Installation of new phone switch underway

By Cindy Burgos
Contributing Writer

With Sacred Heart increasing in size and population over the last few years, the number of incoming freshmen who are African-American was 54 in 1991, compared to 24 in 1998.

Grace Lim, assistant director of Student Life for International Programs said that State and Federal programs do not offer enough financial assistance to students to get them motivated to attend a higher learning institution.

“I think it has to do with economic reality. We need stronger support systems. Not only will we be able to recruit them but to also retain them,” said Lim.

“People need to understand the meaning of diversity. It needs to be appreciated more. We teach our students how to react to a challenge.”

Basically, financial aid is responsible for messing up people’s retention in this school. We struggle with financial problems and the competition to maintain good grades,” said Lim Le, a senior from Philadelphia.

Michael Bozzone, dean of freshmen, said that private universities like Sacred Heart have a tough time attracting minority students.

“The price has gone up and it is a different competitive market. The school is attracting more middle class white families and fewer Hispanics and African American families,” said Bozzone.

“Private colleges have to do some more work to attract more minority students and have a better rate of retention,” added Bozzone.

By Paula Jean Steiner
Contributing Writer

Sean Otter spoor, a Sacred Heart student has launched a new volunteer program in the Bridgeport area.

The junior from Milford has started the “Step by Step” program as a way to aid repairing front porches and steps of those who are unable to do it themselves.

“Step by Step” will be an ongoing program of The Volunteer Center of Greater Bridgeport.

Onster spoor became involved with Community Connections, a program designed to facilitate involvement in the Bridgeport community. Community Connections sponsored “Step by Steps” pilot home in August 1998.

“This is a quick repair or paint job to the steps and porches of homes,” said Onster spoor. “It really makes an immediate difference in the appearance of the home and personal safety of the residents.”

“Sean has discovered a need in the community and has gone about it to solve the problem,” said Phyllis Machlief, director of Service Learning and Volunteer Pro-

By Brian Carosaniti and Tara S. Deenihan

A new switch has arrived to help alleviate the phone problems that have plagued SHU since the beginning of the year.

The half million dollar switch, which arrived about a month ago, is currently boxed up in the mailroom pending cleaning of the new room in which it will be placed in the telecommunications office.

“The installation will be in segments so that it is not simply one day that a new switch is put in,” said Dr. Paul Madonna, vice president of Finance and Administration.

“We would anticipate a total phasing completion by the end of the semester. Improvements will continue as the phasing moves along.”

To help alleviate busy phone lines, all America Online local access numbers were blocked so students could not use them. That comes in response to a GTE survey that found that a major use of the phone lines was due to students, particularly South Hall residents, using AOL. The lines were blocked to determine if that in fact is the case.

“There is no real way of selling at this time because the system is so heavy with traffic,” said Rich Cohen, branch manager for GTE.

“It got better, but they have to do something about AOL. They are ruining it for the rest of us,” said Lea Greco, a freshman from Fairfield.

By Julie Ann Nevers

SHU student starts program

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Adjunct Language, Literature and Media Studies instructor Mark Edwards teaches one of his classes.

Adjunct pay not competitive

By Amy Finkle and Danielle Doname Staff Writers

As the number of students at Sacred Heart increase, many feel the need for professors does as well. This problem is handled by the hiring of many adjunct professors for various disciplines. In the past few years, the number of adjuncts has increased significantly.

Dr. David Curtis, chair of the department of Language, Literature and Media Studies, feels the problem may stem from the fact that the University pays adjuncts a significantly less amount of money per course than the other colleges and universities.

"It is harder than ever to get good people", said Curtis. "It has become increasingly difficult to find qualified individuals willing to teach part time at Sacred Heart."

According to Curtis, the Language, Literature and Media Studies Department alone has 63 adjunct professors.

The adjuncts at Fairfield University receive over $3,000 per course, and at Housatonic Community College, a two year institution located in Bridport, the adjunct professors receive $2,900 - $2,800 per course, according to officials from each respective institution who wish to remain anonymous. Salaries for Sacred Heart Adjuncts were unavailable.

"Adjuncts help to keep the University's instructional budget in the black", said Dr. Ralph Corrigan, professor of English.

"Without them teaching here, the University would have to either raise the tuition or cut back student services, so they’re crucial to the health of this institution."

"The adjuncts I have had in the past, were very thorough", said Michael Vaughn, a senior from Massape, Mass. "I think they deserve more than they receive, because they take time out from their careers to teach us. They want to teach or else they would not be here."

According to Dr. Marian Calabrese, professor of English, Sacred Heart University’s pay is not competitive, and it is difficult to find individuals willing to teach who have the appropriate degree.

"I don't know how we get them to come here,“ said Corrigan. "They are good people and good instructors and must feel that SHU is a special place and are willing to sacrifice the money to teach."

Dana Westing, a senior from Nashua, N.H. feels that the adjuncts should be paid at a more competitive rate.

"I think the situation is horrible because sometimes I feel the adjuncts are better than the full time professors,” said Westing. "They are teaching everyday in their full-time careers and can sometimes bring more into classrooms than just the information in the textbook."

Phones: New switch will be installed over the course of the fall 1998 academic year

Continued from page 1

Newington.

Although AOL was not informed about the blocking, George Krytyshchenko, acting Chief Information Officer, is not concerned about any legal ramifications, such as lawsuits from AOL. "Technically, a private institution can block whatever they want."

Telecommunications plans to evaluate the AOL situation and will then decide whether to provide the numbers again or not.

"We have to evaluate what the problem is to make sure it isn’t and AOL issue per se,” said Krytyshchenko.

Experts from Dallas, Virginia, New York and local areas were brought in to help SHU diagnose the phone problems.

According to Krytyshchenko, one of the main problems has to do with the current switch the University uses.

The current switch is from 1982 and unable to handle the amount of students using the phone systems. All calls coming from South and West Halls, the Pint Center, Jefferson Hill, Parkridge, Taft Commons and Avalon Gate have to currently go through the main switch.

