Many students are having difficulties with the registration process due to existing and unknown financial balances in Student Accounts.

The problems begin when students receive incorrect billing amounts or when they do not receive a bill at all.

"I never got a bill even though my meal plan was charged to my account on Sept. 1," explained Erin Dynek, a senior biology major from Houstoun, Mass. "I don't understand why they don't want the money in September or October, but come November, they want it all," she added.

Another problem occurring said Susan Pelletier, Campus Ministry secretary, who modeled bookstore clothing with her children Daniel, 9, and Sarah Britany, 10. "My children enjoyed interacting with the students, who were great role models for them."

Dynek is not alone with her reasoning. Other students feel they should receive a bill showing a clear and accurate balance on time.

"Students should not be burdened with billing problems when Student Accounts is responsible for keeping us in tune with our current financial whereabouts," said Nicole Bishop, a junior major from Kings Park, N.Y.

The Credit and Collection Manager of Student Accounts, Keith L. Tucker, responded by saying, "even if a bill was incorrect, students are still responsible to make a payment."

See Accounts, page 3

Students and faculty

By Gina Norelli
Editor-In-Chief

As the first snowfall blanketed the ground Friday night, the International Club's Third Annual Fashion Show "City Elements" was catching attention indoors. The audience in the Mahogany Room "oozed" and "ahhed" and had a fun evening, while $700 was raised to benefit Habitat For Humanity, a volunteer organization that helps low income families build houses.

Sixty-five students, faculty and staff came down the runway, modeling clothing on loan from stores such as Old Navy, Eddie Bauer, Macy's and J. Riggins. "I was shocked to find out how the bookstore has a lot of interesting clothes," said Susan Pelletier, Campus Ministry secretary, who modeled bookstore clothing with her children Daniel, 9, and Sarah Britany, 10. "My children enjoyed interacting with the students, who were great role models for them."

Dynek agreed that modeling SHU bookstore clothing was a success and that it shows people how the bookstore has a lot of interesting clothes. "It was also a way for students to see professors, staff and faculty in the show, since they were the ones to model the bookstore clothes."

Debbie Paduano, Jeremy Stewart and Amanda Bertorelli wait patiently in line to clear their bills.

L.I.F.E. sponsors Diversity Week

By Elizabeth Hyer
Staff Writer

Throughout the week, L.I.F.E. (Lifestyle Issues For Everyone) has sponsored various programs in honor of Diversity Week. Their main goal has been to make the Sacred Heart community aware of the many differences that each of us possess.

L.I.F.E. is a chapter of the nationwide Student Action Team. They emphasize diversity in our community as well as other aspects of life that effect our community.

Diversity Week started on Monday and ends today with a diversity dinner in the dining hall. Some of the events included a screening of "Higher Learning", a candle light vigil and the diversity dinner in the dining hall. The Credit and Collection Manager of Student Accounts, Keith L. Tucker, responded by saying, "even if a bill was incorrect, students are still responsible to make a payment."

According to L.I.F.E. secretary Peg Schimmel, a sophomore from East Northport, N.Y., "The theme of Wednesday's vigil was to light a flame to celebrate our diversity and then extinguish the flame as a symbol of extinction.

By Brad Wilson
Associate Editor

A military training facility in Fort Benning, Ga. was the central topic probed in a panel discussion concerning the possibilities of global peace and justice. It was held Tuesday evening in the old gymnasium.

School of the Americas (SOA), an institution which trains officer core from Latin America was the recent site of a protest in which 600 demonstrators were arrested, including a group of Yale and Fairfield University students. It's funded by the U.S. Department of Defense and has been blamed for molding some of the most vicious terrorists in Latin America.

"I was shocked to find out that the U.S. spends money on the SOA when the country has so many more important issues," said Ashley Almetti, a senior from Waterford.

What is the meaning of the Advent season?

"I'd do it again. I met a lot of people..." The discussion, "Peace, Disarmament, Human Rights and a Just World Order," was arranged in conjunction with Sacred Heart's Campus Ministry and Sister Margaret Palliser's course; Religion, War and Peace.

"It was a wonderful opportunity to engage in serious discussion attempting to find an alternative to war," said Sister Margaret, director of Campus Ministry.

Four distinguished panelists expressed their discontent of the SOA and attempted to find ways for the U.S. to better appropriate its budget. They were Tom Cornell, editor of The Catholic Worker; Eileen Giannon, program director for Global Education Associates; Joyce McClure, adjunct professor of Religious Studies at SHU and Clayton Ramey, peace and justice program coordinator for Fellowship of Reconciliation.

According to Ramey in an article for Fellowship, the U.S. military budget is $263.9 billion for the 1997 fiscal year. "If we could cut military spending by 50%, we could improve employment rates, health care, housing and education," said Ramey. "The U.S. spends $20

Barbie dolls are still a favorite. Photo by Kerrie Darress

See Panel, Page 4

Inside...

Shuttle service not up to par...

Tragic suicide occurs near campus...

What is the meaning of the Advent season?

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See page 11

See Panel, Page 4
2nd Annual Alumni Association Scholarship

On Dec. 15, application forms for the Second Annual Alumni Association Scholarship will be made available to Sacred Heart University students. The $1,000 scholarship is made possible through a special fund created by the Alumni Executive Council of the Alumni Association. The scholarship is awarded on the basis of academic performance, University and community leadership and service, and financial need.

The scholarship applications will be available in the Alumni Relations Office, Campus Ministry, Financial Aid Office, and Student Life Office. The application form must be completed and turned in by the deadline date of Feb. 27. For additional information call Carol Way at 365-4801.

Women in Academia seminar to begin Tuesday

A Women's Studies professional development seminar on Women in Academia will be held Dec. 25 at 4 p.m. in the Park Avenue House.

Dean Walker and Dean Paolini will be talking about their journeys through higher education. They will be using the book, Composing a Life, by Mary Catherine Bateson as a back drop. Those interested must RSVP with Nina Clark at 365-7528.

Graduate Open House being held for students

Sacred Heart University will be holding a Graduate Open House for students to learn about the different degree programs available at SHU.

Counselors will be present to discuss Master's degree programs in business administration, physical therapy, teaching, chemistry, computer and information services, nursing and religious studies.

The event will be Dec. 3 at 4:30 p.m. and 7:30 p.m. For reservations call 371-7880.

Business leaders to speak at Sacred Heart

A group of business leaders will be discussing the topic of turning new ideas into products at the fourth Business Leaders Breakfast Forums at Sacred Heart.

John Lenhard, Kenneth Kelly and Gad Selig will be the three speakers. The event is $25 per person. For more information, call 371-7861.

Continued from page 1

Education passes with flying colors

SHU's education program attempts to continue its success of having the highest percentage of A's overall from last semester.

