Handicap spaces diminishing fast

By Kelly Smith
Assistant News Editor

A rash of requests for handicap parking stickers at Sacred Heart University has led to a shortage of spaces on campus. Handicap parking spaces are located outside all buildings on campus, including residence halls.

Director of Public Safety Bill O'Connell is in charge of dispensing temporary handicap parking permits. These permits are given out by request from doctors or trainers.

The recent shortage of spaces has caused by too many requests for handicap permits.

The downfall of the shortage is that permits are not accessible for people who many believe really need them. O'Connell has stopped dispensing these permits even if the doctors order them.

"I am afraid people might be abusing the privilege so I now request students follow the state procedures in the hope of forming a more consistent scenario," said O'Connell.

Students must go to the Department of Motor Vehicles and after filling out paperwork with a doctor's referral and paying a $5 fee they can obtain a temporary handicap sticker good for six months.

Catherine Smith, from West Haven, whose daughter is a junior at SHU, said, "my daughter had to have foot surgery and after the surgeon faxed a letter to the school for a permit request, they denied it because they had given out too many."

O'Connell feels that if students must go through the state those who do not really require permits will not pursue it.

Even with the tightened restrictions on the handicap permits there is still the problem of a shortage of spaces.

"Maybe they are giving out these permits too easily, and do they follow up to see if it is still necessary for these students to require these permits," added Smith.

As it stands the temporary permits SHU gives out expire after each semester and the permanent permits are relevant for one year.

Over the summer Public Safety plans to rewrite the handicap privileges and parking space requirements in the SHU handbook.

"This is the first time we have not had enough spaces at J-Hill, this once again raises the question of whether people are abusing the system," added O'Connell.

SHU is hoping for more students to continue to graduate.

"Every time we hire an outstanding faculty member, or a very good administrator who is going to run a program and teach courses, that's so enhance the quality of life today for students who have a benefit for tomorrow," said Cemera.

According to Cemera, new faculty "improves the life in the classroom," but there are financial obstacles.

Grad rates on the rise

By Terry Heyhal
Contributing Writer

Graduation rates are an issue most colleges and universities are concerned with. But at Sacred Heart University, where graduation rates have been low in the past, they are particularly important to those in charge.

"One of our goals and one of our hopes is that we build upon the strength of our size and try to identify those issues earlier for students and get them resolved," said Larry Wielk, dean of students.

According to Anthony Cemera, president of SHU, in a talk to a journalism class last year, new faculty and buildings benefit the students.

"We have a lot of respect for this university, the outstanding graduated," Dole said in an interview shortly before her speech.

"They were kind enough to host me and I'm delighted to be here."

Dole then expanded on her reasoning for the visit in her opening remarks in the Mahogany Room. "It is indeed truly an honor and a privilege to be with you today at Sacred Heart University. I so admire your tradition," Dole said before reading an excerpt from SHU's mission statement.

"This is a real challenge,"

By Matt Duda
Co-Editor-in-Chief

For close to an hour last Thursday, a leading candidate for the Republican vice-presidential nomination gave Sacred Heart her full undivided attention.

And the university reciprocated.

Elizabeth Dole addressed a standing-room only crowd of 450 in the Mahogany Room, telling SHU students why they should choose George W. Bush as their next president.

Dole then expounded on her reasoning for the visit in her opening remarks in the Mahogany Room. "It is indeed truly an honor and a privilege to be with you today at Sacred Heart University. I so admire your tradition," Dole said before reading an excerpt from SHU's mission statement.

"This is a real challenge."

New nurse hired to help out SHU Health Services

By Leann Doyle
Staff Writer

With cold and flu season already underway and allergy season on the horizon, Health Services has hired a new nurse practitioner this semester to assist ailing students.

"Kellie Watkins Colwell is available three days a week, so with me filling in the other two, there is better coverage for students," said new practitioner Anne Mavor.

Mavor, who hails from Boston, recently married and relocated to Connecticut. "I used to work in a private, geriatric, primary care office and was dealing with 60-60 year olds, and now I'm dealing with 18-25 year olds, so it's different," said Mavor.

Sacred Heart faculty and staff have provided Mavor with a warm welcome, Mavor said.

"Everyone has been very nice."

Health Services has seen a steady flow of students this semester, suffering from outbreaks of colds, strep throat, and mononucleosis, said Mavor.

According to Director of Health Services Sheila Wheeler said "It's more convenient with Anne here. Last fall we changed the coverage of our insurance plan so that it now covers medications and gynecological exams. That saves quite a bit of money."

See Mavor, Page 2
News Briefs

Alumni Scholarship applications due

The Sacred Heart University Alumni Executive Council will be awarding its fourth annual Alumni Executive Council Scholarship for the academic year 2000-2001. The $1,000 scholarship will be awarded to a student who has excelled academically, has financial need, and has contributed to the University and/or the community.

Completed applications must be received no later than March 10, 2000. Applications should be returned to the Office of Alumni Relations, Scholarship Committee, c/o Rob Cottle, Sacred Heart University, 5151 Park Avenue, Fairfield, CT 06432-1000.

Incomplete or late applications will not be considered.

English scholarship deadline in March

The Dolores and John Rygonca Scholarship deadline is March 13. Application and eligibility information is available at the English Department (HC221).

This scholarship offers a senior English major $2,000 for his/her tuition.

REAPS sponsoring Catholic life seminars

Those seeking a deeper understanding of their faith as well as those interested in what Catholicism is about will find these and other answers at Sacred Heart University. These seminars are sponsored by SHU’s Institute for Religious Education and Pastoral Services.

The opening program, entitled, "A Mystery Called Catholicism," will feature David L. Coppola of the University’s Center for Christian-Jewish Understanding. It will begin at 7:45 p.m. on Feb. 24 and run for six Thursdays.

Spectrum critique forum seeking participants

The Spectrum will be conducting a forum for students, faculty and staff to discuss the paper with editors of the Spectrum staff.

Anyone with questions, concerns, suggestions or those looking to get involved with the Spectrum staff are encouraged to attend.

A date has not been set for the forum, but those looking to get involved with the Spectrum staff should e-mail Brian Corasaniti, co-editor-in-chief, at Corasaniti@shsheart.edu or call 371-7963 for more information.

