Mother Nature wreaks havoc on campus

By Kelly Smith
Assistant News Editor

The SHU community all remember the unusually warm weather they experienced before Christmas break. How could the students forget, with temperatures in the upper 40’s and low 50’s? But that nice weather seems like it was decades ago. Currently, the effects of La Nina are victimizing SHU. La Nina’s characteristic high winds, lack of rain, and frigid temperatures have caused much havoc here at SHU.

Students returned from winter break on Jan. 16, many were unhappily met with uncomfortably cold dorm rooms. As in East Hall, pipes that had frozen caused the heating problems. According to East Hall RA Kaym Sisson, sophomore from Plainville, “The frozen pipes were caused by the cold temperatures the day students moved in, the stairway door being left open caused the stairway temperatures to drop to 27 degrees. The result of this was in two fire alarms because of pipes that burst.” The first being at 4 a.m. “Since then the heating repairmen have been working diligently floor by floor checking all rooms and student complaints in restoring heat to its regular temperatures. The Pitt Center was also affected by the cold. It experienced a similar fire alarm caused by a pipe that had burst,” said Sisson.

Perhaps the most recent effect of La Nina has been in the snowfall SHU encountered on Jan. 20 and Jan. 25. The storm although not accumulating much snow made roads and driving conditions poor enough to cause the cancellation of classes. Thomas Forget, Vice President of Academic Affairs, from seeing a traffic light. By Matt Duda

Co-Editor-in-Chief

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The Weather Corner...

Inside New year brings IT improvements

By Matt Duda
Co-Editor-in-Chief

While students were vacationing between semesters, the Information Technology department was hard at work implementing several new features to campus.

An e-mail sent by Vice President for Technology Mike Trimble last week illustrated some enhancements.

The most visible change is the opening of the expanded Comp USA laptop repair center.

In addition to having more counter staff, the former marketplace allows students to sit down while waiting for service.

Waiting times should be down, however, as more staff is on hand to repair faulty machines.

Comp USA also has moved diagnostic equipment and replacement parts on site to minimize the number of machines that need to be sent out for what can sometimes be lengthy repairs.

Each help desk customer also will be asked to fill out a survey form for feedback on their satisfaction with customer service.

Four computer labs received new or upgraded computer equipment.

Web browsing should move at lightning speed thanks to the new fractional T3 pipeline to the Internet. A new firewall will put an end to Internet traffic from bottlenecks, a problem with the old machine.

The SHU community all remember the unusually warm weather they experienced before Christmas break. How could the students forget, with temperatures in the upper 40’s and low 50’s? But that nice weather seems like it was decades ago. Currently, the effects of La Nina are victimizing SHU. La Nina’s characteristic high winds, lack of rain, and frigid temperatures have caused much havoc here at SHU.

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Perhaps the most recent effect of La Nina has been in the snowfall SHU encountered on Jan. 20 and Jan. 25. The storm although not accumulating much snow made roads and driving conditions poor enough to cause the cancellation of classes. Thomas Forget, Vice President of Academic Affairs,
News Briefs

SHU student arrested for leaving child in car
A 19-year-old SHU commuter student, whose name is unavailable, was arrested on Jan. 13 for leaving a 3-year-old in a car while she was on campus for a meeting.

A staff member informed Public Safety Supervisor Jack Fernandez at 1:06 p.m. that the child was alone in the car. The car was turned off and locked when Fernandez arrived at 1:10 p.m. The Fairfield Police were called and the car was opened at 1:38 p.m.

The student was charged with risk of injury to a minor, a Class-D felony. Public Safety determined that the child had been left in the car for a total of 45 minutes and the temperature outdoors was 28 degrees. The student was the child's nanny.

Smoking prevention program starting at SHU
SHU counseling center is offering a Smoking Prevention Program called Smoke Stoppers to take place during the spring semester.

Mary Ellen Bolcer, of Saint Vincent's Hospital Health and Lifestyle Program, will be facilitating the program here at SHU. This program is free to students. It will consist of eight meetings each lasting a maximum of 40 minutes. The program will run for a span of five weeks.

Smoke Stoppers is being developed as an informational session. Its goal is to provide success to students through its group-oriented support.

If interested please contact Sister Anne Louise Nadeau at the Counseling Center, 371-7955. Meeting time and place will be set in accordance to the convenience of those interested in participating.

New Public Relations Committee forms
The Student Government Executive Board met recently in the Student Affairs Conference Room to form a committee on publicity.

The Public Relations Committee will be comprised of two Executive Board members, two Senate members, as well as any interested Sacred Heart students. Committee members will work closely with Vice President for University Relations Elinor Biggs.

The committee will be a communication link between the student body and the Sacred Heart Public Relations office as well as the elected officials and media contacts. The committee will tackle problems such as the East Hall traffic light situation and voter registration.

Noted speaker opening Black History Month
Geraldine Johnson, the first African American woman to serve as superintendent of the Bridgeport school system, will be the keynote speaker in the Black History Month opening ceremonies on Feb. 2.

The event will take place at 2 p.m. in the Mahogany Room. The Helen W. Grant School Choir of New Haven, consisting of students in grades 3-5, will perform a selection of music.

During her 40-year career in education, virtually all spent in Bridgeport, Johnson served as a teacher, elementary school principal, assistant to the superintendent, assistant superintendent of schools and, from 1976 to 1981, superintendent of schools.

Among her awards are an honorary Doctor of Laws degree from Sacred Heart University, conferred in 1976, and a Leadership Award from the University's Center for Policy Issues in 1981.

Other Black History Month highlights include and African American Coffeehouse on Feb. 3, an Afro-Caribbean Night on Feb. 19 and a conference to cultivate positive relations across the divisions of race, religious affiliation and municipality on Feb. 27.

Compiled by Brian Corasaniti and Kelly Smith

East: Traffic adding up to trouble for SHU

Continued from Page 1

University officials, and many students, have frowned on that idea as a tunnel may become a haven for vandals or wrongdoers.

"This is not the ideal situation," said Biggs about the current setup. "We will continue to do this until a permanent solution is in place.

Student Government leaders entered into the debate over winter break. Student Government President Jason Slattery and Executive Vice President Gabe Goodine sent a letter to state and city officials expressing their demand for a traffic solution in front of the dorm.

"This holdup is compromising the safety of over 400 individuals," reads the letter that also appeared in the Connecticut Post. "Bridgeport has failed in its civic duty to protect its residents.

The letter also points out that many SHU students call Bridgeport their home. "Approximately 750 resident students are currently residing within Bridgeport, at East Hall and Parkridge apartments...This very large sector of the community presently has been abandoned by you, its municipality."

