



# Spectrum

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Sacred Heart University

## Mother Nature wreaks havoc on campus



Photo by Matt Duda

A plow truck gets rid of the morning snow caused by the second storm in a week. The storms resulted in the cancellation of all classes Tuesday and all evening classes last Thursday.

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 Kayrn 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,

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## New year brings IT improvements

By Matt Duda  
Co-Editor-in-Chief

While students were vacationing in 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 computers.

Web browsing should move at lightning speed thanks to the new fractional T3 pipeline to the Internet. A new firewall will also prevent Internet traffic from bottlenecking, a problem with

the old machine.

Sacred Heart's Internet homepage will receive a makeover in the near future.

Each resident hall received cable amplifiers aimed at boosting picture quality for cable television. Negotiations are in the works to expand the number of cable channels available to South and West Halls and Jefferson Hill. Possible new stations include Showtime 2, WTBS, USA, Lifetime, TNT and Fox Sports Network.

## Police services adding up for defenseless SHU

By Matt Duda  
Co-Editor-in-Chief

Overtime cost for Bridgeport and Fairfield police officers acting as crossing guards at East Hall are adding up, and Sacred Heart University is footing the bill.

Not that SHU has any choice in the matter. While the town of Fairfield has approved a traffic light and crosswalk, the City of Bridgeport has yet to give the go-ahead.

"It is important for people to understand that this is done at the university's expense," said SHU Vice President for University Relations, Elinor Biggs.

The cost of having an officer in front of the dorm is billed at \$40 per hour. Police are stationed on Park Ave. for an average of 122 hours a week.

That works out to nearly \$20,000 a month and well over \$60,000 for the fall semester.

Little relief appears to be in sight. Biggs admitted this week that there have been no major developments in negotiations and a federal lawsuit filed by SHU against the city remains in limbo.

Mayor Joseph P. Ganim has publicly expressed his desire for the university to build an underground walkway, as a hill on Park Ave. may prevent drivers from seeing a traffic light.

See East, Page 2



Photo by Matt Duda

Police are stationed outside East Hall to aid pedestrians.

## 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 found the child 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-orientated 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 public relations.

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 superintendant of the Bridgeport school system, will be the keynote speaker at Sacred Heart University's 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 superintendant, assistant superintendant of schools and, from 1976 to 1981, superintendant 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. 6.

-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 muggers or worse.

"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 light 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 commu-

nity 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 close 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 Gingolaski, 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 2:37 p.m.

The storm also affected SHU's shuttle service on this day, closing 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 its 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 workloads 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: ctweather.com, along with the "snowline" (365-7669), 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.

Jaime Ouellette, sophomore from Tolland and Susan Tamke, junior from Brooklyn N.Y., said, "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 to 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 Tatum  
TMS Campus

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

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

That Tornatore 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 58.

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 student at Tulane University.

"It was 3 a.m. during finals, and I was sure it was a prank. Lo and behold, it was. But, ironic 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 no apologies to students who fail to follow the rules.

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

Meanwhile, officials at the University of Cincinnati said they'll continue to run 2,800 students living in campus hous-



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.**

ing there through monthly fire drills.

But the real job, many campus officials say, is getting some students to respect the importance of those 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 "crime-fighting equipment."

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

The University of Cincinnati has reported 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 immediately evict culprits from campus housing. For example,

at 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," said IU senior Caryn Rousseau.

Nor 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  
Co-Editor-in-Chief

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 has met favorably by SHU president Anthony Cernera.

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. Cernera'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." Cernera 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."

Cernera's office added that as, "a full member of the Association of Catholic Colleges and Universities, Sacred Heart University is in agreement with ACCU'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. 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 decide 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: 1:51 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: 8:26 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: 4:09 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 headed towards campus and attempted to vandalize another Public Safety vehicle. Fairfield Police were called and responded.

**3:22 p.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: 10:40 p.m.-** Officer reported the smell of gas coming from the boiler room in Jefferson Hill Building One. Buildings and Grounds was called and responded.

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# Editorials

## 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 millenium. 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 the 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