"The reality now is that it needs to be upgraded to new technology," said Krytyshchenko.

"We can’t get any work done because you can’t get the proper information you are looking for," said Rosi Cervoni, administrative assistant in the Art Department.

Krytyshchenko said he hopes to eventually have Parkridge, Taft and Avalon dialing out from there and not having to go through the main switch, but he said he has to wait until the current situation is resolved before any future plans can take effect.

"We are using every resource possible to deal with the enormous increase in telephone traffic,” said Madonna.

So far, Madonna said that the installation of the new switch is going relatively smoothly.

"We get some sporadic problems as we go through the phasing. The phase that we are going through is called the 'band-aid' phase of the voice traffic. That has shown improvements,” added Madonna.

Brian Corrigan is News Editor and Tara S. Derihan is Associate Editor.
PUBLIC SAFETY RELEASES

Public Safety Releases from Oct 18 - Oct 24

Oct. 18: 12:13 a.m. - Jefferson Hill resident reported a vehicle speeding and scrutinizing its tires in the parking lot. Officers responded and dealt with a disorderly subject.

3:00 a.m. - Parkridge Officer reports a large altercation at Parkridge; Officers responded. Bridgeport Police requested. Officers separated parties and restored order.

6:00 a.m. - South Hall resident reported a prior altercation occurred between 5 females in front of South Hall; at least one student injured. No medical attention requested.

8:58 a.m. - A visitor's car parked in the Jefferson Hill lot was vandalized overnight.

6:57 p.m. - West Hall fire alarm caused by candles left burning in an occupied room; candles confiscated, matter referred to Res. Life.

10:15 p.m. - South Hall resident reported his roommate's girlfriend was in distress in Bristol; was threatening to harm herself. Bristol Police were called and responded to her home; individual did not harm herself.

Oct. 19: 12:04 a.m. - West Hall fire alarm caused by burnt food.

9:57 a.m. - Pitt Center staff requested an ambulance respond for a male who suffered a seizure; 911 called. Fairfield Police, Fire/Rescue and AMR Ambulance responded; male was transported to the hospital via ambulance.

10:30 a.m. - All West Hall residents requested an ambulance respond; Officers responded while AMR was called. Ambulance responded and transported the student to the hospital.

12:31 p.m. - Minor motor vehicle accident reported in the North Lot; Officer investigated. Fairfield Police also responded.

Oct. 20: 12:59 p.m. - Minor motor vehicle accident reported at the entrance to campus near the flag pole; Officer investigated. Fairfield Police also responded.

3:32 p.m. - Library fire alarm received; no problem found.

11:10 p.m. - West Hall resident reported a discharged fire extinguisher in the kitchen; Officer replaced it.

Oct. 21: 12:28 p.m. - West Hall fire alarm received; no cause found.

10:06 a.m. - West Hall fire alarm received; no cause found.

10:49 a.m. - Staff member reported falling and injuring themselves in the hall outside of the Marketplace; no medical assistance requested.

6:57 p.m. - Urban Officer observed the Fairfield Fire Department responding to campus with lights and siren. Public Safety had no reason to believe, while the Dispatcher called 911 to determine the nature and location of the emergency. The Dispatcher was informed a resident of Jefferson Hill was reporting to be in an out of conscious. Officers responded. Fairfield Police and AMR Ambulance responded.

Student transported via ambulance to the hospital.

2:26 p.m. - Avalon Gates student reported the theft of property from his apartment. Public Safety investigated; Trumbull Police also notified.

3:22 p.m. - Tai resident reported their vehicle was vandalized overnight while parked on the street.

6:02 p.m. - Student reported his vehicle was hit and damaged while parked in the North Lot.

6:06 p.m. - West Hall fire alarm received; no cause found.

6:16 p.m. - Officer observed graffiti on the Tai garage door; Tai notified.

Oct. 22: 12:17 p.m. - Academic Bldg.; fire alarm received; no cause found.

9:04 p.m. - Pitt Center staff reported a male injured his leg; an ambulance was requested and transported the individual to the hospital.

Oct. 23: 12:45 a.m. - Academic Bldg.; fire alarm received; no cause found.

1:35 p.m. - Jefferson Hill resident reports several females arguing in the bldg.; Officers responded and restored order.

1:53 p.m. - Public Safety dispatch received a phone call from the second elevator in South Hall; no one on the other end. Officer responded and found the elevator empty and vandalized; the elevator was taken out of service.

12:16 p.m. - Staff from Health Services informed an Officer of a student at Health Services who was ill and needed an ambulance. Dispatcher dialed 911. Fairfield Police and Fire, and AMR Ambulance responded; ill student transported via ambulance to hospital.

3:19 p.m. - West Hall fire alarm activated by air freshener spray.

9:14 p.m. - West Hall fire alarm caused by burning incense.

Oct. 23: 12:39 a.m. - South Hall resident reported suffering alcohol poisoning; 911 called. Fairfield Police and Fire, and AMR Ambulance responded. Student transported via ambulance to hospital.

1:45 a.m. - Jefferson Hill residents reported a male, dressed in a "Jason" mask, was scaring people; Officers responded, male had left the area.

2:21 a.m. - Officers observed a suspicious male in the North Lot, who was observing stealing an antenna from a vehicle. When Officers approached, he fled. Officers pursued the male on foot through campus onto the golf course, where he was apprehended. Fairfield Police were called and responded. Suspect said he was a...

PUBLIC SAFETY (cont.)

lacrrosse team recruit, staying with a student.

2:59 a.m. - West Hall fire alarm received, multiple floors in violation. Fairfield Fire Dept, called and responded. Building was fully evacuated, no cause for alarm found.

9:57 a.m. - Visitor to the Pitt Center fell from a chair and injured her back; 911 called. Fairfield Police and Fire, AMR Ambulance responded. Injured person was transported via ambulance to the hospital.

