Lullo out, Dutton in at S.E.T.
New president to address attendance problems

By Amy Finkle
Staff Writer

In three years, the Student Events Team, or S.E.T., has grown from six members to 45. Although the organization is growing and its advertisements of events wallpaper the halls of Sacred Heart University, there is hardly ever a large turn out at their functions.

Mike Dutton, a junior from Feeding Hills, Mass is the new president of S.E.T. He replaced Sophomore V.P. Tim Lullo. "My decision to resign was completely my choice. I chose to do this so my academic studies would receive more ‘stress-free’ attention," said Lullo.

Dutton spent last semester in Seville, Spain where he wrote as an overseas columnist for the Spectrum. He explains that the goal of the program is to improve the life of the SHU community and make it fun. But he is disappointed to see that the majority of the student body seems uninterested in the events.

“One of the problems is that we have no tradition and no school spirit here,” he said. “That is what S.E.T. wants to do. We want to establish tradition for our students.”

Dutton also feels that he is here to have a good time as well as to further his education. He expects to graduate next year.

See S.E.T., page 4

Campus Ministry changes
New titles for Palliser, McLernon

By Brad Wilson
Associate Editor

Sacred Heart University’s campus ministry office has taken on a new look to meet the needs of an evolving campus. Sister Margaret A. Palliser has been named director of mission effectiveness and Reverend Michael McLernon has been appointed director of pastoral ministry.

Palliser, who served as director of campus ministry since 1993, will now focus on escalating the Sacred Heart community’s understanding and commitment to its mission plan. Her duties will entail orienting new members regarding their knowledge of the mission, assessing the University’s success in fulfilling the mission and assist in writing documents pertaining to it.

“The most compelling reason to come to Sacred Heart was the University’s obvious and extraordinary commitment to fulfilling its mission,” said Palliser.

The developments of a strong Campus Ministry program to fit the needs and gifts of a growing student population has been a primary focus for me over the past five years. I am very pleased to work with the University community as the director of mission effectiveness,” she added.

McLernon, who has been a member of campus ministry since 1994, will take on the role of overseeing the daily functioning of the campus ministry office. He will continue to address the spiritual development of Sacred Heart students and staff.

"Ministry is not about a select group of people doing something, it’s about a community doing something,” said McLernon.

See Palliser, page 4

By Joe McGuigan
Contributing Writer

The Flik Corporation is in its fourth year of service to the Sacred Heart University community. Throughout this time we have seen changes and advancements with their service. Many people feel the biggest improvement from last year is the addition of the “grab and go” sandwiches,” said Kennedy.

When asked about Flik’s service, Aly Bernier, a senior Social Work major had this to say, "The selections from the salad bar have improved, but the selections on the hot food line are still repetitive.”

Kennedy addressed this issue and blamed it on the lack of space. Flik has a long term contract to obtain their meals there. This way the lines in the cafeteria would not be as long.

“Every year we get more and more students, but the space we have to work in does not grow. This is why we upgraded the selections in the Market Place as well as introduced the “grab and go” sandwich,” said Kennedy.

“Why can’t they just put a bus stop?” asked one student. "The road constmction has created an inconvenience for a majority of the Sacred Heart University community.

“It takes me an extra 15 minutes to get to school now that Park Avenue has been closed,” said Katherine Davis, a resident of Taft Commons.

Due to the construction, residents of Parkridge will no longer be permitted to park their cars on Geduldig Street or Park Avenue. This presents a problem for those students who can not use the parking lots at Parkridge.

The construction has created many inconveniences for the SHU community.

"Why can’t they just put a parking lot where Geduldig is the new Flik location? The quality of the food is hardly ever a large turn out at their functions. It’s a task to dial the phone,” said Kennedy.

"Ministry is not about a select group of people doing something, it’s about a community doing something,” said McLernon.

See Park Avenue, page 4

By Bridget Flynn
Consulting Writer

Park Avenue, between the intersections of Wilson Street and Eckard Street, will remain closed until May 16, 1998.

The road is closed for the construction of a new intersection at the corner of Geduldig Street and Park Avenue, said Annette Petrus, chief inspector of the work site.

Park Avenue and Geduldig will remain accessible to local traffic and emergency vehicles at all times during the construction.

“The whole job will take 244 days. We will be out of here by Sept. 19 if all goes well,” said Petrus.

The road construction has two phases. Phase one will last for 16 weeks, phase two will be complete on Sept. 19. Phase two will allow Park Avenue to be open, alternating one way only.

A recent Connecticut Post article by James Clark said the 1985,000 project is designed to fix a dangerous intersection at Geduldig and Park Avenue. One motorist has been killed and at least 40 accidents have taken place at the intersection. The street will be lowered about 12 feet to provide better visibility for drivers entering and leaving Geduldig street.

“We will be putting in new sidewalks and curbs as well as repaving the road in this section of Park Avenue,” said Petrus.

Although a detour has been established, the construction creates an inconvenience for a majority of the Sacred Heart University community.

“It takes me an extra 15 minutes to get to school now that Park Avenue has been closed,” said Katharine Davis, a resident of Taft Commons.

Due to the construction, residents of Parkridge will no longer be permitted to park their cars on Geduldig Street or Park Avenue. This presents a problem for those students who cannot use the parking lots at Parkridge.

The construction has created many inconveniences for the SHU community.

"Why can’t they just put a parking lot where Geduldig is the new Flik location? The quality of the food is hardly ever a large turn out at their functions. It’s a task to dial the phone,” said Kennedy.

"Ministry is not about a select group of people doing something, it’s about a community doing something,” said McLernon.

See Park Avenue, page 4

By Amy Finkle
Staff Writer

In three years, the Student Events Team, or S.E.T., has grown from six members to 45. Although the organization is growing and its advertisements of events wallpaper the halls of Sacred Heart University, there is hardly ever a large turn out at their functions.

Mike Dutton, a junior from Feeding Hills, Mass is the new president of S.E.T. He replaced Sophomore V.P. Tim Lullo. "My decision to resign was completely my choice. I chose to do this so my academic studies would receive more 'stress-free' attention," said Lullo.

Dutton also feels that he is here to have a good time as well as to further his education. He expects to graduate next year.

See S.E.T., page 4
News Briefs

Krytschenko taking over as new Info. Officer

Effective Jan. 26, George Krytschenko will become the new Chief Information Officer at Sacred Heart University. Krytschenko replaces Vincent Magiacapra, who resigned to pursue personal interests. Krytschenko will serve in that capacity and report to Dr. Paul Madonna, vice president of Finance and Administration, until the position is filled.

University Networking and Telecommunications will now be reporting to Krytschenko. The Director of Operations, who supervises the Help Desk and Mailroom, will also report to him now.

Sacred Heart celebrates religious diversity

Sacred Heart University will celebrate Religious Diversity Week from Jan. 25-31. During this time, the SHU community will pray for understanding and cooperation among the world’s major religions. Father Michael McLernon, the coordinator for the event, believes that the religions of the world must accept each other.

“We need to understand each other’s points of view and find out what we have in common,” he said. McLernon says that Religious Diversity Week will be observed at Sacred Heart every January. He hopes to bring clergyman from a variety of religions to Sacred Heart to speak to the community.

