Controversy still surrounds East Hall decision

By Chris Miron
Staff Writer

As Sacred Heart continues construction on the East Hall dormitory in the residential area across Park Ave. in Bridgeport, neighborhood residents and local officials question the integrity of the University's administration and the character of its students.

The 10 story building under construction in the middle of single family homes resulted in accusations that SHU ignored the concerns of the surrounding community. While SHU insists that measures were taken to address concerns of neighbors, others say SHU has been callous in its actions, typifying a "bad neighbor."

John Fabrizi, a local resident and president of the Bridgeport City Council said East Hall will negatively affect property values of the area, and is completely out of character with the area.

"People bought these homes for landscape integrity and the suburban type setting," said Fabrizi.

"Sacred Heart wants to steamroll over the neighborhood and is trampling on people's property, finances and families."

See East Hall, page 3

RA's intrusive, say students

By Samantha Fielder
Contributing Writer

Several Sacred Heart University students are concerned about what they feel is a lack of privacy in the dorms and apartments.

Colleen Shaw a junior from Newburgh, N.Y. said she identified Resident Assistant knocked on her door because she heard there was drinking going on, although there was none.

"I just did not understand why she wouldn't say she was an RA. Even if we had been drinking in here and she had introduced herself before I opened the door, we wouldn't have had enough time to clear out all the cans," said Shaw.

"The RA's are supposed to announce themselves before coming in or when knocking," said Tammy Hillard-Thompson, residence hall director for Jefferson Hill.

On two occasions, Shaw said an RA sat on a chair outside of student's apartments listening to what was going on.

"I went over to my friend's apartment and as I turned the corner there was an RA sitting outside the door listening. I left because I did not know what was going on," said Shaw.

"The only reason we would be allowed to listen at the door is if we heard some type of threat which has happened in the past. That is only because of the students' safety," said Hilliard-Thompson.

Several weeks ago, Christopher Spaterella, a junior from Garden City, N.Y. was sitting on his couch at Jefferson Hill and several RAs came to his door claiming that it was too loud in the apartment.

"I was sitting there watching the football game drinking a beer," said Spaterella. "There were only five of us here. The radio wasn't on or anything and they came to our back door."

The students in the apartment were written up and kicked off campus for two weekends.

See Privacy, page 2

Education starts new masters program

By Frances Moore
Contributing Writer

The Education Department is offering a new program allowing education majors to get their certification and masters degree in five years.

Education majors specializing in early childhood education, from nursery school, including children in need of special education, will be certified and receive their masters after four years of undergraduate studies and one year of graduate studies.

The program involves two years of field work.

During the students' fourth year of undergraduate studies, they spend the first semester observing children in an elementary setting three days a week.

The second semester is spent student teaching.

The fifth year allows the student to work with children ages three to five. It is a paid assistantship in which the teacher will act as a mentor for the students.

"It emphasizes the development of children and their families. It focuses on the students themselves and their development as a teacher," said Nancy Klein, director of the early childhood program at Sacred Heart.

The program, which previoulsy focused on children from kindergarten to sixth grade, is responding to the shift of national attention and is concentrating on the needs of children at a younger age.

The nation is beginning to realize the importance of providing education and care for younger children," said Klein.

Connecticut recently started a program called Readiness Initiative which responds to the educational and development needs of children ages three to four.

Currently, 11 students are enrolled in the program. These students entered the program together, will go through the same classes together, and the majority will graduate together in the year 2001 with their certification and masters.

"I think the program is a great idea. Not only does it save us money in the long run, but it gives us hands on experience right away," said Colleen Reilly, a junior and one of the program's 11 students.

"Early childhood education is a blossoming field across the nation," said Klein.

She predicts that there will be an increase in the programming for three or four year-olds over the next decade.

Klein stressed that the main purpose of the program is for students to get to know and understand children.
The Helping Hands committee aims to raise $5,000 to purchase Christmas presents for 80 of Bridgeport’s less fortunate children. The gifts will be presented to the children at the group’s second annual Christmas party from noon to 4 p.m. on Dec. 5, in the old gym.

Children from the Alpha Home and St. Charles Parish submitted “wish lists” requesting specific toys they would like to receive for Christmas and when fundraising efforts are completed, Helping Hands will purchase the toys.

At the Christmas party the children will have the opportunity to have their picture taken with Santa Claus and participate in a variety of games and arts and crafts. Letters went out on Tuesday to all the Clubs and Organizations on campus requesting volunteers to sponsor activities. Volunteers will be responsible for purchasing the equipment needed for their activity, in addition to setting up, running and cleaning their tables.

Later, the club raised about $3,000 enabling Helping Hands to spend $45 on each child but with double the kids this year, double the money is needed, according to Hank Parkinor, program assistant of Student Activities and founder of Helping Hands.

"Personally, it means so much," said Parkinson. "It gives us a chance to step back and see what that we have doesn’t compare to what they (the kids) have." Funds are raised both through corporate donations and by the selling of paper hands.

The university community will be able to purchase paper hands for a dollar in the Dining Hall within the next couple of weeks. Holiday messages can be written on the hands which will then be posted on the Helping Hands display in the Humanities Center wing.

"We are giving the kids a Christmas that they might never have had," said junior Lori Gorgone, co-chair of the Advertising Committee. "It’s so great to see the look on their faces when they open their presents."

Parkinson began the program back in his high school days, brought it to Quinnipiac as an undergraduate student and has since helped two other college start programs as well. "We’re really starting to become known," he said.

"Working with kids allows us to appreciate the things that we normally would take for granted," said Michelle Day, a senior committee member from Millbury, Mass.

Senior Michelle Fobert, chair of the Acts and Crafts committee, said Clubs and Organizations that get involved will love the feeling the event will give them.

"The little bit of time that they give makes the kids feel so great," she said.

Helping Hands reaches out

Continued from page 1

Privacy: Concerns raised

"We weren’t even loud and the RAs shouldn’t have come to our back door. The whole thing was ridiculous," said Steven Dodge, a junior from Prospect.

