Changing of the guard

Raynis and Connelly bring experience and vision to Sacred Heart

By Jonathan McCarthy
Editor-In-Chief

The Residential Life department at Sacred Heart has been subject to tremendous growth over the past few years. This growth resulted from a major overhaul of the department to ensure its ability to serve the University's residents. The two new positions are Director of Residential Life and Director of Housing Operations and Conferences (DHOC).

Both positions formerly fell under the title of Director of Residential Life which was held by Steve Harrison who resigned this year to take a job in Colorado. The new system has so much growth potential and will allow the University to build a solid reputation as well as establish solid student leadership," said new DRL Director of Residential Life: Cathy Raynis. Raynis received a Masters in Education concentration on student affairs from Indiana University and most recently worked at the State University of New York at New Paltz as Assistant Director of Residence Life.

"My job will allow me to oversee the staff as well as their training," stated Raynis. The DRL position is a newly created one that splits the former position plus allows for an expansion in all areas of residential life.

"Students spend more time in the halls than they do in the classroom," believes Raynis. "It becomes vitally important to complement their classroom efforts in order to help develop well rounded young adults."

The position of Director of Housing and Conferences is a first at Sacred Heart. "The position calls for me to complement the Hall Directors, oversee damage billing and keep tabs on the furniture needs of the students," said new Director Dan Connelly.

Connelly learned of the job while he was volunteering on the Special Olympics. "My experience at Sacred Heart during the games was so pleasurable, due to the people I worked with and met that I applied and interviewed for the job," stated Connelly.

Connelly comes from Keene State College, in Keene, New Hampshire, where he was a Residence Life Department from behind the scenes while Cathy and I work as a team to ensure the best possible living arrangements," said Connelly.

The Residential Life Department at Sacred Heart has always been based on the wellness model. "Students spend more time in the halls than they do in the classroom," believes Raynis. "It becomes vitally important to complement their classroom efforts in order to help develop well rounded young adults."

"It is easiest with this model to provide a service to the students as well as support the academic mission. Education is best served through the wellness model which creates healthy people, healthy relationships and a healthy community," said Connelly.

Conservatives spend big bucks on campus

By College Press Service

Conservative groups spend thousands of dollars every year in a coordinated effort to influence the political climate at U.S. colleges and universities, a liberal group has charged.

The University Conversion Project, a clearinghouse for peace activism, released a 52-page report April 11 documenting how four national organizations that support conservative activities on college campuses received more than $300,000 each in 1992 from the Carthage, Scaife, Olin, Coors, and Carriage and Cloisters groups.

The booklet examines the origin of attacks on "political correctness" and "a growing network of conservative student newspapers." However, conservatives say they're merely trying to provide alternative views to the mainstream liberal ideology that exists on college campuses and say the publications they support receive only a fraction of what established campus newspapers receive from university administrations.

The UCP included in its re-
Welcome Faculty, Staff and their Families, and Students

Noon Mass of the Holy Spirit in the Gym

1 p.m. Festivities in the Quad Bring your own blanket

SACRED HEART UNIVERSITY

Conservatives: influences cost money

Continued from page 1

port the results of a national survey that it said demonstrated "a campus climate of harassment and repression," including attempts to shut down liberal alternative newspapers, the firing or demoting of professors who expressed political views unpopular with university administrations and acts of intolerance based on race, sex or sexual orientation.

"This is the first time that these activities have been exposed as a nationally coordinated effort to "win the next generation,"" said Rich Cowan, co-editor of the "Study War No More" report. "These groups have trained and sponsored thousands of conservative campus activists and journalists."

The four national conservative groups named in the report were the Madison Center for Educational Affairs, a Washington, D.C.-based group that sponsors about 50 alternative publications on college campuses; the Intercollegiate Studies Institute, a publisher of the conservative national student magazine Campus, based in Bryn Mawr, Pa.; the National Association of Scholars, a conservative faculty network based in Rutgers, N.J.; and the Center for Individual Rights Foundation and the conservative journal Heterodoxy.

However, a spokesman for The Madison Center for Educational Affairs said his organization's involvement in funding campus publications has been exaggerated by UCP. Many of the publications funded by the center are considered centrist or conservative in comparison to established, liberal college newspapers and magazines, said Jeff Muir, program director.

