Founders Day festivities to commence
Faculty and staff to be honored for outstanding service

By Jason Dalrymple
Editor-in-Chief

Today, at 11:00 a.m., the University will come together in the Schine auditorium to honor those who have served the community with dignity. Faculty, staff and administration will be honored today during the annual Founder's Day celebration, named in recognition of the founder of the University, Bishop Walter Curtis.

"Founders Day is an effort to recognize those who have served the University with distinction for a certain number of years," said a representative for Provost and Academic Vice-President Tom Trebon. "Last year was the first chance we had to honor those who had served for as long as the University had existed."

This year, the individuals up for their 30 years of service are both faculty members. Professor Maria Toiriera were handed their time with the University, ranging in years of service from 15 to 30 years.

1994 was the first year in which any member of the University community could be awarded the 30 year honor. Last year, Registrar Douglas Bohn and Professor Maria Toiriera were both awarded medals for their service.

"We started with the 15-year awards our 15th anniversary," said Bonnie Douglas, assistant to Trebon. "Last year was the first chance we had to honor those who had served for as long as the University had existed."

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Dr. Warriner pulls disciplines together

By Katherine Bump
Co-News Editor

Recently, twelve members of faculty, representing all disciplines, have become involved in a new Writing Advisory Board. Director of Freshman Communications, Dr. Alison Warriner, formed the board with the future of writing instruction at Sacred Heart University in mind.

The Writing Advisory Board is currently discussing options to bring a writing-across-the-curriculum (WAC) program to the University.

"What can make the WAC program most successful," explained Warriner, "is when all the departments get involved. Each department has different needs and they all should be met."

Warriner hopes by establishing a WAC program at SHU that the students here will be provided with a common language and with critical thinking skills.

"This will enable them to communicate with each other, with the members of their discipline, with members of the University community, and ultimately with the wider world," said Warriner.

The Writing Advisory Board has stated that rhetoric will be the focus of SHU's WAC program. Warriner said that rhetoric trains students to do strict reasoning and communicating.

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Dr. Gary L. Rose, professor of political science will be completing his fourth book, The American Presidency Under Siege. The book, already under contract with SUNY Press, examines how the political system constrains creative presidential leadership.

"To have a stronger presidency, you need to have a stronger party system," said Rose. "We need stronger parties to provide the President with stronger base."

Focusing on those aspects that impede the ability of the President to govern, Rose's book proposes the reform of the political parties.

"Students will be able to simulate a cardiac stress test and see the results immediately," said Schofield. "This interactive approach will allow the student to pursue the role of the active learner. It should be exciting for the students," Schofield said. "It takes them out of the role of being the passive participant."

Ninth year history professor, Dr. Thomas Curran will be involved in several research projects. His primary focus will be on revising his dissertation, "Education and Society in Republican China," which deals with the changing status of intellectuals.

"Curran's revision of the dissertation will look at how the intellectuals responded to the transformation. He plans to compile his findings into a book," Curran also plans other projects that include completing a paper on civil unrest in Beijing immediately after World War II, and translating Chinese written short stories into English.

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The renovation of Chubby's made way for the opening of The Cafe, a new student-oriented area. The Cafe offers a variety of drinks, snacks, and new specials. According to Mrs. Frances Collazo, assistant dean of Continuing Education, the renovation of Chubby's was part of the overall plan to improve student amenities on campus.

The Office of Academic Advisement is sponsoring a Majors Fair on Tuesday, Mar. 28, in the Dining Hall. This event is an opportunity for freshmen to gather information about majors in which they may be interested. According to Mrs. Collazo, the Majors Fair will feature keynote speaker Ray Bastarche, a 1983 graduate of Sacred Heart University, who will discuss the importance of effective networking and interviewing techniques. The event is open to all students, and representatives from various majors will be available to answer questions and help students explore the opportunities offered by the different departments.

The demonstration is entitled "Opening the SHU," and the faculty members participating include Jonathan D. Matte, professor of mathematics; Martin B. Batt, professor of English; and Monica Forget, adjunct professor of English. The demonstration is expected to run from 7 to 9 p.m. and is open to all students from 11 a.m. to 3 p.m. The amount of involvement right now is very low," said Matte.

"At first, many of the adult students are shy and passive," said Matte. "But as they become familiar with the environment, they start to open up and enjoy the experience. They can involve family, friends, roommates and neighbors."

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Sacred Heart University senior John Bowman (center) shares his experiences about his trip to Germany last semester at a recent University forum. Bowman and classmates Becky McGuigan (left) and John Adams were among the first group of students to take part in the University’s new study abroad program that allows students to earn college credits while living and studying in foreign countries.

**SHU international students get to view foreign policy**

By Cesar Munoz Contributing Writer

Last Thursday the names of places like Chechnya, Bosnia, Haiti, and Kuwait flooded a sunny room at Joel Barlow High School in Redding. Inside, there was a panel of seven international students from Sacred Heart University and a score of high school teenagers who never stopped asking questions.

The event was part of a pilot program at Sacred Heart called “Global Connections,” founded by Phyllis Macholdt, service learning coordinator. She says that its purpose is “to involve the international students from Sacred Heart University and a score of high school teenagers who never stopped asking questions.”

“The participants from Sacred Heart were: Diego Arias-Carballo from Argentina, Yuki Kawahara from Japan, Patricia Clarke from Grenada, Max Smetoiosk from Ukraine, Ian Haluska from Poland, Juanita Soriano from El Salvador, and Cesar Munoz from Spain. The students from Joel Barlow, a racially homogeneous suburban high school, belonged to a senior honors course on world affairs taught by Randy Potter. Kelly Joyce, one of the high school seniors, liked the discussion because “a lot of times you don’t see the views of other nations and it was really interesting to see that perspective when we are making decisions on foreign policy and intervention.”

