976, grew up near 8th Avenue in Brooklyn, NY. He has seen it change into a predominantly Chinese neighborhood over the years.

“The Chinese are apparently superstitious. They bought out most of the stores on 8th Avenue because it’s a lucky number to them.”

The many Chinese restaurants had a positive influence on Pickle, who decided to try Chinese food for the first time. “They opened up my mind,” he says.

Pickle is majoring in psychology and is considering a minor in education—which would make him the fourth teacher of his family.

His favorite areas of psychology are criminal and child psychology and counseling. “I am considering getting a master’s degree in psychology too,” he adds.

Pickle, a devout Catholic, is involved with several areas of Campus Ministry: Habitat for Humanity, Big Brothers/Big Sisters and Connect, which organizes retreats.

Something not everyone knows about Pickle is that he loves to write music lyrics and poetry with subjects ranging from guilt, despair and heartbreak to optimism and love.

“Most of my poems are bleak. I detach myself from my poems, but not completely. There’s a part of me in every poem.”

Perhaps his gift of writing comes from his keen eye for detail and his awareness of the world around him. “I am very observant. I notice everything,” he admits.

The musical part of Pickle enjoys dabbling with the guitar, although he has never taken a lesson. “I play what I like if I figure it out. It’s spontaneous and experimental,” he says.

Along with Pickle’s creativity, comes his interest in theater, although he has mainly worked behind the scenes. “I could act. I have a very wild imagination,” he says.

Pickle is an open book to some people, a mystery to others. His own roommate, Charles Roosa, a sophomore English major from Lenox, MA, remarks jokingly, “Pickle? I don’t know nuttin’ about him.”

GREEN

By Kevin “Pickle” Horgan

Greed.
What has it done to me?
That I can’t exactly tell.
All my faults.
My arrogance.
Myself I tried to sell.
My life
Awaking nightmare
My death
A painful dream
For someone who seems to have everything
Things aren’t always what they seem.

It is love I lack
and affections I need
but, of those I only dream,
it is you I sought
and now have lost
because of endless Greed.
CLUB HAPPIENINGS
Complied by Michele Herrmann

Student Events Team
The Student Events Team, originally known as the Programming Board, meets Thursdays at 3:30 p.m. in the Faculty Lounge to plan events. Students with ideas or who would like to join are welcome to attend.

S.T.A.R. program
The S.T.A.R. Leadership Development program begins on Monday, Feb. 6. The program helps students to develop skills in areas such as motivation, communication and self-esteem. Students interested in joining should contact Student Activities at 371-7969.

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Keep eating right
By Michele Covelluzzi
Contributing Writer
Are you eating? What are you eating? Are you eating right? Mom worries and so should you. A balanced diet—balanced meaning from the four food groups, not balanced between beer and burgers—and exercise are not only good habits but an essential part of keeping fit and healthy.

"Too many kids today are always rushing around and don't have time to eat a good meal." If this sounds like your mom it might as well be; it's mine. "They'd rather eat at McDonald's." Dad chimes in.

"He's a good role model." "I get to know the needs of others right off the bat," said Barbara McCabe, a junior psychology major.

"We deal with a lot of problems and he's lighthearted enough to help straighten things out," said Laura Reda, also a junior.

"He is definitely one of the nicest, most caring members on the entire faculty and staff," said Barbara McCabe, a junior psychology major.

"When I was having difficulty balancing my academic as well as athletic schedule in my first year, he showed a genuine concern and helped straighten myself out," she said.

The same reaction is rendered when talking to one of his colleagues.

"As a coworker, Mike is very easy to work with," said Alvin Clinkscale, director of multicultural affairs.

"I tend to stay away from junk foods altogether," Reda notes.

Like most of us, Reda admits that "during the school year, there's not much time" to devote to exercise. However, in the summer she conquers "step and regular aerobics."

While none of us will surrender all of our twinkies and Doritos to the brussel sprout and Stairmaster, we are more conscious of our health than our elders might think.