"If it were not for our university hiring off-duty police officers as crossing guards, our safety would be seriously threatened."

Some residents closest to the dormitory resent the stream of pedestrians that flow across Park Ave. day and night, frequently stopping traffic.

"The students are unsightly," said Daniel Drive resident Vivian Gingolasaki, a SHU graduate. "I think they should all be on the same side of the street."

Chris Snyder contributed to this article.

Weather: Storm closes school twice in week

Continued from page 1

is the determining factor in the decision of the university's status on bad weather days.

Donna Wilkins, the Academic Associate to the VPAA, officially declared the last class to be held on Jan. 20 would be at 3:30 p.m. This announcement was declared over email at 2:30 p.m.

The storm also affected SHU's shuttle service on this day, causing all operations except for one shuttle to run after 8 p.m.

On Jan. 25 the university was delayed until 11 a.m., however as a result of the fear of worsening weather SHU was later deemed closed. The shuttle service postponed it's opening until 3 p.m. in order to allow the roads to be better groomed for safety.

"Missing classes is always a nice surprise however, hindsight bias teaches us that it only adds strains to our workflows only causing headaches," said Anthony Barghout, sophomore from Mount Kisco, N.Y.

As stated in the SHU Handbook delayed openings or class cancellations caused by weather conditions must be announced by 7 a.m. for day classes and 4 p.m. respectively for evening classes. These announcements can also be found at the website: weather.com, along with the "snowline" (565-7669), and many local radio and television stations.

Student's are becoming accustomed to the below zero temperatures. However, many are long awaiting the more pleasant spring weather.

Jaimie Ouellette, sophomore from Holland and Susan Tamke, junior from Brooklyn N.Y., stated, "It is too cold. It's funny how the smoking population that usually gathers outside the front doors of East Hall has significantly decreased. We want the beach."

UMOJA and the Spectrum

Present...

Changing Faces Calendar Photography Contest

* Contest dates: January 27 to February 18.
* Students may submit an action photo with negatives that shows the essence of Sacred Heart which the student feels truly depicts SHU.
* Clubs may submit photos with negatives they feel exhibit the essence of SHU.
* Photos may be color or black and white. All photos will be returned.
* Please include a brief description of the photo Submitted photos must be accompanied with name of photographer, name of submitter, names of individuals in photo (where applicable), student ID number, grade, address and phone number.
* There is no limit to the number of submissions per individual or club, but any individual or club may only win once.
* Winning photos will be published in the 2000-2001 Changing Faces Calendar. Winners will also receive a free copy of the calendar.
* Photos may not be discriminatory against race, religion, sex or sexual orientation.
* Judging panel will consist of selected UMOJA members, Spectrum staff, SHU faculty/staff and professional photographers.
* Submit all photos to: Changing Faces Calendar Contest Sacred Heart University MC 1749 5151 Park Ave. Fairfield, CT 06432
* Photos must be received by February 18.
Dorm fire sparks concern

By Christine Taturn

The fire alarm that warned of thick, black smoke billowing throughout his Seton Hall University dormitory failed to rouse freshman Pete Tomatore from bed.

"I actually went back to sleep after I heard the alarm, and my roommate had to wake me up to tell me it was real," he said.

That Tomatore and many of his neighbors didn't immediately spring from bed was of little surprise to several students milling around the burning building, where 18 false alarms had sounded since September — seven of them during December's final exams alone. This time, there was no prank. The Jan. 19 fire that broke out killed three students and injured 55.

In some dorms the alarms are so frequent many students, much like those at Seton Hall, lock their doors with hopes that no one will discover they didn't leave the building along with everyone else.

"I was actually written up last semester for not evacuating for a fire alarm," said Alex Ross, a senior at Tulane University.

"It was 3 a.m. during finals, and I was sure it was a prank. Lo and behold, it was. I was, more than ever, certain as it is. I'm being fined whereas the individual who pulled (the alarm) is getting away," said Ross.

With the Seton Hall fire still fresh in everyone's minds, housing officials on several campuses say they're making fire-prevention policies to students who fail to follow the rules.

The project is likely to be finished long before in 2001 deadline. Stanford University also is ensuring all of its residents have sprinklers by the end of next year.

Meanwhile, officials at the University of Cincinnati said they would be run 2,800 students living in campus houses through monthly fire drills.

But the real job, many campus officials say, is getting some students to respect the importance of fire-prevention efforts.

To combat pranksters and scofflaws who fail to evacuate during alarms, many colleges and universities have resorted to imposing stiffer penalties and installing what many in campus housing call "fire-fighting equipment."

George Washington University watched the number of false fire alarms on its campus plummet after posting surveillance cameras at each pull-station pull-tower in 1993.

The University of Cincinnati has similar success this year after installing covers on pull stations in every residence hall. When someone lifts the cover, a local alarm sounds, allowing students living nearby to immediately see who tripped it, said UC spokesman Greg Hand.

Many institutions press charges against students caught pulling false alarms, and most colleges have imposed stiffer penalties on students living in campus housing. For example, Indiana University, where housing officials reported 61 false alarms in residence halls between September and October, students are subject to both criminal prosecution and a campus judiciary.

Still other schools pounce on students for seemingly lesser offenses. Students at the University of Missouri are subject to disciplinary action for having candles — lit or unlit — in their rooms.

"They don't mess around here. We call it strike force Rousseaun," said Alex Ross.

Not should they, said Deanna Wesson, the residence hall director at Marylhurst University, a small liberal-arts school in Oregon where a fire broke out last semester in the campus' only residence hall.

Wesson said a student, who was later evicted from campus housing, discarded a still-burning cigarette in a trashcan. None of the 50 students living in the building was hurt.

"People here are still kind of freaked out about it. They've always been pretty cooperative, but since that happened, they've been especially so," said Wesson.

Impact of Ex Corde approval continues

By Brian Corasaniti

The approval of the papal constitution Ex Corde Ecclesiae brought forth by the nation's bishops at the nation's 235 Catholic colleges and universities that met favorably by SHU president Anthony Cerrera. Ex Corde was issued by Pope John Paul II in 1990. It describes the identity and mission of Catholic Colleges and Universities. According to Dr. Cerrera's office, "Ex Corde provides general and particular norms which Catholic Colleges, including Sacred Heart University, will now have five years to implement according to the newly approved guidelines."

Cerrera added he believes SHU is living up to its responsibility as a Catholic university, but will take time to review Ex Corde. "Sacred Heart University's Board of Trustees believe that the University is currently fulfilling its mission as a Catholic University and will require a period of discernment regarding the 'judicial applications of Ex Corde.'"