Smetoiosk says that the international students showed their high school counterparts “how we feel about America, not from a diplomat’s point of view, but from our hearts because we are the people who live there.”

Clarke affirms: “With all the countries we have represented, there was really was a different perspective on America as viewed in different parts of the world. They emphasized its role not only as a democratic nation, which seems the ideal, but also portrayed America as an intervened.”

Twenty-six Sacred Heart students and seven schools will have participated in “Global Connections” by mid-April.

**WAC: Looking for answers**

Continued from page 1

to provide a balance to the rigor and composition of rhetoric.

Writing-to-learn includes such strategies as freewriting, storytelling and oral text rendering. Warriner said that these strategies help students discover what is in their own minds.

“These strategies provide heuristics for students who often do not trust their own intelligence and knowledge,” stated Warriner. WAC courses with both rhetoric and writing-to-learn are now being called Writing-Intensive (WI). The Board is currently discussing the questions surrounding WI courses. They are asking: “What makes a course WI? Who will teach WI courses? What would the responsibility be of each discipline? What kind of training can we provide for faculty?”

According to Warriner, the Writing Advisory Board will attend a retreat this May to organize and discuss answers to these questions.

“Trying to implement a WAC program in a University is a lot of hard work,” said Warriner, “but I feel the faculty involved will find it gratifying because their students will become more involved.”

Warriner feels a WAC program at SHU will be well under way by the fall of ’96. “I have many goals for the program,” said Warriner. “The main one is to make sure all students graduate from Sacred Heart with solid communication skills.”

**Economics May Bar Men from Taking Parental Leave**

MADISON, Wis.—Federal laws may guarantee parental leave to fathers of newborns, but the laws of economics still are keeping many men from taking the job, a new study by the University Wisconsin shows.

Janet Shirley Hyde, a UW-Madison psychology professor, conducted a survey of 550 men, whose wives or partners were pregnant. The study reveals familiar frustration that fathers be more involved in raising children, she said, but the realities of the workplace often interfere.

Hyde’s findings included:

• Seventy-eight percent of fathers and 89 percent of mothers supported the right to job-protected parental leave for fathers. That right has existed since January 1993, when Congress passed a law providing up to 12 weeks of job-protected, unpaid leave for working fathers.

• Ninety-one percent of fathers took at least one day of parental leave at the birth of their child. The average leave was less than five days, although 20 percent of new dads took a week or more of leave. That compares to an average of nine weeks for women.

• Forty-three percent of men anticipated a negative reaction among co-workers when they took a lengthy leave. Another 63 percent predicted a negative response from a supervisor.

“There’s the whole notion that if fathers take a longer leave they’re not serious about their careers or their jobs,” said Hyde. “They’re worried about what people would say.”

**Festivities: some changes for the day**

Continued from page 1

of Mathematics Raoul DeVilliers and Professor of Art Virginia Zic Trebon, “I have been asked to celebrate,” stated a letter from Trebon. “I have been asked to move the convocation hour today from 10:40 to 12:05 in order to open the celebration to all.

According to the letter, the time is the only change, and students should report to their regular classrooms at the designated time based on the change.

This change is for Founders Day only, an event that is hoped to draw the attention of the entire community.
It's time to step up to the call

It's March already, late March in fact, and Student Government elections are rapidly approaching like geese to their summer homes and children to their playsets in the backyard.

Since the near-disaster in January, Student Government has done its bit in getting itself back together into a functional student unit. But who will run that unit come the fall of 1995?

Sure, Shannon Pons is a likely candidate for running, but who is going to run against him? Many of the class officers are comfortable in their positions. Understandably, it puts them closer to their class and more directly involved in their own affairs, but what risk is there in that?

It's time some of the members of Student Government took the next logical step in their political career in college.

Why not take that step towards a larger goal, a larger call, and a larger audience. There is no harm in losing unless the competitor did not give their best effort.

Besides, it would be nice to see a good, solid set of campaigns over the next three to four weeks.

By Jonathan McCarthy
Associate Editor

Normally when I set out to write an editorial there is something on my mind. Whether that something is good or bad it has obviously forced me to a position that wished to express. That is until now.

When I was asked to write an editorial I asked a friend what I should write about. Her reply: "I don't know, have you been on a train lately?"

No, I haven't been on a train. I haven't done much. For fear of sounding like that guy who writes that Tulsa thing I won't try to justify my life's inactivity (just kidding Chris).

Another proposed topic was that I write about my computer. Now that's nice and all but it has already been done by everyone. Heck, Newsweek did a whole issue on them. Frankly, my computer is an inanimate object that has no personality so really don't see its journalistic worth. Then I start wondering what exactly has journalistic worth?

G.L.J. I hope not. Personally, I think that he along with the striking baseball players should step long walk off a short pier. Other topics that come directly to mind include the battles between Newt Gingrich and his lesbian half sister and Michael Jordan's return to basketball. Well, Jordan only scored 19 points wearing his new number 45 and the Gingrich story will remain for the tabloids.

One story that I just can't seem to get over is the one of Nicholas Leeson, Leeson, a 28 year old investment banker, built up enough respect in his employ, Barings Bank of London, that they let him trade and deal millions of dollars in stock. Well, he messed up and lost about a billion dollars in a two week span. This loss left Baring, the bank that funded the Louisiana purchase as well as handled most of the royal family assets, bankrupt. Could you imagine that at age 28 this Singapore barbarian could affect so much money? Pretty incredible.

Another topic commonly used for editorials is this campus. However since we have already established that cheerleading is a sport there's nothing left to say. Of course I know the shuttle has an extreme tendency to leave students at the mall and the Pioneer Cable system is so bad that students are resorting to running metal hang-ons out their windows in order to pick up NCAA basketball. However editorials are not going to fix that. Letters to the editor, maybe.

