Student Government seeks new unity
Executive Board finds itself divided and directionless after one month

By Jason A. Dalrymple
Editor-in-Chief

After one full month of school, Student Government finds itself in a precarious situation. With mid-terms but one week away, members of the Executive Board have begun to express feelings of discontent in the current position of Student Government.

"I, as a student leader, have never felt uncomfortable going in to do my job in the office until this year," said Senior Class President Maria Puopolo.

"Even some freshmen and sophomores have a problem coming in sometimes," admitted Student Government President Lloyd Scott.

Some members of the Executive Board attribute this discomfort to the division within Student Government. President Lloyd Scott discusses the possibilities with Class of 1998 presidential candidate Dana Scinto of future meetings of the Executive Board. As things stand now, those meetings may just need some fresh new faces.

"The Senate feels it is being insulted because it seems as if their vote doesn't matter if they disagree with Lloyd," said Puopolo.

"One to one, things seem all right," said C.C.O. Vice President Robyn Ferguson. "But in meetings, we seem divided."

"We're lacking unity in the Executive Board," added Junior Class President Christina Hopley. "We're not doing what needs to be done because we're divided."

What needs to be done, according to Scott, is to become concerned with "majority rules and minority rights."

"Student Government should be there for the student body," said Scott, "but decisions we make can not affect all 1900 students."

See Unity, page 2

Professor shows risque film

By Ritch Flynn
News Editor

On Sept. 19 several students left an MS-101 class and later accused the professor, Hector Rodriguez, of showing a pornographic video.

The film in question was the 1982 film Videodrome starring James Wood and Deborah Harry. Videodrome deals with a man who works for a small cable television station that shows erotic films. Throughout the movie, the lead, James Wood, travels around looking for more diverse films to show on the station.

While no genital insertion or full frontal nudity is shown, there are some racy scenes involving rape, sadomasochism, and other forms of violence. The film was rated "R" when it was released.

"I got sick and walked out," said a student who choose to remain anonymous. "There was violent sexual activity, rape and lashing, and I found the whole thing offensive."

"I had warned students the previous week that I would be showing a difficult film. They were told that if they wanted to skip the film, they should stay out of the classroom," said Rodriguez.

See Flick, page 3

Budget cuts bite deep

By Jonathan McCarthy
Associate Editor

Sacred Heart University over the past three years has been characterized by many things. However the most predominant of those changes has been expansion. Three new residence halls, a bigger and better Dining Hall and a first year student increase of forty percent a year.

All these changes have put Sacred Heart on the map. But with these changes comes the need for money. The money however is not present in most cases. As growth shapes our campus so does the infamous budget cut which is now effecting all aspects of the University community.

"I don't even know what my budget is," explained Kim Sousa-Peoples, director of student services.

In a University whose fiscal See Budget, page 3

Opportunit y's always a knockin on our doors...page 5

Mid-term stress... beat it or get beat by it...page 10

Gridders face Bentley for home-coming...page 16

While the mud began to slide, a Sacred Heart Pioneer fan looked to the heavens for a break of sunshine. The football team could have used a break of a different kind in their 22-6 loss to Stony Brook in New York. Hopefully the sun will shine for the gridders upcoming home game against Bentley Saturday Oct. 15th on the campus field at 2 p.m.

Photo By Chris Nicholson

Strategic plan released

By Flora Goodloe
Staff Writer

Formal approval of the University's new 5-year strategic plan is expected when the board of trustees meets later this month.

The new 1994-1999 strategic plan includes something of the University's direction for the next five years. See Plan, page 3
Dr. Babu George receives award

Dr. Babu George, professor and chair of the chemistry department received recognition from the National Science Teachers' Association last Saturday. The award, the Space Science Education Award for his outstanding service to science education, was presented to George over a luncheon in Chubby's Lounge.

Presented by the NSTA, the award stands for George's "dedication and many hours of hard work and the tremendous impact he has made toward the value and enjoyment of science. George's "You Make a Difference" Program at Sacred Heart University.

This is the first time the award has been given. George continues his work as co-director of the SmartNet 2000 project, a program for teaching youths the social development of El Salvador on Thursdays in the community room. The lectures will be given by Rev. David Blanchard, Ph.D. beginning Sept. 29.

Rev. Blanchard has lived in El Salvador for several years and has witnessed firsthand the changes that have occurred there over the past decade. He will use these experiences to provide those interested with an understanding of the Salvadorans and the industrialized nations.

The lecture series will consist of ten sessions, all of which are open to the public. Admission is free and CEU credits are available for those interested.

For further information please contact Dr. Jerry Reid at 371-7765 or Dr. Katherine Kidd at 365-7680.

El Salvador lectures being held

Sacred Heart will be offering lectures regarding the social development of El Salvador on Thursdays in the community room. The lectures will be given by Rev. David Blanchard, Ph.D. beginning Sept. 29.

Rev. Blanchard has lived in El Salvador for several years and has witnessed firsthand the changes that have occurred there over the past decade. He will use these experiences to provide those interested with a narrative that will take into account both the perspective of the Salvadorans and the industrialized nations.

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Unity: Board needs to get organized

continued from page 1

Puopolo agrees. "The focus of the Constitution and the Executive Board should be the representation of the entire student body." However, the division remains in the way of any progress towards that goal.

"Student Government has the power to be really important," said Denise Suphich, director of activities and advisor to Student Government. "But they're not using it right now."

Suphich said that issues have become personal within the Executive Board, rather than focusing on the big picture as part of the problem.

"People are playing their ideas against each other," added Suphich. "That theme of personal attacks rings true for Puopolo."

"I feel as if any challenge I get comes on a personal front," she said.

Scott, however, disagrees. "It's not about the poorness," asserted Scott. "It's about getting things done."

The common belief, though, is that little will be accomplished until the division in the Executive Board is gapped.

"We need to solve the problems within the Executive Board before we can handle anything outside Student Government," said Vice-President Sandra Marinez.

"The Board needs to stop looking internally and focus on the external," added Suphich. "And that external is the student body and the University community."

According to Scott, Student Government needs to "get things in order before getting things moving."

"I think the problem lies in the new trying to meet the old," stated Scott. "We need to share our ideologies on a personal level."

