VP of Academic Affairs leaves legacy behind

By Flora Goodloe
Co-News Editor

The University will soon bid farewell to its Provost and Vice President for Academic Affairs.

After five years at Sacred Heart University, Dr. Thomas J. Trebon leaves to assume the position of Vice President for Academic Affairs and Dean at St. Norbert College in De Pere, Wisconsin.

"The decision to take up another challenge and opportunity has come after much reflection and discussion," said Trebon.

Faculty and administrators expressed regret that Trebon is leaving. "I have found Dr. Trebon to be a consummate professional, a person who stimulates discussion about education and, on the whole, I think a very decent human being," said David Curtis, president of the faculty senate and professor of English. "I really regret his leaving."

"Dr. Trebon has been an outstanding academic leader during these past five years as well as a good friend and colleague," said President Anthony Cemera. "He is extremely brilliant and caring. It's been a pleasure to work with him."

Centers of Excellence

"Sacred Heart University is increasingly going to be known as the international Catholic University of New England," Trebon said. "You see the effort to develop a more global perspective realized in the global studies major, in the opportunity for students to study abroad, and in the El Salvador project," he said.

The University's desire to distinguish itself as a quality institution calls for the development of centers of excellence as defined in the recently proposed Long Range Academic Plan.

"The centers of excellence are academic and non-academic areas in which the University has distinguished itself in terms of quality, both internally and externally. They will answer the question, What are we known for?" explained Trebon.

Global studies, the opportunity for students to study abroad, the health sciences including nursing and physical therapy, management, and education are among the emerging centers of excellence according to Trebon.

One other area — technology — that is also emerging links academics and other areas. Sacred Heart University will be known over the next five years for the way in which we apply technology to learning, and that will cut across all of the other areas.

Priorities in funding

"Dr. Trebon has been consistent in fostering the idea that the University has to look constantly in new directions," said Curtis, and that can be very good or dangerous depending upon the University's ability to fund new programs.

Addressing the issue of:
See Trebon, page 3

Pepe loss saddens many

Special to the Spectrum

Thomas J. Pepe, Ph.D., associate professor of education and former head of the department of education at Sacred Heart University, died suddenly last Friday at the age of 71.

Pepe began his teaching at the University in 1985 and was known in education circles throughout the state. He served as superintendent of schools in Windham, Southbury, and Middletown during his career, prior to coming to Sacred Heart. He was an adjunct professor at the University of Connecticut as well as at both Eastern and Western Connecticut State Universities.

Pepe earned his doctorate in educational administration from the University of Connecticut, an M.A. and sixth year certificate from Teachers' College Columbia University, a B.A. from Southern Connecticut State University and a B.S. from UConn.

"His students will remember him for his enthusiasm, commitment to the Sixth Year Certificate program, scholarship and his dedication to his work," said Thomas J. Trebon, Ph.D., provost and vice president of academic affairs.

During his tenure at Sacred Heart, Pepe published many articles and served the University as chairperson of the education department, director of C.A.S. Programs, and as coordinator of Satellite Programs and Special Programs and Institutes, as director of the TOPS Program, a state-funded grant enabling minority candidates to pursue teacher certification at Sacred Heart. Most recently, Pepe was named to the minority recruitment committee by the Connecticut Association of Public School Superintendents.

A memorial mass for Pepe is scheduled for tomorrow at the Holy Rosary Church in Ansonia beginning at 9 a.m. The Spinelli-Maiherba Funeral Home of Ansonia is handling arrangements.

Pepe is survived by his wife Ann, daughter Robyn Pepe-Winslow, sister Annabelle, brother Frank, and granddaughters Jessica and Emmaleigh.

Lyford wins first NSEP at SHU

By Michele Herrmann
Features Editor

Shelley Lyford, an outstanding sophomore athlete and active student within the University and the community, became the first Sacred Heart recipient of a scholarship from the National Security Education Program for her study abroad trip next year to Central America.

Last December, Lyford submitted her application. On April 12, she received notification that she had been selected. "I'm overwhelmed," said Lyford. "No one has really planned on me winning this award. When I got it, it was really great.

"The competition was very strong. I had to go through regional and national screening panels," commented Lyford. "The Institute of Inter Education, a panel of college faculty members across the United States, screened and selected her application. Lyford received $5,000 which will go towards her travel expenses. Aside from education requirements, she will write a weekly story about her experiences for her hometown paper in Chelsea, VT."

See NSEP, page 4
Kappa Phi Sorority took the joy of Easter one step further

By Jeanne Farfalla
Staff Writer

On Wednesday, Apr. 5, Kappa Phi held its first annual Easter Hop in Chubby’s. The sorority sponsored the event in order to raise money for the Kayla Kennedy Fund. Each student who came to the Easter Hop gave a one-dollar donation at the door for the fund. There were a couple very generous students who gave more than the sorority asked for.

From Orange, CT and a member of the SHU Dance Team commented on the event, “A lot of the SHU activities don’t get good responses, this fund-raiser had more than a good response, Chubby’s was packed.”

Kappa Phi and the Dance Team are the two organizations that donate money towards the Kayla Kennedy Fund. The Easter Hop was indeed a huge success, starting at 8 p.m. and ending at 1 a.m. “It was fun, because it was an on-campus event,” said Steve Pilla, a sophomore from New Milford, CT. “The students who were of age didn’t have to worry about drinking and driving.”

During the dance, students were dancing, drinking, eating and dying Easter eggs. There were also contests going on throughout the night. Matt Hunt, a junior from Bethel, CT proved that he could sing “Peter Cottontail” for a free beer.

The winner of the jelly jar was Scott Bouquet. He received a twenty-five dollar gift certificate for The Gap, for guessing the correct amount of jelly beans. Towards the end of the night the sisters of Kappa Phi scurried around the school hiding Easter eggs for the Easter Egg Hunt. There were four eggs that had prizes in them, the rest contained jelly beans. Congratulations to the winners: J.J. Chella, T.C. Hillary’s gift certificate; Erin Conner. One World gift certificate; Michael Morrissey, Prints Plus gift certificate.