But he says The Madison Center supports free speech regardless of ideology.

"One goal of our program is to help students who would be shut out because of the political process," Muir said. "A competitive press environment raises the quality of all the discourse on campus."

In its College Network program, the Madison Center sponsors about 50 alternative newspapers and magazines and provides operating grants of $1,000 to $2,500 to about half of those publications. Most of the college network's resources are focused on providing students access to conferences, books, higher education publications and advice from journalism professionals, he said.

UCP charges that right-wing groups on campus hide behind the results of a national survey such as political correctness, freedom of expression and individual rights in order to organize opposition to programs such as ethnic and women's studies and gay rights.

"They're a nucleus for backlash against any progressive movement on campus," Cowan said. Some conservative papers have become threatening in tone and action against groups or ideas of which they disapprove, Cowan said.

"There's no network like this of liberal, leftist journalists who are nurtured and supported," he added.

Muir said he questions whether groups such as UCP just want to squelch dissent. "Are they advocating fewer news organizations? Are they advocating less free speech?" he asked. The climate on most campuses is such that, "If one expresses a disagreement with a certain behavior or lifestyle, it's deemed hate speech when it's freedom of expression," he said.

UCP was funded in 1994 by an $1,800 grant and $6,100 in subscriptions and donations from individuals and groups such as the Arca Foundation, Resist and the A.J. Muste Institute. The organization, which was formed during the Gulf War, "encourages campuses to prepare for a nonviolent future." According to its statement, UCP questions "widespread military and right-wing funding on campus and advocate peaceful alternatives."

September 7, 1995
The Spectrum Wants You!

***Attention all writers, photographers and business majors

The Spectrum is looking for a few good people to fill positions ranging from writing to ad sales.

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For more information call 371-7963 or 396-6100

"A great place to gain experience while giving back to Sacred Heart"
Is SHU in it just for the buck?
Welcome back to the world of college fees. You know what we mean: we have activity fees, lab fees, and now parking fees. Wait just one minute. We paid $20,000 a year to go to school here, but that didn’t pay enough for us to park here. This year they have the nerve to actually expect us to pay to have our cars stolen on campus?
We have already signed over our first-born children to Sacred Heart, lost five mufflers going over speed bumps in the parking lots, and destroyed any chance of good credit histories thanks to paying $500 a semester for used books by credit cards. Now they want $50 of our semester’s $100 dining dollars so we can get to class. Is anyone but us seeing a pattern here?
Has someone gone mad and allowed Donald Trump to become a partner in this school? People, he came to Bridgeport to build a casino, not to teach higher education. Now after further review we can see why he would want to run Sacred Heart. Think about it: this school has been run like a corporation for so long now, it seems everyone has forgotten exactly why this school was founded—to give everyone who wanted it a quality, affordable Christian education.

Bussing one’s tray still a problem
Let’s be honest, you are paying for the food—why are you wasting money for folks to spend extra time cleaning after 1300 people? If each person took the 5 seconds to bus his or her own tray, the dining hall would stay clean, none of us would have to clear off other people’s trays before we sat down, and the money you pay for food would go toward food preparation and not be wasted on clean-up.

There are two arguments for why the bussing of trays should be the normal thing to do here. First, you hopefully want your money to go toward the best quality and variety of food selection, and you want administrators to make the most efficient use of the money you pay.

Secondly, think of what it says about the student body of Sacred Heart. To us it says that you do not care and do not take pride in this great institution. It is also an incredible display of disrespect.

Bus your own tray, please.

By Jonathan McCarthy
Editor-In-Chief

Sacred Heart University dove head first into a revolution recently. A revolution that will forever change the Sacred Heart graduate as well change the face of the school forever. This revolution is that of the computer. Computers are everywhere one looks now. Whether it is at the McDonald’s counter or numerous ads for Microsoft’s “Windows 95.” This will bring with it the benefit of computer literacy to all Sacred Heart students as well allow students to explore the wonders of the Internet and World Wide Web. But, it also carries a dark side no one likes to talk about.