"The only reason the RAs would be allowed to come to the back door is to check on things. If they are violating privacy, it should be brought to my attention," said senior Michelle Fobert, chair of the Arts and Crafts committee.

"Students are afraid to come to me about problems, but if my RAs need training about privacy issues, I will give it to them," she added.

Many students say they realize that alcohol is not allowed in dry apartments, but they question>RAs entering through back doors and listening to what is going on. "I was upstairs in my friend’s apartment looking out the window of my apartment, and as I looked down, I saw an RA looking in the window of my apartment," said Sputereilla. "I don’t want the students to live in a prison. It is college and they should have fun," said Hillard-Thompson.
The Jefferson Hill parking lot is one of the several parking facilities on campus with space problems.

**Public Safety Releases**

**Public Safety Releases from Oct. 6 - Oct. 17**

- **Oct. 6:** 12:33 a.m. - West Hall resident reported receiving harassing phone calls.
- **Oct. 7:** 1:58 p.m. - Two vehicles at Parkridge were moved by picking up one end into the side of other parked vehicles, causing damage to the vehicles.
- **Oct. 9:** 3:50 p.m. - West Hall fire alarm received; no problems found.
- **Oct. 10:** 2:31 a.m. - Fire extinguisher in Science Center; she declined any treatment or transportation.
- **Oct. 11:** 12:04 a.m. - Officers escorted a trespasser out of Hill and university.
- **Oct. 13:** 2:22 a.m. - Officer observed vandalized fire extinguishers at Parkridge; they were replaced.
- **Oct. 15:** 2:12 a.m. - Curtis Hall fire alarm received; no problem.
- **Oct. 16:** 12:48 a.m. - South Hall resident reported theft; transported via ambulance to the hospital.
- **Oct. 16:** 2:06 p.m. - Commuter student reported her vehicle had been hit and damaged while parked in the North Lot by a J. Hill student who left a note. Fairfield Police called. Student was located in her class, told to come to Public Safety and meet with the police, Public Safety, and the owner of the car she hit.
- **Oct. 17:** 2:02 a.m. - South Hall resident reported students outside with fireworks; Officers responded and confiscated firecrackers (violation of University regulations).
- **Oct. 9:** 9:44 p.m. - Taft resident reported being harassed by another Taft resident.
- **Oct. 10:** 6:56 p.m. - West Hall fire alarm received; cause of alarm unknown.
- **Oct. 9:** 9:44 p.m. - South Hall fire alarm received; caused by a burning candle (violation of housing regulations).
- **Oct. 8:** 8:08 p.m. - Officer confiscated alcohol from students in the South Lot.
- **Oct. 7:** 3:12 p.m. - Townhouse resident reported a severe water leak; B&G notified.
- **Oct. 9:** 9:15 p.m. - South Hall resident reported she cut her hand earlier in Boston; she was transported via taxi to the hospital.
- **Oct. 9:** 10:25 p.m. - West Hall fire alarm received; caused by burned food.

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**Parking problems persist**

**Students, faculty unhappy with situation**

By Colleen Mitchell

**Contribute to Writer**

With the student population of Sacred Heart growing and the campus size staying the same, students as well as faculty are facing crowded parking lots.

"In the four years I've attended this school, parking has always been a major issue," said Colleen McDermott, a senior from Norwalk. "Once I was ten minutes late to class because I couldn't find a spot in the parking lot.

William O'Connell, director of Public Safety, said that there have always been complaints about parking. "Parking is tight this year, but there are always spots in the North Lot," said O'Connell. "People always want to park right next to where their class is.

"Many students feel that they should not have to park their cars far away and that their cars are unsafe in the North Lot."

"Between the number of stolen and vandalized cars last year alone, leaving a car in North Lot even for a five minute span is taking a risk," said Tim Lillo, a junior.

"The parking situation at Sacred Heart is affecting more than just students."

"I have found the faculty to be complaining much more than the students about parking problems," said a source from Public Safety who wishes to remain anonymous. "Not only are there students parking in faculty lots, but the school allows big wigs that don't even use the park there because they are donating money to the school.

"Faculty lots are being filled up quickly, leaving staff frustrated with where to park. "The parking lots are much more crowded this year," said Dr. Sylvia Watts, director of the Academic Incentive Program. "Additional parking would be helpful, but I just don't know where it would go."

**About East Hall:**

**Residents upset with Sacred Heart**

Continued from page 1

The neighborhood takes the position that Sacred Heart facilitated an insignificant exchange of ideas on the plans for the property. SHU feels that taking a more approachable stance members of the neighborhood feel that they are victims of an uncaring institution.

Tom Errichetti, a local resident and president of Bridgeport's Norwalk. "Once I was ten minutes late to class because I couldn't find a spot in the parking lot.

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**By Colleen Mitchell Contributing Writer**

Sacred Heart never initiated efforts to meet, and did so only after an "outcry" from the neighborhood, said Fabrizi.

Errichetti said a smaller, four story dorm or an administration building, added Madonna. During these meetings, the neighbors were apprised of the University's plans for a 10 story dormitory, added Madonna. During these meetings, the neighbors were apprised of the University's plans for a 10 story dormitory, added Madonna. During these meetings, the neighbors were apprised of the University's plans for a 10 story dormitory, added Madonna.

SHU feels that it did everything within reason to reach a compromise; both sides could live with.

Dr. Paul Madonna, vice president for Academic Affairs, said that SHU never directly responded. AMR Ambulance was called to transport the resident to the hospital.

**SHU feels that it did everything within reason to reach a compromise; both sides could live with.**

The neighbors never directly responded. The neighbors never directly responded. The neighbors never directly responded.

Dr. Anthony Cernera, president of Sacred Heart University, responded to the offer. The neighbors were not informed.

"We offered a smaller, four story building, but the alleged negative affects of having hundreds of college students living next door, said Cernera.

"Of concern to those aligned with the neighborhood is not just the aesthetic impact of the building, but the alleged negative affects of having hundreds of college students living next door," said Cernera.