To end Kappa Phi’s Easter weekend, the sorority members won and their children from Alpha Home to have an Easter dinner with them. Following the dinner, the children had their pictures taken with the Easter Bunny. The children also got to take home dyed Easter eggs and five Easter bags full of goodies.

Whoever found the egg with a number two in it, please come claim your prize in Student Activities.

Junior takes President's office

Shannon Pons, a junior from Hampstead, N.H. has recently been elected Student Government president at SHU after running unopposed.

Pons, who is currently the Student Government vice president, has only been involved in the Student Government this past year but now feels it is his turn to be president. “I ran this year because I realized I really enjoy being involved with the school,” stated Pons. “Prior to this year, I thought I couldn’t make a difference. But I was wrong.”

“The recent meetings that were formed by the student body, raised some important issues,” said Pons.

Some of the topics brought up at those discussions were the school’s library hours, the shuttle bus, how the faculty relates to the students.

See Pons, page 3
Room space have become a hot topic. When the problems are solved, I want to get more classes during the day, then only some classes during the evening. "If more classes during the day, then this misconception that there aren't enough classrooms is because many students schedule their classes so that they have Fridays off. As a result, classrooms are fully packed on the other four days, creating the impression of inadequacy.

Although Bohn says that the classroom space is sufficient, once the proposed Recreation Center is built next year, "the current gym might be used as additional classroom space," he said, "but I cannot say what the final plan is."

Bohn believes that one of the reasons why students say that there isn't enough classroom space is that some people will disagree and then just sit around on their butts."
Computer situation for the fall is "mobil"

By Scott J. Tryon
Contributing Writer

Sacred Heart University is slowly coming to be known for its high-tech computers. The upgrading of the school's computers is a success, with more to come. The most anticipated event coming in the fall is the commencement of "mobil computing." Currently, students are doing enormous things, but explained, "reorganization will also limits the University. "We 'At the same time,' Trebon said, "I think that sometimes we disciplines in governance and in the faculty as much as possible. That has been said, "I wouldn't change the opportu­
nities for in­tegration, and that assures integra­tion.

Trebbon's leaves legacy behind

Continued from page 3

need to address," Trebon added, "is simply the question, 'In what way are we a Catholic Institution?'

When asked about the University's weaknesses, Trebon said, "I think that sometimes we don't realize how good we are. It structilre "Is^ very ifnportarit,'''he said, "I think that sometimes we disciplines in governance and in the faculty as much as possible. That has seemed to vanish. Yet, it is the revising of the constitution. "The new constitution is in its final revision stage," said Pons, "and once done, it will be reviewed by the Senate and admin­istration."

Trebbon feels that administra­tors like Dean Kelly, Denise Sebben, Mitch Holmes, and President Anthony Cenera are willing to help the Senate. "Dean Mitch Holmes has set aside times during the day to only see stu­dents with problems or concerns," said Pons. Pons hopes that this will encourage the students to deal with their problems and concerns through the proper chan­nels. Such channels include student/­administer meetings and senate meetings, and making it to Howard. Now there are complaint forms in Howard's office that students can fill out. The Dining Service Com­mittee, which has one Senate representative, is working on ways to get students to bus their trays. Pons said FLIK basically takes care of the students' complaints with the complaint board located near the Deli. Another aspect of Student Life the Senate is working on is the revising of the constitution. "The new constitution is in its final revision stage," said Pons, and "once done, it will be reviewed by the Senate and administration."

Trebbon leaves behind a legacy of students and departments being able to work together, and that assures integra­tion.

The role of the AVP and Provost

The new position will be good for them," said Trebon, "I feel it is necessary for the students to have a good amount of knowledge of computers before they get out into the real world," said Sebben. According to Sebben, this level of technology will improve communication on and off camp­us and will enhance students' skills in computing.

"I feel it is necessary for the students to have a good amount of knowledge of computers before they get out into the real world," said Sebben.

The committees are made up of members from the Sen­ate," said Student Government President-elect, Shannon Pons, a junior finance major from Hampstead, NH. "I am frustrat­ring for them when their work takes a little longer than they had expected. But they all work hard and are committed helping the students." Two of the committees are the Library Committee and the Phone Committee.

The Library Committee put out a survey seeking students' opinions about the service and hours of the Library.

"To extend the hours of the library was a major concern of those who were surveyed," said Pons. "Now within that view, I think an organization that acknowledges disciplines in governance and in the faculty as much as possible. That has seemed to vanish. Yet, it is the revising of the constitution. "The new constitution is in its final revision stage," said Pons, "and once done, it will be reviewed by the Senate and administration."

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The role of the AVP and Provost

Asked about the position of AVP and Provost could be made more effective, Dr. Trebon said he would like to get a structure that allows strong opportunities for in­tegration.

"I would see a structure that as much as possible enables deci­sions to be made at the most ap­propriate level," said Trebon.

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Drunk driving doesn't just kill drunk drivers.

Andrea Harris, killed Aug. 26, 1991 at 6:06 p.m. on El Camino Real, Atascadero, California.

Next time your friend insists on driving drunk, do whatever it takes to stop him. Because if he kills innocent people, how will you live with yourself?

Friends don't let friends drive drunk.
In parting, he'd just like to say...

It's always interesting to see what an administrator has to say just prior to their final days of employment at a university. And Dr. Thomas J. Trebon is leaving behind quite a morsel. Trebon leaves behind a legacy of a five-year plan that saw this University begin the transition from a commuter school to a residential campus. And as he leaves, Trebon points the finger at the University and says, "This way is up."

What is most interesting is his psychoanalytic view of the University, somewhat of a low self-esteem problem that could threaten to hold back the University from "thinking too boldly and too broadly."

Interesting choice of words, we must say. How they are interpreted and acted upon are up to the remaining administration in choosing the new vice president for academic affairs. Who knows, with a new vision incoming to the position, how bold and broad this University will become in the next five years.

