A health inspector from the town of Fairfield returned to the Grad House on Tuesday along with SHU Dean of Students Larry Wielk, a representative from SHU Buildings and Grounds and one from the Jewish Home for the Elderly to do a walk through of the house which the residents say is in bad condition.

The concerns of the residents, who refused to be quoted individually for this article, lie with the state of the house. Although owned by the Jewish Home, maintenance is mostly under the jurisdiction of SHU, who leases the house.

Jewish Home officials said that the house was in perfect condition when the house was initially leased.

“The house was turned over to Sacred Heart University in pristine condition for rental to students. There was a walk through of the house by the Fairfield Fire Department and representatives of the University, who concurred that the house was in fine condition, safe and would serve the students well. In addition, we were totally responsive to all calls made to our Maintenance Department and every condition reported to us was immediately corrected,” said Dennis J. Magid, president of the Jewish Home in a letter to the Spectrum.

“We do not know the students that occupy the house for a semester, or changes in occupants starting a new school year. We cannot comment on the responsiveness of Sacred Heart’s student housing authority to resolve identified problems, nor do we know if some students trashed rooms, leaving

Students getting ready for registration and advisement

By Matt Duda
Co-Editor-in-Chief

As if classes, sports and other activities are not enough to keep Sacred Heart students busy, it’s time to prepare for next semester.

Advisement/adjustment week runs this Monday through Friday. Returning students who pre-registered their Spring 2000 courses last May have a chance to revise their schedules during this time.

New students should schedule a meeting with their advisor during this week and plan out their spring schedule. Course listing books are available at the registrar’s office or at the registrar’s website, http://oki.sacredheart.edu/registrar.

University Registrar Douglas Bohn recommends that all students, particularly seniors, thoroughly review their course selections. “Carefully check what you’re taking against the requirements,” Bohn said. “If there’s any doubt about what you’re taking, see your advisor.”

“Last year we had a few students that didn’t check carefully, and when I checked their requirements, I found they had picked the wrong things,” Bohn added.

Cards listing the date and time of of each student’s registration are available at the registrar’s office or at the registrar’s website.

See Grad House, Page 3

Kristy Barra, left, seeks information at the Registrar’s office.
Core changes proposed

By Chris Snyder Contributing Writer

A proposal for the revision of the core curriculum is currently under consideration by faculty and administrators. The proposed change is slated for implementation in the fall semester of 2001.

"Developing a Community of Faith and Reason," will be taught in the spring semester of the first year. This course combines the disciplines of history and religion.

Sophomore year, "Reason and Faith, Rights and Revolutions," will be taken in the fall, and "From the Global Wasteland to a Global Community: Developing the Catholic Tradition" will be taken in the spring. The former combines literature and history, while the latter uses the social sciences and literature.

The final common core, to be administered in the fall of a student's junior year, is "The Catholic Intellectual Tradition and Contemporariness." This course considers the common core "capstone," combines religious studies and philosophy.

The nine-credit religion and philosophy requirement remains. This is in addition to the 12 credits of common core courses, all of which have a religious theme.

The collegiate core distribution consists of 11 credits to be taken from these areas: the humanities, the social sciences, and the natural sciences.

These credits must be in non-major courses. The focus of this area, stated in the proposal, is to "supply and awareness of diverse "ways of thinking.""

There was no mention in the proposal of how the core credits must be split between the three areas.

Another key element of the proposal is a list of six principles, some of which are to assure a body of abilities, assure a body of knowledge, and embody the mission of the institution.

Under each principle are specific learning objectives. "The proposal calls for extensive assessment of the achievement of the learning objectives articulated throughout the core curriculum to enable the continuous improvement of the core," said Forget.

A committee was "named and appointed by the president of the university" to develop the proposal, said Forget. They are Nicole Causso, Michael Emery, Edward Gore, Richard Grigg, John Kikoski, Michelle Loris, Edward Malin, Linegran, John Stoy, and Forget.

The proposal will be undergoing revision until the spring of 2000. It will be submitted to the Board of Trustees in June of that year.

The proposal also "suggests (that) an administrator be hired during the implementation period to assist with the assessment and administration of the core," said Forget.

Students currently enrolled at SHU will not be subject to the requirements of the new core. "Students' academic requirements are governed by the university's catalog in force at the time of their initial registration for degree study," said Forget.
University defends right to tell parents of problems

By Leann Doyle
Contributing Writer

With the first semester of the school year halfway finished, students have voiced concerns about the notification of parents when alcohol violations involve students of legal drinking age.

The policy, in the Student Handbook, states that, "The University reserves the right to involve parents and guardians in disciplinary consideration. Students under the age of 23 are considered to be financially dependent upon parents and guardians unless the Dean of Students is otherwise notified.

Larry Wielk, dean of students, said that "financial dependence" is determined by financial aid records.

"It's ridiculous," said Scott Palman, a sophomore from South Dakota State University. "Parents can't call the school and find out if you're failing that class, some students still have to tell the parents if their 21-year-old kids get drunk."

According to the Student Handbook, students are the only ones with the right to access student records, unless they provide written consent for someone else to access them.

The Family Educational Rights and Privacy Act released a revised version of the Buckley Amendment. Among other things, the amendment maintains criteria regarding the privacy of student records, both at the undergraduate level and in graduate programs.

Registration: Advisement begins next week

Continued from Page 1

Registration will be mailed to this Friday. Some students may receive a message from the Assistant Dean of Students, listed on the card. This is done if the student over six credits of the academic year.

Students who have completed 84 or more credits by October, and whose last name begins with K, are first to register at 9 a.m. Nov. 15 in the Faculty Lounge.

As with previous registration periods, a television inside the faculty lounge will provide a list of closed courses. "We also plan to update the list on the web on a daily basis," Biehawa said. "This plan might not work in past years at registration time. The people have been waiting students those stretches past the book store, but the problem doesn't come until the students scheduled in a tight block.

Biehawa said that students can't help if they can't register for those courses. They stand to lose federal funding.

If a Resident Assistant walk in on a gathering of a collection of those students standing under the age of 21, and the institution determines that the student has committed a disciplinary violation with respect to such use or possession.

As a private Catholic university, Wielk said, "We do (have to adhere to that amendment), but we also have the right to write our own guidelines. Students are expected to follow the policies outlined in the handbook as they are written. By virtue of you coming here, you agree to adhere to those guidelines."

Wielk added that he had a lawyer examine the Buckley Amendment before establishing school disciplinary policies.

The amended section can be viewed at http://www.securitcam.aca.org/LAWS/ferpa.html.