And the next time you go to order that philly-steak with cheese and mayonnaise, remember studies have "linked regular consumption of red meat to significant increases in the risks of developing high blood pressure, heart disease, diabetes, gallbladder disease, overweight resulting in osteoarthritis, food poisoning and cancers of the colon, lung, ovary and prostate."

Just food for thought.

You like Features? We like Features? Write for Features. Call 371-7963 and ask for Michele or Gina.
Faculty art on display

By Danielle Nolan
A & L Editor

There are still many students here at SHU (myself included), who do not take advantage of the fact that we have our own art gallery right in front of us.

For those of you who do not know, The Gallery of Contemporary Art is located diagonal from Hawley Lounge and is open to the public.

The art gallery has hosted award winning artists such as, Niki Ketchman and Helene Brandt who created some of the sculptures around campus. The latest show at The Gallery of Contemporary Art is the annual faculty art exhibit.

The exhibit, which started on Sunday, January 14 and is running until this Tuesday, January 30, is being sponsored by the University and holds creations from award-winning painters, illustrators and designers who also happen to be faculty here at the SHU.


The Gallery of Contemporary Art is open Monday-Thursday, noon-7:30 p.m.; Sunday, noon-4 p.m. and is closed Friday and Saturday. Admission is free. For more information call Sophia Gervas at 365-7650.

Are you a movie food junkie?

Junk food grosses millions....for theater owners

By Brendan D. Casey
Contributing Writer

When you go to the movies, you are surrounded by some of life's more difficult choices: popcorn, Reeses Pieces, Raisenets, Goobers or Twizzlers.

According to John, a candy counter attendant at the Four Plex Cinemas in Milford, CT, "Our most popular item by far is popcorn followed closely by Twizzlers and Sour Patch Kids." John went on to say, "Most people will get candy or popcorn along with a soda. Our most popular soda is Pepsi, then Sprite."

Sticky, long, red and chewy, Twizzlers are artificially flavored strawberry twists. According to their slogan, they "make mouths happy." They have 140 calories per serving (4 twists are considered 1 serving). They are manufactured by Y & S Candies, of Hershey, PA, a division of the Hershey Foods Corporation.

The ingredients of a Twizzler are corn syrup, flour, sugar, cornstarch, partially hydrogenated soybean oil, salt, artificial flavor, citric acid, potassium sorbate (a preservative), and artificial coloring (includes Red 40).

Even though these ingredients may not sound too appealing, do not let them fool you. "The candy is delicious," according to Kyle Burns, a Coastal Carolina University Senior and an occasional Milford moviegoer. "Once you start eating them, it's hard to stop until your cellophane wrapper is empty."

Running second to Twizzlers in the candy department is Sour Patch Kids, my personal favorites. These bite-size, chewy, sugary, sour tasting little people-shaped, colorful treats are basically new items on the candy menu. They have been around for about seven years, while the Twizzlers have been around longer that I have been going to the movies.

According to Amy Martin, a recent graduate of Keene State University, "No matter what you choose, the candy packages are so big and expensive that you usually can only afford to buy one item in addition to your soda and popcorn. The only way to have a combination of candy tastes is to bring a friend and share their candy."

The snacks cost a lot and the movie costs a lot more, so some people will bring their own food and drinks in. But, do not let the usher catch you. They want you to spend your money on movie food. It's all part of the movie going tradition.
Have you exhaled, yet?

By Danielle Nolan
A & L Editor

The question of the month: Have you exhaled yet? The hit movie Waiting to Exhale has sparked more than a question. A recent episode of "Oprah" focused on a debate about the movie and its serious meanings of friendship, sisterhood and relationships. So, what is it about this movie?

Four women, best friends, beautiful, successful and intelligent. What else could they ask for? An honest man with some morals and no ring on his finger— the man who could make them exhale and be happy.

Bernadine, Savannah, Gloria and Robin are these four women in the movie Waiting to Exhale. Angela Bassett, Whitney Houston, Loretta Devine and Lela Rochon star as friends who are all plagued with bad relationships. Men who are married, two-timing and, most importantly, men who cannot commit.