Junior class drops the ball

In this day and age it is necessary to realize that nothing is given to you. One must be willing to make a sacrifice if change is expected. Nothing in this land of opportunity is free.

Unfortunately this idea has been lost in the eyes of the Sacred Heart Student. In the recent Student Government elections only 36 of 380 registered juniors voted for their class president.

This means one of two things. One, the class itself has lost total enthusiasm for a Student Government which has accomplished relatively nothing and has seen an Executive President removed from office and a Class President removed from the University. Or two, only 9% of the class thought that it was worth it to vote.

Either way the executive position is now held by a president who was voted in by a mere 7% of the entire student body. Now we as students are to blame if nothing goes right again. Pathetic apathy in no way can replace action.

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There will be other Disneylands

By Jason A. Dalrymple
Editor-in-Chief

Two weeks ago at about this time, I was lounging around a friend's house in California, watching hockey (in the morning mind you) and learning the intricacies of having a home security system put into a home that isn't your own.

Of course, the irony of that situation is that the gentleman from Brinks Home Security thought the owner of the house was my uncle. (And you thought I was going to say watching hockey in the morning was odd.)

That Saturday, I had the opportunity to visit the happiest place on earth with my "uncle" and my "aunt" and a very close friend. I learned some of the finer points of how to have a good time at Disneyland, including the value of a fairly decent British accent along with the ability to spontaneously harmonize while singing "Think of Me" from Phantom of the Opera for a group of tourists that are really impressed by three somewhat-strangers-but-already-great-friends that can sing.

However, that all seems a distant memory in lieu of the dramatic change that one word had had on my mood, my motivation, and general attitude. Before I left for California, my father called me Tuesday night, in fact, less than 24 hours before my plane was scheduled to leave. He said he had something he needed to talk about and wanted me to come home as soon as possible. Of course, being a curious soul, I tried to wheedle out of him what it was that I needed to come home for. And of course, being a father, he didn't tell me.

I developed all sorts of strange theories on what this "surprise" could be, not thinking that he had never used the word "surprise" at any time.

So with the promise of an immediate call upon my return, I flew to California, and returned to do more traveling this past Saturday to find the news that would virtually wipe out the good feelings from a trip to the happiest place on earth.

Cancer. The man who bragged for years that he would outlive me has cancer. The man who brought me up a little more than human is falling to one of the few banes that modern science still has no 100% cure for.

I'm still not sure if it would be more or less difficult if my mother hadn't died of cancer three years ago, or if a close friend hadn't fallen within the past year. But then again, it's never easy to find out someone you love, reverse, and honor so greatly has something that you nor they have much control over.

And perhaps that's the difficulty part of it, the lack of control. Is it human nature to grieve when control is so forcibly stripped away, especially in a manner so powerful and irrevocable? Or is it the fact that most Americans are brought up to see death as an end rather than a transference that makes us fight it so hard?'

I'm not saying I'm counting my father amongst the ranks of those who have passed from my life. Quite the contrary, I'm holding on to him more now than I ever did before, and ever will again. And therein lies part of the tragedy.

How is it that we can forget as humans that we are mortal and that as much as we'd like to forget, our next day could be our last? Of course, this is a different scenario, and the reality of that is more poignant, but how is it that we can forget that in truth, it is always a possibility, whether remote or not?

Too often, we forget how valuable each of the people who touch our lives are because we forget that there is the possibility in the near future of finding out that they may be gone soon. We each take our lives and put them up at a loss for words or thought when that time comes.

Yet at the same time, there will be other Disneylands. Though today may be a cloudy, rainy day, there will be a moment in the future that the sun may rise from the mist to shine down again. And it will come and go every day of every year of everyone's life.

And that is the circle of life. From triumph to tragedy. And back again. But in moments such as these, the back again is hard to see. But there will be other Disneylands.
**NEWS FROM TULSA**

By Chris Nicholson  
**Contributing Editor**

So, Chris, I heard you played your very first game of golf last week. How'd it go?

"Well, no. That's what the course charged me for damage to the fairway. So 1 hit a 3-wood line-drive 40 yards over the green, and... well... it still didn't land. Instead, it was screaming away towards the edge of the fairway where I was standing by a tree. I could see the ball still be 10 feet over the heads of Uncle Lee's car. He's constantlyibreing his Other side of the fairway. Not the Hole #18 fairway, but on the other side of the Hole #18 far-

So, let's just say I may have borrowed one—l lost it on the next hole anyway."

Did he yell 'fore?"

"Yeah, after the ball hit me. I figure it was just a small grumpy."

Well, let's just say I may have borrowed one—I lost it on the next hole anyway.

How did the rest of your magnificent first hole go?

"My second shot had to be called smooth."

I bet the ball would still be on the edge of the fairway watching them; the first guy was about to hit the ball, and I kept my eyes on it so wouldn't get hit. He whacked the ball, and all of a sudden, I couldn't hear this incredible Whizzing zoom past my ear from what sounded like six inches away. Then the second guy, of course, it was turned on, automatically.

You were almost hit with a golf ball!"

"Well, the third guy did hit me. I wasn't hurt, though—it was just a small grumpy."

The next hole?"

"The next hole?"

"The third guy had to use if the green is as far away as, say, New Zealand. This was when Mr. Palmer real-

So then what?

"I chipped a shaped ball up to the #1 green, where the ball landed a couple feet from the cup, and my playing partners conceded the putt, giving me a double bogey on a par 4.

Did you think you'll ever play again?

"Probably. As soon as my probation is over."

Probation?"

"Probation?"

"Thirty-seven balls, remember? I was arrested for littering."

Score? It's toffee with chocolate.

WILL THE REAL "CREEP" PLEASE STAND UP?