Incident Report from Oct. 25 to Oct. 31

Oct. 25: 11:29 a.m.- Bridgeport Police officer working the East Hall traffic desk cited a motorist for disobeying a police officer's signal.

12:29 p.m.- Commuter student reported her vehicle had been hit while parked in the North Parking Lot. Fairfield Police were called and responded.

Oct. 26: 9:55 a.m.- Student reported the theft of a laptop computer from a room in the Main Academic Building. Fairfield Police were called and responded.

11:26 p.m.- Students reported seeing a suspicious person in the North Parking Lot. Public Safety responded and investigated.

Oct. 27: 9:33 a.m.- Residential Life staff member reported a West Hall resident was experiencing chest pains and difficulty breathing. Emergency personnel were called and responded.

8:54 p.m.- West Hall, sixth floor fire alarm caused by residents smoking cigarettes and spraying Lysol. Fairfield Police were called and responded.

10:01 p.m.- A resident reported the theft of his laptop computer from a room in the Main Academic Building. Fairfield Police were called and responded.

11:56 p.m.- Main Academic Building fire alarm; no problem found.

Oct. 28: 7:33 a.m.- Residential Life staff member reported a West Hall resident was experiencing chest pains and difficulty breathing. Emergency personnel were called and responded.

11:01 a.m.- Two student staff members reported they were in a physical altercation while working in the Main Academic Building.

11:25 a.m.- Staff member reported someone tampered with an alarm on a fire door at Jefferson Hall. Public Safety responded and investigated.

1:53 p.m.- Staff member reported he injured his head while working in the rear of the Pitt Center.

4:37 p.m.- Staff member reported there were suspicious male and female students in an office in the Curtis Hall. Public Safety responded and investigated.

11:30 p.m.- Residential Life staff member reported they confiscated marijuana and paraphernalia from an Avalon Gates resident. The items were turned over to the Public Safety Dept.

Oct. 29: 9:00 a.m.- Staff member reported the theft of his laptop computer from his office in the Administration Building. Fairfield Police were called and investigated.

1:10 p.m.- Two staff members reported they were in a physical altercation while working in the Main Academic Building.

11:25 a.m.- Staff member reported someone tampered with an alarm on a fire door at Jefferson Hall. Public Safety responded and investigated.

1:53 p.m.- Staff member reported he injured his head while working in the rear of the Pitt Center.

4:37 p.m.- Staff member reported there was a suspicious male in an office in the Curtis Hall. Public Safety responded and investigated.

Oct. 30: 1:10 p.m.- Residential Life staff member reported the theft of his laptop computer from his office in the Administration Building. Fairfield Police were called and responded.

7:32 p.m.- East Hall resident reported her boyfriend vandalized her vehicle while it was parked in the Faculty/Staff Parking Lot. Fairfield Police were called and responded.

10:55 p.m.- Residential Life staff member reported someone tampered with a drug violation. Officer responded and drugs and paraphernalia were confiscated.

Oct. 31: 2:00 a.m.- Parkridge resident reported someone vandalized her apartment window. Public Safety responded.

10:00 a.m.- South Hall resident reported her boyfriend vandalized her room door and damaged her lock. Public Safety responded and investigated.

11:30 a.m.- Residential Life staff member requested Public Safety at West Hall for a drug violation. Officer responded and drugs and paraphernalia were confiscated.

11:02 p.m.- Parkridge resident reported someone vandalized her apartment window. Public Safety responded.

10:51 p.m.- Parkridge resident reported her vehicle had been hit while parked in the Pitt Center Parking Lot. Fairfield Police were called and responded.

11:26 p.m.- Students reported seeing a suspicious person in the North Parking Lot. Public Safety responded and investigated.

Oct. 1: 3:33 a.m.- Residential Life staff reported a West Hall resident was experiencing chest pains and difficulty breathing. Emergency personnel were called and responded.

10:50 a.m.- Student reported the theft of his laptop computer from a room in the Main Academic Building. Fairfield Police were called and responded.

11:56 p.m.- Main Academic Building fire alarm; no problem found.

Incident Report from Oct. 25 to Oct. 31

Continued from Page 1

Hot Home: Health inspector pays visit

In poor condition for the next semester," added Magid. Wielk said that any conditions in the house that needed repair will be done so. Several maintenance requirements laid out by the health inspector Tuesday are in the process of being done. Wielk said he would be surprised if all fixing was not completed in a week.

"We need to replace the smoke detectors, which the current residents removed themselves. There was mildew in one of the bathrooms, and we're going to replace it. The Hebrew House is going to install window fans because it's basically a circulation issue," said Wielk.

Wielk added that a ripped screen and electrical outlet covers will also be replaced.
Editorials

A lecture on studying from the Spectrum

Well, now that we've all gotten through the trauma of midterm week, it's time once again to look towards next semester. For those of us who've pre-registered, it's probably been too stressful a week (at least in theory), but there can be added complications.

Remember to think long term about what courses you're taking. This school's expensive enough, but having to go an extra semester because you just couldn't resist taking that history of professional wrestling course over a required major course is bad planning.

While we're preaching to you, a word on grades. Lets face it, this school ain't Yale. There are plenty of academically rigorous courses here, but most of the classes here aren't impossible. The Learning Center is a valuable resource for those who want some extra help.

Keep in mind that the powers that be at SHU aren't trying to trick their students into failing out. There are no vendettas out against students when they come into this school. If you work hard and have the mental capacity above that of the average garden vegetable, you can have success at Sacred Heart.

Use your head and the flu won't hit you

Yup, it's time for the entire student population of SHU to get sick. While it seems like most people we know at this school are suffering from one thing or another year round, this is the time when it gets worse.

In case you're not following, we're talking about flu season. In a school like ours so full of hypochondriacs, just hearing that it's flu season is enough to get at least 50 people convinced they won't make it through the night.

Guess what folks, a college setting is a breeding ground for every type of illness. If you wanted to go to college and not get sick, live at home and commute to a local school. Otherwise, you'll have to deal with the fact that you're not gonna always feel 100 percent.

So if you do start to feel legitimately sick, here's some advice. Take some medication, eat properly, see health services if you feel really bad, and get plenty of rest. The latter means that you might have to miss a night or two at the local bars, but deal with it. The bars aren't gonna shut down because you're going to err on the side of caution and chill for a night. Just be smart and chances are you'll live to see another $1 pitcher night at the Page.

What would you like to see the Spectrum write about?

Alexia Monyiarias
Freshman
Bellerose Village, N.Y.

"More Community service stories and no more East Hall."

Wadner Augustine
Senior
Queens, N.Y.

