Jingle bells rock  
Semi-formal features dinner, dancing and safety

By Kristyn Mulry  
Work Study

The annual semi-formal Christmas Dance will be held tomorrow night from 8 p.m. to 1 a.m. at Sante's Manor in Milford. Sponsored by the Class of '98, the evening will be built around the theme “Jingle Bell Rock,” with entertainment by DJ Rob Newberry. The event will also feature a sit-down dinner with the choice of roast beef, chicken or a vegetarian dish. Newberry has been “real popular with school events. He is the most requested at ‘Pub Nights,’” said Dana Scinto, a general studies major and junior class president. "The wide variety of music Newberry plays will make the event enjoyable for everyone," she added.

"It’s going to be much more organized and formal this year," Scinto said. Last year’s winter semi-formal was held in the basement of Sainte’s Manor. This year it will see the second floor. The upper level has three ballrooms and can accommodate up to 1,000 people.

In the basement, the dance “had the potential of being good,” according to Scinto, but was over-crowded. The basement has the capacity to hold 600 people, but approximately 850 attended.

To control drunk driving, the use of a shuttle service to and from the Manor is required. Shuttles will depart from Sacred Heart in three half-hour intervals, beginning at 7:30. Dinner will be served at 9:00. Only those living in Milford will be permitted to drive to the dance.

"Many people drink before the dance and while the dance is going on, and it’s just a huge risk," Scinto said. Last year’s semi-formal featured a standing room only crowd in the chapel on Tuesday afternoon.

Shuttle Service meeting standards

By Brad Wilson  
Sports Editor

This year the Sacred Heart shuttle service has a new program implemented as an attempt to gain consistency in arriving at its pick-up and drop-off points on time.

Improvements are being noticed by the student body, but the overwhelming opinion is that there is still work to be done to make it more reliable.

"I feel they’re more organized this year and it’s pretty reliable, but it certainly would be more convenient if it arrived to pick us up more frequently than it does," said Kenny Martin, a sophomore from White Plains, N.Y., who uses the shuttle from Parkridge.

Last year the shuttle service was far from meeting the high standards levied by students. It was thought of as unreliable and many students stopped using it all together.

"It was alright at times, but certainly needed improvements. Most of the time I would wait so long that I found it much easier to walk the mile from Parkridge to campus," said Marykay Welch, a senior from West Hartford.

This year’s revised program runs three shuttles, each with separate routes. There is an Avalon Gates route that arrives at Avalon every hour, a Park Avenue route that arrives at Taft and Parkridge every half-hour and a service route that travels to the Trumbull Mall, Brookside Plaza and CVS.

This is a step in the right direction from last year, when one shuttle made stops at each of these destinations, excluding Avalon Gates.

Brandon McGrath, a sophomore from Bedford, Mass., uses the shuttle from Taft and feels its dependability is improving.

"When I first got to school this semester, it was rare that the shuttle would arrive promptly, but I’ve noticed it has gotten better since," said McGrath.

A reason it’s improving is that its new drivers are becoming more experienced and focused on punctuality. Last year the shuttles were driven by work-study students. This year 13 professional drivers were hired.

"The service needs to be reliable," said Al Prescourt, assistant director of Student Activities. "Feeling is listening. When there is feeling, there is perception. From perception, there is thinking." Charity, love, kindness, compassion, wisdom, greediness, ignorance and anger, he added, are all gathered together in feeling.

Monk speaks of feeling, peace

By Cheryl Casey  
News Editor

Dr. Cristel Manning, assistant professor of religious studies, introduced the lecture, entitled “Step by Step: Buddhism, Peace Activism and the Environment.” The event was sponsored by Campus Ministry and the religious studies department. The monk, a two-time Nobel Peace Prize nominee, sat Indian-style in a chair to speak of peace and feeling.

"I felt a complete peace within the room and a complete peace within myself," said Dana Scinto, a junior general studies major from Milford.

"If we are to make peace for our own country," said Ghosanad, "we must make peace in our own hearts." According to him, peace of heart leads to peace of mind, all the way to peace of nation and peace of the world.

"Peace depends on feeling, in every aspect of the body, heart and mind," Ghosanad continued. "Feeling is listening. When there is feeling, there is perception. From perception, there is thinking." Charity, love, kindness, compassion, wisdom, greediness, ignorance and anger, he added, are all gathered together in feeling.

The monk stressed the idea of making peace within one’s self, thus making peace within our nation and the world.

Maha Ghosanad, Cambodian Buddhist monk, peace activist and environmentalist.

Photo by Alicia Hurley

See Feeling, page 4

Adjudcants prevalent

By Kristyn Mulry  
Work Study

Sacred Heart currently employs 142 full-time and 298 adjunct faculty members. The education department lists the most adjuncts with 57 and the English department follows with 45.

Adjuncts are hired by individual departments to cover one or two classes a semester that can not be taught by full-time faculty.

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"The service needs to be reliable," said Al Prescourt, assistant director of Student Activities.

Photo by Lora Marcella

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Handling the blues... page 8

College credit card debt...page 2

Icemen to face-off against Skidmore...page 16

Inside...
NEWS BRIEFS

Sacred Heart promotes Collazo

Frances Collazo was promoted to coordinator of academic advisement at Sacred Heart. Since 1993, Collazo has served as assistant director of academic advisement. She came to the University 10 years ago to teach continuing education classes and participated in the English as a Foreign Language Program.

Collazo's main responsibility is to ensure that undergraduate students are given proper academic advisement by faculty.

Students wanted for Washington

The Fund for American Studies is recruiting college students to intern in Washington, D.C., during the summer of 1997. Those selected will enroll in one of three 7-week programs in business, public policy, or political journalism. Students will take courses at Georgetown University and meet national and international leaders at site briefings, lectures and evening dialogues.

For applications and additional information, contact the Fund for American Studies by phone at (800)741-6964 or by Internet at http://www.dcinternships.org.

Shelton campus to open

Sacred Heart is opening a branch campus in Shelton at Enterprise Tower 1, 1 Corporate Drive. Open houses are being held Thursday, Dec. 5 from 5-7 p.m. and Wednesday, Dec. 11 from 11 a.m.-2 p.m. for interested Valley residents.

The Shelton campus will offer non-credit LifeLong learning, undergraduate and MBA classes. Academic advisors will be available at the open houses to discuss the spring curriculum, which begins on Jan. 13.

For more information, call (203)371-7830 or 1-888-SHU-EDU-1.

Open house in December

An open house and information session will be held at Sacred Heart's main campus on Tuesday, Dec. 3, from 5-7 p.m.

The benefits of the FOCUS Program (Flexible Options for Comprehensive Undergraduate Study), services designed to help adults quickly complete their degrees, will be discussed. Information on various services offered by the LifeLong Learning Center will also be given.

For further details, contact the Continuing Education office at 371-7830.

REAPS lecture series in Florida

Sacred Heart University's Institute for Religious Education and Pastoral Studies (REAPS) will provide a free lecture series at Holy Cross Parish Center in Vero Beach, Fla.


For information about REAPS programs, call 371-7867.

E-mail unites campus and country

By Ayoma Perera

Staff Writer

Sacred Heart University has a reputation for encouraging computer use by students, requiring all first-year students to acquire a laptop. It now has the new distinction of being one of the most e-mail intensive universities on the East Coast and is on par with such academically competitive and computer advanced universities as Dartmouth College, N.H.

Dan Arnold, a sophomore computer science major and a computer lab assistant from Winsted, Conn., attributes the extensive use of electronic mail to the fact that there is no cost involved with its use at SHU.

"A lot of students use e-mail because it is free," said Arnold. "Through a plug in a dorm room or lounge area, students can pursue most of the preoccupations of undergraduate life without leaving their chairs. Professors can be contacted, library catalogs browsed and 2 a.m. conversations had with friends all over campus or the country with no nominal cost involved."

"I think e-mail is a great invention since it allows me to get in touch with my friends in other universities," explained sophomore Jen Downey, an English/education major from Wilmington, Mass.

"Furthermore, it is easier and less expensive to use than the telephone," she added.

According to statistics released this year by the Campus Computing Survey which collects data annually from 600 colleges and universities, more than half of all residential campuses in the United States have network connections in dormitory rooms.

"I usually e-mail my friends or my brother from my dorm room. It's just easier than writing or talking on the phone," said Jen Huber, a sophomore psychology major from New Jersey.

The number of classes using e-mail to reinforce academic discussions has increased, says the Campus Computing Survey. Professors' office hours grew to 20 percent from 8 percent per hour in 1993 and 7 percent in 1994. The number that utilize specialized educational software rose to 18 percent from 12 percent.