At daily mass during the week, a prayer will be said for a different religion each day. Mass is held at noon, Monday through Friday, in the Chapel.

Black History Month to kick off next week

Black History Month will begin its events on Feb. 4. The first event will be a reading of the Governor’s Proclamation by Patricia Walker, dean of the College of Education and Health Professions. More events will continue throughout the month of February. For more information, call the Student Life Office at 371-7846.

Women’s Leadership Conference coming soon

The second Women’s Leadership Conference will be held March 27 at Sacred Heart. The event will go from 11:00 a.m. to 5:00 p.m., with signup from 10-10:30 a.m. Registration materials will be available soon. For more information, call 365-7511 or 7528.

Resume Workshops offer opportunities to many

Sacred Heart University students wishing to get ahead start on their future, the Career Development office offers internships related to specific majors or fields of interest.

The Career Development office offers several resume writing seminars which students must attend as a first step toward finding the right type of work. Seminars assist students in assembling an effective resume, as well as preparing them for the skills needed during job interviews.

The culmination of the program comes on Mar. 20, Career Day, when representatives from area companies interview students for possible employment.

Several resume writing sessions are offered throughout the semester for juniors and seniors. For more information, contact the Career Development office at 371-7975. See Campus Happenings, page 10 for workshop times.

Compiled by Brian Corsaniti

Clinton addresses the nation

By Gina Norelli
Editor-in-Chief

They couldn’t believe he’d be able to give the speech because of the sexual allegations against him. But when President Clinton presented himself to millions of Americans Tuesday night at the Union Address with a radiant aura of confidence and an extra wide smile, if you looked carefully though, his eyes were baggy, perhaps reflecting sleepless nights of worry.

“He’s back against the wall before,” said a commentator before the Address. “If the ‘Comeback Kid’ comes out of this one, he’s Hudnill.”

The commentator said that politicians are waiting on pins and needles to see what is going to happen to Clinton, since he was accused of having an affair with White House intern Monica Lewinsky and allegedly asking her to deny it under oath.

Clinton’s life may be in a state of panic, but the State of the Union is calm and positive. Crime has decreased, there are 14 million new jobs because of inflation, the deficit has gone from $357 billion to a mere $10 billion in a year, and the minimum wage will increase.

“Student loans will be less expensive and easier to pay. Now you get to deduct interest,” said Clinton. He also noted the idea of tax-free education and a $1500 tax credit for the first two years of college.

He urged Americans to encourage poor children and those in dead-end jobs not to give up. “We can make college as universal in the 21st century as high school is today.”

Clinton wishes to close the door on drugs at our borders, and ensure that medical decisions are made by American doctors, not insurance company accountants. “You have the right to choose the doctor you want for the care you need,” he said.

Throughout the Address, many Republican’s looked grim and didn’t clap or stand up as Clinton’s people did after nearly every sentence.

Clinton remembered to mention his wife Hillary throughout the Address, and the camera zoomed in on her, as she sheepishly stood up.

Many Democrats kept their distance as they rapidly exited the building after the Address.

The commentator said, “Considering the week he had, it was a remarkable performance.”

A student, who wishes to remain anonymous, said that it was indeed a performance: “I am surprised at how well he talked,” he said, “I red his way through it with the sex scandal on his mind.”

Residential Life looking for RAs

By Amanda Massey
Contributing Writer

The Office of Residential Life is looking for more Resident Assistants. Several Resident Assistant positions need to be filled by the fall ’98 semester. There are 10-15 Resident Assistants leaving this year, with 50 positions available. It is unknown how many Resident Assistants will return next year.

“We have no official number yet. The number will be based on the letter if intent that all Resident Assistants must submit,” said Cathy Raynis, director of Residential Life.

“Not all Resident Assistants are rehired, but the phenomenal are welcomed back,” she added.

Resident Assistants are awarded an RA Scholarship. “By your second year as a Resident Assistant, the scholarship covers most of your housing payments,” said Ray Turner, a second-year senior Resident Assistant at Jefferson Hill.

Other Resident Assistants are interested in the ways they can contribute to the Sacred Heart community.

“I like being able to be there for my residents,” said Jessica Stewart, a first-year Resident Assistant in South Hall. “It is a lot like peer counseling. It is very productive towards people skills,” she added.

South and West Hall Resident Assistants are mostly there to help the transition of incoming first year students and any problems they are experiencing.

“Upperclassmen tend to take care of their problems themselves, but it is always nice to know that if they need me, I am here for them,” said Robert Gleizer, a Resident Assistant at Taft Commons.

Raynis also said that becoming a Resident Assistant helps students become more involved with their community and also helps pay part of their housing tuition.

“Becoming a Resident Assistant is an opportunity of a lifetime. It is an immense opportunity for self growth. You build a community with your personality and become a leader,” she said.

“By dealing with different types of people on the course of the job, you get to learn a lot about yourself, and the person you want to be,” said Turner.

Students can pick up a Resident Assistant applications at the Residential Life Office. Interview preparation sessions are scheduled for Feb. 9 at 7 p.m. Resident Assistant interviews are Feb. 16-27, and the Group Process Day is Feb. 19 from 6-10 p.m.

Flik: Kennedy speaks about plans for ‘98

“Conducted from page 1

The other day I bought a turkey sandwich and a soda and it cost me over five bucks. That’s ridiculous,” Enzo added.

“Many of the commuter students don’t realize that if they put money towards Dining Dollars they could save eleven percent on each purchase,” said Kennedy.

He went on to mention that they have to meet a quota each month with the Flik Corporation.

“If they lowered the prices in one area they would have to raise them in another, Kennedy added.

By Mike Sack

The Office of Residential Life is looking for more Resident Assistants. Several Resident Assistant positions need to be filled by the fall ’98 semester. There are 10-15 Resident Assistants leaving this year, with 50 positions available. It is unknown how many Resident Assistants will return next year.

“We have no official number yet. The number will be based on the letter if intent that all Resident Assistants must submit,” said Cathy Raynis, director of Residential Life.

“Not all Resident Assistants are rehired, but the phenomenal are welcomed back,” she added.

Resident Assistants are awarded an RA Scholarship. “By your second year as a Resident Assistant, the scholarship covers most of your housing payments,” said Ray Turner, a second-year senior Resident Assistant at Jefferson Hill.

Other Resident Assistants are interested in the ways they can contribute to the Sacred Heart community.

“I like being able to be there for my residents,” said Jessica Stewart, a first-year Resident Assistant in South Hall. “It is a lot like peer counseling. It is very productive towards people skills,” she added.

South and West Hall Resident Assistants are mostly there to help the transition of incoming first year students and any problems they are experiencing.

“Upperclassmen tend to take care of their problems themselves, but it is always nice to know that if they need me, I am here for them,” said Robert Gleizer, a Resident Assistant at Taft Commons.

Raynis also said that becoming a Resident Assistant helps students become more involved with their community and also helps pay part of their housing tuition.

“Becoming a Resident Assistant is an opportunity of a lifetime. It is an immense opportunity for self growth. You build a community with your personality and become a leader,” she said.

“By dealing with different types of people on the course of the job, you get to learn a lot about yourself, and the person you want to be,” said Turner.

Students can pick up a Resident Assistant applications at the Residential Life Office. Interview preparation sessions are scheduled for Feb. 9 at 7 p.m. Resident Assistant interviews are Feb. 16-27, and the Group Process Day is Feb. 19 from 6-10 p.m.