Waiting to Exhale was originally a highly acclaimed book written by author Terry McMillan. She herself went through some stormy relationships in the past and she has yet to find Mr. Right. She said, "I could not understand how her and her friends could be "educated, smart, attractive... and alone."

"I asked myself, 'How did this happen?'," McMillan said. "So the book became an exploration of this question. And because

the story reflected more than my own singular experience, I created these four different "types" of women who deal with the same issues through their different situations."

With a character like

that point on, she was my favorite. Whitney Houston played Savannah who asked God to send her a decent man, instead she ended up with a cheater and a married man. She said, "God's got a lot of explaining to do." This strong

Bernadine and an actress like Angela Bassett the movie could not go wrong. She was definitely the best. Not only was she great, her storyline was the best. Bassett's character, Bernadine, was the only woman, out of the four, who was married. In the beginning of the movie, her husband abruptly told her he was leaving her for a co-worker. Bernadine did not take the news sitting down.

Needless to say, she threw all of her husband's clothes in his Mercedes and lit it on fire. From there, she found love with a man who liked "a woman with a little meat on her bones." Gloria was the only woman who ended up with a man.

willed character found that being alone is better than being with a liar. She realized that maybe she did not need a man to make her exhale.

Loretta Devine played Gloria, the overweight mother who found love with her neighbor played by Gregory Hines (who, by the way, was terrific). Gloria's son went abroad while she stayed home and found love with a man who liked "a woman with a little meat on her bones." Gloria was the only woman who ended up with a man.

At the end of the movie, Robin was the one who could always find the men, but they were all dogs. While the movie seems to have focused on finding a man, it actually had a great inner storyline and meaning. The main relationship throughout the movie was friendship and how great friends can help you find yourself. All four women grew up through the movie. They regained confidence in themselves and they found the self-esteem to love without a man.

Ronald Bass, screenwriter/ executive producer of Waiting to Exhale who helped McMillan adapt her book to the big screen, commented on the characters and their strength. "They doubted themselves more than I doubted them, and that is something that attracts me in writing characters, particularly female characters—the chance for someone to grow into a realization of how wonderful she really is. I think this is the journey that each of these four women needed to take in the course of this story," he said.

Bass also said, "My hope is that people who are neither Afri-

can-American nor female will sit down, look at the screen, as I looked at these characters and say, "That's me. I feel it. I've been there. I've felt what that woman feels."

Everyone has gone through a time in their life when they wished they had the strength to find someone else or to find happiness. Women especially, realize the time it takes to do this. That is what Waiting to Exhale is all about.

Director Forest Whitaker said he first thought they should try a female director but then changed his mind. He said, "Waiting to Exhale is about relationships. It's about life and love and overcoming obstacles; these are themes that relate to both men and women.

It's about just trying to go forward and have some happiness in your life and make the right choices.

SHU students questioned at College Bowl

By Theresa Hickey
Staff Writer

Sacred Heart joins numerous other colleges tonight as some of its students play the second round of College Bowl. The College Bowl is held annually at participating schools, in order to choose students in order to choose teams for Regional and Regional College Bowl. Sacred Heart is sponsored by the English Club, the Honors Club, and a group of RA's.

The game College Bowl is a cross between Trivia Pursuit and Jeopardy. Two teams are presented with a "toss - up" question and the correct team moves onto the bonus question. The bonus questions are worth greater amounts of points and are usually two or three parts. After the bonus question is done another "toss - up" question is read and pay continues until the questions run out.

The teams will be eliminated after all four have competed against one another. The team with the most points wins. The questions range in subject from short stories to the roles of government agencies. One question from the trial game was: Who was the director of Schindler's List?

Student Activities and Residential Life are providing the announcer and judges. Sacred Heart has also purchased the Quiz - O-Matic, which provides buzzers for the contestants with the answers.

Contestants are excited to get the game rolling. One team member said, "I got so excited, at the practice game, that I pressed the buzzer by accident forfeiting my team's chance to answer."