"Track and Field because we win more than any other sport and we never get covered by the paper."

Dina Scardino
Senior
Babylon, N.Y.

"People should stop complaining... More positive stories about the school."

200 days until senior's party is over

As I sat in the dining hall last week eating lunch, something jumped out at me and caught my eye. No, it wasn't what was in the food; it was one of the many colorful decorations that surrounded the walls towards the back. The sign that read "Attention seniors: 200 days until graduation." The sign advertised a senior trip to the Firetows hotel and casino and was sponsored by the Class of 2000 this Friday.

Normally, the only thing that would come to my mind when reading something like this would be how much money I was going to blow on gambling, and the pleasure of having free drinks all night. Instead, I analyzed how long 200 days were. This is it, I though to myself, the final hurrah.

To the graduating seniors, these 200 days will seem like a lifetime. There is so much work to be done. Most of us are just starting to develop our résumés, and plan contacts to local businesses that we are interested in.

But, in hindsight, these days will pass quicker than Darryl Strawberry's substance abuse problems. Well, maybe not that quick. A single year is relative to just a span of one's life span. It's hard for us to imagine what the world around us is like after college life. We have all reap the benefits of living in college from participated on athletic teams, to pulling all nighters studying for mid-terms, to even pulling all nighters because well, you were too drunk to drive home.

Many of us, including myself, do not think too much about the future, we are too concerned about what is happening around us at this present time. We always figure we'll cross that bridge when we come to it. Unfortunately that attitude changes, and it's time for change now more than ever.

After 16 years of schooling (or close to twenty for those who decided to take the scenic route) we move on. Unless, we decide to prolong the inevitable by going to graduate school, there are no more finals, pop quizzes, and class presentations after this year. All that's left is a job, one that if we enjoy it enough, we spend our whole life doing so.

Sooner or later you find yourself playing in an over 50 softball league with guys whose idea of fun is burping the Star Spangled Banner and figuring out which one of their "buddies" had the best ERA in Little League.

The truth is we all get to this point in our lives. And we get used to living this time of lifestyle of going to work, coming home, eating dinner, and going to bed in that order. To some, life doesn't get any better than that.

People grow with the times, and we can't change time, we just adapt to it. Not everybody finds their dream job, but people do find ways to make a living that they enjoy doing.

So when your sitting in that bar years down the road drinking Schlitz beer and talking about your crazy nights in college, you'll think for a while on where you are and the road you took to get there and wonder if you could have chosen another path.

So as the days until graduation dwindle down I sit and wonder what direction my life is going to take and where I'll end up. But for now, I got more important things to worry about. The Simpsons start in an hour and I can't figure out how I'm going to sneak in the Pint Center without having my card.

The SHU Voices

The advertising deadline is seven days prior to publication. Office Phone numbers are (203) 371-7963 or 7966. Fax number is (203) 371-7828.
Jewish Home disputes Spectrum news story

Dear Editor,

The cover story on the October 21, 1999 issue of the Spectrum entitled, "Graduate House in bad condition, say residents," paints a picture of the Jewish Home for the Elderly, owner of the house at 237 Jefferson St. as a "slum lord." The house was turned over to Sacred Heart University students in pristine condition for the next semester.

Freedom of the press is something that our country was built on, and we certainly support the Spectrum's right to print an informative and investigative piece on student housing, but we ask when mentioning outside parties and sullying reputations that the information be accurate.

We strongly disagree with the article, and remain committed to our position that the house was leased to the administration of the university in excellent condition, and that structural or other issues related to the house have been the outcome of student-related activities, and the inability of Sacred Heart's housing department to address and properly maintain the house at 237 Jefferson St.

Dennis J. Magid
President, Jewish Home for the Elderly

---

High 48 Low 36
Partly Cloudy

THURSDAY

High 56 Low 34
Partly Cloudy

FRIDAY

High 56 Low 40
Partly Cloudy

SATURDAY

The Spectrum e-mail is working again!
Send your stories, letters, suggestions, criticism, whatever
to corasanb@sacredheart.edu
or dudam@sacredheart.edu

SG did bang-up job on mock accident

I would like to take this opportunity to thank the Spectrum for a job well done. As President of the "Mock Accident," which took place last Wednesday at 2 p.m. in front of Royce Hall and South and West Fall. This production was put together by the Student Government at Executive Board in order to approach the tragedy that surrounds drunk driving every year.

I hope that the reality of it all is enough to make someone think twice.

Jason Slattery

---

President Hall yard laundry machines soak users

Dear Editor,

It was a late Sunday afternoon around 4:30 when I decided to take some time to do laundry, so I grabbed my clothes and headed off to the fourth floor laundry room, taking $2 for the two loads I planned to wash.

When I walked into the laundry room, a floor covered in water greeted me. I placed my clothes in two of the washing machines and deposited four quarters into each. But when I selected the wash cycle, it wouldn't work, and the machine would not give me back my quarters.

I took my clothes to the sixth floor where the floor was just as soaked. After getting more money, I lost another dollar in yet another broken machine.

While one load was washing, I took my second to the fifth floor. The floor was somewhat better, and the machine took $1.50 of my money but did work.

Drying my clothes was another adventure. After borrowing more money from a friend and trekking to another floor, my ordeal was finally over.

About three and a half hours later, $3.50 lost and with wet feet, I finally had my clothes washed dry. When I asked R.A.'s about the machine, they said there was nothing they could do about it. I feel that with students paying $23,000 to go here, the washing machines and dryers should be in working condition.

Lindsay Hughes
Freshman

Thanks to many for making event a success

The Education Club would like to thank all those who helped with the Heather Whitestone event on Oct. 26. We would especially like to thank the following:

Edward Crow for his donation which made the event possible.

Charlie and Ellen Reedy for a donation of a sweat shirt and a mug for Heather Whitestone and Edward Crow.

Dr. Terry Neu, professor of the Education Department and our advisor, for putting up with us and helping to organize the event.

Dr. Peter Gioiella, chair of the Education Department, for providing us with food at the reception for Heather Whitestone.

Dr. Carl Lorenz of the Education Department for his donation of the Halloween decorations that we sold at the Senior Class Flea Market.

Dr. Stan Ostrowski, Dr. Brian Perkins and Dr. Terry Neu for storing the Halloween decorations in their offices.

All Precourt for helping with the details of the event and answering all of our questions.

Phyllis Machledt for providing us with the Community Connections van to transport Heather to and from the airport and hotel.

Brian Bunnell and Darlene Harris for directing their time and safely transporting Heather. Dr. Wayne Davis and members of the Education Club for working the door for us on the night of the event collecting money and checking ID.