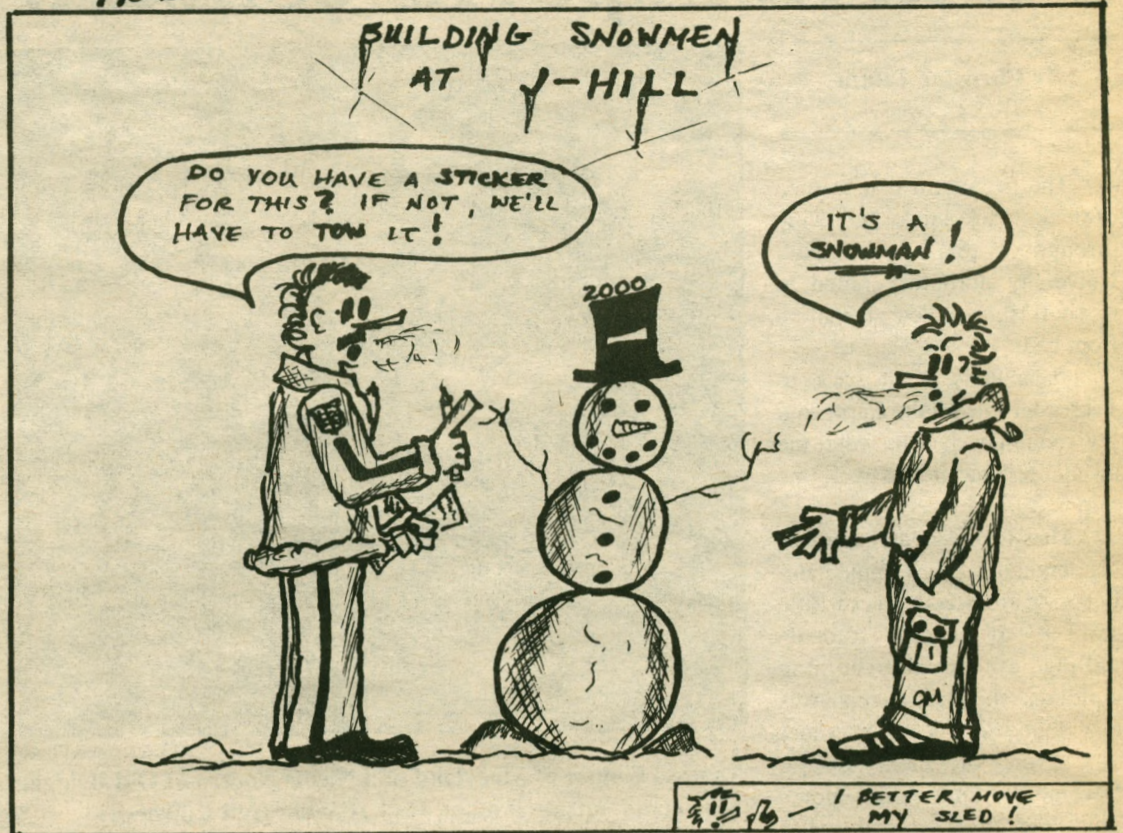
It's time for the city of Bridgeport to grow up, put aside its differences with Sacred Heart and build a traffic light or some sort of crossing in front of East Hall. The cost of paying overtime salaries for Bridgeport and Fairfield's finest to sit in their cars and watch SHU students cross the road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

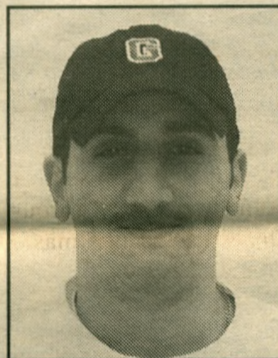
STRAIGHT FROM THE HEART

By Jeff Murray

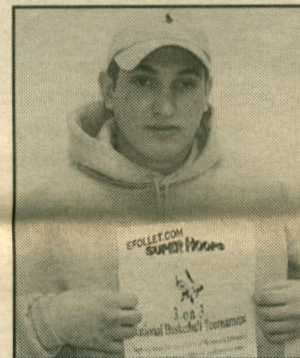


# The SHU Voices

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 Vanryck**  
Farmingdale, N.Y.  
"Watched pornos."



**Chris Potanas**  
Pawlat, Vt.  
"Did homework and went to the gym."

# Tragedy raises doubts about safety

At 4 a.m. on Wednesday morning Jan. 19, Seton Hall University suffered an extreme tragedy.



By **Kelly Smith**

Fire ripped through Bolland 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 Bolland 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 way too 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 the 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 public safety, who has five minutes to discover if the alarm is real and alert the fire station or not and deactivate the signal.

However, if the five minutes expire before public safety has deactivated the signal, or if either a main pull box alarm is pulled, or more than 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 fraternity or sorority houses on U.S. campuses. Since 1980, there have been 17 deaths and an average of 70 to 80 injuries per year.

## 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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# Letters/Op-Ed

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.