"There is a difference between the education grades and grades in other academic areas," said Doug Bohn, assistant vice president for academic affairs and University registrar. "Spring of 1997 undergraduate grades revealed that education had 50% of students with A's or A-'s, business 38%, finance 33%, social sciences 29% and English/media studies 25%.

The success of the program depends on its structure and application of the students.

"Mostly juniors and seniors apply to the program so they are more mature and concentrate on their work," said Dr. Brian Perkins, assistant professor in the education department. "The education program deals with lots of application in a real setting." It's not all about memorizing. Students must apply what they learn and since they must have a minimum 2.75 G.P.A. to be in the program, higher grades are expected," said Perkins.

"We advocate learning that takes place in the education program is different from many majors because it involves active participation.

"Unlike most majors, we don't have exams every week," said Eric Wood, a senior education major from Bronx, N.Y. "The grades are based on creativity because you have to show what you've learned. You're taking the theories and methods and apply them.

Education students do not view their classes as being easier than any others. The same amount of effort and work is put into them.

"Education isn't an easy program," said Angela Koning, a senior from Waterford. "Grades are based on dedication and creativity. You have to earn your A." Grade inflation has changed the value of the letter grades students are receiving at the present time. A letter grade of C is no longer average. The undergraduate grades overall for the spring of 1997 that were based on 13,278 grades, reveal that the highest percentage distributed were A's at 16%, said Bohn. There were only 8% of C's and 10% of C's issued.

All of the A's issued by the education program do not indicate that its students are average. The instructors believe that the students who get A's deserve them.

"I give people what they earn," said Perkins. "The major of the students may get A's, but that has something to do with the 2.75 G.P.A. requirement. They almost have a B average coming in, so it's expected they'll get a B or better.

"Our classes are just as rigorous as any in the northeast, if not more. If the students get A's, so be it. I'm not concerned with what the bell curve states," added Perkins.

The students believe they work hard for their grades and are rewarded appropriately.

"The lower core courses are generally easy to get A's in, but you get the grade you work for in the higher courses and sometimes it isn't an A," said Becky Siwicki, a senior from Stamford.

Fashion: "City Elements" modeled at SHU

Students strike a pose on the catwalk in last week's fashion show, modeling their "City Elements."
Students fuming over shuttle

By Brian Corasaniti
Assistant News Editor

Several complaints about the shuttle service at Sacred Heart have been lodged this year. Students are concerned about the reliability and quality of the service.

"Overall, it is very poorly run, but it could get better with more staff," said Andrew Erhart, a first-year student from Massapequa, N.Y.

Erhart added that, "I was at the Stop and Shop for two and a half hours waiting for the shuttle. The shuttle eventually got a ride from someone else. The shuttle came by after an hour, but it just passed by me."

Students have brought complaints like that to the attention of the Student Union, which runs the shuttle service.

"More times than not, it is miscommunication and them not understanding the schedule," said Kim Timpany, open Jefferson assistant at the Student Union.

"I have received a lot of calls from students waiting for the shuttle. The shuttle ends at 11 p.m., but the last run goes out at 10 p.m.," added Timpany.

"There are some times that they are late taking us to the mall, sometimes they cannot locate the drivers and that puts a hindrance on our plans," said Emily Houlihan, a sophomore from Manhattan.

"We are always open to suggestions and people should be directing them to us, not Public Safety. Otherwise, we are under the assumption that they are running smoothly," said Timpany.

Complaints about the efficiency of the Service Route, which brings students to the Trumbull Mall and the Stop and Shop grocery store, are common.

Michael Moylan, operations assistant at the Student Union, says that the Service Route gets cancelled or combined with the Avalon Gates Route when drivers are unavailable so that students who live off campus will be able to make it to the campus for classes.

"The most important thing is to monitor the drivers if they are not doing their job. Every driver understands that they are there for the students," added Timpany.

Anyone with concerns or suggestions about the shuttle service are encouraged to go to the Student Union Office in Hawley Lounge.

Students depend on the shuttle service as they prepare to head home after a long day on campus.

SHU chapter improves local conditions

By Justin M. Venech
Contributing Writer

In the spring of 1995, Sacred Heart University became the first Campus Chapter of Habitat for Humanity in Fairfield County. It’s basic goal was to "provide active assistance toward the improvement of living conditions in our community of Bridgeport."

More than two years later, the Sacred Heart University Campus Chapter is continuing to make Bridgeport a better place. "The involvement by campus organizations and individuals is growing, we have, in addition to our own Habitat volunteers, members of community connections, graduate students, staff, faculty, as well as many other campus organizations who have all volunteered work, the Sacred Heart University community earned the reputation of being "hard workers" by the Habitat for Humanity of Greater Bridgeport.

"We have dedicated 24 hours so far and will be dedicating two or three in the next two improvements," said Machledt.

"As a university, we are committed to the improvement of Bridgeport in many ways through our many different service learning and volunteer opportunities," Machledt added.

"It is a great sense of empowerment to see the immediate results of your work," said Debra Ventura, a sophomore from Long Island, N.Y.

If you are interested in working or want more information about Habitat for Humanity, please call 365-7519 or 371-7741.

Public Safety Releases

Public Safety incidents from Nov. 10 to Nov. 16

Nov. 10: 12:17 p.m. - Administration Bldg. fire alarm caused by cooking.

9:45 p.m. - Parkridge student was treated for a burn; further medical treatment and/or transportation declined.

10:53 p.m. - Public Safety Officer escorted an intoxicated non-student off campus.

Nov. 11: 3:21 a.m. - South Hall resident reported five males were wandering the halls of the bldg. Public Safety responded and stopped them, all non-students. Fairfield Police responded; non-students were given a trespass warning and escorted off campus.

12:02 p.m. - Minor motor vehicle accident reported in the loading area behind the kitchen.

4:55 p.m. - Minor motor vehicle accident reported on the Campus Center road; bicyclist hit a motor vehicle, damaged the bicycle’s mirror.

Nov. 12: 12:38 a.m. - Public Safety assisted the Res. Life staff at South Hall with residents having a disagreement.

1:02 a.m. - Officer found a discharged fire extinguisher, first floor laundry room, South Hall.

7:28 p.m. - West Hall fire alarm, fourth floor, caused by cooking.

8:34 p.m. - Student in the South Wing fainted; student felt better and declined further assistance.

Nov. 13: 12:41 a.m. - South Hall student reported being harassed by another South Hall resident.

12:50 a.m. - South Hall resident reported two males driving a golf cart, which the caller believed to be stolen from the golf course. The males (later identified as South Hall residents) were observed driving up to Jefferson Hill and then fleeing. Fairfield Police and Public Safety Officers chased the males into the woods. At 1:39 a.m., two South Hall residents were arrested for larceny of the golf cart, which was stolen from the golf course.