One thing does seem to bother me though. Who or what you might ask? Simple. Tom Kelly. Here we have an unemployed windbag, who happened to be the Director of Student Activities at one time, who apparently has nothing better to do than sit around and be bitter that he lost his job two years ago. Tom Kelly along with alleged friend Judy Filipek-Rittaler lost their jobs for a simple reason. They didn't do it.

So I guess I did have some options to express. Granted they aren't inane anecdotes but there just might be some journalistic worth there. Hey, I think I'm a journalist.

Editorial Page

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NEWS FROM TULSA

By Chris Nicholson
Contributing Editor

March 16, 1995

LETTERS TO THE EDITOR

SHUTTLE SERVICE STILL SEEKING FIRM GROUND

To the Editor:

This week I worked nearly 24 hours at my job at the mall, three out of the four nights I came in before 8:20 p.m. I went outside the first night for an hour and no sign of the shuttle bus.

The second night it was raining and again I came out in time to wait for the bus and still no sign of it. So I called Public Safety and they said that they would try and get one for me in fifteen minutes.

I waited nearly half an hour and still no show, so I decided to walk it and on my way back I found the shuttle bus.

Then Friday night came, so friends and I waited for the bus at the mall, and I told them what had happened the two nights before. Just in case we called Public Safety. They said that no one was driving that night. Lucky for us we met a friend who gave us a ride back.

It still seems that they are irresponsible with the shuttle system. Most of the people know do a good job, its unfortunate that sometimes they get a bad rap for someone else’s stupidity.

Chris Nicholson
Assistant Sports Editor

WHY DOESN’THU DENY THE RESIDENTS OF SOUTH AND WEST HALL OUR PRIVATE VEHICLES ON CAMPUS WHEN THEY CAN’T GUARANTEE RELIABLE SERVICES TO DO THE JOB RIGHT?

Patri Cancy

Attention Student Leaders!!

Do you think what it has to take to be a student leader?

SHOW US WHAT YOU’VE GOT...

APPLY TODAY FOR ONE OF THE TWO MOST IMPORTANT JOBS ON CAMPUS

Editor-in-Chief: Spectr um

Editor of Yearbook: Prologue

Applications for each position may be picked up in Student Activities and are due by April 19th.

Do the right thing...apply today!

Editor-in-Chief & Publisher
Jason A. Dalrymple

Associate Editor
Jonathan McCarthy
Co News Editors
Kathyrn Flora Goodloe

Off-Campus News Editor
Available

Features Editor
Melanie Hunsinger
A & E Editor
Melissa Bruno

Assistant A & E Editor
Jason Mazak

Sports Editor
Kevin Carroll

Assistant Sports Editor
Available

Photography Editor
Available

Copy Editor
Diane Sharpe
Contributing Editor
Chris Nicholson

Business Manager
Available

Off-Campus Ad Manager
Nicole Barcombe

On-Campus Ad Manager
Nicole Barcombe

Accountant
Chrysc Larioia
Marketing Coordinator
Available

Comics Page Coordinator
Jessica Hope Bowman

Librarian
Franz Klang

Circulation Coordinator
Diane Sharpe

Proof Readers
Marcello Bianco
Nicole Gunderson

Typists
Available

Columnists
Chris Nicholson

Staff Writers
Matt Bronson
Clare Cardo
Kevin Carroll
Jen Cassel
Tom Fitzimmons
Erin Harrison
Meg Heap
Ben Hislinski
Theresa Hickey
Kerri Anne Mahoney
Mark Manchester
Danielle Nolan
Gina Norelli

Dark Room Technician
Available

Photographers
Corinne Waldheim

Ad Representatives
Available

Ad Designers
Jason Mazak
Jonathan McCarthy
Available

Comics Writers
Chris Heintz
Neal Laneville

CCO Representative
Kerri Anne Mahoney

Faculty Advisor
Dr. Ralph Corrigan
From the Editor's desk

What's in a name? You'd be quite surprised...

By Jason A. Dalrymple
Editor-in-Chief

I have a funny last name. Not funny in the sense that it's humorous, but as in funny odd, funny different, and in most people's cases, funny I can't pronounce this to save my life.

It's not all that hard. I usually tell people to drop the "y" and add a short "i" if there's a problem. My dad offered this solution, and it seems to work pretty well.

I've gotten some funny pronunciations before in my day. This time I mean funny as in humorous. Most of the time, the best ones come from eager telemarketers, looking to keep me on the phone for half-an-hour or so trying to convince me I need triple insulated thermal windows that won't crack, chip, peel and save me 35% on my heating bill and are easy to install would like to come and give you a demonstration.

They usually go away when I tell them I'm in college (but the persistent ones ask if I know who they would talk to about outfitting the entire University).

Names are funny things. Both funny humorous and funny odd. But it's not just the pronunciation of names that makes them funny.

While I was in Minnesota, a friend of mine brought me to her house for dinner, and of course, I met her parents. Being the respectable young man in a foreign territory, I called them "Mr. and Mrs. So-and-so." (This would be even funnier if that was their last name, but it's not; the names have been changed to protect the...oh, you get the idea.)

However, my friend's father would have none of that. As soon as the words, "Mr. So-and-so" tripped past my lips, he said "Fred."

"Fred." I have a hard time with that name, especially because her father didn't look like a Fred. My uncle's name is Fred and I have a hard time taking him seriously, partially because of his name, partially because of my family, especially my uncles, (well, my other uncle's name is Bill, that makes it even worse), has a certain knack for turning into either Laurel and Hardy, Abbott and Costello, or the Three Stooges (but that's only when my dad's around, too. I won't tell you his name, because it would just make things harder to take seriously).

Thus, when he said, "Fred," I immediately thought of my uncle and said, "This man is not a Fred, he's got to be a Tom. Maybe a John, but not Fred." Of course, that was my problem.

Our parents picked our names for a reason. I mean, how often do we go up to our parents and say, "Why, Mom, why? Why did you name me Euphagania or Ezekiel (though the latter could be explained in Biblical terms) or whatever horridous name you might have thought of?"