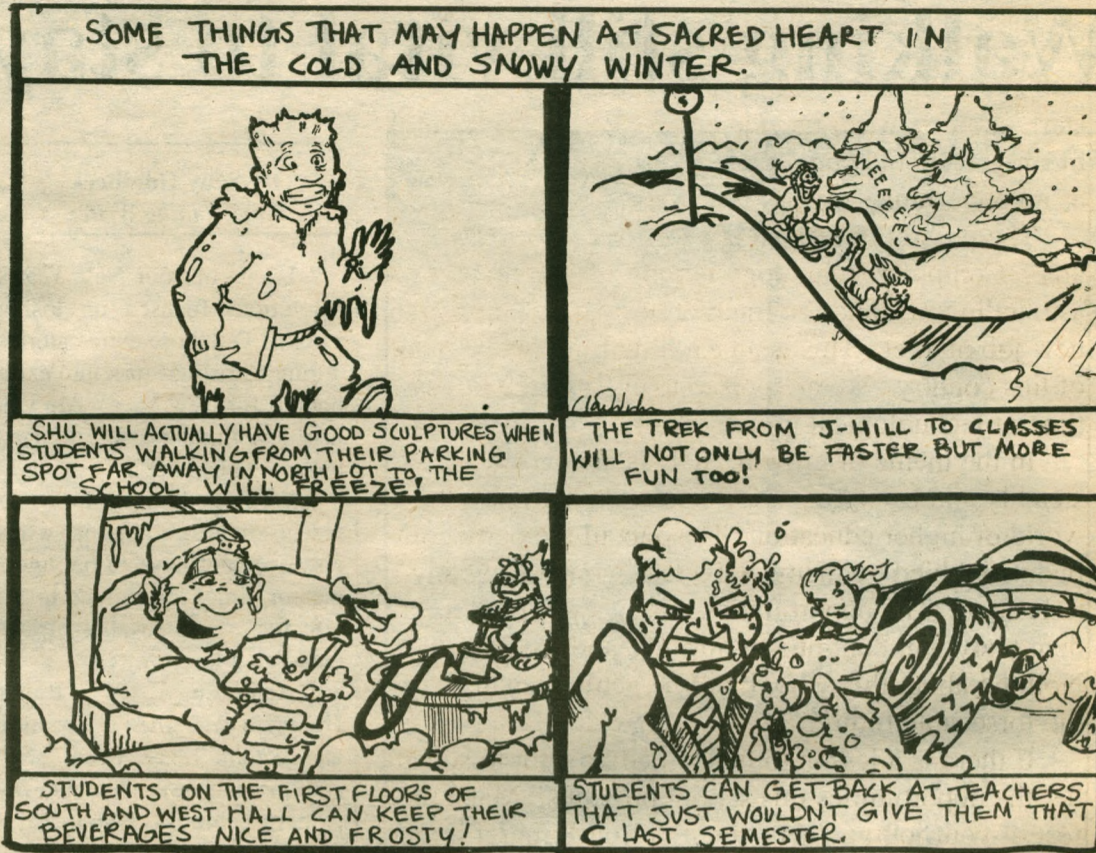
## Greetings from 'Grandma'

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.  
 Be 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.



By Claire Widman



## 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.



By

Jason Slattery

The purpose for writing to the mayor was to apply some pressure to develop a plan for the Park Avenue crossing to East Hall.

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 could benefit the students more efficiently if a traffic light or overhead crosswalk was put in place.

The letter, which was con-

structed 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 is 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 30 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 Hurley 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

## Weather Corner

**THURSDAY**

High 29 Low 16  
Partly Cloudy

**FRIDAY**

High 30 Low 18  
Partly Cloudy

**SATURDAY**

High 33 Low 25  
Partly Cloudy

## The Spectrum

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# Features

## Walking still vital to stay in good shape

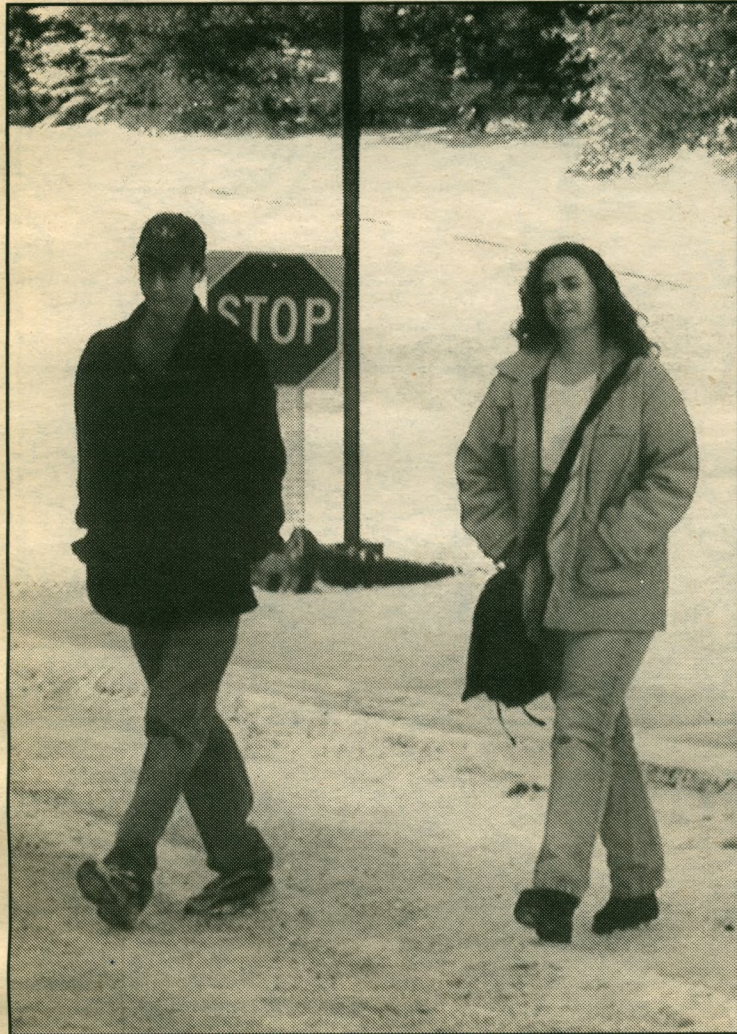


Photo by Matt Duda

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

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.

Former Sacred Heart student Caroline Kenney walks regularly for exercise and during the holidays she adds an extra two hours per week to her schedule.

***"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 exercise and get fit, "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'."