Each person is doing their job for what they were appointed for," said Hopley. "But we still need more organization and unity."

Maybe it's just a matter of perspective," offered Scott.

Nonetheless, Student Government held a closed meeting Monday in an attempt to resolve the internal problems.

Students cautioned to look for careers

By Todd Yardis

Contributing Writer

The gap between the college educated and those with high school degrees has continued to increase. But, as Louis Uchitelle states in the New York Times, "the bachelor's degree...is no longer a ticket to a rising standard of living."

Edward Donato, associate dean of graduate studies at Sacred Heart, agrees.

"The college degree is not as powerful as it used to be," Donato said. "The college degree has almost become like the high school degree was twenty years ago," he added.

Colleges have begun to loosen their admissions requirements and open their doors to all kinds of students. This makes the time spent in college all that more important.

Donato cautions college students to "look four years down the road" when choosing a major field of study, and ask "Is there a job in this?"

While attending college may be important, Donato cautions college students to be career conscious and bear the future in mind.
Flick: Students offended

continued from page 1

class or the film that there would be no penalty," Rodriguez said.

Professor Rodriguez does not regret showing the film to his class.

"One of the main issues at stake here is the type of education that one wants," Rodriguez said.

"At the end of the five-year

field and that cost is estimated at 14 million dollars," said Ma-

the University's understanding of its

whether or not this film will be scheduled into future courses, but some members of the

"If these people are offended by this, they shouldn't be in a

doctorate in psychology. She will do com-

"I've seen more pornographic

"No one complained to me," said Professor Rodriguez.

"If we don't have enough

"We just spend money that

"We have enough money to

services and programs, faculty

development, broadening the University's involvement in pub-

cabaret or a theater are examples of the University's history," said

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"The plan calls for developing

my last job done," explained Harrison, "and that the best of our ability," added

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Dining Hall Hours of Operation

Monday through Friday

Breakfast 7:30am - 10:00am
Lunch 10:30pm - 2:00pm
Dinner 4:30pm - 7:00pm
Pub Grub 7:00pm - 11:00pm

Faculty Lounge Cafe

Monday through Friday

2:30am - 3:30pm
3:30pm - 7:00pm
Saturday 7:00pm - 11:00pm

Don't forget about the Pioneer Cartif

Countryside!

Mon - Sat 7:30 to 10:30
Sun 2:00 - 4:00

The best of our ability," added

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Editorial Page

Student Government: diverse or divided?

Student Government's slogan this year has been, "Diversity is our strength."

However, one member of Student Government did say that the same diversity that was their strength was becoming their biggest weakness. But what diversity is that?

It's doubtful that the person was referring to the ethnic diversity evident in Student Government. That is something to be proud of.

Rather, it is the diversity in personality that has created the conflict, and that needs to be put aside. As student leaders, it is necessary for all attitudes to be left at the door, and not picked up until outside the office.

Now, more than ever, this is vital to the survival of Student Government. What will the incoming first-year class officers think during their first meeting when they see a bickering, divided Executive Board?

Consistent Catholicism?

Sacred Heart University has prided itself on being a Catholic institution. However a university that is Catholic in origin shows time and time again that its basis in the Catholic doctrine is decided on a daily basis.

Example. Besides the nonchalant approach to all holy days of observation, there has been some particularly hard to swallow events, such as a Planned Parenthood speaker talking about birth control. Birth control is a very important topic facing men and women during this time of their lives, however Planned Parenthood assists many young women with hundreds of abortions a year. Is this the type of organization that any Catholic university should be advocating?

The why and when this University is Catholic is confusing, too. Last year for example Sacred Heart became extremely Catholic during A.I.D.S Awareness week, cancelling programs, such as a Planned Parenthood speaker about those holy days of observation, there has been some particularly hard to swallow events, such as a Planned Parenthood speaker talking about birth control. Birth control is a very important topic facing men and women during this time of their lives, however Planned Parenthood assists many young women with hundreds of abortions a year. Is this the type of organization that any Catholic university should be advocating?

Graduation brings joys, fears alike

By Jason Dalrymple

Editor-in-Chief

Over the summer, I, along with every other senior, received a registration card for graduation in May, and it struck me how long it's been since I had to deal with a radical change in scenario as well as attitude. I disregarded my dismay at having to register six months (at least) in advance, and thought nothing of the cost, but rather thought of where I was when I first started at Sacred Heart and where I am today, a matter of months before graduation.

Every college freshman can say that, that's what we were three years ago) goes through some basic, common problems/situations, what have you. It's new, it's fresh, it's exciting, and maybe even a bit scary. We don't know one another, we have little or no idea where we see or where we're going, so we just kind of let things happen around us.

On the other hand, there are some who jump headlong into the proverbial pool without so much as a provincial check of the water. We dive into clubs and organizations, relationships and parties, and before we know it, we're drowning in the sea of our own discontent, never mind the headaches and the hangovers.

Then comes the sophomore and junior years (amazingly enough, they're still called) and we settle down a bit. The parties become fewer, the classes a bit harder, and the time a little more organized. We kind of get organized, but at least a bit more managed. We have few cares about grand ideals like the future, plans, and careers.

But then, the senior year wanders in, slaps you in the face a bit and says "Ha! Here I am and there's no turning away now!"

Supposedly, one's senior year is the time you look forward to all those previous years. But why does it come and smack us around? Because being a senior means we have to face the reality that soon we will have to move on, whether it be into a career, graduate school, or other exciting plans.

Being a senior means, "This is it." Somehow, despite any mistakes made during the previous years, we will make it to the podium and receive a diploma. In a way, it makes one's mouth almost water to think that this time we now, a group of students will realize the dreams of their soul, the heartache at having to leave.

But there will always be the memories, some good and some bad. Some of people, some of moments, bits of time captured by the polaroid in our minds, framed, and put on the shelf for later reminiscing.

Whatever you move on to, Sacred Heart will always be a part of whatever you do, wherever you go. You'll go places, whether near or far, and realize they wouldn't be there if it weren't for Sacred Heart. How so? It's one thing to imagine a place, but another to be there. And in this timeline, the place would only be a fragment of your imagination if you hadn't been to Sacred Heart and moved on. You will meet people and say to them, "You remind me of someone I met at Sacred Heart x-years ago."