CRAVING SAVINGS?!

The SHU MARKET-XPRESS is now conveniently open until 9:30 PM MONDAY through THURSDAY.

First 20 customers receive discount on purchase of $10.00 or greater. Must present this ad at time of purchase.

Check us out! Commuter & Continuing Ed. Students

Know the Facts.

Competition is heating up for local phone service. This can mean more choices, better services and lower prices.

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Dole: Former candidate impresses SHU

Continued from page 1

process, whatever party," the former presidential candidate said.

Dole also asked the crowd its opinion on a book she plans to write about the positives of campaigning in America.

Dole gave detailed anecdotes from her experience on the campaign circuit. "To the crowd's delight, she told of her appearance on the Tonight Show that included a motorcycle ride with Jay Leno.


The speech elicited praise from the audience.

"I thought she is a good representative for the women's movement," said senior Megan Brown of Foster, R.I.

Dole impressed freshman class President Teri Peace, "I like her way of thinking."

Sophomore class President Keri Blair admires Dole as a women's rights leader. "I think she presents herself and the idea well," Blair said.

Dr. Gary Rose, professor of political science at SHU, said of thing," Rose said, noting the importance of politics. "Public

Elizabeth Dole greets Jason Slattery, Student Government president, as SHU President Anthony Cemera looks on.

politic affects everyone's life."

Jason Slattery, student government president, hopes that Dole's visit leads to more appearances from political icons.

"I think it could have started something, maybe get other candidates," Slattery said.

Bill Bradley and Al Gore recently visited southern Connecticut, leaving Republican senator John McCain as the only candidate yet to campaign in the region.

Calls made to McCain headquarters regarding a possible visit to SHU were not returned.

February 24, 2000

Public Safety Releases

Incident report from Jan. 28 to Feb. 2

Jan. 28: 11:40 a.m.- West Hall, sixth floor fire alarm; no problems found.

3:10 p.m.- Jefferson Hill Residential Life staff member reported there were students in a vehicle at Jefferson Hill with alcoholic beverages. Public Safety responded and investigated. Form completed and sent to The Dean and Residential Life.

5:46 p.m.- West Hall Resident reported she had hives and requested an officer. Public Safety responded and investigated. Resident transported herself to the walk-in clinic.

Jan. 29: 12:13 a.m.- Jefferson Hill Residential Life staff member reported there were suspicious males walking around in the Shuttle Parking Lot. Public Safety responded and investigated incident.

1:19 a.m.- West Hall Residential Life staff member reported a resident became ill. AMR Ambulance responded and transported resident to the hospital.

1:31 a.m.- South Hall Resident reported she was being harassed. Fairfield Police were called and responded.

4:54 p.m.- West Hall Residential Life staff member reported she was getting disturbing emails and telephone calls. Public Safety responded and investigated.

8:28 p.m.- East Hall Resident reported she fell on the walkway by the Park Avenue House due to icy conditions. Public Safety responded and investigated. Resident was transported to the hospital via friend.

9:37 p.m.- Parkridge Resident reported there was a suspicious person riding a bike around the JCC Parking Lot. Public Safety responded and investigated.

Jan. 30: 1:54 a.m.- West Hall Residential Life staff member reported an intoxicated resident became ill. Public Safety responded and investigated. Further medical assistance was declined by staff member.

3:40 a.m.- Jefferson Hill, Building four fire alarm activated by burnt popcorn in the microwave.

4:30 a.m.- East Hall Resident reported someone vandalized her vehicle which was parked in the Jefferson Hill Parking Lot. Fairfield Police were called and responded.

2:28 p.m.- South Hall Residential Life staff member reported a resident became ill. 911 was called and responded. AMR Ambulance transported resident to the hospital.

7:30 p.m.- West Hall, third floor fire alarm; activated by popcorn in the microwave.

11:53 p.m.- Public Safety Officer reported an individual became belligerent when his vehicle was being towed away. Fairfield Police were called and responded.

Jan. 31: 12:54 a.m.- South Hall Resident reported she had a severe nose bleed. Public Safety responded and investigated. Resident was transported to the hospital by her roommate.

1:08 a.m.- South Hall Resident reported he injured his knee while playing football in the Quad. Public Safety responded and investigated. A Res. Life staff member transported the resident to the hospital.

1:54 a.m.- West Hall, four floor fire alarm; no problems found.

9:50 a.m.- Park Avenue House fire alarm; no problems found. Land and Sea Monitoring system notified the Fairfield Fire Dept. and they responded.

2:11 p.m.- Public Safety Officer reported a vehicle was hit while parked in the North Parking Lot by another vehicle parked next to it. Fairfield Police were called and responded.

3:18 p.m.- Library fire alarm; no problems found.

7:49 p.m.- West Hall, second floor fire alarm; activated by burnt popcorn.

11:50 p.m.- Main Academic Building, Cafe fire alarm; no problems found.


3:50 a.m.- Main Academic Building fire alarm; no problems found.


2:50 a.m.- Main Academic Building, Science Wing first floor fire alarm; no problems found.

8:50 a.m.- Simplex technician reported there was smoke in the Main Academic Building. Fairfield Fire Department were called and responded along with AMR Ambulance. The smoke/haze was coming from a vacuum pump.

10:27 a.m.- Curtis Hall fire alarm; no problems found.

12:55 p.m.- West Hall, sixth floor fire alarm; no problems found.
Editorials

Students attendance for Dole visit impressive

Looks like all of our complaining about lack of involvement in SHU activities may be paying off after all. We were very impressed to see a large amount of SHU students in attendance for Elizabeth Dole's speech last Thursday.

Politics aside, Dole is an important leader with an extensive background in politics and public service. Her friendly speech and southern charm were in evidence Thursday and she received a warm reception from those in attendance.

Although the political leaning of this staff is decidedly to the left (with two notable exceptions), we were excited to have a leader as noteworthy as Dole on campus and were interested in what she had to say.

While she didn't get to dig deep into the meat and potatoes of today's political climate, she touched on subjects like school funding and gave Texas Governor and presidential hopeful George W. Bush a ringing endorsement.

Hopefully Dole's visit will prompt some major presidential candidates to swing by SHU's campus in the near future. With the primaries heating up and the national conventions not too far ahead, SHU would be a great location for our next commander-in-chief to visit.