"I know the problems that are occurring on campus before the arrival of the police, who left a note. Fairfield Police called. Student was located in her class, told to come to Public Safety and meet with the police, Public Safety, and the owner of the car she hit.

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EDITORIALS

Where have all the flags gone?

On Sept. 11, Sacred Heart University celebrated its 35th anniversary. Flags with the University's seal were placed on light posts all over campus to celebrate this milestone.

With each passing week, we have seen more and more of these commemorative flags disappear which leads us to ask: Where have all the flags gone?

Just about every lamp post on campus had a flag when they were first installed and now, there are some missing here and there all over the campus. The posts leading up to the Pitt Center are almost completely bare as well as the areas surrounding the Residental buildings on campus. This leads us to believe that they're hanging in student's dorm rooms instead of where they are supposed to be.

Denise Suphin, assistant dean of students, said that the flags cost between $400 and $500 a piece. They are a symbol of our university's birth and they are something we should appreciate and respect. They were hung for all to see and share and ultimately should not be disturbed.

Students part of the parking problem

We all know how tough it is to find a parking space in any of the several parking lots at Sacred Heart University. You've got a better chance of scoring a front row parking space at the mall on the day after Thanksgiving.

While little can be done to alleviate the problems in the North Lot during class hours, parking at residence halls and student resident lots could be made easier if the lots weren't full of cars without permits.

Every year permits are sold in the fall. No permit, no parking space. Unfortunately many students are unable to understand this, or simply unwilling to rely on the shuttle service or carpooling. Residence hall parking lots are full of cars without permits, taking up spots and leaving students who actually paid for a parking space out to dry.

Tickets go unpaid, and towing is unrealistic (can we really expect Public safety to tow all those cars and effectively patrol the campus?). This leaves the responsibility up to the students to understand that we are adults now, in college, and it's time to start respecting both the rules of our school and the people sharing it with us.

Take the precautions to protect yourselves and belongings

One Sunday afternoon, a student decides to start her laundry. She props her door with a brick and heads for the laundry room. She puts a load in the washer and returns to her room to find her computer, telephone and some CDs missing. She didn't even know this could happen. She was only gone for a minute. Well, sometimes, that's all it takes.

This is the most common crime on campus. How many times do we read the Public Safety Releases in the Spectrum and see, "student reported theft of a laptop" or "car stolen from North Lot."

It seems more students complain about property theft than alcohol and drug violations or sexual offenses. That's not to say that everything in our rooms should be bolted down to keep someone else from taking it, it just means that we should assume more responsibility for our belongings.

Sometimes we are too quick to trust one another. We think that if we develop relationships with our roommates, floormates, teammates that no harm will come to us.

When I lived in West Hall my freshman year, I propped my door open if I was going to do laundry or run to a different floor, everyone did. Fortunately, my belongings were always still in tact when I returned.

We think it can't happen to us and as a result, are forced to learn the hard way that it can. There are so many simple ways in which we can protect ourselves from theft.

It's not easy to do but we must view everyone as suspect. Nobody wants to believe that his roommate, frat brothers, or floormates would steal from him but sometimes the person that knows you best is the person who takes your things.

Your roommate might be the most honest, trustworthy person and he or she may care very much about the safety of you and your things but not everyone who comes into the room with him or her will feel the same way. These people might have no concern for your room or your things and this makes it easier for them to take something.

Maybe students on each floor should develop some kind of neighborhood watch group to protect the things and each other from prowlers.

Though most of us probably wouldn't admit it, we do feel safer knowing our parents or guardians are sleeping just down the hall. I know I do. We learn at birth that our parents are there to protect us and being a couple of states away from them can make us feel unprotected.

We are a relatively small university that doesn't have the same kind of security problems as school with 50,000 students but this doesn't mean that we are immune to crime. We should make the effort to protect ourselves and our stuff because we can't expect others to do it for us.

By propping our dorm room doors or leaving car doors unlocked we are giving thieves an open opportunity to commit a crime. If we don't give people the opportunity to take things, odds are they won't.

The SHU Voices

Has your privacy ever been invaded? If so, by whom?

"No. It has not been a problem because I live at Avalon Gates and my roommate and RA respect my privacy."

Mike Lalanne
Senior
Lincoln, R.I.

"Yes. It is hard to get time for myself because I live with nine girls at J-Hill."

Tricia Costanzo
Sophomore
Merrick, N.Y.

"No, because my roommates respect my privacy and they give me lots of space."

Dave Vitti
Senior
Newton, Mass.

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, clarity and length. 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 Sacred Heart University, 315 Park Ave., Fairfield, CT 06432-1000. The advertising deadline is 7 days prior to publication. Office phone numbers are (203) 371-7963 or 7966. Fax number is (203) 371-7828.
Letters

STUDENT OPINION: Professor

Letter to the Editor:

A few weeks ago, I wrote a letter to Dr. Staples, whom I thought was the director of the English Department. My letter was a tribute to one of my faculty members, Dr. Dipace. I was told that Dr. Staples was no longer the director; Dr. Curtis now was. Dr. Staples forwarded my letter to my director. I was very disappointed that no action was taken from my letter. I had asked that Dr. Dipace be recognized and commended for her constant inspiration. Nothing was done, so I am taking it upon myself to give her the public recognition I believe she deserves.

After having Dr. Dipace as an English professor, I can honestly say my life here at Sacred Heart has changed. The environment she created in the classroom was one I had never really experienced before: warm, relaxing, comfortable and anxious to learn. She possesses so many wonderful qualities, not only as a professor, but as a person as well. She has such a deep dedication to her work, and the concern for her students is immense. Dr. Dipace has been such an inspiration in my life. She has always been there for me, supporting and encouraging me in any way possible. She is the reason I am here and is part of my support system here at school. I am so grateful to have her. Dr. Dipace always finds time to stop and say hi in the hallways or to talk in her office about whatever is on your mind. Her smile and sense of humor are things that make you feel good when you see her. Although these things may sound small and simple, they have made an everlasting effect on my life. Sometimes it is these simple things we take for granted.