That dark side is the side of cyber-sex. The World Wide Web has one inherent problem: its easily accessible format. That means that the stories of threatening e-mail and the questions of Internet freedom of speech are now about to hit Sacred Heart right in the hard drive.

The new P.C.’s that the University is purchasing for the students in order to help comply with the rule that all first year students must own a computer equipped with Netscape as well as an assortment of Web browsers. This opens up a whole new world to the University students.

This is a Catholic university and for that reason many things have been censored. Whether it is in the Health Care or planned events, there has always been a mission to conform with. However, by Saturday night, as the first-year students boot up their new machines, the harsh realization that they had all just bought a $2,800 Playboy came to be.

As much of a resource as the Web might be, it brings with it free sex, free condoms, graphic stories of sexual abuse and child molesting.

The Web has also been tested for credibility. For example, a recent online version of the Bob Dole platform has been a proven hoax. There is no way to test the credibility of a Web source and with that comes the ability for anyone to plagiarize.

For example, I would doubt that an exhibit of Roger Maplethorp’s photos (Maplethorp came to fame because his photos showed erotic and slightly pornographic views of gays and women and children) would be allowed on campus. However, now that is unstoppable—you could, from your room, download any photo you wanted, Maplethorp being innocent comparatively.

Also, there comes the problem of Electronic harassment. Everyone in the University is connected, therefore anyone can send mail at anytime, no matter what that mail might say. Messages such as “Kim I can see you homework!” will soon be replaced by “Kim I want you,” etc. There is no way to stop or monitor what students will send to one another.

This brings with it the problems of ethics and standards that just have not been set yet...anywhere. The problem—or, better, the stumbling block—is that the whole process is brand new and changes everyday. A Web year is the equivalent of three months normal time, and it is impossible to set up standards for a medium that is constantly changing.

Sacred Heart has done a good thing by forcing computer literacy on the students. However, they also have placed the cyber-apple in Eve’s hand. I hope she doesn’t bite it again.

A web of complications

Don’t Ask!
The topic arose while I was sitting in a Mexican restaurant. I had just finished ordering my dinner, which was an experience, believe me. You see, I hate onions. I can’t stand them. I can’t suffer the scent; can’t tolerate the brunt; can’t finish the finale; can’t anticipate you actually putting up with anymore alliterations.

And trying to tell a Mexican waitress you want no onions in your enchilada is like trying to tell an Italian mother you don’t want a sixth serving of linguini with her homemade marinara sauce.

What’s even better is a situation that occurred twice when I drove cross-country last January. My travel partner, J.P., hates onion, J.P., hates cheese. I hate guacamole. The looks we got when we tried to order food in New Mexico... you’d think we had asked them to understand Windows 95. I’m surprised they didn’t feed us live rattlesnakes.

Anyway, a couple friends and I were at dinner, and they started talking about working out in gyms, and how it takes time, and it costs money, and how they’re sometimes intimidated working out in front of hundreds of other people who are mostly body builders whose individual weights are greater than the total weights of every beluga whale in the northern half of the Atlantic Ocean. “I don’t have any problems where I work out,” I said. “Where do you go?” “My garage.” Yes, my garage. This summer I purchased a Wesler Hard-Drive weight system and spent 1,896 hours assembling it in my garage. I chose my garage because it is the only place in our house in which the weight system will fit, and it’s the only room in the house with a door big enough to move it out, assuming Lou Ferringo is available when I need it moved.

It is true that working out at home doesn’t provide the same warm social paranoia of belonging to a gym, but it has its advantages. The equipment costs a little less than a six-month membership at most gyms, and I get to keep the equipment forever, as long as I have a place large enough to store it in, like a garage or a small cathedral.

Also, my house is just like a complete gym, when looked at from a certain way (like with your eyes closed): we have a shower; we have a pool; and, if I close my bedroom windows in July, we have a sauna.

Another important part of working out is how you treat your body when you’re not working out. For instance, jumping off 600-foot cliffs is not a good supplement to basic weight training. Neither is jogging on train tracks, or asking Tom Arnold if he’s pregnant.

What you should do to supplement your training is eat well, which means you should eat things that you normally never would, such as oats, and bran, and whey, and curds, and Turks.