Handicap spaces should go to the handicap

One issue that will seem to never go away on this or any other campus is parking. Everyone seems to have some complaint about it and there is never an adequate solution to the problem.

But is there really a problem? If students who abuse the handicap permit system would walk a few extra feet to the nearest available spot, then perhaps the handicap permits wouldn't be doing loops in the parking lots for hours looking for a space.

People bitch that there is no parking on campus, but that's a bigger load of crap. There are always spots available in the North Lot that can be used. Sure, it may take longer to walk, but be grateful that you're not at a giant university where you have to take shuttles to classes because they're so far away.

The choice is yours, you can circle the library lot for an hour waiting for someone to pull out or you can suck it up and make life easier for people who legitimately need to park in the handicap spaces.

Alan Keyes a role model for Black History Month

Black History Month has traditionally been an opportunity to look back on generations of struggle for African-Americans in this country and around the world.

This month also marks Merwin Watts' right smack in the middle of the presidential primary cycle and the issue of voting behavior is of importance. Traditionally when it comes to voting 90% of the presidential primary cycle and the issue of voting behavior is of importance. Traditionally when it comes to voting 90% of the presidential primary cycle. Watts is the House Republican Conference Chairman and is a sought after speaker around the country.

It is interesting then to note that the most radical, far right conservative in this presidential contest is the African-American. Alan Keyes has achieved success as a political columnist and a radio and television host.

He has a doctorate from Harvard in government, has written numerous books and has represented the United States as an ambassador to the United Nations. This is the second time he has run for the nation's highest office and it is of the wide belief by many that he is one of the most articulate orators in the history of presidential candidates.

Why is he a conservative Republican? Because he maintains that only through the ideas and positions of the right can blacks, whites and people of all races make this nation great. He is vehemently pro-life, pro-free enterprise, pro-school vouchers, and pro-god, pro-gun rights, and anti-affirmative action.

He defends his affirmative action stance with an angry passion. Keyes feels that such programs patronize blacks, women and other minorities. He talks about how in the 1960's the movement sought the assistance of government to enforce the fundamental principle that all men are created equal.

Keyes rallies against today's civil rights groups who he thinks have abandoned that principle in favor of preferential treatment on the basis of race and sex.

It is also interesting to note that the highest ranking elected official in the House of Representatives is a conservative black Republican. J.C. Watts is the House Republican Conference Chairman and is a rising star in the party. He is a congressman from Oklahoma and a sought after speaker around the country.

His Community Renewal program geared towards inner city minorities has received national praise. He believes that there is a falsity that liberal government spending programs help black people. Watts feels that tax relief, voucher programs, and faith based institutions are the catalyst to improve education, job training and housing in poor urban and rural settings.

72% of blacks feel that the Republican Party ignores them and it is reasonable to conclude that the party has done a poor job in conveying their ideology to African-Americans.

Parties aside, as Black History Month comes to an end, the question arises for a black man or woman: Is it the ideals of the conservative or the liberal that will best continue the struggles of Frederick Douglass and Martin Luther King into the new millennium?
Horoscopes contradict Catholic teaching

Dear Editor,

Reading through the SHU Spectrum, I was disheartened to find a horoscope section. I would expect that a publication from a Catholic university would be free of things of that ilk. I quote from the Mission Statement of SHU, "Sacred Heart University is Catholic in tradition and spirit." Horoscopes, fortune telling, in sum, divination, is not acceptable for anyone or anything affiliated with Catholicism.

I quote from the Catechism of the Catholic Church, 2116, "All forms of divination are to be rejected: recourse to Satan or demonic forces, conjuring up of the dead, recourse to mediums all conceal a deceitful hidden power. They contradict the honor, respect, and loving fear that we owe to God alone."

What message is SHU sending to its students regarding this matter? Obviously, a mixed one! On one side, the University says that it is Catholic, and on the other, a publication from the University (or members therein) contains inappropriate reading material. It is the responsibility of a Catholic University to uphold the ideals and teachings of Catholicism.

I would ask that those who have the power too, please step forward in the spirit of the SHU mission statement, and in Catholicism, and ensure that horoscopes are permanently banned from the SHU Spectrum.

Sincerely,
Thatcher Hallock
Freshman

Editor's note: The Spectrum is not an official publication of Sacred Heart University, and therefore does not necessarily reflect the opinions of its administration. Horoscopes are provided for entertainment purposes only.
Love is a many splendored thing: Or is it?
Couples struggle to fight through relationship difficulties

By Samantha Fiedler
Staff Writer

When you first start dating someone, are you in a totally different world? Do you wonder how these feelings you have for each other can ever end? Well, for most people, they eventually do. Sometimes, you might question what happens in a relationship after the initial happiness.

"Allowing him the space he needs to feel like you're the center of his universe and that he's not the center of yours will give him the time to adjust to his growing feelings for you without freaking out," said Jane Katz, a writer for Cosmopolitan magazine.

After the first few weeks of being in a wonderful relationship, something happens and it is painful and frustrating. According to Shere Hite in her essay "Women and Love," the core of a relationship is how each partner understands each other and how each interprets the other's emotions and silences.

"Men have power behaviors where they turn their backs and walk away if they don't want to hear what women have to say. They can get away with this because women don't know what to do," said Hite. "The problem is that women find themselves doing most of the work and changing things."

According to Hite, men have to feel comforted and nurtured. They are not taught the skills to become a good lover and friend.

"Ironically, men depend on women for emotional support, but women are the ones called dependent and clingy," said Hite.

"In my opinion, after a while, the girls don't trust you anymore," said Eric Johnson, a senior from Agawam, Mass. "They get mad whenever you talk to another girl, even if she's just a friend."

"There comes a point in a relationship where either you're moving towards something or you're drifting apart," said Colleen Shaw, a senior from Newburgh, N.Y. "One person always wants to move forward and the other doesn't."

According to Martha Beck, a writer for Mademoiselle magazine, psychologists say relationships evolve through four stages: forming, norming, storming, and performing. "Forming" is the getting-to-know you behavior that happens during your first few dates. "Norming" is the period when you both establish the rules for the relationship. "Storming" begins when you and your new love interest need to relax and return to your real selves.