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I never asked, nor am I actually sure I want to know why my parents named me as they did. What if they picked it because it was short and easy to learn? I hope not, because of the implications for their expectations of me. I would have to be pretty low to pick it solely on the basis of simplicity.

But then again, it does make up for the problematic last name that was not a choice, but a given. I mean, it does take 10 minutes of the tele-harasser's 30 minute conversation to figure the thing out. And they usually get it wrong anyway.

And who wants to buy thermal windows from someone who can't even pronounce your name?

More Letters to the Editor...

COMIC STRIP'S APPROPRIATENESS, GOOD TASTE CALLED INTO QUESTION

To the Editor:

I am writing to object in the most strenuous terms the language used by Chris Beleznay in his so called "comic strip" "The Creep" in the March 16 issue of the Spectrum.

For the moment I will set aside the obvious question of why this consistently tasteless male centrist and intellectually bankrupt piece of trash continues to appear in the Spectrum (unless it gives Mr. Beleznay's buddy a few yucks). Has it occurred to either students, faculty or administrators that this sort of example of the kind of humor deemed acceptable for print in the Sacred Heart University student newspaper reflects very poorly on SHU students, and also, therefore, on the school in general? Do Mr. Beleznay and the Spectrum editorial staff actually believe that phrases such as "Feel my foot in your ass, jerk" and "This sucks" are appropriate—to those of parents ploddingly indulging the obnoxious behavior of neglected children would not object. (But perhaps many SHU Administrators are too paid up to waste their oh-so-valuable time on such a trivial matter as what is or is not published in the Spectrum. After all there's no money to be made either way.)

The Spectrum would be a better paper without "The Creep," which only a cretin (likely male, of the variety who thinks with the head below his waist instead of the one above it) with a sense of humor as underdeveloped as his intelligence might find even vaguely interesting. I am not talking here of censorship—I am talking about quality, and specifically the lack thereof. What sort of image is created when quality is so consistently—and blatantly—absent in a student created comic strip appearing in a student run University publication? And how does this reflect on the work of those who regularly contribute quality pieces to the Spectrum?

Think about it.

Mr. Beleznay might benefit enormously from detailed study of Sam Watterson's work. Mr. Watterson has—in distinct contrast to Mr. Beleznay—done his homework. His artwork is first-rate, and consistently demonstrates a firm grasp of the constituent elements of non-juvenile humor, at least two which are intelligence and knowledge of worlds other than one's own.

I do not suggest that student-created comic strips must approximate the artistic level and intellectual content of Calvin & Hobbes in order to appear in the Spectrum. But I am saying that what appears there is explicitly representative of the Sacred Heart University community as a whole, and of its students in particular. I for one no longer wish to be represented by any comic strip as utterly vacuous and mean spirited as "The Creep." If the Spectrum editorial staff demonstrates such poor judgement as to continue to print this silly and moronic strip, they might at least take pains to eliminate foul language from its future. Then perhaps the unwitting damage done by Mr. Beleznay as a representative of the SHU student community might be kept to a minimum.

Melanie Macquarrie

Think of the six women closest to you.

Now guess which one will be raped this year.
**Career Week... Time to Choose Again**

**Saturday March 25th**
Education Job Fair 12pm-4pm Schine Auditorium Contact Lois Libby 365-7636

**Monday March 27th**
Senior Seminar Interviews Career Services Office 9am - 12pm & 1 - 4pm
Anne Fimmano Scheruer
"Career Strategies for Today" 10am West Hall Great Room
Jayne Johnson Program Manager of Global Leadership Training GE Corporate Human Resources
Recruiter - C.W. Costello Majors: Marketing, Comp. Science 11am Career Services

**Tuesday March 28th**
Senior Scholars Interviews Career Services Office 9am - 12pm 1 - 4pm
"The Alumni Network" West Hall Great Room 1:00 - 2:00pm
Major Fair Dining Hall 11:30am - 2:30pm 6:30 - 8:00pm
"The Ahana (Minority) Student Job Search West Hall Great Room 11am

**Wednesday March 29th**
Job Search Tactics Cathy Molloy Office Team West Hall Great Room 3pm
Resumes and Interviewing in the 90's Cathy Molloy West Hall Great Room 4pm
"Seniors Only" Evening 5:30pm - 7:30pm Hawley Lounge
Hors d'oeuvres & Refreshments Provided Sponsored by the Senior Class
A conversation with Laurie Bellico and Mary Ann Matthews

**Thursday March 30th**
Career Services Open House 10am - 12pm & 1pm - 4pm
The Summer Job Connection Michele Loparo Hawley Lounge 1pm - 3pm

**Friday March 31st**
Internet Job Search Paul Sebbin Computer Lab 10am
Resume Workshop Mary Ann Matthews 11am Career Services Office
Interview Workshop Mitch Holmes 1pm Career Services Office

**Saturday April 1st**
Professional Development and Career Planning Workshop
For more information call Alumni Relations Office 371 - 7861

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March 23, 1995

SHU Spectrum - 7
Professor Jonathan Matte makes Math magnificent

By Gina Norelli
Staff Writer

He walks quickly through the hallways with a friendly smile on his face, greeting many familiar faces amid the students and faculty. He may have Venn diagrams, subsets, and probability formulas running through his mind. The soles of his shoes are worn out from pacing back and forth as he teaches.

Who is this young, intelligent, and energetic professor who brings a bit of order, enthusiasm, and fun to the classes he teaches? If you have ever had Professor Matte as a math teacher, you already know that he has the unique ability to make math interesting and take away some of the intimidation that math often brings about. His classes are challenging, yet understandable.

"I've always wanted to teach. I didn't know if it was going to be math, I am one of those people who really enjoys school," says Matte.