The other day I bought a turkey sandwich and a soda and it cost me over five bucks. That’s ridiculous,” Enzo added.

“Many of the commuter students don’t realize that if they put money towards Dining Dollars they could save eleven percent on each purchase,” said Kennedy.

He went on to mention that they have to meet a quota each month with the Flik Corporation.

“If they lowered the prices in one area they would have to raise them in another, Kennedy added.

By Mike Sack
Segregation in South Hall

By Elizabeth Hyer and Brian Corasaniti
Co-News Editors

In honor of the late Rev. Martin Luther King Jr., South Hall sponsored a variety of events for the holiday, including one that promoted segregation between men and women. For this program students had to use specific elevators and stairwells that were identified by gender only.

"Students were concerned about why the stairs and elevators were segregated. They weren't sure of a reason," said South Hall residence Seve Evans from Blue Point, NY.

"This was a very successful program," said South Hall Residence Hall Director Jenn Bayldon.

"Even if it was over people being inconvenienced," she added.

Another resident who wrote an anonymous letter to the Spectrum editor was also concerned.

"I feel there should be no reenactment whatsoever. Yes, these terrible acts occurred in our society, but we are a country that have grown past that point and should be proud of that," the anonymous student added.

"I am amazing that some students are not worried about being documented for drinking or smoking pot, but are concerned about being written up for this," said Bayldon.

The program, which was to last for two days ended within one night.

This was mainly due to the complaints that many of the Resident Assistants received and because the majority of the segregation signs were either vandalized or stolen.

"If the program made students angry, then it was definitely successful providing they understand what it was about," said Jim Oudicke, Residence Hall Director for Jefferson Hill.

SHU Spectrum -3

SHU gets ready for AIDS Awareness Week

By Donna Serpe
Contributing Writer

To promote AIDS awareness on campus, the Office of Student Life selected the week of Feb. 16-20 as an AIDS awareness week. Clubs and organizations will sponsor events throughout the week.

A lecture on Feb. 16 will be given by Professor Adaline DeMarrais.

"I will be speaking about the reality of HIV today and give some current information involving transmission and the pandemic," said DeMarrais.

DeMarrais, founder and director of Evergreen Network Incorporated, is a professor of psychology at Sacred Heart and has been published by Yale University press.

Evergreen is a social service agency for those affected and infected with HIV and the AIDS virus.

Another lecture entitled, "Being Around a Person with the Infection Is Not Easy," will be delivered by Jaissina Arguelles, someone who has witnessed the effects of AIDS.

Phi Omega Tau is sponsoring two lectures during the week as well as decorating the halls and distributing pins.

"The sorority is getting involved to help promote AIDS awareness on campus," said Melinda Nicolloto, pledge educator of Phi Omega Tau.

"We will be decorating the halls with balloons and hanging out pins to students around campus," she added.

One of the highlights of the week will be the display of the AIDS Quilt in the mahogany room.

"Connecticut has two 12 by 12 pieces of the quilt and hopefully both are coming," said Henry Parkinson, program assistant in Student Activities.

"I made a few calls to the National Names Project in Watertown and someone will be coming out to assess the school and see if we are approved," Parkinson added.

To help take the edge off the educational aspects of the week, there will also be the games AIDS Jeopardy, a version of Jeopardy which will include AIDS and HIV facts, and Singled Out.

Both games will be held at Taft Commons.

"The week sounds as though it will be interesting," said Ted Bludevich, a senior from Stratford.

"I would like to hear some of the lectures. I think that it is a good way to educate people," Bludevich added.

"I feel AIDS awareness is an important issue. I plan to attend some of the activities and hope other students will as well," said Gail-Sue Capone, a senior from Medford, N.Y.

Public Safety Releases

Public Safety Releases from Jan. 18 - Jan. 24

Jan. 18: 12:53 p.m.- Non-student came to Public Safety to report he injured his nose while at the gym; he was given an ice pack.

7:48 p.m.- Public Safety responded to assist Residential Life at Taft with a suspected marijuana violation. Bridgeport Police called; non-student issued a summons for misdemeanor drug charges.

Jan. 19: 8:59 a.m.- Suspicious male observed near Provost's Office. The individual was found in the library; no problem observed.

12:50 p.m.- Parkridge resident reported a suspicious male sitting in a vehicle on the street; Officers responded and identified the person; no problem found.

1:31 p.m.- South Hall resident reported receiving harassing phone calls.

6:31 p.m.- Visitor to the Schine Auditorium became ill; AMR Ambulance transported individual to the hospital.

7:52 p.m.- Jefferson Hill fire alarm caused by activated smoke detector.

11:00 p.m.- Officer reports a fire extinguisher was missing from Parkridge; it was replaced.

Jan. 20: 6:20 p.m.- South Hall resident reported their credit card was used without permission; Fairfield Police investigating.

4:47 p.m.- Student fell and injured themselves in an Academic Bldg. stairwell. Treatment and/or transportation declined.

Jan. 21: 3:03 a.m.- Officer observed a possible stolen vehicle parked in the North Lot. Fairfield Police notified, confirmed vehicle was stolen; vehicle owner notified.

19:02 a.m.- Officer escorted a solicitor in the North Lot off campus.

4:34 p.m.- Library staff report a disorderly homeless person in the building; person had left before the arrival of officers.

19:01 p.m.- Library staff report the person was back in the library; Public Safety Officers and Fairfield Police responded. The person was identified, given a warning and escorted off of campus.

Jan. 22: 1:19 a.m.- South Hall resident fell and injured his face; sustaining a severe laceration. 911 was called; student was transported to the hospital.

1:31 a.m.- Another South Hall resident, who observed the above, fainted and injured her head; she was also transported to the hospital via ambulance.

11:46 a.m.- Non-student reported the theft of his vehicle from the North Lot; Fairfield Police notified and responded.

Jan. 23: 2:10 a.m.- Taft residents observed a male attempt to break into a vehicle parked in the rear lot; Bridgeport Police notified and responded.

8:41 a.m.- Vehicle which was reported stolen from the North Lot on Thursday was recovered in the Jefferson St. Commuter Lot, near Merritt Parkway.

4:02 p.m.- South Hall fire alarm received; smoke detectors tampered with.

6:52 p.m.- South Hall fire alarm received; smoke detector was hit.

7:35 p.m.- Public Safety Officers separated arguing students in the Academic Building, preventing an assault.

Jan. 24: 7:47 p.m.- South Hall fire alarm received; smoke detector hit.

8:23 p.m.- Public Safety informed the Deja Vu bus driver he is not allowed on campus; he left.

Ski Snowboard Springbreak

The Molson

1 DAY SKI & NATIVE CONDO, FULLY EQUIP. PARTIES, CONTESTS ETC.

SNOWBOARD LIFT TICKET

IN CANADA

$239

4 DAY SKI & SNOWBOARD LIFT TICKET NIGHT LODGING, LUNCH CONDO, FULLY EQUIP.

5 DAY SKI & SNOWBOARD LIFT TICKET NIGHT LODGING, LUNCH CONDO, FULLY EQUIP.

Call or Email for a free color brochure

www.skitravel.com

1-800-999-SKI-9
Busy phone lines dominate SHU

S.E.T.: Student attendance still a problem

Continued from page 1

tries to help others enjoy themselves by working with S.E.T. This month S.E.T. has sponsored a variety of events ranging from a spoken word performance by John S. Hall, to "Carnival Photos" in the Outpost. Regardless of the fact that there is a wide variety to accompany the tastes of many, Dutton feels the turnouts are poor. "I would like to see the progress that has occurred in El Salvador," said Rondon.