Beck says only successful relationships reach the "performing" stage. The happiest couples are not the ones who don't fight, but those who know how to disagree, compromise, and reunite.

"People have to spend less time together in the beginning," said Chris Spaterealla, a senior from Garden City, N.Y. "They start to become attached and then you start to need space." Hite says that maintaining a good relationship can only happen when both people want it to work. If after a few weeks, one person doesn't want it to continue, they may stop putting in the effort. Neither party may realize this and they struggle to piece back something that just isn't there anymore.

According to Sister Anne Nadeau, director of the personal counseling center, many couples are not the ones who always want to move forward in a relationship. Sometimes, the relationship is not working. If after a few weeks, one person doesn't want it to continue, they may stop putting in the effort. Neither party may realize this and they struggle to piece back something that just isn't there anymore.

According to Sister Anne Nadeau, director of the Personal Counseling Center, many

Students flock to vending machines for water

By John Guedes
Contributing Writer

It's not hard to find someone carrying around bottled water with them these days. It seems like everyone feels the need to grab a quick fix of refreshing water to get them through the day. But nobody seems to be drinking it from the tap anymore.

Since the dawn of Evian and Poland Spring, the ongoing battle between bottled water and water straight from the tap still persists. Most people believe that bottled water is much cleaner and safer.

Here at SHU, there is no difference as bottled water is just as common an item with students as a notebook or backpack. As lines continue to form at the Dasani vending machines, the old water fountains continue to collect dust.

"If I have a long class coming up it's quicker and easier for me to go to the vending machines to get water," said Keith Armbrust, a senior from Monroe.

But, before students jump on the bottled water bandwagon, they might want to know the facts.

In her article entitled "The Hidden Life of Bottled Water," Liza Gross researched the standards of bottled water to prove that "just because more Americans are turning to the bottle, it doesn't mean it's better."

According to Gross, consumers spent more than $4 billion on bottled water in 1998. "Mountain water could be anything," said Connie Crawley, a health and nutrition specialist at the University of Georgia. "Unless the label says it comes from a specific source, the source could be in fact, the tap."

Sacred Heart professor Mary Trefry feels that bottled water is more a matter of convenience than a matter of safety at SHU.

"I will buy a bottle of water, but when it is empty I will refill it with water from the fountain," said Trefry.

According to Gross, bottled water must meet the same safety standards as municipal system water. While public drinking water is monitored daily, she says, "the FDA requires less comprehensive testing of only once a year for bottled water."

Gross believes that consumers should also be concerned with the container the water comes in.

"A bottle that met safety standards when it left the plant might have been unsafe bacteria levels by the time it bought it from the store," said Gross.

"Because manufacturers are not required to put expiration dates on the bottles, there is no telling how long they've spent on a loading dock or on store shelves," she adds.

Gross offers some sound advice for students or faculty who can't curb their water addiction and gives an alternative for those who don't want to spend the money on bottled water.

"If you're simply worried about chlorine or can't abide by its taste, fill an uncapped container with tap water and leave it in the refrigerator overnight," said Gross. "Most of the chlorine will vaporize."
Eating disorder awareness educates students

By Emily M. Houlihan
Staff Writer

Sacred Heart University recently concluded their Eating Disorders Awareness Week on Feb. 19.

Eating disorders are defined as extreme expressions of a range of weight and food issues experienced mostly by young women. It causes severe physical and psychological conditions.

Six eating disorders include anorexia nervosa, bulimia nervosa, and compulsive overeating. These are serious emotional problems that can lead to life-threatening consequences.

Jocelyn Novella, a personal counselor specializing in eating disorders, said, "the origin of eating disorders is from a psycho-chopter. It is a way for a person to gain control of their life." Novella said that eating disorders begin with a diet. When the diet has not shown physical change, it becomes an obsession. When it becomes an obsession, it is out of control.

"The next thing you know the disorder controls you. It's like you are never satisfied with what's in the mirror," said a student that wished to remain anonymous.

Eating disorders do not solely effect women. Novella said that men are also stricken by this disease but it is more female oriented, men do not want to admit that they have a problem.

Novella credits anxiety and stress for leading to forms of eating disorders.

"One can never say that you are completely cured of an eating disorder. Stress may put the person back into old habits. It is an addictive disorder," said Novella.

The Eating Disorders Awareness and Prevention Inc. explained that eating disorders arise from a combination of long-standing psychological, interpersonal, and social conditions.

Search for your stars in this week's horoscope section

By Linda Black
SHU 865 Campus

Aries (March 21-April 19)

Fears about travel could emerge on Monday. Allow more time than usual or passegear the trip. On Tuesday and Wednesday, hold your temper to further your career. Your friends inspire you on Thursday and Friday. Finish an old project over the weekend.

Taurus (April 20-May 20)

Get together with friends who will challenge your present world views on Monday. Avoid an argument about money on Monday. Travel on Tuesday and Wednesday. Push a project to completion on Thursday and Friday so you can travel with friends over the weekend.

Gemini (May 21-June 21)

Use your talents this week. Listen to a critic on Monday and become more successful. Focus on making money or getting a loan on Tuesday and Wednesday. You may have travel complications on Thursday and Friday, but a long-distance connection could turn out well. Take it slow and easy over the weekend; practice makes perfect.

Cancer (June 22-July 22)

Travel plans are in the spotlight this week, especially on Monday. Clear up a problem by setting priorities. Save travel for the weekend. On Tuesday or Wednesday, a partner is important to get past a setback. You may be working on Thursday and Friday, or you could lose money. Get out of town over the weekend.

Leo (July 23-Aug. 22)

Shared money could cause confusion this week. Don't gamble on Monday, even if it looks like a good deal. You'll work hard for what you get Tuesday and Wednesday. Do what your partner wants on Thursday and Friday. If you want to pay off an old debt over the weekend.

Virgo (Aug. 23-Sept. 22)

You'll learn a lot from a partner this week. If you don't have one, hire somebody. Don't get into a house on Monday, though. Make sure you communicate, especially when you are the person, not what you thought you heard. Tuesday and Wednesday should be easy, but Thursday is not. Expect mases at work on Thursday and Friday, but you can get through. Do something fun over the weekend. Let the other person drive.