7:52 p.m. - Public Safety Officer reported being injured while in pursuit of above subjects.

1:34 p.m. - Laptop computer parts reported being stolen from Academic Bldg.

2:04 p.m. - West Hall fire alarm, fourth floor, smoke detector activated.

7:24 p.m. - Received report of an activated intrusion alarm at the bookstore. Fairfield Police and Public Safety responded; no premises found.

Nov. 14: 1:44 a.m. - Officer reported several fire extinguishers were missing from South Hall kitchens and laundry rooms.

2:47 a.m. - Jefferson Hill resident reported people dressed in black with hoods running around the building. They were students being recruited by a fraternity.

9:27 a.m. - South Hall fire alarm caused by student hitting a detector.

9:33 a.m. - West Hall student reported being assaulted by his roommate; victim requested Fairfield Police be called to press charges. Upon the arrival of the police, the victim declined to press criminal charges.

11:53 a.m. - Minor motor vehicle accident reported in the Parkridge parking lot.

12:41 p.m. - West Hall fire alarm caused by cooking in kitchenette.

11:57 p.m. - South Hall resident reported receiving harassing phone calls.

Nov. 15: 2:09 a.m. - Jefferson Hill resident reported being harassed.

2:30 a.m. - Officer observed vandalism in the Academic Bldg.

3:27 a.m. - Officer observed an alcohol violation in West Hall.

5:09 a.m. - Officer observed vandalism in the Academic Bldg.

Nov. 16: 2:19 a.m. - Academic Bldg., North wing, fire alarm received; Fairfield Fire Dept. responded; no problem found.

2:38 a.m. - Taft apartment fire alarm pull station was activated; the alarm was not sounding. Bridgeport Fire Dept. responded to investigate.

3:24 a.m. - A light fixture outside the Pitt Center was accidentally broken by students playing sports.

9:23 p.m. - Resident student reported receiving harassing telephone calls.

Write for News!!

Call Bruce or Wendi at 7966-7963

Accounts: Billing process upsets students

Continued from page 1

with Student Accounts is the student loan checks. Upon arrival, students are to be notified from someone in the office that their check has arrived and a signature of the student is required, explained Tucker.

When Joanne Puglia, the former manager of student financial relations left the University, the position of contacting students

"was left unattended. According to Tucker, "we are trying to fill her position."

The check is sent to Financial Assistance because of federal regulations, explained Mark E. French, associate director of Student Financial Assistance.

This semester, 274 students were required to get authorization from Financial Assistance before being able to register. This number was less than last years, according to French.

About 1,400 students were required to get authorization from Student Accounts before registration, according to Michelle Tanksy, bursar in Student Accounts.

These included anything from tuition and computer fees to telephone and parking fees.

Tucker added, "we are trying our best to get it improved and we are in constant communication with the computer center."
Talk ain't cheap
By Wendi Plescia
Co-News Editor

A programming problem has been blamed for the reason students' phone bills were not cut off after exceeding a $100 limit. Some students expressed their concerns to Sacred Heart's telecommunications after receiving their bills.

"I couldn't believe that I owed $440 for my phone bill. I was planning on my phone shutting off after $100. I had no idea that the system wasn't working, then I wouldn't have made so many phone calls," stated Tara Bowler, a first-year student from Agawam, Mass.

"We e-mailed the students a month and a half ago to inform them of the problem," stated Mary Gray, the telecommunications coordinator.

Tragedy found in the woods

Last Thursday, Bridgeport resident Maclaw Wawiernia, 62, committed suicide by setting himself on fire in Veterans Memorial Park, located between SHU and Parkridge. Some Sacred Heart students stopped to see the aftermath of the upsetting scene.

Panel: SOA molds terrorists
Continued from page 1

A bill proposed by Congress would allow the Student Activities Office to train these men. They have also been asking students to sign their names to their figures which will be hung up around the Dining Hall as a sign of the uniqueness among all of us.

"Diversity Week is a really good idea," said Dana Westing, a part-time student from West Haven, feels. "It will be interesting to see what information they post and how people respond." According to Schimmel, the theme of tonight's diversity dinner should be informative, said Michelle Papagni, a junior from Worcester, Mass. "It will be interesting to see what information they post and how people respond."

Panel: SOA molds terrorists
Continued from page 1

"Now we have a majority voting to keep the SOA because they know little about the crimes involving its graduates," said Gannon. McClure indicates that lack of media coverage may be partly to blame for the bill not being passed. "It's surprising that the media hasn't made much of an attempt to cover this issue," said McClure. "We as a country are gambling the security of the world with the SOA."
Commentary

EDITORIALS

Billing problems upset registration

This week, students have been registering for next semester’s classes. Besides the fact that the variety of classes to choose from has dwindled as the Administration skims on the budget, there is another problem—the stress-provoking trial of getting one’s account cleared with Student Accounts and Financial Assistance before obtaining permission to register.

When is this University going to get its act together and make that process easier for parents and students? When will the departments that need to communicate, start communicating? With all of the technological advancements that have made billing processes easy and accurate in the business world, why this problem here?

We believe that when a student goes to get their card signed, they should not have to hear that their student loan check wasn’t approved yet, or that a bill they know nothing about wasn’t paid.

If it is necessary to get a bill paid before registration, then bills should be sent well in advance, and with accuracy. Often times, bills are incorrect. Sometimes they are vague. Sometimes they are never sent. Yet when students wait in line at Student Accounts, they are hit with high bills, and just days to come up with the money before registration. When will billing improve? We’re still waiting...

Shuttles cause circulation of complaints

Several complaints have been circulating around the SHU campus regarding the shuttle service. All are supposed to run on a timely, regular schedule. "Supposed to" are the operative words.

Between drivers calling in sick at the eleventh hour, mechanical problems and route changes, it is a miracle that the vans even leave the circle outside Public Safety.

Wheel alignment problems, breakdowns and other dysfunctions have plagued the vehicles. Some vans have doors that swing into the front passenger seat door. The doors also knock the side view mirrors parallel to the vans. Some handles are falling off the doors.

Stop discrepancies have also been a problem. Passengers for Parkridge must travel the full loop as drivers travel five miles before finally making the stop at Parkridge, located less than a mile away from the school. If we wanted a trip to the moon we’d be riding Shuttles cause circulation of complaints on a regular basis.

Public Safety.

A toy allows people to open new things. While you’re doing something that is around them. Play with really neat stuff. They can do things that they were never able to do as a child; play with very creative play. It’s what keeps them young at heart. People need toys. Some people are adults now. It’s important and necessary for us to have fun, just like children. Since we have so much responsibility and so little time, what will it hurt to take a few minutes and have fun?

Take those ten or fifteen minutes out of a busy schedule that we never seem to have time for, and get a grip. Before you get ready to go head to class, or even after you fix those messy items you broke in the dorm, use some of your free time. Get away from your everyday lifestyle. Play with your favorite toys.