To the Editor:

I have read the letters re-

Latter to the Editor...
Artist featured in solo exhibit

Suzanne Benton to lecture and perform for SHU community, in conjunction with exhibit

**Special to the Spectrum**

Welded metal masks and Chine colle monoprints by renowned artist and storyteller Suzanne Benton are among the works featured in a solo exhibit entitled, "An Artist’s Working Journey Through India and East Africa," at The Gallery of Contemporary Art. The exhibit opened Sunday, Apr. 23 and continues through Thursday, May 28.

Benton, a longtime resident of Ridgefield, has toured the world, exhibiting her work at such prestigious institutions as Lincoln Center, The Metropolitan Museum of Art, The Wadsworth Atheneum, the San Francisco Craft and Folk Art Museum and in two performances at LA MAMA.

Benton, who will present an artist’s talk in the Gallery on Tuesday, May 2, beginning at 7 p.m., says her work is inspired from a variety of sources.

"My repertoire of mask and story performances is drawn from myth, history, literature and legend," she said. "I lead workshops that teach and develop the process of the mask tale."

Benton’s sculpture has been included in the U.S. Information Agency exhibit in Germany, Poland, Yugoslavia and Czechoslovakia. Among her grants are two consecutive artist’s grants from the Connecticut Commission on the Arts, Artist-in-Residencies at the University of Oklahoma and the University of Maine in Augusta, and a Fulbright Lectureship in Jadavpur University, Calcutta, India.

She recently completed a four-month tour, appearing in London, Bulgaria, Bangladesh, India, Nepal and Pakistan exhibiting her mask-making, presenting slide shows, telling stories and gathering information for future works. Benton said she enjoys traveling throughout the world for inspiration.

"Working with diverse themes steeped in ritual, my métier is the metal mask," she said. "This theme has inspired me to create art throughout the world, absorbing the myths and mask-work of eastern and western cultures and infusing my work with this rich material. Devoted to human and cultural development, I use the role of artist as culture maker, bringing contemporary vision to images and archetypes of cultures."

Benton views her role as an artist, historian and sociologist, saying, "Years of international experience and exposure have encouraged this work as a bridge between cultures."

But the best may be yet to come. Benton is still creating "Secret Future Works," a display of mixed media with locked interiors that is to be opened at set times in the future, such as the year 2000.

"These works fly in the face of our cultural demand for instant gratification, and the implicit fears for the future that such impatience implies," she said. "Acknowledging that a good work of art reveals itself over time, these works explicitly offer the symbolism that more lies ahead."

In addition to mask and metal, Benton also works with printmaking. The papers are handmade, pre-inked and hand-painted. Calligraphic plates give a third dimension to these texturally rich prints.

Benton will present one of her performances in the Sacred Heart University Theatre on Wednesday, May 3 at 10:30 a.m., titled "Mask Tales." It will be a one hour storytelling of five different stories from around the world.

The performance is free and open to all SHU students, faculty and staff with an ID.

Gallery hours are Monday through Thursday, noon-7:30 p.m. and Sunday, noon-4 p.m.

**SHU Stock ’95 a guaranteed funfest**

By Melissa Bruno

A & E Editor

It’s spring, and with the season of warm sun and cool breezes comes a plethora of outside concerts. Sacred Heart is getting in on the action this Saturday, Apr. 29 in the Quad. "SHU Stock ’95" is coming.

There are two bands and a Laser Show scheduled for the event, which starts at 8 p.m. and goes all night until 1 a.m.

First up that night will be Rattle & Hum, a U2 cover band. They will be performing until 9:05 p.m.

Headlining the show is Physical Graffiti, a Led Zeppelin cover band that also performs some original music. They are booked through Flash Group Concerts, which is located in East Lyme.

**MUSIC**

They will be performing from 9:20 p.m. until 10:40 p.m.

Ending the night will be a Laser Show, called the Robo Rave Laser Show. The production company is Big Wave International. The show goes from 11 p.m. to 1 a.m. It features hip hop and techno music with some alternative videos mixed in.

The night will be filled with music and fun. Beer, non-alcoholic beverages and food will be available in certain areas of the Quad. The show will be on, rain or shine. Sophomore Jen Thurston said, "Student Activities has brought Woodstock to our door!"

Students are encouraged to bring blankets and settle down for the night, because once you leave the Quad you must pay again to re-enter.

According to Al Precourt, programming assistant for Student Activities, "We are hoping a lot of students come out and attend the show. Attendance at the other major concerts this year has not been up to par and we are offering this to the students with hopes that they take full advantage of the event."

Precourt is in charge of the concert, along with junior Chris Hopley and a committee made up of Programming Board students. Tickets for the show are currently on sale in front of the Faculty Lounge. Tickets are $5 for SHU full-time undergraduates, $12 for general admission.

So, if you were wondering what to do on Saturday night, wonder no more. Come on out to the Quad and have a blast with "SHU Stock ’95."

**ART**

"Samia" by Suzanne Benton
Gone and forgotten?
One year later and no one seemed to notice

By Jonathan McCarthy
Associate Editor

'It's now been over one year since the tragic but senseless death of Kurt Cobain. In that year, we as a generation have witnessed an almost catastrophic downfall of music as we know it.

Kurt stood for our generation and Kurt knew how we felt. He was one of us. Those were the things that teenagers and Generation Xer's were saying all across the nation on that fateful day in April. Pictures of a crying Courtney Love and baby Frances were in every publication from coast to coast.

Now, a whole year later we are left still wondering why the so-called spokesman for Generation X took his life. It is still unknown who or what it was that he died for. Maybe it was for us in order to show his feelings about the world. Or maybe he just embodied the selfish person he wanted everyone to hate and saw no other way out.

For whatever reason Cobain felt it necessary to take his own life, it has all been forgotten. A couple of fans may have remembered - maybe even shed a tear - but besides a limited number of radio tributes Kurt has been forgotten.

And as for the past year, we have seen the alternative underground become the mainstream pop music. Bands such as Green Day selling out huge arenas in minutes it is now obvious that punk scene will never be the same.

This truth can sometimes be painful. Looking at punk cover bands with huge radio power such as the Offspring can be upsetting. However a recent lawsuit by classic punk band Agent Orange charging that the Offspring had stolen a riff (the opening guitar part to their first single "Come Out And Play") could finally start the classic punk versus modern punk war that has been brewing for some time now.