3:30 p.m. - AMR Ambulance transported injured football player to the hospital.

5:14 p.m. - South Hall resident reported the theft of his laptop computer from his room.

7:57 p.m. - Taxi employee reported a taxi cab driver parked and slumped over the wheel of the taxi on the Admin. Road; Officer responded and found the driver unresponsive. 911 called. Fairfield Police and Fire, AMR Ambulance responded. Fairfield Police found cocaine and drug paraphernalia on the taxi driver, for which he was arrested.

8:17 p.m. - Woman at the Pitt Center was having an allergic reaction to something she ate; the Fire Department responded from the Admin. Road. Call made. AMR Ambulance transported and transported patient to the hospital.

8:40 p.m. - Staff member reported falling down the steps by the Park Ave. House; medical treatment and/or transportation declined.

10:44 p.m. - West Hall resident received a wrist and face injury playing basketball, a friend drove the patient to the hospital.

Open to possibilities?

Attend the SCSU Graduate School Open House.

Thursday November 12, 1998 3-7 pm, Lyman Center.

Open your future to some impressive possibilities at one of New England's largest graduate schools. Whether you're looking for graduate programs to hone your current skills or for a new avenue to enrich your life, our 25 masters of graduate study will help you make your potential. Join us at the Graduate Open House to get advice from our faculty and register for winter sessions and spring classes. Call 203-392-5240 or 1-800-448-0601 for more information.

Southern Connecticut State University

Continued from page 1

Flags: thefts mounting up

Continue from page 1

and hard.

Student Government President
and member of Connecticut's 10th
Anniversary committee said that
students may not be the only one's
to blame.

"Someone is obviously tak­
ing them," said McCabe, "but it
could be students, or visitors.
We just don't know."

Miron feels that the taking
of the flags are not only stealing,
but are also putting themselves in
danger. She noted that a light post
on the pathway to the Pitt Center,
from which a flag was stolen, had
a broken glass dome.

"No one at this University
wants to see anyone get hurt," she
said.

The University noticed that
some of the sizes of the flags were
inappropriate for their locations
and as a result, those surrounding
the perimeter of Jefferson St. will
be replaced with 60 inch flags and
the smaller ones will be installed
in on-campus locations.

Miron believes that the cul­
prits find the flags so "intriguing"
that they want to have one for
themselves. SHU is currently
looking into producing mock flags
that the University community
would be able to purchase.

SHU has negotiated with the
Town of Fairfield for flags to be
installed in its downtown area,
according to Miron. Flags will fly
three times a year in this location,
equaling that of Fairfield Uni­
versity. They will hang from October to November, again from January to February and during the month of May. Sacred Heart is currently
contemplating for a fourth flying as
well.
Parent's attendance low at sample classes

Last week's Parent's Weekend featured many activities and events for students and their parents to participate in. Among the many events were the sample classes taught by University professors. The purpose of these classes was to make parents aware of the kinds of things that their sons or daughters are learning here. Parent's attendance at these mock classes last weekend was almost non-existent. Why?

Parents and students attended the Breakfast with President Cerrona from 9 to 10 a.m. and could attend classes from 10 to 11 a.m. No other activities were scheduled at this time, so where did everyone go? They disappeared for a couple of hours only to resurface at the football game, where they were packed like sardines in the stands. The classes were also one of the only activities that was free.

This is probably one of the most important activities the weekend features yet hardly anyone attended. This seems ironic given that this is the reason why students are attending college.

Adjuncts offer students a breath of fresh air

The Sacred Heart University student body is at an advantage as far as its adjunct faculty is concerned. Some of the most talented and intelligent members of our faculty are adjuncts. Not to say that they are better than our full-time faculty, but in some cases, they have more to offer than full-time faculty members.

Adjuncts have the advantage of not having to be on campus all day, every day, five days a week. These people have other jobs, usually in the field in which they are teaching, and can offer students a more in-depth look at the jobs they want to pursue because of this personal experience. As one student mentioned in the article, they can bring more life to a class because they draw on things that are here live in New York. I would always hate to lose my trips to see my family, because I loved spending time around them and our culture.

As much as I love Vermont, it became very easy in residence, especially those whose families have things here for generations, to become sheltered from the rest of the world. Things that people down here take for granted are alien to many of them that are here live in New York. I would always hate to lose my trips to see my family, because I loved spending time around them and our culture.

Adjuncts are a vital part of this institution and should not go unnoticed by the students, administration, and other faculty.

**Correction:** In last week's issue of the Spectrum, the name of a contributing writer was misspelled. The author name is Samantha Fiedler, not Fielder.
Greek Judicial Urges Signatures

Letter to the Editor:

As the Chairman of Greek Judicial Board, I would like to make a clear and important statement to the student body of Sacred Heart University. Recently, the Judicial Board has received an increased amount of anonymous letters containing grievances directed toward Greek Life Organizations. If any student has a problem or complaint pertaining to a specific fraternity or sorority, we urge that this situation be dealt with personally by making it aware to Greek Life.

Within Greek Life, you can speak to Nuala Hetzler, advisor to Greek Life, Al Precourt, assistant director of Student Life, or myself with confidence. Although we appreciate individuals stepping forward, we need your signature in order to hold any bearing should a trial arise. No weight shall be given to these letters in future situations unless they are signed. This is due to the fact that any individual on this campus could have written the letter for numerous reasons such as grudges, pranks, or just plain jealousy of that particular organization.

Michael Acevedo
Chairman of Greek Judicial

Like, stop liking "Like"

The "like" situation has gotten way out of hand. I believe it used to be "ahhhhh," then "umm..." and ever the famous French space-filler "errrr." But now that our generation and those younger than us (Ged save you, New Generation), have graduated to the more idiotic and certainly less effective "like." I am starting to fear the end of the world.