Public Safety for providing us with two officers for the night to insure the safety of Heather Whitestone.

Flik for preparing the food for the reception.

Buildings and Grounds for setting up the Pitt Center Board Room for us.

Everyone in the theater who worked the lights, set up the projection screen and ran Heather's video.

If we left anyone out, we truly apologize. We especially thank everyone who attended the event and took time out of their schedules to come and listen to Heather Whitestone. It took many different people to make this night a success and we thank them all.

Clare Reedy
Education Club Co-President

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An after school program that makes a difference

Students who attend the Winthrop School get best of both worlds

By Mike Kuchar
Features Editor

“Hey Mrs. Muniz, hey Mrs. Muniz”, the enthusiastic, dark haired third grader shouted from the gymnasium. “Watch this shot.” The boy took one large step from half court and sky rocketed the basketball headed for the rim. The ball sailed wide left of the backboard and almost put a dent in the plywood walls flanking the gym.

“Keep at it Richie, you’ll get it,” said Mrs. Muniz. The ear to ear smile on Richie’s face could be noticed from across the street.

Richie is a student involved in the Winthrop After-School Program and Maggie Muniz is his instructor. The program is part of the Lighthouse Series sponsored by Sacred Heart and provides young students with enlightenment in the fields of general studies, art, music, dance, and recreation.

The John Winthrop School on Eckard Street in Bridgeport has been providing students with an after school program since 1994. Sacred Heart University’s work-study students are involved with the Winthrop School, and many volunteers from SHU donate their time from Monday to Friday to help out.

There are around 200 children in the program at Winthrop, ranging from kindergarten to eighth grade. According to Muniz, the director of the program, it provides a safe atmosphere where students can learn.

“It gets these children involved, and it helps them to stay off the streets,” said Muniz. Muniz says that because most parents work all day it becomes hard for them to watch over their kids when school is out.

“We give them time to do their schoolwork and studying so that when their parents come and pick them up they get to spend quality time together,” said Muniz.

The instructors of the Lighthouse Program are teachers who teach at the John Winthrop School during the day, then spend from 2 to 5:30 p.m. looking over the students.

Some of the more specific programs that are being taught include conflict resolution, cultural diversity and junior great books.

Junior great books is a program in which the youngsters learn reading skills by reading through a story and thoroughly discussing it.

“What we have here is different from your ordinary latchkey program,” said Muniz. “This isn’t latchkey, we run a mini-enrichment school after school.”

Enrichment is exactly what a second grade class poses for a picture at the John Winthrop After School Program.

Muniz and her staff are after the instructors that teach these courses are certified teachers in their designated field, and the main purpose of this program is based on learning, not recreation.

“We teach these children to be proud of your culture, and to be respected,” said Muniz. “We tell this children about wrongful acts not wrongful children if they do something wrong.”

According to Phyllis Machledt, the director of service learning and volunteer programs at Sacred Heart, the curriculum changes daily and there is always some type of variety in the courses the teachers instruct.

“Kindergarten might be doing something like arts and crafts, while the third grade students are in the gym, and the fifth graders are learning Spanish,” said Machledt. “It all depends.”

Muniz’s work-study staff includes students from Sacred Heart, Fairfield University, Fairfield Prep, Notre Dame and St. Joe’s High School. Members that graduated from the program usually come back to help out and give back to the community.

Currently, Muniz is still looking for volunteers to experience the joys of working with younger children. According to Machledt, the staff is tight and works hard, so anyone who is interested must be able to make a commitment.

“The real joy of doing this is seeing how much you can have an effect on these children,” Maggie Muniz says as the children leaving for the day file up outside or office to give her a traditional good-bye kiss.

“We all become like a big family,” added Muniz.

Alcohol and prescription pills a deadly combination

Study shows over 1 million people use prescribed pills recreationally

By Leann Doyle
Contributing Writer

After a long week of classes, work and athletic participation, most people look forward to the weekend where they could relax, unwind, and have fun. To some people, this entails going to a friend’s dorm room, or to a bar and having a few drinks.

In an increasing number of cases throughout the country, these alcoholic beverages are being used to wash down prescription drugs.

According to a recent study released by the National Institute on Drug Abuse, an estimated 1.8 million women between the ages of 20-34 used prescription drugs recreationally in 1998. Often, these women are ingesting painkillers like Percocet, Tylenol with codeine, and Vicodin and mixing them with alcohol.

Stuart Lewis, an intern at the NYU Medical Center in New York said that the combination produces a “floaty, relaxed” feeling more quickly than alcohol used alone. “Drugs like Percocet and Vicodin are synergistic with alcohol, which means that one makes the other more effective,” said Lewis.

One might wonder why women are the main focus of this increasing trend.

“Alcohol mixed with opiate-based painkillers can result in impaired respiratory function, which could lead to a coma or death.” — Stuart Lewis, NYU Medical Center

According to the study, young women make up the population most susceptible to the anxiety disorders these drugs are designed to treat. Prescription drugs are most often obtained from peers with a legal prescription. In some cases, the individual who no longer needs the whole prescription will save the rest for recreational use. Often, these leftover pills can be sold for $2 to $5 a pill.

Sr. Anne-Louise Nadeau, director of personal counseling said that cases involving prescription drug abuse at Sacred Heart are kept confidential.

“I’ve heard of a few cases, but I don’t know whether they were isolated or not,” said Nadeau.

Students, however, find a way to get their hands on these pills and use them “to have a good time.”

“Percs aren’t that hard to find,” said one SHU student who wished to remain anonymous. “I know people who have them here and I know people who have them where I work.”

There are numerous negative effects of such abuse. If individuals are caught with prescription drugs that were not prescribed in their name, they
Pills: Effects of perscription drugs mixed with alcohol prove to be fatal

By Erin Wilbur
Continued from page 6

can be arrested for possession of an illicit substance. "This is a physical and psychological effects like addiction and, in some cases, overdose or death. "Alcohol mixed with opi­

ate-based painkillers can result in impaired respira­tory function and lead to a coma or death," said Lewis.

Withdrawal effects could be just as drastic:

Withdrawal from a Vicodin, codeine, or Percocet addiction is much like getting off of heroin, you experience chills, fever, and constipation," said Max Schneider, chairman of the board of the National Council on Alcoholism and Drug Dependence.

Symptoms of an overdose include falling asleep, shallow breathing and possible blue-tinged lips.

If in the emergency of an overdose, it is important to keep the person awake however necessary, so the person does not lose consciousness. Nothing must be able to block the airway passages so the person must be able to breathe.