One of my friend’s toys here at school is his car stereo system. Upgrading it is a hobby, at this point it’s more like an obsession. His philosophy is, “I want to have enough base to be able to move my car, without using any gas.”

So what is the big deal about having toys? Do we really need them? Is there a psychology or philosophy behind them? Of course there is. People need toys. It’s what keeps them young at heart. Toys give people the chance to express themselves. They can do things that they were never able to do as a child; play with really neat stuff.

A toy allows people to open up their minds and enjoy everything that is around them. Playing with them permits us to try new things. While you’re doing that, pretend you’re on an adventure. They are the perfect escape from the reality of our everyday lives.

But like I said earlier, we are adults now. It’s important and necessary for us to have fun, just like children. Since we have so much responsibility and so little time, what will it hurt to take a few minutes and have fun?

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By WAYNE KOSSINOFF

PERSPECTIVE

The Writer of Seville

Mike Dutton is lost in Spain and nowhere to be found... Look for his column in the next issue.

Surely, he still wants you to write to him! Mike Dutton, Calle Porvenir, 15, 41013 Seville, SPAIN E-mail: dutton@sevillaonline.com

November 20, 1997

SHU Spectrum -5
The SHU Voices

What does Thanksgiving mean to you?

Joe Hague
sophomore
Oakland, ME
"Thanksgiving means a break from SHU for a little R&R."

Trishia Boone
first-year student
Bradford, ME
"Spending time with my family."

Chris Laflamme
junior
Putnam, CT
"Food, family and fun."

Nicole Haggerty
sophomore
Corum, N.Y.
"Time for a vacation."
To the Editor:

Last week, SHU students participated in Alcohol Awareness Week. The alcohol problem at SHU is nearly out of control until it is制止ed continuously currently facing our students.

A bit extreme? If we honestly consider our lives and those of our friends, the answer is no. One of the most painful experiences is to know and care about a friend whose social life revolves primarily around alcohol.

The beliefs that alcohol is the first prerequisite to having fun, and that the success or failure of SHU events can be determined by the number of participants, are tragic.

Many claim SHU activities are not successful. Why is a film screening, a student discussion, game of bingo, or play---each of which may only draw thirty students or less, considered unsuccessful, when a concert may draw 500 students, the majority of whom are intoxicated?

Isn’t the fact that our residence halls have been the sites of an increasing number of alcohol-related emergency medical incidents, and that excess alcohol consumption on and off campus has reached an all-time high, evidence of a serious problem? Perhaps we’re concerned that if we openly and honestly attack our problems, we’ll “scare away” prospective students. It is only by being truly to our Catholic heritage and mission that we can capitalize on its great potential and raise itself and its students to their highest level.

Acknowledging the seriousness of our community’s alcohol problem and actively working to address it should be our first step in continuing our successful development as a truly Catholic university. How long do we really believe our school can continue along the path we are traveling before a tragic accident occurs?

Although Alcohol Awareness Week is now over, it is important that we remember that alcohol is not a necessity for having fun; for those who witnessed the mock accident on Monday, don’t forget it! As a student government elected official this is something I believe in. Why would I spend my time on campus this is a constant battle.

As a result, the Spectrum’s CCO representatives are students who are not on the paper or are members who hold positions that have few responsibilities.

The CAB would suit the Spectrum, the Prologue and WHRT more because all three have the University as a media form. CAB should be established, but its policy should be carefully thought out, since these three clubs have their own purpose. Is CAB really to promote communion or to see actually what an organization does with its time and money?

Michele Herrmann
Class of 1997

Student Responds to Nov, 6 Letter on Victim of Art Vandalism Speaks Out

I strongly support the decision that was made to remove my sculpture. I believe that it was important to do this, as the sculpture was causing harm to the community. I know that some people may not understand why this was done, but I believe that it is for the betterment of everyone involved.

I would like to thank everyone who supported this decision, and I hope that we can continue to work together to find solutions to similar problems in the future.
Vacation's almost here

By Carmela Chisholm
Co-Features Editor

As she walks down the hallway, it's easy to notice the stares and double takes of those walking around her. But it's not because she dresses funny or because her hair is some strange color, it's because she's only four feet tall.

Elaina Papachristos is a normal sophomore social work major, who enjoys most of the other things that a typical college student does. The only thing that is different about her is the fact that she has a disorder known as achondroplasia. This is a genetic disorder that is caused by two recessive genes. It affects the growth of cartilage and the formation of endochondral bones, which results in dwarfism.

However, despite her disorder, Elaina never lets any obstacle get in her way. She has even exceeded her doctor's predictions.

"I reached my goal for height," she commented with a laugh. "They said I was only going to be three-six!"

So to what does she credit her endurance and strength? Her parents brought her up with a sense of humor to help her deal with it. They taught her that everyone is different and that nothing can stop her from achieving her goals.

Coming to college is not an easy experience for most people. It's a time of freedom and difficulty. But fear not. Thanksgiving break is just around the corner and you can get away from it all. "It's a way of revamping our heads," said Katrina Coakley, assistant director of Residential Services. "It's a time of freedom and difficulty."

I'm going home to Pennsylvania to hang out with my family.

By Wayne Kosmioff
Co-Features Editor

Perhaps over the last three months, 80 days, 1,920 hours or 115,200 minutes of studying, students are ripping out large strands of hair trying to contain their thoughts, or only being very open about their condition, but by taking things with a sense of humor and a grain of salt. I guess I have a lot of advantages with this. When I was younger it was always easier for me to play hide and seek and to find better hiding places. I'm one of the only people that can lie on the couch and be comfortable and I never even exceeded her doctor's predictions. "The only thing I really don't like is when people feel sorry for me. I know a lot of people that have achondroplasia and have a great deal of medical problems along with it. You've got to be thankful for what you have."

All with the prejudice and diversity in the world, Elaina believes it is a great challenge for people to accept others as they are.

"What is it that Elaina feels is important for people to know about being unique?" "Never assume that someone cannot do something or that they're not normal, just because of the way they look."

Standing tall takes more than just height

By David N. Collum
Contributing Writer

What does Advent mean to you? For many Christians, Advent may simply represent the title used by the Church as the reference to the four weeks prior to Christmas.

According to most churches, Advent is one of the most important seasons of the Church's calendar. It is a period of great richness and significance in each of our lives — especially as students at SHU.

"The role of Advent in a Parish church is to spend time preparing for the celebration of Christ's incarnate birth in community," said Fr. Thomas Michael McLennon, SHU campus minister.

While this is not a small task, Fr. Michael explains that "for SHU, however, this task is much greater due to the dispersion that occurs within our community."