You know what I am talking about? It's the incapability of people between the ages of five and 24 to compose a sentence that does not include the word "like." You are guilty. You do it. Don't deny it, but let's do something about it.

How are we supposed to know what anybody's talking about, now that every other word they say is "like"? People are taking so long to spit out simple sentences that I anticipate the end of our nation soon. The president of Generation X will be unable to speak to the leaders of other power-nations without them sticking behind their backs at a blubbering idiot whom we the people have chosen to lead our country.

Under the knife of folks 25-and-under, the English language has become a tortured, mangled thing. We are already exposed to so few of the facets of our language, and now we are stabbing the thousand or so words we actually use in the head by taking five minutes to dribble them out.

I have come up with a few solutions. I propose that we take back our intelligence. We must form some sort of 12-step program that will enable offenders to overcome the one true problem in our society.

Are you "like" dependent? If you can answer one or more of the following questions with ayes, you are:

1. Do you find yourself using the word "like" one or more times in single sentences, usually in place of grammatical structure that are completely unnecessary?
2. Are you a double- "like" offender?
3. Have your loved ones ever confronted you with a count of the number of times you used "like" in a conversation?
4. Have you ever used the word "like" during a conversation about how often people use the word "like"?

Admitting that you are a victim is the first step toward recovery. Now follow these two steps to cure yourself:

1. Find a sponsor. Commission a loved one to smack you every time you use the word "like." Research shows that pain dissuades.
2. Give a dollar to your favorite charity every time you use the word "like." Once you support a good charity, you will shut up when you can't afford it anymore.

By sticking to these steps, you can be sure to do your part to eliminate one of the most destructive problems of our society. Of course, it will leave us with two significant problems of greed and physical abuse, but like, who cares about that or whatever? Like, you know what I mean?

Michael Acevedo
Chairman of Greek Judicial

Positions Available:

- A&E Editor
- Photographers
- Staff Writers
- Ad Representatives

Call or stop by the Spectrum office for information about these available positions on our staff.

The Weather Corner

Today

High 58
Low 46
Partly cloudy.

Friday

High 59
Low 41
Sunny.

Saturday

High 62
Low 38
Sunny.
International students find solace in a new land

By Aliali Silverio Contributing Writer

They left friends, family and neighborhoods, boarded a plane with a destination thousands of miles from their home. These individuals would be faced with foreign customs, food, and religion.

Sacred Heart University has a group of students who come from other countries and nations. The international students come from countries as close as South America, to as far away as Asia or Africa.

Many international students visited the United States before attending Sacred Heart University. Some may have come on a regular basis every summer, while others studied as exchange students.

Eating disorders still plague many students

By Frances Moore Contributing Writer

Approximately ten percent of American college students suffer from eating disorders. Students at Sacred Heart University are no exception.

Jocelyn Novella, a personal counselor at SHU for the past four years, handles the bulk of the eating disorder cases on campus.

Novella estimates that one out of every five students is considered to be at risk for an eating disorder.

"Every year we run about three or four screenings, and this is an indicator as to how many people are at risk on campus," said Novella. "This past year 17 percent of the 92 students that took the screening were found to be at risk."

Anorexia, bulimia and binge eating are the most prevalent eating disorders affecting teenagers today.

People with anorexia typically will eat very little or nothing
dent in high school Edward M. Njai, a sophomore from Kenya, Africa, is one of the few students who had never been to America until he came to Sacred Heart. He had to adjust to leaving his family and friends and coming to a foreign place with no idea what to expect.

"It is very tough being so far from family," said Njai. "I've been here for over a year without going back home, and it's tough talking to my mom over the phone and writing letter. I feel alienated, in a way, from them."

Although the students are from different countries and languages may differ, they share a bond. The international students form strong friendships with each other.

"We're all the same," said Jose Ng, a sophomore from the Philippines.

"We're here and all we have is our friends. Some of us might have cousins or aunts that live near by, but our immediate family members are far away," Ng added.

"The lifestyle here is totally different from back home in terms of dress, food, everything," said Njai. "In terms of dress, the ladies here are very exposed. Their legs are always exposed. Back home, the legs are always covered. People back home are much more conservative."

Many of the international students may have come to school in the United States because it is a first world country said Ng.

The United States has all of the current technology and concepts.

In spite of different experiences in the United States all agree that their interaction with American students helps them ease into the transition.

"Most people have been quite friendly," said Njai.

"Being with American roommates helped me a lot. They showed me the do's and don'ts. People try to help you when you're an international student. They show you their culture and ask me about mine. I get to share with them how my lifestyle was in Kenya," he explained.

The differences in cultures may challenge and excite many international students.

"I had to learn about this culture when I came here," said first year student Maxine Yokono from Cameroon, Africa.

I know I can't change my culture or where I come from, but I try to be open to the culture here and learn as much as I can about it too," Yokono added.

Grace Lim, director of The International Center

"Each year we do more outreach, and the number of people who are diagnosed with an eating disorder has not been increasing."

Bulimia finds its victim binging, eating great amounts of food, and then purging by vomiting or laxatives. A binge eater will indulge in the food, but unlike a bulimic, will not purge. This results in obesity.

Jane E. Brody, in a recent New York Times article, cited a Harvard University and Radcliffe college study on the percentage of eating disorders in the United States.

The study showed that eating disorders are less common now than they were in the 1980's.

Novella guesses that this phenomenon could be due to increasing information available and an increase in programs that offer help to those in need.

Sacred Heart currently offers individual and group counseling to student who seek help with their disorder.

Because of the high student athlete population at the University, the Counseling Center works closely with Julie Glode, head athletic trainer, coaches and other trainers who work with the athletes.

Glode monitors the student, and if the case is serious enough, passes it on to a counselor at The Counseling Center.

Also, a group comprised of faculty, staff and students works to increase awareness on campus by planning Eating Disorder Awareness Week. During this week the group distributes information to the University's population and takes anonymous screenings to determine if student have a problem.