## 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 completing papers on time, understanding the curriculum of 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," said Neidhart Krakow in "Prevention Magazine."

"After a very stressful day, I am more susceptible to having nightmares," said Sarah Morrill, a senior from Augusta, Maine. "At times I will remember them clearly because of their intensity,"

***"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 stress-

ful circumstances like finals and exams it becomes hard for me to even get the normal eight hours per night," said Marc Moschella, a senior from Palisades Park, NJ.

Tony Crisp, author of "Dream Dictionary" explains that one of the common features of nightmares is that the sleeper is trying to flee from an upsetting situation.

Crisp also believes that the sleeper can also feel trapped in a terrible condition.

"When the sleeper awakes, he or she will feel an enormous relief that it was just a dream," said Crisp.

"Sometimes my nightmares are so real, I question whether it's reality or not," said Cheryl McGill, a senior from Fort Lee, NJ.

If you suffer from an abundance of nightmares resulting from stress or anxiety, Crisp recommends following regular energetic fitness, using aerobic exercises if possible, and relaxation therapy such as meditation.

He also suggests avoiding long term use of tranquilizers, caffeine, and other stimulants that might keep you awake.

## 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 Club. For more information please contact Grace Lim or Tina Shah at 365-7614.

### 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 superintendant 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.

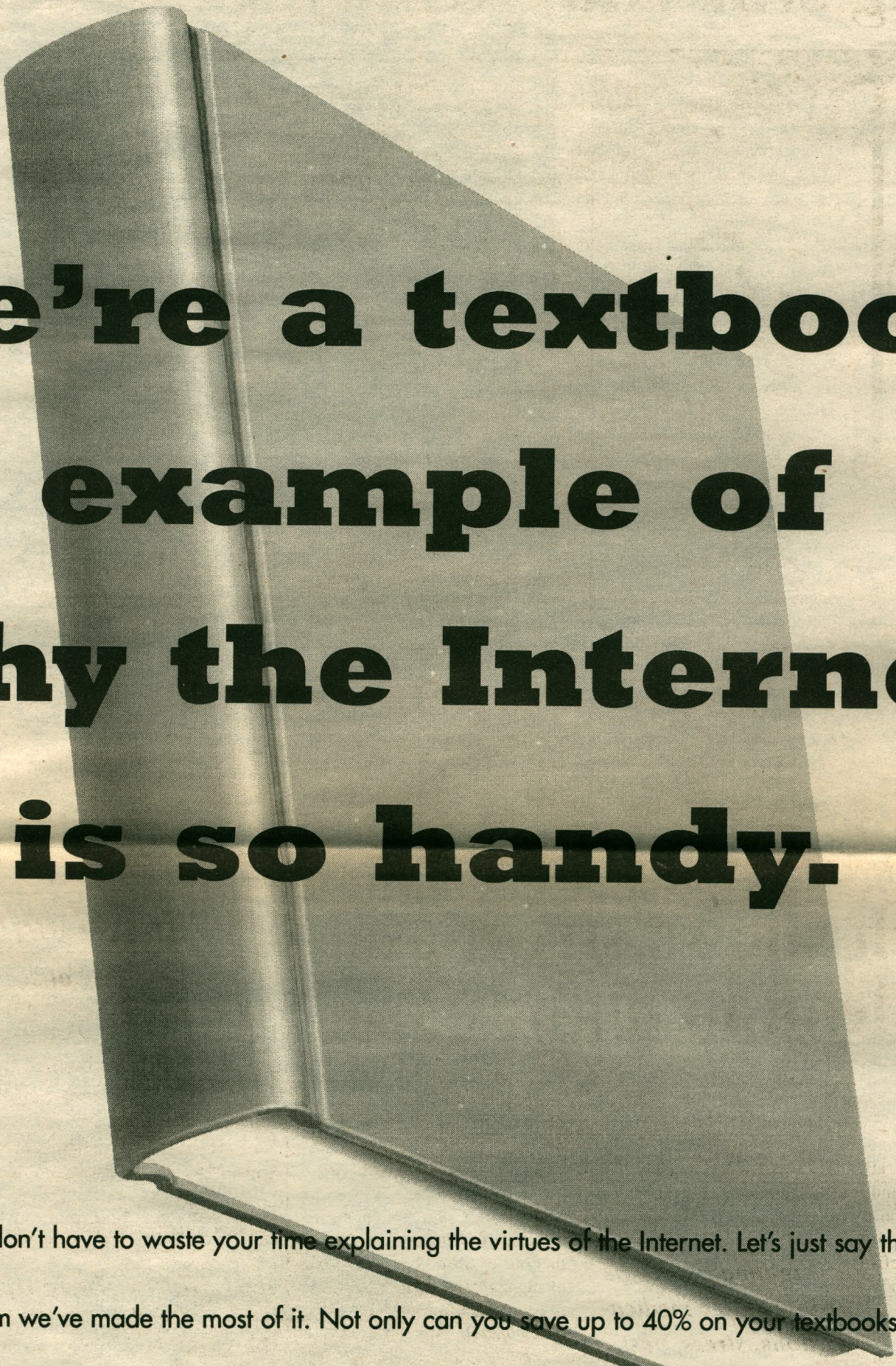
### Weekend warriors wanted

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.