The College Bowl also gave the teams a chance to show the public they participate in other club sponsored events. New clubs, such as the English Club also can get the publicity they needed while having a fun time.

The competition should be a fun way to see how many little facts everyone knows. Even as a spectator, one could quiz themselves, and their friends.

Come find out what you know. Tonight the College Bowl will be held at 6:00 o'clock in the Pub. At least come cheer on your favorite team, they need your support.

A & L Briefs

Compiled by Danielle Nolan

Cabaret theatre performs an award winner

The Downtown Cabaret Theatre has been performing their production of "42nd Street" since Dec. 1 and running until Feb. 25. "42nd Street" was the winner of two Tony Awards, including Best Musical. The show plays every Friday night at 8 p.m., Saturdays at 5:30 and 8:30 p.m., and Sundays at 5:30 p.m. Tickets range in price from $16.50-$52. For more information call the Box Office at (203) 576-1636.

Rudner set to take stage

On Saturday, February 10 at 8 p.m., comedian Rita Rudner will perform at the Stamford Center for the Arts. Rudner is known for being soft-spoken, sophisticated and, of course, a riot. Rudner has made various appearances in films and on "The Tonight Show," "Late Night with David Letterman," and "Comic Relief." Only Rita Rudner can have a career like Rita Rudner. Tickets are $35. Charge by phone by calling the box office at (203) 325-4444 M-F 12p.m. Mondays thru Fridays; Noon-6 p.m. Saturdays; Noon-5 p.m. Sundays.
How about joining a Group...Check the one(s) that you’re interested in:

- **A.W.A.R.E.* (Reactive eating)**
- **A.L.I.V.E.* (survivors of abuse / rape)**
- **Keeping the me in we. (Self-esteem for women)**
- **Finding your voice. (explore self-expression through creativity)**
- **In love or in lust? (relationships: Healthy or Addictive)**
- **The face of fear. (phobias and anxiety)**
- **Serious fun. (stress management)**
- **Impressions. (effects of music and media on us)**

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* Indicates that participant must see one of the counselors prior to joining the group. Groups will run for 6 weeks and will meet at the time and place convenient to its members.

The following groups are already meeting on a regular basis and are comprised of members of the S.H.U. community and others:

- **A.A.** Every Sunday evening. South 218. 8 p.m.
- **Alanon**...Every Tues., Conference Room. Wellness Center. 8 p.m.

Please complete the following...put in envelope...address to Counseling Center / Groups...leave in mailroom or drop it off at the Wellness Center. (As always, all information sent is confidential!)

Name:______________
Phone No.:______________
I am free on Monday at ____________, Tuesday at ____________, Wednesday at ____________, Thursday at ____________, Friday at ____________.

Wellness Center
Park Avenue House Phone # 371-7955

For this woman it’s poor eyesight, for someone else it might be arthritis or maybe they just can’t cope. The fact is, last year 4 million Americans got the help they needed from IRS Volunteer Assistance Programs.

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A Public Service of Internal Revenue Service

INTERNAL REVENUE SERVICE CAMPAIGN
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Hold a piece of tape up to your eyes, dim the lights and try to fill out your taxes. Now you’re seeing things from her point of view.

The holidays can be draining for us, too.

American Red Cross
Give blood again. It will be felt for a lifetime.
Women's ice hockey team beats B.U. in first win

By Michelle Covelluzzi
Sports writer

Look out. The women are taking the ice.

For the first time in Sacred Heart history, there is a women's ice hockey team. Few universities in Connecticut sponsor a women's program in this sport, and women's ice hockey in New England is just as scarce.

Coach Dave LaLiberty, also the coach of the University's women's soccer team, believes this addition to the athletic department is "terrific and exciting." He also believes this will "open a lot of doors for SHU" and will be all the more "appealing when girls look at SHU." He hopes that this commitment to establish a competitive program, will "overcome them". Just as the women, themselves, are confident.

Our record might not show it, but we're doing really well and we're proud of what we've done," says Bryden.

The Lady Pioneers record stands at 1-1. Their loss against an established Wesleyan program gave the team the confidence to rise to the occasion on Monday night and defeat an always competitive Boston University team at Boston.