Studies released by the United States Department of Health show that emergency room visits related to Percocet rose 43% between 1995 and 1997.

According to Schneider this rise was due to the fact of the easy accessibility of perscription drugs and the rising number of prescriptions that are given out per year.

"Any time you're taking a perscription drug for its 'high', you're an accident waiting to happen," said Schneider.

Search for your stars in this week's horoscope section
By Linda C. Black
Tribune Media Services

Aries (March 21-April 19)

On Monday, figure out how to get what you need and keep what you have. Secrets are important, starting Tuesday. Don't reveal them on Wednesday, either. Work hard on Thursday and Friday so over the weekend you can party like an animal - a caddy one.

Taurus (April 20-May 20)

Monday is a good day to form a partnership or to start a lawsuit. Tuesday and Wednesday are good for finding money. Travel on Thursday and Friday and visit a dear older person to repay a kindness over the weekend.

Gemini (May 21-June 21)

Venus goes into Libra on Monday, improving your love life. Don't talk about it, though, especially on Tuesday and Wednesday. Consult a partner before spending on Thursday and Friday. Travel looks good over the weekend.

Cancer (July 22-July 22)

Monday is a great day to make a commitment then. Don't gossip about it on Tuesday or Wednesday; you could stir up trouble. Discuss a partnership agreement further on Thursday and Friday so you can make a financial decision together over the weekend.

Leo (July 23-Aug. 22)

Take care of home and family on Monday. You get smarter on Tuesday, and you'll be lucky in love through Wednesday. Your workloads increase on Thursday and continue through Saturday.

You're not getting paid much, but finish the job anyway. Make commitments on Sunday.

Virgo (Aug. 23-Sept. 22)

You're a quick learner this week, especially on Monday. Study finances then. Make changes at home on Tuesday and Wednesday. If possible, schedule your romantic inter­lude for Thursday through Saturday and do your chores on Sunday.

Libra (Sept. 23-Oct. 22)

Money is a concern on Monday, but you get luckier then, too. By Tuesday, you may discover a secret that can help you advance. Keep it, especially on Wednesday and Thursday. Don't talk; listen instead. Fix things at home on Friday and Saturday. Save Sunday for romance.

Scorpio (Oct. 24-Nov. 21)

You are powerful, decisive and good-looking, especially on Monday. On Tuesday and Wednesday, use worries about money as your motivation to make some. Keep a tight lid on secrets from Tuesday through Thursday. Master new skills on Friday and Saturday. Take care of family matters on Sunday.

Sagittarius (Nov. 22-Dec. 21)

Your hopes, dreams and fears are bigger than life on Monday. Relax. By Tuesday, you won't care quite as much. Keep your mouth shut on Wednesday, and you'll save yourself a lot of trouble. Don't blow whistles yet. Find ways to make money from Thursday through Saturday. Stay low on Sunday.

Capricorn (Dec. 22-Jan. 19)

Try not to get too much fun on Monday. On Tuesday and Wednesday, a deadline looms. You're magnificent on Thursday and Friday. Your friends will help you get a lot done on Saturday, too. Do the bills on Sunday.

Aquarius (Jan. 20-Feb. 18)

If you're polite on Monday, you might win a prize at work. Celebrate your recent victory on Tuesday and Wednesday, but don't brag to avoid jealousies. Make something impossible happen from Thursday through Saturday. Save decisions and commitments for Sunday.

Pisces (Feb. 19-March 20)

Learn how to make more money on Monday. Don't believe the gossip on Tuesday; check it out first. Watch for a way to advance in your career on Wednesday. Gather together with friends to benefit the communi­ty from Thursday through Saturday. Deep thought in a beautiful place on Sunday.

If You're Having a Birthday This Week ... Nov. 8: The power is yours this year. Use it wisely. Nov. 9: Increase your income through work and wise planning. Nov. 10: Wealth is your objective this year, and a surprise is in store. Nov. 11: This could be the year you go back to school. Nov. 12: This year master new skills - and a few old families. Nov. 13: Build a solid future on your past this year. Nov. 14: Home and family beckon this year. Provide more love, more and you'll reap rich rewards.

Trying to find some way out: Surviving an abusive relationship
By Erin Wilbur
Contributing Writer

"You are nothing without me. You will never find anyone else to love you. I only do this because I have to," she said to this. "I have to," she said to this.

"If you have ever heard these words form a stranger or other, you are probably in the middle of an abusive relationship. These relationships come in many forms and for many reasons as to why they exist."

"Sometimes people stay in abusive relationships because they think that is the only thing they will ever have," said Christina Domenech, a first year student from New York. "They don't realize that there is a way out."

Domenech is one of many young women today who have survived an abusive relationship. She realized soon enough that there was a problem and was able to get out.

"Women today do not always have the family support that they need either," added junior Angela Strangaliga, from South Windsor. "They are also scared they might get hurt if they leave."

"People stay in abusive relationships because they don't realize that there is a way out,"- Christina Domenech, first year student

There are many warning signs of an abusive relationship. Withdrawal from everyday activities and friends are major factors in these types of relationships.

Also, the unexplained appearance of bruises or contu­sions and the concealment of the reasons for why they are.

"The true effects of students who are involved in abusive relationships are difficult to hide when dealing with the pain of such a relationship."

"Many people do not realize that an abusive relationship is occurring," Theresa Forget, a senior psychology major and assistant from College Point, N.Y. "The couple may seem happy, but a lot of it goes on behind closed doors."

Many women are willing to admit that there is a problem, but they account themselves for doing something wrong, and the abuse is a means for punish­ment.

"A woman might think that she screwed up somewhere if someone she loves is treating her that way," Domenech commented. "They think they deserve what they are getting because they don't know any better."

Campus Happenings
National Chemistry Week begins Monday

Sunday marks the beginning of National Chemistry Week. To celebrate the event, Sacred Heart will host a variety of activities. Beginning on Wednesday, Nov. 10, the American Chemical Society will be sponsoring a Tie-Dye and Silver Bottle-making (T-shirts and glass bottles will be provided).

Then, next Thursday, Nov. 11, and again on Saturday, Nov. 13, hands-on science workshops will be offered for teachers, as well as aspiring teachers.

Two Chemistry performances will be given at 9:30 a.m. on Nov. 12. The other performance will begin at 11:30 a.m. Elementary school students from area schools will be participating in both sessions, but all are welcome to attend.

Princeton Review seeking teachers

The Princeton Review is looking for instructors to teach high school and graduate courses including the SAT, GMAT, GRE, LSAT, and MCAT. Earn up to $13 per hour part time. Evenings and weekends are flexible. Call 1-800-2-REVIEW today for more information and to schedule an audition.