However, no matter what the result of any lawsuit is there still is one truth that remains. A great artist is dead for apparently no reason. It is this sobering fact that is shaping the music world today.

Just when there seems to be nothing to live for, it turns out that there is nothing to die for either.

Tank Girl launches from comics to screen

By Jason Mazaik
Asst. A&E Editor

About eight years ago two dropouts from art school were at home on a Saturday night downing a few beers. Following an evening of drinking the duo decided to create a comic book character, in the wee hours of the morning.

The creators were Jamie Hewlett and Alan Martin. Tank Girl is your average bad-mouthed, tank driving, post-apocalyptic character, in the wee hours of the morning.

However a recent lawsuit by the classic punk band Agent Orange as the Offspring can be upsetting. The film was very fun and I definitely recommend. In addition to the music, Jamie Hewlett's extraordinary artwork is on display in the Words and Pictures Museum in North Hampton, Massachusetts.
Omega Phi Kappa: Distinguished gentlemen

By Danielle Nolan
Staff Writer

Omega Phi Kappa—"The power of unity with the power of diversity" reads the banner posted inside the Dining Hall representing Sacred Heart's newest fraternity. A group of 16 first-year and sophomore students, they want to make a difference in the Sacred Heart community through the idea of brotherhood. The fraternity began on Feb. 1, 1995, lead by first-year student Eric Wood from Bronx, NY and sophomore Travazar Geter from Bridgeport, CT. These two chose the name while the other founding brothers added their suggestions for their colors, burgundy and cream.

President Eric Wood says the fraternity hopes to help people understand brotherhood. According to Wood, the members consider this University their "home away from home." For most of them this is their "second family" and for some members it is their "real family." Through the fraternity, members learn about each others' backgrounds. "We want to be well-rounded individuals," explains Wood.

The fraternity represents many ethnic backgrounds including Puerto Rican, Haitian, Caucasian, Afro-American and many others. "We want to promote diversity in the Sacred Heart community whether it be by race, color, fraternity, sex, whether faculty or student," says treasurer Rene Sanchez.

Every other week the members dress up. They can also be seen wearing T-shirts with the fraternity logo on them. "We want to show people we are serious and dedicated," says Wood. He also says that the members try to attend all Student Activities events. When one hears of an event, he spreads the word to the other brothers so that they can support the University community.

"One of the reasons I wanted to be a part of the fraternity is to make the school more exciting and to provide more activities for the school to be involved in," says member Lamont Deadrick from Jamaica Queens, NY. "We also want to make people unite. Friendship is the best way to communicate."

Besides their involvement in the Sacred Heart community, the brothers are also involved in other activities off campus. The members are planning to volunteer their time to coach sports at John Winthrop Elementary School, since the school has only one coach for 75 children. They also speak to 8th graders from New Haven, Bridgeport, and other surrounding towns about preparing for college. They give tours of the campus to the young students and explain the importance of a college education.

Not only are they concerned about about 8th graders' education, but they are also concerned about their own. To stay a member of a fraternity or sorority you must keep at least a 2.0 GPA. "One of the reasons I wanted to be a part of the fraternity is to make the school more exciting and to provide more activities for the school to be involved in," says member Lamont Deadrick from Jamaica Queens, NY. "We also want to make people unite. Friendship is the best way to communicate."

"We want all of our brothers to be in good academic standing," replies Wood. He goes on to say that if any member is below a 2.0, the other brothers will take time out to help make sure he improves his grades.

Tremaine King, a sophomore from Patterson, NJ says he hopes to remain friends with his brothers for years to come. "Basically, we were all close in the beginning and by being in the fraternity we hope to stay close throughout the years," he says.

The fraternity hopes to acquire associate members in the fall of 1995. "We plan to extend ourselves to people who are interested in fraternities," comments Wood.

Christopher Sherman, a first-year student from Bronx, NY says, "When I came to this University, I wanted to join a fraternity. I felt that by starting our own fraternity, with unity, diversity, and knowledge, would get me more involved in SHU as an Ahana student."

"As a member of the fraternity, I feel I can help out the community and the student body," adds Sherman.

Obviously these brothers are not only educated, but they are also very friendly and outgoing. They are currently, and plan to continue, playing an active role in the SHU community.

Omega Phi Kappa is quickly becoming an important asset to this University.

With exercising, feel the burn, but don't burn out

By Bethany Treffs
Contributing Writer

What's the use of looking good if you feel bad?
In this age of Gold's Gym and Cybergenics, overtraining has become a hazard for aspiring fitness fanatics.

In the June 1993 issue of Elle magazine, New York City psychologist Marilyn Pudor-York, Ph.D., claims "overtraining is just a sign of our times."

Dr. Dempsey explains that the Stairmaster. But media pressures fail to inform the public that overdoing it could be a harmful step in the wrong direction.

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Discovering natural cures

By Michele Herrmann
Features Editor

If a surface wound needs ointment, try placing honey on the injury. According to Cyra McFadden, a writer for Self, "Some studies report that honey has antibacterial properties that help to speed healing of open cuts, often better than antibiotics."

Instead of drinking coffee, sip a cup of cocoa to stay awake for a while. Cocoa contains less caffeine and mildly reduces drowsiness.

Rituals in ethnic cultures, mothers' homemade remedies and old wives' tales tell us the use of natural foods and herbs to help with healing and curing ailments and preventative care. Once scoffed by modern science, the research and data to prove their effectiveness has since been reevaluated.

Natural or naturopathy (the use of natural remedies) become an accepted form of medicine? "Although many physicians are informed about natural remedies, many are not. They haven't read the research," said Mr. Herrmann.

"The pharmaceutical companies don't make money from vitamins and minerals so they publish information that is slanted," said Karen Laramie, M.S., C.N., a certified clinical nutritionist.