"I had to e-mail my journal entries to my professor for French class," said Mary Kay Welch, a senior media studies major from West Hartford, Conn. "It didn't seem as if I was doing work and made it more enjoyable than handing in a paper directly to the professor," she added.

Some professors at Sacred Heart now require students to bring their laptops to class. These courses include the Academic Incentive Program, biology, communications, English and mathematics.

Jeremy Edberg, an undergradate at the University of California at Berkeley was quoted in the New York Times as saying "almost all of my conversations had with friends all over campus or the country with no nominal cost involved."

E-mail, page 3
Laptops continue to frustrate

By Michele Herrmann
Co-Editor-in-Chief

A damaged laptop causes aggravation for its owner, and the feeling continues when additional hassles arise during repairs.

Reoccurring disturbances linger frustrations in students who bring their computers to the Computer Mobile Center.

"Every time they assure me that they might be working on it, it's all working, including the network operations, I go home and find that something is not connecting," said an anonymous junior, "and I have to bring it back again."

"They gave me two different passwords and I still haven't been able to get on e-mail this semester," said Tracy Yalamis, a freshman from Southington, Conn.

Another freshman said the Center did not fix her computer's problems. She took her computer back three times. "It took almost a month, and it's all good," she said.

The Center handles software problems with e-mail, passwords, viruses and equipment breakage. If the repair is internal, the Center must send it to its original company.

"We're not certified to work on them," explained a senior. "We would have to have technical certification by the company," said Tim Leedy, PC technician for staff and faculty computers.

Another reason for the send out is because of the four-year warranty the laptops hold.

"If we did open up and try to fix yours, we null and void the warranty. If we're not certified to touch it, we void the warranty," Leedy said.

Students are given a telephone number to contact the specific company to which the machine must be sent.

The computers originate from either Digital Equipment Corp. or Texas Instruments. The "maximum turnaround" for a sent out computer is five days, according to Director of Operations Denise Richardson. "There are a couple of cases where things are missing in action, and that is not acceptable.

Originally, no records were kept of computers being sent out, said Richardson. As problems persisted, a new system was established to improve communication and tracking. Outgoing laptops are now listed by number tags, and the Center has developed contacts with account managers at both companies.

Richardson added that certified technician for Digital computers will be here this week to work out some suspected hardware problems.

Four technicians work in the Computer Mobile Center.

"As the amount of computers increases, so do the problems. Each person has their own individual problem," said Technician Paul Varasic. "We would like students to come to us. It may be a problem on our end."

Student response differs concerning the workmanship.

"I asked if everything was okay (after repairs). They said yes. Then I brought it home and found out that there was something else wrong. I gave up," said the junior.

"Electronics are pretty good and they try to help you," said Elaina Papachristos, a first-year student from Southington.

E-mail: extensive use at SHU

Continued from page 2

with professors are now by e-mail. The only time I really visit them in person is to try to persuade them to change a grade," said an anonymous junior.

Sacred Heart has not reached this point yet. The fears associated with the wide use of the computer and preventing close contact between professor and student are still prevalent. Student-professor alliance is not a cause for concern.

"Students still find the time to interact with their peers and professors," said a junior.

"I have not found e-mail to hinder my interactions with professors or friends on a close social basis. In fact, I use the e-mail to answer my mail and speak for a short while," said Patrick Callahan, a junior Spanish major from Enfield, Conn.

David G. Brown, the provost of Wake Forest University and a professor of economics, is a staunch supporter and enthusiast of electronic mail.

"It's increased the face-to-face communication I've had with my students at least five-fold," he said. "Because we're in communication every day, we feel that we're a group ready to help one another, not only over the network but in person," he added.

Some students at SHU echo Brown's sentiments.

"With adjunct professors, e-mail is a good idea because usually they don't give you a phone number because they don't have an office on campus, so e-mail would be a good way of contacting them," explained a senior English major.

Adjuncts: high numbers at SHU

Continued from page 1

of full-time faculty in terms of committee work, advising student organizations and participation in the university community, said Bertsch.

An adjunct may work at three different institutions, whereas a full-time faculty member's only association is with Sacred Heart.

"You can't expect the same degree of identification with the university as you can with full-time faculty," commented Bertsch.

Bertsch said she has heard "as broad a range of responses to adjunct professors as full-time faculty" when asked about students' views on the issue.

"I had one very good and one very bad adjunct," said Bertsch, "I think he is just as competent as full-time faculty," she added.

"I have an adjunct right now in my Advanced Composition class who is just as competent as any faculty member," said Kristen Lala, a senior media studies major from South Orange, N.J.

"It makes no difference to me whether they're an adjunct or not as long as I can get in touch with them. That is not exactly easy when they don't have offices."

PT program awarded

Special to the Spectrum

Sacred Heart University's physical therapy program, which admitted its first class of graduate students this fall, has received "Candidate for Accreditation" status from the Commission on Accreditation of Physical Therapy Education (CAPTE), CAPTE, based in Alexandria, Va., is the national accrediting body for physical therapist and physical therapist assistant education programs in the United States.

The organization awarded the candidate status to the University's physical therapy program following an 18-month-long intensive review.

The candidate status means that the University has made sufficient progress in the design of curriculum, recruitment of faculty, construction of facilities and development of program evaluation methods. Candidate status is the highest level of recognition available from CAPTE for new programs, such as the one at Sacred Heart.

In its letter awarded candidate class status, CAPTE cited no deficiencies in the program, while making three commendations.

The University was cited for its commitment to and support of the development of the physical therapy program, while the faculty was saluted for the quality of its curriculum design.

The awarded of candidate status is an essential step because it allows an applicant who graduates from an accredited physical therapy program to become certified in physical therapy.

"This is a significant milestone in the continuing development of this new physical therapy education program and one that is essential for the future of this new program and its graduates," said Michael J. Emery, director of the physical therapy program.

Forty-seven students enrolled this fall for classes in what is the only entry-level master's degree program for physical therapy in Connecticut. The University offers a "3 + 3 program," which requires three years of pre-professional study followed by three years of professional work. Students who complete the program receive a bachelor's degree in the fourth year of study and a master's degree after six years.

Emphasis is placed on the development of a reflective practitioner by teaching the student to learn from and solve problems.

Curriculum content is organized around carefully designed and clinical patient problems that students study, discuss and research in small groups. This encourages students to learn in a process similar to that employed in clinical practice to solve problems.

Denise Morris, a senior psychology major from Sound Beach, N.Y. "My bad adjunct wasn't there for us. He didn't really care. He didn't hold office hours or even give a telephone number. It was like he was there just to occupy his time. I think some adjuncts are like that, but not all of them."

Adjuncts can bring heighten ed levels of variety, expertise, and professionalism to campus and they should be rewarded for that, said Bertsch. The negative side of the issue is that their "talents aren't always acknowledged to the same extent as full-time faculty," she added.

"Have an adjunct right now in my Advanced Composition class who is just as compe tent as any faculty member," said Kristen Lala, a senior media studies major from White Plains, N.Y.

"It makes no difference to me whether they're an adjunct or not as long as I can get in touch with them. That is not exactly easy when they don't have offices."
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**Shuttle: revisions made**

Continued from page 1

Activities and head of the shuttle service. "The professional drivers all know maintenance pertaining to the vehicles, whereas the work-study students didn't. They are also more focused because it's their job. They know to call 24 hours ahead of time if they are not going to make it to work."

The new drivers were each given background checks and required to have a commercial license before they were hired. Many of them have worked at reputable driving services such as Connecticut Limousine.

"When you start something new you have to ride it out and see how it goes, but right now we still have not seen it," said Krepil. "We spend up to $30 or $40 a week on gas and if we had a shuttle to pick us up we could cut back on those expenses."

Dean of Students Larry Wielk hopes to provide a shuttle to the students in Milford, but said it's a process that needs more planning.

"If we were to send a shuttle to Milford, 30 minutes each way, we would have to make sure there would be a rider," said Wielk.

"What we plan to do is a survey that would tell us the times in which the students would need to be picked-up. The most logical thing is to do the survey after the students register for next semester's classes and base it on that time frame, but we still hope to find times to pick them up this semester as well," he added.

**Feeling: monk dedicated to peace**

Continued from page 1

that feeling is also eating. The eyes eat images, the ears eat words, the nose eats smell, the body eats physical contact, and the mind eats ideas. "I am what I eat, you are what you eat," he said.

Ghosanada explained that the Buddha taught for 45 years, and these teachings can be summarized into one word—feeling. "It's not very hard to learn. If we understand this, we understand all the dogma of the Buddha."

According to Ghosanada, pleasant feeling is suffering because it is impermanent. Unpleasant feeling is suffering in itself, and neutral feeling is suffering of condition and composition. "We can change unpleasant feeling into love and kindness," he declared.