Workshop for undecided majors this month

Reservations are required for any students with an undecided major to attend workshops. The workshops are scheduled at 5 p.m. on Nov. 9, at 2 p.m. on Nov. 10, and at 12:30 p.m. on Nov. 11. For reservations, call the Office of Career Development at 371-7975.

Senior trip to Foxwoods

Class of 2000 sponsors its 200 days to graduation trip to Foxwoods Casino and Resort tomorrow. The bus leaves at 5:00 p.m. in front of Public Safety.

Students must be over the age of 21 to make the trip to the casino.

Next Coffeehouse on November 18

Ancient Tibetan and Nepalese folk music will be performed at 7:30 p.m. in the Mahogany Room on Nov. 18. Refreshments will be served. Admission is free for all SHU students with ID.

Compiled by Mike Kuchar
'Get Up' and go: Popular band comes to Pub

By Justin Lead
Contributing Writer

In the town of Olathe, Kan., four kids had a dream that they never thought would become a reality. Olathe is the boyhood home of James Dewees, Robert Pryor, and Matthew Pope, four kids who would later become known as The Get Up Kids.

The four became fast friends while attending Olathe South High School. They had one thing in common: the dream of playing in a band. They wanted to make it big, and would not stop until they did.

The foursome had been playing in bands since they were 14. The only thing stopping their rise to stardom was high school. What these four teenagers did not know was the lasting effect they would have on many teenagers for years to come.

The Get Up Kids are now in their early 20's and are making it big by doing what they love best.

This Kansas City five-piece (with the addition of keyboard player and vocalist Pam Pam, the band's unknown, has become the most celebrated indie group around, and they are coming to Sacred Heart on Nov. 12 in the Outpost Pub.

The event is sponsored by the Student Events Team Band Committee. Dave Bertoldi, chairperson for the SET Band committee, is responsible for the signing of the band.

"We are looking to pack the Outpost full of people for this event," he said.

The committee has attempted to spread the word about the band on campus and throughout Conn.

The Get Up Kids kicked off their full United States tour on Sept. 12. They plan on doing a 70-day tour, covering almost every state. They will be headlining this tour, and will bring two opening bands: At the Drive-In and Ultimate Underdog.

The popular indie group, The Get Up Kids, will be appearing at Sacred Heart next Friday.

Pilfers' new tunes

By Matt Flook
Columnist

So this record company sent me the soundtrack for the film "Anywhere But Here," which stars Susan Sarandon and Natalie Portman, and opens on Nov. 12.

Yeah, that's right, Nov. 12. Hello! I haven't even been given a chance to see the movie, and they are sending me the soundtrack.

Now, movies and music have been linked, in terms of tie-ins, for a long time now. (Remember the movie "Three Coins in the Fountain?" No, I guess you wouldn't, but I'll bet everyone has heard of the title song.)

Films, and record companies, have always found success by releasing the music that was heard within the film.

It provided a nostalgic feeling for the film-goers, especially in the days before video tape. Then, when a film stopped showing, that was it. The only way to relive it was either to catch a re-release, or to buy the soundtrack.

But what is going on today with movie soundtracks moves way beyond nostalgia.

During the years, we have seen a closer relationship develop between film's music and the film itself.

The Get Up Kids can be reached by logging onto their Web Page at www.getupkids.net.

The band played over 200 shows last year, throughout Europe and made numerous friends along the way. Within months, they were already receiving offers from several record labels.

Mojo Records won. Mojo Records is famous for its talent, as Reel Big Fish, Goldfinger and Cherry Poppin' Daddies.

But after a label dispute, The Kids decided not to work with Mojo workers, but instead, started Heroes and Villains, their own company, and signed themselves.

On Sept. 8, The Get Up Kids released, everything to Write Home About," their second full-length CD.

The Get Up Kids have been mentioned in numerous magazines, including Alternative Press, SPIN Magazine and CMJ journal.

CMJ has had only good things to say about the band, including, "These kids have grown into pop rockers with strong songwriting sensibilities."

The Get Up Kids can be reached by logging onto their Web Page at www.getupkids.net.
No rest for the weary: SHU Players get ready for first production

By Betania Magalhaes
Staff Writer

The SHU Players have been very busy lately. Last week, the Players' first production of the semester, "Last Call," was presented to an enthusiastic audience.

The Players are now preparing for their second production, "Coffee," which will be performed on Oct. 28. Over 40 students have been involved in the production, and the cast and crew have been working hard to bring the play to life.

The play is set in a coffee shop and revolves around the relationships and personal lives of the characters. It is directed by Su Hee Ahn, who is a second-year graduate student in the Department of Theatre and Dance.

"Coffee" is the second production of the SHU Players' fall season, and it is being held at the University's Klein Auditorium. The show will be performed at 8 p.m. on Oct. 28 and 3 p.m. on Oct. 29.

Music: takes control of today's film industry

Continued from Page 8

at point of tying it with the movie?

The point is for record companies to make money. By slapping on "Susannah's" and "Natasha's" Portman's faces on the cover of the album, they are guaranteed to sell more copies.

Let's think about this logically, though. What does this collection of K.d. lang, Carly Simon and Sarah MacLachlan really have to do with "Anywhere But Here?"

I don't know. The only way I could find that out would be to see the movie. But that does not open for another week. How do I know that these songs are even present in the movie?

Oh, well, they must be, because the final track is called "Anywhere But Here Score Suite." So that proves it. Right.

It seems to me that we have moved beyond the point of nostalgia film music. I don't even get a chance to feel nostalgic about the film because I have not seen it yet.

What does this album do let me do is take notice of the music while watching the film. For example, in a scene where I might not necessarily have noticed the music, I will recognize it, from the album, of course, and probably pay attention to that, more than the action in the scene.

But there I go, thinking like a media major again.

Change in network popularity ratings

By Sandy Goldbeck
Contributing Writer

The networks have battled it out for years. NBC, ABC and CBS are the major players. But over the years, they have been forced to let the other networks have their way.

What happened? FOX and UPN and The WB appeared from nowhere, it seems, and they are gaining share quickly. FOX is now one of the four major networks.

UPN and The WB did their research and began to appeal to the fast-growing segments of teens and young adults.

According to a report from The Media Edge, a media-buying agency in New York, the 1998/99 season finished in the 18-49 age category with NBC on top with 5.4 rating points. ABC was second with 4.6 points and FOX was third with 4.5. CBS finished fourth with 3.6.

In the 1994/95 television season, those four networks showed a total of 4.4 points.