The team has its first home game tomorrow night at 7:30, against Trinity College. Residential Life is organizing a 'fan van' for all those who wish to come out and support the women's ice hockey team. Contact Residential Life at 365-7511 for details.

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Men's and women's track compete in Brandeis Invitational

Kevin Carroll
Assistant Sports Editor

This past Sunday the SHU men's and women's track and field teams participated in the Brandeis Invitational. While only in their second year of competition, both teams managed to pull out fourth place finishes and beat several well-established programs such as Trinity and Fitchburg State.

The women were lead by sophomore Monique Beiside of Voluntown, Conn., who won the shot put with a toss of 39' 7 3/4" as well as placing fourth in both the high jump and 200 lb. throw. Rosemary Roselli, also a sophomore of West Harrison, N.Y., became the first Pioneer to qualify for the E.C.A. Division II championship in the 200 lb. weight throw as she heaved a toss of 36' 1/4." First-year student Meghan Warnock of Exeter, N.H., also gave a strong performance winning the high jump at 4' 9 3/4" and placing fourth in the triple jump.

Leading the men was sophomore Rob Smillie of Vernon, N.J., who placed second in the high jump at 5' 10". He also placed fourth in the 55 meter hurdles and fifth in the shot put. Sophomore J.C. Tetreault of Acushnet, Mass., placed second in the 200 meter run with a time of 21:10.46, Diego Arias-Carballo of West Stockbridge, Mass., also a sophomore, ran a time of 2:45:98 which was fast enough to grant him a third-place finish in the 1000 meter run.

Next time, the women will want to improve their overall record of 3-4-1, which in the northeast could have been easily changed. The same for the men who will want to improve their record of 5-4. The Lady Pioneers are now 7-8 overall and fourth in the NECC with a conference record of 5-4. The Pioneers have to start showing that they can give the same kind of effort for every game. There has to be a steady medium for this team, or else dreams of post-season play will be just that, dreams.

Basketball: Cagers suffer loss to Frankin Pierce

continued from page 12

was waiting to do. What he did was to keep the rebounding power for the Pioneers.

The reserve freshman John Johnson came in the game to give his much needed nine points and four rebounds. This helped to spread out the attack of the Pioneers, but wouldn't help the final score of 76-67.

The Pioneers are now 7-8 overall and fourth in the NEC with a conference record of 5-4. The Pioneers have to start showing that they can give the same kind of effort for every game. There has to be a steady medium for this team, or else dreams of post-season play will be just that, dreams.

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New coach, new team, one dream

Men's volleyball hopes to return to Metro Conference Championship, and win.

By Jonathan McCarthy
Editor-In-Chief

The men's volleyball team hasn't forgotten their dream. They just have raised their expectations. Last year the men had the highest winning percentage on campus with their 25-6. They won a tournament title and were the Metro Conference regular season champions. Despite the personal performances of Vernon Cox who ranked nationally in the top five in hitting percentage and with Randall Diaz who was named Metro Conference Player of the Year, they fell short. With a loss in the Metro Conference Championships their season ended.

"This is a building year for us," said new head coach Scott Carter, "we don't have any all-stars, but we don't need any all-stars." Carter who hails from Ozoneo, New York, believes that with a new philosophy and some discipline that the team can change it's agenda. "When a team cooperates, bonds and plays together it will win," stated Carter, "many people do many things well here." Carter has instituted many changes in the program in comparison to last year. "I needed to break the team down because it was so unstable." The lack of stability, Carter believes, stems from the fact that the team has experienced five different coaches in the last five years. "When we play positive we will be the most effective. We are not there yet. We can no longer be satisfied with being number one in the Metro Conference, we need to be number one in Division Two (NCAA)."