"I think many Westerners perceive Buddhism as being withdrawn from the world," commented Manning to the monk during his lecture. "Could you explain how Buddhism brought you to become so active in the peace movement?"

He replied, "What is peace?"

"We must make peace in our own hearts."

Peace is dogma, and dogma means truth. We are fighting because of ignorance.

Another audience member questioned, "When someone hurts us, we feel anger. How do we not feel that anger?"

"You have to know the cause of the anger, and the condition of the anger, then you know the root," Ghosanada answered. "Nick out the root, and there is no more anger. Then you have a great compassion for those who insult you or mistreat you."

"Every year you walk for peace in your country of Cambodia. How does this walking help the cause of peace?" wondered a third audience member.

"We walk peacefully, our whole body becomes peaceful, our mind becomes peaceful. People seeing us then become peaceful," Ghosanada said.

"Maha Ghosanada provides a living example that peace and goodness can be born out of conflict and suffering," writes Alan Channer in a recent article in the Forest Sangha Newsletter. "Whether or not he is awarded the Nobel Prize, nothing will deflect him from recalling his fellow Cambodians to their spiritual heritage. On how far he succeeds may depend on Cambodia's hopes for a peaceful future."

**Semi-formal: rocking the night away**

Continued from page 1

to put a student in a car and think they'll be responsible enough to arrive at their residence hall or home safely," Scinto explained.

Student turnout for the dance is expected to be high, with over 100 tickets sold in the first hour they were available.

"I expect it to be fabulous. I can see a lot of effort has been put into the organization of this event," said Ayoma Perera, a senior media studies major from Sri Lanka. "The time and commitment should pay off," she added.

Tickets cost $18 for full-time undergraduates and $28 for part-time and graduate students and those outside of Sacred Heart. Dinner and the shuttle service is included in the ticket price. Tickets will also be available at a cost of $55.

"I expect this year’s formal to be much better than the two previous semi-formals I have attended. The sit-down dinner and photographer will make it much more enjoyable and memorable," said Martha Burke, a junior media studies major from Beverly, Mass.
Colleges plan to surf Internet II, a faster superhighway

By Adolfo Mendez
College Press Service

Universities, once the pioneers of the Internet, now are spearheading a plan for an improved worldwide computer network, dubbed Internet II.

At a meeting in Chicago earlier this fall, chief information officers from 34 research universities and other Internet II enthusiasts outlined initial plans for Internet II, and have agreed to put up $25,000 each to make those plans a reality.

Since then, some 80 universities have officially backed Internet II, according to William Graves, chief information officer at the University of North Carolina at Chapel Hill. Graves attended the Chicago meeting.

Other universities involved are: Massachusetts Institute of Technology, University of California at Berkeley, Purdue, Princeton, Harvard, Yale, Cornell, Northwestern, Michigan State and the University of Iowa.

"We're setting some money on the table to make sure we have people working on this," Graves said. "It's going to end up costing us a lot more than $25,000 each."

That's why the universities are counting on President Clinton to make good on his election pledge to provide $100 million for a Faster Internet, Graves said.

About $25 million of that will go towards Internet II, Graves estimated, with the remainder likely to be distributed to federal agencies.

"We're not trying to build anything separate [from the current Internet]," Graves said. "We're just trying to get something on the table for everyone else to work on."

"We want it to be open. We're putting some of our own money to have a magnet to attract the commercial sector."

But to effectively market such courses, Internet II backers are pushing for the creation of real-time interaction between faculty and students, and between the universities.

Taking a course using Internet II would allow students to visit "virtual places," where, for example, they could see a chemistry experiment recreated on their monitor, and, like virtual reality, interact with the experiment.

Also driving the push toward a second Internet are university researchers, who complain that the Internet has outlived its usefulness because of the heavy usage generated by commercial interests.

Although there is no official homepage for Internet II, Greg A. Jackson, associate provost at the University of Chicago, has posted information about the project on his personal web site. It is certainly not impossible to create a regular update of universities involved in Internet II, point your browser to http://whodunit.uchicago.edu/12/120.html.
Acknowledable

Last year at this time there was much disillusionment with Student Government. There was no real direction, no planned state of action to address issues concerning the student body, and no real interest in the welfare of the university community.

We believe that Christy Ashley and her troop in the Student Government Office have performed commendably for these past three months. We have seen Ms. Ashley sit in at individual club and organization meetings to find out how Student Government can benefit them.

We wonder that Christy and the other officials in Student Government are serious about their duties and will try to provide the best they can for the university community.

The trip I remember taking was to New York City. I will never forget slipping out onto the street in all the confusion and bustle the city has to offer and was totally in awe.

When one is in tune with the serene surroundings of a rural area, New York is quite an adventure to behold.

Europe is a cultural mosaic that everyone should see. The college student is ripe for this experience.

Europe is a cultural mosaic that everyone should see. The college student is ripe for this experience.

Travel brings education to life

By Jennifer Gilbert

From the United States to Europe and through the Caribbean, I have traveled while a college student.

I will be the first to admit that college has taken me longer than four years, but as the end is near, I know I would not trade the experiences I have had for any other.

Growing up in a small town in Virginia, I was not exposed to much in the way of "midwestern values," but also the urge to see the world. I think I also got this travel bug from my grandparents who visited all seven continents, hundreds of countries and all 50 states.

I have not seen the whole world, but am working on it a little at a time.

The first trip I remember taking was to New York City. I will never forget slipping out onto the street in all the confusion and bustle the city has to offer and was totally in awe.

When one is in tune with the serene surroundings of a rural area, New York is quite an adventure to behold.

Europe is a cultural mosaic that everyone should see. The college student is ripe for this experience.

Europe is a cultural mosaic that everyone should see. The college student is ripe for this experience.

This trip is greatly enhanced by sticking to a small budget and the vast train system.

My journey led me through the countries of Germany, Czech Republic, Hungary, Austria, Switzerland and the Netherlands.

Seeing the remains of the Habsburg Empire and the East German regime brought history alive. The people of the countries truly bring the experience to life.

While the Caribbean has a wonderful relaxing tone, it is also a place for discoveries.

Snorkeling can bring the sea alive while witnessing native culture brings the people alive.

Travel brings education to life in ways that books are not able to. While in London, I saw places in the pages for what they really are.

The United States also has a history that is prevalent in all parts of the country. It is my own country that I believe I am most fascinated with. Each region has various things to offer and I want to see them all.

One of the most exciting trips occurred this past summer when I went to Alaska. Hiking the Russian River trail and clutching my bear bell the whole time made me realize my place in the scheme of things.

This trip proved that I don't have to leave the country to enter a whole other world.

Travel is truly one of the most wonderful and important ways in which to broaden an education.

Submit your Perspective for the next issue, 1/23/97
**Letters to the Editor**

**CURRENT REGISTRATION SYSTEM NO GOOD**

To the editor,

One issue that I am sure is on many college students' minds this time of year is registration.

With my last name starting with a W, I have some trouble knowing whether or not I do get any of the classes that I want to take or am required to take.

I will be taking them all at 8 a.m., which happens to be the worst time of day for me. I am not saying this because I want to sleep in, however, if you look at my report cards over the years, one can clearly see that I have done very poorly in the early morning classes.

I am willing to take the early classes, however, I do not see how the point at the beginning of the alphabet are more entitled to them than I am.

I also don't understand how entire classes can be closed out within hours of the first registration time. It should come as no surprise to the University, however, that more people attending the school, the more people will be enrolling in the required core courses. So the fact that my roommate can not get in required courses blows my mind.

I am not suggesting that they start adding classes so that everyone gets what they want. However, does it concern me somewhat that I am not looking promising that I will get into any of the classes I need for my major.

As a pre-PT student, I can get behind one semester in my science or math courses, this will affect my application to the program when I am a junior. This is impossible for me to meet the requirement on time because I cannot get into these classes, then I start having to take more intersections classes, summer classes and taking two or three lab classes a semester which would seriously affect my grades.

I have no idea what I think the University should do about this except for the idea that more sections of the popular and required courses should be added.

I know they are doing the best they can, but when "D"s are getting closed out, we need to look at the system and make adjustments.

Amy Wheeler

**APPEARANCE MATTERS**

To the editor,

I am concerned about something that is happening on the front of this school. Well, actually, the sign is no longer there. The bricks are stained and faded. One can easily see the location of the old sign. Each time I see this unattractive site, I wonder why nothing has been done.

This project is less expensive and less time consuming than others which are taking place now. The sign is extremely noticeable to pedestrians and other travelers as well. Visitors entering the parking lot are facing this hideous sight. It is a definite turn off to any visitors and potential students. There are three ways to deal with this problem.

