Helping Hands reaches out to area kids

By Julie Ann Nevero
Editor-in-Chief

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Dining Services Committee dish out changes

By Brian Corunnti
News Editor

The Dining Services Committee is currently working on several projects to improve the Dining Hall, which is under criticism for overcrowding, sanitation and other issues.

One of the plans underway is to restructure the Meal Plans. Instead of an all-you-can-eat program at breakfast and dinner, Flik is considering changing to a declining-balance program that will set a price on all items and be taken off of a student’s balance that they decide on each semester.

The change is being considered due to student concern that those on the 14 and 19 meal plans miss meals and therefore do not get their money’s worth, said Chip Kennedy, director of Dining Services. “There is an increasing voice in favor of abandoning the traditional meal plans.”

One definite change taking place soon will be the addition of a new pizza counter, where students will be able to receive fresh meat cut off for them as they pass through the line. A professional pizza chef will be coming in to teach the Flik chefs better ways to make pizza along with the purchase of a special pizza oven to better serve the pizza. Other changes include pump-action ketchup dispensers to replace the current ketchup containers and tabletop displays for clubs and organizations to use for advertising. “The objective is to cut down on lines and improve selection,” said Kennedy.

A major concern for the committee is the quality of the dining areas, specifically the floors, which they feel aren’t properly cleaned by maintenance. “It just looks like crap... I couldn’t believe how disgusting it looks,” said Kim Timpany, operations assistant in the Student Union, who sits on the committee.

Kennedy said that the maintenance personnel responsible for cleaning the floors, “totally dropped the ball.” The issue will be brought to Buildings and Grounds, with the hope of cleaning occurring on a more regular basis.

Students said they are still concerned with dining and sanitation issues. “I think they should have better quality food. Their tables are usually dirty. They need a better selection of food,” said Danielle Calamina, a senior from Hampton Bays, NY.

The committee is also looking for SHU students who have input about dining services to attend their meetings. Their final meeting will take place Tuesday at 2:30 p.m. in the Mahogany Room and a new date will be rescheduled next semester.

Sikorsky hosts SHU students

By Matt Duda
Sports Editor

Sikorsky, one of the nation’s largest defense contractors, hosted SHU students on November 11 to tour the plant and give a presentation afterwards. Approximately 30 students made the trip.

“Everybody showed up and did their thing,” said Hank Parkinson, program assistant of Student Activities and founder of Helping Hands. “I had so many other things to worry about so I was glad I didn’t have to worry about that. It was excellent the way it worked out.”

According to Parkinson, only 82 children were expected but after taking attendance on the buses when the kids arrived they realized they had an extra 10. The kids were immediately asked what they would like for Christmas and members of the Helping Hands committee went out, picked up and wrapped the items all within a couple of hours.

“I was a great morale booster to work together,” said S.E.T. President Mike Dutton. “It makes us appreciate what we have much more.”

See Hands, Page 3

See Sikorsky, Page 2
News Briefs

Two Sacred Heart students arrested Sunday
Two Sacred Heart University students were arrested last Sunday at Parkbridge.

One of the students was observed by a Parkbridge Officer jumping on the hoods of parked cars, causing damage. The Bridgeport Police responded, investigated the incident and arrested the student.

Another student became disorderly while the officers were still at Parkbridge. The student vauglialed a door, pushed an officer and was immediately arrested.

Morris Udall Scholarship applicants sought
Sacred Heart University students are currently being sought as applicants for the Morris Udall Scholarship. The Morris Udall Scholarship is a national environmental policy foundation which awards approximately 75 scholarships a year to students.

The scholarship is for outstanding sophomores and juniors who intend to pursue careers related to environmental public policy and outstanding Native American and Alaskan native sophomores and juniors who intend to pursue a career in health care or tribal public policy.

Interested students should contact Eid Alkaib, assistant professor of chemistry, at extension 7546 or at alkaibe@sacredheart.edu.

Luxembourg Study Abroad approved
Sacred Heart University’s Luxembourg campus is going to be expanded to include a one semester study abroad opportunity for undergraduate students.

The program, developed by the Department of History and Political Science, is scheduled to open in Spring 2000. The curriculum will consist mostly of History and Political Science courses.

For more information, call Dr. Claire Paolini, dean of the College of Arts and Sciences, at extension 8020.

Compiled by Brian Corasaniti

Sikorsky: Accounting class visits big defense contractor

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Countant, showed how Sikorsky aircraft. The aircraft are made and explaining how certain parts of the aircraft are assembled. The group was even exposed to some cost accounting systems,” said Shim.

Shim says there are two areas that accounting students might consider working in. One area is cost accounting, which involves finding out exactly how much it costs to manufacture a product in order to know what price to charge the customer. The second area of cost accounting is dealing with evaluating the performance of a company.

“Sikorsky is one of the better cost accounting systems,” said Shim.

The trip began with a tour of Sikorsky’s manufacturing plant. Jay Stapler, a facilities engineer, guided the group through the plant, explaining how certain parts of the aircraft are made and assembled. The group was even allowed to climb aboard one of the aircraft.

After the tour, the group assembled in a conference room where Trumpeter, a Sikorsky accountant, showed how Sikorsky implements cost accounting into its operation.

“They showed us a broad spectrum of accounting methods and how they’re applied at a government contracting firm,” said Karen Faze, a part-time student.

“It was excellent,” said Karen Faze, a part-time student from Trumbull. “They showed us a broad spectrum of accounting methods and how they’re applied at a government contracting firm.”

Shim said that his students learned a lot from the experience. “I got very good feedback from students,” he said. “They liked to see examples working in a company like Sikorsky.”

Winthrop excelling

By Christina Vargo

Many SHU students have had the opportunity to become mentors to local children in the mentor program at Winthrop Elementary in Bridgeport.

In its fifth year, the Lights Program at Winthrop has grown significantly. With the help of a staff of certified teachers and SHU students, the number has increased from 50 to 200 children.

