Psychology emerges most popular major

By Shaena Doherty
Staff Writer

As the student population gains momentum at Sacred Heart University, so do majors in psychology.

At present, psychology is the number one major at SHU. While at one time it comprised merely 4.5 percent among full-time students in the fall of 1990, it now comprises 13 percent as of the Spring of 1996.

In part-time students, the interest in psychology nearly tripled.

Many reasons can be attributed to this dramatic rise.

As Michelle Robert of Bloomington, NY, states, “I chose it because it is so interesting and will help me prepare for the future and in relations with other people.”

In the world we live in today, it is important to be able to understand the actions of others and be a help to our fellow citizens. Gina Gomez, a psychology major from Queens, NY, comments, “The

see Psych, page 2

Smoking: a campus view

By Paul Kraehling
Contributing Writer

America is witnessing an increase in the number of young smokers.

Tobacco use, according to an article by Philip J. Hilts in The New York Times, is essentially an addiction that began in childhood or youth. Dr. David A. Kessler, the Commissioner of Food and Drugs, is quoted by Hilts as saying, “Federal regulation should focus on preventing young people from smoking.”

Sacred Heart University has banned smoking from all indoor facilities. This is not uncommon since many public places have banned smoking for health reasons. Hilts points out that banning smoking in buildings is a step in the right direction but it is still only a small start.

But the ban has caused some unrest amongst the smoking population on campus.

“I can understand the University banning smoking in the hallways and cafeteria areas, but they could at least set aside a place indoors for us to go,” said an anonymous student. “I shouldn’t have to freeze my butt off just to smoke a butt,” he added.

Many non-smokers feel that smokers have gotten a bad rap. “I always feel bad when I see all those people freezing outside because they can’t smoke inside,” said Chris McIlree, a freshman accounting major from Bronx, NY. “Don’t get me wrong. I don’t miss being overcome by smoke, but I wish there was a way for everyone to be happy,” he added.

How will the government go about keeping youths from smoking? Recommendations from a

see Smoking, page 3

Cultural diversity grows at SHU

By Karri Sheldon
Contributing Writer

In today’s society it is important to pay attention to multi-cultural issues. Many colleges are now incorporating into their curriculum a cultural diversity requirement.

Alvin Clinkscales, director of multi-cultural affairs, said, “I’ve always been an advocate of some sort of mandatory course for incoming freshmen.”

According to an article by Michael Winner in The New York Times, it may take years of debate to get a diversity program passed.

At the University of Massachusetts in Boston, such was the case.

Professor Estelle Disch, coordinator for diversity awareness at UMass, is quoted as saying, “We were constantly amazed at the number of meetings we had to attend in order to get the diversity requirement passed.

Classes in many disciplines, such as Japanese culture, inter-cultural management and several history classes exemplify the desire for Sacred Heart to address this issue.

Sacred Heart’s minority enrollment for 1995 consisted of five percent Hispanic-Americans, six percent African-Americans, three percent Asian-Americans and two percent foreign (student visa), for a total of 16 percent.

“Maybe as the University gets more culturally diverse, a program like that could be started,” says Alexandra Ameillo, a Hispanic-American senior. “I think it would be good for students to experience other cultures.”

It takes time for programs like this to be implemented.

“The more diverse our faculty, our staff and our students become, the more quickly this will be done,” says Clinkscales. “It is a matter of crawling before you can walk,” he added.

Inside...

The problems with Bob Dole and his character... page 6

Do you have a secret admirer? Valentines personal... page 10

Vulin scores his 1000 point... page 15
Sacred Heart moving ahead with accelerated adult education program

Some openings still exist in Sacred Heart University's spring session for working adults, AHEAD (Adults in Higher Education Working for Accelerated Degrees). The next 7 1/2-week AHEAD program will begin Monday, March 8.

AHEAD enables working people to earn bachelor's degrees in business administration, finance and international business in half the usual time. It is being offered at the Fairfield campus and at the University's other campuses in Stamford, Danbury and the Naugatuck Valley. The program was expanded to the Valley (Derby) campus this year. By completing two courses per term, students can earn 30 credits a year.

A special AHEAD advertisement session will be held March 4-5, from 10 a.m. to 7 p.m. each day, in room North 112 on the main campus. For information about graduate and non-credit programs, call Sacred Heart University at (203) 371-7830 or 1-800-288-2498.

SHU Summer Courses Abroad

Four Sacred Heart University faculty members will teach summer courses abroad this summer.

Walter Brooks, Ph.D., associate professor of religious studies, will lead a course on Celtic Religious Traditions at Trinity College in Dublin from July 28 through Aug. 13. Students will reside at Trinity College and attend class Monday through Thursday, leaving long weekends to explore the cities and countryside of Ireland. Registration deadline is May 1.

Pilar Munday, a modern foreign languages instructor, will present "Arabic Influences on Modern Disease." The five-week course begins May 20 and will include instruction in Spanish by native speakers. Also participating will be the University's Campus Minister, Michael McLemon. "First, the Church is known as one of the great, powerful institutions and the press so coldly always wants to take it on."

Second, McLemon claimed that although it is, in most cases, unacceptable to be "anti-anything," it is permissible to be anti-Catholic.

"To be anti-Catholic can actually be considered quite chic. Therefore, media coverage is likely to be more zealous," McLemon said.

The Ad Pro Committee on Sexual Abuse, established in 1993 by Bishop John F. Kenney of Bridgeport, ND, has reviewed the policies for handling allegations of sexual misconduct of Catholic dioceses across the country with the intention of offering "recommendations for revising and improving their procedures," cites Steinfeld.

Steinfeld said, "A survey on the extent of the problem and the amount of money paid out in legal settlements and therapy for offenders and victims was requested by Bishop Kenney's committee."

"Many high school students try drugs and alcohol before they reach college. Many of them don't realize that using drugs or alcohol will put them in the same category as someone who is in college," said Sibert. "Many high school students don't realize that using drugs or alcohol will put them in the same category as someone who is in college."
Students attend conference on community service

By Stephen P. Scholz
Associate Editor

Most of us entertain the idea of doing good deeds for others. But how many of us actually act on this impulse?

This past weekend 17 students from Sacred Heart showed off their dedication to community service at a conference in Hartford entitled “Students and Service: Putting It All Together.”

The conference, held at Trinity College, was attended by over 150 students from 16 Connecticut colleges and Amhercorp.

“The conference offered a lot of information and the speakers were very informative,” said Mike Dutton, a freshman international business and management major.