It is also important to stay active between workouts. Play a sport, like tennis, or golf, or soccer, or softball. Or do something more simple, similar to my sister Katie. She gets plenty of exercise every morning, working out her arms, moving them quickly back and forth to hit a button on her alarm clock that beeps every five minutes to tell her when to hit it again. She apparently finds this a very rewarding workout, sometimes staying at it for upwards of six days.

To enhance your training even more, workout supplements are available via mail-order, some of which are even legal. You can find different types of products in semi-respected fitness magazines. Anything from dietary supplements to fine-tuned machinery can give you monumental gains in your physical appearance and athletic ability. (Someone may want to mention this to the New York Jets.)

I flipped through one of these magazines recently, and discovered that if I purchase and use everything advertised, I will, in as little as 30 days:

- be able to jump almost a foot higher;
- look like Fabio;
- gain or lose a total of about 300 pounds (the ads do not specify if you can choose which);
- have a sex life better than a mini-top rabbit’s;
- be poor;
- and all “with no special diets” and “no tiring exercise.”

Before this summer, I never realized fitness could be so easy. But now, after inflating my knowledge about working out, I wonder why not everyone looks like Fabio. On second thought, maybe it’s a good thing they don’t. Look like Fabio? I’d rather eat onions.

Write Yours Now!!
Meet the Student Government

Shannon Pons, Executive Board President
Hampstead, NH
Enjoys lacrosse and music
Major: Finance
Resides in Park Ridge

Class of 1996

Rob DeClement, Vice Pres. CCO
Bridgeport, CT
Enjoys sports, swimming and playing pool
Major: Criminal Justice
Commuter

Sarah Cassins, Vice Pres. of Programming Board
Dover, NH
Enjoys eighties music, football and reading
Major: Psychology
Resides off campus

Class of 1997

Amy Almeida, Vice Pres. of Finance Board
North Stonington, CT
Enjoys reading, poetry and weight lifting
Major: Criminal Justice and Sociology
Resides in Taft Commons

Class of 1998

Deirdre Elter, President Class of 1997
Congers, NY
Enjoys dancing, traveling and talking
Major: Psychology and Elem. Ed.
Resides in Jeff Hill 1-203

Dana Scinto, President Class of 1998
Easton, CT
Enjoys running and singing
Major: Communications
Resides in West Hall rm 607

Christina Hopley, President Class of 1996
Henderson, NV
Enjoys traveling, reading and sleeping
Major: Business Administration
Resides in Jeff Hill 1-201

Rob Antonellis, Executive Board Vice President
Londonderry, NH
Enjoys lacrosse, football and hiking
Major: Political Science
Resides in Jeff Hill 3-302
Enza Chiarello, Vice President	Class of 1996
East Haven, CT
Enjoys dancing and singing
Major: Political Science and Paralegal Studies
Resides in Jeff Hill 1-201

Laura Baldino, Vice President	Class of 1997
Brantford, CT transfer from Springfield College
Enjoys dancing and traveling
Major: Political Science and Elem. Ed.
Resides in Jeff Hill Bldg. 4

Monica Forget, Senator	Class of 1998
College Point, NY
Enjoys keeping a 3.2
Major: Psychology
Resides in West Hall

Joshua Cole, Senator Class of 1998
Red Hook, NY
Enjoys football, debating and Honors Program
Major: Political Science/pre-law
Resides in Jeff Hill

Evonne Juliano, Senator	Class of 1996
Ludlow, Mass.
Major: Business Administration
Resides in Parkridge

Sherese White, Senator	Class of 1997
Brooklyn, NY
Enjoys Reading, singing and dancing
Major: Psychology and Criminal Justice
Resides in Parkridge

Jeff Fortier, Treasurer	Class of 1997
Killingworth, CT
Enjoys golf, tennis and skiing
Major: Finance
Resides in West Hall

Daniele Perrone, Treasurer	Class of 1998
North Haledon, NJ
Enjoys being involved
Major: undecided
Resides Jeff Hill Bldg. 3-303

Not Pictured:
Colleen Darcey, Treasurer
Class of 1996
Danielle Haggis, Secretary
Class of 1996