Libra (Sept. 23-Oct. 22)

Watch for ways to do good deeds this week. A new project is coming, so clean your work space. Try something new on Monday. Stay close to home on Tuesday and Wednesday. Schedule your big date for Tuesday or Thursday. Heed your sweetie's suggestion, too. You'll be creative over the weekend, so finish all the old projects yourself.

Scorpio (Oct. 23-Nov. 21)

You could have a misunderstanding standing with a loved one, possibly someone you once cared for. Be patient. On Monday, don't gamble with love or money. Your hunches pay off better on Tuesday and Wednesday. Your house and fix things at home on Thursday and Friday. This is a good weekend for romance. Do something traditional with an old flame.

Sagittarius (Nov. 22-Dec. 21)

You went crazy last week. Think this week. Expect breakdowns. That's your excuse to fix things once and for all. Work hard on a household project on Monday. Be diligent and bring in the money on Tuesday and Wednesday. You're intelligent on Thursday and Friday, so think positively on a technical task. Patience will be at your place is a possibility this weekend. Show off your hard work.

Capricorn (Dec. 22-Jan. 19)

You could have trouble with your friends this week. Expect delays in your job. On Monday, don't work together; work on your own. Your sense of humor on Monday; you'll need it. You're money conscious on Tuesday and Wednesday, so whip things into shape. Be careful of your money on Thursday and Friday. You may have less than you think. Get together with your neighbors and siblings over the weekend. Don't travel far if you can help it.

Aquarius (Jan. 20-Feb. 18)

Money's your theme this week. There'll be confusion about it, especially on Monday. Watch out for past due payments on Tuesday and Wednesday. Don't pay them if they're not. Look for a new way to bring in cash on Thursday and Friday. Don't lend money to a friend over the weekend. This is not the time to do something for you, instead.

Pisces (Feb. 19-March 20)

Mercury's retrograde in your sign this week. If you're confused, blame it on that. Don't take yourself too seriously, either. This will clear up naturally, soon.

You may have won when you think you've lost on Monday. Remember your friends on Tuesday and Wednesday. Analyze old behaviors on Thursday and Friday and put in the correction. Do something special for yourself over the weekend.

Eating disorder awareness educates students

By Emily M. Houlihan
Staff Writer

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Six eating disorders include anorexia nervosa, bulimia nervosa, and compulsive overeating. These are serious emotional problems that can lead to life-threatening consequences.

Jocelyn Novella, a personal counselor specializing in eating disorders, said, "the origin of eating disorders is from a psycho-chopter. It is a way for a person to gain control of their life." Novella said that eating disorders begin with a diet. When the diet has not shown physical change, it becomes an obsession. When it becomes an obsession, it is out of control.

"The next thing you know the disorder controls you. It's like you are never satisfied with what's in the mirror," said a student that wished to remain anonymous.

Eating disorders do not solely effect women. Novella said that men are also stricken by this disease but it is more female oriented, men do not want to admit that they have a problem.

Novella credits anxiety and stress for leading to forms of eating disorders.

"One can never say that you are completely cured of an eating disorder. Stress may put the person back into old habits. It is an addictive disorder," said Novella.

The Eating Disorders Awareness and Prevention Inc. explained that eating disorders arise from a combination of long-standing psychological, interpersonal, and social conditions.

"The next thing you know the disorder controls you. It's like you are never satisfied with what is in the mirror," anonymous student

Anorexia is characterized by self-starvation and excessive weight loss. The victim may be in a depressed mood, irritable, concerned about eating in public and socially withdrawn. Physically a person looks emaciated, having yellowing skin, tooth enamel erosion and scabs on hands, mouth contact with tooth when inducing vomiting, and insomnia.

Bulimia is characterized by secretive cycles of binge eating followed by purging. Low self esteem, increased anxiety, lying to cover up their actions, purging after a binge (vomiting, use of laxatives, diet pills, excessive exercising, or fasting) and stealing are all common traits of bulimia.

Compulsive overeating is characterized primarily by periods of impulsive gorging or continuous eating. Although there is no purging, there may be sporadic intentional binge eating.

Novella said that depression goes hand in hand with eating disorders because one loses hope and the positive sense of the future.

Eating Disorders Awareness and Prevention explain that when persons regularly skip meals, they are not "saving" calories, they just scaring their body by making that it might not get any more fuel.

When you tease your body like that, it tries to store up all of the energy it can and in stores energy as fat.

According to Novella, many students who are struggling with an eating disorder refuse to get help because they don't believe they have a problem.

"You can't push a person into getting help. When they are ready to help themselves, we give our residences help and support," said Dana Fasano, a resident assistant at Parkridge. Among a faculty, staff, and students, there are efforts to help students combat and cope with this problem at the Counseling Center.

"The campus is willing to help all students," said Cheryl Janus, a junior from Clark, N.J., who is a resident assistant in East Hall. "We do anything it takes to help all of our residents out." The Sacred Heart Counseling Center, located in the Park Avenue House, offers help to those who want it. To make an appointment, you can either go one to one or in a group call 371-7955.

UOMO Coffeehouse scheduled for tonight

Tonight at 7:30 p.m. in the Mahogany Room, the African dance troop "Practicing UMOJA" will present "Treasure House," a one hour long show. Drop by to learn traditional dance steps, interact with the performers, and enjoy the special performance.

The event is sponsored by UMOJA of SHU. Call the Location/Multicultural Center for location at 365-7614. Admission is free for all SHU students and ID and $8 general admission.

Black History Month Jeopardy

Tonight at 10 p.m. in the Dining Hall test your knowledge of important African American figures and events in our country. Contact Pete at 365-7954 to register your team, otherwise be there to cheer on all of the contestants. All are welcome to win some great prizes. Sponsored by the Student Events Team.

"Hurricane" Carter coming to town

On March 1 at 7 p.m. in the University Theatre, Rubin "Hurricane" Carter will be speaking. Carter was a professional boxer in the 1960's convicted for a triple murder and later released from prison after serving 19 years of his sentence and inspiring the movie "Hurricane." For more information call the International Office at 365-7614.