The first is to continue to pretend that we do not see this. A second possibility is to wash and clean the existing bricks. Power washing them will enable the outline to be less visible. The last method, the correct way, involves the replacement of the old sign. Painting the bricks to recreate the school symbol and name is one way to solve this problem. Another is constructing a sign to place on the bricks. The appearance of any university is important. A prestigious one such as Sacred Heart, would look as good as it is. Something needs to be done.

Nicole Dorsa

**PHONE BILL SHOULD BE LAST PRIORITY FOR WORRIES**

To the editor,

My phone shut off one day and I called to myself, "Oh, well," I thought when the $100 and odd bill arrived.

I went down on the communications office and asked for my bill. The person there proceeded to tell me that my phone bill was $178.

I asked her about the shortfall at $100 and she read me the act.

I also asked for a list of the rates to see when the cheapest time to call long distance is and to compare with my parents' calling card.

She proceeded to tell me she didn't know and she didn't have one. I told her that it didn't seem like a fair procedure. But I guess my opinion didn't count.

I feel for the students who are low on money and have trouble paying their bill. I mean, we are paying $20,000 for tuition to attend this school.

Why couldn't they possibly create a college rate and college time for us kids?

The phone company makes enough money with all of the students here, not to mention the state taxes we are obligated to pay.

I think a phone bill should be the last priority we should be worrying about.

Nicole Dorsa

**Commentary**

Ding dong, ding dong, Christmas bells are ringing.

Offer Chris' Holiday Gift Guide for the Chronically Unenthused:

(Note: These products are all real.)

Orbits. This new bottled beverage from Clearly Canadian is for all who love lava lamps...whatever you are. Inside the clear, carbonated liquid are colored balls of jelly that float and down as the tiny bubbles cling to them.

I don't know about you, but I can do without food.

Time Machine. No, this product will not spit you forth into the age of The Jetsons. Besides, look around...you’re already there.

"Got Milk?" Barbie. This doll comes holding a carton of milk and chocolate chip cookies, sending to little girls the important educational message that eating milk and cookies make you look like a deformed plastic person.

Something about Christmas time makes you wish it was Christmas time. See the joy in the children's eyes, the way that the old folks smile says that Christmas will never go away.

I often hear people's pride in their gift ideas, when they say, "Wait 'til you hear this idea for a gift..." and "I got you the best gift this year! Christmas!" Some people I know were already saying this last June.

In the ebb and flow (whatever the hell ebb and flow) of what the hell ebb and flow is, of my early college years, I was a typical student of the American university: broke.

One year my gift budget was so small that I gave my friends cookies and my siblings small gifts that I think my parents actually paid for.

I don't remember what I gave Mom that year, but I know I paid for it with my last few dollars. This, of course, left no money to buy a present for Dad.

I knew Dad liked reading, though, and in my wallet I had a crumpled $9.95 credit for a book. I gave it to him. "Sorry I couldn't do more, Dad, but I wanted to give you something."

He couldn't respond. Then I realized that he saw the gift for what it really was, and for what I hadn't realized it was until that moment: it was all I had left to give.

If I could have my wish come true, I wish every day could be full of peace and harmony, I wish every day could be like Christmas, I do.

When I was a kid (chronologically) I had a friend named Richey. Every Christmas morning Richey would phone me and—before he said "Merry Christmas" or even "Hello"—he would ask me, "Whajja get for Christmas?"

And I, my face beam bright enough to light the room, would tell him, "I got six Star Wars guys, the Tie-Fighter, long underwear, Matchbox cars, etc. etc." I got those stupid etc. etc. etc. things every year—they made perfect stocking-stuffers. (I think Richey would also make a good stocking-stuffer don’t you?)

And then I'd ask him, "What did you get?"

(Notice that I had better diction than Richey. And I know how to use italics.)

"I got," he'd answer, "a bunch of G.I. Joes, a drum set, walkie talkies, the new Kiss record, etc. etc. etc."

I don't hear from or talk to Richard any more.

But if I see him this Christmas morning, I doubt I'll ask him the same questions we asked as children.

Instead, I may choose to ask him something more important... A pair of hop-a-long boots and a pistol that shoots is the wish of Barney and Ben; dolls that will talk and will go for a walk is the hope of Janice and Jen. It's beginning to look a lot like Christmas, everywhere you go.

"What did you give for Christmas this year?"

December 5, 1996

SHU Shrm - 7

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How do you shake the blues?

By Christopher Twarowski
Contributing Writer

Feeling down lately? Before you even get out of bed, are you breaking into tears? Have you put on the first through the wall of your room because you received a C on a paper? Why?

According to Sister Anne Nadeau, director of counseling, these things may be caused by some degree of depression. "Depression is an increasing difficulty in dealing with the normal stresses of life," said Nadeau. "Anyone can suffer at any time. It has no discrimination against age, gender or particular circumstances."

Possible warning signs to watch out for are irregular eating habits, abnormal sleep patterns, pulling away from friends and family, difficulty carrying out routine activities, isolation, behavioral changes and mood swings (inappropriate anger, crying, rage or laughter).

One can suffer from the disease and not even know it, said Nadeau. You may believe that nothing is wrong at all. You may be aware of feeling this way that you can think of no other possible ways to live. However, there is an escape.

The first step is identifying depression as the reason for your irregularities. The next is dealing with the depression.

"Is the body getting what it needs?" asks Nadeau. This includes enough sleep, a balanced nutritional diet and possibly other special requirements such as vitamin supplements and/or sunlight.

Depression can also be caused by a painful experience that was pushed aside and is resurfacing.

Nadeau added that it could also be the result of a chemical imbalance, dysfunctional family structure or the weather. Some strands even appear to be hereditary.

"People learn to cope with depression," continued Nadeau. Some choose unhealthy coping methods. These include drugs, alcohol and prescription medications. In extreme cases, they may have thoughts of hurting themselves and may even consider suicide, said Nadeau.

"College could be a breeding ground for depression," said Nadeau. "However, it could also be a breeding ground for learning about the self."

Nadeau spoke of the added stress some seniors are experiencing at this time.

"They have done all their academic homework, and now it is time to do some 'emotional homework.'"

Nadeau means that they should take care of any problems they may have running around inside their heads. They need to confront these issues and deal with them.

"If after three or four weeks of eating and sleeping poorly, if that overall feeling still persists, maybe they should check in with someone in counseling to give them some kind of break or relief from this," said Nadeau.

The University Counseling Center is located on the ground floor of South Hall in the Multi-purpose Room.

Appointments can be made by calling x7955.

Save $ by avoiding ploys

By Christopher Ginolfi
Contributing Writer

With the holiday season around us, supermarkets are advertising crazy promotions. Most people will have to venture into their favorite supermarket and make more than one hefty purchase throughout this month.

It is important that all consumers are aware of certain marketing ploys that most supermarkets use. For example: Have you ever gone into a supermarket intending to buy only a couple of items, but you ended up walking out with a lot more? Or, have you ever wondered why the important items like bread, milk and eggs are usually located in the back?

"These are examples of subtle marketing strategies," said Kate Denoby, night manager at Super Stop & Shop in Newtown. "The bread and milk is located far in the back so when customers come in they have to walk by our promotional displays. That is one of the oldest tricks in the book," she said. Another familiar ploy used by supermarkets is the ever popular "buy one get one free" sale.

To the average consumer this sounds like a great deal, but there is almost always some sort of catch. For example, a recent ad by a leading supermarket advertised a six pack of Coke or Diet Coke for "buy one get one free." The only thing is that you must have a $7.50 purchase before you receive that item free, and you are limited to only one free item.

Another ad advertised the same sale. It was also "buy one get one free," but with no minimum purchase and no limit.

The catch here is that the price of one six pack had been jacked up almost a dollar more than the regular price.

There are many ways to avoid being sucked into these situations. For example, avoid brand names. Most large supermarkets offer their own line of products such as bread, cereal and soda. Most of the time these items are much less expensive than the brand names, and there is little difference in the ingredients.

"It's a waste of money," said Jen Gulyas, a sophomore from Monroe.

"When I go shopping, I never buy the brand name stuff. It's cheaper to buy the store's products. They're just as good as the brand names," she added.

To avoid these crafty sales pitches, read each word of a sale that is advertised.

If something seems too good to be true, it probably is.

The next time you go shopping, avoid being tempted by other sales and bring only as much money as you need.

Most importantly, just use your head. This holiday season being careful can save you a lot of money.

Taking chances can ease regrets

By Julie Nevero
Contributing Writer

How many times have you thought, "If only I said this," or "If only I did that."