The student involvement has been, “a God send,” said Mazie Munici, Winthrop’s program sight director.

The student involvement has also increased and there are usually eight to 12 volunteers or work study on site at one time.

The program began five years ago when the community saw the need to give the children a place to go after school. Some of the schools are recreation based, but Winthrop focuses on academics as well as fun.

The student volunteers gain an appreciation of diversity and experience educational issues that might affect a teacher or parent, said Phyllis Machledt, director of Service Learning and Volunteer Programs at SHU.

Corrine Kiley, a junior from SouthINGTON, has been in the program for three years.

“I love the relationships that I have with kids. It just makes you feel like you are doing something good for these kids, and they do even more for us,” said Kiley. “I can’t imagine not seeing these faces every week.”

Alumni looking to award scholarship

“It is a great honor to have received this scholarship from the Alumni Executive Council,” said Day. “I'm now very aware and appreciative of the valuable contributions made by Sacred Heart University alumni to the community. I highlight the award on my resume and consider it to be one of my major accomplishments.”

Day also volunteers for Helping Hands, an organization that raises money for gifts to underprivileged children.

She also traveled to El Salvador last year with a group of students to build a basketball court providing recreational opportunities for the poor in one of the villages. She said she is looking forward to making the trip to El Salvador again in the spring for another community service project.
Helping Hands

Area youth get into Christmas spirit with SHU

Bridgeport kids enjoyed games, crafts, and a visit from Santa

All photos by Tara S. Deenihan

SHU celebrates Christmas with kids

Continued from Page 1

Senior John Wool served as Santa for the second straight year and said that all of the kids seemed very happy with their gifts. "It was excellent," he said.
Senior Tara Bryden, Helping Hands coordinator, had the task of purchasing a bike for one of the kids. Bryden said the look on 10 year old Melanie Ramos’s face was all the thanks she needed.
"She was shocked," she said. "I don’t think she expected it.
Ramos didn’t tell her mother that she had asked for a bike and was surprised when she saw it wheeled out. "It was great," said Lillik Perez, Melanie’s mother.
"She was so happy."
"They got all what they asked for," said Jennifer Rivera, mother of Ruby, 3, Jasmine, 2 and Janale, 9 months. "What they all did here was wonderful. God bless them all."

Chuck Bennedun paints a child’s cheek at the face painting table.

Julie Ferro helps a kid make a picture frame as Jessica Nieradka and Myra Pierce assist another child at the Prologue’s table.

Santa listens to a kid’s Christmas list as others wait in line.

PUBLIC SAFETY RELEASES

Public Safety Releases from Nov. 29 to Dec. 6

Nov. 29: 2:00 p.m.- South Hall resident reported the theft of their laptop computer from their bedroom over the holiday break.
2:18 p.m.- Student received an injury at the Pitt Center fitness room; Officer responded and provided ice, further treatment and transportation declined.
6:50 p.m.- South Hall resident reported the theft of their laptop computer from their room over the holiday break.
8:40 p.m.- Officer observed a vandalized door handle at a South Hall residence room.
11:04 p.m.- South Hall resident reported receiving an injury; Officer responded to assist, treatment/transportation declined.
Nov. 30: 7:30 p.m.- Staff member reported vandalism to a locker in the Pitt Center.
5:41 p.m.- West Hall fire alarm received; believed caused by students playing “hall sports,” hitting a smoke detector.
8:38 p.m.- Another West Hall fire alarm was received; no problem found.
Dec. 1: 12:12 a.m.- Parkridge Officer found a dead 6’ snake on top of a car parked in the JCC lot. Owner of vehicle was contacted, and said he had no knowledge of this, but did have a friend who worked at a pet shop. Snake was disposed of.
2:47 p.m.- Parkridge resident reported cutting her finger. Officer responded, cleaned and bandaged the wound; no further treatment or transportation required.
Dec. 2: 9:44 a.m.- South Hall fire alarm caused by the cooking of food.
11:17 p.m.- Administration Building fire alarm caused by food cooking.
11:45 a.m.- A South Hall resident reported the theft of his laptop computer from his bedroom over the Thanksgiving holiday break.
11:53 p.m.- West Hall resident reported ill; Officer responded. Evaluation determined an ambulance was needed, which was called and transported student to the hospital.
Dec. 3: 11:51 a.m.- Student reported being harassed by university staff; incident under investigation.
7:14 p.m.- South Hall fire alarm received; no problem found.
7:54 p.m.- Officer observed a student driving erratically; when the student was stopped they became disorderly; incident referred to the dean.
Dec. 4: 3:06 a.m.- Parkridge Officer witnessed an individual vandalize a car; he was stopped, ID’ed, and the owner of vehicle was notified.
8:09 a.m.- South Hall resident reported ill; Officer responded and assisted. No further treatment or transportation necessary.
11:33 a.m.- Staff member reported graffiti in the men’s restroom near the Art Gallery; Buildings and Grounds were notified.
Dec. 5: 1:20 a.m.- Student reported injuring themselves while assisting students returning from the semi-final; report filed, no further assistance requested.
2:29 a.m.- South Hall resident reported the theft of property from their room.
4:39 p.m.- Pitt Center Officer reported an individual was ill. Officer responded and assisted; further assistance declined.
7:42 p.m.- Minor motor vehicle accident reported in the South Lot.
10:40 p.m.- Pitt Center fire alarm received; the alarm appeared to have been activated by a child who pulled a fire station.
Dec. 6: 12:28 a.m.- South Hall resident reported ill; ambulance called and transported student to the hospital.
12:50 a.m.- Officer reported a second South Hall resident was ill; 911 called. Student was transported via ambulance to the hospital.
1:49 a.m.- Parkridge Officer observed a student jumping on the hoods and roofs of parked vehicles, damaging the vehicles. Officers responded from campus and Bridgeport Police were called. The Bridgeport Police responded, investigated and arrested this student for the vandalism. While the Bridgeport Police were still at Parkridge, another student became disorderly, vandalized a door and pushed an officer; he was immediately arrested.
2:29 a.m.- Parkridge Officer observed a student parked in the JCC Lot had been broken into; believed to have occurred while the officers were busy with the above incidents.