Cerrera's office added that as, "a full member of the Association of Catholic Colleges and Universities, Sacred Heart University is in agreement with AACC's recent statement that it, 'shares with the bishops of the United States the central concern to strengthen Catholic higher education in the United States in full recognition of the profoundly beneficial influence of the Holy Father's apostolic constitution Ex Corde Ecclesiae.'"

There is some controversy surrounding the approval of Ex Corde, though. As an associated press article said, "The most disputed provision, requiring that all present and future theology professors hold a 'mandate' from the local bishop in order to teach, will not be applied immediately. The U.S. bishops first must write procedures for granting and removing such certification."

"I think it's a turning point," said Rev. Thomas Reese, editor of the Jesuit magazine America to the AP. "The bishops are saying they're going to confiscate who is and who is not an appropriate teacher of Catholic theology," added Reese.

Public Safety Releases

Incident Report from Dec. 17 to Dec. 25

Dec. 17: 1:05 p.m. - Towing Company reported that a student took his vehicle without paying for the towing charge. The towing company notified the Fairfield Police. Fairfield Police responded to campus and investigated.

7:18 p.m. - Officer reported someone vandalized a front door closure at Parkridge. Buildings and Grounds notified for repairs.

11:27 p.m. - Officer reported there was a suspicious vehicle parked in the North Parking Lot. The driver appeared to be intoxicated. Fairfield Police were called and responded. Fairfield Police gave the driver a ride to his residence.

Dec. 18, 8:20 p.m. - Resident reported someone vandalized his front apartment door. Buildings and Grounds notified for repairs. Dec. 20, 8:56 a.m. - Staff member reported the theft of a fax machine from her office. Fairfield Police were called and responded.

4:54 a.m. - Main Academic Building fire alarm - no problem found.

9:53 a.m. - Staff member reported a gas smell in the lower level of the Library. Public Safety responded and investigated. There was a gas spill in the bay area of the Library. Buildings and Grounds notified to clean up the spill.

7:23 p.m. - Staff member reported there was a suspicious person walking around inside of the Library. Public Safety responded and investigated.

10:17 a.m. - Staff member reported she injured her right forearm while cleaning the fourth floor kitchen in East Hall. AMR Ambulance was called and responded. AMR Ambulance transported the staff member to the hospital.

4:03 p.m. - Officer reported there was a suspicious vehicle parked in the front of Parkridge. Public Safety responded and investigated. The vehicle belonged to a resident.

11:03 p.m. - Officer reported there was a non-student in an apartment at Parkridge. She was the girlfriend of a resident. Residential Life staff member was notified and requested for the resident and guest to leave, they complied.

Dec. 24, 1:09 a.m. - Officer reported someone vandalized a Public Safety vehicle while parked in Parkridge Parking Lot. Bridgeport Police were notified and issued a file number. The vehicle responsible for the vandalism has been removed from campus and attempted to vandalize another Public Safety vehicle. Fairfield Police were called and responded.

3:22 a.m. - Simplex monitoring company reported the received a fire alarm signal for the Jefferson House (WSHU). Simplex notified the Bridgeport Fire Department and they responded; no problem found.

Dec. 25, 10:48 a.m. - Officer reported the smell of gas coming from the boiler room in Jefferson Hill Building. Buildings and Grounds was called and responded.

<Contributed Photo>

Vanessa Gomez of Maryland and Nicole Nocera of Old Bridge, N.J., stand outside Bolland Hall at Seton Hall University where three students were killed in a dorm fire.

<SHU Spectrum 3>

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A new semester with new opportunities

We know none of you care about a start-of-the-semester pep talk from us, but you're getting one anyways. It's a new semester, year, decade, century and millennium. That doesn't mean everyone has a fresh start, amnesia wasn't a side effect of Y2K. But it does mean you should consider the start of the next century as an opportunity to look towards the future.

The possibilities the next years bring are remarkable. Computer technology is progressing at an astounding rate and the Internet has opened up a brand new job market. This is an exciting time for the youth of this country. We are poised to enter in the largest time of technological growth mankind has ever seen.

In the theme of growth, SHU is also growing steadily and becoming a force to reckon with in the world of higher education. Despite all the petty complaints lobbied by many, SHU isn't going away any time soon. The opportunities this school offers its student body will continue to improve and strengthen. Nothing about this school will be getting smaller for the foreseeable future.

If there is a lesson to be learned, it's not to squander these opportunities this school provides. Make the rest of your journey here count or you'll regret it much longer than the four years you have here.

City of Bridgeport should build traffic light

It's time for the city of Bridgeport to grow up, put aside its differences with Sacred Heart and build a traffic light or some sort of crossing in front of East Hall. The cost of paying overtime salaries for Bridgeport and Fairfield's finest to sit in their cars and watch SHU students cross the road should be better spent building a suitable crosswalk so students can safely cross Park Avenue to campus.

But the city is apparently still bitter about the fact that East Hall was allowed to be built. Well guess what guys, you lost, get over it.

The city council has to accept the fact that East Hall isn't going anywhere and most likely the entire North End of Bridgeport will be swallowed up by Sacred Heart in the next 20 years. SHU has big plans for the future and expansion into the surrounding neighborhood is a result.

Tragedy raises doubts about safety

A Semester

Wednesday morning Jan. 19, Sacred Heart University suffered an extreme tragedy. By Kelly Smith

Five ripped through Holland Hall killing three and injuring 62 people. This striking tragedy has given parents and students alike a much needed reality check.

Seton Hall, like all colleges and universities, has been plagued with numerous false fire alarms, many caused by pranksters. Since September, 18 alarms have occurred in Holland alone. Many residents characterized the fire alarms as nuisances and did not respond to the initial alarm.

One student, 19-year old Julio Olivo, of Newark, said, "I was going to stay in there sleeping." Student Nicole Nocera added, "Nobody wanted to get up because we had to get up the next morning for finals."

To me, this all seemed very familiar. On one of those freezing cold days last week a fire alarm went off in my dorm, East Hall. I remember unhappily groaning at the fact that I had to climb down from my bed and go out into the cold. My room considered ignoring the alarm altogether.

Anthony Donato, whose son Nicholas suffered both a broken ankle and wrist in the fire said, "He was awakened and tried to get out of his room, the smoke was so intense he knew where far exit was, but could not find it. He went back to his room, closed the door, opened the window and jumped out."

After reading all this I asked myself what would happen if this tragedy were to occur at SHU? We at least have sprinkler systems in our dorms, but would I be safe? After a little research, I felt more confused. South and West Halls have a very confusing system. Because they are so close to the main building their alarms have a five-minute idle period.