Some folks are trying out health products to receive possible benefits. "People have seen excellent results using food and supplements," noted Laramie. If unsure about running to health food stores, see what's there in the kitchen.

For example, eating pasta is an old remedy to beat depression. Spinach and lima beans work well because they contain folic acid. Depression has been linked to a deficiency in folic acid," noted McFadden. Turkey and milk have an amino acid called tryptophan that acts as an anti-depressive.

Drink a cup of chicken soup when down with a common cold or the flu. As reported in the NE Journal of Medicine, chicken soup "acts as a decongestant." Foods like cereal, nuts, meat and seafood contain zinc, a mineral that may shorten the duration of colds.

Foods help to relieve moments of stress. A deficiency of B vitamins can provoke stress. Bulk up on broccoli or black beans. Avoid sweets because they destroy B complex vitamins.

What gets added to flavor food also offers some benefits. Cinnamon, oregano, and thyme all aid digestion. "Cinnamon has been found to be a natural anesthetic," commented McFadden. "Oregano has been cited as an expectorant and a mild tranquilizer."

Marjoram fosters motion sickness and menstrual cramps, and "has been shown to limit the growth of the herpes virus."

Most of these findings come from passed on knowledge, but some have actual evidence to back them up.

Depending on future developments in natural science, prescriptions for plants could become common.

Should people not wait and just jump into the use of natural remedies? "That depends on the circumstance of the illness and person's medical history," said Laramie.

"Depression has been linked to a deficiency in folic acid," noted McFadden. Turkey and milk have an amino acid called tryptophan that acts as an anti-depressive.

There are currently about 50 CLAs. Most of them have had between 25 to 30 hours of training in preparation for assisting students.

The tutors learn the "Socratic dialogue" in which they ask their students questions that lead into a continuing series of queries and responses. This method has proven effective in developing the student's ability to think critically and to understand clearly.

"One of our goals by initiating this program was to feature students who are achieving academically and to make them more visible within the institution," said Jackie Rinaldi, director of the Learning Center.

Michele Herrmann, a sophomore English major from Fairfield, CT, described the help she received last year in "Civilizations."

"My CLA showed me how to study for my tests. Because of her, my grades improved greatly," said Herrmann.

Kim Nugent, a sophomore for "Intro to American Government," expressed her satisfaction with tutoring. "It has been very rewarding because I have been able to help others in a subject that I know pretty well. I have also met new people."

Junior Valerie Vancza, a CLA for Dr. Curran's "Sociologies" class described some of the benefits of the "Project CLASS" program as a tutor. "It allows the students to have an opportunity to discuss the material with someone who has experienced that particular class before," she said.

Rinaldi stated the criteria for being considered into the CLA program as a tutor. "The students must have an overall GPA of 3.2, achievement in the discipline in which they are applying, demonstrated competency in written, interpersonal, and critical thinking skills, as well as have an impassioned commitment to learning," stated Rinaldi.

Interested students who would like to become a CLA should stop by the Learning Center located in the lower part of the library. Any student that needs tutoring may see one of the tutors who are available upon request. For both, contact the Learning Center at 371-7820 or 371-7823.
By Jennifer Thurston

Contributing Writer

This spring the Spectrum was lucky to have on board two women as co-news editors. Both are active on many other activities at this University, and each is dedicated to the paper, spending many long hours to make it a success.

The two women are Kathy Bump, a junior from Waterford, CT, and Flora Goodloe, a senior from Bridgeport, CT.

Both put into the Spectrum about 16 hours a week, working on layout, editing, writing their articles, meetings, scheduling office hours and writing news briefs.

The coverage of the news has increased in this semester prior to others. One reason for this is maybe because compared to previous editors, Kathy and Flora are more vocal and visual on campus. Both participate positively in all school events.

Dr. Ralph Corrigan, the adviser to the Spectrum, stated, "It is difficult to capture what is going on in the University from week to week." But he added, "I think they do an excellent job." Kathy and Flora are only two women covering an entire University's events.

"If a certain organization wants more coverage about an event going on, they should hand in an article prior to the week of the event and we will be sure to get it in the paper," stated Kathy.

Both Kathy and Flora work as interns on the Spectrum staff. Besides being co-news editor, Kathy is a founding sister of Kappa Phi Society, an intern at Student Activities and an editor of the yearbook. She is planning to travel abroad to Spain in the fall.

Flora, besides being co-news editor, is a classroom learning assistant, a commuter leader and a GE scholar. Both are dedicated and love what they do.

"I've learned a lot about how a paper is run and the work ethic you should have," said Kathy. "I learned how to work with people under pressure," she also said.

"Working for the Spectrum, I've become more aware of things that happen on campus," said Flora.

"I have had the chance to meet people that I would not have otherwise. That is the key for me. Meeting people—like for instance the people in the President's office or other faculty members that before working on the Spectrum, I had no reason to meet," she added.

One thing Kathy would like to see changed is more organization and communication within the University and the Spectrum staff.

Both women say they are dedicated to making the Spectrum better every issue.

"One thing would like to see changed is more organization and communication within the University and the Spectrum staff.

With all the work that Kathy and Flora put into putting it, it's nice to see that hard work really does pay off.

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Kathy Bump and Flora Goodloe: the women that cover the story

N nonics, plus an important job interview.

Joe's nerves are shot—he's tense, fatigued and wired from too much coffee. Joe wants to feel better now.

"The University of Pennsylvania Student Health Massage Therapist believes she has the answer to Joe's stress: massage therapy.

For $20 per half hour, Jennifer Knight works away students' tension and anxiety using Swedish Massage and soothing music. "I cannot undo in half an hour the stress students have put on their bodies for years," said Knight. But I can help them feel better."

According to UP senior Brett Meltzer, who has tried Student Health's massage service, the therapy really works.

"When I was done [with my massage], I felt my body and nerves had a heightened sense of sensitivity. The next morning I was really limber and relaxed," he said.

Knight's first goal is to make students feel comfortable. She explains to them what is involved in massage therapy and lets them choose how much or how little they want to wear.