There is no possible way I could think of to show my appreciation for Dr. Dipace and all she has done for me and many others. I wanted everyone to know just how special she is. Thanks for being you. “I wish we could all be a rose.”

Martha Belesis
Junior Social Work Major

SENATE MEMBERS RESPOND TO STUDENT’S OCT. 8 LETTER

Letter to the Editor:

This is a response to the “Student shouldn’t be forced to get involved” letter published in the Oct. 8 issue of the Spectrum. The Senate read the letter and discussed the issue brought forth by the writer. Becoming involved is strongly encouraged by faculty members and upperclassmen. We feel that the Freshmen Seminar classes are an imperative component to the growth of all students at Sacred Heart. It is a great way to meet new people and make new friends. It also gives many people a feeling of purpose, instead of being here just to go to school. For one, was never involved my freshmen year of college. As a matter of fact, I wanted to transfer because I was so unhappy. Then, I made the right choice to stay and it another try. I got involved in Student Government and started doing more things on campus, including many of SET sponsored events. Now, in my third year, I am very happy and I made the right decision to stay and become involved. We feel that this first-year student got the wrong impression about the Freshmen Seminar classes. First-year students should understand that Freshmen Seminar classes are not forcing student involvement, they are highly encouraging it in order to make a student’s college years as successful and enjoyable as possible. They help to enhance the student’s potential as he/she adapts to the university, becoming more of a well rounded individual.

Nicole DeAngelo, Amy Cordova
SHU Student Senate members

GAME ONE OF SERIES WAS UNFAIR

Game one of the World Series went to the New York Yankees as a very tainted win. In reality, the San Diego Padres should have won the game 6-5 but it had not been for the home plate umpire’s failure to call a third strike on Tino Martinez. Instead, he called it a ball and gave Martinez another chance. San Diego’s Mark Langston was forced to deliver the two-out, buses-loaded, full-count pitch down the middle to avoid a walk. Martinez hit a grand slam. No poetic justice in this case. Everyone in the world watching the game knew the pitch was a strike; it wasn’t even close to being marginal. If the umpire had called the strike, it would have ended the inning for the Yankees. But, of course, no one is allowed to argue calls on balls and strikes, so basically the umpire can control the outcome of a game. I’m not particularly rooting for either team, but I felt sorry for San Diego; they deserved to win the game.

This doesn’t seem to be an isolated incident. It goes on in all the major sports championship series, because certain teams that represent big money and big markets are favored to win, and they are helped along by the officiating. This is very sad.

Gene Frye
Kansas City, Kan.

Printed in USA Today
Student nurses prepare for the clinical world

By Julie Pandolfo
Contributing Writer

She walked down the hallway towards the patient's room overwhelmed with nervousness. Not knowing what lay ahead of her, she knew that she had to kick her fears aside. She realized she was the one here to help.

"Hello, my name is Amy Dawe and I am a student nurse from Sacred Heart University," she said, introducing herself.

Dawe explained she was not the primary caregiver. Her job was to assist the nurse and provide care for the patient, two scheduled days out of the week. Later, Dawe would formulate a plan of care report as a requirement for the class.

Dawe is one of Sacred Heart University's student nurses who participate in the clinical program. Clinics are held at nearby hospitals in northern Connecticut.

The clinical experience teaches skills that the student is required to learn, and they in turn provide care for the patients. "So far this has been a great experience. I have learned a tremendous amount," Dawe said. "I value the time that I get to spend in the hospital becoming closer to the patients."

The students conduct their clinical at hospitals such as St. Vincent's, Bridgeport Hospital, St. Raphael's, and Griffin Hospital.

"I value the time that I get to spend in the hospital becoming closer to the patients" - Amy Dawe

Dr. Linda Strong, the director of the program, feels as if the experience that the students get from the clinical is very beneficial.

"Every student that is in the nursing program participates in the clinical experience," said Strong. "The program is very successful. The students practice discipline and integrate nursing concepts in real life experiences."

Strong credits the success of the program to the commitment of the students.

"It's a great success because of the variety of clinical experiences it closely mirrors the real world healthcare and what it looks like," said Strong. "The program depends upon the students desire and commitment to learn the concepts," she added.

By Keysha Whitaker
Features Editor

One Sacred Heart student is dedicated to making math easier for children.

"Math is not as difficult as people think it is. It's all an intimidation factor. Mathias Mathy would help remove this," said Doherty.

Continuing education student John Doherty has a concern for people and a passion for math. The two prompted him to develop a lovable math professor named Mathias Mathy.

Mathias Mathy is a short, stout German professor. Mathias will be used as a teaching aid for children and encourage a greater understanding of math. Mathias will be a co-mascot for Clean Sound, Inc., and a participant in the Connecticut Public Engineering Program (CPEP).

Doherty, who has worked at Sikorsky Aircraft for 15 years, decided to return to his first love, math. In 1995, soon after attending Sacred Heart, Mathias Mathy was born.

Doherty developed Mathias Mathy in 1997. The original concept was a math T-shirt with the character Mathias Mathy. After meeting with Jim Kietley, who draws Mathias, Doherty decided that Mathias could be a beneficial learning tool for children.

Mathias Mathy at the present time, is involved with two non-profit organizations. The Connecticut Public Engineering Program in New Haven is a city wide science fair and engineering program for latchkey kids.

CPEP is backed by Olin, Bayer Corporation, Honeywell and Yale University. The afterschool program provides tutoring workshops, study groups, and mentors for latchkey children.

Mathias Mathy is used as a teaching tool for children in the program which is open to grades K-12. There will be workbooks and coloring books featuring Mathias guiding kids through various math problems.

"The kids have activities, and arts and crafts, not just learning Mathias and this program makes math more fun for the kids," commented Doherty.

CPEP is held at Trinity College, the University of New Haven, and Yale University, all sites provided by the backers.

"If I can help a kid overcome the feelings of frustration and being lost with math, then I've accomplished my goal" - John Doherty

Mathias Mathy is also a part of Clean Sound Inc. Clean Sound, Inc., a non-profit organization, works toward combating the pollution of Long Island Sound.