Students were welcomed to the conference at 9:30 a.m. on Saturday morning with speeches by Evan S. Dobeile, president of Trinity College, Congressman Christopher Shays and Assistant Secretary of State, Americo Santiago.

After the Presidential Welcome, students broke up into groups and formed workshops to talk about different topics.

The one-hour workshops were both student and community led and focused on the themes of program management, community partnerships, beyond college and publicity/fund raising.

“Every workshop had different leaders and participants,” said Dutton. “Even though it was only a day, I got to meet a lot of other college students from around Connecticut.”

Several Sacred Heart students took part in leading these workshops. Among those were: Eric Wood in “Why We Volunteer,” Kadianne McGregor and Jen Cislaghi in “Starting a New Program,” and Jason Dion with Britta Bengston in “Service Learning.”

“All the workshops focused on how to make your group more efficient and improve leadership skills,” said Susan Smith, a freshman graphic design major who recently started a new organization at SHU called “P.E.A.C.E.”

“The best part was meeting students from other schools and finding out how they run their groups,” added Smith.

The day ended at 5:30 p.m. with a reception and closing remarks.

“The first time we had this type of conference since 1989,” said Phyllis Machledt, director of Service Learning and Volunteer Programs at SHU. “I think the students got a lot out of the conference. And since SHU had the most participants I think we have a lot to be proud of.”

Prologue: staff continues to grow in size and talent

By Bethany Treffs
News Editor

Across the hall from the Magogany Room there is a sign on a lonely door. It reads: “Behind this door works a very busy and important group known as...Prologue Staff.”

Co-editors Laura Geier and Nicole Schmid, along with a staff of nearly 20 members, are indeed hard at work producing the 1995-1996 edition of Sacred Heart University’s yearbook, the Prologue.

“Each year we try to improve and make the next book better than the previous years,” explained Geier, whose four year involvement with the Prologue has seen her metamorphosis from contributing photographer/photo editor to three-time co-editor.

Improving the yearbook will be a more attainable goal now that the Prologue has cultivated a consistent and reliable staff. “It’s grown in size,” said Geier of the current Prologue staff, “and this year we have experience, too.”

New members are always welcomed, she added.

Laura came along and very, very competently put out a series of books each year, I think, gaining competence, creativity, credibility and leadership skills,” remarked Steve Russo, senior sales representative with Taylor Publishing Company, the agency which produces the 1300 Prologue copies for the University.

Russo works alongside the Prologue staff, offering general input and providing instruction on the use of the computer software employed to generate the layout and text of the yearbook.

“The staff is using a Taylor Publishing Company program called Ultra Vision,” Russo explained. “It’s a ‘what you see is what you get’ program, which is basically desk-top publishing software that is yearbook specific,” he elaborated.

In previous years, the Prologue staff utilized software called “Page Vision” and “Type Vision.” Russo continued, noting that “Ultra Vision” more efficiently integrates the individual aspects of the older software.

“I think that the staff that I will inherit next year will be the best trained staff that I’ve had probably for four years,” predicted Russo.

See Prologue, page 5

Women’s studies enriched

By Erin E. Harrison
Assistant News Editor

“Unfortunately, there are a lot of myths and baggage around feminism for younger women,” said Sarita Gupta in a recent article in The New York Times.

The 21-year-old senior from Mount Holyoke College and co-chairwoman of the National Women’s Student Coalition added, “But in order to continue the progress that earlier feminists made, we need them and they need us. It’s a two-way street.”

Sacred Heart University has been instrumental in recognizing the importance of feminism and the impact of women, past and present.

Women’s studies, a fairly new academic minor at Sacred Heart, requires the completion of 18 credits. Last semester, Introduction to Women’s Studies (WS 101), now required to complete the minor, was offered for the first time, instructed by Dr. Michelle Loris of the English department.

In addition to this requirement, students enroll in four inter-disciplinary courses. The final senior seminar is also a requirement.

Presently, four students have completed the women’s studies program. Also, the women’s studies program is growing in terms of the various courses offered, including “Women in Politics,” taught this semester by Dr. Nina Clark.

Several events are being held in March to honor Women’s History Month. A presentation entitled “Fertility Awareness,” will be held on Thursday, March 21 at 7:30 p.m. in the Faculty Lounge.

The workshop will be conducted by Vika McEvoy, a sex education specialist from Creative Consulting, located in Stony Creek.

“She is a dynamic lecturer and knowledgeable speaker,” commented Dr. Claire Marrone, director of women’s studies.

The workshop will explore the female reproductive cycle and other issues related to fertility and conception.

Immediately following there will be a panel discussion with Heather Reynolds, a mid-

Smoking: in the cold

continued from page 1

By Bethany Treffs
News Editor

panel of doctors are being re-viewed and considered. Recommendations include control of the tobacco industry by the Federal Government, giving states the rights to put bans on advertising and outlawing cigarette vending machines.

“These are good recommen-dations, but even if they are put into action I will still find a way to get my cigarettes,” said James Wheeler, a visiting sophomore from Roger Williams University.

“I have always found a way around any limits that have already been enacted,” he continued.

Since most of the people on campus are young and able to change their habits before they become damaging to their health, they have the chance to “kick the habit”.

The university’s Wellness Center does not offer any on campus programs to help people quit. They do, however, offer counseling and will refer you to a good program at off campus facilities.
Continued from page 3

Women: feminism and understanding

wife affiliated with Yale University; Judith Lynch, a nursing profes-
sor at SHU and Hanna-Ian Faracas, a specialist in women’s health and professor at Southern Connecticut State University. In addition to these events there will be a screening and panel discussion of the film Ear, Drink, Man, Woman, to be held in the Faculty Lounge on Monday, March 25 at 5:30 p.m. The lecture “Women in Changing Japanese Society” will be held on the following evening, March 26 at 5 p.m. in the Faculty Lounge. The lecture, co-sponsored by the China/Japan Institute, will be presented by Elisabeth Bumiller, a New York Times reporter and author of The Secret of Mariko.

For more information, contact Dr. Marrone in S220 A or call 365-7629.

Mellow: weed use up at SHU

Continued from page 2

Brodeur, who teaches a class on drug use and abuse. “It’s a conditioning process. By the time these students get to college, they know what their likes and dislikes are through their experiences,” he explained.