I still have a copy of my graduation card. Actually I have two. One before I accepted that it was time to go. One after I said, "Yeah, well, it was fun, but I guess there are other fish to fry."

By the way, I am counting. Including weekends, vacations, finals and mid-terms, we have 226 days left. Hmm...
NEWS FROM TULSA

By Chris Nicholson
Contributing Editor

Let me tell you about Hope. I met Hope one year ago. She was energetic, she was young (not illegally young, just younger than me), and she was beautiful. I never told her I saw those qualities in her. Why didn't I tell her? Lots of reasons, reasons that I know I can't regret, reasons that are as good today as they were then.

The other night I had a long talk with Hope (not really, her first name—I have to protect the innocent, even if they are my friends—in fact, I haven't even known a Hope since high school). I don't see her much anymore, so we grabbed a chance to learn the news in each other's lives.

She told me about her summer, about her garden, about the concerts she saw and the new job she quit, about the hassle of registering for classes (what else is new?) and the car accident her sister was in.

I told her about controversial news articles, about lies I heard, about my disappointment with watching the Yankees' first great season in a more than a decade come to a shattering halt.

Of course, we talked about relationships—my lack of one, her great one. Her great one?—I thought. The last I heard, that relationship was also about to go on strike.

Yes, her great relationship, she said. It was so great...yet this...they're getting married.

I never intended to ask Hope for a date, or for an internship, in the future. But to know that I once had considered it, and to now see her happy with the man who knew opportunity would now knock twice, well...it did sting a little.

But that's okay, because I never thought she was interested in me anyway.

I guess this is just a long-winded way of getting to "opportunities—and a date I had and a soccer game I went to, about concerts I saw and my disappointment with watching the Yankees' first great season in a more than a decade come to a shattering halt."

Of course, we talked about relationships—my lack of one, her great one. Her great one?—I thought. I thought I heard, that relationship was also about to go on strike.

"I think that SHU can benefit more to the increasing number of students attending each year." I say, and I go back to eating.

"Well, alright, let's go." "Now?" "Yes, now. We left right away.

As we pulled out of the parking lot just for minutes later, I felt as if I was forgetting something important. "Responsibility?" he asked. "Oh yeah...that's it. But I wasn't forgetting opportunity.

Lunches with old friends. Crowds with people I've just met. Attending lectures on the physics of baseball that I just read about in this morning's paper. Baseball games to watch my long-loved Yankees, even knowing the season never will be finished.

A drive across the country, even if there is only seventeen days to do it in—that's my next big one. I am planning on stopping in Tulsa on the way.

These are the opportunities that aren't mentioned at freshman orientation, and they're also the ones we rarely care about until they're already knocked once and walked away. Like Hope. Before we finished talking, she mentioned—even though she is blissfully satisfied now—that she wished she had just once been on a date with me. It could have happened, too.

Letters to the Editor...

WARMTH OF UNIVERSITY TAKES STUDENT BY SURPRISE

To the Editor:

Upon my arrival at Sacred Heart University, I felt a great sense of warmth. I particularly noticed this warmth during the first and second phases of orientation, so I came and great surprise knows that this feeling remained. I say this because many times a school will put up a front to look the best it possibly can. Not Sacred Heart.

Everyday, I encounter new people. Nearly everyone I have met is friendly. The upperclassmen are unusually nice, not to mention mature. Many people are here, just to lend a helping hand, or just to hang out with... The many activities offered here contribute to the school's feeling of togetherness. I have joined several clubs and organizations, and have been welcome to each and every one. In fact, if I chose to, I could even start my own club! I guess what I am trying to say is this, there are many opportunities available at Sacred Heart University, and the people that are involved with the University are genuinely kind. These two factors contribute to the school's success.

Jennifer Coiman

THE CAMPUS VOICE

Do you feel that the University should build more residence halls or more classroom space?

"I think that SHU can benefit more with additional residence halls due to the increasing number of students attending each year.""Classes are pretty full already, would they put new resident students.""I believe the university would be better off with more classroom space."

"Sure," I say, and I go back to eating.

"Well, alright, let's go." "Now?" "Yes, now. We left right away.

As we pulled out of the parking lot just for minutes later, I felt as if I was forgetting something important. "Responsibility?" he asked. "Oh yeah...that's it. But I wasn't forgetting opportunity.

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ALUMNUS, FORMER ADMINISTRATOR OFFERS PERSPECTIVE ON SALARIES

To the Editor:

I am writing regarding the headline story in the September 29 issue of the Spectrum entitled "SHU Administration Highest paid in State." This letter is intended as a constructive response. First, as a classification, it seems that Dr. Cemera is in Connecticut can be somewhat misleading. The salary figures released in The Chronicle of Higher Education are two years old, and it is anyone's guess what SHU's administration or other top administrators in the state are making.

Also, the salary listed for the President of Yale University represents only the money he was actually paid during this period. He left office and, in fact, the base salary for Yale's President is much higher than that of Sacred Heart's. Secondly, when comparing salaries in the state of Connecticut to the national average, we must keep in mind that the cost-of-living and tax burden in our state is also one of the highest in the nation.

Having said that, the release of this salary information raises several issues. It is not for me to judge the worthiness of salaries for SHU's top administrators. Nevertheless, it seems that at least in appearance, SHU's top brass has adopted one standard for themselves and another for the rest of the University.

One area of particular concern to me is SHU's record on the recruitment and retention of qualified minority faculty and administration. To the best of my knowledge, SHU has only three African-American full-time faculty members and only three African-American administrators.

In a word, SHU claims to be an institution committed to diversity, but in reality, the makeup of the staff does not reflect this commitment. In my opinion, if SHU has the resources to pay its elite at such a scale, it should take immediate action to correct this horrendous situation.

Another area which needs attention is the salary scale of the full-time faculty. While the upper administration is at the top of the state salary scale, the full-time faculty does not come even close to this distinction. Sacred Heart's outstanding faculty is its greatest human resource. If the administration sees fit to pay themselves at one scale, but are unwilling to substantively address faculty salaries, it appears that a double standard exists.