When a room detector is activated the signal does not sound off the entire building alarm.

Instead, the signal is sent to the public safety, which has five minutes to discover if the alarm is real and alert the fire station or not deactivate the signal. However, if the five minutes expire before public safety has deactivated the signal, or if a main pull box alarm is pulled, or more then one room detector is activated the building alarm will go off, resulting in a full evacuation.

The size of East Hall, my home, doesn't leave me feeling too safe. The fire alarms in the ten-story "penthouse" require only three floors to evacuate for alarms.

What if it is a real fire? How do the other floors evacuate if the flames spread fast? If I were to encounter heavy black smoke and could not find my way to the exit what would I do? I know for a fact that I would NOT fit through the four-inch space provided by my window. Even if I could, 10 stories is a big fall!

After reading about the Seton Hall tragedy and allowing the reality of what could happen to sink in, I realized the seriousness of a fire alarm. Prank alarms are not funny and questions about fire procedures should be raised and answered.

There are about 1,700 fires each year at dorms and fraternities or sorority houses on U.S. campuses. Since 1980, there have been 17 deaths and an average of 70 to 80 injuries per year.

The SHU Voices

What did you do with your day off from classes on Tuesday?

Joe Genora

Massapequa, N.Y.

"I slept and went to the gym."

Bill Yaneyck

Farmingdale, N.Y.

"Watched pornos."

Chris Potanas

Pawlak, Vt.

"Did homework and went to the gym."

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.

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Weather

THURSDAY

High 29 Low 16
Partly Cloudy

FRIDAY

High 30 Low 18
Partly Cloudy

SATURDAY

High 33 Low 25
Partly Cloudy

Weather

Greetings from 'Grandma'

Hi,

Welcome back. Hope you all had a happy holiday and are ready to get going on your studies. Think positive no matter what. I’ll always remember all of you, your kindness and your laughs. By kind to each other and don’t forget God, he is always there. I love all of you at SHU.

Good luck.

“Grandma” Marie Melisi
P.S. I have retired.

Student leaders make plea to city, state representatives

As you may or may not know, the Student Government of Sacred Heart University decided it was necessary to contact several state and local lawmakers, including Bridgeport Mayor Joseph Ganim.

The purpose for writing to the mayor was to apply some pressure to develop a plan for the Park Avenue crossing to be done as soon as possible.

Because of the unwillingness of Bridgeport officials, an enormous amount of money is being spent to help students cross Park Avenue. This money could be used in other ways that would benefit the students more efficiently if a traffic light or a traffic signal was put in place.

The letter, which was constructed by Vice President for Student Government Gabe Goodine and myself, not only reached Mayor Ganim, but also the readership of the Connecticut Post.

Since December 29, the first publishing of the plea, several elements have developed, and state lawmakers have responded publicly in other publications in the local area.

I felt it was necessary to inform my fellow students about our actions in hope that you will support our efforts. A public relations committee has been formed to monitor any further developments.

I hope that residents of East Hall or any other residents who would like to participate in pushing this issue further along the path will take the time to stop by the Student Government office in Hawley Lounge. This could be our opportunity to make a statement for our university community.

Jason Slattery
Student Government President

Operation Christmas Child a success

Christmas came early to Sacred Heart University as Students showed their holiday spirit by collecting small gifts and filling colorful shoe boxes to send to impoverished children worldwide through the Operation Christmas Child Program.

This program, sponsored by the International Christian Missionary and relief organization Samaritan’s Purse, provides several million gift boxes annually to desperately needy children in over 50 nations at Christmas time.

This year, students at Sacred heart made up more than 50 shoeboxes full of gifts!

We are grateful for all the students who gave generously of themselves, their time, and their effort to make a difference in the life of a needy child.

We are especially thankful for the efforts of Caitlin Harley and Diana Oseff, Lucie Davis and all the members of the Circle K Club for promoting the Operation Christmas Child program. Circle K was recognized for their good works as Best Club of the Month by the Council of Clubs and Organization for both September and October.

We also want to thank Nu Epsilon Omega and the West Hall Council for the boxes they contributed. Thanks to all of you who participated. More than 50 children who otherwise would receive nothing are going to have a Merry Christmas.

Dr. Mindy Miserendino
Psychology Department

By Claire Widman

The Spectrum

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Please submit your letters to the Spectrum office on Mondays between the hours of 10 a.m. and 6 p.m., or slip them under the office door. Letters must be typewritten and signed and may be edited. Please indicate title or class and telephone number.

by Claire Widman
Walking still vital to stay in good shape

By Sany Goldbeck
Contributing Writer

Is one of your New Year's resolutions focused on losing weight? Did those extra calories during Christmas turn into extra pounds for New Year? Are you just now finding a way to shed those love handles?

Well, according to some recent studies, additional exercise does not have to be vigorous or time consuming to be effective. Simple walking tricks could go a long way.

According to "Better Homes and Garden's Nutrition and Weight Loss" book, brisk walking can be a pleasant way to burn calories. Walking at a moderate speed can burn 220 calories per hour, and brisk walking can burn between 250 to 300 calories per hour.

Karen Albarelli, a part-time evening student, adds extra walking to her day.

"I park far away from the entrances to the mall and to my office," said Albarelli. "This forces me to walk more than I usually do."

Climbing the stairs is also an excellent way to add exercise to your day, and the calories can really burn off. If you typically walk a dog daily, try lengthening the trip or picking up the pace to be more effective.

"A person can lose up to 13 pounds a year without dieting, by walking a half hour a day at a steady pace," -Toby Stein

"I enjoy walking for exercise," said Kenney. "It feels good to be out in the fresh air."

Toby Stein, the author of "Getting Thin and Staying Thin," says a person can lose 13 pounds a year, without dieting, by walking half an hour a day at a steady pace.

"Walking is the one exercise that a person can do any time of the year, indoors at shopping malls or outdoors at parks," said Stein. "There are no memberships, no lines to wait in, no fancy equipment to buy and no time constraints."

Stein feels that for people who want to lose weight, "long walks can be used to sort things out, and think things through."

"I always end my walk in a better mood than when I started," said Stein.

Prevention's "Lose Weight" guidebook recommends a warm up and cool down period for all walks, and walking shoes can add some extra support. Walking even has a low risk for serious injury and it is important to protect yourself.

According to the guidebook, "race walkers sustain significant injuries, such as a sprained ankle or torn ligament, only once every 51.7 years."

According to the guidebook, former United States President Harry Truman defined a brisk walk better than anyone.

"A Secret Service man escorting him asked what pace he should set. President Truman answered, "walk as though you have some place to go.""