Sacred Heart students, like other college students, have either tried or currently use drugs. From the students questioned, the drugs of choice on this campus are alcohol and marijuana. Most people, however, do not consider alcohol a drug due to the fact that it is legal. At the same time, marijuana use as a deviant act, but people must come to realize that it is rapidly becoming a norm of society,” said Marc Labrecque, a junior criminal justice major from Bridgeport.

Why marijuana? “That’s simple. People enjoy the mellow sensation they feel after smoking marijuana,” explained Brodeur. “Some people go to a bar and have a drink after a long day of classes. I just prefer to smoke some ganja,” said another student.

Like it or not, drug use is a part of our society. Some feel that the war on drugs is making the situation worse, and others believe that it is working. Whatever the case may be, drugs are readily available.

Only time will tell what will happen as the war against drugs rages on.

Get involved with Spectrum News

Writers and typists wanted

Call Bethany or Erin at 7963

The 11th Commandment:
"Thou Shalt Bus Thy Own Tray!"

Please remember to bus your tray when leaving the Dining Hall

The 11th Commandment: "Thou Shalt Bus Thy Own Tray!"

Prologue: staff produces

Continued from page 3

Russo. “They will have ambitions rather than fears,” he said. “We’ve been able to incorporate different perspectives and ideas from different parts of the staff into the total production of the book,” said Al Precourt, co-advisor to the Prologue. Precourt is optimistic about the progress the yearbook is making.

“I think we’ve broken the book up in a more efficient manner,” Precourt remarked, an approach he feels that will allow more staff members to become involved through all phases of the book.

“The book is progressing better than ever,” observed Deb Kelly, Prologue Co-advisor and “trouble-shooter.” “There are some really creative things happening,” she added.

“The book will definitely be better than the past years,” emphasized Mike Dutton, copy-writer and co-business coordinator for the Prologue. “Every year you’re going to get better. You don’t really regress, you progress with the yearbook,” he said.

Russo encourages the creation of a unique book each year to capture the “personality of the staff.”

“Our goal is to incorporate the theme from cover to cover,” explained Schmidt.

So what is the theme? “It’s a secret,” insisted Geier, adding, “The Campus Life Leadership Awards is when we will unveil the theme of the yearbook and present the dedication.”

Full-time undergraduate students who have paid both semesters of their student activities fees receive a free yearbook, explained Schmidt. Resident students may obtain their copy of the Prologue from their Resident Assistants or Resident Hall Director. Commuters can stop by the Prologue office to pick up their copies. Yearbooks for graduating students will be mailed to their homes.

The yearbooks will arrive in late September.

“’It’s going to be a neat book,’” promised Russo.
You may be the Missing Link...
Apply to be a Resident Assistant!

Applications available on Monday, February 19th in Residential Life or at an Information Session.

Information Sessions Nightly February 19-21.
Monday, Feb 19th, Check Residential Life for Times and Locations.
Tuesday, February 20th, 7:00pm West Hall Great Room.
Wednesday, February 21st, 9:00pm South Hall Multi-Purpose Room.
Wednesday, February 21st, 10:00pm Parkridge Community Room.
**Also look for sessions at Jefferson Hill and Taft Hall!


Attention Commuter Students:
Apply to become a Commuter Assistant for the 1996-97 academic year. Applications are available now and can be picked up in the Commuter Life Office, or call extension 7956 with questions.
Grand Old Dole

By Stephen P. Scholz
Associate Editor

At the Iowa caucus this past week Bob Dole, leader of the Grand Old Party (since anyone as old as the party itself does right­fully deserve its leadership), prevailed.

Beside the fact that Mr. Dole out-ages my grandmother by a cool 10 years, there are quite a few other problems I have with this man’s character and political style.

First of all, Mr. Dole’s attack on Hollywood last year was one of the most brutally illconceived and painfully misguided political strategies I’ve ever witnessed from a man with only one functional arm— or is it his ear.

But perhaps I am just a little biased. You see, I happen to be a Quentin Tarantino fan. And since Mr. Dole publicly announced that the Arnold Schwarzenegger kiddie-action, family-oriented True Lies was too violent, I can only imagine how he might react to Reservoir Dogs.

But...oh...I’m sorry. I almost forgot that Mr. Dole recanted his attack on True Lies several weeks later, claiming that he hadn’t actu­ally seen the film but heard from a “close acquaintance” that it was too violent. Now, how safe do you feel knowing that a man who might become our next president believes everything he hears in Internet chat rooms.

there are quite a few other problems I have with this man’s character and political style

Well, it hasn’t actually been proven that Mr. Dole’s “close acqu­ain­tance” was only a cyber­friend but I have my suspicions. And if my suspicions are right, I can only imagine the nuclear de­struction that might come about if Mr. Dole were to accidentally en­ter Fidel Castro’s Ultimate Home Page at http://www.welaunch/at.noon.

But beside Mr. Dole’s pre­tentious media ambush, old age and lack of those certain func­tional organs which I think we’ve all come to expect as a major pre­ requisite for someone who is go­ing to run this country, there are more problems.

You see if Mr. Dole becomes president not only will we all be watching Nick Jr. for the rest of our lives but we’ll have to deal with a republican president working with a republican-dominated Congress. This means that people like Newt Gingrich and others will all get their bills passed to cut important social services, in­cluding student loans. Without student loans most of us wouldn’t be able to attend college.

So when November rolls around and Bob Dole emerges as the republican candidate I just hope you will all take a moment to reflect on what this man stands for. It’s very important that we, the young voters, stand up for our­selves and what we believe in. It’s very important that we, the young voters, stand up for our­selves and what we believe in.

We are the future of this na­tion. And the worst thing we could do is hand our future over to a man who just isn’t capable of grasping it.
While driving two summers ago I hit a deer on Route 17 in Northford, Conn. A policeman arrived and gave me a Deer Kill Certificate. (I'm not kidding—was I supposed to bring it home and frame it?)

The catastrophic collision transformed my car from a heap of junk into a heap of junk with a big dent in the fender. The deer didn't look so good either. And I don't blame the deer for being upset; he did all the work and I got the certificate.

Anyway, the fear of hitting a deer is still near in my memory, especially after buying a new car. A friend once mentioned a product that might help; it's called a "deer whistle."

When I say "deer whistle," I don't mean the kind that construction-worker deer use to irritate a doe who passes by wearing sexy clothes. (I hear tight leather is very fashionable among female deer.)

That kind of whistle is referred to as a "catcall," so named because it sounds like a cat on the phone. As far as cats are concerned, let me say to any men who are still stuck in the 70s that I am sorry about your clothes and music. It's not my fault for being born in the wrong decade.