A Cornell University study cited in Self magazine indicates that when we look back over our lives, we regret actions and risks not taken far more than the mistakes that we made.

A study of several hundred people of varying age groups by Thomas Gilovich, Ph.D., found that when we make decisions to do things and they go badly, we suffer intense pain, but for only a brief period of time.

"Then we begin to adapt to the situation," said Gilovich. "But when we don't take the risk, we suffer the pain of inaction, and the regret is much longer lasting."

What are the most common regrets? The number one regret is not getting a good education, followed closely by not "seizing the moment," whether in romance or career.

What do students regret not doing?

"I regret not having relationships that I could have had," said sophomore Angela Danes of Waterbury.

"I regret that I didn't really try to do well in high school until my senior year," said junior Lori Marcantonio of Trumbull.

"I regret not learning to play an instrument," said sophomore Jason Reid of Victor, N.Y.

"I regret not having relationships that I could have had," said senior Angela Danes of Southwick, Mass.

"I regret not thinking before I act," said junior Valerie Hau of Naugatuck.

Instead of trying to forget the past, open yourself to new possibilities. Learn from your regrets and go on.

Don't be afraid to take a chance. You never know what you might accomplish.

In the words of Nike, "Just Do It!"
Religions have her interest

By Carmela Chisholm
Contributing Writer

When you think of a religion professor, does an old man with a beard and a cane come to mind?

Well if you've ever had Dr. Christel Manning as a professor, your stereotype would be wrong. From the second you meet her, you know she is a powerful woman who knows and loves what she teaches.

"She's very upbeat and makes you interested in the subject," said Robyn Ferguson, a senior from Somerville, Mass.

Manning was born in Southern California where she lived until age seven. When her parents divorced, she moved with her mother and two sisters to Germany.

Since her mother supported the family alone, money was always tight. Her family had few appliances, lacked a car, and Manning shared a room with her mother and two sisters.

"Life in Germany was hard. My mother was always sad. I associated America with wealth and opportunity, so I always dreamed of coming back," said Manning, who lived in Germany until age 18. She came back alone to study economics at Tufts University in Massachusetts.

It was because of a generous uncle who supported her college career that Manning was able to go to college.

"I felt that I had to work hard to prove that I was deserving of him paying for my education," said Manning. At Tufts, she was involved in the Chi Omega sorority and Phi Beta Kappa, not to mention that she graduated Summa Cum Laude.

A year after graduation, she moved to Virginia. After a friend's suggestion, she took a job teaching high school economics and coaching the girl’s cross country team.

"During those four years, I discovered that I really loved teaching, but I didn't want to teach economics for the rest of my life. I wanted to teach something that I found interesting," said Manning.

So, on full scholarship, she attended the University of California at Santa Barbara, where she earned her Ph.D. in religion.

I asked Dr. Manning why she chose religion as her area of study. "I think that religious differences are the basis of cultural differences," she said. She added that the main reason for the recent problems with Asian countries was because they were Muslim. "Because they have such different beliefs and views on life, it is hard to find a common ground," she said.

Another event that influenced her choice happened in Germany. When she was a teenager, she would participate in heated discussions at the dinner table about religion.

Manning’s mother was interested, "I take Latin American dance classes. I play racquetball and go hiking on weekends." Just like everyone else, and not like the stereotyped religion professor, she knows how to have a good time.

"I went to see 'Saturday Night Live' last weekend. Bob Dole was on the show and it was a lot of fun." Currenty, Manning is working on revising her doctoral thesis titled "Gender Roles in Fundamentalist Societies." The thesis focuses on the reasons why modern-day women would voluntarily enter into a religious society where the men are dominate.

Manning plans to publish it in the near future.

Merry Christmas
from the Spectrum staff!

Campus Happenings

Compiled by Gina Norelli

International Holiday Cafe tonight

Come to the Pub tonight to hear Christmas music played on different types of harps, eat holiday treats from around the world and have a drink or two (for those over 21). The event begins at 9 p.m. and is free for all SHU students. Donations of $3 and non-perishable food will also be collected for the needy. For more information, call the International Center at 365-7614.

Sorority seeks donations

For Christmas, Delta Phi Kappa will be collecting money for their Second Annual Adopt-A-Family Drive. This year, the sorority will be adopting two needy families. Anyone wishing to make a donation to this cause is asked to contact Colleen at 365-4312.

JFO hosts Chanukah fun

The Jewish Friendship Organization will have Chanukah treats and Dreidel games outside the Faculty Lounge on Thursday from 10:30 a.m. to 1:30 p.m.
Campus night owls arise

By Gina Norelli
Features Editor

Somewhere under a dim light, when the rest of the world is sleeping, a dreary college student drifts a semester's worth of knowledge into his brain for an exam just hours away. He sips caffeine-filled drinks and struggles to keep his eyelids from closing.

He walks into the exam, exhausted and in a daze, spills out whatever knowledge that can be recalled, leaves the exam and collapses into bed.

"The season for exams and "tis also the season for late night cramming sessions that make night owls out of college students.

By Shauna Doherty
Contributing Writer

Lambda Sigma Phi secured its place in the night owls category of this year's semester. The fraternity hopes to become certified counselors in the near future. Lambda Sigma Phi has initiated some events in the past to become a more active and responsible chapter.

Gray heard stories about date rape on this campus a couple of years ago and wants to make everyone aware of the problem. Lambda Sigma Phi does this by holding candle-light vigils to remember victims and to serve as an outlet for those victims who wish to remain anonymous.

The fraternity also had a guest speaker from the YWCA to talk about the subject of violence. Another event, the fraternity sponsored in was a Greek Weekend skit. Although they were disqualified for having a girl in their skit, they performed it to educate the community.

Lambda Sigma Phi initiated the program on and off campus. "We're planning to do more so that students have at exam time," said Gray. What about a sister sorority? Lambda Sigma Phi is looking into it and has been talking with Phi Omega Tau because, as Gray stated, two serious clubs are merging into it and have been talking.

More likely than not, you have pulled an all-nighter at least once in your educational life. A sophomore who wishes to remain anonymous tries to avoid cramming. "It gives spaces between classes to study. If I cram, I have to go through all my notes, not knowing what to study," she said.

"The season for exams and "tis also the season for late night cramming sessions that make night owls out of college students.

Annette Bosley, a senior from Beacon Falls says that she often finds herself cramming for exams, since she works best under pressure. "If I know I have time, I don't do anything. It (cramming) works for short term memory," she said.

"The worst time I ever had was when I had two exams the following day and I hadn't had a chance to study for either one. I literally had one hour of sleep.

University Registrar Douglass Bohn believes that cramming is a direct result of procrastination. "College students tend to procrastinate on what they have to do. The semester catches up with you. I would suspect they are cramming because they haven't "kept up with their work," said Bohn.

Bohn, who never crammed in college, suggests that students plan things far in advance.

"Those who have studied all along don't worry. I imagine those who party still party and say there's always another day. If you have to go back to day one to prepare, you didn't do the work. People should now study for the final exams, at least prepping for studying for them," said Bohn.

Bohn notices that many students try to withdraw from courses when exams come along.

"They say, 'I can't pass or finish the course.' People should reflect on that. It becomes a panic situation. You waste the whole semester with withdrawal, when there is hope. In most cases, if they put their mind to it, they can do enough to pass the course."

"The semester catches up with you," Douglas Bohn, university registrar and vice president for academic affairs.

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The spin on 'Spin City'

By Tom Guererra
Contributing Writer

If you want to watch a cleverly written, funny, and poking-at-fun politics show, look no further than "Spin City." "Spin City" appears at 9:30 Tuesday nights on ABC.

It was the number nine rated show on television last week. For a sitcom that premiered this season, I think it is safe to call "Spin City" a hit.

On a recent episode, Dan Donaldson, a real estate developer played by George Wendt of "Cheers", gets talked into buying a bankrupt retirement home for four million dollars by Mike Flaherty, the Deputy Mayor, played by Michael J. Fox.

Donaldson, however, wants Mike, to make a shabby deal for him, in return for buying the retirement home. Mike refuses, but is told because Donaldson threatens to turn the retirement home into a mall.

Donaldson then turns his attention towards Stewart, who works with Mike, to help him get the contract he wants. We come to find out that it was all a plan and that Stewart taped the conversation.

The Mayor, who is also in on the plan, threatens to turn Donaldson over to the Attorney General if he continues, thus saving the retirement home.

What makes this show a winner is Fox's deft touch.

He has a talent for being funny without being obnoxious, for being twisted but not self-righteous, and for fitting into a company of actors without getting lost.

Watching "Spin City," it is apparent that no matter how good he may be in films, Fox is back where he belongs: in a sitcom.