Recreational exercise such as walking to class or to work is considered to be an excellent way to lose weight.

Research shows stress and anxiety lead to nightmares

By Emily M. Houlihan
Staff Writer

Just ask any student at Sacred Heart University, and they'll tell you that sleep is one of the most important parts of their day. Sleep time is beneficial because it allows the body to rest and rejuvenate itself.

The life of a student can be quite stressful. The pressure of the curriculum of classes, the prices of college can all put a strain on a student's sleeping patterns. And being able to afford the professors, striving for a higher GPA, finding a job after graduation, and being able to afford the prices of college can all put a toll on a student's sleeping patterns.

According to "Prevention Magazine," nightmares can occur during rapid eye movement (REM) sleep when the dreamer experiences feelings of strong, inescapable fear, terror, distress, or extreme anxiety.

This usually awakes the sleeper from the dream.

"Nightmares can be triggered by medications, stress, past traumatic events, physical illness, or depression."

-Neidhart Krakow, "Prevention Magazine."

The Night Terror Resource Center explains that most people enter the REM stage of sleep after 90 minutes of total sleep. The circumstances of the nightmare will frighten the sleeper, who will wake with a vivid memory.

Many students who experience nightmares believe it is in direct result to stress or total lack of sleep.

"I'm used to sleeping about 13 hours a day, but during stressful times it's pretty hard to get up."

Research and statistics explain that stress can lead to nightmares. According to "Nightmares: Understanding the Curiosity of the Mind," nightmares believe it is in direct result to stress or total lack of sleep.

"Nightmares can be triggered by medications, stress, past traumatic events, physical illness, or depression," said Neidhart Krakow in "Prevention Magazine."

Campus Happenings

First Coffeehouse of semester Thursday

Come and enjoy one of the oldest classical Indian dance: The Kathak. Rachna Agarwal will perform while you treat your taste buds to traditional Indian snacks at the Indian Coffeehouse at 7:30 p.m. this Thursday in the Mahogany Room.

SHU students get in free with ID. General admission is $8. The event is sponsored by the International Affairs and UMOJA.

Black History Month Opening Ceremonies

On at 2 p.m. on Wednesday in the Mahogany Room Mrs. Geraldine Johnson, the first African-American woman to serve as superintendent of the Bridgeport school system, will be the keynote speaker for this kick-off event for Black History Month.

An uplifting gospel choir performance by the Helene W. Grant Youth Gospel Choir will lead the celebration of this occasion. The choir renders over 50 performances per year and has been special guests of Bishop Desmond Tutu, Hillary Rodham Clinton, and Jesse Jackson. The event is sponsored by Student Affairs and UMOJA.

Weekend warriors wanted

Intramural floor hockey is set to begin its winter season. All students who wish to participate must submit their rosters as soon as possible to the Intramural Office located in the Pitt Center.

Rosters will be accepted on a first come, first serve basis.
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Beasties bail out: New album may not please old fans

By Chris Snyder

If a band has managed to remain popular for more than ten years, eventually they are going to take every fresh, hip song they have ever done and milk it for every last quarter they can get.

"Sounds of Science," the new 42-song compilation from the Beastie Boys is a perfect example.

Don't get me wrong, there are a lot of songs on the two-CD set that I'm glad to see together on one album.

But maybe that is the problem. The amount of good songs would only be enough to fill one CD.

The band has chosen to include quite a few old songs that do not merit being heard again, like "Beastie Boys," "The Biz vs. The Nuge," "Rockin' Granny" and "Bodhisattva vs. The Nuge," "Boomin' Mohawk Hairdo." The lead-off track is Adam Horovitz looking dapper in his Mohawk hairdo.

I know, I know, two CD's, makes more money, but it is a scream to listen to: Biz Markie singing "Bennie and the Jets." At least they give you almost every single hit they have ever had, like "Brass Monkey," "Intergalactic," "Sabotage" and "So What'scha Want?" which, in this writer's opinion, is the best song they have ever done on any album.

So what's missing? How about "Paul Revere" or maybe "Ill Communication?"

Directed by Maureen Hamill, with musical direction by Charles Wade, "My Fair Lady" takes audiences from a street near Covent Garden, where Higgins and Eliza first meet, to London's tenements, to the Ascot races and finally to the Embassy Ball.

At the ball, Eliza must make her mark as an elegant lady, fooling the authentic upper-class moguls, and proving Higgins triumphant in his efforts to transform the girl.

The cast includes Barbara Brown as Eliza Doolittle, Raymond G. Michaud as Henry Higgins, Robert S. Fallon as Eliza's father Alfred Doolittle, Will Dunham as Colonel Pickering and Sacred Heart's own, senior Andrew Gentzow as Freddy Eynsford-Hill, among many others.

Brown has done extensive stage work, cabarets, industrial videos and television commercials and has played leads in "Annie," "Oliver," "Mame," "Man of La Mancha," "A Midsummer Night's Dream" and many others.


Barbara Brown and Robert S. Fallon have appeared together in various roles in numerous mystery cruises throughout the region and at The Spinning Wheel Inn's annual Christmas shows.

Barbara Brown and Robert S. Fallon in The Center For The Performing Arts' "My Fair Lady."

Both Brown and Michaud have appeared in productions at Long Wharf Theater, Stamford's Palace Theater and Rich Forum Cabaret Theater.

The new "theatrical feast" will take place at the Rich Forum, and is presented as a part of the Theater Series subscription at Stamford Center for the Arts.

Parker is seeking a Repertory Company of 8 actors (4 males and 4 females) for eight fully staged readings. Auditions will take place in Stamford throughout mid-Jan.

The festival begins Feb. 28 and continues through Apr. 16. Submit information to Ken Parker at 65 Garden Drive, Fairfield, Conn., 06432, no phone calls.

Fifth annual Black History Gala in Stamford

Stamford Center for the Arts creates history when the Reverend Vernon King, nephew of the late Dr. Martin Luther King, Jr., and Ilyasah Shabazz, daughter of the late Malcolm X, co-host the Center's Black Odyssey 2000: Create Your Vision...Pilot Your Journey.

The presentation will be at 7:30 p.m. this Saturday, and marks the first time these members of the King and Shabazz families have appeared together since 1964, when Dr. Martin Luther King, Jr. and Malcolm X met (for the only time) at a civil rights hearing in Washington, D.C.