Let me also say to you that women now categorize catcalls as "offensively."
What attracts us to others?

By Gina Norelli
Assistant Features Editor

Have you ever wondered why you are attracted to certain people and not others? Have you ever known someone to be "head over heals" in love with a person that you wouldn't give a second glance to or that you view as "not your type"?

There are many reasons why we are attracted to some people and not others.

First, think of how much chaos there would be in the world if every man and every woman was attracted to each member of the opposite sex equally. It would certainly become an overwhelming decision when the time came to choose a mate!

One theory of why we are attracted to certain people is the idea of pheromones—odorless chemical messages that humans (as well as animals) unconsciously send out to others. Most experts who study pheromones say the system is almost certainly involved in the recognition of individuals and more specifically, the bonding between males and females.

A New York Times article by Sandra Blakeslee mentions that pheromones "may influence fundamental human behaviors involving sexual reproduction and the ability to discriminate between individuals."

Dr. David Berliner, who has studied pheromones and isolated them from human skin cells says, "This unconscious "smell" is associated with sexual attraction. Each person emits his or her own mix of pheromones.

"Sometimes you sit with someone and you like him or don't like him. I think it is because of these pheromones you are both throwing out. We call it good or bad vibes."

Sometimes we are attracted to those who remind us of our families, specifically a parent or sibling, because with them we feel safe and they are "home" to us.

For example, a woman may like a man who is protective and providing as her father is, and a man may like a woman who is a nurturer and caretaker as his mother is.

Yet attraction can also be a result of something we are lacking. Thus, the theory of opposites attracting.

Sophomore psychology major Jen Gillespie from Old Tappan, NJ, was attracted to her boyfriend Chris partly for that reason.

"He is outgoing, which is different from me. So that helps me come out of my shell more," she says.

We often look for specific characteristics such as: nice eyes, intelligent, articulate, sensitive, funny, blond hair, brown hair, short, tall. These characteristics are the initial "magnets" which physically attract us to others.

Sophomore psychology major Melissa Ragozzine from Ansonia, Conn, describes what drew her to her boyfriend Mike.

"I was attracted to him because of his sense of humor. He drives me nuts about everything and keeps me on my toes. But that's what makes the relationship more interesting. The fact that he's a cutie doesn't hurt either," she adds.

Counselor Jocelyn Novella from the Wellness Center believes initial physical attraction should grow into a genuine relationship.

"It serves as a starting point. At first glance, some become attracted to others thinking they are everything they want them to be. You have to develop the relationship and deal with the personalities meshing. This is important if you will stay together," she says.

Say "I Love You." in...

German: Ich liebe dich.

French: Je t'aime.

Spanish: Te amo.

Greek: S'agapo.

Japanese: Ai shite otakah.

Hebrew: Ani ohev dich.

Chinese: Wo ai nei.

Italian: Ti amo.

Russian: Ya lyublyu tyeya.
Valentine Origins

By Michele Herrmann

Candy hearts, flowers and cards are expressions of love for Feb. 14 but originally, the legend of Valentine’s Day began with a priest.

Valentine was beheaded on Feb. 14, 269 AD. Many years before the time of Valentine, Rome celebrated a spring feast called Lupercalia, held for one of its gods, Lupercus. The city of Rome was once a wilderness where large packs of wolves ran across the land. Lupercus watched over shepherds and their flocks. One custom of Lupercalia may have been a lottery where names of Roman maidens were placed into a box. Young men pulled out a name. The name that each man received, each accepted as his love for a year or more. Although Romans changed their religious beliefs, they kept their traditions. Lupercus became Valentine’s God.

In the Medieval Ages, names of English maidens and bachelors were placed in a box and drawn out in pairs. Each lady became each man’s valentine for that year. His sleeve wore her name.

This custom of pulling out names was believed to have foretold wedding happiness. Valentines in writing appeared in the 15th century. They were handmade messages with pictures pasted on by the person sending them.

The first Valentine’s Day card traces back to 1800 by a man in Massachusetts who made hers with imported lace and for a fee.

All this aside, here is another legend to consider— birds chose to mate on Feb. 14.

Friendship has importance in our lives

By Marykay Welch

Can the number of friends you have affect your happiness? According to a New York Times article by Jane Brody, our friendships are important to our physical and mental health.

Brody noted from medical studies that the more friends a person has the less likely they are to suffer from cancer or cardiovascular disease.

Friends also can enrich a person’s life and help them deal with everyday problems. Students discover that making friends can be a hard process because it forces them to let down their guard.

“Sharing problems while listening to the concerns of other takes time,” said one student.

Some students find it hard to be supportive of their friends and that can cause problems.

“When someone needs you and you aren’t there it can hurt a friendship,” said Kristen McNell, a sophomore nursing major from North Easton, Mass.

“Some people have lots of friends while others have a few close friends. The trick is finding out what works best for you,” said Eric Rutberg, a counselor in the Wellness Center.

Brody stated that friends are valuable in our lives because they share the same interests and can be intellectually stimulating.

Our friendships are important to our physical and mental health.

She also believes that friends can reaffirm your self-worth when times are bad.

“I think having friends can help people because it gives them someone to talk to who won’t be judgmental,” said Maureen Coan, a senior psychology major from Wilton, Conn.

Unfortunately, friends sometimes take a back seat to other parts of our lives.

When jobs and school get too stressful, friendships suffer.

“It is hard because when I get stressed out I don’t have time for my friends,” said Donna Papale, an undecided first-year student from New York.

According to Brody, the most important time to have a friend around is when death and hard times occur.

This is when people need their friends to listen and spend time with them, she said. Sometimes friends are the only ones who will understand that healing takes time.

Friendship requires compassion, humor and understanding, Brody added. It is important for people to realize how lucky they are because friendships should never be taken for granted.

Happy Valentine’s Day from the Spectrum staff!
Happy Valentine's Day

To Annemarie Seirfet,
I cannot bear to see your soft skin or run my fingers through your hair. I can admire your beauty to which I must stare. I hope that you can accept how much I really care. Down the road I see a day when my feelings we'll both share 'cause the way I feel without you I can only solong bare.

Someone who admires you.

To Farm Boy,

You are the only one who knows how to keep me sane. Thanks for making me laugh! Happy Valentine's Day!

Love,

Jenny Jen

For Carrie Sadowski,

For Carrie Sadowski, Tinbear misses you. Stop by and visit once and while. Happy Valentine's Day!