Simone Poutou, first-year undecided student from Madison, CT, sees the uniqueness of Professor Matte's teaching. She was in his Modern College Math I, MT 050, class last semester.

"He was different from the teachers I have had in the past. He explained everything that we learned to make sure everyone understood it," says Poutou.

"He was also very enthusiastic with his teaching and made everyone want to learn." Dennis Reo, also a first-year undecided student from Hicksville, NY, enjoyed Professor Matte's class last semester.

"He didn't just teach something and forget about it. There's something about him that motivates people to try and believe that they are capable of doing well," he comments.

Professor Matte grew up in Connecticut. He graduated from Saint Michael's College in Winonki, VT, receiving an undergraduate degree in math with a minor in philosophy. It was during his freshman year at Saint Michael's that he met his wife Donna.

"Donna was too sweet for me at the beginning. I was involved with a wrong crowd and I wasn't myself.

"Then I came to my senses. I thought there was something about her that was quite right," recalls Matte.

"It took a while to earn her trust back. After four years we were together and we grew really, really close. I don't think we would have made it through without each other."

The couple became engaged after Professor Matte earned his graduate degree from SUNY, Buffalo State University. Originally enrolled in a doctoral program in other countries, he discovered that the research required to earn such a degree in math was extremely extensive, and there was no guarantee that his doctoral thesis would be approved in the predicted amount of time.

Matte is confident that he made a good choice about leaving the doctoral program to marry and pursue a career in teaching.

"I don't have any regrets. The prospect is there that I may go back, but math is one of the hardest PhD's to earn."

Professor Matte recalls the nervousness he felt when he was preparing to ask Donna's father for his daughter's hand in marriage.

"I was more nervous asking him if I could marry her, than I was asking Donna. I remember that I was wearing a white shirt and I went into the bathroom and worked up a sweat."

Professor Matte makes Math magnificent. He often jokes at the spur of the moment making the class go from complete silence to chuckling.

He has done things such as split the board because the marker he was using wouldn't erase, and if a student walks in to class that hasn't shown up for a while he will say Hi, stranger.

Once a student asked if Professor Matte could go over a problem. Professor Matte then pretended he was flying over the book on his desk. "You asked me to go over a problem?"

"Professor Matte's other interests include tennis, basketball, 1980's music, and cooking. I learned to cook out of necessity at graduate school. Now I'm proud to say that I haven't made the same mistake. I took two to three times a week.

Matte knows that some people fear Math and dread it. He offers the following advice:

"Treat it like any other subject, and study for it like any other subject."

Study Abroad program offers education and exploration

By Michele Herrmann
Features Editor

It's nice to have the chance to travel to a foreign country. The marvels of landscape, architecture, citizens and lifestyle provide a memorable lesson about what exists in another place far away from home.

What if you choose a professor as traveling companion and tour guide? And how about if you take a notebook along with your camera? Universities and colleges in different countries around the world can enrich an American college student's smarts in two ways—academically and culturally.

However, a majority of students are not aware of programs or do not realize that Study Abroad provides to those interested. According to a fact sheet from the Global Studies office, "only two percent of college students in the United States go abroad." Why would people not take advantage of this program?

Sally Harold, administrative assistant to Dr. Katherine Kidd of the Global Studies department, offers this reason. "Perhaps with part of the focus of our education, it is not something that is pushed," commented Harold. "Whereas professors and a lot of students hear about the American educational system are interested in expanding themselves academically and taking advantage of that opportunity."

Stephanie Moniz, a sophomore psychology major from Somerset, MA, said of her hopes to go to England hopefully in the fall, "because I have always wanted to study abroad. I had a Swedish foreign exchange student live with me for a year, and I saw what it did for her."

Heather Gentile, a junior media studies major from Fairfield, CT, also stated that she really would like to go to Spain.

"I really enjoy taking Spanish. I have heard a lot about Spain and I am interested in going there."

Slowly the Global Studies office, professors and a slowly growing interest from students is changing the misconceptions surrounding studying abroad.

According to the fact sheet, most study abroad programs require a GPA of 2.5 or better. Second semester sophomores and juniors, full or part time, can participate in the program.

Sacred Heart's Study Abroad program offers short and long term study trips. Short term programs are a week to a month long. Long term programs range from an entire semester to a whole year. For the long term program, acceptance of a student is determined by the college applied to which is located in the country of his or her interest.

University professors have offered study abroad programs for students in which they assist by making guidelines for a trip and working with students once they are overseas. Professor John Roney of the history department, who is having a summer study trip to the Netherlands, spoke of what students could get out of a program. "Students get to see another culture that is different from their own." Roney also told of the pure enjoyment and the experience of international travel. "They learn the 'ins and outs,' they become street proof."

Dr. Claire Marrone, associate professor of French and Italian, is also having a study abroad trip in late June. She along with a group of students are going to Italy for a month.

Some may think that a study abroad trip to a country where a foreign language is highly spoken would not suit them, Marrone has assured that this program offers much to learn. "There is the enjoyable part of it with the fun of travel and discovery, but it can be linked not just to language study, but to study of art history and music."

One most significant gift a student can receive from a study abroad trip deals with his or her way of thinking. "You see things from a different vantage point because you are influenced by a different culture," said Harold. "Mostly it changes you for the better."

Any students who would like to learn more about studying abroad should contact the Global Studies Office at 218-1560 or stop by the office which is located in the Admissions Building.
When a serving is more than a mouthful

By Ayoma Perera Contributing Writer

How many of us faithfully follow the Food and Drug Administration (FDA)’s “serving” size of cereal, pasta and snack foods such as pretzels, chips, raisins and nuts? Not many of us, especially when the “serving” is hardly a mouthful!

The FDA determines servings by consulting surveys on their normal serving sizes.

But the latest research has determined that people often underestimate how much they consume, which helps explain why the serving sizes on food packages are deceptively small.