Information provided by The National Institute of Mental Health

"After taking the screening I discovered that I was at risk for an eating disorder," said a student who wished to remain anonymous. "I had no idea that my eating habits weren't normal, and I became really scared."

She later went on to explain that her problem was not at any critical level. "But any eating disorder can become very serious. I'm glad I got caught before I really did some damage."

"Each year we do more outreach, and the number of people who are diagnosed with an eating disorder has not been increasing," said Novella.
Studies link depression to heart disease

By Kelly-Ann Franklin
Contributing Writer

College students may deal with stress from school work, a job, friendships, and relationships. At times, stress may lead to physical sicknesses like the common cold, or mononucleosis. In recent years, heart disease has also been found to result from stress.

Stress can promote depression in a young person who is perhaps experiencing new situations and handling complex decisions.

Often depressed teens may decline dramatically in school performance and have difficulty concentrating. These students may become uncommunicative and bored, avoiding other people, reports The Befrienders, an internet group that offers information on depression.

Manic depression, termed a bipolar disease by psychiatrists, is characterized by excessive highs and euphoric feelings which flow into sad, hopeless and empty moods, according to Yale Daily News staff reporter, Jake Sullivan.

A recent study by the National Institute of Mental Health Epidemiologic Catchment Area Study reports that manic depression usually begins to appear at age 18.

In an article in the New York Times, Gina Kolata, reported that a study by Dr. William Eaton of the Johns Hopkins School of Hygiene and Public Health traced people over a period of 13 years after screening for depression.

This study showed that depression may be an indicator of future heart disease.

As reported by Kolata, Eaton studied 1,551 people from the Baltimore area and found that those depressed were four times more likely to have a heart attack than those with a more positive outlook on life.

“I think students may become depressed because of the adjustment to college life and being away from home for the first time.” - Kelly Betts

Among 444 people who had been depressed 13 years earlier, 37 had heart attacks. Only 37 of the 1,107 who had not suffered from any type of depression when the study began had a heart attack.

Dr. Wayne Katon, psychiatry professor at the University of Washington in Seattle agreed with the study, but also wanted to find out exactly why depression has this effect.

Katon discovered two possibilities, reports Kolata. First, depressed people cannot motivate themselves to eat properly or keep their weight under control. Thus contributing to the poor eating habits and eventually leading to high blood pressure and cholesterol level.

Second, Katon said that there is a biochemical effect of depression that elicits heart disease.

Depressed people have more adhesive platelets, which are blood cells involved in clotting. People who are depressed, said Katon, may have blood that clots more easily. This leads to heart attacks since clots can block blood vessels leading to the heart.

According to the National Institute of Mental Health depression affects an estimated eight to 20 million Americans. Approximately 25 percent of Americans will suffer from depression at least once during their lifetime.

“There is not a certain type that suffers from depression,” said Residential Assistant Kelly Betts, a junior from Harwinton.

“Tobacco use may become depressed because of the adjustment to college life and being away from home for the first time,” Betts added.

Betts recommends any student who feel they may be depressed or having problems should make use of campus resources such as the Counseling Center and Residential Life.

“It’s important to have a good relationship with your RA,” said Betts. “That bond is important.”

Spirits haunt Sacred Heart students at off campus home

By Jason Havelka
Contributing Writer

With Halloween approaching fast, students may look to believe in stories of ghosts and goblins. But to four physical therapy students, the subject of ghosts is no joke.

“The guys who lived in the house before us thought it might have been haunted, but we never really thought about it until now,” said graduate student Michele Krosnick of Bordentown, N.J.

For the second month in a row, the number of strange incidents have the residents believing that a ghost is possibly living among them.

During certain occasions the television has turned on by itself and proceeded to scan through various channels.

“One morning I came down stairs and the TV just turned on,” said graduate student Ashley Aimetiti from Mystic. “The channels then started to change as I was out of the room, and I was the only one home.”

Two other forms of supernatural events scared the students.

First, a plastic bag was witnessed floating out of a bowl on top of the refrigerator and dropping to the middle of the room.

No windows or doors were open which could have caused any sort of wind to transport the bag.

Second, Krosnick and Aimetiti returned to their room after class to find furniture moved and flipped over.

“We were the first ones home that day. I have no explanation for it,” said Krosnick.

No resident of the off campus house has been harmed in any way. Human spirits which the residents believe they have, are generally harmless, reports Stephanie Ramp in the Fairfield County Weekly.

Ed Warren, the well known demonologist is quoted by Ramp as saying, “It’s not a person out there directly or via foul play, the soul becomes confused. The spirit becomes earthbound, attempting to understand what is happening.”

Despite living in a haunted house, the residents don’t seem affected by the constant strange noises and supernatural events.

“We were really scared when we moved in, but we have just come to live with it and accept it,” said Aimetiti.

Three out of the four SHU students living in the house truly believe that a human spirit live among them, but graduate student Tonya Pallo stated otherwise.

“I just think someone is joking with us. I don’t believe it,” Pallo stated.

AIDS death rates hit new low

By Bob Balkley
Contributing Writer

The number of Americans dying of AIDS fell 47 percent last year. A decrease not equaled to any period since the U.S. Department of Health.

It is also reported that deaths from AIDS in Connecticut fell by half in 1997 to about 250 deaths.

Meanwhile, full blown AIDS cases among adults and homosexual college students 18 to 19 years of age fell from 231 to 141 from 1994 to 1995, according to the latest Department of Health data.

This rapid decrease in the deadly disease was good news to AIDS researchers and activists, proof that all their efforts to control the disease hasn’t been in vain.

Donna E. Shalada, of the Department of Health, is quoted by the Hartford Courant staff reporters as saying, “The tremendous decline in AIDS deaths is particularly striking.”

Shalada adds that, “What this [study] says is that the benefits of the research efforts that have been ongoing the last fifteen years is clearly paying off for patients.”