-Compiled by Mike Kuchar

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## 'My Fair Lady' brings local talent to SHU

### Special to the Spectrum

Alan Jay Lerner and Frederick Loewe's memorable musical "My Fair Lady" will be at Sacred Heart University's theater next Friday, Feb. 4.

"My Fair Lady," presented by The Center for the Performing Arts at Sacred Heart, is a fast-paced musical based on George Bernard Shaw's play "Pygmalion."

It is a story of how Professor Henry Higgins, a middle-aged English phoneticist, faces the linguistic challenge of his career when he decides to transform cockney flower girl Eliza Doolittle into a poised and proper "lady."

Audiences will recognize Lerner and Loewe's memorable music in songs such as "I've Grown Accustomed to Her Face," "Wouldn't It Be Lovely," "On the Street Where You Live," "I Could Have Danced All Night," "The Rain in Spain," "Get Me to the Church on Time" and "With a Little Bit of Luck."

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"



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

Contributed Photo

and more.

Michaud has performed in plays and musicals throughout the country and has appeared locally in productions at Long Wharf Theater, Stamford's Palace Theater and Rich Forum

and Bridgeport's Downtown Cabaret Theater.

Both Brown and Michaud have appeared together in various roles in numerous mystery cruises throughout the region and at The Spinning Wheel Inn's

annual Christmas shows.

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.

## Beasties bail out: New album may not please old fans

By Chris Snyder  
Contributing Writer

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," "Boomin' Granny" and "Bodhisattva Vow."

I know, I know, two CD's makes more money, but it is a scream to listen to Biz Markie sing "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 'cha 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?"



Contributed Photo

The Beastie Boys bring three new songs, but little else, to their new album, "Sounds of Science."

At times, their choice of songs seems foolish.

The set also includes three new songs. "Twenty Questions" is a previously unreleased bossanova ditty, featuring Miho from Cibo Matto on vocals, and was recorded during their work on "Hello Nasty."

"Live Wire" is an Adam Horovitz lament for his deceased friends.

However, "Alive" is the only new song worth consideration.

Its lyrics show how far the Beasties have come. It shows less smart-ass rap (ala "Fight For Your Right"), more maturity and social conscience.

Every song has a story, and you will read many of these stories in the 80-page booklet that comes with the CD set.

The booklet is also packed with photographs of the band from various times during their career, including a young Horovitz looking dapper in his Mohawk hairdo.

Fans who are unfamiliar with the group's history are in for a shock (or perhaps a treat).

You will get to hear their beginnings as a hardcore band, which is not necessarily a good thing, but their roots will be evident.

If you are a die-hard fan, though, do not waste your money, since you will already have just about everything in this album.

If you do not own anything the Beasties ever did, then you can safely buy this compilation and find out everything you need to know about their music.

## A&E Briefs

### Local actors wanted for new festival

Casting director/actor Ken Parker is currently seeking photos, bios and resumes from Connecticut and Westchester equity and non-equity actors (ONLY), ages "young to senior," for a new Fringe Festival in Stamford.

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 Malcom 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 Malcom X met (for the only time) at a civil rights hearing in Washington, D.C.

The gala will begin with a historical, musical play, "Malcom and Martin: A Lesson for Our Children," followed by a building-wide party.

Tickets are \$20 for adults, and \$10 for children and students with ID. For additional information, contact the theater at 325-4466.

-Compiled by Frances Moore



# Know Your Past, Realize Your FUTURE

## ONGOING EVENTS:

### BHM Movie Marathon

Every Wednesday at 1:00 pm

Hawley Lounge

Movies highlighting the African American actors or produced by African American will be shown throughout the month including: *Glory* (about the first African American regiment in the Civil War), *Why Do Fools Fall in Love?*, *The Color Purple*, and *Malcolm X*. Free program. Sponsored by UMOJA.

### BHM Read Aloud

Schedule TBA

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 library. 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 grade 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 guests of Bishop Desmond Tutu, the 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 rollicking musical adventure of African American music through the years, including jazz, the humor of blues 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. \$8/General Public, \$5/Faculty and Staff donation, and FREE for SHU students

### February 4

#### Trip to the Movies to see

#### HURRICANE

Time: TBA

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.

## WEEK 2

### 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 Sr. Margaret Palliser at 365-7545 if you would like to participate. All are welcome. FREE event. Sponsored by The Council of Churches.

### February 8

#### Step Show

12:00 noon

Dining Hall

Step to diversity! A skit will be presented and will be followed with a step performance (a dance performance) Delta Phi Kappa stomps 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 Student Affairs 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 "Race in the Classroom." Participants will be provided handouts, tip sheets, and further reading materials. Sponsored by the Hersher Institute for Applied Ethics. FREE program To register call Dr. Stiltner at 365-7657.

### February 9

#### BHM Movie Marathon

1:00 pm, Hawley Lounge

(see description under "Continuing Events")

### Jammin' Reggae Fest

10:00 pm

Outpost (dining hall)

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 Kerri @ 396-8027.

### 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 more information contact Pete at 371-7954. Sponsored by the Student Events Team (SET). FREE event.