Another participant in the El Salvador trip is Dr. Edward Murray, professor of Education, who attends as a faculty advisor. "It is a spiritual and intellectual experience," said Murray.

Murray explained that SHU had at some point been a university in which mission efforts were done on an individual basis. "The El Salvador project, along with Service Learning, has given the university identity through reaching out to the poor," said Murray. Some faculty members, though, are not in favor of the trip. "I actually witnessed a robbery, El Salvador is not a safe place," said Dr. Robert McAllister, professor of Education. McAllister said he also warned one of his colleagues to reconsider her plans to go on the trip.

Despite the opposition, there are still supporters of the trip to El Salvador. Since participating in the El Salvador trip, Murray said he has more respect for faculty, students and the University itself. "Besides, you can go on spring break to El Salvador and get tan and lose a few pounds," added Murray.

...
A church on campus would further our Catholic image

At Sacred Heart University, we’re constantly expanding. We have a brand new sports complex, brand new classrooms, brand new libraries...and so many other large-scale renovations, it’s hard to keep track of them all. In the midst of all the growth, though, we seem to be missing something vital.

Sacred Heart’s Catholic community must hold weekly mass in the old gymnasium, since the only Chapel on campus will not accommodate nearly the number of students worshiping.

At a college that prides itself on being one of the preeminent Catholic institutions, why is there no suitable place of worship?

The gym must be set up each week for mass, and then cleared out after mass ends around 10 p.m. Seating is provided through folding chairs and bleachers. The space is not designed for the purpose of mass, and sound does not always carry well. Also, a crowded gym can become very warm, and uncomfortable.

It is surprising that a solution cannot be found.

Actually, one could argue that the lack of a Chapel illustrates the strength of SHU’s spiritual community, since students not only attend mass, but also assist in setting up each week as well. Despite the fact that we have no true place of worship, our community continues to grow. That then leads to another question, though – doesn’t a Catholic community as strong as the one here deserve a Chapel?

By Sally Ann Michlin

EDITORIALS

A driving inconvenience, but not in vain

Finally something is being done to increase safety at the treacherous intersection located where Geduldig and Park Avenue meet. Turning at that intersection had been a guessing game for years and has resulted in 40 accidents, one killing a motorist.

Connecticut Department of Transportation has decided to lower the section of street about 12 inches to provide better visibility. The procedure will close off the portion of Park Avenue until May 14, affecting many commuters, including several SHU students and staff. They will be forced to use a detour, but we believe the increased safety is well worth the added commute.

This was the only way to remedy an extremely dangerous situation. It’s possible that they could have installed a stop light, but if a motorist was to run that light the results off an accident could have been even more serious.

Who you call is often a world away

What if you have to make an emergency phone call and your phone just isn’t dialing out? This could happen, given the unreliability of the phone system at Sacred Heart University.

One of the main problems we would like to express is the fact that on several occasions, the Pioneernet phone system does not allow one to make phone calls with their access code or a phone card, even if phone bills are paid in time. A source at telecommunications claims that it is because too many lines are being used at one time and it is the fault of students who like to chat excessively.

We feel that those working at telecommunications need to look more closely at how to solve this recurring malfunction of our phones instead of brushing it off. How about adding more phone lines since more seem to be needed?

What may be a minor inconvenience when we aren’t able to call a friend to chat, can become a catastrophe if we try to get through to a relative in an emergency and we receive a beeping signal that signifies that the phones aren’t working.

When this happens at night, when telecommunication workers have gone home, we are left with no phones and no solutions.

By Sally Ann Michlin

SHU problems should lead to growth

This is in reaction to articles in a recent edition of the Spectrum (January 22, 1998) complaining about the shortage of books in the bookstore as well as a reaction to last semester’s editors of the Spectrum’s limited to our computer network or school policy on campus “watering holes”, etc.

It is frustrating for students and faculty, when required textbooks are not available for initial course assignments. Even those of us who do submit our book orders in a timely manner may have to revise course syllabi, because students, without textbooks, cannot do any assigned readings. Changes and improvisation can lead to more creative course content. Eventually, the texts arrive in the bookstore.

Last fall, the SHU network may have been “down” more often than life would have e-mail and access to the Net lacked discretion academically and socially. (Frankly, it drove me “nuts.”) The network problems of last semester resulted in an improved efficient network. Another problem was resolved. Many noticed that repairs to laptops are now done faster. That is a result of problems with laptops last fall.

Problems, whether academic or personal, should result in growth and improvements. Problem solving is a major part of life. It consists of types of irritants, major when they occur and later, in retrospect, of minor significance.

Problem solving may not be pretty, but it is part of daily life, at any stage. It is learning how to deal with these personal problems that makes us capable, adaptable adults.

Learning how to cope with problems is part of the thinking and learning process. It is time to decide if problems are going to be used as a tool for growth or for becoming irritable about the unobservable.

One edition of last semester’s Spectrum had articles complaining about the prices in the Marketplace. Lower prices did not result, but we were given the opportunity to order or purchase books online. But no one has to have a credit card to buy. Have you been to the bookstore and shopped? You are at SHU to get the best education available and we are here, not just nameless faces to professors. Whether you are a second semester student, an upperclassman or transfer-student, by now, you know that we are not all enthusiastic about academic and social activities. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice. If one student met an untimely tragedy, as a result of consuming too much alcohol that was not his or her fault. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice.

Students’ complaints about costs, whether it be the price of the required textbooks, phones, etc., are frequent. Each time there is a temporary academic or campus problem, students have a tuition-free course. Problem Solving 101. Succeeding at Problem Solving 101 is a valuable intangible. It’s a bargain, a “freebie.”

If one is going to spend four years at Sacred Heart University caught up in unavoidable problems, (common to any institution) one is no different. We see it from the many positives that far outweigh temporary frustrations.

One of the best philosophies is to focus on the positives in life and learn how to deal with the problematic.

There are not many universities with such a low student-to-teacher ratio. Students are not just nameless faces to professors. Whether you are a second semester student, an upperclassman or transfer-student, by now, you know that we are not all enthusiastic about academic and social activities. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice. If one student met an untimely tragedy, as a result of consuming too much alcohol that was not his or her fault. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice.

One edition of last semester’s Spectrum had articles complaining about the prices in the Marketplace. Lower prices did not result, but we were given the opportunity to order or purchase books online. But no one has to have a credit card to buy. Have you been to the bookstore and shopped? You are at SHU to get the best education available and we are here, not just nameless faces to professors. Whether you are a second semester student, an upperclassman or transfer-student, by now, you know that we are not all enthusiastic about academic and social activities. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice. If one student met an untimely tragedy, as a result of consuming too much alcohol that was not his or her fault. There are times when admonitions like “don’t drink so much,” are needed. Each student has to make his or her own choice.