Credited with the drop in AIDS deaths are increasingly effective drug cocktail therapies. Two or three years ago those diagnosed with full blown AIDS received a death sentence. Today, desperation has been transformed into hope.

Still, there are drawbacks. “The HIV infection rate is not falling,” said Beth Weinstein, director of AIDS programs for the Department of Health, as quoted in the article “AIDS Deaths Down by 47 percent” by Hartford Courant staff reporters.

AIDS treatments are accompanied by serious side effects and a high price tag; averaging $25,000 per year. AIDS is already the sixth leading cause of death among college students 18 to 24 years of age.

Unfortunately, AIDS health care is very expensive.

“Medicaid must be modernized to allow one individual with AIDS get access to medical care before AIDS sets in, not after,” said Robert Zingale, executive director of AIDS Action.

Addressing the positive sides and triumphs, Shalada of Health and Human Resources said, “I would challenge anybody to come up with any single disease that had such a dramatic change in mortality in such a short period of time.”
Sacred Heart gears up for Harvest Fest '98

By Samantha Fiedler
Contributing Writer

Harvest Weekend, sponsored by the Student Events Team, kicked off Wednesday. The weekend has been extended from Wednesday through Sunday. Last year, it was held from Friday until Sunday. This year, SET is aiming for a bigger and better Harvest Weekend.

"Last year, the events were not that good, and not many people attended," said Mike Dutton, president of the Student Events Team. "This year, we are hoping for a better turnout!"

Harvest Weekend kicked off Wednesday night with a Psychic Fair and Pumpkin painting in the Mahogany Room at 9 p.m. Pumpkin painting was added this year as an activity for students to do while waiting in line for the psychic.

"People hate waiting in lines, so we decided to have pumpkin painting so no one would get bored," said Dutton.

Steve Starr, a widely known regurgitator, will be performing Thursday night in the Outpost. Starr has performed his regurgitating routine on Talk Shows such as, "The Late Show with David Letterman," and, "The Tonight Show with Jay Leno."

"He is a little weird, but he has been on almost all major talk shows," said Dutton.

A Murder Mystery Dinner will be held on Friday evening at 7 p.m. in the Mahogany Room. It will be held as a dinner swap and students are required to wear appropriate dress.

Dleta Phi Kappa will hold an annual Halloween Ball on Saturday at 9 p.m. in the Outpost. The ball will include a costume contest, prizes for the winners, a DJ, and food.

Sunday will conclude Harvest Weekend with a trip to Great Adventure Theme Park for their annual Fright Fest show.

Tickets will go on sale two weeks prior and it will cost SHU students $25 and non-SHU students $35.

"I have been to that before Fright Fest show and I had a really good time, the prices that the school is offering are really good also," said Aaron Torres, a freshman from Granville, N.Y.

The University will also be decorated to fit the theme of Harvest Weekend.

"Dressing up the school to fit the theme of events that are happening will hopefully make it more successful than it has been in the past. We are trying to make it different," said Dutton.

Let's all go to the movies! 'Pleasantville' and 'The Mighty' hit theaters

By Tara S. Deenihan and Brian Corasaniti

Need something to do this weekend? Try checking out one of the new movies playing in local theaters. Moviegoers seeking fun will enjoy "Pleasantville," but those looking for a good tearjerker can bring tissues to "The Mighty."

"Pleasantville" examines the burning question on every high school student's mind: "What would it be like if Don Knotts transported me into a 1950's sitcom?"

That is exactly what happens to Toby Maguire and Reese Witherspoon when they are transported into "Pleasantville" by a mysterious TV repairman, played by Knotts and become Bud and Mary Sue Parker, stars of the show.

Once they get into the town of Pleasantville, they realize how different it is from their '90s existence. Pleasantville contains every color imaginable, as long as it's black and white. All the men arrive home from work promptly at dinner time to homemade cooked meal waiting for them by their diligent wives. And of course, no one ever thinks about sex.

Once Bud and Mary Sue inject their modern sensibilities into the town, the color is the fan. Gradually, the whole town starts breaking out in every color imaginable, which does not please many of the locals.

The film also stars William H. Macy and Joan Allen as Bud and Mary Sue's parents, Jeff Daniels as the local soda jerk, and J.T. Walsh in one of his last performances as Big Bob, who becomes a force against wrong-doing, modelling themselves after the knights of Camelot's round table. They become like one person: Kevin is the brain, Max is the feet.

"The Mighty" is an affective movie, if a bit sappy. This small infraction is made up for thoroughly by star performances from the two young actors as well as the supporting cast.

The scene does not give us a judgement, but ends with the sound of the banging gavel, an intro into the first track, "Revolution."

"Revolution" is a song whose lyrics address important social issues such as crime, racism, corrupt government, fathers abandoning their babies, and even phony Christians.

The song mixes a powerful sampling of sounds including the "woop, bwoop," sound from KRS-One's "Sound of the Beast," and the modified party phrase "All my real love saints throw your hands up."

The listener should not be surprised to hear Franklin rapping on this song, as well as a number of tracks throughout the album. "Revolution" also features the gospel group INC, and gospel rapper Darkchild (Rodney Jerkins.)

This album is the most vocal Franklin has taken to date, with frank and honest lyrics. The story of some of the life Franklin has led is brought to the stereo with each track. Franklin remains to be a gospel artist. Even though "NU NATION PROJECT" is laced with R&B and hip-hop sounds, the songs stay focused on Jesus and his love.

"He Loves Me," "Hold Me Now," and "You Are," expand on the infinite love of Christ, and encourages people to keep trying despite their mistakes.

"THE NU NATION PROJECT," successfully follows Franklin's last hit, God's Property. God's Property is most noted for its hit single "Stomp."

"Stomp" was a collaboration with Cheryl James, Salt of Salt-N-Pepa. Many people may have disliked Franklin for working with a non-gospel artist. "NU NATION PROJECT" is sure to make Franklin hated among these same people.