Then she asks if they would like to put on music or use massage oil, and finds out what specific areas they feel need something.

"The main thing," says Knight, "is to feel comfortable. If I am a very stressful place to be. People who come to me really want to be there and want to feel better.

Knight also gives massage workshops when contacted by dormitory resident advisors. But the one-on-one sessions are the most rewarding for her.

"I look at myself as a resource to people," she said. "I don't do magic, but it's nice to feel I really can make a difference."

"I believe 60 percent of my job is giving good massages, and 40 percent is how you treat people," she said.

When she gives a message, Knight asks students to talk with her about anything. If they prefer to stay silent, though, she does not feel offended.

Knight feels most successful when she can relax a student so much that he or she feels askew.

"The biggest compliment to me is when someone not only falls asleep, but also drools," says Knight.

A REVISIONIST CHALLENGE TO THE U.S. HOLOCAUST MEMORIAL MUSEUM

By Bradley R. Smith

Congratulations on your hard-earned degree! You have taken the first important step in beginning your career path. Now, take the second by calling Advantage Staffing Services. We can help you make invaluable connections and gain new skills in order to help land the job of your choice.

Instead of waiting at home for your resume to find you a job, you can be working at a variety of Fairfield County's most successful Fortune 500 companies. While earning money and making great impressions, you'll also be improving your skills and networking.

The leaders in today's business world know that hiring through a temporary placement agency is the smartest way to go.

There are many entry-level, temp-to-full-time positions available immediately. We'll also provide you with a flexible work schedule to accommodate your own job search and interviews.

So, make the smart decision and call Michelle at Advantage today. We'll do the work to start you on a successful new career.

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Stressed-out students get massage therapy for some relief

By Jennifer Cohen

College Press Service

Joe Penn has to write a paper for his English class and one for his Women's Studies seminar, both by the end of the week.

He also has a midterm in economics, plus an important job interview.

"The biggest compliment to me is when someone not only falls asleep, but also drools," says Knight.

A sculpture of St. How many people have you met, I asked myself, that have never looked at the Holocaust? I'll bet you one in ten. I'm just guessing. How many students have you taught, I wondered, who have never thought deeply about the Holocaust? I'll bet you one in ten. I'm just guessing. How many people have you taught who have never heard of the Holocaust before? I'll bet you one in ten. I'm just guessing.

What are the facts?

The Museum's "proof for a gas chamber" is a plastic model imagined by a German designer! Before the Museum falsified the facts of the Holocaust, it displayed as "proof of a homicidal gas chamber."

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By Bradley R. Smith

This does not mean "My Holocaust was different!" Those who use it do not mean to say that the Holocaust never happened. It means: "My Holocaust happened in a different way, for different reasons, and not quite in the same way you tell me about it." The Holocaust is a complex subject and, if you make it simple, the story is false.

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Dave By Bill Waterson

The Creep

By David Miller

By Chris Beleznan

Comics

LOOK AT ALL THE STARS!
THE UNIVERSE JUST GOES OUT FOREVER AND EVER!

THAT'S WHY WE STAY INSIDE WITH OUR APPLIANCES.

THE Crossword

ACROSS
1 Star followers
5 Slow, easy
13 Press
14 Billiard shot
15 Norse god
16 Accomplishment
17 At the highest point
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19 Saint Nicholas
20 Cam. Robert
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**Sports Briefs**

**Bellisle leads track team at relays**

On Saturday, Apr. 15, the Pioneer track and field team participated in the Williams College Relays in Williamstown, MA. No overall team scores were kept, but the Pioneers posted several outstanding performances led by Monique Bellisle.

Bellisle, a first-year student from Voluntown, CT, won the javelin event with a toss of 108' 4 1/2" and finished second in the shot put with a heave of 36' 4".

Bellisle also helped the women place second in the 4 x 400 meter relay along with fellow first year students Barbara Bogue, Jasmin Whalen and Theresa Houck. Bellisle also combined with Rosemary Roselli, another first year student, for a sixth place finish in the shot put relays.

For the men, first year students Rene Sanchez, Eric Wood and Ben Hilinski, as well as senior Tony Sanon, placed sixth in the 4 x 200 meter relay with a time of 1:38.6.

**Johnston competes in All-Star game**

Senior tri-captain of this year's football team, Billy Johnston, participated in the National All-Star Football Classic this past Saturday in Cleveland, OH.

Johnston played in two quarters, the first and third, starting at linebacker. During the game Johnston made 8 tackles, one resulting in a sizable loss.

The team Johnston played on ended up losing in a tough-fought 28 to 24 defeat.

"I had fun there and met a lot of interesting people," said Johnston.

After the game Johnston was approached by a few pro-conv from Ohio and offered a tryout this May.

**Cox and Diaz make volleyball mark at SHU**

Vern Cox finished this year's volleyball season with the number one hitting percentage in the nation. Teammate Randall Diaz was chosen as the Metro Conference player of the year.

The volleyball team finished the season at 24 and 5.

**Spaulding goes national**

**SHU equestrian star gets set to make her mark on national stage**

By Jonathan McCarthy

As the competitive season for the Inter Collegiate Horse Show Association comes to an end, the Sacred Heart equestrian team is preparing for the future and one rider is preparing for the upcoming Nationals in Colorado.

That one rider is sophomore captain Amy Spaulding whose superb riding has her in contention for a tremendous achievement.

April marked a month of various competitions leading to Nationals. First was the Regional competition at Smoke Run Farm in Stony Brook, Long Island. Riders for this select competition must have pointed out in their respective division.

Sacred Heart sent Chrisy Lariccia, beginning walk trot; Clare Cardo, advanced walk trot; Dawn Colica, advanced walk trot and Spaulding, intermediate fences and flat.

The top three riders in each class advanced to Zones in Pennsylvania. Only Spaulding achieved this by placing second as reserve champion over fences and finished first as champion in the flat class.

While in Pennsylvania, Spaulding competed in the first round of the Eastern National. Most riders from all of the top schools on the East Coast.