This is the Spectrum’s last issue for the Fall 1998 semester.
Look for us again on Jan. 28.
Editorials

SHU lends kids a helping hand

Last Saturday's Helping Hands holiday party was a roaring success. Kids from Alpha Home and St. Charles Parish entered the festively decorated gym with their eyes all a glow. They ran from table to table doing various arts, crafts and games, their smiles never leaving their faces.

We felt so privileged to be a part of this program this year. Our simple little activity brought so much joy to the kids who participated in it. It was so nice to see so many of our University's clubs and organizations donating their time for the benefit of others.

This is truly what this time of year is all about. We're all supposed to be a little bit nicer and a little bit more generous. We're not supposed to think about ourselves but of others.

We encourage all of you to take the time to do something for someone else this holiday season because you'll never know how much joy it will bring not only the person you help, but yourself as well.

Use the holiday break to rest and prepare

The first semester has just about drawn to a close, and some students may be sweating about their final grades. For some, it's the first time they will have to deal with below standard marks. For others, it was another semester that failed to live up to its potential.

Perhaps sports or a job took precious time away from your studies. Isn't it time to decide what is important? What do you want to get out of college? Is the time you are spending at school being used productively? Are you really working to your full potential?

It's too late now to think about what could have been done to make this semester an academic success, but it's not too late to plan for the future.

Use the long holiday break to relax and spend time with family and friends. Then, prepare for the upcoming spring semester. Look back on the fall semester and learn from your mistakes and strive to avoid them in the future.

Correction: Last week's issue of the Spectrum incorrectly identified Heather Yablonski as a sophomore in the women's basketball article. She is a junior.

Live each day for today because the past is behind you

As another semester at Sacred Heart University comes to a close, many students may be looking back, evaluating the choices they have made, as well as looking forward to the next semester. Look ing critically at your decisions and actions can sometimes hurt. You may regret deciding to go left, when you now feel that it was a mistake.

Looking forward, you should have taken right. Life is a process of trial and error, and we'll never know what's right for us unless we trust ourselves and follow our instincts.

In 21 days, 1998 will be gone forever. We'll stay up on Dec. 31 and countdown to 1999; a year of infinite possibilities for your success and happiness.

There's an old gospel hymn whose chorus says, "Yesterday's gone, sweet Jesus, and tomorrow may never be mine."

This is what I've found to be painfully and excruciatingly true.

The past is gone forever. No amount of wishing or praying can bring it back. If we're blessed, we'll live to see the next day, but the only thing we have today.

And that's the exciting part; we have today. This is my challenge to you: live today.

Use this day that you have to follow your dreams and goals. Don't sell yourself short. If you want to become a world-renowned doctor, lawyer, writer, engineer, or artist, go for it.

Grab a hold to your dream and breathe life into it before doubt tries to snuff it out. Nurture it and care for it like it's your baby. You have the capability to pursue anything and be what you would like.

Do not let people discourage you. If you work for it, and do your best, it's for you, nothing in the world will hold it back. My mother always says, "Every moment is a moment for change."

So, if you messed up with your grades this semester, pick yourself up off the ground, dust yourself off and get back in the race. Make a promise to yourself that you're going to do things differently next semester and don't settle for anything less if you don't run you'll never know if you would have made it to the finish line. I love basketball. And so, to the basketball team and all the other athletic teams at SHU, I give my full support. I have every confidence that you have the ability to number one. In my mind, one day, I see the SHU b-ball team at the NCAA finals. Why not? Take the attitude to the court that you're going to kill, and nothing or nobody can stop you.

And even if you don't win, you'll die trying.

And as far as b-ball and other teams go, they can't do it without our support. If we don't go to the games and yell our lungs out, if we don't say, "Hey, good game," even if they had sort of a bum game, that may discourage them. It's like one man trying to put out a fire in his neighborhood - if everyone just stands and watches him, it won't be long before he puts the hose down and lets it burn.

It sounds sappy, but if we all worked together this would probably be a better place.

So today, love yourself. Today, take the time out to love somebody else. A simple smile can mean so much to somebody. In my mind, one does not say, "Hey, good game," even if they had sort of a bum game, that may discourage them.

Soon, before you know it, today will have turned into tomorrow, and you'll see that much closer to your goal.

And within 1999 parades through the door, I hope you're in the front line, leading the parade.

THE SHU VOICES

What would you like to get from Santa this Christmas?

By Keysha Whitaker

Elizabeth Mangione
Sophomore
Long Island, N.Y. "More time spent with my family."

Dupre Benning
Grad student
Buffalo, N.Y. "My MBA."

Kate Mackesy
Senior
West Islip, N.Y. "I want to win the lottery because I need money."

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, 5151 Park Ave., Fairfield, CT 06432-1800. The advertising deadline is 7 days prior to publication. Office phone number are (203) 371-7963 or 371-7966. Fax number is (203) 371-7828.
Letters

Take Class Evaluations Seriously
Letter to the Editor:

Your professor leaves the room. Pencils hastily touch the surface of the paper. There's a group of students racing each other to get out the quickest. The whole semester the student is assessed by the professor. During evaluations, the student holds the red ink. Did your professors (or lecturers) agree with your interpretation? Did your professors show their enthusiasm for their subject? Challenge to the best of your capabilities. A great political scientist from Belfast, Northern Ireland (Mick Donnelly) once said: "to challenge the truth is how we learn." Challenge anything that doesn't sit well with you. Finally, you have the last say to interpret what you see. Explain the fruits of your class or explain your frustrations. Tell your professor what you feel they are doing right and what they are doing wrong. Don't take this process lightly. Give your professors something to think about.