Not Pictured:
Christy Ashley, Secretary of 1997

Not Pictured:
Tracey Reilly, Vice President	Class of 1998
Joseph Avino, Secretary	Class of 1998

Not Pictured:

Steven Dzik, Senator	Class of 1996
Greg Flavin, Senator	Class of 1996
Jason McMaster, Senator	Class of 1996
Ken Cassell, Senator	Class of 1997
Joseph Moura, Senator	Class of 1997
Chris Twarowski, Senator	Class of 1999
Sande Baer, Senator	Class of 1998
Heather Ertel, Senator	Class of 1998
The summer light shines on gifted few

Merchant and Costner open the eyes, ears and hearts of many

By Chris Nicholson
Contributing Editor

It's about time. In typical Journey fashion, the album is a year late. But it did arrive, and, in typical Journey fashion, it's not a disappointment.

Jonathan Cain, who pinned the classic ballad "Faithfully" and played keyboard for Journey's most successful albums, makes his first solo appearance since the 1970s in back to the innocence, an album released by Intersound last month.

Cain's first solo record was a flop that can't be found even in used record shops. He didn't need to worry, though, as John Waite's band from the '70s, The Babys, picked him up soon afterward. When the Babys parted, Journey offered Cain an audition to replace their retiring keyboardist. After Journey ceased recording in the late 80s, Cain enjoyed a two-album success with Bad English, a band that brought together Waite and bassist Ricky Phillips of the Babys with Cain and guitarist Neal Schon of Journey.

Since then Cain has been quiet musically, but has talked about his solo project, an album he referred to in 1992 as "a songwriter's album." Now that the album is here, it's obvious that it was well-used. Cain has matured greatly in those liminal years.

Cain's voice has always been nice when used as a background complement to Journey lead-man Steve Perry's pipes, but Cain never possessed the vocal charisma to carry a song by himself. Now he does. Instead of trying to be a lead singer, he just sings in a comfortable range, and the effect is that Cain's voice is relaxed and pleasing.

Cain's song-writing has also taken a step skyward. At the beginning of his career, Cain thought he was a bad lyricist, though fans of "Faithfully," "Open Arms" and "Don't Stop Believin'" rightfully argued otherwise. Aside from all having lyrical ability, Cain has had a narrow margin of topics. Now he writes about almost anything he wants. The new album contains songs about love, fatherhood, childhood, spirituality and a man who saves a child from drowning.

The biggest surprise of the album is that Cain covered "Faithfully." Why? Who knows? He wrote the song for himself, and few can argue that it's not his masterpiece, so you have to figure that Journey fans will likely be skeptical of the new recording until listening to it. Cain apparently had no intentions of bettering Journey's effort with the song, but just wanted to record his own modern, more simple, acoustic interpretation of it. Schon makes an appearance to play guitar for the remake, adding perfect, light, background licks to the song, instead of the singing electrical pieces he injected in the original. Cain is at his best in "Distant Shores" and "Little River," both love songs with original melodies and fine lyrics. "My Old Man," a dedication to Cain's deceased father, provides a touching look into father-and-son relationships that rivals even Elton John's "The Last Song.

Two famous guest-writers also appear on the album, both people with whom Cain had worked with often. Waite helped him pen "Wish That I Was There" and "The Thought of Losing You," a song that is loaded with Waite's signature of flat notes in the vocals; and Michael Bolton, whose first successful album, The Hunger, was almost entirely co-written by Cain, contributed his talent to "Just the Way You Make Me Feel."
Come join the Yearbook staff Tuesday, September 12th at 1:30 p.m. in the Prologue office (across from Chubby's)

Wanted
Yearbook Sports Photographer
Please Call 371-7962 to schedule an interview

SENIOR PORTRAITS!
October 4, 5, 6th
Student's perspective on first-year adjustment

By Gina Norelli
Assistant Features Editor

With the start of the fall semester at Sacred Heart upon us, there are over 2,000 undergraduate students enrolled. Of that number, about 600 first-year students made their debut here this past weekend.

College is exciting with new people to meet, and endless opportunities. The world is your oyster. Congratulations! You have just entered a whole new world.