The building is centered around a new offensive strategy as well as a multiple defensive system, both of which are new to the team. "The coaching philosophy and vision is drastically different than anything this program has ever seen. I need to take this team to a higher level." Carter believes that this type of vision and style can be found in the ladies dept. "As for the bright points, they can be found in the team depth. "We have a young team and only can go from here," said freshman Tony Baldwin, "even though we have some trouble, we will stay the same for the next three games." Carter explained; Assistant Coach Lisa Roseman; "We're ranked third now in the tri-conference (NCAA)."

"From here on in, volleyball has a lot to talk with coach." This view seems to be shared by the team itself. Kevin O'Malley said, "Last year's team was very good because it was centered around a few all-stars. I feel the team can be better now with its strong core and with its new players who possess a great potential!"

The team takes to the court tonight against John Jay College, in the SHU-box at 7pm.

Lady Pioneers suffer close loss to Franklin Pierce

Overall record stands at 11-4 despite loss

Megan Keefe
Assistant Sports Writer

Women's basketball is third in the NECC despite loss to Franklin Pierce

After winning five straight games, the Sacred Heart women's basketball team saw its streak snapped last Sunday after a 67-64 heartbreaker to NECC rival Franklin Pierce. The Lady Pioneers currently stand at 11-4 overall and 7-2 in the conference.

SHU's only league losses are against Franklin Pierce as the Ravens defeated the Pioneers earlier in the season, 81-68, in Rindge, N.H.

"Even though we've lost to Pierce twice, we're still ahead of them in the overall standings," explained Assistant Coach Lisa Pleban. "We're ranked third now behind Lowell and Bridgewater.

Junior tri-captain and point guard Beth Huber and sophomore guard Chrissie Perkins paced the Lady Pioneers Sunday with 17 points apiece. Huber added seven assists while Perkins chipped in with eight rebounds and three steals.

SHU out rebounded Pierce 47-41 in the loss. Tri-captain Denise Scharz, a senior center and freshman forward Angela Perkins each grabbed nine boards while senior tri-captain Kim McCullion pulled down eight of her own.

SHU led at half-time, 32-38, but a 12-0 Pierce run to start the second half forced the Lady Pioneers to play catch-up for most of the remainder of the contest. SHU took a 61-55 lead with 4:34 to play, but the Ravens made their foul shots down the stretch while SHU only connected on 8-19 for the day.

Despite the loss, which proved to be the first home loss of the season for the Lady Pioneers, their record represents the best in the history of women's hoops.

With 11 games remaining in the regular season schedule, hopes remain high for SHU. "We still have to take one game at a time, but I think we have a shot at winning the league this year," said McCullion.

The Lady Pioneers go on the road for their next two, with a key game Saturday afternoon at league leading UMass-Lowell. SHU then visits New Hampshire College Sunday.

Cagers fall in 76-67 overtime loss

By Joe Collett
Sports Editor

This past Sunday's men's basketball game against Franklin Pierce produced a hero with a game winning shot. Unfortunately this hero wasn't there to save the Pioneers.

T.J. Butler of Franklin Pierce, threw up a three point shot with only 12 seconds to go in the game. Butler was 1-9 in shooting and 0-4 in three point shots, but this was the only shot he needed and it proved to be good, and the three point Pioneer lead went out the window. Franklin Pierce outlasted the Pioneers in overtime and won the game 76-67 of.

Senior center and captain Kevin Vulin knew that this game should have been won. "We didn't convert and we got satisfied with our lead. Our defense broke down at the worst possible moment," said Vulin.

Vulin felt that his he and his teammates hung in there with a team that has a 10-6 record in the conference and is tied for first in the NECC. "We played 100% hustle and desire for 39 minutes and 40 seconds. It was those last twenty seconds where we lost the game. There was no excuse for that three pointers," said Vulin. Bright spots in the Pioneer's play of late are not only coming from the team leading stats of Vulin, who is doing just fine with his 19.2 points per game and 10.8 rebounds per game. It is the Pioneer bench that is helping the cause also.

Sophomore Jermaine Johnson and freshman John Johnson both came off the bench and let their presence be known on the court. Jermaine Johnson came in to give Vulin a rest, but resting wasn’t something that Johnson

Women's Ice Hockey Beats Boston University, details page 11