## WEEK 3

### February 15

#### Diversity Discussion

8:00 pm

Mahogany Room

Open forum for all students promoting open dialogue about diversity at SHU. Sponsored by the Student Senate. For more information contact Tina Shah @ 365-7614. FREE event

### February 16

#### 30 hour Famine for Rwanda

Starts at 1:00 pm

TBA

Raise awareness of the situation in Rwanda (Africa). Create the famine experience and help to raise funds to assist a country in need. Participate by signing up to fast for 30 hours or pledge your donation to the cause.. All monies collected will go to World Vision International. Sponsored by the Multicultural Council. For more information contact Tina Shah @ 365-7614.

### February 16

#### BHM Movie Marathon

1:00 pm, Hawley Lounge

(see description under "Continuing Events")

### February 19

#### 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 @

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 at SHU

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 Hersher Institute for Applied Ethics and the Diversity Committee of the Student Senate.

### 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: Mahogany 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 performance. Sponsored by UMOJA of Sacred Heart University. Free for SHU students.

### February 24

#### Black History Month JEOPARDY

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 (365-7954) 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 @ 371-7846 for further details and updates.

Sponsors: Band Council, Campus Ministry, Caribbean Club, Coca Cola Corporation, Council of Churches, Delta Phi Kappa, Hersher 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)

# SACRED HEART UNIVERSITY BLACK HISTORY MONTH 2000

# Sports Schedule

## Jan. 27 to Feb. 2

<p><b>Thursday</b> Women's Basketball @ Long Island University</p> <p>Women's Ice Hockey vs. Augsburg College 7:00 p.m.</p> <p><b>Friday</b> Men's Ice Hockey vs. College of the Holy Cross 7:30 p.m.</p> <p><b>Saturday</b> Women's Basketball vs. St. Francis College 2:00 p.m.</p> <p>Men's Basketball vs. St. Francis College 4:00 p.m.</p> <p>Women's Ice Hockey vs. Union College 3:00 p.m.</p>	<p>Men's Ice Hockey @ College of the Holy Cross</p> <p>Women's swimming @ Wagner</p> <p><b>Sunday</b> Women's Ice Hockey vs. Colgate University 3:00 p.m.</p> <p><b>Monday</b> Men's Basketball @ Long Island University</p> <p><b>Wednesday</b> Women's Basketball vs. Quinnipiac College 7:00 p.m.</p> <p><i>* All men's and women's ice hockey home games are played at the Milford Ice Pavilion</i></p>
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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 while 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 Coonradt each scored in double figures for the game. Kelly had 12, Coonradt 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 goalkeeper Alexis Jutras-Binet recorded the first shutout victory of his career, stopping all 15 shots the Ice Griffs 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.

## Icemen: Topple Iona 3-1

Continued from Page 12

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

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

Nutcher assisted for Nutcher's first collegiate point. Martin Paquet added an empty net goal to seal the win.

The Pioneers face Holy Cross at 7:30 tomorrow night at the Milford Ice Pavilion.

The Pioneers also have home dates remaining against American International, Bentley, and rivals Fairfield and Quinnipiac.

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

Continued from Page 12

season in its nine-year history did not deter Fleming.

"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 coached Northeast Conference member Wagner to a 5-5 record and orchestrated the second best offense in the conference.

Fleming strikes many of the players as a hard-nosed, no-nonsense coach. One of his first acts as head coach was to ban earrings and hats in the weight room.

Each player also must wear a designated uniform and work out as a team.

"Is not wearing earrings or

hats going to make us win? No," Fleming said. "But it teaches you to follow instruction and that can pay off in the fourth quarter in a tight game."

Freshman Mike Guarino, a linebacker from Reading, Mass., thinks that

Fleming's style will have a positive effect on the Pioneers.

"Coach Radulski didn't get in our faces, he sat back and was quiet," Guarino said. "Coach Fleming isn't going to take it from us."

Fleming said the players and coaches will put forth a tremendous effort, but more than that is needed to produce a winner.

"I'm challenging the students right now, we need support from them," he said. "We'll give them something to be proud of."