Robert Fox

Tips for All from the North Pole
Letter to the Editor:

I would like to take this opportunity to speak to your students about an issue near and dear to my heart — Christmas. Christmas is a time for sharing, for giving, for remembering loved ones and for cherished traditions. One of these traditions is the story of St. Nicholas, who on Christmas Eve travels the world to give toys to all the good children.

In honor of this tradition, Jolly Old St. Nick, my boss, has asked me to clear up a few things. First of all, the old guy's no spring chicken anymore, and that sleigh isn't getting any stronger, if ya know what I mean. Therefore, my boss requests that healthy snacks, like carrot sticks or tofu be left for him instead of cookies. He appreciates your generosity, but needs your help to shed those holiday pounds we all hate.

Second, all items with corporate identity should be asked for well in advance. These items require more time, because in addition to the usual background check (naughty or nice), it is necessary to receive permission before we elves can replicate them.

On a personal note, I'd like to ask on behalf of myself and all the elves, keep it simple. We realize that toys have gotten more high-tech, but seriously, how do you expect a bunch of elves to build a Nintendo 64, or that stupid Furby thing?

On behalf of my employer and fellow elves, I thank you for your attention and wish you a very Merry Christmas.

Cornelius Fozzywig
North Pole Public Relations Director

Happy Holidays

The Spectrum Editorial Board wishes you and yours a very happy and safe holiday season.

The Weather Corner

Today
High 42
Low 36
Partly Cloudy

Friday
High 44
Low 36
Rainy

Saturday
High 47
Low 28
Partly cloudy

Available positions at the Spectrum:
- Photographers
- Ad Reps
- Staff Writer
- Business Manager

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

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Laughter relieves stress for students

By Emily M. Houlihan
Contributing Writer

Laughter is a common aspect of life. The laughter of students may be heard in the hallways, in the canteens, at practices and in dorm rooms.

Laughter is beneficial because it is a healthy release of emotion. There may be nothing more pleasurable than a good laugh.

Research has shown that laughter has the ability to heal and to help individuals cope with pain.

The latest research on the benefits of humor and laughing are being conducted by researchers at Loma Linda University, in Southern California.

Dr. Lee Berk, a preventive care clinician, medical research scientist and professor at Loma Linda University has proven that laughter activates the immune system which makes the growth stronger of body’s T-cells.

The natural killer cells and antibodies all show signs of heighten growth.

Laughter also decreases stress hormones.

“Joy Gessell, a renowned humor consultant, professional speaker and author explained that laughter relieves stress, instills optimism, raises self confidence, defuses resistance to change and enhances all your relationships.”

“I feel laughter is the healthiest thing you can do for yourself after breathing that is,” said Colleen Browning, a junior from Ronkonkoma, L.I.

Humor is a way to release tension, frustration and anger.

A good laugh helps the body relax.

The relaxation of the skeletal muscles in your arms and legs occurs during a fit of laughter.

“Without laughter life would be quite dull” - Gloria Regalado, junior

Humor allows us to distance ourselves from stress and overcome feelings of fear and anxiety.

Laughter causes a rush of energy to surge through the body.

“A little laugh can make all the difference in my day,” explained Tony Palazzi, a senior from Springfield, Mass. Palazzi continued to say that laughter and friends are an essential part of college life.

“Sharing your feeling with others is very important, especially feelings of joy,” said Assistant Professor of Psychology, Kathryn LaFontana.

“Laughing is contagious, especially when you live with six roommates,” said Cheryl McGill, a junior from Fort Lee, N.J.

Laughter may be the spice in life that makes everything better.

So laugh a little and it will do your body, mind, and soul good.

“Without laughter life would be quite dull,” said Gloria Regalado, a junior from Stratford.

Vitamins: You may be swallowing your money

By Kylie Lauder
Staff Writer

Many people take vitamins because they believe they will become healthier and more energetic.

Actually, if people want to be healthy all they may need to do is eat a balanced diet including all five food groups, and have a sufficient amount of exercise.

According to a “Parents Magazine” article by Mel Friedman, many people take vitamins in a variety of ways. They help to produce energy, regulate transportation of oxygen, and repair cells and bones.

Vitamins are not only found in supplements but in everyday food as well.


Vitamin labels do not give many clues to ways a certain pill will help the user, so how does one know if he or she is being helped or harmed?

“The vitamins from health food stores aren’t approved or regulated by the Federal Drug Administration,” said Sheila Wheeler, director of Health Services.

“The dosage isn’t regulated so a person could take too much and cause problems that she is not aware of,” Wheeler added.

People see vitamin commercials and believe that they will feel better and have more energy, but nothing has ever been proved that vitamins will help a person to live longer or prevent a disease.

“I think that if someone gave you a jelly bean and told you it was a vitamin, you would convince yourself that you do feel more energetic and healthier,” said Kristine Schiebel, a sophomore from Bethpage, N.Y.

“I think effects of vitamins are left up to the mind of the user,” Schiebel stated.

Many students take vitamins to stay awake, other people take vitamins because they think it will prevent heart disease, osteoporosis and cancer. Still, none of this has been proven.

Brody’s article in The New York Times also states, “Vitamins taken do not live longer or suffer fewer cancer deaths than those who do not take vitamins, according to a 13-year study of 10,758 Americans.”

Rather than spending the amount of money Americans do on vitamins, there should be education eating the right foods, and exercising properly to naturally maintain a proper amount of vitamins and minerals.

Overuse of a vitamin can hurt just as much as a deficiency can. If a pill is not prescribed by a doctor it can be dangerous when misused.

“If a person is not eating right or getting enough exercise then that could be a problem,” said Schiebel.

But really places like GNC really don’t need to exist,” Schiebel added.