The organization sponsors a series of beach cleanups, which primarily focus on New Haven and Fairfield counties. On October 24, there is a clean-up scheduled for the Housatonic River in Shelton.

Shebby, the mascot for Clean Sound, Inc. will work together with Mathias Mathy to promote environmental awareness to children.

Mathias will work out the chemical aspects of the cleanups. Professor Mathy is not just for grade school students. On many instances, he is caught rattlefishing off formulas for double or triple integrals, or the logarithmic differentiation.

Mathias Mathy T-shirts feature Mathias on the front in scenes corresponding with mathematical formulas on the back. T-shirts with formulas are geared toward the math lover. There are also T-shirts with Mathias alone, for younger students.

Curious math lovers may visit the Mathias Mathy website at www.connecticutsbest.com/mathiasmathy. There are trivia questions and information on Mathias Mathy's latest projects.

For a short time right out of high school Doherty had attended Boston College. He is happy with his decision to return to school to finish his degree.

"I really enjoy being back in school. I love being around the kids. I have a son who is 25 years old and in graduate school," commented Doherty.

Doherty expects to graduate in the Spring of 2000, and then would like to pursue a career as a high school teacher. He wants to make a difference in the lives of children.

Doherty said "If I can help a kid overcome the feelings of frustration and being lost with math, then I've accomplished my goal."
Keeping The Heart Healthy

SHU's bi-weekly health column

By Sara Allia & Carrie Nielsen of the Student Nurses Association

Advised by Dr. Linda Strong

There is one feeling that is common to many students: the head starts to throb, the eyes get heavy, and all an individual may want to do is sleep.

We’re talking about headaches. Headaches can occur at any time - in the morning, during class, or even at the mall. A sudden headache may leave you wondering how you can feel fine and the next have a headache “this big!”

The fact of the matter is that headaches are actually one of the most common physical complaints. Headaches are a symptom, rather than a disease itself.

It is estimated by the National Headache Foundation in Chicago that 90 percent of Americans have at least one headache per year. Headaches can be caused by general factors including the food you eat, stress, and anxiety.

These factors may cause your body’s blood vessels to enlarge, resulting in a headache. There are several types of headaches. One is the infamous migraine. A migraine is the most severe and debilitating type. Migraines are accompanied by nausea, sensitivity to light and sound, and possibly vomiting.

Tension headaches are the most common. Tension headache sufferers, doctors can prescribe stronger medications if these are ineffective. Also, getting plenty of rest and taking each day to relax will help diminish headache symptoms.

While relaxing, try this technique to soothe you. Sit, relax, close your eyes, clear your mind and think of a calm scene or past experience.

For instance, imagine yourself lying on a white sand beach on an island far away surrounded by clear blue water. You are all alone under a swaying palm tree hearing only the sound of soft music playing in the background.

You are free from homework, work, professors, parents, and anything else that stresses you out. Now, you finally feel your body becoming less tense. Open your eyes.

From left, Sara Allia and Carrie Nielsen

aches are caused by the tightening of the muscles in the back of the neck and scalp. Also, there are sinus headaches which are a result of a blocked sinus cavity from such illnesses as cold or flu.

Headaches, however, can be prevented. For example, certain foods have been associated with triggering headaches and should be consumed in moderation. These foods include: chocolate, cheddar cheese, citrus fruits, cold cuts, beer, caffeinated beverages, yogurt, hot dogs, peanuts, peanut butter, and MSG (the take-out Chinese food).

Other helpful hints include: read in adequate lighting, listen to the radio and Walkman at a lower level, and avoid those strong smelling perfumes and colognes.

Once you try the prevention route and continue to suffer from headaches, there are some effective practices to alleviate them.

Over the counter medications such as Excedrin, Advil, or Tylenol are helpful. For chronic headache sufferers, doctors can prescribe stronger medications if these are not effective. Also, getting plenty of rest and taking each day to relax will help diminish headache symptoms.

White relaxing, try this technique to soothe you. Sit, relax, close your eyes, clear your mind and think of a calm scene or past experience.

For instance, imagine yourself lying on a white sand beach on an island far away surrounded by clear blue water. You are all alone under a swaying palm tree hearing only the sound of soft music playing in the background.

You are free from homework, work, professors, parents, and anything else that stresses you out. Now, you finally feel your body becoming less tense. Open your eyes.

From left, Sara Allia and Carrie Nielsen

Student Events Team promotes participation

By Tim Lallo
Contributing Writer

Each member, holding a ticket, started with anticipation at the leader.

With all seated, the leader walked to the front of the room, coughed briefly to clear his throat and said, “Welcome. It is time to draw another winning raffle ticket.”

The leader stuck his hand in the box, looked at the ticket and said, “The winning number is 711904.”

“Yes,” said a member who made her way to the front of the room to receive the poster.

The Student Events Team (S.E.T.) meeting begins this way every Tuesday at 8 p.m. in the Mahogany Room.

The meetings plan events for all students.

Events range from bingo nights, food and comedians, on campus throughout the academic year. S.E.T. also sponsors many trips within and out of Connecticut.

More than the existing 100 or so members should be involved in the planning of events at our University,” said Mike Dutton, the executive vice president for the Student Events Team.

Dutton said that he can not understand why students say there is nothing to do on campus when there are usually two or three events per week from S.E.T. alone.

“We need to know what the students want in order for us to plan successfully,” Dutton added.

Caitlin Hurley, sophomore advertising chair from Barnstable, Mass., said she believes people should want to help S.E.T. by bringing their ideas to the meetings.

“I feel that Student Government is a very positive group on campus. People outside do not realize what we do, and it is important that we reach these people,” said Thomas McCabe, student government president and senior from Mahopac, N.Y.

Members often say they hear other students saying they have better ideas that could help S.E.T. The members should help themselves commit themselves to bettering the University and joining the organization.

Mike Dutton

Dutton disagrees.

“Attendance at events if fantastic this year and grows more each week,” he said.