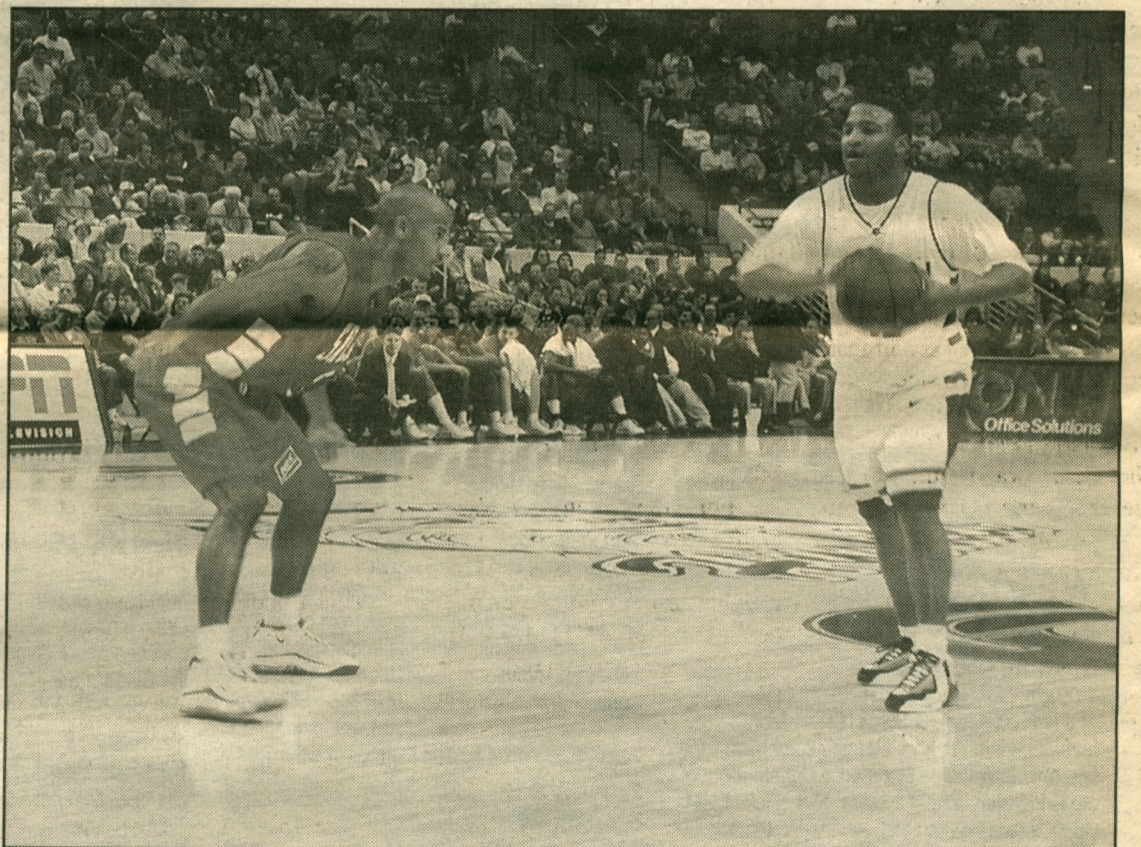


Photo by Matt Duda

DeVeren Johnson guards UConn's Khalid El Amin during their match-up early this month.

## Pioneers secure first NEC win

By Matt Duda  
Co-Editor-in-Chief

After the ball bounced for the final time in Sacred Heart's 75-70 win over Wagner on Jan. 19, one could almost hear a collective sigh of relief coming from the Pioneer bench.

Colin Watson, the junior forward who led the Pioneers with 16 points, raised his arms and beamed at midcourt after the win.

"Everybody knows this was the hump we had to get over," he said. "Hopefully it's going to be success from here on out."

The win marked the first time in 11 games that the Pioneers added a digit to the win column. Cornell was the only other opponent to fall to SHU back on Nov. 27.

Junior center Tim Welch

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

The Pioneers dropped their next two contests to Maryland-Baltimore County and Mount St. Mary's.

Compounding the troubles brought about by the 2-15 record is the fact that three players were removed from the team.

Freshman Will Hampton and juniors Donte Lloyd and Anthony Barrett were declared academically ineligible after the end of the fall semester.

Lloyd, who was the team's leading scorer, and Hampton, have since withdrawn from Sacred Heart.

SHU hosts St. Francis (N.Y.) at 4 p.m. this Saturday on "Pack the Pitt Day". SHU alumni are invited back to campus to watch the Pioneers' second meeting with the Friars.

St. Francis defeated the Pioneers 76-61 in 1997.

Pioneer fans who are unable to attend home games the rest of the season can take part in the action through their computer.

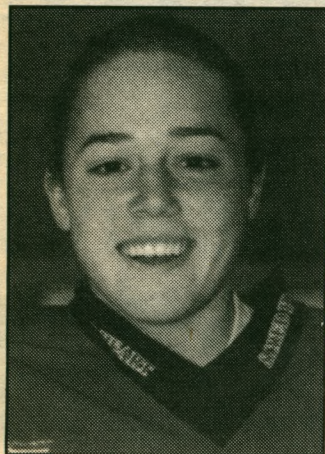
Sacred Heart men's and women's basketball games will be broadcast over the Internet from www.broadcastsports.com.

Former Yale and Hartford announcer Terry O'Connor and New England Sea Wolves announcer Glenn Conticello will provide the coverage of the games.

O'Connor who coached at Fairfield in the mid-1980's has covered the National Invitational tournament for NBC.

To hear the broadcast, listeners must have a computer with Internet access and possess the free RealPlayer, available at www.real.com.

## SHU Athlete of the Week



Kristin Lee  
Women's ice hockey

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.

## Track breaks records

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 in seventh. UConn 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" beat her own school record of 46'0", which she had 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. Again, Shawah finished third in the triple jump (35' 6 1/2"), this time breaking her own school record of 35'3". Blevins 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 Fairfield 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 Falco (Bayshore, NY), Heidi Cheever (Keane, NH), Jessica Andrade (Lakeville, MA), and freshman Kendalle Brown (Attleboro, MA).

For the men, Michael Stanley (sophomore, Beltsmore NY) finished fifth in the 35 lb. weight throw with a personal best throw of 46'11 1/2". He also set the school record while finishing seventh in the shot put at 42' 8 1/4".