Love,

Tinbear

To our brothers Gamma Chi Zeta,
Happy Valentine's Day! With lots of love from your sisters.

Na Epsilon Omega

 Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,

Kristen

Mr. Butt-Guy,

Roses are red, violets are blue.

Don't say "God bless you" unless I say "Achoo!" I vuw ewl, Snuggle butt.

To our brothers Gamma Chi Zeta,

Happy Valentine's Day! With lots of love from your sisters.

Na Epsilon Omega

Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,

Kristen

To Farm Boy,

You are the only one who knows how to keep me sane. Thanks for making me laugh! Happy Valentine's Day!

Love,

Jenny Jen

For three years, I have known you for your words. But I know now there's a lot more. I hope you might be interested in me as I am in you.

Robert

To the women of 326 Garfield Ave,
I think it's time we rename Valentine's Day!

Love,

Lee

To the women of 326 Garfield Ave,
I think it's time we rename Valentine's Day!

Love,

Lee

To the women of 326 Garfield Ave,
I think it's time we rename Valentine's Day!

Love,

Lee

To the women of 326 Garfield Ave,
I think it's time we rename Valentine's Day!

Love,

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To the women of 326 Garfield Ave,
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Love,

Lee

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Happy Valentine's Day! With lots of love from your sisters.

Na Epsilon Omega

Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,

Kristen

To Farm Boy,

You are the only one who knows how to keep me sane. Thanks for making me laugh! Happy Valentine's Day!

Love,

Jenny Jen

For three years, I have known you for your words. But I know now there's a lot more. I hope you might be interested in me as I am in you.

Robert

We are spending our third Valentine's Day together. I wouldn't want it any other way. I love you.

Love,

Mary

LWOC,
Thank you for the eight great months together. You have given me great support and I appreciate that. Happy Valentine's Day. I love you.

Love,

BMOC

Kevin,
Sometimes the words don't come right, but I want you to know that I care very much for you! Happy Valentine's Day.

Love,

Kristen

For: Sue G.

Hope you have a great Valentine's Day!

Love,

You know who

Linh,
Thanks for being there for me. I love you!

From: Kevin

To my Conquistador,
A bag of Twizzlers and a flight of stairs, and this could be the one Valentine's Day!

Love,

Your Sweetheart

My love,
I know that we were meant to be together! I know we fight, but I also know that I love you so much.

Happy Valentine's Day and thank you for all you do for me. I truly appreciate it!!!

Love,

Shana

To my brothers Gamma Chi Zeta,

Happy Valentine's Day! With lots of love from your sisters.

Na Epsilon Omega

Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,

Kristen

To Farm Boy,

You are the only one who knows how to keep me sane. Thanks for making me laugh! Happy Valentine's Day!

Love,

Jenny Jen

For three years, I have known you for your words. But I know now there's a lot more. I hope you might be interested in me as I am in you.

Robert

We are spending our third Valentine's Day together. I wouldn't want it any other way. I love you.

Love,

Mary

LWOC,
Thank you for the eight great months together. You have given me great support and I appreciate that. Happy Valentine's Day. I love you.

Love,

BMOC

Kevin,
Sometimes the words don't come right, but I want you to know that I care very much for you! Happy Valentine's Day.

Love,

Kristen

For: Sue G.

Hope you have a great Valentine's Day!

Love,

You know who

Linh,
Thanks for being there for me. I love you!

From: Kevin

To my Conquistador,
A bag of Twizzlers and a flight of stairs, and this could be the one Valentine's Day!

Love,

Your Sweetheart

My love,
I know that we were meant to be together! I know we fight, but I also know that I love you so much.

Happy Valentine's Day and thank you for all you do for me. I truly appreciate it!!!

Love,

Shana

To my brothers Gamma Chi Zeta,
Happy Valentine's Day! With lots of love from your sisters.

Na Epsilon Omega

Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,

Kristen

To Farm Boy,

You are the only one who knows how to keep me sane. Thanks for making me laugh! Happy Valentine's Day!

Love,

Jenny Jen

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Na Epsilon Omega

Boo-Boo,
I will always love you to your face, as long as you let me!!

Love Always,
Kim,  
You're the apple of my eye and I hope that everything works out between us.  
Adam "the Magnet" Lagnese

Baby,  
I'll love you forever. I'll like you for always and as long as I am living my baby you'll be.  
Love,  
Pooh

Colleen,  
I love you today, a lot more than yesterday, but not as much as tomorrow. I love you, Roastbeef.  
Love,  
T-Bear

P.S. Guess what?!  
Love Always,  
Squeak

To Kate, my sisters of Beta Delta Phi, my roommates of JH 1-304 and my other half Karen, I love you guys.  
Love,  
Carrie

Denise,  
Thanks for being a great advisor and a wonderful friend. I really appreciate all that you do.  
Love,  
Christina

Coach Swanson,  
You're so fine, would you be our Valentine? Your hair, your eyes the way you groove. We're watching your every move.  
Your Valentine's

To Joey D,  
You are my favorite gangster baseball player. I thank my lucky stars that you are from the hardcore Boogie Down. From your bestest fan.

Dan,  
You're a great guy and I hope this Valentine's Day can be a happy one for you. Take care and maybe I'll see ya around.  
Love,  
A friend

Art,  
Here's to the first of many Happy Valentine's Days. I will love you always.  
Love,  
Bethany

To spectrum staff,  
Keep your nose clean- they are watching hahahaha! I love you and have no regrets  
Love, Rick

To Robyn, Enza and Chris,  
You guys are the greatest roommates. I love you all. Happy Valentine's Day.

Dear Kristen,  
I just want you to know that I was fallen in love with you, so wondered what would it behok to really care for someone special like you.  
You're everything I ever wanted. To me, you are the most beautiful, smart and fun person. Finally, I would like to say I love you and I am always thinking about you. Happy Valentine's Day!

To DF,  
Thanks for being there for me on Friday. I love the weekends we spend together. Happy V-Day. I love you.

To the Roomies,  
Happy Valentine's Day!  
Love,  
Puppy Dog,  
Katie Lady and Radiator Carrie

Love to everyone!  
Happy Valentine's Day!  
Love,  
Till then my love.

Squeak

To Joey D,  
You are the most patient, loving son to celebrate Feb. 14—Happy Birthday! I love you.

To the ladies in JH1-201,  
Happy Valentine's Day! Love to you all. Hugs-n-kisses.

To Robyn, Enza and Chris,  
You guys are the greatest roommates. I love you all. Happy Valentine's Day.