It is interesting to also point out that no women appear on the list of top-paid administrators at Sacred Heart. The ranks of secretarial and clerical staff, comprised predominantly of women, have been underpaid for years. For example, a departmental secretary with over ten years of service at SHU can earn substantially less than $20,000 per year.

When the Director of the Women's Center left several years ago, her position was not rehired and the space allocated to the Center was reassigned. It would be prudent for SHU's administration to ensure that women are not underrepresented or underpaid in comparison with other institutions or their male colleagues.

Lastly, SHU's top-paid administrators should address funding for much needed student services and facilities. Areas such as Counseling, Career Services and Health Services have not been able to increase hours or services despite the increase in enrollment and the transition to a residential institution. SHU's library still closes nightly at 10:30 p.m., one of the earliest, if not the earliest, closing hours of any college library in New England.

Students who have already graduated in the Class of 1994 were promised they would see a recreation complex, and the first brick has to be laid. While construction delays may have been inevitable, students faced with large tuition increases each year can expect the administration to keep their promises. Just as SHU's administrators compare favorably to their counterparts in Connecticut, students deserve to enjoy a quality of student life, including facilities and services that is found at other area colleges.

Again, it is not for me to judge the appropriateness of the salaries paid to SHU's top administrators. My call is for these very administrators to bring all of SHU to the top along with them.

Thomas E. Kelly
Former Director of Student Activities
Alumni, Class of 1983, MA
1993

SHUTTLE SERVICE LEAVES STUDENTS IN THE DARK

To the Editor:

We finally decided to call Public Safety and see if the shuttle had vanished. I admit, I was scared. Coming from a small town, I didn’t encounter situations such as these.

We called Public Safety from a pay phone. Their reply was something to the effect of: "The shuttle driver never showed up for his route. Call back in fifteen minutes and we’ll tell you if we can scrounge you up a ride.”

This would have been fine if it was daylight and the mall was still open. But the mall had closed and it was nearing 10:30 p.m. Fifteen minutes outside of psycho-looking people milling around us could have meant our lives. And we weren’t about to walk back.

We were upset at Public Safety’s response. We decided to ask a police officer we had spotted if he’d give us a ride back. He said he wasn’t supposed to leave his territory, but he’d make an exception.

So we piled into his car, and he drove us back. We couldn’t help but laugh, since we felt like criminals sitting behind that heavy metal caging.

Anyway, we were safely back at SHU, no thanks to the shuttle service.

For $18,000 a year, can we be guaranteed a ride home from the Trumbull Mall or should we fend for ourselves? I think we discovered the answer.

Gina Norelli

A & E EDITOR GETS KUDOS

To the Editor:

Thank you very much for printing the recent article pertaining to the incredibly talented band, Rusted Root. Having been a fan of this group for the past several months, it’s very nice to see that they are finally receiving the recognition they so much deserve.

I first read about the band in Relix magazine. Neither before, nor since then had I seen anything in print concerning Rusted Root, until the article in the Spectrum.

Once again, thank you very much for the highly informative piece recognizing this fantastic group of musicians.

Stephen Tulley

FLIK COULD STAND A ONCE OVER

To the Editor:

The school’s meal plan could stand some drastic changes. The four dollars that we are allowed to lunch is ludicrous. It is impossible to eat a decent lunch in the cafeteria for under five dollars. This takes money off of one’s Dining Dollars in a hurry, and makes it impossible for late night snacks without paying cash. It’s hard enough to manage money without having to worry about how much I’ll need just to exist. Even if you purchase the “Bundled Bargain,” the people who staff each item individually. Hopefully, in future semesters, Flisk will get a reasonable system for students to eat.

James McMahon

Every year your heart pumps 2,625,000 pints of blood.

Surely, you can spare a few.

Give blood again. It will be felt for a lifetime.

American Red Cross
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SHU welcomes new mascot, Bucky the Pioneer

New spirit flows from mystery mascot

By Katherine A. Bump
Contributing Writer

Can you honestly say you have "Pioneer Pride"? Well, Bucky can! In case you do not know who that is... Buckie is our school's new mascot.

Buckie joined the Sacred Heart family this summer. Denise Sutphin, coordinator of Student Activities, met Buckie at a costume store and asked him/her to spend the rest of his/her life "hanging" out in her office.

Actually, Buckie is a full-time undergraduate in good academic standing.

Before becoming a full-fledged member of Student Activities, a panel of judges had to interview student candidates to see if they were pioneer mascot material.

"Creativity and spontaneity," stressed Peoples, Coordinator of Student Services, "That is what I was looking for."

"I wanted our new mascot to have a personality," added Peoples.

Sutphin feels the judges made a good decision.

"Buckie is an enthusiastic and energetic student who portrays a winning spirit and has campus pride," she said.

"Buckie has showed responsibility, reliability, and enthusiasm," boasted Sutphin. "I'm proud!"

Buckie quickly made his/her first appearance at the football game on Sept. 10. "That new mascot made such a difference in the crowd's attitude," junior media studies major and football player, Jim Hollis stated.

"I loved it!"

Also at that game first year student, Danielle Perrone, saw Buckie and commented, "Buckie is cool!"

Bucky the Pioneer flashes a winning smile and waves to fans on the sidelines at the Sept. 24 football game against UMass Lowell. Though Buckey's identity remains a major mystery, the Pioneer mascot's Pioneer Pride is hardly to be questioned. Look for Buckie at the Pioneer's homecoming game this Saturday at 2 p.m. on Campus Field.

Stress never goes but can be handled as it comes

By Denise Mathews
Co-Features Editor

You and your roommate aren't getting along. Your boss scheduled you to work overtime this week. You have two papers due tomorrow and an important exam the following day. To top everything off, your relationship is in the dumps.

You're supposed to be having the time of your life right now. So why are you cracking under pressure?

"The twenties are one of the highest-stress times of life," says James Campbell Quick, Ph.D., professor of organizational behavior at the University of Texas. But, he adds, "you probably don't know why you're so strung out, much less what you can do about it."

WHAT IS STRESS?

Stress is your body's response to anything that makes you feel threatened or pressured, or that puts a strain on your body. Stress affects everyone but at different levels. When under stress, your body responds with certain reactions in your hormonal, nervous and digestive systems.

Your heart beats faster, your respiration quickens and your blood pressure and sugar levels rise.