Mardi Gras celebration

Come celebrate New Orleans' biggest week of entertainment here at SHU at 10 p.m. in the Outpost on Tuesdays. All are welcome to attend, and the event is free for all students with ID.

Chemistry Seminar Series continues

Mr. Caswall Price and other representatives from Boehringer Ingelheim will speak tomorrow in SC 203 at 3 p.m. The title of the seminar is "Career Opportunities for Everyone" and is sponsored by the Department of Chemistry and the SHU Students' Affiliate Chapter of the American Chemical Society. The event is free and all are invited to attend.
Comedy brings relationships to stage

Special to the Spectrum

The title, "The Male Intellect: an oxymoron?" speaks for itself. This popular stage play has been seen for several months and continues to play to capacity audiences throughout the nation.

Combining monologues and stand-up comedy routines, sociology and gender relations, creator-performer Robert Dubac brings his one-man show to the stage at 8 p.m. tomorrow night, and 6 and 9 p.m. on Saturday, at Stamford's Rich Forum.

Dubac has bridged a career between acting, comedy and writing for over ten years. "The Male Intellect: an oxymoron?" grew out of the desire to bring these three together in one arena. As an actor, he has had roles in "After the Game," "Cold Ground," "Sketch Artist," "Innocent Eyes," and "The Rookie," and his television credits include a year-long run on the ABC series "Loving," plus guest appearances on "Growing Pains," "Life Goes On," "Jack and Mike" and "Different Strokes."

He has been on stage from New York to Los Angeles, and everywhere in between.

The cast of characters in "The Male Intellect" includes the chauvinistic Bobby, who is in a state of confusion.

Two weeks ago, everything was perfect. He found the girl of his dreams. He made the commitment. He planned to get married. Then she dumped him and he can't understand why.

Commentary

Bobby desperately needs answers and consults with the following: the Colonel, Jean-Michel, Fast Eddie, Old Mr. Linger and Ronnie Cabrizzi.

The Colonel spends his time strategizing how to battle the female race while strolling along the shores of Lake Loretta.

The exchange-student, Jean-Michel, prides himself on understanding everything about women. The answers, however, are so complex that he is unable to communicate them in plain English.

Fast Eddie had his heart broken once and has been getting even by cutting a swath of testosterone through womanhood ever since. Unfortunately for women, Fast Eddie's animal instinct draws them to him like a "ten-cent sale at Neiman's."

Old Mr. Linger resides at a retirement home that is nestled among the maples near Lake Loretta. Every afternoon he strolls out onto the dock to fish for a few hours, during which time his infectious laugh can be heard echoing over the lake.

Ronnie Cabrizzi is a peaceful, sensitive man. His whole life has been dedicated to taking care of women. He loves women. He just can't figure them out.

This full evening of laughter and mayhem evolves from both men and women recognizing themselves involved in similar situations and as characters.

Tickets range from $15 to $25. For more information, call the box office at 325-4466.

Howard Stern has begun a nationwide-search for Miss Right

By David Hinckley
Knight-Ridder Tribune

When Howard Stern and wife Allison separated last October, the front door had barely closed behind him when he told the 10 million people in his national radio audience where they could expect his new drama to go from here.

"All broads please call," he said as opened his show on Monday, Oct. 23, the first program after the separation was announced. "If you'd just form a line outside the studio, I'd appreciate it."

Getting a woman for the 46-year-old Howard has been a major theme of the show ever since. But he has been taking his sweet time doing anything about it.

Despite a barrage of call-in volunteers and suggestions from his helpful in-studio posse of Robin Quivers, Gary Dell'Abate, Jackie Martling and Stuttering John, it was seven weeks before Stern identified a woman he said he would actually like to date--Playboy model Angie Everhart.

However, since she sat on his lap for a few deep kisses on the Jan. 10 show, there's been no talk of marriage.

It's not that getting a girl for Howard has taken over the show, which is still rooted in Stern's other doings and his often-screwy assortment of guests, listeners and callers.

Howard Stern says they decided if they go out, it would just be as friends.

This was around the same time he was telling a female caller who had volunteered for a date that she should forget it, because after a couple of months of separation, all he wanted was sex.

The Howard Stern Dating Game, in other words, is not looking like a sprint. It's looking like a marathon.

And as a radio strategy, that's looking brilliant.

He nailed that one. In New York, he averaged 7.6 percent of the radio audience last summer.

At least 100 millionaires closest friends and family, a score of 10 being the highest.

Through some unknown process of elimination, the millionaire narrowed down his selection, finally picking one "lucky" lady to be his bride.

Though the two had never met before, they were married that night on national television.

Perhaps I am old fashioned, or not old-fashioned enough, to understand this show. The two obviously did not love each other, considering they knew each other for about five minutes before entering into that "sacred bond" of marriage.

So, one can conclude that either love is irrelevant when it comes to marriage, as long as there is a nice sum of money in the deal, or that this culture is reverting back to the days when buying a wife was acceptable.

I realize that none of the women who were on display on Tuesday were there by force. And that is what baffles me.

Why would anyone want to marry someone that they do not know just because he or she is a millionaire? Is money really that important nowadays? Some of the women were only 19 and 20 years old! What was the "winner"? 34-year-old Emergency Room nurse, Darva Conger.

Since the show aired, it has come out that a restraining order was filed against Rockwell in 1991 by ex-girlfriend Debbie Goyne. In the report, Goyne said, "The defendant [Rockwell]...threw me around and slapped and hit me in the face... Recently he said he would find me and kill me."

Of course, that is an awful thing to have happen to anyone, and I sincerely hope that Conger is spared any physical violence. However, that issue is something that should have been taken care of in the dating process.

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This week, the SHU Players will be starting an improvisational acting group. This has been on the drawing table for many weeks, but at last it has come to life. The first session will be held at 7 p.m. tomorrow night in the theater.

"What is improv?" you might ask. Well, have you ever seen the show "Whose Line is It Anyway?" If so, that will give you a rough idea. But that would also be the simple answer. I would like to add that it can also be much more than the show. The improv group will be directed by Mark Edwards, an adjunct English professor for Sacred Heart.

So if you are interested in joining, don't worry. The first session is for all students and faculty are invited to join in the fun. No previous acting skills are required, just an open mind.

Also, the SHU Players would like to thank all who came to see "The Inner Circle: Changing Times" this week.