By Sally Ann Michlin

EDITORIAL POLICY:

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar and clarity. The Spectrum does not assume copyright for any published material. All submissions are reviewed by the Editorial Board.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to Spectrum, Sacred Heart University 5151 Park Avenue, Westport, CT 06881-5000. The advertising deadline is 7 days prior to publication. Office phone numbers are (203) 371-7966 or 7963. Fax number is (203) 371-7828.
If the SHU Fits
by Jeremy Staub

"Well sir, you're in a load of trouble this time!"

The SHU Voices
Compiled by Kerne Darress

Do you think President Clinton is guilty?

Andrew Gambardella III
Junior
New Haven
"The outcome will not make a difference in the way he leads the country."

Christine Turowski
Sophomore
Bethpage, N.Y.
"Yes, but it's not going to matter anyway."

Nicholas Pascucci
Senior
Waterbury
"People are trying to get him."

Amber Schaper
Sophomore
West Babylon, N.Y.
"I think President Clinton is guilty because of his past history."
To the Editor:

I am writing in response to the letter which seemed to bash Public Safety. Most recently the letter titled "Why is Public Safety During Thefts" by Leah Czameck in the Jan. 22, 1998 issue.

This letter, aside from all the other Public Safety-bashing letters, is really ridiculous. In her letter, Leah writes that it takes a car thief 30 minutes to break into a car and steal $8,000 worth of stereo equipment, as stated by Leah Czameck.

I was a car thief and needed 30 minutes to break into an automobile. I would not expect to be in business too long, nor would I call myself a professional. It probably takes less than five minutes for car thieves to get what they want: alarm, club, kill switch... it doesn't matter if they want your car bad enough, they will take it regardless.

I believe this problem needs a better security system. We have a major problem. While on campus they are home during breaks or summer vacation. Therefore, this charge is a major problem. Additionally, while dialing long distance phone call. Some data jacks allow student to log free access, I would appreciate it if the purchase was really worth it. The concern that I have as a first-year student is like a security device

Professor<br>
Department of Computer Science<br>
Sacred Heart University<br>
Hartford, CT 06107-3195

And when I noticed my car missing in your vehicle. Knowing of the $8,000 worth of stereo equipment. I was excited about being able to use it and becoming more computer literate. I had a close friend who got driven by a drunk driver and this experience has changed my way of thinking before I get into anyone's car after a night out.

I would just appreciate it if people would think before they drive and not to be selfish when it comes to drinking and driving.

Jaimie Daniel<br>first-year student
Student Nicole Bishop poses to be sleeping during her English class.

By Keysha Whitaker
Assistant Features Editor

Few things in life may be guaranteed. However, some are etched as stone - birth, death, and surely some sleep in between.

Most college students may agree that along with crowded dorms, bad food, and too much work, not getting enough sleep is all too common.

Some students may still try to go to bed at eleven p.m. while others have given up hope completely, settling for a bedtime of two or three in the morning.

Sophomore Aaron Chrestowski, a political science major from Marblehead said, “I believe you need eight hours of sleep, but that is not realistic in a college setting. Since I started college, I haven’t been able to go to sleep before two a.m. I have dealt with the deprivation of sleep, but sometimes I fall asleep in class.”

Staying awake in class is often a battle for fatigued students. Some students may choose to stay in bed and catch up on the missed hours, rather than go to class and fight to keep their eyelids open.

How many hours of sleep should students get?

“People should get six to eight hours of sleep,” said biology professor Kate W. Bishop. “The lack of sleep contributes to poor productivity in class and the propensity to fall asleep in class. Overall, not getting enough sleep gives you more anxiety.”

Knowing how much sleep is needed still may not be enough to convince some students to go to bed early.

Getting the proper amount of sleep is of significant importance to the well-being of an individual.

Human Anatomy and Physiology, by Dr. Elaine N. Marieb, states that sleep is a restorative process - neural mechanisms return to the normal level and the body uses this time to repair. Inadequate amounts of sleep contribute to emotional instability and various personal disorders.

Why can’t students go to bed earlier?

“Staying in bed may have some influence. Late activities on campus and hanging out with friends prolong the day. Perhaps the commuters win this round.”

First-year student Janet Daniele, a biology major from Stamford said, “Because I live at home, I get enough sleep. There aren’t people knocking on my door all the time. I get six to eight hours of sleep and that’s enough for me.”

“The lack of sleep contributes to poor productivity in class and the propensity to fall asleep in class. Overall, not getting enough sleep gives you more anxiety.”

Though various factors affect the time students go to bed, choosing a bedtime is an individual responsibility.

Junior Paul Enko, a communications major from Healy, England summed it up nicely.

“People should get eight hours of sleep. I can function on six, but eight is better. The maturity level of the student contributes to how much sleep he or she gets. If you want your work done, you need sleep.”

Though there may be many frustrating aspects to college life, inadequate amounts of sleep does not have to be one of them.

Is your life filled with stress?

By Amber Schaper
Assistant Features Editor

Angela DiPace, a Dr. of English here at Sacred Heart University for the last 17 years, now wants to expand the curriculum, and create classes of her own.

DiPace began her teaching career as an adjunct professor teaching everything from Intro to Literature, 20th Century British Lit, as well as honors classes.

Most recently she has taught EN 299 (Shakespeare’s Sisters), a combination of a women’s studies class and an English elective.

This course studies women writers such as Queen Elizabeth and Emily Dickinson. Of the class, she stated, “It’s an academic class, but there is still room for expression. I would like to make other courses with women for students, like women in philosophy, or women and religion.”

DiPace confessed that she was always interested in women’s studies, even in college where she thought that females were under-represented.

Feeling that she had not had a good grounding in the writings of women, she tried to read them on her own. DiPace, most interested in Virginia Woolf, author of, among others, “A Room of One’s Own” and “To the Light-house.”

But women are not the only minority which DiPace is interested in.

This Doctorate of English has the desire to start an Irish studies class, and women of color, as well as a men of color class. These last two classes would include African Americans as well as Asian Americans, Southwestern Chicanas, and other foreigners.

[The study of minorities] “Should be inter disciplinary until they become part of every class,” replied DiPace in response to her involvement in teaching classes with them as a focus.

Being one herself, DiPace feels that she has a lot of compassion for SHU’s immigrants. “I am always conscious of the language barrier, especially in the literature. I try to help out the international students.” She feels she has made good use of the immigrant experience, she uses it as a positive rather than negative occurrence, commenting on her traveling to her classes when it was appropriate.

“Teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of ’94, where she saw the changes to the ruins and the Greek theatre. “Every time I go, there is something new to see or do,” exclaimed DiPace.

DiPace whose native language is Italian, says it wasn’t hard to learn English.

DiPace’s hobbies include traveling, going to cultural events such as the theater and museum, reading, watching movies, and listening to rock.

However, she stated, “Although I like my colleagues and I love my students, classes are large and teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

“A love of literature” Angela DiPace Dr. of English sits at her desk, studying material for her classes.

Voices left unheard

By Amber Schaper
Assistant Features Editor

“Teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of ’94, where she saw the changes to the ruins and the Greek theatre. “Every time I go, there is something new to see or do,” exclaimed DiPace.

DiPace whose native language is Italian, says it wasn’t hard to learn English.