Most of us eat as much as five times the official FDA “serving” of snacks such as potato chips, get according to Nancy Kalish, writing in the April 1995 issue of Glamour. “If you’re trying to keep track of calories and fat and are unaware of this discrepancy, you may end up consuming quite a bit more than you intend.”

From a study conducted by Frito-Lay, the average adult eats 2.5 times the official FDA “serving” of snacks such as potato chips.

Dining Hall Servings

Denise Morris, a sophomore psychology/education major from Sound Beach, LI, is very satisfied with the “amounts” of servings she consumes in the Dining Hall. “I think that the all-you-can-eat policy for breakfast and dinner is really good.”

“Since breakfast is a very important meal of the day, I can get maximum satisfaction because I choose what I want to eat,” says Morris.

In the Dining Hall, the grill is patronized most by students. Although the servings are substantial, the quality of food is nothing when you go outside. “I try not to go outside unless I have something to do, like some-thing recreational,” he says.

Rinaldi also mentions that it is important to “get mentally and physically prepared for exams to re-member the Spring Semester will be ending soon.”

Students here at Sacred Heart say discipline is the most important thing. “The key to success is self-discipline,” says Colleen Clancy.

Keeping your grades up while everyone is out frolicking in the sun is definitely difficult.

Focusing your attention on top priorities is not always easy. Most students take the easy way out by procrastinating our home-work and letting our grades drop. History major Robert Stack, a first-year student from West Islip, NY, says his concentration dwindles when the sun appears. When asked about how he gets his work done in the morning, he just answered, “I don’t!”

Jackie Rinaldi, director of the University Learning Center, had some pointers on how to stay focused on school work. “It’s important to keep your primary goal in mind,” she emphasizes.

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Focusing less on spring time, more on school work

By Danielle Nolan Staff Writer

What could be better than spending a sunny day, warm "weather, and fresh air?"

That sounds great but how do you stay tuned into your classes when your eyes stare at the window watching people sit outside or play ball?

With the ‘94-’95 school year getting closer to its end, you have to figure out what must do during these last seven weeks.

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Bluegrass' best strut their stuff

By Jonathan McCarthy
Associate Editor

Two of the hottest bluegrass bands in the country today will be performing, together on March 25 here at Sacred Heart.

Illrd Tyme Out, voted the 1994 Vocal Group of the Year by the International Bluegrass Music Association (IMBA) and California, the 1992- and 1994 IMBA Instrumental Group of the Year will bring their "free pickin' style of Bluegrass to the Theatre as a part of the Bluegrass Concert Series here at Sacred Heart.

Illrd Tyme Out, featuring lead guitarist Russell Moore, IMBA's Male Vocalist of the Year, bassist Ray Deaton and fiddler Mike Hartgrove are touring in support of their album Across The Miles. The band, organized in 1991, found its name because they are the third professional band for each of the three founding members.

Across The Miles, which hit number 1 on the Bluegrass chart in was a follow up to albums such as Grandpa's Mandolin, which debuted at number 2 in October of 1993 and was also number one for several months in 1994 and their self titled first album, Illrd Tyme Out, which featured the number one hit single "Erase The Miles."

It's understandable that California was voted the 1992 and 1994 Instrumental Group of the Year by the IMBA. Band members John Hickman, Dan Crary and Byron Berline are known as some of the top "pickers" in the genre. Other band members include Steve Spurgin and John Moore.

As a part of publicity for the show the bands have scheduled a pickin' party as well as an open mic. The pickin' will occur in Hawley Lounge from 5-7p.m. on Saturday in the Theatre and the open mic will be in the Theatre from 6:30-7:30. It will be free and open to all acoustic country musicians and fans. No ticket is required to participate in these events.

Tickets are on sale now for $15 ($10 for students and staff). The show is on Saturday March 25 and will start at 8p.m.

Anweiler plays SHU

Special to the Spectrum

On Sunday, Mar. 26 at 3 p.m., the Sacred Heart Center for the Performing Arts will present Andrzej Anweiler, internationally acclaimed pianist, in an all-Chopin performance. Admission is free.

Anweiler has appeared as a soloist with orchestras and in recital to enthusiastic reviews. He has made numerous recordings for radio and television both in Europe and in the United States.

A graduate of the Hartt School of Music and the Manhattan School of Music in New York, Anweiler is noted for his unique style, elegance and technical brilliance. Among his many concert appearances are performances in Wigmore Hall and the Commonwealth Institute in London, the Musikverein in Vienna and Carnegie Recital Hall.

He has also been active in chamber music, playing with such artists as Ruggiero Ricci, and in contemporary music concerts, including two invitations to participate in the Contemporary American Composers Festival, with composers Aaron Copland and Elie Siegmeister.

Last season, he was invited to perform at the International Bruckner Symposium, organized by Yale University and Connecticut College, playing a rare transcription by Maher of the Bruckner "Third Symphony."

A composer as well as a pianist, Anweiler has written music for radio and the theatre, chamber music and two ballets, including the score for "Heritage," a ballet for television based on the immigrant experience on Ellis Island, and the acclaimed historical musical, Grudka Ziemi: Song of the Beloved County, describing Poland's 200 year struggle for independence.

Anweiler is listed in the prestigious American Keyboard Artists and was included in the recently published Polish-American Who's Who.

He lives in New Britain, CT with his wife and two daughters and is currently on the faculties of Sacred Heart and Creative Music and Arts, where he is master teacher of piano.

The SHU concert was made possible by grants from the Vice President for Academic Affairs and the Continuing Education Council.
Gallery exhibits student art

Sacred Heart students show off their best work for judges

By Melissa Bruno
A & E Editor

Last Sunday, the Gallery of Contemporary Art opened their Student Art Exhibition, which runs until April 6. Sacred Heart students submitted a maximum of 6 pieces each, to be judged by three outside professionals.