Many people take vitamins to boost their health.
Sleep deprivation leads to poor performance

By Katy Davis
Contributing Writer

Sleeping may be the college students' favorite pastime. According to a study by Phyllis C. Zee, a professor of neurology at the Northwestern School of Medicine, the average person requires eight hours of sleep a night to be fully alert.

In addition, Zee found that students who get less than four hours of sleep a night are more likely to be involved in accidents. For example, in a study conducted by the National Sleep Foundation, it was found that college students who get less than four hours of sleep a night are twice as likely to be involved in a car accident as those who get seven to nine hours.

"Sleep is essential for good health," said Zee. "It is necessary for the body to repair itself and to prepare for the next day."
Faculty exhibit hits Gallery

By Tara S. Deenihan
Associate Editor

The Gallery of Contemporary Art at Sacred Heart University opened its annual faculty exhibit on Sunday. The show contains 23 pieces of artwork from full-time and adjunct faculty in the Art Department.

"There's a lot of great work here," said Jeffrey Smith, assistant director of the Gallery. "There is a lot of energy in the work." Smith also emphasized the diversity of the show. Each member of the faculty works in a different medium and style, creating a show with variety and the solidarity of faculty members working as professionals in their field.

Senior art faculty member Virginia Zic has two watercolor paintings in this year's exhibit. "This is my latest series in which I'm working with hidden spaces and rock formations," said Zic, adding that rock formations fascinate her because of the way light plays on them. Illustration professor Jack deGraffenried's two pieces contrast off one another. One is a pencil drawing on damaged linen of a homeless person, the other a watercolor of Mark McGwire. "I decided I wanted to have some fun and do something for myself that gave me some enjoyment," deGraffenried says of his painting "McGwire and Maris."

Ruth Baxter, a Visual Communications professor, contributed a poster and a set of small poetry books she worked on with a group of artists and poets. The books unfold into three-dimensional paper sculptures, a combination of words and art, which illustrate the poem. "The pieces reflected the artists as well as the content of the poem," said Baxter. Theodore Gutwa contributed two wall sculptures fashioned out of a variety of materials. Gutwa's "Pen Gate" was inspired by a poem of the same name.""I felt that we've got a lot of student support, especially from the friends of the members," he said.

However, Band Council President Russ Borthwick, from Bridgeport, Conn., said that he is disappointed with the student participation. "We are building. Each year I hope to have about 15 to 20 people," said McNeill. In addition to the marching band and the pep band, McNeill has started two new bands.

"I hope to add about 15 to 20 people," said McNeill. "I've added two new bands." Since his arrival from the University of Connecticut, his marching bands, has been with the University for two years. "I feel that we've got a lot of student support, especially from the friends of the members," he said. However, Band Council President Russ Borthwick, from Bridgeport, Conn., said that he is disappointed with the student participation. He stated, "I think there's a lot of people who are interested, but practice times are not conducive to everyone's schedules."

He went on to say, "We give out information, but there's no fixed schedule. However, both Borthwick and Olszewski agreed with Roberts in recognizing McNeill's achievements.

"You can come down and speak to him, or e-mail him. He's a very open person and great to speak to him, or e-mail him. He's a very open person and great to know," said Olszewski.

Students and faculty combine voices

By Frances Moore
A&E Editor

If you missed the Community Chorale's concert last week, or Jazz 138 Special's debut performance yesterday, don't miss the Sacred Heart University Chorus's concert this coming Sunday, Dec. 13.

The program will begin with a variety of religious and folk music. The final third will be devoted to Christmas and holiday music. The Chorus is directed by Leland Roberts, professor of music at Sacred Heart.

"Roberts agreed saying, "They fit right in with the students and sing away!" Both Roberts and Olszewski anticipate a great concert. "We are so small, but the sound is amazing," said Olszewski. Roberts invites anyone who is interested to come and sing with the group. The Chorus is open to anyone in the University. Roberts said, "The people who get involved in it just have a good time. They're very enthusiastic. I'd like to get as many people as possible to join." The concert will be held in the Mahogany Room this Sunday, Dec. 13 at 3 p.m.

"Anyone is welcome to come and sing along," said Roberts.

&Music Man' comes to SHU Center for Performing Arts

By Frances Moore
A&E Editor

The Center for the Performing Arts at Sacred Heart University is set to present its annual holiday production.

The production this year will be Meredith Willson's "The Music Man," starring Robert Fallon as the fast-talking con man Harold Hill. Fallon, who is a Milford resident, has been in other shows at Center, such as "The Odd Couple" and "Oliver."

He said, "I've always liked 'The Music Man' and the work of Robert Preston, who was the original Harold Hill." "The Music Man" is the story of a phony salesman, Harold Hill, who charms the citizens of River City, Iowa, into buying musical instruments. He does this by vowing that he will create a boy's band and the pep band, McNeill said. Many of the University students were treated to the sounds of Jazz 138 Special yesterday in the Mahogany Room. The informal concert marked the jazz band's year's exhibit.

Prior to their performance, one of Jazz 138 Special's musicians, Jackie Olszewski, a sophomore from Bangor, Penn., said, "We are so excited about the concert." She added, "I think we sound awesome. Jazz band also serves as a class. Students attend the weekly rehearsal and in return receive course credit. The University will also be able to hear its first Concert Band next year, due to McNeill's efforts. The Concert Band, which will meet twice a week, is offered as a class also.

Leland Roberts, professor of music at Sacred Heart, praised McNeill's efforts. "In the short time he's been here, he's brought the band up to a whole other level of performance," said Roberts.

McNeill feels that support for the pep and marching bands has gotten better since he first arrived. "I feel that we've got a lot of student support, especially from the friends of the members," he said. However, Band Council President Russ Borthwick, from Bridgeport, Conn., said that he is disappointed with the student participation. He stated, "I think there's a lot of people who are interested, but practice times are not conducive to everyone's schedules." He went on to say, "We give out information, but there's no fixed schedule. However, both Borthwick and Olszewski agreed with Roberts in recognizing McNeill's achievements.