Too little, too late: Grammy-awards make up for past errors

By Thor Christensen
Knight-Ridder Tribune

Carlos Santana will probably win a slew of golden gramophone awards tonight, his first Grammy telecast. It would be more fitting if he took home an award for best acting instead.

The 52-year-old guitarist's 10 nominations -- including nods for song, record and album of the year -- raise the already embarrassing case of the Grammys losing a veteran near the end of a career instead of early on, when the music actually merited it.

Santana's mega-million-selling "Supernatural" album is by no means the worst one he's ever made. But this collection of duets (with young-bloods such as Alain Lecivort and Lauryn Hill) and a pair of songs, "Out of Mind," but his Grammy grand total of four still puts him behind Amy Grant, the Bee Gees, and dozens of other Grammy-less "legends." Santana has won just one Grammy over the course of his storied 31-year career.

That will undoubtedly change Wednesday night. And if he wins for song, record or album of the year, it might translate into one of those heart-tugging award-show moments when the audience roars and leaps to its feet as the humble vet sobs and finds words to express his gratitude.

It'll make for great TV. It'll also be an all-too-familiar case of the Grammys trying to absolve themselves for glaring past mistakes. A few of the more notable recent examples:

Bob Dylan: He's the most American rock figure besides Elvis, but he had to wait 25 years before the Grammys got around to nominating him for album of the year. He won, in '97, for "Time Out of Mind," but his Grammy grand total of four still puts him behind Amy Grant, the Bee Gees and Toto.

Bruce Springsteen: The Boss won just two minor awards in the first 20 years of his career before the Grammys played catch-up and gave him four statuettes in '94 (including best-song honors) for "Streets of Philadelphia" -- a tune that pales in comparison to his earlier work.

Eric Clapton: He'd been revolutionizing blues-rock for a quarter-century before he won his first award in 1990. The Grammys tried to right that wrong in 1992 by giving him six trophies for "MTV Unplugged," a hit-and-miss album of which Clapton said during his speech, "I was convinced this wasn't worth releasing."

It's too bad Jimi Hendrix, Janis Joplin, Sam Cooke, Bob Dylan, and others aren't still alive and making records, since they'd be ideal candidates for similar come-from-nothing Grammy avalanches. (The first four never won a competitive Grammy, while Elvis only won them for his entry-level movies in the mid-'50s.)

As a result, you'll now see countless webcam and YouTube videos of "Meet the Nominees," the now-stale new formula that replaces the 60-year-old introduction involving the Association of Recorded Music Companies.

And the addition of categories for rap, metal, hard rock and alternative music means cut-throat edge artists of today will get a better shot at a Grammy than their predecessors.

But for the time being, brace yourself for a long run of better-than-ever Grammy landslide victories.

After Carlos Santana leaves the stage, you've still got Neil Young, Chuck Berry, Chrisie Hynde, Patti Smith, Eliss Costello and dozens of other Grammy-less rock legends waiting in the wings.

Stern: Quest for new wife raises questions

Continued from page 8

In the fall, when the separation hit the headlines, he averaged 9 percent -- an increase of 18 percent.

On the other hand, Stern has often suggested his hesitation about plunging into the dating world stems from his uncertainty about the relation­ship with Alison, to whom he has been married for 21 years and to whom he often said he expected to stay married for the rest of his life.

"I'm going through a tough situation," he said yesterday. "I don't want ... 900 women. I don't know what I want."
Sports Schedule

Feb. 24 to March 2

Thursday
Men’s basketball vs. Quinnipiac, 7 p.m.

Friday
Men’s ice hockey @ Mercyhurst, 7:30 p.m.

Saturday
Men’s ice hockey @ Mercyhurst, 7:30 p.m.

Wednesday's ice hockey vs. CCSU, 4 p.m.

Women’s basketball vs. CCSU, 2 p.m.

Women’s ice hockey vs. Quinnipiac, 7 p.m.

Track: SHU men, women compete in championship

Continued from page 12

Sophomore Gaetano Marra placed sixth in both the long jump and the triple jump. Sophomore Shamarr Drew, who just joined the team a few weeks ago, has already broken the school record in the 55-meter dash twice.

Freshman Dean Hanafin, freshman Dan Kennedy, and sophomores Tony Dicerbo and John Sokowski.

Women’s ice hockey player Lauren Wiggins recently broke three major records this season. Wiggins, who has been with the program since its beginning in 1996, recently set new records for most points scored by a male or female, most assists scored and most goals scored in a career at Sacred Heart University.

“Wiggins’ performance has been exceptional,” said Wiggins.

Wiggins continues to highlight her season by capturing the record for most goals scored in a career. She scored her 65 goals against Amherst College this past Sunday.

“The most exciting record to break of the three was most goals scored in a career. It was our last home weekend and we won both games,” said Wiggins.

CHUKI PEPE THE PIZZA SLICE
FIN THE SHARK
RALLY THE RAVEN
TATOR THE GATOR
BB THE BLUEFISH
YOUR STARTING LINE-UPS FOR THE FIRST ANNUAL Mascot Basketball Game ARE:
CHESTER CHEETO
THE SPAM CAN
BB THE BLUEFISH
CAP’N L.L. SOUNDER
TATOR THE GATOR
RALLY THE RAVEN
FIN THE SHARK
SAILOR SEAL
PEPE THE PIZZA SLICE
BUCKY

Mascot Basketball Game will be played at halftime of the men’s game

Honorary Coaches:
Dr. Marian Calabrese
Alvin Clinkscales

Sponsored by Powers, Inc.
The governing body empowered to enact legislation won't vote on the matter earlier than October.

But the proposed changes seem a stark departure from longstanding NCAA canons. The amateurism section of the voluminous NCAA manual, alone, clocks in at 14 pages.

"It would take someone with 10 Ph.D.'s to understand all of the amateurism rules," said Grant, who also is the director of women's athletics at the University of Iowa. "How students figure this all out is beyond me."

"What we were trying to do was monitor what people were doing from the time of birth until the time they enrolled at the university. It's a totally impossible task.

And all in the name of amateurism, a concept that dates to the 19th century when English upperclassmen used the idea to help define their social status.