According to the members of S.E.T., each event takes more planning and work running than people who just attend the events are able to see.

“I don’t think that S.E.T. gets even close to the recognition it deserves,” said Gil LeFort, a sophomore from Harrissville, R.I.

“People should join S.E.T. because it keeps you involved and is a lot of fun,” said Hurley.

Anyone interested in making an impact on campus while meeting new people should attend a Tuesday night meeting for S.E.T. or call the Student Government Office at extension 7954 to speak to someone on S.E.T.

CAMPUS HAPPENINGS

Flan sale sponsored by Ballroom Dance Club

The Ballroom Dance Club is sponsoring a Flan sale. The Spanish custard is on sale now, Price is $8 for an eight-inch pie pan of flan. Please e-mail or contact Darlene Harris, or Frances Collazo, director of academic advisement.

Folkloric Night celebrates Hispanic culture

La Hispanidad will sponsor the Folkloric Night, tonight at 7 p.m. in the faculty lounge. There will be Spanish music played by Angel del Rio, famous Puerto Rican artist, and dance performances by a group of female Salsa dancers. Donations will be taken for the hurricane victims in Puerto Rico.

Called to heal a broken world

There will be an evening of reflection and discussion on Tuesday, Oct. 27, from 8-10 p.m. The discussion will be held at St. Joseph’s Manor in Trumbull. The discussion is a part of the “Dwelling Places for Health Care Professionals” series.

Compiled by Keysha Whittaker

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A GREAT
COSTUME AT

CREATING A UNIQUE
HALLOWEEN LOOK
IS EASY AT THE
GOODWILL STORE.
A painting from Theodore Waddell's "Western Contemporary," showing in the Gallery starting October 25.

By Paula Jean Steiner
Contributing Writer

He will never forget the first time he went to a life drawing class. He was sixteen years old. He sat in class and thought, "Wow, a nude woman is posing in front of me."

"I did my best to hide my juvenile reaction," said Jack de Graffenreid, professor of art at SHU. Basically, he watched the others in the class for reassurance that he was responding naturally. "It took a couple of classes for my awkwardness to subside, but once I succeeded to get over the shock, I realized that the jocks who were looking through the peep hole were acting childish and foolish," said de Graffenreid.

Life drawing class is required for all art majors. However the studio is very small. The class has room for only seven students. "It took a couple of classes for my awkwardness to subside, but once I succeeded to get over the shock, I realized that the jocks who were looking through the peep hole were acting childish and foolish," said de Graffenreid.

Life drawing class is required for all art majors. However the studio is very small. The class has room for only seven students. During the semester each artist will have the opportunity to draw three to four nude models. Studio sessions are three hours long. The model will pose 15-30 minutes at a time. Much depends on the model and their own ability to hold still.

"When they don't hold still long enough it is hard to draw," said Mike Brady, a sophomore from Bohemia, Long Island. "It is difficult for some models to return to their exact pose when they return from a break."

"There are a lot of things that go through a person's mind when you encounter a nude model for the first time," said de Graffenreid. The situation changes when the person in front of you is of the same sex. The comfort zone that was established before has to be restored.

"There is some level of being uncomfortable, because you have to make comments," she added. "Awkwardness exists because in real life, there aren't nude people walking around."

A female student, who wishes to remain anonymous, said that she can't allow herself to daydream in the class and that she blushes every time she enters the class. "I usually do a lot of pondering while I draw, but in this class, the embarrassment returns constantly when I bring myself back to the moment,"

de Graffenreid mentioned that drawing a nude model presents a balance of the human body because clothing disguises its muscular structure. Pfeifer agreed with de Graffenreid, claiming that drawing a nude model increases the ability to see the body more clearly.

"There are some nude pictures that most find disgusting and improper," said de Graffenreid. "These nude models are trying to bring you to your comfort zone. If it does, then the artists have accomplished what they set out to do."
Lack of transmitters plagues WHRT

By Greg Bretton Contributing Writer

A business owner from Fairfield, Conn, was driving home on a Friday from her job and drove by the Sacred Heart University campus.

She had heard that SHU had a radio station and wanted to see what kind of program the school was airing. She was frustrated with what she found.

As Lisa Miro turned her radio dial to 91.5 she noticed that she wasn't getting any of the station's programs. Her first thought was that the problem was with her radio, but it wasn't. The problem was with WHRT.

Miro, who has been around the industry had connections to people in the radio business and wanted to offer WHRT a critique on style and technique. Since she couldn't hear any of the programs she was unable to do anything at all.

Sacred Heart's radio station can only be heard in the parking lot and in the dorms on campus as well as Jefferson Hill. This is because of the limited range of the transmitters on top of the buildings.

"It is really sad that the radio station is so weak," Miro said about the situation. "A lot of college radio stations get broadcasted for miles around and get recognized nationally and I'm sure Sacred Heart could do the same thing if they invested a little money into it."

"It's pathetic," said Anthony Grieck, a junior at Housatonic Community College from Trumbull. "When I went to Seton hall last year our radio station got recognized all around because we got distance."

Last year it was rumored that there was a possibility of a dish being installed that would have WHRT sent through Fairfield county, but as of yet this has not happened.

The major obstacle at this time is money. If WHRT cannot raise the funds to buy transmitters, the signal has little chance of being increased.

Believe politics has nothing to do with your life?
Skeptical about government?

Discover the true facts—Intern at the Connecticut State Capitol.

Learn about state government and earn academic credit this spring semester as a legislative intern at the State Capitol. Work with a State Senator or Representative and develop firsthand knowledge of the real world of politics.

Both part-time and full-time internships are available. A major in political science and prior political experience are not required. Academic credit is granted by most colleges and universities. In addition, a travel stipend is awarded to cover the cost of travel to the State Capitol. To learn more about this program and obtain an application see your campus advisor.

Additional information may be obtained on the Web at www.cga.state.ct.us/ls/internship.htm or by writing directly to: Program Director, Legislative Internship Program, Legislative Office Building, Hartford, CT 06106.

DEADLINE FOR SUBMISSION OF APPLICATIONS — NOVEMBER 1, 1998.