The gala will begin with a historical, musical play, "Malcolm and Martin: A Lesson for Our Children," followed by a building-wide party. Performances are at 8 p.m. on Fridays and Saturdays, and at 3 p.m. on Sundays. For tickets, ranging from $15-18, contact the theater box office at 374-2777.
ONGOING EVENTS:

BHM Movie Marathon
Every Wednesday at 1:00 pm
Hawley Lounge
Free programs highlighting the African American actors or producers. African American will be shown throughout the month including: Glory (about the first African American to win an Academy Award), Why Do Fools Fall in Love? and Malcolm X. Free programs. Sponsored by UMOJA.

BHM Read Aloud
Schedule TBD
Various public schools
Approximately 16-20 students, staff, and faculty members will visit Bridgeport elementary schools in predominantly African American neighborhoods to share books by African American authors. Books will be donated to the class libraries. Pick up a schedule and sign up in the Service Learning Office (365-7622).

WEEK 1

February 2
Opening Ceremonies
2:00 pm, Mahogany Room
The kick-off event for Black History Month featuring keynote, Mrs. Geraldine Johnson - the first African American woman superintendent of the Bridgeport school system. The official BHM calendar will be unveiled. Helene W. Grant (Gospel Choir - New Haven Public Schools) comprised of students grades 3-5 will perform an uplifting selection of music to celebrate this occasion. The choir renders over 50 performances per year and has been special guest at St. Joseph's, Duke Tuti, First Lady Hillary Rodham Clinton, and Jesse Jackson. FREE event. Sponsors: Student Life Office, the Black History Month Planning Committee, and UMOJA.

February 2
BHM Movie Marathon
1:00 pm, Hawley Lounge
(see description under "Continuing Events")

February 3
African American Coffeehouse
7:30 pm, Mahogany Room
Featuring "Historic Soul" - a riveting musical adventure of African American music throughout the years, including jazz, the humor of black music, the origin of Rock 'n' Roll, Motown, Southern Soul, and yes, the disco era. Refreshments and gourmet coffee courtesy of Starbucks, served. Sponsor: SET and Campus Ministry, $5/General Public, $5/Faculty and Staff donation, and FREE for SHU students.

February 4
Trip to the Movies to see HURRICANE
Time: TBD
Let's go see the movies!
A drama starring Denzel Washington as Rubin "Hurricane" Carter, the middleweight boxer who was wrongly convicted in 1966 of a triple murder and sentenced to three life terms, but finally won his freedom when the conviction was thrown out in 1988. The real-life events behind "Hurricane" make this a remarkable story and the movie powerful and extraordinary. Transportation provided. $10/General Public, $5/SHU students. Sponsored by the Student Life Office and Student Activities.

February 6
Bridge Building Initiative "Improving Race Relations"
4:00 - 6:00 pm
Mahogany Room
A conference to cultivate positive relations across the divisions of race, religious affiliation, and municipality. Meet students from other universities and high schools to discuss the issues and solutions. Refreshments served. Contact Dr. Margaret Pallister at 365-7545 if you would like to participate. All are welcome. FREE event. Sponsored by The Council of Churches.

February 8
Step Show
2:00-5:00 pm
Dining Hall
Step to diversity! A kit will be presented and will be followed with a step performance (a dance performance) Delta Phi Kappa stamps on negative perceptions and provides an interactive approach to encouraging open mindedness. FREE event. Sponsored by Delta Phi Kappa.

February 8
A Faculty Conversation on Race in the Classroom (Brown Bag Luncheon)
12:15 pm - 1:30 pm
Location: Shlifkin Alumni Conference Room
Faculty are invited to discuss the practical issues involved in teaching in diverse and non-diverse classrooms. The method used to shape the conversation will be vignettes from a video titled "Racism in the Classroom." Participants will be provided handouts, flip sheets, and further reading materials. Sponsors: the Hershey Program on Race and Ethnicity, FREE program. To register call Dr. Sitter at 365-7667.

February 9
BHM Movie Marathon
1:00 pm, Hawley Lounge
(see description under "Continuing Events")

February 10
Comedy Club
10:00 pm
Outpost (dining hall)
Part of an ongoing comedy series. Featuring an African American comedian (TBA). More details to follow. For Non Student Information contact Pete at 371-7954. Sponsored by the Student Events Team (SET).

February 11
Sister's Circle 
6:30 pm-8:30 pm
Hawley Lounge
A night of food, fun, and culture for the entire family with a special emphasis on the diversity of the African and Caribbean contributions to the larger American melting pot. This cultural event will include African dancing, Carribean fashion show, African drummers, Caribbean dance troupe, folk songs, storytelling, poetry, and a steel band performance. A taste of Authentic African and Caribbean dishes served. Sponsored by The West Indian-American Association of Greater Bridgeport (WIAAGB), The Caribbean Club (SHU) and the International/Multicultural Center. Contact the WIAAGB.

February 12
Kara Wine Tasting
6:00-8:00 pm
Omega Phi Kappa, Outpost
Come feel the spirit of the rasta as you kick back, sip a Corona or mocktail, and soak up the rays of a live reggae band. Sponsored by The Outpost/Student Union, Omega Phi Kappa, and the Band Council. FREE for SHU students, $5/General Admission. For more info contact Karen 3 396-8027.

February 13
Comedy Club
10:00 pm
Outpost (dining hall)
Part of an ongoing comedy series. Featuring an African American comedian (TBA). More details to follow. For Non Student Information contact Pete at 371-7954. Sponsored by the Student Events Team (SET).

February 15
BHM Movie Marathon
1:00 pm, Hawley Lounge
(see description under "Continuing Events")

February 17
Afro-Caribbean Night
6:00 - 10:00 pm
Mahogany Room
A night of food, fun, and culture for the entire family with a special emphasis on the diversity of the African and Caribbean contributions to the larger American melting pot. This cultural event will include African dancing, Caribbean fashion show, African drummers, Caribbean dance troupe, folk songs, storytelling, poetry, and a steel band performance. A taste of Authentic African and Caribbean dishes served. Sponsored by The West Indian-American Association of Greater Bridgeport (WIAAGB), The Caribbean Club (SHU) and the International/Multicultural Center. Contact the WIAAGB.

February 22
Sister's Circle
6:30 pm-8:30 pm
Hawley Lounge
A night of food, fun, and culture for the entire family with a special emphasis on the diversity of the African and Caribbean contributions to the larger American melting pot. This cultural event will include African dancing, Caribbean fashion show, African drummers, Caribbean dance troupe, folk songs, storytelling, poetry, and a steel band performance. A taste of Authentic African and Caribbean dishes served. Sponsored by The West Indian-American Association of Greater Bridgeport (WIAAGB), The Caribbean Club (SHU) and the International/Multicultural Center. Contact the WIAAGB.