"Lean On Me" is a song on the new album which features the voices of R. Kelly, Mary J. Blige, Bone, Crystal Lewis, and also The Family. The song is positive, praising the value of friendship, and helping another person who may be in a hopeless situations.

"THE NU NATION PROJECT" has a 17 tracks including an introduction and interlude. Franklin has outdone himself with this album, and leaves the fascinated fun wondering what could he possibly do next.

Kirk Franklin returns with new Gospel hip hop sound

By Keysha Whittaker
Features Editor

Kirk Franklin's latest release, "THE NU NATION PROJECT," is an explosive album which is aggressive, targeted toward the younger generation.

The album opens with a court scene in which Franklin is on trial for "trying to take the gospel to the world, tearing down the walls of religion, and making gospel music too secular."

The scene does not give us a judgement, but ends with the sound of the banging gavel, an intro into the first track, "Revolution."

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This album is the most vocal we've seen Franklin. Though he is rapping now, (and doesn't sound bad doing it,) don't expect a career change.

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Pioneers succumb to CCSU 1-0 in overtime
Sophomore Carlin Guarneri has emerged as the conference's top goalie

By Matt Duda
Sports Editor

If there was any doubt in the minds of the Sacred Heart women’s soccer team about just how good they can be, they’ve been erased during the past month.

True, the Pioneer’s 6-7-1 record leaves much to be desired, and the team’s field hockey team, which won the NEC last year just barely qualified for the Tourney. But the women’s soccer team about just how good they can be, they’ve been erased during the past month.

Recently the team lost to two top teams by one goal in overtime. Binghamton State, the second placed team in the NECC, needed overtime before they could get past SHU 1-0. Binghamton is ranked 22nd in the country.

Last week, Central Connecticut beat the Pioneers in sudden death overtime after 97 scoreless minutes.

The Blue Devils fired 24 shots on goal, but were frustrated by goalkeeper Carlin Guarneri. Guarneri made five saves and was instrumental in keeping the game so close. The CCSU goal was the first that Guarneri had allowed in 187 minutes.

The fact that SHU played such a tough game against CCSU is surprising, considering the fact that the Blue Devils destroyed SHU 9-0 last season.

Guarneri has had a terrible season in goal. The sophomore from West Haven has already set school records for shutouts in a season. Her six scoreless games this year tie her for the conference lead.

Guarneri is second among the league’s goalkeepers with 120 saves. She has a save percentage of .870 and a goals against average of 1.26 goals per game.

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The NECC named Guarneri to its honor roll this week. Junior forward Michelle Majeksi leads the team in scoring with a total of 10 points off three goals and four assists. Sophomore midfielder Elena Rosero is second with four goals and an assist. Sophomore Carrie Smith has seven points, two goals and three assists.

The Pioneers are currently in fourth place in the NECC, behind Franklin Pierce, Binghamton, and New Haven.

They travel to Pennsylvania this weekend to play back to back games against St. Francis and Indiana University.

The women have one game left after that. They play a 1 p.m. game against NEC opponent New Hampshire on Nov. 8 at home.

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Office of Career Development
Wilkinson sets new school receiving record

Chris Wilkinson, a junior tight end from New Hartford, N.Y., caught nine passes for a school-record 145 yards against Central Connecticut State last Saturday.

Wilkinson also caught the first SHU touchdown pass in 2 years. He’s the leading receiver in the NEC.

Kim Almeida, a freshman cross country runner from Prospect, was named the Northeast Collegiate Conference’s Rookie of the Year.

Almeida placed as Sacred Heart’s second best runner at the NEC meet last weekend. Her 16th place finish was better than any other freshman at the meet.

Freshman named top newcomer by NECC

Kim Almeida

Cross Country

Athletic scholarships rare

By Mike Kuchar
Contributing Writer

Athletes hoping to receive an athletic scholarship from a college or university shouldn’t get their hopes up. The number of athletes and the limited financial aid make it too difficult.

"Unless you are a star, or at the very least a starter on your high school sports team, your chances of making a college variety team are slim," said Robert McThomas in the New York Times.

According to McThomas, no more than 200 two and four year colleges routinely grant full athletic scholarships, and some of those areCAPABLE athletes is to get an early jump on picking the right high school. "If your first priority should not be a school’s athletic record, but its academic standing and the strengths of its guidance office," said McThomas. "Because of the strict rules limiting what the NCAA can pay you to the value of a full scholarship, you want to earn the best college education you can get.”

Athletes participating in other varsity sports at SHU are granted only need based financial aid.

“We had a couple of good players leave the team last year because of money complications,” said Tricia Moore, a junior volleyball player from Lindenhurst, N.Y. “I believe that all athletic teams should get the same amount of funding from the school.”

Cook stated that a five year strategic plan has been compiled that addresses budget issues concerning funding for the other varsity sports at Sacred Heart.

Tricia Moore prepares to spike the ball on the Concordia defense.

Volleyball team earns sixth win with Concordia sweep

By Adam Langese
Staff Writer

The Sacred Heart University women’s volleyball team swept Concordia 15-8, 15-2, and 17-15 last Friday. The win raises the Pioneer’s overall record to 6-14 on the year.

"We played a really good game,” said freshman setter Katie Sammon of Bellmore, N.Y. “Our passing, setting, and hitting were good. Everything came together nicely.”

Junior hitter Tricia Moore, from Lindenhurst, N.Y., continued her superiority on the court with 15 kills. Moore not only leads the team in kills with 324, but also in hitting percentage with .336. Moore is among the top 20 in Division II in both categories.

The varsity volleyball programs at SHU will officially enter the Northeast Conference in 1999, a transition that has been planned with great care, said Cook.

"Men’s and women’s basketball are primary conference sports which allows for full scholarship aid from our university," said Cook.