Campus Advisor: Dr. Gary Rose
History/Political Science Dept.
Sports Scores

Football
SHU, 7 Robert Morris, 44

Women's Soccer
SHU, 1 SCSU, 0
SHU, 2 Mount St. Mary's, 3
SHU, 0 Binghamton, 1
SHU, 2 Southampton, 0

Field Hockey
SHU, 0 Brown, 1

Women's Tennis
SHU, 5 Dowling, 4

Men's Soccer
SHU, 0 SCSU, 0
SHU, 0 Binghamton, 4

Women's Volleyball
SHU, 3 SCSU, 2
SHU, 0 Queens, 3
SHU, 3 Merrimack, 1
SHU, 0 Mercy, 3
SHU, 0 Albany, 3

Tennis: Season ends at 7-4
Continued from page 12

Galizia and Magri played strong all season, finishing the season with an 8-6 record at first doubles. Molloy finished with the best overall singles record at 8-6, while playing with Freshmen Meghan O'Connor, from Guilford, helping to anchor the doubles play with a team best 8-4 record.

"We graduate only one player, so we can count on similar if not better results for next season said Gaustele. With the Pioneers returning virtually all of their players, and committing to a new post season work out program, the lady Pioneers look to only get stronger in the future.

Runners repeat at Fairfield

By Emily Greenough
Staff Writer

"The women have worked too hard to be where they are right now," says Morrison. "It’s no fluke that they’re winning a Division I invitational two years in a row."

The usual tough competition at the New England Championships, against nationally ranked schools such as Providence College, did not stop the SHU women’s varsity team from placing 26 out of 42 complete teams.

The Fairfield Invitational proved to be a success for the second year in a row. The women defended their first place win from last year and the men improved from their fifth place finish last year to third.

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SHU Records

TEAM WLT
Football 1-6
(W) Soccer 5-6-1
(M) Soccer 0-13
(W) Volleyball 5-14
Field Hockey 6-6
(W) Tennis 7-4

CROSS COUNTRY

"The men are running very well right now, despite the loss of our top runner, Chris Ciparelli, to a season-ending injury," said coach Christian Morrison. "The rapid emergence of Ed Njai, who is a beginner in cross-country, has really helped."

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NCAA: Academics come first
Continued frompage 12
ize that they need to do their work and get good grades to play at the college level," said Mark Nofri, the defensive coordinator for SHU's football team.

"Organizing our team deals with freshmen coming in who don't take the right classes or don't have the grades to be eligible to play," Nofri added.

The NCAA feels that the only way to get young athletes to focus on school work is to make sure that academics and school work are a necessary part of playing.

"I had to find out in my final year of high school about all of these different requirements," said student athlete Steve Ladd. "Some people got lazy and didn't take the effort to find out what to do. Those people didn't become eligible."

"I talked to my guidance counselor and he showed me what to do and made me realize that I needed to do well in high school in order to play in college," said freshman Brandon Graham.

"Every student either in college or incoming freshmen should be aware and talk to people to find out the right requirements to get eligible," said Cook.

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Michelle Majeski, a junior on the SHU women's soccer team, scored the lone goal in a win against CCSU last week. Majeski leads the team in scoring with three goals and four assists.

Heather Stockton, a sophomore from Clifton Park, N.Y., has been the top finisher in the women's cross country team in each meet this season. She led the team to a win at the Fairfield Invitational.

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PIONEER CLASSIFIEDS

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A Westport based Technical Search Firm seeks Part-Time college student to assist in Market Research. Good typing skills. Strong Communication skills required, Flexible hours, 3:00 pm to 5:00 or 6:00 pm preferred Call Steve or Bill at Chaves & Associates 222-2222

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Athletics open up to women

Sacred Heart University offers 17 sports to women athletes, including basketball.

By Colleen McDermott Contributing Writer

All across the country, student athletes search for colleges that offer sports scholarships. In the past, men played sports, but for women it was a struggle. Before the mid 1970's women rarely had the option to play sports at the collegiate level.

Access to more opportunities has helped women's sports and the government's demand for equal treatment of women in sports for the past 26 years, said Janet Lee in an article in Women's Sports and Fitness Magazine.

Recent media coverage of WNBA basketball games has shown the nation that women are taking a stand in the world of sports, and men are not the only people who possess talent.

Colleges are especially affected by Title IX and women are given more sports scholarships enabling them to meet their goals in higher learning more job opportunities become available to women in coaching and administration positions.

At Sacred Heart, there are ample opportunities for women to participate in athletics. SHU fields 15 sports for men and 17 for women. Nine head coaches are female.

Some female athletes may feel that they don't receive the attention that the men do.

Don Cook, director of Athletics at SHU, said that SHU strives for equality among the sexes.

"We don't discriminate between men's and women's sports, and we do everything we can to make sure that there's equal publicity," he said.

"In terms of publicity, there is an equal emphasis placed on both except there's one sport that's always highlighted and that's football," said Megan Keefe, a sports information representative and a graduate of Sacred Heart.

"But that doesn't mean women don't get coverage," she added.

Keefe says that women's athletics at Sacred Heart has improved over the last few years. "I think since I played four years of athletics, they're growing in terms of sports and members," she added.

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Pioneers struggle at Queens

By Adam Lagnese Staff Writer

Despite going 1-3 in the Queens College Volleyball Tournament, Sacred Heart still had a bright spot when junior middle hitter Tricia Moore from Lindenhurst, N.Y. was named to the All-Tournament team. SHU placed fifth out of nine teams in the tournament.

"We play down to our competition," said setter Katie Sammon from Bellmore, N.Y. "The team also gives up pretty easily. If we are down 14-11, we give up and figure that we will win the next game."

Sammon also cited the mistakes the team was making when she said that they were stupid and basic mistakes. "Our passing was there, but not everyone was mentally on," said Sammon.

"We were swept in the weekend tournament by Queens College, Mercy College, and Albany. The lone win for the weekend came against Merrimack College. "We are playing well," said Moore, "but I think we could be playing better." Although we haven't won too many games, I still think we have a very good team."