Because we are present at SHU for three weeks of Advent, we are presented with a unique challenge. "Our task as a Catholic university is to prepare the members of our community. We want them to return home and bring something with them in order for them to contribute of their own celebration in conjunction with their families and home parish. This requires more preparation than normal," said McLennon.

Our real task at SHU, then, is to in effect prepare and send out our students. This year's catechetical and liturgical focus for the community during Advent is to draw from Micah 6:8. "What is this God asks of you, only this? To act justly, to love tenderly, and to walk humbly with your God."

While at first, this appears quite simple. Fr. Michael points out the fact that we have to ask ourselves, "What does this passage mean? What does God want?"

"Tender love in the sense of this passage is not the same as romantic love or other worldly love, but it refers to the way God loves Israel and, in English is probably best described as our willingness to be vulnerable," explains Fr. Michael. Sometimes our interpretation of scripture becomes affected by the unavoidable imperfection of translation. "In English, 'love tenderly' doesn't have the same impact. For example, the Latin American Biblical interpretation in Spanish does — which translates best into English as so that you may know how to love," notes Fr. McLennon.

"Humility is probably one of the most misused words in the English language, particularly when speaking within a religious context," said Fr. Michael.

Of course, knowing who we are in the greatest challenge of each of us faces throughout our lifetime.

One example of how Jesus Christ and the Church walks with us and through our pilgrimages, "To know who we are, being that we are all mixtures of both sin and grace — is a very dynamic challenge," acknowledges Fr. Michael.
**Lookout SHU, here comes the flu season**

By J. Maxwell Cook  
**Contributing writer**

Everyone has heard of the flu and almost everyone has experienced the miserable consequences of catching it. There is no way to stop the flu virus from invading our schools, offices, and homes. However, there are many things you can do to alleviate the symptoms and to avoid infection completely.

The infectious virus usually arrives about the same time that people are trying to stay warm inside away from the cold. Although the season changes slightly every year, its peak time usually runs from the end of October until the end of January.

According to Fairfield physicist David F. Garrel, M.D., when trying to avoid the flu "there is really no great answer unless you want to be a hermit." Garrel says it is very difficult to avoid the flu because we are confined, where the virus can propagate rapidly. The most effective way to avoid the flu is by staying away from people who have it.

Unfortunately, it is impossible for many of us to elude the virus. The flu spreads through mainstream society, disabling employees and students. One way to stay healthy around people who are contagious is by getting a vaccine. The influenza vaccination shots are readily available and can keep you body immune to the virus for a season.

Garrel suggests that you should get vaccinated if you are over sixty five or if you have chronic conditions such as asthma, diabetes, heart disease, or other life threatening illnesses.

Heidi Kuhn, the staff herbalist at Sweet Water in Fairfield, recommends taking supplements to avoid the flu. Kuhn says the best herbs you can take to avoid getting colds and the flu is called "Astragalus."

Astragalus is a Chinese herb from the pea family. The root of the Astragalus acts as a deep immune tonic herb which if taken over a period of time builds up the immune system. Kuhn recommends taking the herb a month before the weather starts becoming cold and the virus begins taking form. Astragalus should be used for a period between three and nine months.

The flu is caused by a virus called influenza type A. The virus spreads from person to person by direct contact or by air borne germs. Once infected, it takes approximately forty-eight hours before the virus replicates enough to cause an immune response.

"**By taking these medicines, you are driving the virus deeper into your body's system,**" says Kuhn, and therefore, you will have the virus for a longer period of time."

The symptoms come on rapidly and are characterized by a high fever, chills, and full body aches. Soon after, the virus affects the forest, lungs, and the mucous membranes. A cough sometimes accompanies the symptoms and can become severe.

"If you are unable to avoid the flu this season, there are medications that can be effective if taken within twenty-four to forty-eight hours of infection. One drug is called ramiprilin, an anti viral medicine that can make the flu symptoms more tolerable. Garrel says, "ramiprilin can calm the effects and shorten the duration of the illness, but it will not cure it."

Kuhn suggests another herb called "Echinacea" to those who have been exposed to the virus and want relief from its symptoms. According to Kuhn, Echinacea initiates immune response and increases the production of white blood cells in the body. According to Kuhn, Echinacea should be taken at the first signs of infection and taken in large dosages. Kuhn also recommends consuming the herb in the liquid extract form and taking up to thirty drops a day. If the Echinacea does not completely ward off the flu, Kuhn says that it will decrease the duration and severity of the symptoms.

A local pharmacist recommends various over-the-counter medicines to help flu victims to relieve their symptoms. For aches and pains, Tylenol or Advil are popular choices. The nasal congestion can be reduced with Sudafed or Afrin, and a cough can be reduced with Robitussin DM.

While millions of people use these over-the-counter remedies, Kuhn believes that the drugs are actually repressing the body's natural defenses against the virus. Kuhn explains that when your body is reacting to an infection it will naturally ache and a fever will naturally come on.

Kuhn believes that medicines sold in drugstores for the flu repress the body's natural way of fighting the virus. "By taking these medicines, you are driving the virus deeper into your body's system," says Kuhn, and therefore, you will have the virus for a longer period of time.

In the very old, very young, or individuals with lung disease, the flu can be fatal. On average, 20,000 people die every year from the virus. If infected, frequent hand washing and staying away from others can reduce the spread of the virus.

While it is not easy to go through winter without getting the flu, it is possible. If herbs or medicines don't do the trick, there's always chicken soup.

Although it hasn't been proven in labs, the salt reduces swelling in the throat, the warmth increases circulation, and the broth can nourish and hydrate you back to health.

"For more information about the flu contact the Health Center."

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**Are credit cards financially always the answer?**

By Patricia Clarke  
**Contributing Writer**

One student's relationship with credit cards began with a Stern's department store customer card. A couple of years and seven credit cards later, she is now wary of the appeal of credit cards.

"For me, credit cards are a negative thing. Many students fail to realize the responsibility that comes with a credit card," said Danielle Brown, a junior from Long Island.

"They are monthly payments to be paid and interest rates. I've stopped charging so that I pay off my bill monthly," said Brown.

Recruitment by credit card representatives through items like T-shirts and phone cards as sign-up incentives, are a commonplace tactics to promote their services.

"Aggressive marketing, according to an article by Halimah Abdullah in the New York Times, has increasingly encouraged students to subsidize their college life with credit cards.

"Credit cards can be both positive and negative," said Mitch Elgarico, a junior from Stamford. "Positive, because it offers an opportunity to establish credit history. Negative, because students can carelessly use them and thereby increase their debt."

"The Times article points out that freshmen and students strapped for cash are particularly at risk for credit card marketing," said Debbie Conrad, manager of community education at the Michigan division of Credit Counseling Council, a non-profit organization that advises people with debt problems, is quoted by Abdullah as saying, "We're running into students who feel they had neither the income nor the maturity to handle a credit card."