The cast includes Carla Gugino as Fox's girlfriend, Richard Kind ("Mad About You") as a bumbling press secretary who is always in the dark, Michael Boatman ("China Beach") who plays a gay activist, and Alan Rock as a bureaucratic goof-off.

The writing is good and witty.

One scene has Mike watching a hockey game with his girlfriend who is less enthusiastic about it than he is.

It is the classic conflict between males and females watching sports together.

The success of "Spin City" should be no surprise, since the executive producer is Gary David Goldberg of "Family Ties" fame.

"Spin City" is a romantic comedy in a political arena that works.

'Sleepers' awakens audiences & critics

By Jim Heffernan
Contributing Writer

If there was ever a film that made you stop and think, it's this one. "Sleepers" is the story of an out-of-control prank, four teenagers' loss of innocence and the payback they devise as adults.

The movie "Sleepers" is based on a book written by Lorenzo Carcaterra. Carcaterra insisted that his contrived tale of horrors inflicted on four teenage boys and the outlandish revenge they concocted as adults was a true story. The controversy quickly pushed the book onto bestseller lists.

The commotion of the story being true or not got the attention of Hollywood, and Barry Levinson eventually got the assignment to write a screenplay and direct it.

The voice belongs to the adult Lorenzo (Patric) who leads us through the film.

"Sleepers wants us to believe it's a morality play, but Shakes provides a better epitaph." Kenneth Turan, Los Angeles Times.

He introduces us to such characters as Father Bobby (DeNiro), "a friend who just happened to be a priest," and the local crime boss, King Benny.

And we meet Lorenzo a.k.a. Shakes and his three pals, "friends like there have never been friends since the Earth began," says Kenneth Turan of the Los Angeles Times.

Though King Benny tells the boys they're not as tough as they think, they don't listen until it's too late and they've committed the out-of-control prank that leads to an enforced stay at the Wilkinson Home For Boys.

The guard in charge is Sean Nokes (Bacon) who leaves the boys with forever memories of nasty experiences, as the voice over weeps, "each in his own cell, each in his own pain."

After the boys are released, "Sleepers" flashes forward to 1981 when two of the guys have become murderous thugs, a third an assistant district attorney (Pitt) and Shakes, a newspaper reporter.

Suddenly, a chance for revenge against Nokes and the system comes up. With the help of Father Bobby, King Benny, a run-down lawyer named Danny Snyder (Hoffman), a local girl who knew them (Minnie Driver), an irreversible local grocery store owner (Frank Medrano) and too many coincidences to list they pull it off.

The second half of the movie is easier to take than what comes before it.

The revenge takes place mostly in a courtroom which leaves you in suspense as to what will happen next.

The most compelling parts are the ones where they flash back to the horrific scenes at the Wilkinson Home.

Turan also said, "In craft terms alone, 'Sleepers' is considerably better than the average filmmaking, but it's difficult to take this film as seriously as it takes itself. 'Sleepers' wants us to believe it's a classy morality play, but Shakes provides a better epitaph.

"You know," he says, "everything in this neighborhood is a shakedown or scam." Present company not excluded."
'Mission Impossible'

By Franklin Buckley
Contributing Writer

One of this summer's blockbuster movies has arrived at video stores for rental or purchase—"Mission Impossible." Television ads have popped up again, urging the movie as a "must have" for everyone's video collection, just as they did when the movie first debuted at theaters.


"A thrill machine that won't quit," said Peter Travers of Rolling Stone.

"Mission Impossible," directed by Brian De Palma, stars Tom Cruise as the leader of a espionage team who is framed for the death of his team members.

Paramount Home Video Sales and Marketing Executive VP Jack Kanne said, "Once a movie gets past $100 million at the box office, we know people are seeing it, twice. And if people go twice, it's collectible."

Cruise plays Ethan Hunt, an intelligent and resourceful secret agent who struggles to piece together the murder of his team members and to find the "mole" in the organization.

Along with Cruise, De Palma recruited veteran actor Jon Voight to play the role of the agent gone bad. Other familiar faces include Jean Reno and Vanessa Redgrave.

The successful career of Cruise helped to draw in large audiences at the theaters. With previous hits such as "Top Gun," "A Few Good Men" and "The Firm," the Cruise presence almost guarantees that a film will score big.

"My boyfriend wanted me to go and see it with him at the movies, but I said no because I don't particularly like Tom Cruise," said Tina Carbone of Southington, Conn.

"He bought it, we watched it and I have to say it is a really good movie. Mr. Cruise was actually pretty good in it," added Carbone.

The plot is somewhat confusing at times, but the viewer doesn't really seem to notice because the action sequences steal the show.

The movie, based upon the original television series that ran from 1966 to 1973, holds up to the show's original standards, maintaining a "burning fuse" like a grip of tension on the audience.

One particular scene in which Cruise is lowered into a sealed vault room is quite a nail-biter. Cruise is dangling in mid-air, about an inch away from a biter. Cruise is dangling in mid-air, about an inch away from a biter. Cruise is dangling in mid-air, about an inch away from a biter. Cruise is dangling in mid-air, about an inch away from a biter.

Both groups will collaborate on several numbers.

The band and the chorus are ready to roll off of his forehead onto the sensitive floor.

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For those Cruise fans, this mission can be yours now.
Counting Crows inspire

By Christopher Twarowski
Contributing Writer


If any combination of words could describe the Counting Crows’ new album, those would be the ones I would choose.

Recovering the Satellites, the second album from the group in under four years, is just that. Poetry cradled by music.

Led by Adam Duritz on tambourine, piano, wurlitzer and lead vocals, the songs depict themes of lost loves, past, identities and hope.

Shattered dreams litter the sidewalks somewhere in there as well which, as the melodies progress, get picked up and taped back together again.

Compared to their debut album in 1993, August and Everyth­ering After, Recovering the Satellites shows just how much the band has progressed and developed musically.

There are additional instruments, additional personnel and additional lyrics.

Matt Malley plays electric bass guitar and double bass. Ben Mize works the drums, tambourine, light bulbs and Zippos lighter.

David Bryson strums gui­arter, the dobro and tambourine.

Ben Mize works the drums, light bulbs and Zippos lighter.

Dan Vickery accompanies on guitar and Charles Gillingham plays piano, mellotron, wurlitzer, accordion and harmonica. Ev­erybody sings.

The result is pure imagination and vision soaring on a har­monica background of sound.

The first track, “Catapult,” is about the fear of being alone. Im­ages of emptiness and despera­tion are conjured in the mind.

Longing.

“All of a sudden she dis­ appears. Just yesterday she was here. Somebody tell me if I am dreaming. Someone should be with me here,” cries Duritz.

On the second song, entitled “Angels of the Silences,” the en­tire mood of thought changes. It is upbeat and picked-up.

The loneliness still lingers, but a sense of hope and determi­nation skips along the chords.

“Waiting for you,” the band sings.

By the fifth song on the al­bum, “Goodnight Elisabeth,” I was sent dreaming away somewhere in the clouds.

The lyrics are printed out in the CD booklet and I took full advantage of them.

The words moved me so much. Poetry could be written just by listening to some of the tracks.

This was my favorite song.

You just have to hear it to under­stand why.

According to Christopher John Farley in the October 21 issue of Time, Duritz’s vocals on this new album are more an­gusted and torn than ever.

“He’s as emotionally naked as a daytime talk show guest, bar­ing his soul and searching for em­pathy,” Farley said. “You hear his heart and soul.”

Guest musicians on the al­bum include Marvin Etzione, who plays mandolin and gui­tar; and David Immergluck, who plays pedal steel guitar and octave mandolin on “Miller’s Angels.”

“Miller’s Angels” also con­tains additional lyrics not shown in the booklet.

The song drifts on for an­other five minutes after the given words are done. A hidden bonus.

Some key words Duritz used on the first album resurface again on this new one.

“For example, the word and feeling of ‘grey’ is once again present. Duritz’s fascination with the realm of sleep is as alive as ever. Grey sleeping dreams.

The last song, “Walkways,” exemplifies poetry in another way.

Not only is it a catchy melody, but the actual structure and form of the lyrics tie in exactly with the song itself.

“No big differences these days, just the same old walk­aways. And someday I’m gonna stay, but not today,” ended Duritz.

The entire song in itself was a walkaway. I lasted only a minute and two seconds.

Sitcoms are Must See TV'

‘Friends,' 'Single Guy,' 'Seinfeld' and ‘Suddenly Susan' hit for NBC

By Cori Waldheim
Contributing Writer

Thursday nights on NBC are jam-packed with comedy and drama for another rating winning season. From 8-11 p.m., televisions blare across America as viewers are mes­merized by stereotypes, antics, romance and yes, real-life drama.