February 23
BHM Movie Marathon
1:00 pm, Hawley Lounge
(see description under "Continuing Events")

February 24
Practicing UMOJA (African Dance Troupe)
7:00 pm
Location: Kupolana Room
The African dance troupe from Hartford, "Practicing UMOJA," will present a one-hour show. Drop by and learn traditional dance steps, interact with the performers, and enjoy their special performances. Sponsored by UMOJA of Sacred Heart University. FREE for SHU students.

February 24
Black History Month LEOPARDY
10:00 pm
Outpost (dining hall)
Trivia in the style of Jeopardy in the spirit of Black History Month. Test your knowledge of important African American figures and events in our country. Contact Pete (365-7654) to register your team, otherwise be there to cheer on our contestants. Great prizes. Sponsored by the Student Events Team.

Contact the Student Life Office at 371-7846 for further details and updates.

Details for the "Continuing Events" Calendar:

Sponsors: Band Council, Campus Ministry, Caribbean Club, Coca-Cola Corporation, Council of Churches, Delta Phi Kappa, Hershey Institute for Applied Ethics, International/Multicultural Center, Minor Things, Multicultural Council, Office of the Dean of Student Affairs, Office of Service Learning, Omega Phi Kappa, Outpost, Office of Student Life, Student Events Team (SET), Student Activities, Student Senate/Diversity Committee, Student Union, The Mail Center, UMOJA, University Relations, West Indian-American Association of Greater Bridgeport (WIAAGB)

380-8234 for tickets and more info. Admission (General Public) $5, FREE for SHU students.

WEEK 4

February 22
A Faculty-Student Conversation on Diversity
4:00 - 5:30 pm
Location: Faculty Lounge
Interested faculty, students, and staff are invited to join an open, moderated discussion of the issues of diversity at Sacred Heart - both its challenges and opportunities. This program is a part of a semester - long series of student forums on diversity. Sponsored by the Herberger Institute for Applied Ethics and the Diversity Committee of the Student Senate.

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**Sports Schedule**

*Jan. 27 to Feb. 2*

**Thursday**
- Women's Basketball @ Long Island University
- Women's Ice Hockey vs. Augsburg College 7:00 p.m.

**Friday**
- Men's Ice Hockey vs. College of the Holy Cross 7:30 p.m.

**Saturday**
- Women's Basketball vs. St. Francis College 2:00 p.m.
- Men's Basketball vs. St. Francis College 4:00 p.m.
- Women's Ice Hockey vs. Union College 3:00 p.m.

*All men's and women's ice hockey home games are played at the Milford Ice Pavilion*

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**Icemen: Topple Iona 3-1**

Continued from Page 12

Matt Skinner (Newton, PA) and Dan Boggin picked up assists on the lone goal of the second period. Iona tied the game in the third as Mark Hallen (Medicine Hat, AB) slipped the puck past Jutras-Binet.

Lloyd Tennant scored the game-winner late in the third. Richard Nausmann and Nick Binet.

**Fleming: SHU's new head football coach intent on producing wins this year**

Continued from Page 12

Fleming's style of play, with 16 points, raised his arms and beamed at midcourt after the win.

"I believe in the energy of the place, the vision of the place," he said. "There's tremendous potential and the ability for a rapid turnaround."

Fleming hired Bill Lacey as offensive coordinator. In that capacity, Lacey is the offensive coordinator for Wagner and also coached Northeast Conference member Wagner to a 5-5 record and orchestrated their ninth consecutive win over Wagner.

"I want to win now. I don't have a five-year plan," Jim Fleming, SHU head football coach said.

Fleming dominated in the low post, scoring a career-high 20 points and collecting 10 rebounds.

"The Pioneers face Holy Cross at 7:30 tomorrow night at the Milford Ice Pavilion. The Pioneers also have home games remaining against American International, Bentley, and rivals Fairfield and Quinnipiac.

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**Sports Briefs**

**Women's basketball**

The women took on Mount St. Mary's and the University at Maryland-Baltimore County (UMBC) last week, dropping both games by scores of 67-55 and 64-52 respectively.

Against UMBC, Brooke Kelly had 10 points, seven rebounds but Heather Yablonski added 10 points, five rebounds. Leslie Newhard led the team against Mt. St. Mary's with eight points, 10 rebounds but Kelly and Heather Coorndrad each scored in double figures for the game. Kelly had 12, Coorndrad had 13.

**Men's volleyball**

The team pulled off two out of three matches in hosting its Quad Match in the Pitt Center last Saturday. The Pioneers defeated Massachusetts Institute of Technology (10-15, 15-11, 15-8, 11-15, 15-6) and New Jersey City University (14-16, 15-10, 15-13, 15-12) before being forced to forfeit their final match of the evening against Steven's Institute of Technology due to its lack of available personnel.

Three players were injured in their second match of the round robin, and a fourth was injured in the final match. SHU could not field six healthy players and had to forfeit two games.

**Men's Ice hockey**

Scoring in each of the three periods, the men defeated Canisius 3-0 to win the season series 2-1. Lloyd Marks, Ed Bourget, and Chris Mokos all scored in the game, while goalseeker Alexis Jutras-Binet recorded the first shutout victory of his career, stopping all 15 shots the Ice Griffis sent his way. The loss for Canisius was the first in nine games, putting an end to the longest current unbeaten streak in the nation.
Lee led the women's ice hockey team in its two big wins over Trinity College and rival Wesleyan University. The team totaled 21 goals in the two games. The junior forward from West Townsend, Massachusetts, opened the scoring up over the weekend by scoring the first two goals of Saturday's game against Trinity. Over the past two years, Lee had amassed six points. Lee is also a member of the field hockey team.

SHU Athlete of the Week

By Emily Greenough Staff Writer

Both the men's and women's indoor track teams competed in the New England Division I Challenge Cup trials last week at Brown University. "Our men and women held their own against some very tough competition this weekend," said coach Christian Morrison. "The transition to Division I isn't an easy one, but we'll get there." The SHU women finished fourth behind Brown, Boston College, and Providence. The men finished seventh. UC Santa Cruz and Brown led the way in team scores for the men's side.

Top performances were turned in by Brandi Blevins and Michele Shawah for the women. Blevins, the junior from Owings, MD, was the individual winner in the 20 lb. weight throw. Her mark of 48' 11 1/2" best her own school record of 46' 6" which she set in December. She also finished third in the shot put with a throw of 38' 7".

Shawah, junior co-captain from Stratford placed in three events in the competition. Third in the triple jump (34' 9"), fourth in the long jump (15' 10 1/2") and fifth in the 55 meter hurdles (9.29). In the consolation meet, the women finished in sixth as a team. Shawah finished third in the triple jump (35' 6 1/2''), this time breaking her own school record of 35'3''. Shawah finished third in the shot put and fifth in the weight throw while junior Heather Stockton finished fifth in the mile run with a time of 5:21.12.