"For me, credit cards are a positive thing. I have four credit cards, however, I am unique because my mother helps to pay the bills," said Shauna Doherty, a resident assistant in South Hall. "I also try to charge very little."

Although, "if students know their limits and manage their money accordingly, credit cards can be helpful," said Doherty.

According to the Times article, a growing number of young people are graduating with large debts and ruined credit ratings because of credit cards.

Robert McKinley of RAM Research Group, a credit card industry research company in Frederick, Md., observes in the Times article that many students struggle under a burden of missed payments, high interest rates and default accounts.

According to McKinley, students learn too late that using credit card like cash, rather than treating them as high-interest loans, poses problems.

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**Artwork by Cami Chisholm**  
"College students shouldn't have the illusion they will make tons of money on graduation and solve credit card debt," said Cathy Raynis, director of Residential Life and Housing Services.

"Credit and finance charges accumulate debt before graduation."

"Above all, students should try not to live beyond their means," said Raynis.
Are you looking for some extra cash? We're looking for an early riser to deliver our papers on Thursday mornings. Night owls need not apply. For more information call 371-7963.

PHYSICS IN OUR LIVES
FACTS FROM THE AMERICAN INSTITUTE OF PHYSICS

Physics Of Popcorn

(NAPS)—The cheerful sound of popping corn is a national tradition at parties, movie theaters and snack time. Corn used for popping comes from a special strain called the pericarp. The corn is stronger and has a more airtight outer covering. All corn contains moisture and as popcorn is heated, the moisture becomes superheated steam. Pressure builds up inside the pericarp and at an unpredictable time this hard outer coating suddenly ruptures.

"It takes a very short time, from the time the pericarp ruptures, until the complete expansion occurs. It's in the same range that one would find for explosions, very rapid," explains Carol Hoseney of Kansas State University.

Unpopped kernels are due to damaged pericarps. Just a slight scratch or other imperfection allows the heated moisture to gradually escape, rather than build up. Another reason for unpopped corn is too little moisture in the kernels. Excessive moisture results in tough, rather than crunchy, popcorn. The white ball of well-popped corn is made up of mostly protein and starch granules.

"Starch itself is rather dense and after the popping, we get maybe a thirty times expansion," states Hoseney. "So, you've got a lot of space involved in the popped corn."

The moisture level of popcorn is a critical factor. If the old-fashioned skillet method produces a lot of unpopped kernels, Hoseney suggests putting the batch inside a refrigerator for a few days as moisture levels can rise. Microwave popcorn is in sealed bags which usually avert moisture loss. Here's a tip for skillet poppers: superheated steam inside a kernel can gradually escape from microscopic holes. So when popping corn on the stove top, do it as quickly as possible to maintain that explosive pressure which results in fluffy white popcorn.

Accounting Club News
The Accounting Club will hold its Fall Academic Year Party and last meeting on Dec. 3 at 2 p.m. All are welcome. For more info, contact Andrea at 365-0929.

Career Development
Attend a prep for success interview workshop, on any of the following dates:

- Nov. 20 at 10 a.m.
- Nov. 24 at 11 a.m.
- Dec. 3 at 1 p.m.
- Dec. 4 at 5 p.m.

The following are dates for the resume writing workshops:

- Nov. 24 at 3 p.m.
- Dec. 2 at 3 p.m.

Irish Coffeehouse
Tonight at 8 p.m. in the Faculty lounge, the Irish coffeehouse will take place. The coffeehouse will feature the band Highland Rover, Irish coffee, and other Irish foods.

Diversity Dinner
Tonight from 5 to 7 p.m. in the cafeteria, a dinner will be held for Diversity Week.

Dance-a-thon
On Nov. 21 in the outpost from 9 p.m. to 1 a.m., a dance-a-thon sponsored by the Ballroom Dance Club will take place. The dance-a-thon will also include a bake sale. For additional information contact Irene McDonald at 381-0756.

Overseas Press Club Scholarship
The OPC is offering scholarships for any graduate and undergraduate full-time students who aspire to careers as foreign correspondents. Seven scholarships of $1,000 each will be awarded. Applicants should submit a 500 word essay describing international issues. For more information or entry form, call (212) 983-4655. Entries must be received by Dec. 18.

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Compiled by Wayne Kosminoff and Carmela Chioldi

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Compiled by Wayne Kosminoff and Carmela Chioldi
Barbie doll is the number one children's toy

By Stephanie Smith
A&E Editor

The holiday season will soon be here and children everywhere will be thinking of the one toy that they want the most. Last year's Tickle Me Elmo has faded away. Star Wars toys have always been classics. But there is one phenomenon that has been sweeping the world for nearly 40 years. Since 1959, girls have been playing with Barbie dolls and boys have been hiding them in order to ter­ rify their sisters. 

Mattel's Barbie dolls have survived the ages and become one of the number one selling toys today. Sales reports from September show Holiday Barbie as the number-one-selling toy. Barbie Sun Jammer 4x4, a child-sized play car, was fifth on the list and Dentist Barbie was sixth. 

Barbie with Goldie the dog was eleventh on the list. Barbie has a more refined nose and softer, straighter hair. 

Sales reports from September show Holiday Barbie as the number-one-selling toy. Barbie Sun Jammer 4x4, a child-sized play car, was fifth on the list and Dentist Barbie was sixth.

Marketing communication, in a New York Times article.

The new Barbie has a more refined nose and softer, straighter hair. Barbie will also have a smaller bust-line, a thicker waist and smaller hips. 

"She hasn't been updated for a while and I know the Barbie franchise is critical to Mattel, so keeping it vital is important," said Chris Byrne, an analyst with Play­ things Market Watch, in the Times article. 

According to a survey conducted by the Toy Manufacturers of America, Barbie and her related accessories are at the top of children's wish lists this year. Sales reports from September show Holiday Barbie as the number-one-selling toy. Barbie Sun Jammer 4x4, a child-sized play car, was fifth on the list and Dentist Barbie was sixth. 

Barbie with Goldie the dog was eleventh on the list. Criticism from feminists and child advocates surrounds Barbie. Critics argue that her body shape is unrealistic and encourages the wrong ideals for girls. 

"Is Barbie going to have a negative impact on people's images? I suppose so," said Kelly Brownell, a psychology profes­ sor at Yale. "But is it better in the new form? Probably." Another expert argues that Barbie does not have a great affect on self-image. 

"The fact is, the way a five-year-old plays with a doll like that is as a vehicle for imagina­tive play," said Dr. Robert Schacter, a New York psychiat­rist who has studied toys and children's play. "They create all kinds of sce­ narios that really don't have anything to do with her looks." 

Barbie doll is the number one children's toy. 

Movie in the Schine this weekend

By Tara S. Deenihan
A&E Editor

"Air Force One," starring Harrison Ford and Gary Oldman, will be appearing this weekend in the Schine Auditorium. 