As witty writers investigate the mysteries of the gender uni­verse, couch potatoes watch young and old continue to come back for more.

“Friends,” “The Single Guy,” “Suddenly Susan,” “Seinfeld” and “ER” make up the amazing line-up.

In 1994, a television prodigy was born in the form of “Friends,” a situation comedy about life, love and friendship. “Friends” has captured high ratings and garnered Emmy nomi­nations.

Executive Producer David Crane said, “‘Friends’ is a show about love, sex, careers and a time in life when everything is possible.”

The stars of the sitcom, Jen­nifer Aniston, Courtney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry and David Schwimmer, were struggling young actors before “Friends” skyrocketed into television star­dom.

“Friends,” “The Single Guy,” and “Seinfeld” are all set in New York City, but they are taped in Los Angeles. They can be seen beginning at 8 p.m.

“The Single Guy,” starring Jonathan Silverman, falls into the coveted 8-9 p.m. slot. His char­acter is a young, single writer who cannot seem to find a steady love. His friends are there to provide dates and laughter.

“Seinfeld” returned this fall for its eighth season.

The highest-rated comedy series on television won an Emmy for “Outstanding Com­edy Series” in 1993.

“Seinfeld” is an off-beat comedy about the little things in life that people usually do not notice. It focuses on the unusual habits and personalities of three friends who orbit around the suc­cessful comedian.

“Seinfeld’s” renewed energy is exhilarating to watch,” said Entertainment Weekly.

Brooke Shields makes her television debut in the time slot that “Caroline in the City” va­cated last season.

Audiences might recognize the model and movie star from her movies “The Blue Lagoon” and “Endless Love.”

Shields portrays a beautiful but somewhat naive magazine writer who chooses to investi­gate life instead of love when she leaves her fiance.

Suddenly suceeds a promotion after her boss, played by Sid and Nancy of “The Break­fast Club,” concludes that her tri­als of life have made her more interesting to readers.

“ER” takes the caboose in this runaway train of Thursday night’s “Must See TV.”

The action-packed, heart-pumping drama energizes and enthral viewers with its contro­versial and timely topics.

As personalities clash, view­ers witness the trials and tribula­tions of the interns, nurses and doctors of County General Hospi­tal in Chicago.

Creator Michael Crichton based some of the drama on his own experiences as a medical student.

The critically acclaimed se­ries has already won 25 Emmys in only its third season.
Sports Schedule

Friday, December 6
Men’s ice hockey vs. Skidmore College at the Milford Ice Arena, 7:30 p.m.

Saturday, December 7
Men’s ice hockey vs. Stonehill College at the Milford Ice Arena, 7:30 p.m.
Women’s ice hockey at Trinity College, 7 p.m.
Men’s basketball at UMass-Lowell, 3 p.m.
Women’s basketball at UMass-Lowell, 3 p.m.

Women’s b-ball falls to Stonehill College

The Lady Pioneers dropped to 3-2 on the year as they fell to nationally ranked Stonehill College, 65-55, in Sacred Heart’s home opener this past Sunday afternoon in the America East Tournament.

Coach Ed Swanoom’s team went into half-time with a 30-29 lead as they took advantage of 15 Stonehill turnovers.

The Lady Chieftains, led by Sue Patchett’s 24 points and 14 rebounds, bounced back with a strong second-half effort as they outscored SHU 41-26 and outrebounded the Lady Pioneers 32-30 overall, improving their record to 4-1 on the year.

Sacred Heart was led by junior forward Maureen Delaney who scored 16 points in the loss. The Lady Pioneers have used balanced scoring thus far this season. Led by Christie Perkins, Sacred Heart currently has seven players averaging seven points or more per game.

Prepster Heather Yablonski, last week’s NECC “Rookie of the Week,” continues to play well as she is averaging 10 points and 10.6 rebounds per game.

She was ranked third in rebounding in last week’s conference statistics.

The Lady Pioneers next game will be away Saturday at the University of Connecticut.

The offense combined for 6 goals while the defense did more than its part by adding three goals.

Freshman goalie Anna Alveria turned away 17 shots and then Stephanie Marchand came in and turned away 9 and allowed one goal.

Christy Palmer, Sarah Hannah, and Patty Becker each contributed two goals, while Jen Ford, Jen Appleton, and Kelly Doyle each netted one.

Then came Sacred Heart’s 6-2 victory over RPI, currently a member of the alliance.

The next game is Saturday against Trinity. Last year, Trinity beat SHU, 4-1.

Gender differences—
athlete is an athlete

Is there a difference in the way men and women play the game?

"Not really," says psychologist Bruce Ogilvie, Ph.D., professor emeritus at San Jose State University in Women’s Sports and Fitness.

"Is there a difference in the way men and women play the game?"

"Greater fear of failure, want more coaching and experience more ego de- faltion when they don’t live up to their own or others’ expecta-
tions," Ogilvie said.

"Overall," he added, "an athlete is an athlete is an athlete."

The commonality between how the sexes play the game may be attributed to Title IX, which mandated equality in school sports programs. Ogilvie is now expanding the survey to include master athletes, those over 50 years of age, because older women did not have the benefit of the Title IX mandate.

"The expectation is to see more of a difference between men and women’s competitive style in that age group," said Ogilvie.

Athletes of the week

Rod Toppin

Toppin, a senior forward from Blairs, Va. on the men’s basketball team, had 17 points, seven rebounds and three blocks in the Pioneers’ 77-72 loss to AIC. He leads Sacred Heart with 14.6 points per game and 10 rebounds per game.

Anna Alveria

Alveria, a freshman goalie on the women’s ice hockey team, had 41 saves and allowed just one goal in the Pioneer’s 6-2 victory over RPI, currently a member of the alliance.

Alveria leads lady skaters

Sacred Heart defeats Massachusetts, RPI

The women’s ice hockey team added two more victories before the break, whipping Massachusetts, 9-1, and RPI, 6-2.

Sacred Heart controlled the game in all three zones and UMass was unable to escape the zone-to-zone coverage the Pioneers placed upon them.

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Christy Palmer, Sarah Hannah, and Patty Becker each contributed two goals, while Jen Ford, Jen Appleton, and Kelly Doyle each netted one.

Then came Sacred Heart’s 6-2 victory over RPI, currently a member of the alliance.

The defense handled the game and, together, the goalies combined for 44 saves.

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If only greed didn't run the game

By Bob Staak

This past semester we have witnessed many extraordinary things in the world of sports. We went from the awesome heros of Kerri Strug in the summer olympics to the pitiful display of spitting on an umpire by Roberto Alomar.

The Yankees won the World Series, and we lost one of the truly great voices of all time in Mel Allen. What truly is amazing is that this will repeat itself next year.

Next October will eventually roll around and the talk will be the World Series. I can almost hear Vin Scully's voice over WFAN. Probably the greatest memory I have of my grandfather are the stories my father tells me about how he hated television announcers. To listen to the old New York Giants baseball games, he would turn the volume off on the TV set, and turn his radio on to the game and Russ Hodges would fill the room in October. That, in my mind, is what sports is all about.

If you think hard, you will understand what I mean when I say the remarkable and embarrassing events in sports will repeat themselves.

Even since the first athlete was paid for his work on the playing field, one element about sports remained constant: GREED! When the owner of the Brooklyn Dodgers moved the team to Los Angeles, he did so because Brooklyn wouldn't build him a new stadium and a chunk of Brooklyn land; Now 50 years later, the owner of the Los Angeles Raiders can't get a new stadium and land from that city, so he bolted for Oakland.

The premise behind these two events, on either side of the century is the same. The owners wanted more money.

Who gets hurt, you ask? The fan. The fan who pays ridiculous amounts of money to watch less-than-average teams, only to see them bolt town. Ask the people of Cleveland. They bled brown in that city. Art Modell, owner of the franchise, unfortunately, bled green. The demolition of the old Brown's stadium began this week. Down went the dog pound. They say they'll get a new team by 1999. A new stadium as well - with a roof. Can you imagine the Dawgs inside every Sunday? It's just wrong.

I think we have all learned something about the world of sports this past semester. Money runs the whole thing. Even in college sports, Nike has invaded the uniforms of even the most respectful programs such as Penn State football.

For me, sports will always be about my grandfather and his little radio in September and October. Wherever he is now, God rest his soul, I will guarantee he's listening to Russ Hodges on top of the television in October.

I'd like to take this opportunity to thank my editor, Brad Wilson (who incidentally is also my roommate and I can attest to the long hours he puts in on this paper), for allowing me to run my mouth the last three months.