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Fallon, who is a Milford resident, has been in other shows at
Art Gallery: Faculty show opens; diversity of work makes this show worth seeing

Continued from Page 8

of discarded fiberglass, and arranged into aesthetic compositions.

"Generally all my pieces are made of found material," says Gutowska.

He says he looks for items that are "severely weathered and worn," and his arrangement concentrates on "surface quality, coloration and shapes."

Adjunct professor Carey McDougall’s "Little Women" is a sculpture composed of several small figures in muslin dresses on a wooden surface.

"It’s more about the power of femininity," says McDougall. "How in order to be powerful you don’t have to take up space. Femininity is [thought of as] a small thing, but small things can be very powerful."

Other works include paintings by Steven DiGiovanni, Camille Eskell, David Ross and Daniel Heydlef, a sculpture by Stefan Iucho, a painting and drawing by Ginny B. Rogers and pen and ink drawings by William Bramhall.

"I think there’s a tremendous diversity in the work," said Zic. "It’s an example of variations of styles in artists and how well these styles agree — a wonderful example of art-making."

The cast of "The Music Man" will be performing for two weekends.

Music Man': Willson’s musical returns to the stage

Continued from page 8

Many are familiar with the show’s songs. "Seventy-Six Trombones," "Ya Got Trouble" and "Goodnight My Someone" have become American standards.

The show will be directed by Maureen Hamill, with musical direction by Charles Wade. Michelle Marcou will choreograph, and William Stark is in charge of the sets.

Performances will be Dec. 29 and 30, Jan. 3 and 10, and a special New Year’s Eve performance on Dec. 31. Tickets range from $10 to $18. For tickets or more information, contact The Center’s box office at 374-2777.

A&E Briefs

Holiday cafe and pub tonight!

Indulge in international holiday treats while listening to the sounds of Stamband tonight at the Scandinavian Holiday Cafe and Pub. The event, sponsored by the University’s International Center, will take place at 7:30 p.m. in The Outpost. For more information, contact Grace Lim at 365-7614.

Scenes at the Schine

"Armageddon," starring Ben Affleck, Liv Tyler and Bruce Willis, will be shown in the Schine Auditorium this weekend. Screenings will be held Fri. and Sat. at 7 p.m., and Sun. at 2 p.m.

Support your peers!

The University Chorus will present its holiday concert this Sun. in the Mahogany Room at 3 p.m. Enjoy traditional Christmas music, combined with religious and folk music. Admission is free. For more information, contact Leland Roberts at 371-7735.

Artist’s talk tonight

An Artist’s talk, entitled, "Breaking Boundaries: Framed and Freed," will be given tonight by University Art Professor Camille Eskell. The talk will take place in the Gallery of Contemporary Art at 7 p.m. Refreshments will be served. For more information, contact Sophia Gevas at 365-7650.

---Compiled by Frances Moore
Hockey: Canisius sweeps through Pioneers

Continued from page 12

Bourget is a spark plug for the team. "Eddie will get the guys up," said Young. "Hopefully we'll start to put wins in this win column. The year has been rough so far, but I think we can turn the season around next semester."

When asked about the 0-11 start, Drake said that the team needs to keep working hard. "Any team who is 0-11 will have their morale affected," said Drake. "But we're still working hard. That is what will pull us out of the hole we are in."

In the first 11 games this season, the icemen managed to score more than two goals only once in a game. That game was a 6-3 loss to Army. The lone bright spot this weekend for the Pioneers was junior left-winger Paul Arlindo, who tallied in each game.

The men's ice hockey team has plenty of time to try to improve. They were the best of two teams that tallied in each game.

SHU celebrates women's sports

Special to the Spectrum

Sacred Heart University will celebrate the 25th anniversary of women's athletics on campus at its annual Alumni Day program on Saturday, Jan. 30, 1999 in the William H. Pitt Health and Recreation Center.

Players and coaches from the University's three original women's teams, basketball (1974-75), volleyball (1977) and softball (1980), will be recognized in ceremonies between games of the Sacred Heart's basketball doubleheader against New Hampshire College.

"These women were pioneer athletes in the truest sense. We're delighted to have the opportunity to salute their contributions to our intercollegiate athletic program Alumni Day," said Director of Athletics Don Cook.

From both a team and individual standpoint, the Pioneers' women's squads have distinguished themselves. The softball team has competed in 11 NCAA Tournaments, five times reaching the Final Four, and produced 14 All-Americans. In recent years, the basketball squad has developed into one of the finest Division II programs in New England, while field hockey, lacrosse and bowling have produced winning teams.

Since the arrival of the 1990's, Sacred Heart University's athletic program has grown from eight to 33 varsity sports—17 for women. In Fall 1999, the Pioneer's will make the transition from NCAA Division II to Division I along with the Northeast Conference.

SHU goalkeepers Kim Derleth stopped 31 of Amherst's 33 shots on goal.

Hanna provided the driving force for Sacred Heart's offense in a 5-2 win over Southern Maine. Hanna scored two goals and passed for two assists.

The Lady Pioneers jumped to 3-0 lead over the Huskies in the first period behind goals by Hanna, freshman Kim Abrahams, and sophomore Jaime Stilmont.

Anna Alveari stepped in as goalkeeper against Southern Maine and proved to be a major defensive factor. Alveari stopped 22 of the Huskies 23 shots, giving up just one goal.

Head Coach Trina Bourget is pleased with the way his team has played at the start of the season.

"It's a good start," said Bourget. "We went into this weekend hoping to play like a team."

A look at the league stats shows that SHU has power on both offense and defense. Hanna is used for fifth in the Eastern Collegiate Athletic Conference Division II goals scored with four, and she is third in save percentage and is third in goals against average. Alveari is fourth in the league in save percentage.

The SHU women's hockey team has 11 players from New York state.