"One" is an action flick with a brain about the hijacking of the presidential jet by Russian ter­ rorists.

Ford plays the President, who after taking a strong stance against terrorism at a Russian summit, finds himself forced to decide whether to enact his own policy at the risk of his safety and that of his family. 

The Vice President, played by Glenn Close, also faces a di­ lemma: she is asked to declare the President incapable of serv­ ing and take over in his stead. 

Gary Oldman plays the leader of the terrorist group, who are admitted on the plane, be­ lieved to be a Russian press attaché. With great acting jobs by the entire cast and an original plot for an action film, "Air Force One" delivers suspense and thrills. 

Ford is as much fun to watch as ever as he schemes and fights to save his nation and his family, and Oldman plays off him well, seeming at first the picture of evil, and later a tortured soul. The stunts and special ef­ fects expected of any action film also contribute to the powerful punch. 

Flight scenes on the edge of your seat, and flying chases make the movie fun for viewers. "Air Force One" will be showing in the Schine Audito­ rium on Saturday at 5 p.m. and 7 p.m., Stread 6 p.m., and Monday at 9 p.m. 

The event is sponsored by the Student Events Team. Ad­ mission is free.
MacLean captures 'silence'
The Canadian singer/songwriter enchants

By Tara S. Deenihan
Asst. A&E Editor

Canadian singer/songwriter Tara MacLean is just beginning to appear on the American music scene with her debut album "Silence."

MacLean's musical and lyrical style is reminiscent of other female singers like Sarah McLachlan and Paula Cole. "Silence" is an eleven track chronicle of emotion best appreciated by listeners in despair. MacLean’s songs are mostly slow and sad, and at first glance appear whiny and repetitive. Her sorrow grows on you, though. Despite her seemingly infinite melancholy, MacLean possesses an engaging musical ability. Her music and lyrics together create a mood within the listener of solitude and contemplation.

"Silence," by Tara MacLean is currently available at local stores.

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Jennifer Love Hewitt tells it like it is

The 'Party of Five' star has several up-coming movies and even a few albums under her belt.

By Ian Spelling
College Press Service

Jennifer Love Hewitt knows what she wants to be when she grows up.

"I definitely want to go to college and study creative writing so I can write children's stories," she says. "Shel Silverstein was the big children's author I read. His books are not just for kids and I love how he's not condescending towards children. Even if a kid doesn't get it right away, that kid will want to read it again, and he or she will get it eventually."

While Hewitt says she'd love to go to Boston, UCLA or Pepperdine in a year or two, for now she will have to content herself by being not just a regular on television's beloved "Party of Five," but the star of America's No. 1 movie for two straight weeks, the horror flick "I Know What You Did Last Summer."

Hewitt plays the sensible Julie, one of four friends — Sarah Michelle Gellar, Ryan Philippe and Freddie Prinze, Jr. — who are terrorized a year after their car hit a man whose not-quite-dead body they tossed in a lake.

Funny thing that Hewitt should upturn the tables: "It was exciting to play that," Hewitt notes. "She goes through like 20 different personalities. In each scene, she was somebody different. She went from being loving, happy and sweet to being scared and vulnerable, and having no idea what to do."

"People who love to grab this is Julie's role, Hewitt would have passed on the project.

"Julie really grew through-out and I thought she'd be the bigger challenge for me as an actress," Hewitt notes.

"She then has to become strong again, find her friends and fight to survive."

"It was exciting to play that, because for these 20 different personalities there were 20 different ways I could've played them."

"Also, something's going to happen to Charlie that'll have an effect on Sarah and Bailey."

"People who love to grab this is what Hawitt has come mighty far from her childhood."

"If you treat it gently and care for it, you get to keep this precious thing you've always wanted."

"That's how I look at what I do, and I want to treat it really well and hold on to it for as long as possible."

"Party of Five" is on Wednes-day nights on Fox at 9 p.m.

Jennifer is the dream girl of the lead (Ethan Embry).

"It's a romantic comedy with a lot of romance and comedy, but it's also an 'American Graffiti' kind of thing," she says. "It's about what happens to all these high school kids who are just about to graduate."

As for "Party of Five," the show is going stronger than ever and, even though Bailey (Scott Wolf) and Sarah (Hewitt) broke up, Sarah remains an integral character.

"They're roommates now," Hewitt says. "They're both going to have romances coming up, which will create some tension."

"She comes back from college completely demolished, wail-like and ghastly."

"She then has to become strong again, find her friends and fight to survive."

"They're roommates now," Hewitt says. "They're both going to have romances coming up, which will create some tension."

"You'll never be quite sure if we're jealous of each other or happy for each other."

"Also, something's going to happen to Charlie that'll have an effect on Sarah and Bailey."

"People who love to grab this is what Hawitt has come mighty far from her childhood."

"If you treat it gently and care for it, you get to keep this precious thing you've always wanted."

"That's how I look at what I do, and I want to treat it really well and hold on to it for as long as possible."

"Party of Five" is on Wednes-day nights on Fox at 9 p.m.
Teams earn points for both individual performance and team score. Against St. John’s, the men lost by just two sticks (pins) in a 605-1023 match. Total points in the Classic Division were based on seven games, while in Metro teams only bowled six.

**Spotlight on Volleyball**

**Name:** Melissa Amore  
**Age:** 20  
**Hometown:** Clinton, CT  
**Position:** Setter  
**Hero:** My mother  
**Favorite Song:** "Endless Love"  
**Favorite Movie:** "I Know What you did Last Summer"  
**Favorite Book:** "Green Eggs and Ham"  
**Quote:** Believe and Achieve

Why did you come to SHU? Small school with a nice atmosphere  
Major: Psychology  
Future Plans: Elementary school teacher  
Pet Peesves: People with no common sense

**Name:** Trisha Moore  
**Age:** 19  
**Hometown:** Lindenhurst, NY  
**Position:** Middle Hitter  
**Hero:** Gabrielle Reece  
**Favorite Song:** "How do I live"  
**Favorite Movies:** "Mallrats" and "Friday"  
**Favorite Book:** "Chicken Soup for the Soul"  
**Quote:** What time are we going to the party?  
**Hobbies:** Volleyball, partying  
**Why did you come to SHU?:** Volleyball  
**Major:** Psychology  
**Future Plans:** To be an AVP Pro-volleyball player  
**Pet Peesves:** People who gossip

**Volleyball: Sacred Heart lady spikers end season at 18-20 overall, 8-6 in NECC**

Continued from page 16

ing seniors Melissa Amore and Tricia Armiti who were co-cap­
tains of the team this season.

“We’re losing two great lead­ers and that is going to affect me personally because they have been the liaison between the team and I,” said Carter. Carter is looking for a setter to fill the hole that Amore will leave.