DiPace’s hobbies include traveling, going to cultural events such as the theater and museum, reading, watching movies, and listening to rock.

However, she stated, “Although I like my colleagues and I love my students, classes are large and teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

“A love of literature” Angela DiPace Dr. of English sits at her desk, studying material for her classes.

Voices left unheard

By Amber Schaper
Assistant Features Editor

“Teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of ’94, where she saw the changes to the ruins and the Greek theatre. “Every time I go, there is something new to see or do,” exclaimed DiPace.

DiPace whose native language is Italian, says it wasn’t hard to learn English.

DiPace’s hobbies include traveling, going to cultural events such as the theater and museum, reading, watching movies, and listening to rock.

However, she stated, “Although I like my colleagues and I love my students, classes are large and teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

“A love of literature” Angela DiPace Dr. of English sits at her desk, studying material for her classes.

Voices left unheard

By Amber Schaper
Assistant Features Editor

“Teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of ’94, where she saw the changes to the ruins and the Greek theatre. “Every time I go, there is something new to see or do,” exclaimed DiPace.

DiPace whose native language is Italian, says it wasn’t hard to learn English.

DiPace’s hobbies include traveling, going to cultural events such as the theater and museum, reading, watching movies, and listening to rock.

However, she stated, “Although I like my colleagues and I love my students, classes are large and teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

“A love of literature” Angela DiPace Dr. of English sits at her desk, studying material for her classes.

Voices left unheard

By Amber Schaper
Assistant Features Editor

“Teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

DiPace, born in Sicily, Italy, came to the states at age 9. Now, an American citizen, she considers herself to be an Italian American. She loves living in New England, though she does travel to Italy. Her last visit was in the summer of ’94, where she saw the changes to the ruins and the Greek theatre. “Every time I go, there is something new to see or do,” exclaimed DiPace.

DiPace whose native language is Italian, says it wasn’t hard to learn English.

DiPace’s hobbies include traveling, going to cultural events such as the theater and museum, reading, watching movies, and listening to rock.

However, she stated, “Although I like my colleagues and I love my students, classes are large and teaching four classes doesn’t leave me with much time to myself. The semester just seems to fly by.”

“A love of literature” Angela DiPace Dr. of English sits at her desk, studying material for her classes.
You need some brains to fix some bones

By Wayne Kominoff
Features Editor

January 29, 1998

The Jandrisevits Learning Center (JLC) began tutoring sessions this semester on Jan. 20. The free sessions, open to all Sacred Heart University students, are available by scheduling an appointment at the center, located in the basement of the Ryan-Mansu Library.

While many students are still getting adjusted this semester, it is not too early to start thinking about midterm and final exams. The Jandrisevits Learning Center offers sessions all throughout the week, and weekends as well.

The Learning Center is particularly helpful for the special needs of the Sacred Heart's more than 100 disabled students. Tutors offer one on one and group sessions. Students find the idea of a "quiet classroom" to be a healthy environment to study.

"Having structure is very important to many students, particularly disabled students," said Jill Angotta, director of special services for the Jandrisevits Learning Center.

"Students that are documetted as learning disabled are entitled to take their tests at the Jandrisevits Learning Center," added Angotta, "and some are allowed extra time on the tests, if needed."

Disabled students have a lot of mobility in the room, with the desks being easily mobile by a handle which makes them rise and fall. This feature allows students in wheelchairs to adjust and fit under the desk with comfort.

Customized work stations in the Jandrisevits Learning Center, such as Voice Recognition Software, Head Movement Activated Mouse, and specialized software geared toward specific needs are also available for their use.

"Having structure is very important to many students, particularly disabled students."

One such piece of equipment is the Readers Advantage, which is used for students who are learning disabled or visually impaired.

It actually speaks to the student, and has controls as to how fast it can go and has a variety of different voices that it uses. Since it is an expensive item, and requires a scanner to scan the book, the JLC currently has only one.

Another useful tool is an instrument called the Spectrum Junior, which enlarges text. Used for students with tunnel-vision as well as visual impairment, it can also change the color of the text to be black on yellow, or purple on red. This helps in two ways, it helps to enlarge text without the use of a magnifying glass which can cause headaches, and it makes the text easier to read in different colors.

Most tutors are faculty and adjunct faculty members but according to Jackie Rinaldi, the Learning Center's director, "A select number of tutors are juniors and seniors, nominated by their professors to work at the learning center."

Professors typically spend one hour helping students.

Students should book tutoring sessions well in advance, especially as the semester progresses towards midterms.

The Jandrisevits Learning Center is open Monday through Thursday from 9 a.m. to 4 p.m., Friday 9 a.m. to 2:30 p.m., and Saturday and Sunday from 2 p.m. to 6 p.m.

You need some brains to fix some bones.
I contacted him by e-mail and learn what I have learned, thus understanding the experience of having my very own bubbling chemistry set... right inside my intestines! I never knew that the human body could make such an array of odors!

While I was stuck inside that wondrous shower room of contemplation, I had a great deal of time to think of all the things that crossed my mind was world domination. I know what you're going to say... Gee, Carmen, I think about that when I'm in the bathroom too! Well, I just wanted to let you know that I've figured it out. I know how to totally incapacitate an entire nation. Give them all the stomach virus. Of course, if you don't, you'll get a lot, grow as a person, and become much more open-minded to others (Dutton 11 Sep. 1997).

As I represented some of my personal experiences and feelings, purposes, and expectations, it was very difficult and I had many questions. First of all, I asked him what he did he want to tell people through his columns? Dutton answered, "I am not here to take classes, but rather experience the culture and people and see the country" (Dutton 20 Oct. 1997). When I interviewed Norelli, she said, "Many students are seeking new ways to understand students" (Dutton 18 Sep. 1997). I made me laugh. When interviewed Norelli, she said, "Many students are looking forward to reading his column and enjoying them every week because he is a very funny person and very popular." And I agreed.

"I want them to share in my experiences as I do, and learn what I have learned, thus abolishing all stereotypes or preconceived notions about other cultures."
Still Seeking...

~Valentine's Couples~

Hey students... want to be seen with your honey in the Valentine's issue of the Spectrum (Feb. 12)?

Interested?

Submit a favorite photo of the two of you together and fill out the coupon below. Place both in an envelope and drop off to the Spectrum office by Friday, Feb. 6. (If door is locked, place under door)

1. SHU student's name (first & last): __________________________
   Year of graduation: __________________________

2. Sweetheart's name (first & last): __________________________
   Year of graduation (if he/she is or was a SHU student): __________________________

3. How long have you been together? __________________________

4. What are your Valentine's Day plans? __________________________

# TO REACH YOU AT IF WE NEED CLARIFICATION (OPTIONAL): __________________________

Please write your names on the back of the photos.

Questions? Call 371-7963

Photos will be placed on a first-come basis as space permits.
No photos submitted after the Feb. 6 deadline will be accepted.