Hanna sets pace for wins

By Matt Duda
Sports Editor

The women's ice hockey team improved their record to 3-0-1 this weekend with wins over Amherst College and the University of Southern Maine.

The team ousted Amherst 5-6-1 and came away with a 5-2 victory in division play last Friday night. Senior Captain Sarah Hanna contributed a pair of goals as did Jenn Frank.

Hanna and Frank each tallied in each game. Senior Captain Sarah Hanna each tallied in each game. Hanna tallied in both games, while Frank had goals in both games.

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Winter sports Schedule

Dec. 10-19, 1998

THURSDAY 12/10

(W) Ice Hockey vs. Franklin Pierce, 2 p.m.

FRIDAY 12/11

(M) Hockey vs. UMass-Lowell, 1 p.m.

SATURDAY 12/12

(M) Hockey @ UConn., 7:30 p.m.

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December 10, 1998
SHU Scoreboard

TEAM/RECORD OPPONENT SCORE
(M) B'Ball 1-5 New Haven 78-61
(M) B'Ball 4-1 Harvard 79-64
(W) B'Ball New Haven 84-73
(W) Ice Hockey 3-0-1 Stony Brook 74-69
(W) Ice Hockey Canisius 2-10
(M) Ice Hockey Canisius 2-3
(W) Swimming Western Conn. 164-25

SHU score listed first

Sports Schedule

Dec. 10-19, 1998

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FRIDAY 12/11

(M) Hockey vs. UConn., 7:30 p.m.

SATURDAY 12/12

(M) Hockey @ UConn., 7:30 p.m.
A star burns on the horizon

He's out there right now, somewhere.
Maybe it's the 12-year-old boy in Illinois who spends hours every day shooting and dribbling his beaten basketball on his dusty driveway.

Maybe it's the eight-year-old in Virginia who just finished his first Pop Warner season. He chose to be a running back just like his hero Ricky Williams. Someday he hopes to juggle past Nebraska's defenders while leading the Huskers to the national championship.

Maybe it's not a he, but a she who practices her crossover move in hopes of following in Chamique Holdsworth's footsteps at Tennessee. With every shot she makes, she dreams of leading the Volunteers to the Final Four.

But maybe things won't work out quite like they dreamed. Maybe they'll decide that the schools with monstrous student populations just can't fulfill their needs on or off the court.

Then, just maybe, they'll open that letter from the small, Catholic university in Connecticut. They'll be intrigued by the location of the school, by its modern facilities, by the commitment the faculty and staff put into running the school.

They'll look into the school a little more and see that it has a rich tradition. The basketball team was once a premier force in Division II. The basketball and football programs were also among the most feared in the nation. They'll visit the school and see firsthand the friendly atmosphere and the wonderful investments made in both academics and athletics.

Best of all, they'll say, I can make my own mark. I don't have to worry about following mega-legends like Charlie Ward or Grant Hill. I can be a star that's not overshadowed by the ones who shined before me.

They'll choose that tiny school over the perennial powers and rise to fame. They'll dribble past whatever defenses the Terr Heels throw at them. He'll fly by the best linebackers in Division I-AA football.

They might not be next year, they might not be in 10 years, but someday, One comes who will bring the world to this unheard of school's doorstep. One will come who will set the standard for the many that follow him.

Maybe, just maybe, someday, Leslie Newhard

PIONEER CLASSIFIEDS

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Leisure Tours International, a Local Travel Company with a National Marketing Program, Seeks Part Time Office Help Of 12-20 hours per week between 4pm-9pm. Outgoing Personality and Good Phone Skills a Must! Includes $6.00 per Hour and a FREE SPRING BREAK TRIP!! Call 373-1700

SPORTS BRIEFS

Giveaway slated for basketball doubleheader
The first 500 fans attending this Saturday's basketball doubleheader against Franklin Pierce will receive a full-color 1998-99 Pioneer basketball schedule magnet, courtesy of the SHU Athletic Department.

The woman tip-off against New England College Conference opponent Franklin Pierce at the Pitt Center at 2 p.m. The men follow at 4 p.m.

SAC to hold contest and fundraiser this week
This Saturday, the Student Athletic Council will sponsor a pie throwing contest. SAC members will be selling tickets this week's basketball doubleheader to win a chance to throw a pie at administrators, coaches, or professors.

SAC will sponsor a holiday cookie-decorate this weekend. SAC asks that students bring non-perishable food items to the Pitt Center to support the Merton House in Bridgeport.

SHU STARS
The freshman from Northampton, Penn., scored 27 points and grabbed 16 rebounds in the women's basketball team's 84-73 win over New Haven last Saturday.

Newhard is averaging 12 points per game and is second on the team in rebounding with 5.4 per game.

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Looking forward to Christmas. Hope all is well with you and yours.

Best wishes,

Matt Duda

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Weekends During December:
The Barnum Museum is looking for a weekend cashier seeking extra income during the holidays. The right candidate will enjoy contact with museum visitors for 13 hours/ weekend. Retail experience required. Fax resumes to Executive Director (203) 339-4341

Tired of paying room and board? Weston, CT family looking for a live-in nanny to care for two children ages 3 and 5 Mon.-Friday, 7:30 to 5:00 daily. Must be patient, loving, and english speaking. Valid drivers license required. We offer holiday and vacation time. This is a great opportunity to complete your education in the evenings while earning a salary. Car and salary negotiable. For more details, call 203-221-0016 after 7:00pm M-F. Saturday and Sunday anytime. Job avail. now-Dec.

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Looking for a job for next semester? Always wanted to work for a newspaper? Well here is your chance!! The Spectrum is looking for an advertising manager for the Spring Semester. A GREAT JOB WITH GREAT PEOPLE! LOOKS GREAT ON A RESUME!! GREAT EXPERIENCE!! If interested contact tahn john or julie @ 371-7966/7963

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Compiled by Matt Duda

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December 10, 1998

SHU Spectrum - 11
### Sports

**Pioneers leap to top of NECC with two wins**

By Julie Ann Nevero  
Editor-in-Chief

The Sacred Heart women's basketball team pulled out a 74-69 victory over the University of Stony Brook last Saturday despite going 3-10 from the free throw line in the last two minutes of play. This was the second straight conference win for the team, who now stand at 2-0 in the NECC and 4-1 overall.