To the ladies in JH1-201,  
Happy Valentine's Day! Love to you all. Hugs-n-kisses.

Monica,  
You are by far my favorite!! Hope you have a good day despite its meaning!  
Love Always,  
#7

Trouble a.k.a. Jeanette,  
Keep your nose clean- they are watching hahahaha! I love you and have no regrets  
Love, Rick

Michelle,  
Everything I say is true! I don't know if I can wait until graduation. Will you be mine?  
Cup Game Advisor
Bluegrass series continues at SHU

Catherine Burgelozier
Staff Writer

It was a cold night on Saturday, Feb. 3, as I walked from the parking lot to the enclosed Meadowbrook Music Theatre in Hartford to see the incredibly overplayed band Bush. After fighting the crowds, avoiding beer spills and a bunch of 13-year-olds running around in Bush t-shirts singing, "Don’t believe Elvis is dead," I made it up to row HHH just in time to hear Madder Rose sing softly as a group of teeny-boppers mocked them.

Row HHH, sadly enough, was as last as the last row could get. Regardless of the distance between the stage and I, the rather dark theatre was electric. Madder Rose left the stage with little applause (opening bands never get much respect) and the theatre was electric.

I was surprised at how good they sounded live. Rossdale, with the help of bassist Dave Parsons, guitarist Nigel Pulsford and drummer Robin Goodedge played almost the whole Sixteen Stone album, including "Everything Zen" and "Monkey" before they said they were going to call it a night.

They left the stage leaving everyone, including myself, salivating for more. They had not played "Glycerin" and I knew they would come back to do it for us. I am not ashamed to say the main reason I went was to hear them play "Glycerin" and when Rossdale came out on stage by himself and his guitar, I knew my wish had come true.

He stood erect and began to play with fierce emotion. Halfway through the song, he dropped his hands to his sides and continued singing acapella over the roar of the crowd.

After a long silence, which was not quite silent enough, the rest of the band came back for their final song. Curiosity overpowered me wondering what could be better than the incredible "Glycerin" performance.

They started to play as everyone had a confused look on their face wondering what song it was. As the song came to an end, I did not take long for me to figure out that it was R.E.M.'s "This One Goes Out to the One I Love." Being the incredibly huge R.E.M. fan that I am, I would have to say I prefer it sung by Michael Stipe, but all the same, it was a treat. They turned the song upside down and did a unique version of it that I hope will not be over-played on the radio anytime soon.

The series has motivated so much success in the past that it was brought back again for another season with an agenda of 3 different shows: 1 which was Feb. 3 and two more which are scheduled for Mar. 2 and Apr. 13.

Every concert, on top of being a treat to listen to, is like a festival of enthusiasm and energy. This series is that the audience is allowed to be part of the music from 5:7 p.m. on the night of the show. People watch the stars warm up and even participate in pre-show jams.

Top: Northern Lights, right:
Tony Trischka

16.50 for adults and $10/11.50 for SHU students and seniors. Tickets can be bought separately or for a bargain price of $37.50 for the series. For more information on the artists and for your bluegrass tickets call the Box Office at 374-2777.

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Jennifer Fain
Contributing Writer

The only bluegrass concert series in Connecticut is resounding right here at SHU. It is a chance to get pickin' and singin' right away.

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Talk shows, the great debate

Guests' personal lives equal ratings

Theresa Hickey
Staff Writer

Every afternoon millions of viewers can not resist the draw of the television talk show. If one host does not have the angle you are looking for than there are a plethora of others to choose from. There are the classic hosts, Oprah and Donahue, followed by the more sensational hosts: Rikki Lake, Tempest Bledsoe, and Richard Bey.

Where do these hosts come from? Oprah and Donahue have been around since the beginning of talk shows. Every year the T.V. Guide listing is invaded by more and more talk shows. Some recent added shows include stars from all walks of Hollywood. Rikki Lake was once the star of Hairspray, the movie. Tempest Bledsoe grew up on the sitcom "Cosby Show" and now stars in the movie. Tempest, as well as other host of shows such as "The Cosby Show" and now stars in the hit show "Hairspray," the movie. Tempest, as well as others, have been introduced to the American public to sit and watch. The show has a host, then guests are invited to appear on national television. The topics of the show vary from a commercial segment to a talk show. These ads work according to the article which found that millions of viewers call in daily, to various shows. Who are these distraught guests calling in to appear on national television?

A recent report was done by the Kaiser Family Foundation, a non-profit organization, on "The Content of Television Talk Shows: Topics, Guests, and Interactions." This survey of "200 different talk shows," found that females (63%) and youths (77% under the age of thirty) were the majority of the guests. The representation of America's racial diversity was not accurate. The relations between guests were most likely to be parent-child relations (26%). The topics of the shows ranged from parent-child, being the majority (48%), to reunions, being the minority (8%). The Kaiser report also compiled research on the disclosure aspect of the talk show. Guests disclose the majority of personal information themselves, while each show varies, the hosts and related guests share little about the other. Why do people tell the t. v. viewers their woes? According to the Mademoresielle article, it is easier to talk to strangers. The fact that your telling your loved one you deceived them on t. v., pulls the attention away from solving the personal problem. The more important issue is how the audience will react.

It is a fantasy world, that is why sitcom problems are able to be solved in half hour segments. Problems on t. v. seem to be part of a soap opera. What real support systems are on t. v. for these guests ridden with the worst of problems? According to the Kaiser report, the expert who is invited to aid the distraught guest fix the problem only speaks 3% of the air time. Television talk shows are fun for the viewer, but what do the guests think after they have subjected themselves to trial by the people. Are these distraught guests only the puppets in a grand puppet show? Even Sacred Heart University's music department will present a performance of the annual Faculty Recital featuring an afternoon of music ranging from Baroque to contemporary. Clarinetist Leland Roberts, chair of Sacred Heart University's music department, will perform as a guest artist. Admission is free. For more information contact Bernice Friedson, SHU-Strings director, at (203) 365-7634.

Hoof Dreams, There is a message in the movie

In honor of Black History Month, The Stamford Center for the Arts will hold a panel discussion (youths, adults and audience members) prior to and following the viewing of the highly acclaimed film Hoop Dreams on wide screen. The event will take place in the Rich Forum on Saturday, Feb. 17 at 12:30 p.m. Tickets are $3 for 18 years & under and senior citizens 65 & older and $6 for adults. Call the box office at (203) 325-4466 for more information or to charge tickets by phone.