THIS OFFER IS ABSOLUTELY FREE OF CHARGE!
Consider it our Valentine's Day gift to you!
By Tara S. Deenihan
A&E Editor

"Beyond Flowers — Beyond Landscape," an exhibition by Westport painter Alberta Cifolelli, will show in the Gallery of Contemporary Art from Feb. 1 to March 5. Portions of the proceeds from paintings sold will be donated to Bread and Roses, a Fairfield County organization helping men, women and children with AIDS. Cifolelli has won national and international recognition for her paintings, drawings and pastels, including National Endowment for the Arts awards for teaching and art administration. For ten years, Cifolelli taught life drawing, watercolor and design at Sacred Heart. She has also taught at Kent State University in Ohio, the Cleveland Institute of Art, the College of New Rochelle, and chaired the Art Department at the Laurel School in Ohio.

Cifolelli says of her return to SHU, "It's fun...there's been a big change at SHU since I was last there — a big improvement." In conjunction with her exhibit, Cifolelli will give a talk entitled, "Evolution of a Painter," on Tuesday Feb. 10 at 7 p.m. in the Gallery. She will also be teaching a painting workshop in the Art Department, spanning four Fridays in February. She will be working with students in Professor Virginia Zic's painting classes. Zic said of Cifolelli and her work, "(She) is a very dynamic individual. Very colorful, and very emotional with color in her painting. She has a strong commitment to the creative approach." Cifolelli's work has been exhibited in New York's Reece Galleries and her work is in the permanent collection of the National Museum of Women. Her work is also included in the "Four Hundred Years of Women Artists" Travelling Exhibit. Her work features a strong use of color and the use of landscape as metaphor. "The show is not about flowers," said Cifolelli. "All the work is metaphorical — flowers and landscapes are the jumping-off point for ideas." "Beyond Flowers — Beyond Landscapes" will premiere Feb. 1 in the Gallery of Contemporary Art with an opening reception from 4-7 p.m. For information on the reception or artist's talk, call the Gallery at (203) 365-7650. For information on the painting workshop with Cifolelli and Zic, contact the Sacred Heart University Art Department at (203) 371-7737.

"Jacques Brel" first appeared as a musical in 1971 at Sacred Heart where each of the five cast members will sing. "Each song has its own story whether it be love, war or life," said Conley, who will be performing this show for the first time in 23 years. Tickets for "Jacques Brel is Alive and Well in Paris" are on sale now in the box office at the Sacred Heart University Theater and range in price from $12.50 for students and senior citizens to $15. The show reunites several of the original cast members including Hamill, Eileen Conley, Robert S. Fallon, Carl Schumacher and Randye Kaye. "Brel," a musical review of Brel's works, has received rave reviews from many of its viewers. "Brel's songs can reach your ear, but his life reaches your heart...it's a crystalline and incandescent evening," said Time Magazine. "Brel" was performed at Sacred Heart in the early 1970's and is directed by Maureen Hamill. The Musical Direction is Charles Wade. The show reunites several of the original cast members including Hamill, Eileen Conley, Robert S. Fallon, Carl Schumacher and Randye Kaye. See Metro Stylee, page 13

"Jacques Brel is Alive and Well and Living in Paris" is a musical review of Brel's songs which mirror his life and experiences. The scene will be set in a French Cabaret where each of the five cast members will sing. Tickets for "Jacques Brel is Alive and Well and Living in Paris" are on sale now in the box office at the Sacred Heart University Theater and range in price from $12.50 for students and senior citizens to $15.

Metro Stylee is now beginning their tour to support the release of their self-titled debut CD. Sacred Heart will be their first Connecticut date. This will be the band's second trip to SHU after winning fans when they played the Habitat Benefit show last semester. Also look for Metro Stylee on the Second Annual New England Ska Festival later this year.

"Jacques Brel is Alive and Well and Living in Paris." (left to right), Eileen Conley, Robert S. Fallon, Maureen Hamill, Carl Schumacher and Randye Kaye.
DeNiro and Hoffman 'Wag the Dog'

By Tara S. Deenihan
A&E Editor

Robert DeNiro, Dustin Hoffman and Anne Heche star in "Wag the Dog," a political satire of the obscure kind. DeNiro plays Conrad, a spin doctor for the President of the United States. He is accused of child molestation eleven days before the election, Conrad and Winnifred must devise a way to distract the public.

Enter Dustin Hoffman, playing Stanley, a Hollywood producer and Winnifred a secretary. When the President of the student senate, said, "he is very talented and very good to listen to."

Day witnessed Akers perform at a concert while attending a conference with S.E.T. to seek performers for the Outpost.

Admission for this event is free for students. Look for Akers' new album in the summer of 1996.

Don't be a BOOKWORM!

Get your SHWERVE on

You must be 21 with a valid I.D. to drink at

DEJA-VU

Friday Night FREE BEER

'till ten

w/DJ MIKO & DJ K- BONE

Thursday

SAT.

NO COVER! $1.25 Buds

$3 Pitchers

Every-thing

The Bus Will Be There!

Thurs, Sat @ 9:00, 10:00

Write for A&E! Call Tara at X7963

Metro Stylee: Local ska band to play at Outpost

Continued from page 12

I was fortunate enough to spend a weekend with the band back in November and heard the CD before its completion. It's an impressive album.

One of my personal favorites is 'Destroy,' which harps on the effects of your actions on your future. My absolute favorite song on the album is 'Lullaby,' which seems to be a ballad to an ex-boyfriend with samples from some of the traditional lullaby 'Hush Little Baby'.

'Star Trek in the AIA, a plane crash and a false war hero (played by Woody Harrelson) who turns out to be a psychotic japist, Stan andWoody Harrelson) who turns out to be a psychotic japist, Stan and

run-ins with the CIA, plague rat (ex-Toasters vocals, present Pilfers vox) on "Back Again," and Vinny Noble (BIM SKALA BIM / Pilfers) on trombone.

If you are a music fan, you will want to download the CD before its completion. It's an impressive album.

For more information, check out www.MetroStylee.com (if your laptop still works) or call the info line at (212) 592-4762. Send questions, check out www.MetroStylee.com (if your laptop still works)

A&E Briefs

Auditions notices

Auditions for "Inherit the Wind," which will be presented by the Department of Communication Studies will be held on Feb. 9 and 10 from 7 p.m. to 9 p.m. in the theater.

Auditions for the musical "West Side Story," presented by the Center for the Performing Arts at SHU will be conducted on Feb. 11 and 12 from 7 p.m. to 9 p.m. in the theater.

Get your fifteen minutes of fame!

Local band Bang! will be filming a music video on Sunday at 9 p.m. at Shenanigan's in Norwalk. Anyone attending will get a chance to be in the video.

Trip to the movies

S.E.T. is sponsoring a "Night Trip to the Movies" tomorrow, including transportation and a special ticket rate of $4.50. The bus leaves SHU at 6:30 p.m.
The Sophomore forward from Fairhaven, N.J. had 19 points and a perfect game in the team's 82-55 victory against NHC. Toole was 5-3 in three-point field goals, 5-5 in field goals and 6-6 in free throws.

The senior captain from Astoria, N.Y. scored a total 44 points in two NECC victories. He scored 26 points against UMass-Lowell and another 18 versus New Hampshire College. Frye also leads his team in total points with 351.

The freshman from Clifton Park, N.Y. competed impressively in the 1,500, 3,000 and the 4x800 relay. She finished fourth in the 1,500 in 4:51, third in the 3,000 and anchored the third place relay in the relay with her split time of 2:26.