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Photo by Kerrie Darress
CCSU rallies to top improved Pioneers, 38-31

By Matt Duda
Sports Editor

Central Connecticut State scored three fourth-quarter touchdowns last Saturday and went on to beat a much improved Sacred Heart University football team 38-31.

With the loss, SHU dropped to 1-6 on the year and 1-3 in the Northeast Conference.

SHU's offense put forth its best game of the year, racking up 178 yards rushing and 165 passing. The 38 points that the Pioneers managed were the most in a single game since scoring 27 last season against Assumption.

The efforts of freshman running back Brandon Graham, senior quarterback Steve Ladd, and junior tight end Chris Wilkinson led the offense. Graham rushed 19 times for 73 yards and two touchdowns. Ladd had the best performance by a SHU quarterback this year, completing 11 of 22 passes. The story of the day though, was Wilkinson. Wilkinson caught nine passes for 161 yards and two touchdowns. In the second quarter, Wilkinson made a spectacular catch in the end zone for the Pioneer's first passing touchdown since 1996.

CCSU head coach Sal Cinto said the Pioneers surprised his team. "From what I’ve seen on film, they played better than they have been," he said. "They executed very well."

SHU led by as many as 15 points in the game. Two touchdowns by Graham in the second quarter set the Pioneers into halftime with a 15-13 lead. SHU jumped on CCSU with Graham's touchdown and a 6 yard scoring run by Khione Cowman.

CCSU then started to take over control of the game. Quarterback Keith Tooan tossed an 80 yard touchdown pass to O.B. Lomotey in what proved to be the turning point of the game. Central scored two more touchdowns and kicked a field goal in the fourth quarter.

"For the for the first time this year we came out in the second half and played football," said Mike Kuchar. "We’re a better team than we were three years ago, we’re a better team than we were three games ago."

Kuchar finished with eight tackles, including two for a loss and one sack. Sophomore linebacker Chris Roche finished with 19 tackles and defensive back Lester Sutton finished with 12.

The Blue Devils blocked two of SHU's punts and turned both into touchdowns. Senior punter Anthony Paluzzi was injured on the second block and left the field in an ambulance.

Ladd said that the offense earned so much yardage because of better play calling. "The coaches are letting us open up the offense more," Ladd said.

Ladd also said much of the credit belongs to the unsung heroes of any successful offense. "The offensive line played great too," he said.

SHU travels to Monmouth this Saturday to face a team that Kuchar and his teammates think is beatable. Monmouth surprised defending NEC champion Robert Morris this week with a standing the Colonials their first conference loss of the season. Robert Morris beat SHU 44-7 earlier this season.

Cross country wins first NECC championship

By Emily Greenough
Staff Writer

The Sacred Heart men's cross-country team had its first conference championship in the third year in a row at this meet's week's meet at University at Albany. The men met consisted of two separate conferences which combined into one race.

The men came in first place in the Collegiate Track Conference (CTC) and finished fifth in the New England Collegiate Conference (NECC).

The women were also successful by finishing second in the CTC's and third in the NECC's.

"They came through in a big way," said coach Christian Morrison of his men's team. "This is the best performance ever turned in by a Sacred Heart men's cross-country team, bar none."

Morrison was also named the men's CTC Coach of the Year for the third year in a row at this meet to add to his numerous successes in both indoor and outdoor track.

"Awards like this serve as confirmation that the program and structure you've put in place are working," says Morrison. "I want to thank the guys for going out and getting me this one," he added.

Freshman Kim Almeida was named the NECC Rookie of the Year and also earned second team All-NECC honors. Sophomore Heather Stockton and junior Michelle Wesolowski were also named first team All-NECC.

"Kim has been our most consistent performer all season," said Morrison. "She's also a hard worker and has great team spirit, so naturally I was very pleased to see her receive this recognition."

The top seven runners for the men were junior Brian Williams, sophomore Chris Eaton, sophomore Greg Kryftschenko, senior captain Rich Janocko, sophomore Ed Najj, freshman Brian Wrinkle, and freshman Dan Morrill.

Top women performers were Stockton, Wesolowski, Almeida (16'), junior Jen McGovern, sophomore Danielle Reveill, freshman Shandra Fraser, and freshman Sara Doyle.

Men's ice hockey skates into action tomorrow

By Matt Duda
Sports Editor

Sacred Heart University's men's ice hockey team opens its season this Friday in a tough new league with a strong class of newcomers.


SHU's biggest returning strength is the goalkeeping of sophomore Alexi Jatras-Binet of Quebec City, Quebec. Binet averaged 33 saves per game for last year's 13-12 squad, and posted a 5.34 goals against average.

The defense will need to rely on new recruits as just one starter returns on that line. Senior Neil Welch finished with 10 points last season and will be counted on to provide leadership. Head coach Shaun Hannah recruited several top prospects to fill in the defense, most notably Jay Reed, Reed, a freshman from Ibacha, N.Y. scored 40 points for the Syracuse Junior Junior Crunch of the Metro Junior "A" League.

Wes Hendrickson of Spokane, Wash., and Manuel Molina, of Colombia, France, are also expected to contribute defensively. Offensively, SHU needs to replace its top four scoringleaders. Tom LaPonte of Watertown and Bill Demetriades will be expected to provide the scoring touch. Eric Drake and Paul Adimando should be important contributors as well.

Other important newcomers are Canadian freshmen Lloyd Marks and Peter McRae. Both have experience playing for top teams. Marks finished second in scoring in the Metro Junior "A" League, McRae scored 16 goals and had 30 assists for the Brampton Capitals.

SHU also has two transfers who should contribute. Defenseman Derek Young transferred from Alabama-Huntsville, a strong team that beat SHU 23-4 last season.

Center Ed Bourget joins the team after defecting from St. Anselm. Bourget is the younger brother of women's ice hockey coach Trina Bourget.

The Pioneers open tomorrow at 7 p.m. at Holy Cross, the team picked to finish first in the MAAC. The two teams face off Saturday at 7:30 at the Milford Ice Pavilion.