The basic notion was that those engaged in leisure activities for pure enjoyment, and even sportsmen who didn't need to work with their hands as a livelihood, were higher on the social ladder.

The concept of amateurism has long since disappeared from Olympic lexicon. Not only has the term "amateur" been removed from the Olympic charter, but U.S. Olympic basketball teams are now dominated by current NBA stars.

And the NCAA — whose initial constitution stated in 1906 that "no student shall represent a college who has, at any time received, either directly or indirectly, any money or property for his services as an athlete" — doesn't want to recruit the minor leagues.

"It's time to give our prospective student athletes a choice. It's time for the NCAA to get out of their lives," said Bill Saum, NCAA official.

Yet another proposal would allow athletes to accept prize money and monetary incentives without jeopardizing their colleague- ficate eligibility. NCAA officials are finding it increasingly difficult to track the earnings of, say, a tennis player who might have won prize money as a 13-year-old while playing overseas.

Another example: Andre Williams, the former Schaghticoke High player who was temporarily suspended by Oklahoma State because a benefactor paid his prep school expenses, may have had no eligibility consequences if the proposed rules were in place.

The amateurism deregulation was the topic of an open forum at the NCAA convention in San Diego.

"I was surprised there weren't more student-athletes opposing," said Ted Leland, the athletic director at Stanford University and chairman of the Division I Management Council. "We didn't have anybody saying, 'This is the end of Western civilization as we know it!'"

Saum describes the membership's reaction as "hesitantly supportive.

Still, it's a bit unclear whether the full body of colleges would embrace the U-turn from tradition.

"It does mean that the NCAA would think about doing this," Oklahoma State basketball coach Eddie Sutton said. "I think it's a big door.

"My biggest concern is that now you're encouraging kids to, if they want to go to college, "Well, if I don't make it in the pros, I'll just go back to school."

That's the fear shared by Bobby Randall, head basketball coach at the University of Kentucky.

"People are going to be recruiting in the minor leagues, for crying out loud," he said. "I don't want to recruit the minor leagues. And I see that happening, I'm scared of that.

"The change sounds ridiculous, and I don't think anybody is taking it seriously."
Shawah’s jumping paces women’s track team

By Emily Greenough
Staff Writer

Shawah was the only athlete to win an event for the Pioneers. She won the triple jump with a leap of 37' 6 1/2", which was almost a foot over her own school record. The junior previously bested her school record by a foot earlier this month. Shawah’s win makes her the first individual Northeast Conference champion in school history.

"Talk about stepping it up," said head coach Christian Morrison. "Michele beat out a lot of good athletes to win with her best performance ever."

"I’m thrilled for her," Morrison added. "She richly deserves the success she is having."

Junior Brandi Blevins also surpassed the school record in the weight throw. Blevins finished third with a throw of 49' 5 1/2", breaking the old mark of 48' 11 1/2".

Blevins also threw a personal best 41' 8 1/2" in the shot put, good for third place.

"She just continues to score big points for us," said Morrison.

Other top finishers for the Pioneers included freshman Jackie Beaulieu who placed fifth in the high jump.

Junior Heather Stockton finished sixth in the 3,000-meter race.

The men’s ice hockey team hopes to host a first-round MAAC tournament game.

The women’s distance medley relay, comprised of Stockton, freshmen Diane Aiknoras and Erica Sullivan, and sophomore Sarah Doyle came in eighth.

The 4x400-meter relay team of sophomores Heidi Cheever and Jessica Andrade, freshman Kendelle Brown, and Beaulieu, placed seventh in the event.

Icemen split Bentley series

By Matt Duda
Sports Editor

The men’s ice hockey team split a series with Bentley this weekend. Sacred Heart won Friday’s contest 5-4, but lost the next day 2-1.

The Pioneers are tied for third place with Canisius in the Metro Atlantic Athletic Conference with a record of 14-13-3. Conference leader Quinnipiac has locked up the MAAC’s regular-season title.

Sacred Heart has clinched a playoff berth, but they will be competing for home ice in the upcoming games. The top four teams will host a first-round playoff game.

Mercyhurst holds second place with a seven-point lead over the Pioneers and the Griffins. SHU and Canisius have 27 points each, leading fifth-place UConn by two points.

"Our goal is to finish in third place by the end of the season," said coach Shaun Hannah.

Friday night's game was a great display of character by the men, as they scored three goals in the final six minutes to pull out the 5-4 win.

"Friday was a great game because everyone in the locker room knew we were going to win the game," said senior captain Derek Young.

"Our team has confidence in our ability, and that is the most important thing heading into the playoffs."

Bentley took an early lead before Lloyd Marks tied the game at one. The Falcons scored two more times to take a 3-1 lead. Sophomore Chris Mokos cut the lead to 3-2 with his goal.

NCAA considering changes in amateur status

In a radical departure from one of its bedrock principles, the National Collegiate Athletic Association might be softening its stance on amateurism.

Specifically, NCAA governing bodies are working toward legislation that would allow athletes to return to the collegiate ranks even after they have completed professionally in the same sport.

Picture NBA star Kobe Bryant taking the court in a UCLA uniform — even after his career with the Los Angeles Lakers had already started.

"If this goes through, it will have one of the greatest impacts on amateurism that we have ever seen," Kansas State University athletic director Max Urick said. "And I think it's a dangerous direction to go."

The NCAA hopes to allow an opportunity for athletes to return to college if their professional pursuits fail. Players such as former Wichita East star Korleone Young, who jumped straight to the NBA in 1998 but now finds himself straggling along in the International Basketball League, could return to a college team.

"Should they forever lose their eligibility because they misjudged their ability?" asked Chris Gortzbach, chairwoman of the NCAA committee spearheading the movement. "It seems like that's not fair."

Instead, the new legislation probably would penalize the athlete a year of eligibility for every year that he or she spent on the professional circuit. Players who spend two years shuttling between the NBA and the Continental Basketball Association, for example, would lose two years of college ball.

So far, the NCAA has only discussed eligibility issues as they pertain to students who have not yet started their college careers. In time, Grant's committee also will explore options for college athletes who leave early for the pros but then decide they would like to return to college.

Nothing will happen soon, though.

See Eligibility, Page 11

Possibly NCAA rule changes could affect SHU athletes.