Freshman Sarah Williams of Fairfax tied for fifth place in the high jump (4' 10 1/4") while the youthful 4x200 relay team finished fourth in 1:54.91, setting a new school record.

The team is made up of sophomores Marcella Palco (Baysore, NY), Heidi Cheever (Keams, NH), Jessica Andrade (Lakeville, MA), and freshman Kendall Brown (Attleboro, MA).

For the men, Michael Stanley (sophomore, Belmont, NY) finished fifth in the 35 lb. weight throw with a personal throw of 42' 11 1/2". He also set the school record while finishing seventh in the shot put at 10' 8 1/4".

Dean Hannah, the freshman from Groton finished in fifth in the 500 meters, setting a new school record of 1:08.14. The 4x400 meter relay team turned in the best finish of the day for the men, in third overall. They also set a new school record of 3:31.26. Hanafin, freshman Dan Kennedy (Rockland, MA) and sophomores Tony DiCerbo (Kings Park, NY) and John Sakovich (Woburn, MA).

Finish fifth in the long jump in a competitive environment of 42' 3''. Gaetano Marra (sophomore, West Haven) finished third in the high jump at 6' 6".

Hanafin once again lowered his own school record in the 500 meters, finishing eighth overall in the field. Sophomore John Sakovich (Woburn, MA) finished sixth in the 400 meter run in a personal best time of 51.06.

The 4x400 meter relay team finished third in the triple jump behind Benedetto with a measurement of 42' 3 1/4''. Gaetano Marra (sophomore, West Haven) finished third in the high jump at 6' 6''.

Hanafin once again lowered his own school record in the 500 meters, finishing eighth overall in the field. Sophomore John Sakovich (Woburn, MA) finished sixth in the 400 meter run in a personal best time of 51.06. The 4x400 meter relay team turned in the best finish of the day for the men, in third overall. They also set a new school record.

Pioneer Classifieds

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SHU Spectrum II

Defend right of free speech: even John Rocker is allowed

By Kelly-Ann Franklin Sports Editor

What good is having the constitution if we are not allowed to exercise our individual rights, even though it may offend people? This past year has seen some important developments in the world of sports. Several major athletes have retired including Wayne Gretsky, Steffi Graf, and John Elway. Our national women's soccer team won the world cup and captured the planet's attention while doing it. But we've ended the millennium on the wrong foot, and we're beginning the new one the same way.

Atlantic Braves pitcher John Rocker was recently quoted in a Sports Illustrated issue saying that going to a game via the subway in New York City is like riding through "Bozo night next to some kid with purple hair next to some queer with AIDS right next to some dude who just got out of jail for the fourth time, right next to some 20-year-old mom with four kids."

Also, he managed to insult all the Mets fans, Mets manager Bobby Valentine, and the NBA in the process. Let's face it, he's not a nice guy. Mind you, I have read the article. He said a lot more vulgar things, but you get the picture.

Rocker has his opinions. Don't we all? But keep in mind his opinions are his. He chose to express them in perhaps the wrong way. A journalist will do whatever it takes to get the story. We love to spill the beans, and it's our job to do so. We get paid for it.

To quote Ted Turner in his own response to his pitcher's comments, "He didn't commit a crime." There's no reason to release him from the organization, nor to force him to be demoted. Do we fire Dennis Rodman out of the NBA because he wears his hair differently? Or any other athlete that is "different" in some way for that matter? That just contradicts everything this country is about and I find that to be a little crazy.


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Browse ictp.com for Spring Break "2000" ALL local deposits offered. Trip participants, Student Orgs & Campus Sales Reps wanted. Fabulous parties, hotels and prices. Call Inter-Camps 800-327-6013.
The Pioneers skate past Iona, into national ranks

By Ed Bourget
Staff Writer

Sacred Heart University named a new head football coach on Jan. 5.

Jim Fleming, the defensive coordinator at Villanova the past two seasons, inherits a Pioneer football team that has posted an unsightly 4-18 record after two seasons in Division I-AA.

Fleming first visited the Fairfield campus in December despite having grown up in nearby Greenwich. "I was extremely impressed with the facilities and I'm impressed with the commitment the administration has made to wanting football, needing it," Fleming said.

Before helping the Wildcats earn a national ranking, Fleming coached outside linebackers and defensive backs at Division I-A East Carolina University from 1994-98. During that span, Fleming helped the 2-9 Pirates obtain two consecutive Liberty Bowl bids and orchestrated one of the nation's top defensive units.

Fleming believes the Pioneers bear an uncanny resemblance to the Pirates. "I think we have a great heartbeat on this team," Fleming said. "We're in a tremendous position to turnaround. There's reason for excitement.

Fleming also spent time

Director of Athletics Don Cook believes that Fleming was the top pick among the 25 applicants who vied for the job. "He had 15 years worth of experience in Division I-AA football," Cook said. "He understood all the issues and challenges and he is well prepared to address those issues."

Sophomore running back Chris Mokos (Lincoln Park, NJ) had two goals on her first three for six and the women nearly equalled the loss in goals scored, winning the game 9-1.

Early on, it was Jean and Yuhas scoring in the first period and once again the women never looked back or let up, scoring one more in the second and six to end the game. Yuhas ended the game with a couple of goals and joining her were Kim Abrahams and junior Jaime Stimets who added a pair of goals and assists.

The Pioneers played three
directing the defenses at Brown and Boise State.

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Sophomore running back

Pioneers skate past Iona, into national ranks

By Kelly-Ann Franklin
Sports Editor

The women’s ice hockey team is making its move up the standings. But they’re not doing it quietly. There’s some authority in that movement.

After shutting out Trinity College Saturday 21-0, and then blowing away long-time rival Wesleyan 9-1 on Sunday, the Pioneers have improved to a 5-3-1 record while moving into a three-way tie for seventh place in the Division III conference.

On Saturday, it was junior Kristin Lee who opened up the floodgates against Trinity. Scoring two goals on her first shift in the opening period. There was no let down from there.

Only one Pioneer was unable to register a point in Saturday’s game, senior goalkeeper Anna Alveyart. Though she did her duty in the net, making 18 saves to record her sixth career shutout.

Several Pioneers had multiple points in Saturday’s game. Lori Hendra and Angela Yuhas joined Lee with two goals apiece while Lauren Wiggins added the hat trick. Freshman Rori Jean and sophomore Kim Abrahams each recorded a hat trick of assists in

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