Stress, if not handled properly, can cause damage. The ability to "bounce back" from disruptions in your life is exhausted. Specific damage to your organs may result. Ulcers, migraines headaches and heart problems are a few examples of the many physical ailments caused by stress.

CAUSES OF STRESS

Stress can be caused from demands to which you must adapt, adjust or respond.

A zillion hassles can hit you every day, but stress basically boils down to four major factors.

Change in your life. Living away from your family or with new people, a new job or an altered sleep schedule all can be sources of stress.

A perceived threat (anything that makes you afraid). Exams, papers or speaking in front of a class can bring on stress.

"Whenever I have a presentation I feel sick the night before," says Junior Social Work Major Beth Hantavis from Massachusetts.

"I think about it and let it control me and everything else I should be concentrating on."

A common cause of stress felt by many is an overload on the mind or body caused by too much work, too many events happening at once or just being in a hurry.

Pressure to conform is a silent type of stress. It can come from another person's or one's own unrealistically high expectations for oneself, certain social demands such as drinking or sex and from a competitive desire to be "the best."

Though the causes may be different, the way the body reacts to stress appears to be the same.

DON'T WORRY, BE STRESSED

There are times when stress can actually be good for you - you just need to give it the right spin. Without stress, we wouldn't be motivated to try new things and to achieve our goals. Simply put, a life without stress (though impossible), would be very dull.

Because your body is meant to serve you, a certain amount of exposure to stress is a necessary part of getting what you want out of life.

Part one of a two part article. See next week's issue for coping with stress, marketed remedies and strong pleasures to keep strong.

In two weeks: Meet Chip Kennedy from Flik, Int.
Drama Club with new name plans more for semester

By Michele Herrmann
Features Co-Editor

Last year, a drama club for Sacred Heart students started. Although small in size, this group made its mark last spring by both producing and performing Cinderella. Cinderella, a children's play for seven hundred elementary school students. On Skit Night, they won second place with Suicide, an act consisting of just movement and music playing in the background.

Originally known as the Thespian Society, the club changed its name to the S.H.U. Players. Although small in size, this group of performers hopes to grow and develop "more as an organization" that provides theater productions to take place on campus for both the Sacred Heart community and towns located in the Fairfield county area.

"We want to have a good connection between the towns around us and the school," said Gallas. Due to conflicts in schedules and lack of space for rehearsals, the S.H.U. Players will only perform this semester on Dec. 4 at the Medieval Feast. They will act out a bible story about the Nativity written in the Middle Ages for troubadours to teach illiterate civilians.

The S.H.U. Players will provide more entertainment through song and dance wearing medieval costumes. At their first meeting for this year, officers were chosen. They are Michael Gallas, president, Mary Kay Welch, vice president, Dawn Anderson, secretary and Beth Ginsberg, treasurer. Dr. Joan K. Johnson is the club's advisor.

Career services to offer workshops

By Jean Lauro
Contributing Writer

Students can focus on career goals and learn how to attain them in a series of workshops hosted by the Career Services Office.

The "Marketing Yourself Workshops" teach students how to sell themselves to potential employers.

"These workshops are good for any student interested in going for a part-time job or internship, as well as preparing for full time work," says Jadie Filippek-Rittaler, director of Career Services. Three "Marketing Yourself Workshops" are slated for this semester. "Effective Resume Writing," "How To Conduct An Effective Interview," and "The Practice Interview," gives students the opportunity to perform in interview situations on videotape. The workshops are designed to help students through the career development process, explains Filippek-Rittaler.

Several programs help students to choose a major leading to a career path that is best suited for the individual. "Discover Discover," is a computerized workshop where students can work at their own pace, explains Filippek-Rittaler. This computerized guidance system gives students the opportunity to find out about majors and careers related to them, as well as identify graduate and professional school programs. "We strongly encourage students to use the Career Services Office as early as possible," says Filippek-Rittaler. "Ideally, as early as freshman or sophomore year," she added.
**Product Progresses between light and dark**

By Jason Mazaik
Staff Writer

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Progress is Product's new full length release featuring ten tracks. The album leads the listener by the hand into the dark side of the human soul.
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Product is a local band from Trumbull, CT. John (vocals and bass), Jim (guitar), and Ray (drums and devices) combine their various talents to produce a 'dark heavy' alternative album.

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John's voice calls out and pulls you into the music. He compliments the instruments rather well and serves as a twisted and mysterious guide into the dark side of life.
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In several of the songs, it is Jim's guitar which pulls the band together. He has the ability to change a track and push it to a higher level. The third track, "Strawberries," is a delectable example of his brilliancy and potential.

Ray's drums are maintained at a constant level throughout the entire album. They present a radical foundation from which John and Jim can raise the music of Product.

I talked to John for an exciting and strange half-hour. The band has proclaimed a mission to enlighten the population to both the light and dark sides of human beings.

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John explained, "We know the dark side and the light side. We are able to travel between light and dark; we accomplish this through our music."
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Via Product's music, John wishes to illustrate that "life can be beautiful, given the chance."

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He wants people to explore their dark side, to see that it is not really bad, and that there is nothing to be afraid of... John's ultimate goal, however, is maximum pleasure with the least possible pain.
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I felt that "Dear Jane," the first piece, was the best. The vocals are tough and consistent. Guitar and drums glide through the song. "Dear Jane" serves as a catalyst for the rest of the album. I had John expound on this song.
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"Relationships can cause so much pain. This song ends the romance with the bad. It is a death in which, you let go of everything you've done, your feelings, and a resurrection occurs. You are empowered again."

The rest of the album explores the resurrection and being able to see both the light and dark. I took deep pleasure in both the eighth and ninth tracks. They feature electrifying vocals, and it was easy to get into the songs.

The album ends with "Progress," which John described as, "a resting place, a time to feel good and get ready for the next battle." John assured me that the next battle is coming. He already has lyrics and cannot wait to get back into the studio.