Sixth Annual art festival today at SHU

Beginning this morning at 10:30 a.m. is the Sixth Annual Art Festival in the Gallery of Contemporary Art. From 10:30-11:30 a.m. there will be a viewing of the Student Art Show. At 11:30 a.m. there will be refreshments in the Schine Auditorium. At 12 p.m., in the Schine, Professor Murray Tinkelman will give his lecture, "The Artist and the Baseball Card." Tinkelman has been an illustrator for 30 years. He is also Professor of Illustration at Syracuse University.

Write for A&L
Call 365-4218

A&L BRIEFS
Compiled by Danielle Nolan

Tempest trip set for March 1

On Friday, Mar. 1 there will be a bus trip to New York City for a taping of the Tempest Bledsoe talk show. The bus will leave at 2 p.m. from the front of Public Safety. The show will begin approximately at 4:30 p.m. Tickets and transportation are free. Space is limited. For more information or to purchase tickets go to the student activities office in Hawley Lounge.

SHU-Strings Faculty set to perform

On Sunday, Mar. 3 at 3 p.m in the Schine Auditorium, the SHU-Strings Faculty will present the annual Faculty Recital featuring an afternoon of music ranging from Baroque to contemporary. Clarinetist Leland Roberts, chair of Sacred Heart University's music department, will perform as a guest artist. Admission is free. For more information contact Bernice Friedson, SHU-Strings director, at (203) 365-7634.
UB and SHU keep rivalry going after all these years

By Lupersio Perez
Contributing Writer

On Saturday, February 3, 1996, Sacred Heart University met the University of Bridgeport (the rival school) in the first of two annual, regular season basketball games. The winner of the game was Sacred Heart for the third year in a row at the UB gym. The second and final regular season meeting for the 1995-'96 season was yesterday in our "SHU BOX".

In the past, both teams always seemed to be playing for the number one spot in the NECC and on many occasions, the country. The two programs have had an onslaught of good players. Just to name a few, in 1982, Sacred Heart had Keith Bennett (drafted by the Chicago Bulls), and Ronnie Wright while UB had All-League player Carlton Herdel.

The biggest year of the rivalry, according to Kevin Phillips (SHU player 1988-'91) was the 1984-'85 season when Bridgeport acquired the "77" center, Manute Bol. "Bridgeport thought they were the team to beat because they had Manute and we had lost many of the starters from the previous year so we were not expected to do well," said Phillips. "UB was 26-6 that year and we were average, but coach Bike put Kevin Stevens on Bol to push him around and it worked. We beat them," said Kevin Phillips. UB later met SHU in the final round of the NCAA Tournament and fell to the Pioneers once again with the final SHU 47, UB 45. The game was so intense that SHU could not muster up enough energy to beat Mario Elies' (presently in the NBA with the Houston Rockets) AIC team who beat the Pioneers by two points.

The following season (1985-'86) Sacred Heart won the NCAA Division II National Title, sweeping Bridgeport in the process. Later in the 1988-89 season Sacred Heart and UB were rekindling the fire as SHU put All-American Tony Judkins and All-League players Todd Williams and Sean Williams out on the floor while UB countered back with All-League players such as Lamont Shell, Pat Morris, Joel Tengager, and Steve Ray. SHU beat UB in the regular '89 season finale to win the league. The Pioneers, however, fell to New Haven in the NECC play-offs who were later defeated by the Purple Knights of Bridgeport giving them the automatic bid into the NCAA Tournament and leaving SHU to get the at-large bid for having a good all-over record.

Now the two schools met again, but this time it was for the NCAA New England Regional Championship with the winner earning the right to go to the "Elite Eight." With two seconds left to play in regulation and UB up 67-66 things looked almost impossible for the Pioneers. But, after a time out, Vince Howard threw a half-court pass to Tony Judkins who then heaved the ball up with two hands and hit the winning half-court three pointer giving SHU a 69-67 victory over UB.

These two schools have witnessed many heated rivalries in previous seasons, because they are in the same league, and because almost every meeting is either close or has something valuable on the line or both. Last night was no exception.

Vulin makes 1000 career points

By Joe Collett
Sports Editor

With 998 career points going well into the second-half of this past Sunday's game against LeMoyne, senior center and Captain Kevin Vulin was about to be the 24th men's basketball player in SHU history to reach 1,000 career points.

As Vulin went up for his historic layup, he was fouled and then the claxon began to set in. "When I first realized what had happened, I was really excited and pleased that my hard work had paid off," said Vulin. This quiet 6'9" leader of the Pioneers witnessed his former teammate Johnny Burkette receive this same honor the previous year. "I thought that it would be nice if I were able to do it, but I wasn't going to let it preoccupy my time," said Vulin.

Vulin's accomplishment came at a crucial point in the LeMoyne game. "It was really great for Vulin to get 1000 career points, but it was even greater because of when it happened. It really turned the game around," said junior guard Joe Doh.

Although 1000 points is a goal reached that Vulin is proud of, there are other things that are on his mind. "My biggest goal that I want to attain is to make the NCAA Tournament before I graduate," said Vulin.

If the level of play stays the same, the Pioneers' chances of making the "Big Dance" are greater than expected.

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by Michelle Covelluzzi
Sports Writer

Christian Morrison is a track coach with a law degree—what makes him unique.

He was studying law at Indiana University when, as he recalls, "about half-way through it, I realized I wanted to coach."

Morrison got his law degree, but he went on to serve as an assistant track coach at DePaul University in Chicago for three years. In August 1994, he was appointed the first track and field coach at Sacred Heart University where, within less than two years, he has built a start-up program into something commanding respect.

"If this goes the way I'm hoping it will, I plan to stay here forever," says Morrison, who set records in the 1,500 meters and 4x800 relay as an undergraduate at Marist College.

Coach Morrison believes the growth of his second-year program has gone well. "We have good numbers, and some fairly talented athletes."

I think we've surprised some of our opponents. We've become pretty competitive in a short period of time."

Some of the star athletes on the men's team are: sophomore mid-distance runner Diego Arias-Carvajal from West Stockbridge, Mass.; sophomore decathlete Robert Smillie from Vernon, N.J.; and freshman hurdler and mid-distance runner Joe Pirelli from Everett, Mass.

For the women's team, sophomore shot putter Monica Belisle from Voluntown, Conn., tops the list. Belisle, voted woman Freshman Athlete of the Year last year by the athletic department, is "about two feet away from making the nationals and will be an All-American before she graduates," assures Coach Morrison.