“We need a setter who is going to pick up where she left off,” said Carter. “Someone who can automatically come in and run our offense.”

“If we combine our physical attributes with better mental preparation,” said Carter. “You’ll see an amazing increase in our game next year.”

**Sports in brief**

**Ice hockey begins season on the road**

The Sacred Heart women’s ice hockey team began its first season under new coach Trina Bourget last Saturday and Sunday at the University of Maine and the University of Vermont, respectively.

**Nine-ball tournament in Hawley Lounge**

Sign up now for a 9-ball tournament in the Hawley Game Room on Saturday at 11 a.m. The tournament is sponsored by Billiard Digest and Boston Billiards.

-Compiled by Corinne A. Waldheim

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1-800-426-7710.
Laursen and Anania score in Sysoset EIBC

By Corinne A. Waldheim

A crowd of approximately 100 looked on as their siblings, children and former teammates competed at the Eastern Intercollegiate Bowling Conference. The Sacred Heart women's bowling team competed in both the Classic and Metro Divisions.

The women approached the lanes with a new goal this year. This competition would be their first in the upper-level average division. They competed with men's teams including St. John's from New York, ranked second by the Bowling Association of America, William Patterson University of New Jersey, the 1992 Intercollegiate Bowling Champions and the SHU men's team, ranked 20th. The Lady Pioneers have competed with male counterparts before, but never of this caliber.

"The team came out fighting against Rutgers. They captured seven of eight possible points with the team's day's high game of 1053. Sophomore Lisa Laursen (Staten Island, N.Y.) shot 278.

Laursen wasn't done as she finished the competition with a two-game pllethora of strikes (20).

One impressed bystander who had never seen Laursen bowl asked, "Does she always bowl like that?"

Laursen completed the 740 series with a 259 and a 203.

Men's Basketball: Bentley bests SHU

Continued from page 16

"Bentley had a big game. This was a factor. We had a lot of depth."

Demetriades explained, "I believe we had team unity and this was a factor. We had a lot of depth."

Left wing Paul Adimando added, "The more we play together, the better we will get."

Against Iona, there were some outstanding defensive performances.

Write for Sports!

Ice Hockey: Pioneers beat the opposition home, away

Continued from page 16

Freshman goalie Alexi Binet netted the net. Blin compared Iona to Alabama-Huntsville. "You can't compare the two. They're on two different levels."

The Pioneers return to the road when they face Scranton on Saturday.

"It's a road game, we have to get back to basics. I think we will do really well and be successful."
SHU begins with loss to Bucknell

By Julie Nevero
Assistant Sports Editor

The Sacred Heart women’s basketball team went 1-2 in the New England Collegiate Conference Tournament last Friday and Saturday at the University of New Haven in their final contest of the season. The Lady Pioneers finished at 18-20 overall and 8-6 in the NEC.

Sophomore middle hitter Trisha Moore was named to the All-NECC second team for her performance in the tournament and this season. During the two-day affair, the team faced competition from Southern Connecticut State, University of Albany and University of New Haven.

“I’m happy with the progress that we’ve made and with the steps we have taken this year,” said coach Scott Carter. “We need to be more serious and committed to achievement.”

Saturday’s match against ECSU was the best of the tourney. SHU defeated ECSU in three games (15-6, 15-12, 15-11). Moore had 19 kills to lead the team. Sophomore Kelly Wehr had seven kills in the match and sophomore Jen Brown and freshman Stephanie Chell led in digs, with five a piece.

Carter is looking for more “intensity and communication” for next season. “We need a greater commitment to off-season training,” said Carter. “If the women put the time next semester during this training, we will see improvement in our game.”

“This is the best team I’ve had since I’ve been here, but it’s far from what I envision,” Carter added.

The team will lose graduates

See Volleyball, page 14

Women’s Volleyball

The Sacred Heart women’s volleyball team opened its season with a 64-53 loss this past weekend at Bucknell.

Bucknell was the first in a long line of away games against Division I institutions. “I think they played hard and that’s a good first step,” said Coach Ed Swanson. “We need to execute better. We didn’t shoot or rebound as well as we could have.”

Senior captain Chrissie Perkins, junior captain Jessica Bresnahan, juniors Shannon Walsh and Jen Rimkus and freshman Heather Coonradt started the game for the Lady Pioneers.

Rimkus, a guard, led the team in scoring with 16 points. "Jen played very well for us,” said Swanson. “She attacked the glass well and got the job done.”

According to Swanson, lack of rebounds was the key factor in the loss.

We need to rebound better on the defensive end and offensively as well, in order to score more frequently,” said Swanson.

Sophomore Katie Toole led in rebounds with four, three of which were defensive. SHU had a total of 25 rebounds in the game versus Bucknell’s 47.

Other leaders included sophomore Heather Yakunski with eight points, Perkins had seven, Toole and junior captain Angela Perkins each had five, Bresnahan and freshman Erin O’Neill each had four, freshman Abby Crootty had three and Coonradt had one.

“I don’t think Bucknell is all that much better than us,” said Bresnahan. “We did some good things, but we were lacking in others. It was a good first game because it gave us an idea of what we’re up against this season.”

“It was our first game and we’re still working things out, but I’m sure it’s all going to come together,” Bresnahan added.

The team will travel to New Jersey this Saturday for a game against Monmouth University.

Game time is 3 p.m.

Stonehill iced!

By Christian Koskorelos
Staff Writer

On Nov. 12, the Sacred Heart University men’s hockey team defeated Stonehill in a 4-3 road contest.

Junior Bill Demetriades scored two goals and also contributed an assist. Sophomore Frank Gritz and Brent Piepenbring each had a goal and an assist in the first victory of the winter season.

Last Friday, the Pioneers dropped Iona College in a 3-1 charge.

Things started picking up with the first goal, but with the buzzer of the second net, SHU took charge.

"After our second goal, when Eric Drake scored, it just got everyone back into the game,” commented Piepenbring.

“The second period, we came alive,” added forward Brian Laffo.

Gaining momentum was a key factor. SHU sealed Iona’s fate with one final goal.

See Ice Hockey, page 15

Bentley dominates

By Matt Duda
Staff Writer

The Sacred Heart men’s basketball team raced out to a 10-0 lead in its second half against Bentley, but quickly saw it dissipate. The Falcons answered with a 20-4 run and came away with a 92-68 win last Sunday in Waltham, Mass.

Sacred Heart shot just 33 percent from the field and was outscored by 20 points in the second half. The Pioneer defense was ripped by Bentley scoring ace Jamie Baker, who scored a game-high 30 points in just 27 minutes of play.

Baker was 12-17 from the field, including 6-10 from behind the three-point line.

Sacred Heart finished the first half with an 8-1 run and went into overtime.

See Men’s Basketball, page 15