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Progress is a worthwhile album to listen to. Trust me, the songs will grab you and make you feel. Product is a well-versed band, full of intensity and promise. They are waiting, and certainly waiting, to take one last developmental step into the alternative scene.
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**Less to Eye Contact than meets the eye**

By Jason A. Dalrymple
Editor-in-Chief

When it comes to picking out a new book to read, I'm a title person. I believe wholeheartedly that a title can reflect how good a book is. That's why I picked up Stephen Collins' first fiction effort, Eye Contact. I know that eye contact is an important aspect of human behavior, one of my personal favorites, in fact, so I figured the book would be a great play on that.

Wrong. More wrong than any other assumption I have ever made.

Collins, who was formerly a star of various TV movies and mini-series as well as theater and off Broadway performances, gives us one character trapped in some warped and twisted lifestyle, with what appears to be no way out.

The protagonist of the book (if you could call her that), Nicolette Stallings, is an actress obsessed with sex and power over men to the point of it being problematic.

Unfortunately, Stallings is the only character in the novel that shows any signs of being anywhere near three-dimensional, and doesn't even do a good job of that. The only point at which she even considers changing is after one of her lovers commits suicide in her Upper East Side Manhattan apartment.

Also lacking from the book is good plot. For 250 or so pages, we are bored by reading about Stallings' personal background and are introduced to several insignificant characters in the book. In fact, the book's plot doesn't really start until the suicide of the former lover, which is actually about 300 pages in.

The book then climaxes (barely) with the resolution of whether Stallings killed the man and whether her father survived a hurricane in St. Maarten.

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Otherwise, there is no real plot, meaning or point to this novel. The characters are poorly developed, especially the sideline people that Stallings has her run ins with.
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Stallings herself is the only character that the reader gets any definition from. However, that definition is not very believable, and nor is Nicolette Stallings a very sympathetic character, in spite of the scenes she goes through in the novel.

My suggestion? Definitely not this novel. Perhaps Collins should return to his soap opera days (I swear he was also on General Hospital before attempting to write another piece of fiction).

But then again, those who have a strong affinity for soap operas may enjoy this one. But maybe not.

Michael Collins' book Eye Contact is available at Lauria's Books in the Trumbull Shopping Mall for $21.95.
Soup Dragons' Dickson goes solo
Hydrophonic "one helluva rock and roll" journey for founder of the band

By Tom Fitzsimmons
Staff Writer

The Soup Dragons, whose past releases include "Divine Thing," "Pleasure" and their cover of the Rolling Stones hit "I'm Free," are back with the release of their new album Hydrophonic. This album was the band's first U.S. release on their own record label, Raw TV.

According to the Soup Dragon's founder Sean Dickson, "This album sounds more like a band than anything I've ever done." As it should, considering that three of the Soup Dragons left the band during production, Sean had the task of recording Hydrophonic by himself. Sean plays all the instruments except the drums on this album.

Having most of the band break up during production would probably be viewed as a negative thing by most. For this creative giant, though, it allowed him to expand his mind and further shape the sound of the Soup Dragons.

The result of all this change and creative pondering is an album that captures the Soup Dragon's classic dance and techno rhythms with a new "raw and in your face attitude" that recaptured the track "J.F. Junkie." The old musical journey through the creative mind of Sean Dickson. "A record should be an extension of who you are and what you listen to," according to Dickson and this album is an amalgamation and extension of everything the Soup Dragons have ever done. "Hydrophonic" offers the music lover different styles of music to enjoy. Everything from techno to blues and rock to reggae is represented. Although few people will enjoy every track, there is something for everyone.

Soup Dragon's style is still there in their single release "One Way Street" but it is overpowered by the driving rhythms of "MotherFunker" and "J.F. Junkie." Hydrophonic is a surreal record that should be an extension of everything a band has ever done. And the band, the Soup Dragons, has done quite a bit.

"Jason's Lyric" shows passionate promise

By Melissa Bruno
A & E Editor

There were only about 10 people in the movie theater when my friend and I walked in to see "Jason's Lyric," a new Polygram film about a good guy/good girl couple trying to survive in the mean streets of their Houston hood.

The movie starts off as a typical shoot'em up, poor ghetto film. Then we meet Jason (Allen Payne), a smart, hardworking, straight guy from an extremely dysfunctional family. His mother is single and struggling to make ends meet. His younger brother is in jail during these two meet, the movie turns to turn away. On the whole, "Jason's Lyric" is filled with action, passion and dreams. Dreams that don't come true for everyone. The soundtrack is worth checking out, with a stirring rendition of "Many Rivers To Cross." It is a definite must see for those with strong stomachs and sensitive hearts.

Asian Lyric's chop shop, ring leading brother is played poorly by Treach, of Naughty by Nature fame.

I really enjoyed this film, even though there were moments of bloodshed during which I had to turn away. On the whole, "Jason's Lyric" is filled with action, passion and dreams. Dreams that don't come true for everyone. The soundtrack is worth checking out, with a stirring rendition of "Many Rivers To Cross." It is a definite must see for those with strong stomachs and sensitive hearts.

"I found quiet in a world of thunder."
Karate conditions
mind and body

By Marcia Cohen
Contributing Writer

Interested in staying in shape? Looking for an exercise program that teaches self-confidence and self-control? Would you like to be able to defend yourself should the occasion arise? Perhaps the study of the martial arts is just what you're looking for. And guess what? The Karate Club on campus is searching for new members.

One Heart - One Mind is not only the translation of the style of karate taught at S.H.U., it is the philosophy and the main theme of all its members.

According to Communication Studies Professor Sid Gottlieb, a 5th Dan black belt who started the club on campus 16 years ago, Isshinryu karate is the conditioning of the mind and body to be at peace with one's self and one's environment.

A statement issued by the club says members are "interested in learning self-defense, in becoming physically fit and mentally alert, and in working toward becoming 'centered' human beings."

"Isshinryu karate strives to unite the mind and the body by emphasizing the importance of discipline and self-control," adds 4th Dan and Communications Professor Ralph Corrigan.

The commitment required in the class fosters strong bonds among the members of the club, which includes undergraduates, alumni, faculty and friends of the university community.

"Beginners are taught warm ups and basic moves," said Gottlieb, "and then they are slowly integrated into the class."

Workouts are held 3 days a week: Monday 5:30 to 7:30 p.m.; Wednesday 6 to 7:30; and Friday from 6:30 to 8:30 in the Community Room in the Campus Center. Dues are $10 per month, and members attend as many workouts as their schedules permit.