By placing second as reserve champion in her flat class Spaulding became the second Sacred Heart rider in as many years to earn a trip to Nationals. Spaulding will be following in the footsteps of teammate Shelley Lyford, who placed sixth last year in Nationals.

Spaulding is excited about the opportunity to go to Nationals.

"I'm just looking forward to being able to represent my team on a national level," said Spaulding.
A spring season of disappointments

SHU's "Boys of Summer" having rough time of it in the spring

By Keith Zingler
Sports Editor

The Sacred Heart University's baseball team has undergone a rough semester. With just 10 games left the team stands at 11-21. "The guys have practiced hard," stated coach Nick Giaquinto, "They have done all of the conditioning and strength training that we have asked. We had an extensive demanding indoor session in Jan. and Feb. The guys are playing hard, just not well." The team has been playing hard and tough. The pitching has been there but the hitting remains a mystery. The team isn't scoring enough runs to get Roger Clemens wins. No one is stepping up and getting the hits in the clutch... Steve Burns has been a bright spot for the team, while offense has lacked, causing the disappointing season record.

Pioneer pitcher Steve Burns, senior winds up for the delivery in a recent game. Burns has been a bright spot for the team, while offense has lacked, causing the disappointing season record.

SHU's Boys of Summer having rough season of disappointments

SHU Spectrum - 15

ZIG ON SPORTS

He had everything a young man could want. He was athletically talented far more than most men could dream.

The kid was coveted by NFL scouts before he even dressed for a college game. His life should have been the "American Dream."

No one will ever dispute that Warren Sapp was a great college football player. Some will dispute that he couldn't live up to the role. Others will go on to say that life in the NFL could destroy this young man.

Sapp had to go through the humiliation of watching players with obviously lesser talents than his get selected before him. The young man's mistake? Simply just a young man. In the hypocritical world of the NFL, the motto of the league has always been "Just don't get caught."

Coaches were concerned enough about his drug problem (he has allegedly been caught seven times) that they passed on a potential great one. Pete Tagliabue, the NFL commissioner, said that the league would not punish or help him out unless he asked. How many more times does he have to get caught before the NFL realizes he has a problem? Shouldn't seven be enough?

Sapp is a young man crying out for help. The league should recognize this and give this man treatment before he becomes another drug tragedy.

Any player who jeopardizes a multi-million dollar contract for a drug-induced high already doesn't have half the self-discipline necessary to control millions of dollars.

Warren is a young 21 year old man, who is about to become very rich. He has been thrust into the spotlight. His failures and successes will become a city's and a team's. He is not a young man living for himself, he lives his life for others.

Fame and talent come with their prices. Warren Sapp has paid his. The man will forever be judged for what he did at the age of eighteen. He can never bury his past.

The NFL must reason that the burdens this young man now carries could destroy him. Everyone is counting on him, the league, his team, the city of Tampa, and his family. Who does Warren count on?

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As long as he makes money for the NFL he will be loved. When and if he screws up he will face everything disgraced and alone. It makes you wonder what would happen if the NFL actually cared about this young man.

Women's Rugby

Date: April 27, 1995
Time: 4:00 pm
Place: Fairfield University
Laxmen hit the home stretch

Last Saturday the Pioneer laxmen traveled down to New York to face Queens College and came away with a much needed 12 to 5 victory, keeping their tournament hopes alive.

The laxmen started off fast and never looked back with attackman Chuck Chiido leading the way, scoring the first goal with 8:05 left in the first period.

Chiido ended the day with 3 goals and 3 assists.

By the end of the first half the Pioneers were up 6 to 3 and chances of a Queens comeback were nowhere to be seen. In the third, the laxmen ran away with the game.

"It was a great opportunity to get everyone in and see some time," said coach Rob Randall.

Other players contributing to the Pioneer victory were Dave Root with 2 goals and 3 assists, Mike Mazzaro with 2 goals, and Shannon Pons with a goal and an assist.

Matt McGreavy and Shawn Keane split time between the pipes combining for 11 saves on the day.

The laxmen’s record has been sitting around the .500 mark throughout the season, winning one day and losing the next. They haven’t been able to get on track.

"The inexperience has shown at certain times," states Randall.

The laxmen’s record has been...no question in their minds that they were national material.

 Pretty good teams this season, three-of them being in the country’s top five."

Randall went on to say that the team is a younger team than last year’s, with 17 new faces on the squad, 8 of them seeing considerable amounts of time.

With two games left in the regular season, the laxmen will have to step it up and come away with victories if they hope for a chance in the tournament.

The laxmen travel to Long Island this Saturday to face Southampton University. Starting time for the game is at 1:00 p.m.

“Southampton will be tough and a good test for us going into the end of the season,” added Randall.

They worked hard and the practice paid off. The ladies finished eleventh out of the sixteen with a high game of 937(avg-187). When the individual standings were posted it was a representation from Sacred Heart who topped the tournament. Jen Swanson averaged 214, rolling the tournament’s highest game of 288, placing her ahead of Alison Allmang of Wichita State. She also had the third highest average in the men’s division.

Jennifer will be on the All-Tournament team with five other women at Reno, Nevada in July.

The ladies were determined to place higher in the standings as they entered into the Baker format competition. For the next two days they would compete as a team.

In the next Baker game starting with the first and sixth frames, the second bowling the second and seventh frames, etc. in forty-eight Baker games, divided into three sixteen game blocks.

The ladies’ average for the first thirty two games was 178. The team was in fourteenth place. Then with the help of third position bowler Heather Gronko, who was on fire with seven strikes in a row, the team was able to make up enough pins to finish the competition in eleventh place, only sixteen pins out of tenth, and fifty-eight shy of ninth. The high baker game rolled was 235 and the final team average for the format was 183.

Wichita State and Erie C.C., competed in the women’s semi finals, followed by the final competition between defending champions Wichita and the University of Nebraska. Nebraska claimed the championship by forty-one pins.