Moore has really been on her game lately by posting 30 kills in three straight matches leading into the tournament. She also broke her own record for kills in a match with 36 in last week's 3-2 loss to New York Tech. Moore leads the team in kills with 309 and hitting percentage with .367.

The Lady Spikers are now 5-14 and were unable to finish with a winning record for the season.

Sammon said the winning and losing is not something the team will focus on for the remainder of the season.

"We cannot achieve a winning record this season," said Sammon.

"We will work on getting back to basics and on the new offense. We will start preparing for next year," she added.

SHU hosts Concordia on Friday at 7 p.m. for its only match of the week.

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A Westport based Technical Search Firm seeks Part-Time college student to assist in Market Research. Good typing skills. Strong Communication skills required, Flexible hours, 3:00 pm to 5:00 or 6:00 pm preferred Call Steve or Bill at Chaves & Associates 222-2222
Pioneers wind up best season in school history

By Jason Havelka
Staff Writer

Despite a lack luster performance last weekend at the conference tournament, the women’s tennis team finished with their best record ever at 7-4.

“Feeling the pressure to meet last year’s third place finish in the tournament, the Pioneers suffered a number of early round defeats which contributed to their fourth place finish,” said senior Sarah Molloy of Avon. “I believe that last years results and this years good record took a toll on the team’s mental focus during tournament.”

Sophomore Andrea Breton from East Hartford, and freshman Tricia Dacey of Syracuse, N.Y. finished with Sacred Heart’s best results of the tournament with an appearance in the second flight doubles final. Breton and Dacey were defeated by Franklin Pierce 6-3, 6-2.

Sophomore Jessica Magri of St. James, N.Y., who’s steady play all season has made her such a tough opponent, lost in the second round to the eventual champ from Binghamton in three sets.

“I think we mentally weren’t ready to play, making too many errors which we commonly should not make,” said Coach Mike Guastelle. “We can not let this affect our outlook on the excellent job the team did this season.”

The Pioneers played their best as a team, winning 63 percent of all doubles matches they played. “This season has been one of the greatest experiences I have ever had in my three years playing tennis here a Sacred Heart,” said junior Jennifer Galizia of Staten Island, N.Y. “I just want to forget about last weekend.”

See tennis page 10

NCAA cracks the academic whip on athletes

By Michael Toto
Contributing Writer

College athletes around the country are now required to have higher academic standards and take a certain amount of credits to be eligible to play sports. Sacred Heart University has also toughened standards and requirements for college athletes.

Recently, the NCAA sought to ensure academic success with Proposition 48, which raises the eligibility standards for incoming freshmen athletes. It states that an athlete needs a 2.0 grade point average in a high school core curriculum and a combined SAT score of at least 700 points.

Soon the requirements will be raised when the NCAA introduces Proposition 16, which increases the grade point average to 2.5 and requires more math and English courses.

Sacred Heart University aside by the NCAA eligibility rules and also follows its own eligibility rules standards.

“Students must follow and make all of the requirements to play athletics for the University,” said Don Cook, athletic director at SHU. “There are no exceptions, and every athlete knows of the requirements needed to play and be eligible.”

Cook pointed out that a student athlete must be enrolled in a minimum of 12 credit hours to be classified as a full-time student. In addition, a student athlete must have a minimum grade point average of at least a 2.0.

If a student falls below a 1.49, he will be placed on academic probation. The student must then earn at least a 2.0 the following semester.

If a student athlete’s grade point average drops below a 1.0 then that student will be automatically suspended from the team and the school.

The NCAA standards require that a student take at least 12-credit hours to play. The student must also take a minimum of 24 credits each year and a student must declare a major by the fifth semester.

The increased academic standards are a result of an NCAA study that showed 42 percent of men’s basketball players graduated on time. The number is down from 46 percent year ago.

SHU does not release graduation rates for athletes, however Cook said the school will be required to do so once the transition to Division I is complete.

“It is hard for young athletes to understand, but they better realize the importance of at least a 2.0,” said Don Cook.

See NCAA, page 11

SHU back to losing ways with loss to NEC foe

By Matt Duda
Sports Editor

Sacred Heart University’s football team won its first game in more than a year two weeks ago, but the Pioneers’ return to their losing ways last Saturday.

The host Robert Morris Colonials defeated Sacred Heart 44-7 to keep their Northeast Conference record perfect at 4-0.

The loss dropped the Pioneer’s record to 1-6 overall, 1-3 in the Northeast Conference.

Junior defensive lineman Mike Kuchar said that the combination of having a week off and a long bus ride to Pennsylvania hurt the Pioneers.

“We were out manned, overpowered,” he said. “We came out flat, we weren’t ready to play.”

Senior captain Greg Nota said that the team can’t afford to start weakly against a team like Robert Morris.

“A team like that, who’s not just the best team in the league, but in the whole ECAC, you gotta come out with guns blazing,” he said.

Robert Morris moved off six touchdowns and a field goal before freshman running back Khine scored on a 40 yard run.

Cowan was impressive for the Pioneers, running for 131 yards on 10 carries.

The Pioneer defense yielded 473 yards of total offense to the first place NEC team. The defense played most of the game with Nota watching from the sideline.

Nota suffered a bruised knee on the second play of the afternoon. It’s not clear if he will suit up for this weekend's game against Central Connecticut.

Despite the loss, Kuchar says that the Pioneers are still optimistic.

“We’ve already come into the league and beat the last team,” he said. “You can’t expect to go from the worst team to the best team in a just a couple of weeks.”

Nota says the team needs to focus on playing to their potential right from the kick off.

“We have to come to play. Nota said. “We can match up with anyone. We just have to come out and whack someone.”

Central Connecticut State travels to Campus Field this Saturday for a 1 p.m. contest with the Pioneers on Parent’s Weekend.

SHU could pull off an upset depending on which CCSU team shows up. The Blue Devils defeated St. Francis by just a touchdown, but lost to Wagner by only a field goal.

See below