American Dream lose weight, bulk up, feel great and make $! I made $420 my first week and lost 42lbs in six weeks! How to spell relief: YOGA

Have you ever been so stressed out over school or work that you experienced a change in your personality? Have you taken it on yourself or your friends or been called home really upset?

According to recent studies, the practice of yoga reduces stress. Simple exercises that consist of deep breathing and stretches have gained popularity across the United States.

Yoga, according to an article by Rona Berg in American Dream, is gaining recognition for its health benefits. Jake Jacobson, yoga expert, is quoted by Hannon as saying, "an estimated four million people regularly practice yoga in this country is nearly double the number three years ago."

In an article by Rona Berg in Working Woman, Cindy Ming, an expert of yoga, is quoted by Berg as saying, "yoga exercises leave you calm, yet alert and energized."

There are other benefits to practicing yoga. Besides reducing stress, yoga lowers blood pressure. It also tones and strengthens muscles in the body.

Why yoga? According to Hannon, the availability of over 1,000 exercises or "poses" make yoga easy to learn. An exercise, yoga requires no equipment. All one needs to practice yoga is baggy clothing and a soft mat or floor.

Yoga is not a vigorous exercise. According to Hannon, in order to reduce stress, all you have to do is, "take a deep breath, close your eyes and feel the stretch."

In an article by Marci MccNaghten in New Woman, Elly Gardiner suggests the Stressbuster," a small wake-up routine proven to help wake-up your entire body.

It involves breathing and the stretching out of all the muscles in your body.

Before you get out of bed in the morning, there is an exercise that can put you in a good frame of mind.

Students at Sacred Heart are catching onto the yoga buzz. "I practice yoga to help alleviate the stresses from all of my studies," said Junior Elizabeth Gardiner.

"If you start your day off right, look in the mirror and smile an exaggerated smile. This will raise your spirits and help you get ready for the rest of the day," reports Gardiner.

The latest team statistics show that Frye is the Pioneers' leading scorer with 351 total points. Junior Dave Fisko leads the pack in rebounding with 140 total boards.

The team will face Southern Connecticut tonight in New Haven at 7:30 and return home on Saturday to play Franklin Pierce at 4 p.m. as part of Alumni Weekend.
Lady Pioneers: Suffer loss to UMass-Lowell and fall to second in NECC

Continued from page 16

By Carl Sturino

The team has the weekend off but will resume competition Feb. 8, at Brown University for the Alden Invitational.

The meet is scheduled to begin at 9 a.m.

Men's bowling in third place in EIBC

The Sacred Heart men's bowling team remains in third place after last week's Eastern Intercollegiate Bowling Conference meet in Lincoln, R.I.

Sophomore Tony Lopes (Seekonk, Mass.) led the Pioneers averaging 212 for seven games. Lopes took six of seven match play points.

Freshman Curtis Thompson Jr. (South Windsor) averaged 199, second for the team.

The Pioneers will compete in the last conference of the year in a two-day competition on Feb. 14-15.

Pioneer icewomen crush Holy Cross

The women's ice hockey team defeated Holy Cross in an 11-2 upset last Sunday in the Milford Ice Pavilion. Lauren Wiggins and Jaime Stirmets each had two goals for the Lady Pioneers and Anna Alverari made 21 saves.

Men's volleyball opens season with a split

The team lost 1-3 to NYU last Thursday, but defeated MIT 3-0 on Sunday.

Brian Drew had 14 kills (vs. NYU) and Brian Cotte made 24 assists.

Sports in Brief

The SHU Lady Pioneers warm up before playing a game in the Pitt Center Tuesday night.

Photo by Chris Reinhart

Ballou and Harbour lead team at Brandeis

The SHU track team traveled to Waltham, Mass., last Saturday to compete at the Brandeis Invitational.

The team improved on last year's eleventh place performance as it finished ninth out of 17 teams.

Scoring was not easy due to crowded events.

The top six finishers in each event scored points for the team, but some events had up to forty competitors, making scoring difficult.

Junior Morrise Harbour had the highest finish for the team, as he continues to dominate the triple jump event, finishing first with a mark of 44' 3".

Senior captain Sean Ballou placed in two events at the meet as he took second in the 400 meters and sixth in the 200 meters.

"Morrise and I both demonstrated that we're amongst the best athletes in New England in their events," said Coach Christian Morrison. "They've both worked hard to get where they are and deserve their successes."

Not only did the team's standings improve, but there were a number of highlight performances and records set throughout the meet.

"The men are really rewriting the record books this season," said Morrison. "It seems like they break four or five records every meet."

School records were broken at the meet by junior Tom McCabe, freshman Gregg Krytschenko and sophomore Brian "Ace" Williams and Calvin Dymond.

McCabe ran the 600 meter race in 1:29.52. Krytschenko set his mark in the 1,000 meters with a time of 2:41.44, shattering the previous mark by four seconds.

Williams ran the 5,000 meters in 16:28.91 and Dymond made his mark in the shot put, hurling it 41' 10 3/4.".

The team's recent success can be attributed to its rise in numbers every year, we're really solid in just about every event," said Morrison. "It seems like they're coached well and have a strong inside game."

The Pioneers took advantage of 26 NHC turnovers and opened the second half on a 24-4 run.

Leading the team in scoring is Rimkus with 13.3 points per game. Yablonski leads the pack in rebounding with 7.4 per game.

Sacred Heart will be in action Saturday, in the Pitt Center, squaring off against NECF foe Franklin Pierce. The teams are meeting for the first of two contests this season.

"It's a big game for us and will be a tough game for us," said Swanson. "They're coached well and have a strong inside game."

Tip off is at 2 p.m.
Sacred Heart University Pioneers

Stockton leads women’s track team at Brandeis Invitational

See page 14

Sacred Heart to honor its All-Americans

Sacred Heart University will celebrate the accomplishments of its All-America athletes in ceremonies prior to Saturday's home basketball game against Franklin Pierce in the William H. Pitt Heath and Recreational Center. The event is part of the annual Alumni Day program.

Although the University is not yet 35 years old, it has produced 45 All-Americans in nine intercollegiate sports: baseball, men's basketball, women's bowling, field hockey, football, men's and women's lacrosse, softball and men's soccer. Softball, with 14, has produced the most All-Americans followed by men's basketball with 11.

"To my knowledge, this will be the largest gathering of All-America athletes and the first time the University will honor them as a group," said Director of Athletics Don Cook. "For many of these alumni, this will be the first time they have seen the Pitt Center, which will make the day doubly special."


McGuigan, now coach of the Pioneer men's soccer team, was the first Sacred Heart athlete to earn All-America acclaim.

Win streak ends as Lowell hands SHU a loss

By Julie Ann Nevero
Sports Editor

The Sacred Heart women's basketball team lost its first game since Dec. 12, when it was defeated by UMass-Lowell (74-63) last week. The Lady Pioneers were on a six-game win streak and were tied for first in the NECC conference with the River Hawks prior to the loss.

"We haven't lost in a while so it was a very strange feeling," said Coach Ed Swanson. "We played on our home court and didn't shoot the ball well in the second half. We were only shooting 29 percent from the field."

Last Saturday in the Pitt Center, the team defeated New Hampshire College, in another NECC contest, 82-55, for the second time this season. After the split, the team stands at 13-5 overall and 8-1 in the Conference.

Despite the loss, the team had