Since then, the networks have been losing points to The WB and UPN, totaling only 10.6 points in the 1998/99 season.

A decline in network popularity is usually due to the choice of programming for the adult age group, which sees the most significant changes in their viewing habits.

However, the networks are not recognizing that room for growth exists among the younger-adult categories, and have developed plans of attack, accordingly.

The report from The Media Edge stated that ABC will "focus on intelligent young programming" for the 1999/00 season. It introduced six new shows to the 18-34 age group.

NBC will try to maintain its family-style programs, as in "The Lady Eve," which, by focusing on sex, they are becoming more prevalent on networks to cable, from prime-time to those hot commercials.

But before financial pressures drove him into a Media major again.

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But there I go, thinking like a media major again.

Seriously, though, what are we watching the film for? Are we listening for our favorite tunes, or are we solely interested in the aesthetic value, merely regarding the music as a special effect?

I think at this point, the two cannot be separated. They are now forever forged together in popular film.

And I'm not sure whether this is a problem, or simply what our culture has become. Either way, it is worth talking about.

More information, or to reserve tickets, call the Museum at 438-4519. The Aldrich Museum is located in Ridgefield, on Route 35.

Greater Bridgeport Symphony

World-class flutist Carol Wincenc joins the Greater Bridgeport Symphony, under the baton of its internationally acclaimed conductor Gustav Meier, on Saturday, Nov. 6 at 8 p.m. in the Klein Memorial Auditorium.

The program includes Tchaikovsky Symphony No. 6 and Rouse Flute Concerto. Tickets range from $16-$43; half price for students 18.

More information, or to reserve tickets, call the OBS office at 576-0263.

A&E Briefs

West Indies Coffeehouse slated for tonight

The cultural dance troop of the West Indies presents an invigorating performance illustrating their rich cultural history on today at 7:30 p.m. in the Mahogany Room.

Performers will be in full costume and West Indian treats will be served. Admission is free for SHU students with ID, and general admission is $8.

The event is sponsored by the Sacred heart University International Center.

Film series continues at the Aldrich Museum

This week The Aldrich Museum of Contemporary Art will host its second film in a series called "Time Warp Films." This Saturday, at 7 p.m., there will be a screening of Alfred Hitchcock's "Vertigo."

The Saturday Night Movie Series is hosted by Peter Concilio, who will also lead a discussion on the film immediately following the screening.

The price of admission is $8.50 for the student public, and $12.50 for the adult public.

For more information, or to reserve tickets, call the Museum at 438-4519. The Aldrich Museum is located in Ridgefield, on Route 35.

Music: takes control of today's film industry

Continued from Page 8

Music: takes control of today's film industry

Compiled by Frances Moore
Two years ago, the National Collegiate Athletic Association predicted that it would take 10-12 years to achieve equality in men’s and women’s athletic programs at its member schools.

Although there are still inequalities, according to a report issued yesterday by the NCAA, more women are participating in intercollegiate athletics and more women are receiving athletic scholarships, with parity projected in just six years.

Since the NCAA issued its last report on disparities between the sexes in 1997, the last report on disparities in every division except I-AA, at least two-thirds of the recruiting budgets were spent recruiting athletes for the men’s teams, and that the head coaches of men’s teams received about 60 percent of salary expenditures.

"Improvements are being made, but being made much too slowly," said Cedric W. Dempsey, the president of the NCAA in a news teleconference.

"To be fully committed to providing opportunities for all athletes, we must continue to add programs for women and dedicate more resources to women's programs on our campuses at a faster rate." Dempsey pointed out that Division I schools spent an average of $172,000 on recruitment for men and $72,000 for women. "That's just not good enough," he said.

The proportion was 37 percent two years ago. Women attending Division I schools received 41 percent of scholarship dollars.

Despite such gains, NCAA officials said they felt movement toward equality was occurring too slowly.

They said, for example, that in every division except I-AA, at least two-thirds of the recruiting budgets were spent recruiting women’s athletic programs at a faster rate. NCAA officials were so disheartened by the disparities found in the 1997 report that Dempsey said if progress continued at that rate, it could take 10-12 years to reach parity.

The results of the new survey left him cautiously optimistic. "Looking at the growth we've seen these past two years, we should achieve our goal in six years," he said. "I'm encouraged by the three percent growth from where we were two years ago."

Cheryl Levick, who heads the NCAA's committee on women's athletics, said parity in intercollegiate would be achieved only when women reached the 50 percent mark in participation, scholarships, recruitment and salaries.

"Right now we're at 40 percent participation, 41 percent in scholarships, 30 percent in recruiting, 40 percent in head coaches' salaries and 21 percent for assistant coaches," said Levick.

"We've made progress, but until we get percentages equal, we haven't hit our mark."

"Next year, there's not going to be an excuse for it," added Lipsky.

Last Wednesday, the team began its final Northeast Conference stretch at home against Central Connecticut. In that game, a Central breakaway with under 20 minutes remaining was thwarted by Lipsky who also turned away two rebound shots.

After the clearing of the ball by the defense, CCSU brought it back down and managed to slip it past Lipsky for the lead. Five minutes later, Nunes took a left side throw-in for a few steps, then shot it with his outside left foot into the opposite corner of the net to even up the match.

With outstanding defense, SHU managed to walk off the field with a tie for the day.

"(Rodrigo)'s just an outstanding player," said coach Joe McGuigan. "He does a tremendous amount of work for us." After being out for most of the season, Nunes has come back full force for the Pioneers.

"We suffered greatly this year because he was out most of the season," said McGuigan. "Now that he's starting to get his fitness, he really impacts the game tremendously for us whether he's in the back or the midfield."

"If we had him all season, we would have won a few more games." The men also took on Quinnipiac this past weekend.

With the score 3-2 and 11 minutes remaining, SHU was aggressively defending its side of the field to force a tying opportunity. A Brave, guarded by a Pioneer player, took the only option available of grabbing his defender by the jersey. With no call, the player sprinted up the field with a teammate to dash the teams hopes with another goal.

"I'm very upset with the no call by the referees," said McGuigan. "I know he saw it, he just refused to call it. That turned the game around and gave them that extra goal."
Sports Briefs

Martial Arts
The SHU martial arts team will host a tournament this Saturday, Nov. 6th in the Pitt Center. The event is free and all are invited to attend.

Women's swimming
Tomorrow the ladies will travel to Southern Connecticut State University to swim against Yale and Southern at 3:30 p.m.

Football
The football faced another loss this past Saturday 34-17 to Monmouth University, despite some flashes on offense. As opposed to keeping the ball on the ground, the team sent the ball through the air and managed some positive yardage to stay in the game.