Steven Stroud, professional illustrator, Pam Bramble, painter and UCONN teacher and Pat Skatum, graphic designer and former SHU student, judged the artwork this year.

The Gallery is currently displaying 67 pieces by several different students. Those that won awards are marked with ribbons.

One of the most interesting pieces is “Siblings,” an advanced graphic design piece done by senior Merete Dahlen. The display shows the storyboards, the finished ad and some packaging ideas. “Siblings” won first place in the advanced graphic design category.

Other winners include Monica Cimfrano’s “Form,” a newsprint and charcoal drawing done in the Drawing II class, which took first place in that category. Bob Abric, who recently received national recognition for his oil on canvas “Master Study,” also received a first place ribbon for his oil on canvas “Master Study.”

The songs are sometimes a little sparse, but the duo manages to keep the listener interested with their drastically different approaches to vocalizing.

Rockwood sings bluntly, giving his words and music an edge they might not have otherwise. Brancaccio is sultry and seductive, pulling the listener in. She breathes life into Rockwood’s songs.

Fairytale gives the two singers equal time in the forefront. On a rare occasion, they will sing together but most of the songs are solos. “The Only Cool Spot In Town” features both of them, with Rockwood singing lead and Brancaccio doing backup. They have a great harmony, and compliment each other well. His husky voice is mellowed by her high-pitched, breathy sound.

“Be Nicer To Me” is a funky, foxy track that shows off their creative harmonizing. It also spotlights Rockwood’s emotional, ironic lyrics. The song asks a lover to be nicer and leave. Lines such as “Be nicer and set my heart free” show off Rockwood’s simple but effective songwriting skills. Brancaccio’s best effort is on “There Goes My Baby.” She is funky and alive on this tune, singing with a little more soul than on her other tracks. She also manages to touch the listener in “Dance With Me,” which is only 6 lines long. “I Keep The Moon In My Car” might seem like a ridiculous title for a song, but she sings it with feeling.

The title track is the most upbeat song on the album. Rockwood’s guitar and musical arrangement make this song a definite contender for chart-topping. It’s cute, with Brancaccio’s voice making it even cuter. A pop-song gone folk, with plenty of potential for making it in the big-time music world.

Other notable tracks include “Safe,” with Rockwood singing lead vocals, and “You Can’t Use a Broken Heart,” featuring Brancaccio on the microphone. “Fairy Tale” has its down side. “Your On My Hair” and “Dog Tired” don’t live up to the reputation that the rest of the album creates.

The duo will be appearing at Borders Books in Stamford on Friday, Mar. 31 and at Perry’s Coffeehouse in New Haven on Saturday, Apr. 8.

Professor and Maryann have put together an acoustic, funky folk album that will make you stop and listen. They blend well with each other, neither ever trying to steal the spotlight. But with Fairy Tale, they both shine bright.
CAT NAP, NOUN: A QUICK, LIGHT DOZE
IN THE MANER OF CATS.

I DON'T KNOW WHAT IT MEANS.

THE Crossword

ACROSS
1 Nurse gal
2 Ricky Jelks
3 City reigns as
Our nation's capital
4 Funny day
5 Hole
6 Ring
7 Events for
Shoppers
8 One — million
9 Buys shoes and
Socks
10 Cloud for
April
11 Fury
12 Rescue ending
13 Vowels of
Speech
14 Fountain drinks
15 Goat's skin
16 Safe
17 Polo
18 Express
19 Garment
20 Forum wear
21 Out of the
123 Crawls down
14 Cute far
15 Grotty
16 Headliner
17 Givato
18 Sure
19 Sure
20 Work by Keats
21 Naval call
22 Basecall
23 Best again
24 Angled
25 Inhuman
26 Mythical suffix
27 Uncanny
28 Rhythm and
Og
29 Emphasis
30 Search carefully
31 Forceful
32 Tails
33 Ape
34 Cold
35 Pace news
36 Pain
37 — you go
38 Scream
39 Poisonous snake
40 Fear
41 40315
42 3015
43 Exception
44 4951
45 Took a sip
46 Out of the
Rat's mouth
47 Eerie
48 Plane comic
49 Warden six
50 Poisonous
Snake
51 Indigestion
52 Seize
53 State Army
54 Conversation
55 Roper
56 Doran
57 More likely
58 Hemans

DOWN
1 Desisting
2 Singer Lena
3 Aiming
4 Cat
5 Homemade
6 Cat drighted
7 Cattle
8 Bubble cheer
9 Bitten
10 Conclusively
11 Outlast

ANSWERS

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Home-cooked meals
A day of sailing
A golf outing
Trips to the movies
...And many more!!

Sponsored by the Cum Laude Society
Softball off to good start

Pioneer pitcher Vicki White hurls one home in a game last season. White and the rest of the Pioneer softball team look to better their 1994 record, starting with their game Sunday against Quinnipiac College.

**Matt Bronson**

**Staff writer**

Now with Church Street and Fast Eddies, as well as the weekly long trip to Florida behind them, the Lady Pioneer softball team is gearing up to open up their northern schedule with a trip to Quinnipiac on Sunday.

Bringing back a winning record, at 6-4, is a good start for the Ladies and coach Luckie would like to see those wins continue to add up. Luckie believes “that we are one of the top 4 teams in the league.”

Florida produced some good signs that can back up coach Luckie's statement. Like high-priced lawyers, the pitching staff of Baker and White made a good case that they have some of the best arms around.

Vicky "Don't call me Vanna" White posted a 4-2 record while best arms around.

Pioneer's statement. Like high-priced lawyers, the pitching staff of Baker and White made a good case that they have some of the best arms around.

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Pioneer pitcher Vicki White hurls one home in a game last season. White and the rest of the Pioneer softball team look to better their 1994 record, starting with their game Sunday against Quinnipiac College.