"Most people think of karate as a violent sport," says Corrigan, "but I think that's a misconception. The ultimate goal of the true martial artist is gentleness."

"Come take a class. You may find yourself signing up."

Kegler's getting set to open

Cori Waldheim & Chad Autore
Staff Writers

On Oct. 9, 1994 the Sacred Heart bowlers will be attending their first conference meet in New Jersey. The men's varsity and junior varsity, as well as the women's team, will be attending the competition.

The men's team is beginning their season with an impressive individual and team record. Though this team is young, they have made their mark in the college arena.

In the past two years the ACUI has been monopolized by the presence of Sacred Heart. In 1993 and 1994 juniors Mark Taylor and Chad Autore placed first in this competition. Autore went on to compete in the ACUI National Doubles competition with a representative from Buffalo State. In St. Louis (one of the year's biggest meets) Mike Morrissey bowled the first 300 in SHU's history.

These independent victories have led to team success. SHU waxed Bryant by over 800 pins at the 1994 ACUI's. In St. Louis, the men placed twelfth out of sixty-four teams. But just as the men had clinched the last bid in the Nationals, disappointment set in. The third ranking of 1994 was printed on the 1994-95 roster, and SHU had disappeared from the standings.

When most would give up, the keglers arrived in Carson City for the Nationals with a vengeance. In the end, SHU was ranked eight out of sixteen in the Nation.

The future seems bright for the SHU ladies team. The 1994-95 roster includes eight seniors and ended in disappointment. Sophomores Melissa Cook and Jen Swanson were in the top ten women's standings for the majority of the tournaments last year.

Jen Swanson also placed first in the ACUI's to give Sacred Heart the top two spots in that competition.

In Penn State (the women's first competitive competition) the ladies placed third. Over winter break they traveled to New Jersey where they began at a slow pace in Atlantic City and picked up speed in Turnersville. They finished third to powerhouse Morehead and Erie C.C.

But as the Buckeye Classic closed in, the women realized that they would be unable to compete in Sectionals. They survived for months with a minimum of five competitors, but in March their luck ran out and one of the women could not attend the final competition (for a bid into Nationals). Morale had suffered and so did performance.

That is why this year looks so bright for the SHU ladies team. The 1994-95 roster includes eight women. This year the women will be performing with a safety net, as opposed to last year's questionable eligibility.

Team captain Chad Autore asked the team, "What is your goal?" The response was practically unanimous, most everyone wanted to bring up their average 10 to 20 points and hoped for a rank in the National top five. The future seems bright for the keglers.
Upset about strikes and lockouts? Forget about them, come out and watch the Pioneers.

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Extremes in exercising causing health problems

By Jean Lauro
Contributing Writer

The constant "battle of the bulge" can lead to overdoing it in the gym. Obsession with exercising can be an unhealthy habit. "Overtraining is just a sign of our times," said Marilyn Pudor-York, a New York City psychologist in Elle magazine. "We're told that exercise is good for us. So it's natural to focus on becoming fit." Pudor-York added.

Fitness junkies can put themselves at risk when becoming overly concerned with getting into shape. "Women are socialized to look attractive," explains Pudor-York. "If you have underlying feelings of insecurity that you are channelling into exercising to look better, then you have the basis for an addiction."

Extremes in exercising can cause health problems. Sean McCann, a New York City sports psychologist with the US Olympic Committee, explains that "when you overtrain, you can have mood swings and problems with sleep and appetite." McCann adds, "You are also more susceptible to colds and injuries."

Why is over-exercising becoming a common problem? "With all the economic uncertainty these days, people aren't identifying with their jobs as much as they used to. They need something else on which to base their self-esteem," explains Pudor-York.

Linda Kope of Ansonia, CT, a senior analyst for Pinney Bowers and part-time business major at Sacred Heart University, exercises 6 times a week. "I need to exercise," claims Kope. "I sit at work for eight hours during the day, then sit in class for a few more hours. If I don't keep exercising, I wouldn't be able to stay in shape."

Molly Fox, co-owner of the Molly Fox Studio in Manhattan explains that "the woman who suffers from exercise angst is the one who discovers that a StairMaster is great for toning her buttocks. So instead of using it three times a week, she decides to use it five, six, or seven times a week." Fox adds, "and she tells herself that 40 minutes of StairMaster is fine, an hour is better. The next thing you know, she is injured, ignores the injury and is finally forced to stop completely."

Pudor-York explains, "It's natural to deal with our insecurities by trying to be better. Some compulsive exercisers are actually suffering from anxiety or depression, and they use exercise as a way of treating themselves; the same way they would use a tranquillizer."

For the person who experiences guilt over a missed exercise session, or may have an obsession with exercise, Pudor-York suggests seeing a mental health professional.

Eventually, most fitness junkies begin to slow down and get into a more balanced and safer exercise routine. "Most overexercisers I've known mellow out sooner or later," says Molly Fox. "Sometimes they start a family, and that does the trick. Some people get injured, which is like a hard kick in the pants. Others go through therapy to gain perspective; others simply outgrow it."

Sports is about desire, not money

By Matt Bronson
Staff Writer

I sit here with my trusty sportspage in front of me and travel up and down the sports staircase in search of a noteworthy subject to fill up my column. Indeed there are many topics I could cover.

With yet another professional sport set to shut down (what else is new?) due to bad labor relations, the NHL would be a good story to cover. The other sport that starts with an N, as in NBA, also finds itself in the top brass holding their balls in a lawsuit filed by the players union.

As is the case in hockey, baseball, and now basketball, the poor athletes don't want their bosses to tell them how much they can earn. The owners of these teams are also smart, though, and will make sure that no player will ever be within $56 million of what they take home a year.

When many pro sports shut down as we now have, my informants tell me that in order to save money the sports pages and the obituary will be combined. The new "sportuary" will list all of the people and professional sports that, well, stop working.

But now, just as I am about to roll up my news paper and beat my roommate senseless with it in disgust over the sporting world, I find an interesting article.

It seems as though at the age of 46, Chuck Roseberry has decided not only to go to college, but to also play football as well. Roseberry is now a member of the Kutztown (Pa.) University football team, on the NCAA II level.