Dean Hannafin, 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 Sakowich (Woburn, MA).

Finishing seventh in the consolation meet, the men were led this time by Mike Benedetto (junior, Westhampton Beach, NY) who won the long jump (20'10") and finished in second place in the triple jump (43'10").

"Mike (Benedetto) had a big day," Morrison said. "It's a nice accomplishment for him to win the long jump in a competition of this caliber."

Senior co-captain Shawn Keenan (Dover-Foxcroft, ME) finished third in the triple jump behind Benedetto with a measurement of 42'6 3/4". 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 Sakowich (Woburn, MA) finished sixth in the 400 meter run in a personal best time of 51:06.

The 4x400 meter relay team finished sixth and set a new school record for the third straight meet with a time of 3:29.12.

## 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.

Atlanta Braves pitcher John Rocker was recently quoted in a Sports Illustrated issue as saying that going to a game via the subway in New York City is like riding through "Beirut 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 Asian women, 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 they are HIS. He chose to express them in perhaps the wrong way. A journalist will do just about anything to get a great story and get people to read it. Controversy sells more papers than nice features on your grandmother.

Maybe Jeff Pearlman, the writer of the story, shouldn't have put those quotes in. But would we have all read the arti-

cle if they weren't?

Rocker is an American citizen (supposedly) and should be allowed to express his opinions as such. To force him to undergo psychological testing for thinking the way he does is ridiculous. Sadly, many people think in the same context as Rocker, perhaps we should round them all up and lock them in a loony bin.

But what's next? Atheists, because they don't fall into the norm of believing in some form of higher power like everyone else does?

A thought has occurred to me: If we don't defend our rights as citizens to speak freely, we'll become a police state where no one can say anything for fear of being locked up. Most of us know about the former Soviet Union. Is that really what we'd like to become?

Not everyone thinks alike. Hence different colleges and universities around the world, different nations, different religious beliefs, different PEOPLE. What fun would it be if we all thought the same way?

On the other hand, maybe Rocker should see a shrink. I mean, anybody who would say those things to a journalist has got to be crazy. Journalists are worse than gossips. 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 deemed crazy. Do we force 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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# Sports



## Pioneers skate past Iona, into national ranks

By Ed Bourget  
Staff Writer

The men's ice hockey team is on a roll.

With its weekend sweep over the Gaels of Iona College has extended a win streak to three and are now 9-9-2, 7-6-2 in the conference.

The scores in the two games: 3-1 and 7-4.

The wins have helped move the Pioneers into a tie for fourth place in the Metro Atlantic Athletic Conference with Canisius College. The team is also now nationally ranked 22 in the NCAA Pairwise Rankings

The rankings, which are determined by comparing a number of figures such as strength of schedule, determine which teams will compete in the NCAA tournament. The top 12 teams at the end of the season qualify with the top four receiving byes.

Quinnipiac, at number eight, is the only MAAC team

rated above the Pioneers in the PWR.

SHU has already won the season series with Canisius 2-1. The team is also only three points out of third heading into this weekend's series with Holy Cross. The University of Connecticut is just ahead of the Pioneers.

"Our goal is to finish in the top half of the league this year," coach Shaun Hannah said. "We have the talent to accomplish this task."

Sophomore center Lloyd Marks (Sydenham, ONT) recorded five points in the 7-4 victory, including the hat trick in goals.

Freshman Konn Hawkes (Watrous, SK) had two goals and one assist and sophomore Chris Mokos (Lincoln Park, NJ) chipped in with two more assists in the game.

In the 3-1 win, junior goaltender Alexis Jutras-Binet made 31 saves and shut out Iona in the first period.

See Icemen, Page 10



Photo by Matt Duda

The Pioneers skated to a victory over the Iona Gaels last week at the Milford Ice Pavilion.

## 'There's reason for excitement' Fleming prepping Pioneer football to win

By Matt Duda  
Co-Editor-in-Chief

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



Photo by Matt Duda

Sacred Heart head football coach Jim Fleming has already taken on the task to bring a competitive edge to the team.

directing the defenses at Brown and Boise State.

SHU 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

**"He understood all the issues and challenges and he is well prepared to address those issues."**

**Don Cook, SHU Director of Athletics**

Brandon Graham served on the committee that selected the new coach. Graham looks forward to playing under Fleming.

"He was my top pick, the one I held up to be number one," Graham said. "I'm really excited to get a new guy in to lead us."

The thought of taking over a Pioneer team that has produced just one winning

See Fleming, page 10

## Women skate past two teams

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 goaltender Anna Alveari. 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

the game as well.

But the team was far from done.

To follow up the shut out victory in style, the team looked to avenge a blow-out loss it received a couple years ago from its rival.

Wesleyan had beaten them 10-1 and the women nearly equaled 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 solid periods both offensively and defensively. Power plays going for three-for-six and the defense not only held off Wesleyan's power-play unit, but was also able to score on the Cardinals while shorthanded on the ice.

Looking to continue the streak, the women will try to climb up the standings even more as they take on non-conference opponent Augsburg.

Lauren Wiggins contributed to this article.