In the last 45 seconds of the game, SHU was sent to the line six times and failed to deliver. Freshman forward Leslie Newhard snapped a streak by sinking the final two buckets of the game from the line.

"By not sinking those shots we are leaving the door open for other teams," said Coach Ed Swanson. "I'm upset with the way we have been doing just enough to win. I'm not happy with the way we have been finishing games."

Junior guard Katie Toole led the team in scoring with 23 points, making good on all four of her three-point attempts. Toole also pulled down the most boards for SHU with six, four of which were offensive.

"I had no idea I had 23 points," said Toole. "I just kept playing."

"Katie had a great game and obviously shot well from the perimeter," said Swanson. Senior Jessica Bresnancon-tined to score well for the Lady Pioneers with 15 points, sinking three from downtown. The guard now leads the team in scoring average at 16.2 points per game.

Erin O'Neil (7)

The Lady Pioneers were without junior center Heather Yablonski Saturday who suffered a bad sprained ankle in last Wednesday night's 84-73 victory against UNH. Yablonski played only nine minutes in the game. The SHU was on the road yesterday against Binghamton University and will face NECC rival Franklin Pierce at 2 p.m. Saturday in the Pitt Center. The 1997-98 NECC champion Ravens were the only conference team that beat the Lady Pioneers twice last season. Going into yesterday's game, Binghamton, FPC and SHU were all tied for the lead in the conference, along with UMass Lowell.

"We're expecting to do well (against FPC)," said Toole. "We want to come out and play really well."

At press time, it was not yet determined whether or not Yablonski would be playing but Swanson said that he will be looking for someone to "step up" in her absence.

"Anytime you take your center out of your line up there's going to be a hole," he said. "It also gives someone the opportunity to step up and I think we have quality players who'd do that."

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**Freshman jumps to record at indoor meet**

**Men's team repeat, women's team three-peat as CTC relay champs**

By Emily Greenough  
Staff Writer

Sacred Heart's freshman high jumper Gaetano Marra lead the indoor track team to a victory on Sunday at the CTC Indoor Relay Carnival at Southern Connecticut State University.

Marra broke the school record high jump of 6'2'' by eight whole inches to finish off with a jump of 6'10''.

"It was a real treat for everyone present to watch Gaetano jump," says head coach Christian Morrison. "What an awesome display of athleticism."

Marra is now automatically qualified for the indoor and outdoor New England Championshipsships. the Penn Relays, the Division I ECAC Championships, and the Division I IC4A Championships.

Both the men's team and the women's team placed first at the meet, with respective scores of 61 and 51. They competed against schools such as Stoney Brook, New Haven, C.W. Post and Southern Connecticut.

Along with Marra, many other SHU teams put in first-place performances and broke school records. Junior Brian Williams broke the 5000 meter run record with a 15:47 performance, and junior Nick Dymitrz and sophomore Luanne Centrella both broke the mile racewalk records with times of 8:11 and 10:54, respectively.

First other place first performance for the men's team were the 2 mile racewalk relay by Dymitrz and junior Ed Mahoney, Marra and sophomore Mike Benedetto in the high jump, senior Morrise Harbour and Benedetto in the long jump.

Harbour and freshman Ravi Kodare finished first in the in the triple jump. The 3-man shuttle hurdles was covered by freshman Patrick Murphy, Kodare, and junior Jared Walsh.

The women's all-freshmen team consisting of Sara Doyle, Bethany Vendituoli, Shandra Fraser, and Kimberly Almeida finished first place in the 4 X 800 relay. The women's all-freshmen team consisting of Sara Doyle, Bethany Vendituoli, Shandra Fraser, and Kimberly Almeida finished first place in the in the triple jump. The 3-man shuttle hurdles was covered by freshman Patrick Murphy, Kodare, and junior Jared Walsh.

"For the women, Meghan Warnock and Heather Stockton turned in strong performances, but also gives someone the opportunity to "step up" in her absence.

"Anytime you take your center out of your line up there's going to be a hole," he said. "It also gives someone the opportunity to step up and I think we have quality players who'd do that."

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**Men's hockey drops to 0-11**

By Adam Lagnese  
Staff Writer

The Sacred Heart men's ice hockey team fell to 0-11 this season with two losses over the weekend to Canisius. Fridays game was dismissal as the Pioneers fell 11-2.

Still pointless, the icemen battled back late in the third period to Saturday's game at two. But with 23 seconds left, a Canisius forward smacked behind the SHU defense and converted a breakaway for the game-winner.

"We didn't come ready to play mentally or physically," said sophomore left-winger Eric Drake.

Senior guard Jessica Bresnancon-prepared a free throw attempt against Stony Brook.

"I just kept playing," said Toole. "Katie had a great game and obviously shot well from the perimeter," said Swanson. Senior Jessica Bresnancon-tined to score well for the Lady Pioneers with 15 points, sinking three from downtown. The guard now leads the team in scoring average at 16.2 points per game.

"I had no idea I had 23 points," said Toole. "I just kept playing."

"Katie had a great game and obviously shot well from the perimeter," said Swanson. Senior Jessica Bresnanc on-tined to score well for the Lady Pioneers with 15 points, sinking three from downtown. The guard now leads the team in scoring average at 16.2 points per game.

"We came out better, more prepared on Saturday," said Young. "I have been watching the team play since last season. Tony Tedesco, a senior from Doylestown, Penn. "They will help us a lot."

Young is excited to start playing again. "They are an exciting team to play," said Young. "I have been watching the team play since last spring."

Adding to Tedesco's comments, Young pointed out that

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