I'd also like to say good luck in this, my last article at Sacred Heart, to the 1997 lacrosse team, the Dawgs. You guys have the talent to get the job done, so go out there and reach for the Golden Ring, because that's what dreams are made of.

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Div. I: Move necessary for SHU to compete with peers

Continued from page 16

tors, staff and faculty and had the final approval of the President and the Board of Trustees," said Cook.

The recruitment strategy of student-athletes will change in terms of the type of aid offered to prospective Sacred Heart students. Previously, aid awarded at the Division II level was on a need basis only. Due to the University's reclassification to Division I, select grants will be awarded for the 1997-98 academic year based on athletic ability.

According to university President Dr. Anthony J. Cernera, "Because of the many studies we have taken, we now consider the best Catholic colleges in New England to be our peers in terms of academics and faculty. So it's only logical that we now compete against them athletically."

Men's hoops: depth an asset

Continued from Page 16

home opener this past Sunday against American International College, losing 77-72. While the Pioneers only turned the ball over seven, AIC shot eight for 15 from the three-point line and had a slight edge on the boards. Top Sacred Heart performances were given by Toppin (17 points, 7 rebounds, 3 blocks), Jones (14 points), Doyle (13 points, 3 blocks), Randazzo (12 points) and Frye (10 points, 6 rebounds).

Despite the loss, the Pioneers are optimistic about the season.

Exercise – fad or way of life?

By Tom Guerrera

Exercise, what do we make of it? Is it something people participate in because they want to, or just a fad they want to be a part of?

We have seen exercise popularity go through cycles of explosion. We saw it in the early 80s when everyone joined gyms. When the novelty wore off, there was a status quo atmosphere for many years.

Now the fitness explosion is back in full force again. Television infomercials tell us to buy products because they will make us look and feel better.

Is this a legitimate trend or another exercise fad?

Prices for home exercise equipment have come down, making it easier for consumers to abandon their old machines and buy the latest hot product. Still there are skeptics.

"I like to work out and I think it's good that people are concerned with fitness, but I personally wouldn't spend the money to buy the equipment," said Kristyn Mulry, a senior English major from Worcester, Mass.

According to a New York Times article, home gyms like the Sadie's, only to see them bolt town. Ask the people of Cleveland. They bled brown in that city. Art Modell, owner of the franchise, unfortunately, bled green. The demolition of the old Brown's stadium began this week. Down went the dog pound. They say they'll get a new team by 1999. A new stadium as well - with a roof. Can you imagine the Dawgs inside every Sunday? It's just wrong.

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"I think you can find alternative ways of exercising," said Mulry. "Instead of spending money for a treadmill, you can go walking."

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Icemen to face-off against Skidmore

The men's hockey team is off to its finest start and will match-up against rival Skidmore on Friday.

By Brad Wilson
Sports Editor

The Sacred Heart men's ice hockey team has begun its 1996 season with a 5-2 record, the best since its inaugural season in 1993-94. The last game the Pioneers played were nearly two weeks ago, when they upended Villanova, 8-4 on Nov. 23 at the Milford Ice Pavilion and Quinipiac, 3-1 on Nov. 24.

In the Villanova contest, the Pioneers fired 38 shots on Wildcat goalie Bob DeGemmis. Senior Aaron Gritz and sophomore Billy Dementiades each scored two goals for Sacred Heart, while senior Eric Gibson and freshman Paul Adimando each netted one. Quinipiac opened its season undefeated at 3-0, but a 41-save performance by Pioneer senior goalie Bill Sawyer spoiled the Braves' unblemished record.

Sacred Heart won the contest 3-1 and received two goals from senior Mike Silvestro, while sophomore Tony Cabana provided the Pioneers an insurance goal late in the third period.

With their early season success and two weeks of rest, the Pioneers are optimistic as they enter a two game home-stand this Friday (Nov. 6) against Conference rival Skidmore College at 7:30 p.m.

"We played five games in only seven days before the holiday break and our guys were physically tired," said Sacred Heart Coach Shaun Hannah. "The couple weeks off from games have given the players more jump in their step."

Skidmore has proven to be a thorn in the Pioneers' side. They have beaten Sacred Heart all six times the teams have met. However, the Pioneers have a revenge factor on their side and feel confident heading into tomorrow's game.

"Skidmore has been at the top of the conference last year and this is an important game for us as we are going to make post-season play," said senior captain Jon Yackmack. "We're pumped up and are more prepared then we've ever been to play them."

Skidmore is 3-0-1 with wins coming over Villanova twice, (4-2 and 4-3) and Quinipiac, 5-2. The tie was with Fitchburg State in overtime, 4-4. Left wing Chris McMahon has provided the scoring punch for Skidmore this season, leading the team with four goals and six assists. Right wing Peter Collin and left wing Rob Daley are also scoring threats. They have netted two goals and four assists each.

Pioneer leading scorers are right wing Fou (6 goals and 4 assists), center Yackmack (5 goals and 6 assists) and center Gritz (5 goals and 2 assists). A strong asset for Sacred Heart this year has been the capability of its defensemen to score goals. Skidmore defenders have scored no goals and just one assist this year, while Pioneer defensemen have combined for nine goals and 12 assists.

The defensive squad has been led by junior Jason Scanlon and Silvestro, recording four goals and three assists, each. Junior Jeff Heffernan has also contributed, netting one goal and assisting on three others.

The Pioneers have scored 34 goals this season in just seven games. They are averaging nearly five scores a game and will need to continue to find the net against Skidmore goalie Rob Cerabona. He has allowed just 2.69 goals a game and has a .927 save percentage for the year.

"We know Skidmore is traditionally a strong team," said Hannah. "We have to come out playing tough, taking the body and shooting the puck."

Men's hoops off to 2-1 start

By James Thomson
Staff Writer

It would be a major understatement to say that this year's men's basketball team is different from last year. With dominant center Kevin Vulin gone, many figured the team would be in trouble.

Sometimes when you lose your best player, you find out quality may come in numbers. Those numbers are made up of four returning starters, talented underclassmen and an influx of new talent. In the Pioneer's situation, Coach Dave Bike is blessed with seniors Joe Doyle, Mike Donnelly and Rod Toppin. Then add junior Jermaine Johnson (currently out with an ankle injury), sophomores Shawn Jones, John Johnson, John Randazzo and Dave Fesko to along with Juco transfers Louis Frye and Brian Alexander and freshman Darryl Denison. This combination has started the year off at 2-1.

The Pioneers went 2-0 in the Constitution Classic at Southern Connecticut. The first victory was an 82-62 rout of Assumption College. The second line up, consisting of Alexander, Jones (10 points, 4 steals), Randazzo (9 points), John Johnson and Denison (14 points) provided the spark that broke the game open. The unit was led by Denison who scored eight consecutive points in a 1:06 stretch. While the second team was in, it increased the lead by 12 points. Other top performances were by Toppin (10 points, 7 rebounds), Doyle (10 points) and Donnelly (9 points).

The second game was a competitive against Teikyo Post. The Pioneers trailed by 13 points early in the second half before rallying to a 80-72 victory.

Top performers were Toppin (17 points, 16 rebounds), Frye (17 points, 10 rebounds) and Doyle and Jones who chipped in with 15 and 13 points, respectively.

The Pioneers were less successful in their next three outings and have yet to find consistency. That begins this Friday against Cal State at 7:30 p.m.

Div. I move to pose no threat to athletes

By Erin E. Harrison
Co-Editor-in-Chief

Sacred Heart's recent upgrade to Division I athletics will pose no major effect on the majority of the University's current student-athletes. For the remainder of the current academic year and for the 1997-98 and 1998-99 seasons, the Pioneers will continue to compete in the New England Collegiate Conference (NECC) as a Division II institution.

"The move will not effect, by and large, three-quarters of the student-athletes here now," said Director of Athletics Don Cook. "We will remain an active member of the NECC; our current conference, for the next two and a half years."

Although the University's athletic affiliations won't change during this period, selective Division I scheduling is taking place, according to Cook, for football, lacrosse, baseball, softball and select other sports. Each sport will be required to play a minimum number of contests at the Division I level by 1999.

According to the 1996-97 NCAA Manual, "In sports other than football and basketball that it uses to meet the Division I sports sponsorship criteria, a member of Division I shall schedule and play 100 percent of its contests against Division I opponents to meet the minimum number of contests specified..." The sports the University ultimately chooses to meet the Division I sponsorship criteria will have a chance to appeal this bylaw.

Games have already been scheduled for the Pioneers' seventh football season in 1997 with Monmouth in New Jersey and St. Francis in Pennsylvania.

"The whole notion of going Division I was discussed thoroughly with Student Government, the Student Athlete Council, administration..."