He is a well traveled person. He served in Vietnam, the Gulf war, and has also survived three marriages. He has three children, is now a grandfather and was just engaged again. When he first walked into the coaches office, the coach thought he was joking. But, as the 6'4" 240 lb Roseberry showed, he is very serious.

Back in the 60's when Roseberry played his last high school game he dreamed of playing in college, but thought he was too stupid to go. He had trouble reading. What he 'd discovered 20 years later, though, was his thinking he was "stupid," is known as dyslexia. So Chuck Roseberry went back to school, has a 3.2 GPA and, although he is yet to play in a game, both he and his coaches expect he will get the chance.

Roseberry is a good example of why my self, and hopefully most other college, do what we do. We play because we love the game and we work hard in school to make things happen. Maybe professional sports should take a page from Roseberry's book and get back to what they too probably used to love to do, play the game.

Saying of the week

"You can lose with me but you can't win without me"

T. Bradshaw

5:30 p.m.: Film free to SHU students and staff
8:30 p.m.: Concert: Lou Reid, Terry Baucom and Carolina; Jody Stecher & Kate Brinsl $15 ($10 SHU Community)
Pioneers focusing on Bentley

By Keith Zingler
Staff Writer

The time has now come for the Sacred Heart University football team to prove itself. This Saturday’s game against Bentley College, at 1 p.m. on Campus Field, just might be the biggest game this young program has had.

Bentley comes into the game with a record of 3-0. They have won 22 straight regular season games and are the defending ECFC champions. Currently they are ranked 9th in the Lambert poll, for Eastern Division II college football. They defeated the Pioneers by a score of 30-0 last season.

Mike Rymshaw will start at quarterback and lead the Bentley attack along with senior tailback Bruce Orth and soph. tailback John Ferguson. The offense is averaging 50.3 points a game and their defense is only giving up 5 points a game. These numbers may look impressive on paper but they have come against division III foes such as Nichols College.

While this weekend’s game is a big one for Sacred Heart, it is just as big for Bentley. The Pioneers offer Bentley their first real test of the season.

Physically the Pioneers should dominate the game from the line of scrimmage. Bentley will throw multiple offenses out against the Sacred Heart defense and will throw just as much as they run. The Pioneer offense will see a 5-2 defense stacked against them.

“They are a good, well-disciplined football team,” says senior Russ Greenburg. “But they haven’t played the same type of competition that we have played so far. We can’t make any mental mistakes. Bentley is the type of team that can capitalize on anything that they are given. We must play smart and hard nose football to win.”

The Pioneer’s offense has in the last two weeks found a weapon in its passing attack. Freshman quarterback Chris Kelly has completed about 70% of his passes in the last two games. Wide receivers Ray Sizenksy and Chris Carroll had five catches between them (including a 12 yard touchdown pass to Sizenksy) in last week’s loss to Stonybrook.

The offensive line has continued to improve their pass protection, which is giving the receivers more time to finish their patterns and make plays. Kelly is emerging into a good college quarterback who has shown guts and poise in the pocket.

Scott Warran and Ron Stopkoski continue to be the leading rushers out of the backfield, along with freshman Tom Kaylor. Warran rushed for 39 yards on 6 carries, while Stopkoski gained 41 on 14 carries.

The defense didn’t play as well as they had previously. They gave up some big plays and didn’t dominate the line like they wanted to.

“We made them look good,” said Greenburg, “no one person played bad, but we as a whole made too many mental mistakes.”

The Pioneers were penalized for over 60 yards. They allowed the Seawolves to throw for two touchdowns in the air. Last year, fumbles and penalties killed any kind of drives the team mustered.

Neither can happen this time if the Pioneers want a shot at beating Bentley.

“We have put everything that has happened behind us,” said senior Marc Scacciafero, “Last year’s game and last week’s game have no bearing on what will happen this week. We can definitely beat Bentley.”

The faces tell it all, the picture is worth a thousand words, and this time, anyway, it may have been over before it was over. Pioneer gridmen Scott Kohler (46) and Russ Greenburg sullenly ponder what they can do to help salvage their team late in the second half of last Saturday’s 22-6 loss to SUNY Stony Brook.

X-men proving that last season wasn’t a fluke

By Mark Manchester
Staff Writer

Ruggers look Dynmite. That’s what Jimmy Walker would have said had he witnessed the spanking the X-men gave Seton Hall this past Sunday in Orange, New Jersey, routing the Pirates 57-5. No, this is not a misprint, 57-5.

Last week the pack did an outstanding job as they didn’t let down after the gut check against Iona. The pack led by Tim Baker, Wendel Valera, Chris Masi, and 8-man Mike Markovic pushed Seton Hall’s pack all over the field. The pack allowed the backs to get the ball out of the scrums quickly and into the hands of the X-men backs like Paul Engo, George Flagg and Pete Malanga. It paid off as Engo scored 4 tries, Malanga 3 tries, Flagg and returning Markovic scored one each, respectively.

On the game Malanga said, “This spanking of 57-5 should spread the word around the union that last year was no fluke. We practice hard and it showed in today’s score and over all record (2-0).”

As a participant in their practices, this reporter can relate to Malanga’s claims. The games are forty minutes of non-stop action where only the die hard hard cases can survive. I talked to second row player Tim (T-Bone) Baker about the game. Said Baker, “All I know is that we are all 2-0 and as far as Seton Hall, they were gracious hosts. Their food was great.”

“We grabbed,” said Valera. Look for the X-men this Sunday Oct. 9th at Seaside park against Vassar (if you are not going home to see Mom, Dad or Betty).

Runners get medal

By Megan Keefe
Contributing Writer

This past Friday, the men’s and women’s cross country teams raced at the Connecticut Intercollegiate meet at Central Connecticut State University in New Britain.

The men placed 5th behind UConn, Central Connecticut, Southern Connecticut and Fairfield, while edging out Yale, the University of Hartford and Wesleyan.

Freshman Shannon Heald and sophomore Aimie Herbert each placed medal winning times, finishing 11th and 19th overall with individual times of 20:35 and 21:41, respectively.

Also running well for the Lady Pioneers were freshman Sara Lyons (22:25), Stephanie Smith (22:48), Liz Grafton (24:44) and Theresa Houck (25:56).

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