**Photo by Chris Nicholson**

2-2 record, with a 1.65 era. The two fanned a total of 21, with 12 and 9 strikeouts respectively.

Although the production at the plate wasn't great, it wasn't bad. The Pioneers notched 4 roundtripppers, with Lisa Dufloio and Sarah Solinsky each picking up two.

Lesley Pincince was at the top of the charts as she connected for a .428 average. The Ladie had two others hit into the 400 club, with Julie Barrett, .423, and Tracey McKillop, .400.

Pioneer Coach Elizabeth "Bippy" Luckie said the team "was putting a big hurt on the Ladies."

Last year the Pioneers gained a split against this team. Quinnipiac went hitless in the first game a 1-0 Pioneer win, and came back strong in the second game putting a big hurt on the Ladies. But that was last year. Game time is 1:00 p.m. on Sunday.

**Baseball team looking to hit stride for season**

By Keith Zingler

**Sports Editor**

Ted Williams once said that hitting a baseball is the hardest thing to do in all of sports. Right now, not that many hitters on the Pioneer’s baseball team are going to disagree with Mr. Williams.

As of Monday Mar. 20, the team as a whole is hitting a dismal .224, with only one homerun. Chris Laime, Marc Damelio, and Rob Aberasturia are the only players in the line-up hitting over .300. Laime currently leads the team with a .381 batting average, followed by Damelio and Aberasturia, who are hitting .330 and .324 respectively.

"Our hitting hasn’t been there," agrees coach Nick Gliaquinto. "We have to start stepping up to the plate with more confidence. The older guys are pressing too much and the younger players are just inexperienced right now."

The ball club has compiled a disappointing three and six record. The pitching staff has pitched adequately so far this season. Ben Barton stands at 2-0, with a 3.72 earned run average. Jamie Romeo has been the early stand-out for the staff this season, despite his 0-2 record. He leads the team with a 2.67ERA, eight strike-outs (tied with Steve Burns) and games pitched (tied with Marc Fasano).

Field hockey league seeks new players

The Northeast Field Hockey League (NEFHL), composed of several teams of post-college players from across New England, is looking for players for next fall’s season.

If you are graduating this year and would like to continue playing competitive field hockey in New England next fall, you can call the NEFHL hot line at (203) 749-3038.

**Writers wanted**

The Spectrum sports staff is looking for writers to cover track and field for the spring. If you are interested contact Keith Zingler or Kevin Carroll at the Spectrum office or call ext. 7966.

Anyone who wished to submit letters to the Sports Editor should have their articles into the Spectrum office no later than noon on Monday of the week of publication.
Men's volleyball team clinches regular season title, remaining undefeated in Metro conference

By Melissa Bruno
A & E Editor

As the men’s volleyball season comes to an end, the Pioneers are looking to finish strong with their last home game tonight versus Jersey City State College.

“Although this is a big game for us, we are more mentally and physically prepared. We need to hard work to defeat our opponents,” said captain Rob Pinkas. “Hopefully, the fans haven’t given up on us after that mishap against Stevens.”

Since March of 1993, the spikers have been undefeated at home. This season, they have already beaten JSCC in an away game, 3-1.

Pinkas also noted, “After we beat them once this season, we need to work hard to defeat them again. We refuse to end our season with the first home loss in two years. We will end strong, with an incredible victory.”

That victory would leave the team with a 16-0 Metro conference record.

The team’s conference record is important, considering that they will be traveling to Ramapo College on Saturday, March 25 to compete in the Metro conference championships. As their record shows, they have yet to lose a game to a conference opponent.

If the team wins that championship, it will be the first time in men’s volleyball history that the team conquered their conference.

Last Friday, the team added a win to their record by defeating York College in Queens, 3-2. Vern Fowler and Mike Mazzio. It seemed like it was going to be easy sailing for the Pioneers because they seemed confident and ready to play.

“We were much more prepared with three games under our belts,” Randall said. “We had a little more experience and played smarter volleyball.”

Lemoyne however, battled back late in the second quarter and tied the game up at three. From then on the game seemed it could go either way with both teams seeming to score in spurts. But with 11:49 left on the clock, Dave Root took a pass from Mazzio and got the game winner.

After that the Pioneers went on to score three more unanswered goals to put the icing on the cake.

Matt McGreevy got the job done between the pipes making 18 saves off of 24 shots, giving up only one goal in the fourth quarter.

“We played as a team a lot better on Saturday,” said McGreevy, the second year goaltender from Brasher Falls, NY. “I think we were more organized and more confident playing on our home field.”

The Pioneer lacrosse team came out and played hard, looking like a team on a year ago that made it to the NCAA Tournament. After three disappointing losses they look to be back on track. The team now stands at 1-3.

“If we had played like that in our first three games we would be 4-0 right now,” Randall added.

The Laxmen next game will be at Campus field on Saturday, March 25 at 2:00 p.m. against Dowling College.

However, on Monday night the spikers went to Yeshiva University in New York to come out the winners of a tri-match held there, with Stevens College.

Sacred Heart defeated Stevens 3-1, with game scores of 15-15, 15-5, 16-14 and 15-5.

Team leaders were Cox with 15 kills, Diaz with 13 and Pinkas with 11. Diaz also led the team with 24 digs.

Versus Yeshiva, the Pioneers again went 3-1. Scores for that match were 15-3, 13-15, 15-6 and 15-9.

Outstanding players for this match included Kevin Yee with 16 kills, Pete Carlrow with 10 kills, 15 digs and 6 blocks and Jon McCarthy with 8 blocks, 7 digs and 3 aces.

As of last week, the team had three nationally ranked players. Carlrow was eighth for service aces and 20th for digs. Cox was seventh for hitting percentage and Pinkas was fifth for digs.

When asked about the season ending, O’Malley commented, “We played some disappointing losses at the Concordia Tournament, we are looking to end our season by winning the Metro championship and finishing undefeated in our conference.”