-Published By Kelly-Ann Franklin

Runners: Men's team races to ninth place at NEC meet

Continued from page 12

Junior Ed Najd was healthy, finishing the five-mile course in a time of 28:41, which was only 18 seconds behind Koch's finish of 28:23.

Senior co-captain Edward Mahoney also finished strong for the men, coming in fourth with a time of 29:55.

Junior Christopher Eaton is also healing from an injury, but still managed to finish the race in 30:07. Sophomore Brian Wrinkle was the men's seventh place finisher, with a time of 30:27.

Pioneer Classifieds

Childcare: Charming horse farm with two children 3 and 5 need help. Flexible hours. Some afternoons and evenings. Must be experienced, drive own car, and have good references. Faxes: number, name, etc., to 255-2894. 255-5385 Voice.


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Jamaica, Cancun, Florida, Barbados, Bahamas. Book Before Nov. 5 for FREE Meals & 2 Free Trips. Book before DEC. 17 FOR LOWER PRICES!! 1-800-426-7710 www.sun-splashtours.com

Part Time Help Wanted
in Trumbull Mall
P/T help needed for cart business in Trumbull Mall $8 per hour Day Hours available. call Tracy 372-1773

Pioneer Classifieds

ATHLETE OF THE WEEK

Elena Rosero
Sacred Heart junior forward, Elena Rosero of East Meadow, N.Y. was named to the All-Northeast Conference Second Team on Tuesday in a poll of all of the coaches.

Rosero finished with three goals and four assists totaling 10 points for the season. 1998, but with the University's move up to Division I, the junior striker made the transition to the tougher competition look easy.

It is the third year she has been an all-conference selection in her career.

Hockey: opens with loss, positives seen in the ice rink

Continued from page 12

The Braves tallied the lone goal of the game, while they have already jumped out to a 3-0 lead on two goals as Quinipiac jumped out to a 3-0 lead on two goals as Quinipiac.

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P/T help needed for cart business in Trumbull Mall $8 per hour Day Hours available. call Tracy 372-1773

Pioneer Classifieds

Employment Opportunities!
Students with an Upbeat attitude and ready smile are needed to fill openings on our staff. We will provide you with great pay, a fun working environment and a chance to learn.

Contact Chris at Aspetuck Valley Country Club 226-4701 or 333-4580.

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Men's soccer falls to FDU

By Gabriel Ronanni
Staff Writer

Halloween fell this past Sunday, appropriately to signal the end of the nightmarish season of the men's soccer team.

Traditionally, the last homegame of the season is Senior Day, but for this non-traditional team, all of whom should be returning next year, it was simply another reminder of just how young the team really is.

With under 10 minutes left in the first half, a Fairleigh Dickinson handball led to a goal past fallen goalkeeper Matt Lipsky, ending a brief lead held by SHU. FDU would go on to win the game 2-1 with a late goal in the second half.

Only 80 seconds after the opening whistle against FDU, sophomore transfer Igor Gupskyi (Brooklyn, N.Y.) received a pass up the right wing and sent it to freshman forward Franco Carrieri (New Britain), who led the team this season with 15 points.

Lady Bowlers strike hard; face tough opponents

By Laurie Nagy
Staff Writer

On Saturday the SHU women's bowling team participated in its second conference meet of the season. The team traveled to Rhode Island's East Providence Lanes where they had a strong showing. Freshman Adrienne Stoddard had high games of 243 and 233. Sophomore Alexis Lepore also did well with a 195 average, followed by senior Chrissy Anania with a 184. Again, the team took five of its six matches.

The team is looking forward to their next conference meet over Thanksgiving break. They will travel to St. Louis, followed up by a meet on December 4th at Circle Lanes in Fairfield.

"I hope everyone comes to see us December 4, when we are in Connecticut and support the team in anyway possible," said coach Shaun Hannah. " Quinnipiac has the best power-play in the league, and we held them in check all night long."

The Pioneers' game.

X-Country earns fourth place at NEC championships

By Emily Greenough
Staff Writer

Junior Heather Stockton keeps amazing people. Last Saturday, Stockton led the SHU women's cross country team to a 4th place finish at the Northeast Conference Cross Country Championship at Taunum Park in Middletown, N.J.

The women were ranked fifth in the NEC preseason poll. Stockton's time of 19:16 allowed her to place fifth in the race of 94 women, which earned her a spot on the All-NEC team. Senior co-captain Jennifer McGovern was the only SHU woman to be named to this team.

That doesn't mean the other women were丝毫 well. Freshman Suzy D'Angelo came in second for the team, finishing the race in 16th place with a time of 19:38.

Senior co-captain Jennifer McGovern followed right behind in 17th, running the slow 3.1 mile course in a time of 20:00 flat.

"Heather Stockton ran another great race, but Jen McGovern is the unsung hero of this team," said Christian Morrison, head coach of both the men and the women. "Jen has come through for this team all season long."

Freshman Diane Alkermor and sophomore Kimberly Almeida also helped the women place in the meet, they finished within three seconds of eachother.

Also scoring points for the women were senior co-captain Michelle Weselowski and freshman Kristina Plourde.

The men's team placed ninth in the conference thanks to some great running.

Freshman Brian Koch finished first for the men, placing 42nd in a field of 102 runners.

The men's top two runners, senior co-captain Brian Williams and sophomore Chris Ciparelli, both ran with injuries. Williams was the men's third runner in this meet and Ciparelli was the sixth SHU finisher.

"I thought the men finished well considering our top two runners ran injured," said Morrison. "I'm sure we could have finished a couple of places higher if everyone was healthy."

See Runners, Page 11

The women's bowling team keeps knocking down opponents.

By Ed Bourget
Contributing Writer

Quinnipiac defeated the men's ice hockey team last Friday night by a score of 5-3. It was the first game of the season for the Pioneers as they prepare for a 34 game schedule.

The game was close from beginning to end, but the Pioneers never had control of the lead. The team was disappointed with the loss, but there were many positives that came from the game.

"Our play on the special teams was very good," said coach Shaun Hannah. "Quinnipiac has the best powerplay in the league, and we held them in check all night long."

The Pioneers killed off seven penalties without the Braves scoring a goal. On the offensive front, Sacred Heart tallied two powerplay goals on eight chances.

The Braves scored three times before SHU tallied.

Even strength play proved to be the weak link in the Pioneers' game.

"They were better than us at even strength," said Hannah. "We didn't create enough scoring chances off of the forecheck."

Ladies are in the mix

By Ed Bourget
Contributing Writer

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