Belisle ranks first among Division II shot putters and No. 13 in New England. "She's really helping to put the program on the map. Her performances have given credibility and visibility to our program," Coach Morrison adds.

Next to Belisle, freshmen distance and mid-distance runner Carrie Demirgian has "an chance to be All-American," says Morrison. From Broad Brook, Conn., became All-NECC in cross country. "She is outstanding and works very hard."

The team, which consists of 35 men and 25 women, is handling obstacles off the field as well. "A lot of teams we compete against have access to an indoor facility," Coach Morrison states. "We don't."

The team uses the outdoor on-campus field for practice as much as possible, but given the winter we've been experiencing—it's been difficult. The team is unable to host home meets without proper facilities. Coach Morrison, along with the team, is hoping that will change in the Spring of 1997. "Supposedly, we'll have our track and field set up by then. Right now, it's still on blueprints."

"We do have some practice time in the gym," he says, "but that's kind of tough." Coordinating between men and women's basketball games and practices, meets with other teams and practices and other events, the time available is sparse.

Next by the indoor season ending the first weekend in March, it leaves just about two weeks before the outdoor season begins. This year the Colgate Track Conference is Saturday at Southern Connecticut State University in New Haven. Events start at 6 p.m.

There lies the charm in sports. Because of them we became connected with the past. We know who we watched what events with, where we were, what stage of our life we were in, and we remember who we were. It becomes a part of our history, our family's history, and our country's history. The great thing about sporting events is that you don't have to be there to feel connected to them. Your grandfather might have been there, the team you now root for might have played, or a neighbor might have told you about a game.

Ten years ago, many of us didn't know anything about Sacred Heart. We didn't know that the school that we would become a part of was the same one that won the Division II National Championship for basketball. Few of us even knew where Sacred Heart was, except for myself. I had to endure the torment of my seventh grade social studies teacher, former SHU captain Joe DePasqua, recount his own glory days with the "Heart." He wouldn't allow us to forget that his Alma Mater was the National Champions.

Even though the majority of us weren't even here, it is still a moment that we are forever linked to. We now have a bond with Sacred Heart. We are connected to the alumni and to everything that has ever happened here. Even though we might be the class of '96, '97, '98 or even '99, we can say with pride that our school won a national championship.

This Saturday, we can honor the team that truly was on a mission. During Alumni Day, the 1986 Pioneer Men's basketball team will take the court once again. Their achievements will be celebrated before the start of the game and also halftime. For some of us who were there, it will be a time to say thanks for taking us on the ride of a lifetime. For the rest of us who weren't fortunate enough to be there, it is a time to connect ourselves with the school's past and say thanks.

It is very rare to find people who were the best. Saturday we will have a chance to cheer the best Division II basketball team of 1986 and the best team in Pioneer history. Thank you for giving us something to boast about ten years later.

Eligibility for freshmen in the NCAA has changed

By Rich Raupp
Contributing Writer

The National Collegiate Athletic Association has broadened their qualifications for student athletes.

Recently the NCAA changed their guidelines for qualifiers. A qualifier is defined as one who is college-bound athlete is also required to take more English and more mathematics courses in high school. At Sacred Heart remedial courses are offered to students who do not meet the NCAA guidelines.

In participating of athletics the freshman year, coaches would start players in the sophomore year. For the coaches to do this, they must declare the athlete Red-Shirted. Most college-bound athletes do not want to go through this procedure. But if we look at the bright side, you still have that four years of eligibility left. Brian Dumont, a sophomore Lacrosse player, said, "It is a valuable tool for injured or ineligible athletes, when faced with losing a year of eligibility."

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Cagers beat Albany and LeMoyne over weekend

Kevin Vulin is used to. The Great Danes were able to hold Vulin to 17 points and nine rebounds. Needless to say, Vulin wasn't happy with his performance. "It wasn't one of my best games, but we were still able to pull out a win," stated Vulin.

Although there seemed to be somewhat of a hole in Vulin's offense this game, the rest of the Pioneers were able to pick up the slack.

"Team play was maintained at a high level with some minor drop offs, but players like Joe Doyle who contributed his 18 points and eight assists, and Bryan Chong's 10 points, really helped us pick up the slack and come out with the win," said Vulin.

The next win that the Pioneers came away with was against LeMoyne, previously ranked second in the NEC. The Dolphins, who had an overall record of 19-4 before Sunday's game, underestimated the drive of the Pioneers. "We were ready for this game, and we also knew that we had to win this one," said junior guard Joe Doyle, who had 22 points, seven assists and six rebounds on the day.

Vulin, back in his record-setting form, contributed a season-high 34 points, 20 of which came in the second half, and grabbed 15 rebounds. "This was a big win. It was a confidence booster as we're heading for the NEC Tournament," said Vulin.

Vulin knows the quality of this win for the Pioneers. "This was the best team we've beaten and the best we've played all year. It just goes to show that anything can happen when the tournament rolls around," said Vulin.

The Pioneers have increased their overall record to 12-10. While their league record has increased to 10-6. The cagers are now fourth in the NEC and are in the same spot now as they were last season. Getting to the finals of the NEC Tournament means a legitimate shot at the NCAA Tournament, and that's what the Pioneers are gunning for.

Icemen beat Villanova with the "Yak-Attack"

Kevin Carroll
Sports Writer

After losing a couple of tough-fought games, the Pioneer men's hockey team started to put it together this past weekend to head down the regular season home stretch by winning two games in a very convincing fashion against Wentworth and Villanova.

"We started off the season well," said captain Jon Yackmack. "As the season went on though, we started to get away from our game plan."

Friday night Pioneer goalie Terry Batycki led the way for the Icemen with two goals.

"For a while we seemed to only be able to play for 40 out of 60 minutes," added Yakmack. "Since the Army game we've been playing hard the whole game and have come away with two strong victories."

On Saturday, the team headed down to Pennsylvania and came away with another strong showing 6-3 victory against Villanova. Perkin, the team's leading scorer this season to a total team effort.

"We don't rely on one person this year. Some one usually picks up the slack when we need it. And we all have a positive attitude."

Only three games remain in the regular season, with back to back home contests this weekend, the last in the SHU Box for McCullion and Schatz. Saturday, the Lady Pioneers face New Hampshire College. Sunday, SHU faces off against UMass-Lowell, who beat the Lady Pioneers in overtime last time these NEC rivals met. Tip-off for both is 2 p.m.