One way to become better organized with your time is to keep track of assignments. Grades reflect the amount of time and effort you put into your classes, so it is important to spend enough time studying. Procrastination always catches up to you and usually ends up making you fall behind.

To feel better about yourself, you need to manage your time. The world is your oyster, and you can shape it into what you want it to be.

First, treat college like a job. If you put the amount of effort, dedication, and ambition into college as you would in a job, you are likely to reap great rewards.

Professors notice those who try to make the transition will occur, and some effort on the student’s part to make the adjustment possible.

When people find some privacy for help immediately. It will allow you to do important things and give you more time to think about what you want to do.

One thing I noticed when I came to Sacred Heart last year was that I had a lot of free time on my hands—even with being a member of the tennis team and a couple of student activities. Students need to manage their time well. No one checks up on you to make sure you are up to date with assignments or attending class. That can be scary, but it trains students to be more responsible.

One way to become better organized with your time is to keep track of assignments. Grades reflect the amount of time and effort you put into your classes, so it is important to spend enough time studying. Procrastination always catches up to you and usually ends up making you fall behind.

If you start feeling lost in a class, ask your professor or a tutor for help immediately. It will put you right back on track.

It is important to keep your eyes open to the opportunities that are awaiting you. If you see something that interests you (such as a job, a club, or an activity), try it out. I would have never believed that in college I would write for the SPECTRUM or be involved with a singing group. I decided to try them and discovered that they are interesting.

Over the summer I took a philosophy class, and I watched the movie "Dead Poet's Society" starring Robin Williams. This movie was a true story about an English teacher at an private boys' school who dared to teach in a non-traditional way—a way that he knew would get through to his students. He taught how the world is like a play, and we have been given the wondrous chance to contribute a verse. College is the same. It's our chance to really make something of ourselves.

It's been said that the majority of learning in college takes place outside the classroom. We learn a lot from the people we meet and the situations we encounter each day.

Be open to all that you encounter and seek to learn from it.
By Keith Zingler

It's been a tough year for heroes. The last twelve months might be forever known as the fall of the sports hero. It all started one warm June day, in 1994, with the arrest of O.J. Simpson. It ended with the tragic death of Mickey Mantle, this past August. In between were the arrest of Duke Synder, Willie McCovey, Dwight Gooden, Warren Moon and Darryl Strawberry, fall from the pages of sports journalism.

Celebrities have always been flawed, but reporters generally looked the other way. When T.V. more importantly cable T.V. suddenly entered the picture, reporters started taking notice. There was and is too much competition in sports journalism.

With ESPN and the four networks leading the way, scrum bag reporting has risen to an all-time high. Suddenly a speeding ticket that Jose Canseco gets becomes the lead story on Sports Center. A Dave Winfield paternity suite has become bigger than his home run.

A speeding ticket doesn't make anybody a criminal (not paying one does). A paternity suit or a divorce is a private matter between the litigants and should stay private. Would you consider it fair if every bad grade you received was frontpage news? We expect and try to maintain a certain level of privacy in our lives.

One of the most horrific facts about our lives today, is that we know more about a celebrity's life than we know about our own family's. Most fans know the names of the Cowboys quarterback's nephew, but they themselves couldn't name all their first cousins. We've all heard about L.T.'s golf game but don't care about our uncle's game. We expect heroes not to have the same flaws as our relatives. Where are our heroes?

Heroes haven't gone any where. They're still here. Our memories become clouded with time. We suppress the bad and remember the good times. Today Ted Williams is "The Greatest Hitter Whoever Lived." Yesterday he was booted unmercifully at Fenway Park. Seventy years ago, Shoeless Joe Jackson was a crook, today he is a hero. Right now, Pete Rose is a crook, tomorrow he will be in the Hall of Fame.

Adversity builds character as well as heroes. Mantle faced death with the courage of an immortal. Heroes rise above everything and comeback. Isn't that what life should be about? Coming back from adversity makes for a better hero than someone who never came down from the pedestal.
Will Pioneers pass to glory?

Pioneer quarterback Chris Kelly passed for 266 yards in one game last season, setting a school record. Will he master the offense again and help top the 4-6 record of the 1994 gridders? Find out next week in the Spectrum's football season preview.

Photo by Chris Nicholson.